



MARCH 2023

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 are 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
Please register for all activities!		1 10:00 AM Heart Health Presentation by Parker Health & Wellness	2 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	3 Hunterdon Hills Playhouse Trip No Strength Training
6 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	7 TAI CHI 9:00 AM	8 BINGO! St. Patrick's Day Party! \$6 Register by 3/1	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 MAH JONGG 1:00 PM-3:00 PM	14 TAI CHI 9:00 AM	15	16 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	17 STRENGTH TRAINING 9:15 AM & 10:30 AM
20 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	21 TAI CHI 9:00 AM	22 BINGO! 10:00 AM VNA BLOOD PRESSURE 9:30-10:30 AM	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 12:30 PM BOOK CLUB "Great Circle"	28 TAI CHI 9:00 AM Canceled	29	30 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	31 STRENGTH TRAINING 9:15 AM & 10:30 AM Elaine's last day!