



MANALAPAN SENIOR CENTER PROGRAMS 2022

Return by mail to: Manalapan Senior Center, 120 Route 522, Manalapan, NJ 07726
or email completed forms to: seniorcenter@twp.manalapan.nj.us
Reach us by phone: (732) 446-8401 Director: Elaine McNamara

PROGRAM LOCATION:

Manalapan Township Community Center, 114 Rt. 33 West (Just past Peking Pavilion Restaurant)

2022 NEW PARTICIPANTS ACTIVITY REGISTRATION FORM

Print Name

Street Address

Cell Home

Email

NEW PARTICIPANTS MUST ALSO SUBMIT A SENIOR CENTER REGISTRATION FORM

Submission of this form will not automatically grant you a spot in your preferred activities. Space filled on first come first served basis at the discretion of the Director. You will be notified what sessions you may attend via the email provided on this form.

Chair Yoga-Mondays

10:00 am or 11:15 am

Gentle Cardio-Thursdays

9:15 am or 10:30 am

Strength Training-Fridays

9:15 am or 10:30 am

Tai Chi-Tuesdays

9:00 am

Book Club

(meets monthly)

Special Events

Be sure to give us your email address above and we will notify you of about special events as they are scheduled.

Please fill out
Bingo
Registration
form
(located on forms tab
of website)

BINGO

DATES:

- 01/12/22
- 01/19/22
- 02/09/22
- 02/23/22
- 03/09/22
- 03/23/22
- 04/06/22
- 05/04/22
- 05/18/22
- 06/01/22
- 06/29/22

**HOLIDAY
CLOSURES:**

- 01/17/22
- 02/21/22
- 04/15/22
- 05/30/22
- 07/04/22
- 09/05/22
- 10/10/22
- 11/11/22
- 11/24/22
- 11/25/22
- 12/26/22

Healthy Bones is a 24 Week Osteoporosis Prevention, Exercise & Education Program for Older Adults, sponsored by Parker Life. This class is offered only to our senior members who have never participated in this class.

Healthy Bones-Thurs. 1:30 pm

(New 24 wk. session in Spring-Date to be announced)

**Please complete & submit "Healthy Bones" Medical Approval & Participation Agreement form (located on forms tab of website)*

Computer Help is Available!!! Do you need instruction? Are you having issues with a computer or just accomplishing a task that has you stumped? Ralph Duffel is our volunteer expert for all your computer questions. **Call Ralph at 201-259-6754.**



TOWNSHIP OF MANALAPAN

RELEASE/WAIVER OF LIABILITY

DATE: _____

I understand and agree that my participation in the activity of the Manalapan Township Senior Citizen Center or bus trips sponsored by Manalapan Township listed above will present certain risks and hazards depending on the specific nature of the activity or trip involved.

I understand and agree that my participation in any classes or activities presented under the guidance of the Township of Manalapan Senior Citizen Center is a totally voluntary situation and I assume full responsibility for my participation and agree to hold harmless the instructors and the Township of Manalapan and its employees.

I understand and agree that it is my responsibility to determine the nature of the trip or activity in which I am to participate; the degree and level of physical activity that will be necessary in order for me to participate in said activity.

I am fully aware of the risks, hazards and level of physical activity required to participate in the above listed activity and I hereby represent to the Township of Manalapan Senior Citizen Center or bus trips sponsored by Manalapan Township that I am physically able to fully engage and fully participate in this activity.

I understand and agree that neither the Township of Manalapan nor the Manalapan Township Senior Citizen Center or bus trips sponsored by Manalapan Township requires me to participate in this activity. I voluntarily assume full responsibility for any risks of loss, personal property damage that may be sustained by me, or any loss of damage to property owned by me, as a resolute of being engaged in such activity.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability, understand it and sign it voluntarily as my own free act and deed.

PARTICIPANT SIGNATURE:

DATE: _____

Printed Name

Address

Any questions, please call 732-446-8401