



**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@mntj.org  
website: www.mntj.org

HAPPY   
*Mother's Day*



POWERED BY CONNECTION: MAY 2024

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 11:30 AM <b>PARTY</b> (Must RSVP) 	2 <b>NO Zumba Toning</b>  2:00 PM <b>Healthy Bones</b>	3 <b>Strength Training</b> 9:45 AM & 11:00 AM
6 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM	7 <b>ZUMBA GOLD</b> 9:00 AM  <b>TAI CHI</b> 10:00 AM	8 10:00 AM  	9 Trip-TIX Sales <b>THE GRAPE ESCAPE</b> 9:00 AM *Community Center & *Covered Bridge Clubhouse  2:00 PM <b>Healthy Bones</b>	10 <b>Strength Training</b> 9:45 AM & 11:00 AM   <b>2:00 PM Bees Presentation</b> (RSVP 5/8)
13 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM	14 <b>ZUMBA GOLD</b> 9:00 AM  <b>TAI CHI</b> 10:00 AM	15 10:00 AM   12:00PM <b>LUNCHEON</b> (MUST RSVP)  Blood Pressure 9:30 AM-10:30 AM	16 <b>CARDIO CIRCUIT</b> 10:00 AM  <b>ZUMBA TONING</b> 11:15 AM  2:00 PM <b>Healthy Bones</b>	17 <b>Strength Training</b> 9:45 AM & 11:00 AM  12.30 PM <b>"AGING GRACEFULLY"</b> Presentation (RSVP 5/15)
20 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM	21 <b>ZUMBA GOLD</b> 9:00 AM  <b>TAI CHI</b> 10:00 AM	22 10:00 AM  "POP UP" <b>WELLNESS CLASS</b> with Starr Techner (MUST RSVP)	23  <b>ZUMBA TONING</b> 11:15 AM  2:00 PM <b>Healthy Bones</b>	24  <b>No Activity</b>
27   <b>MEMORIAL DAY CLOSED</b>	28 <b>ZUMBA GOLD</b> 9:00 AM  <b>TAI CHI</b> 10:00 AM	29   <b>CHAIR YOGA</b> 12:00 PM & 1:00 PM	30 <b>CARDIO CIRCUIT</b> 10:00 AM  <b>ZUMBA TONING</b> 11:15 AM  2:00 PM <b>Healthy Bones</b>	31 <b>Strength Training</b> 9:45 AM & 11:00 AM