



## 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](mailto:seniorcenter@mtnj.org)



Manalapan Senior Programs is partially  
funded under Title III, Older Americans  
Act as amended through the  
Monmouth County Office on Aging.

Manalapan Township  
Senior Citizen Programs

# SEPTEMBER 2023

Karen Pimentel,  
Senior Center Assistant

**MON**

**TUES**

**WED**

**THURS**

**FRI**

				1 STRENGTH TRAINING 9:15 AM & 10:30 AM
4  LABOR DAY CLOSED 	5 ZUMBA GOLD 9:00 AM  TAI CHI 10:00 AM	6 9:00 AM ZUMBA BASIC STEPS	7 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	8 STRENGTH TRAINING 9:15 AM & 10:30 AM  
11 CHAIR YOGA 10:00 AM & 11:15 AM  	12 ZUMBA GOLD 9:00 AM  TAI CHI 10:00 AM	13 10:00 AM  	14 NO GENTLE CARDIO  2:00 PM Healthy Bones	15 NO STRENGTH TRAINING
18 CHAIR YOGA 10:00 AM & 11:15 AM  	19 ZUMBA GOLD 9:00 AM  TAI CHI 10:00 AM	20   10:00 AM CANVAS PAINTING (Reg. Rqd.)	21 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	22 STRENGTH TRAINING 9:15 AM & 10:30 AM
25 CHAIR YOGA 10:00 AM & 11:15 AM  	26 ZUMBA GOLD 9:00 AM  TAI CHI 10:00 AM	27 10:00 AM   Managing Arthritis Pain 12:00 PM  Blood Pressure 9:30 AM-10:30 AM	28 GENTLE CARDIO 9:15 AM & 10:30 AM  2:00 PM Healthy Bones	29 STRENGTH TRAINING 9:15 AM & 10:30 AM   Dance Party 1:00pm (Reg. Rqd.)