



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
	1 TAI CHI 9:00 AM	2 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM	3 GENTLE CARDIO 9:15 AM & 10:30 AM HEALTHY BONES 1:30 PM	4 STRENGTH TRAINING 9:15 AM & 10:30 AM
7 CHAIR YOGA 10:00 AM & 11:15 AM	8 TAI CHI 9:00 AM	9 NO ACTIVITY	10 GENTLE CARDIO 9:15 AM & 10:30 AM HEALTHY BONES 1:30 PM	11 STRENGTH TRAINING 9:15 AM & 10:30 AM
14 CHAIR YOGA 10:00 AM & 11:15 AM	15 TAI CHI 9:00 AM	16 BOOK CLUB 10:30 AM <i>To Discuss:</i> <i>A Play for the</i> <i>End of the</i> <i>World</i>	17 GENTLE CARDIO 9:15 AM & 10:30 AM HEALTHY BONES 1:30 PM	18 STRENGTH TRAINING 9:15 AM & 10:30 AM
21 CHAIR YOGA 10:00 AM & 11:15 AM	22 TAI CHI 9:00 AM	23 10:00 AM BINGO	24 GENTLE CARDIO 9:15 AM & 10:30 AM HEALTHY BONES 1:30 PM	25 STRENGTH TRAINING 9:15 AM & 10:30 AM
28 CHAIR YOGA 10:00 AM & 11:15 AM	29 TAI CHI 9:00 AM	30 NO ACTIVITY	31 GENTLE CARDIO 9:15 AM & 10:30 AM HEALTHY BONES 1:30 PM	Please register for all activities!