



Manalapan Township
Senior Citizen Programs

MAY 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
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Manalapan, NJ 07726

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AGE MY WAY: MAY 2022

#OlderAmericansMonth | ACL.gov/OAM



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
2 CHAIR YOGA 10:00 AM & 11:15 AM	3 TAI CHI 9:00 AM	4 10:00 AM BINGO	5 GENTLE CARDIO 9:15 AM & 10:30 AM NEW HEALTHY BONES CLASSES START 6/2/22	6 STRENGTH TRAINING 9:15 AM & 10:30 AM
9 CHAIR YOGA 10:00 AM & 11:15 AM	10 TAI CHI 9:00 AM	11 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM	12 GENTLE CARDIO 9:15 AM & 10:30 AM NEW HEALTHY BONES CLASSES START 6/2/22	13 STRENGTH TRAINING 9:15 AM & 10:30 AM
16 CHAIR YOGA 10:00 AM & 11:15 AM	17 TAI CHI 9:00 AM	18 No Activity Today	19 No Classes Today NEW HEALTHY BONES CLASSES START 6/2/22	20 No Classes Today
23 CHAIR YOGA 10:00 AM & 11:15 AM Book Club 12:30 PM <i>The Last Guest House</i>	24 TAI CHI 9:00 AM	25 11:30 AM Pizza Lunch followed by Fun with Cardio Drums & Entertainment	26 No Classes Today NEW HEALTHY BONES CLASSES START 6/2/22	27 No Classes Today
30  Closed for Memorial Day	31 TAI CHI 9:00 AM 2:00 Strength & Cardio Combo Class		New Healthy Bones Classes Start Thurs, 06/02/22 2:00 PM!	