



Manalapan Township
Senior Citizen Programs

JANUARY 2022

Elaine McNamara,
Director

Manalapan Senior Center

Activities Location:

Manalapan Township
Community Center
114 Rt. 33 West
Manalapan, NJ 07726

Mailing Address:

Township of Manalapan
120 Rt. 522
Manalapan, NJ 07726
Contact info:

Phone: 732-446-8401

email: seniorcenter@mtnj.org

website: www.mtnj.org

INCLEMENT WEATHER:

Classes are automatically cancelled if the Manalapan Englishtown School District is closed or delayed. If in doubt check by calling 732-446-8401 before venturing out. Cancellations would be announced on the greeting by 8:00 AM

Manalapan Senior Programs is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.

MON	TUES	WED	THURS	FRI
3 CHAIR YOGA 10:00 AM & 11:15 AM	4 TAI CHI 9:00 AM	5 NO ACTIVITY	6 GENTLE CARDIO 9:15 am & 10:30 am HEALTHY BONES 1:30 PM	7 Strength Training 9:15 am 10:30 am BOOK CLUB 1:00 PM
10 CHAIR YOGA 10:00 AM & 11:15 AM	11 TAI CHI 9:00 AM	12 10:00 AM BINGO	13 GENTLE CARDIO 9:15 am & 10:30 am HEALTHY BONES 1:30 PM	14 Strength Training 9:15 am 10:30 am 1:00 pm Rock & Roll Name That Tune
17 Martin Luther King Holiday Closed	18 TAI CHI 9:00 AM	19 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM	20 GENTLE CARDIO 9:15 am & 10:30 am HEALTHY BONES 1:30 PM	21 STRENGTH TRAINING 9:15 AM & 10:30 AM
24 CHAIR YOGA 10:00 AM & 11:15 AM	25 TAI CHI 9:00 AM	26 NO ACTIVITY	27 GENTLE CARDIO 9:15 am & 10:30 am HEALTHY BONES 1:30 PM	28 STRENGTH TRAINING 9:15 AM & 10:30 AM
		Please register for all activities!		