



**Manalapan Township
Senior Citizen Programs**

JUNE 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
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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 10:00 AM BINGO	2 GENTLE CARDIO 9:15 AM & 10:30 AM NEW HEALTHY BONES CLASSES START 6/9/22	3 STRENGTH TRAINING 9:15 AM & 10:30 AM
6 CHAIR YOGA 10:00 AM & 11:15 AM	7 Primary Day  No Tai Chi Class	8 Hunterdon Hills Playhouse Bus Trip	9 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	10 STRENGTH TRAINING 9:15 AM & 10:30 AM
13 CHAIR YOGA 10:00 AM & 11:15 AM	14 TAI CHI 9:00 AM	15 9:30 AM Tickets go on sale for Bus Trip on 8/17/22 to Sight & Sound Theatre	16 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	17 Strength Training 9:15 AM & 10:30 AM 12:00 PM Lunch & Learn Register by 6/10/22
20 CHAIR YOGA 10:00 AM & 11:15 AM Book Club 12:30 PM A Million Reasons Why	21 TAI CHI 9:00 AM	22 No Activity	23 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	24 STRENGTH TRAINING 9:15 AM & 10:30 AM
27 CHAIR YOGA 10:00 AM & 11:15 AM	28 TAI CHI 9:00 AM	29 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM	30 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	