



**Manalapan Township
Senior Citizen Programs**

APRIL 2024

**Karen Pimentel,
Senior Center Director**

MON

TUES

WED

THURS

FRI

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 will be announced on the greeting by 8:30 AM.

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

1 NO CHAIR YOGA MAH JONGG 1:00 PM-3:00 PM	2 ZUMBA 9:00 AM TAI CHI 10:00 AM	3 10:00 AM BINGO!	4 ZUMBA TONING 11:00 AM 2:00 PM Healthy Bones	5 Cardiosculpt 9:15 AM & 10:30 AM
8 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	9 NO ZUMBA TAI CHI 10:00 AM	10 10:00 AM FRAUD PRESENTATION (RSVP 4/5)	11 BUS TRIP TO HHP NO CLASSES	12 Cardiosculpt 9:15 AM (one class only)
15 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	16 ZUMBA 9:00 AM TAI CHI 10:00 AM	17 10:00 AM 	18 ZUMBA TONING 11:00 AM 2:00 PM Healthy Bones	19 11:00 AM Movie (RSVP by 4/16) 
22  CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	23 ZUMBA 9:00 AM TAI CHI 10:00 AM	24 10:00 AM POW Vietnam Experience (RSVP 4/20) Blood Pressure 9:30 AM-10:30 AM	25 ZUMBA TONING 11:00 AM 2:00 PM Healthy Bones	26 No Activity
29 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	30 ZUMBA 9:00 AM TAI CHI 10:00 AM			