



Manalapan Senior Center
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Elaine McNamara, Director
Melinda Dalton, Assistant

MARCH 2020

MANALAPAN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Computer Instruction 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	3 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(10:30 Beginner class)</i> 3:00 Meditation	4 Computer Instruction No Strength Training Class 12:00 Mah-Jongg	5 No Gentle Cardio Class 12:30 Art Class	6 10:30 Bingo Bring Lunch Feb. & March Birthdays Celebration <i>Happy Birthday!</i>
9 Computer Instruction 8:45 VNA B.P. 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	10 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(10:30 Beginner class)</i> 3:00 Meditation	11 Computer Instruction 9:30 Strength Training 12:00 Mah-Jongg	12 10:30 Gentle Cardio 12:30 Art Class	13 10:30 Movie: A Beautiful Day in the Neighborhood Bring Lunch
16 SENIOR CENTER CLOSED	17 SENIOR CENTER CLOSED	18 SENIOR CENTER CLOSED	19 SENIOR CENTER CLOSED	20 SENIOR CENTER CLOSED
23 SENIOR CENTER CLOSED	24 SENIOR CENTER CLOSED	25 SENIOR CENTER CLOSED	26 SENIOR CENTER CLOSED	27 SENIOR CENTER CLOSED
30 CALL FIRST!!! Computer Instruction 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	31 CALL FIRST!!! 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(10:30 Beginner class)</i> 3:00 Meditation	THIS SCHEDULE IS SUBJECT TO FURTHER CHANGES. PLEASE CALL BEFORE ATTEMPTING TO COME INTO THE SENIOR CENTER	Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.	