



Manalapan Township  
Senior Citizen Programs

# December 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

Contact info:

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website: [www.mtnj.org](http://www.mtnj.org)



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 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	2 STRENGTH TRAINING 9:15 AM & 10:30 AM
5 CHAIR YOGA 10:00 AM & 11:15 AM  12:30 PM Book Club	6  TAI CHI 9:00 AM	7 GENTLE CARDIO 9:15 AM & 10:30 AM  MAKE UP CLASS!	8 Hanover Manor Bus Trip  No Classes	9 STRENGTH TRAINING 9:15 AM & 10:30 AM
12 CHAIR YOGA 10:00 AM & 11:15 AM	13 TAI CHI 9:00 AM	14 10:00 AM Holiday Party Bingo, Lunch & Entertainment	15 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	16 STRENGTH TRAINING 9:15 AM & 10:30 AM
19 CHAIR YOGA 10:00 AM & 11:15 AM	20 TAI CHI 9:00 AM	21 No Classes	22 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	23 STRENGTH TRAINING 9:15 AM & 10:30 AM
26 Christmas observed CLOSED	27 No Classes	28 No Classes	29 No Classes	30 No Classes