



Manalapan Township
Senior Citizen Programs

JUNE 2024

Karen Pimentel,
Senior Center Director

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

happy
Father's Day

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!				
3 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM BOOK CLUB	4 No Activity	5 THE GRAPE ESCAPE BUS TRIP	6 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 2:00 PM Healthy Bones	7 Strength Training 9:45 AM & 11:00 AM
10 NO CHAIR YOGA Trip-Tix Sales THE MUSIC MAN 9:00 AM *Community Center & *Covered Bridge Clubhouse MAH JONGG 1:00 PM-3:00 PM	11 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM ART HUT - Craft 1:00-3:00pm (RSVP EVENT)	12 10:00AM Breakfast TRIVIA (RSVP EVENT)	13 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 2:00 PM Healthy Bones	14 Strength Training 9:45 AM & 11:00 AM
17 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	18 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	19 10:00 AM BINGO! VNA BLOOD PRESSURE 9:30-10:30 AM	20 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 2:00 PM Healthy Bones	21 Strength Training 9:45 AM & 11:00 AM
24 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM	25 ZUMBA GOLD 9:00 AM NO TAI CHI	26 Trip-Tix Sales RIVER CRUISE 9:00 AM *Community Center & *Covered Bridge Clubhouse	27 NO CARDIO ZUMBA TONING 11:15 AM 2:00 PM Healthy Bones	28 Strength Training 9:45 AM & 11:00 AM