



Manalapan Senior Center
211 Freehold Road (Rt. 522)
Manalapan, NJ 07726
(732) 446-8401
seniorcenter@mtnj.org

Elaine McNamara,
Director
Melinda Dalton,
Assistant

APRIL 2019

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 Class 10:30 Tai Chi Class <i>(Beginner class)</i> 3:00 Meditation	3 Computers Instruction 9:00 Strength Training 12:00 Mah-Jongg 12:00 Canasta	4 10:30 Gentle Cardio 12:15 Art Class	5 <u>10:00 Movie</u> Mary Poppins Returns & bring your lunch
8 8:45 VNA B.P. 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	9 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(Beginner class)</i> 3:00 Meditation	10 Computers Instruction 9:00 Strength Training 12:00 Mah-Jongg 12:00 Canasta	11 10:30 Gentle Cardio 12:15 Art Class	12 9:00 Bagel Breakfast sponsored by Pine Brook Care Center 10:30 BINGO
15 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	16 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(Beginner class)</i> 3:00 Meditation	17 Computers Instruction 9:00 Strength Training No Mah-Jongg No Canasta	18 10:30 Gentle Cardio 12:15 Art Class	19 Senior Center Closed for Good Friday
22 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	23 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(Beginner class)</i> 3:00 Meditation	24 Computers Instruction 9:00 Strength Training 12:00 Mah-Jongg 12:00 Canasta	25 10:30 Gentle Cardio 12:15 Art Class	26 10:30 Bingo & Zack's Deli lunch 12:15 Entertainment Sponsored by The Chelsea
29 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	30 9:00 Tai Chi Class 10:30 Tai Chi Class <i>(Beginner class)</i> 3:00 Meditation		Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.	Happy Easter & Happy Passover!