















Manalapan Senior Center
211 Freehold Road (Rt. 522)
Manalapan, NJ 07726
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Elaine McNamara, Director
Melinda Dalton, Assistant

FEBRUARY 2020

MANALAPAN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
				Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging
3 8:30 Computer Instruction 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	4 9:00 Tai Chi Class 10:30 Tai Chi Class  3:00 Meditation	5 Computer Instruction (All Day) 9:30 Strength Training 12:00 Mah-Jongg	6 10:30 Gentle Cardio 12:15 Art Class 	7 Breakfast-sponsored by Pine Brook Care Center 10:30 Bingo
10 8:30 Computer Instruction 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	11 9:00 Tai Chi Class 10:30 Tai Chi Class  3:00 Meditation	12 Computer Instruction (All Day) 9:30 Strength Training 12:00 Mah-Jongg	13 10:30 Gentle Cardio 12:15 Art Class 	14  10:30 AM  Valentine's Day Part  Bingo  Zack's Deli & Dessert \$5 Sign up and pay by 2/12/20. Space is limited
17 Sr. Center Closed 	18 9:00 Tai Chi Class 10:30 Tai Chi Class  3:00 Meditation	19 Computer Instruction (All Day) 9:30 Strength Training 12:00 Mah-Jongg	20 10:30 Gentle Cardio 12:15 Art Class 	21 10:30 AM Bingo & Pizza Lunch
24 8:30 Computer Instruction 10:00 Chair Yoga 11:30 Chair Yoga 1:00 Healthy Bones <i>Lunch & Learn</i>	25 9:00 Tai Chi Class 10:30 Tai Chi Class  3:00 Meditation	26 Computer Instruction (All Day) 9:30 Strength Training <i>Class is Canceled</i> 12:00 Mah-Jongg	27 10:30 Gentle Cardio <i>Class is Canceled</i> 12:15 Art Class 	28 10:30 AM Movie: JUDY & Bring Your Lunch 