



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 8:30 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!	HAPPY EASTER			1 ART HUT "Bunny" 1:00-3:00pm RSVP EVENT (\$15 pp)
4 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	5 ZUMBA 9:00 AM TAI CHI 10:00 AM	6 Hunterdon Hills Trip Ticket Sales - 9:00 AM Community Center & Covered Bridge Clubhouse	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 MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	12 ZUMBA 9:00 AM TAI CHI 10:00 AM	13 St. Patrick's Day Party - \$8 11:30 am RSVP by 3/1	14 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	15 STRENGTH TRAINING 9:15 AM & 10:30 AM
18 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	19 ZUMBA 9:00 AM TAI CHI 10:00 AM	20 10:00 AM BINGO GO BLOOD PRESSURE 9:30-10:30 AM	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 12:30 PM BOOK CLUB	26 ZUMBA 9:00 AM TAI CHI 10:00 AM	27 KARAOKE EVENT 10:00 AM	28 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	29 CLOSED GOOD FRIDAY HOLIDAY