

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

DECEMBER 2018

MANALAPAN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Computers 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	4 9:00 Tai Chi Class 10:30 Tai-Chi Class 12:30 Beg. Line Dancing 1:45 Inter. Line Dancing	5 Senior Center Closed Bus Trip "The Cher Show" On Broadway	6 10:30 Gentle Cardio 12:15-2:15 Art Class	7 10:00 AM MOVIE Crazy Rich Asians Bring Your Lunch
10 Computers Blood Pressure 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	11 9:00 Tai Chi Class 10:30 Tai-Chi Class 12:30 Beg. Line Dancing 1:45 Inter. Line Dancing	12 10:00 AM Holiday Party! Bingo & Catered Lunch from Emilio's in Manalapan (\$8) Sign up by 12/7/18	13 10:30 Gentle Cardio 12:15-2:15 Art Class	14 9:00 Strength Training 10:00 AM Crafting with Melinda (sign up)
17 Computers 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones- (Last Class 2018)	18 9:00 Tai Chi Class 10:30 Tai-Chi Class 12:30 Beg. Line Dancing 1:45 Inter. Line Dancing	19 Computers All Day! 9:00 Strength Training 12-3 Mah-Jongg	20 10:30 Gentle Cardio 12:15-2:15 Art Class	21 10:30 AM Bingo & Bring Your Lunch
24 Computers 10:00 Chair Yoga 11:30 Chair Yoga Senior Center closes early	25 Senior Center is Closed Christmas Holiday	26 Computers All Day! 12-3 Mah-Jongg	27 Computers All Day! NO ART CLASS	28 10:00 AM NEW YEAR'S PARTY! BINGO & CHINESE FOOD (order lunch by 12/26) Computers All Day!
31 Computers 10:00 Chair Yoga 11:30 Chair Yoga Senior Center closes early		Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging		