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

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Elaine McNamara, Director Melinda Dalton, Assistant

## September 2018

## MANALAPAN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	September		Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.	
Senior Center	4 9:00 Tai Chi Class 10:30 Tai Chi Class	5 9:00 Strength Training	6 9:00 Bus Trip Registration	7 10:30 AM Bingo &
Closed	12:30 Beginners Line Dancing	COMPUTER CLASSES ALL DAY	10:30 Gentle Cardio	Chinese Food Lunch
Labor Day	1:45 Intermediate Line Dancing	12-3 MAH JONGG	12:15 Art Class	1 14 00172 1111 10 001 12 16 007 173 11 001 22 000 1 12 10 00 1 12 12 10 10 1 12 12 10 10 1 12 12 10 10
10	11	12	13	14
8:45 VNA Blood	9:00 Tai Chi Class	9:00 Strength Training		10:30 Movie
Pressure	10:30 Tai Chi Class		10:30 Gentle Cardio	"Overboard"
10:00 Chair Yoga	12:30 Beginners Line	COMPUTER CLASSES		&
11:30 Chair Yoga NO HEALTHY BONES	Dancing 1:45 Intermediate Line	ALL DAY	12:15 Art Class	Zack's Deli
NO HEALTHT BONES	Dancing	12-3 MAH JONGG		(order by 9/12)
17	18	19	20	21
10.00 Chair Yoga	No Tai-Chi	9:00 Strength Training	Senior Center Closed	10:30 AM Bingo & Pizza
11:30 Chair Yoga			Bus Trip	III NO DEDICE
	12:30 Beginners Line	COMPUTER CLASSES	Victor's Pub	12 16 0 07 27 44 17 18 00 17 1 12 16 0 07 27 7 2 1 17 18 10 17 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
2:00 Healthy Bones	Dancing	ALL DAY	&	12:15 Senior Care Options
	1:45 Intermediate Line	40.0 MAII IONOO	Adventure Aquarium	Presentation
24	Dancing	12-3 MAH JONGG	0.7	20
24 10:00 Chair Yoga	25 <mark>No Tai-Chi</mark>	26 NO STRENGTH TRAINING 9-10 AM MEDITATION	No Gentle Cardio	28 9:00 Blood Pressure
11:30 Chair Yoga	12:30 Beginners Line	(TRIAL CLASS)	No Gentie Cardio	(Pine Brook Care Nurse)
2:00 Healthy Bones	Dancing	COMPUTER CLASSES	12:15 Art Class	10:30 AM
	1:45 Intermediate Line	ALL DAY	12.10 AIT Old33	Bingo & Zack's Deli
	Dancing	12-3 MAH JONGG		(order by 9/28)