




Manalapan Senior Center
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Elaine McNamara, Director
 Melinda Dalton, Assistant

September 2018

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 Senior Center Closed Labor Day	4 9:00 Tai Chi Class 10:30 Tai Chi Class 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	5 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	6 9:00 Bus Trip Registration 10:30 Gentle Cardio 12:15 Art Class	7 10:30 AM Bingo & Chinese Food Lunch 
10 8:45 VNA Blood Pressure 10:00 Chair Yoga 11:30 Chair Yoga NO HEALTHY BONES	11 9:00 Tai Chi Class 10:30 Tai Chi Class 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	12 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	13 10:30 Gentle Cardio 12:15 Art Class	14 10:30 Movie "Overboard" & Zack's Deli (order by 9/12)
17 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	18 No Tai-Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	19 9:00 Strength Training COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	20 Senior Center Closed <u>Bus Trip</u> Victor's Pub & Adventure Aquarium	21 10:30 AM Bingo & Pizza  12:15 Senior Care Options Presentation
24 10:00 Chair Yoga 11:30 Chair Yoga 2:00 Healthy Bones	25 No Tai-Chi 12:30 Beginners Line Dancing 1:45 Intermediate Line Dancing	26 NO STRENGTH TRAINING 9-10 AM MEDITATION (TRIAL CLASS) COMPUTER CLASSES ALL DAY 12-3 MAH JONGG	27 No Gentle Cardio 12:15 Art Class	28 9:00 Blood Pressure (Pine Brook Care Nurse) 10:30 AM Bingo & Zack's Deli (order by 9/28)