



# APRIL 2022

MON

TUES

WED

THURS

FRI

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@mntj.org](mailto:seniorcenter@mntj.org)

website: [www.mntj.org](http://www.mntj.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.

			<p>Please register for all activities!</p>	<p><sup>1</sup> STRENGTH TRAINING 9:15 AM &amp; 10:30 AM</p>
<p><sup>4</sup> CHAIR YOGA 10:00 AM &amp; 11:15 AM</p>	<p><sup>5</sup> TAI CHI 9:00 AM</p>	<p><sup>6</sup> 10:00 AM BINGO</p>	<p><sup>7</sup> GENTLE CARDIO 9:15 AM &amp; 10:30 AM HEALTHY BONES 1:30 PM</p>	<p><sup>8</sup> STRENGTH TRAINING 9:15 AM &amp; 10:30 AM</p>
<p><sup>11</sup> CHAIR YOGA 10:00 AM &amp; 11:15 AM</p>	<p><sup>12</sup> TAI CHI 9:00 AM</p>	<p><sup>13</sup> 10:00 AM Tickets go on sale for Bus Trip on 6/8/22 to Hunterdon Hills Playhouse</p>	<p><sup>14</sup> GENTLE CARDIO 9:15 AM &amp; 10:30 AM HEALTHY BONES 1:30 PM</p>	<p><sup>15</sup> Closed for Good Friday</p>
<p><sup>18</sup> CHAIR YOGA 10:00 AM &amp; 11:15 AM</p>	<p><sup>19</sup> TAI CHI 9:00 AM</p>	<p><sup>20</sup> BOOK CLUB 12:30 PM To Discuss: The Personal Librarian</p>	<p><sup>21</sup> GENTLE CARDIO 9:15 AM &amp; 10:30 AM HEALTHY BONES 1:30 PM</p>	<p><sup>22</sup> STRENGTH TRAINING 9:15 AM &amp; 10:30 AM</p>
<p><sup>25</sup> CHAIR YOGA 10:00 AM &amp; 11:15 AM</p>	<p><sup>26</sup> TAI CHI 9:00 AM</p>	<p><sup>27</sup> 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM</p>	<p><sup>28</sup> GENTLE CARDIO 9:15 AM &amp; 10:30 AM HEALTHY BONES 1:30 PM</p>	<p><sup>29</sup> STRENGTH TRAINING 9:15 AM &amp; 10:30 AM</p>