

Manalapan Senior Center
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Elaine McNamara, Director
Melinda Dalton, Assistant

OCTOBER 2018

MANALAPAN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	2 9:00 Tai Chi 10:30 Tai Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	3 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	4 10:30 Gentle Cardio 12:15-2:15 Art	5 Villas at Manalapan: Breakfast Treats 10:30 Bingo 11:00 AM-1 PM Flu Shots & Pneumonia Shots From Manalapan Walgreens
8 SENIOR CENTER CLOSED COLUMBUS DAY	9 9:00 Tai Chi 10:30 Tai Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	10 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	11 9:30-3:30 A.A.R.P. 55 ALIVE SAFE DRIVING CLASS *No other activity scheduled	12 10:30 Gentle Cardio No Bingo
15 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	16 9:00 Tai Chi 10:30 Tai Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	17 Senior Center Closed Bus Trip Harlem Gospel Tour & Lunch at Sylvia's	18 10:30 Gentle Cardio 12:15-2:15 Art	19 10:30 Bingo & Zack's Deli 12:15 Monmouth County Clerk's Office Overview
22 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	23 9:00 Tai Chi 10:30 Tai Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	24 No Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	25 No Gentle Cardio 12:15-2:15 Art	26 9:00 Blood Pressure 10:00 HALLOWEEN PARTY (Bingo) Chicken Holiday Lunch \$8 Register by 10/19-space is limited
29 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	30 9:00 Tai Chi 10:30 Tai Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	31 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG		Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.