



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



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

JULY 2024

Karen Pimentel,
Senior Center Director

MON	TUES	WED	THURS	FRI
<p>1 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>MAH JONGG 1:00 PM-3:00 PM</p>	<p>2 ZUMBA GOLD 9:00 AM</p> <p>10:00 AM Balance & Motion with Kristine Scharaldi</p>	<p>3 Wear Red, White, & Blue</p> <p>CARDIO CIRCUIT 10:00 AM</p> <p>ZUMBA TONING 11:15 AM</p>	<p>4 CLOSED</p>	<p>5</p> <p>No Activity</p>
<p>8 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>MAH JONGG 1:00 PM-3:00 PM</p>	<p>9 ZUMBA GOLD 9:00 AM</p> <p>10:15 AM WELLNESS with Starr Techner (MUST RSVP)</p>	<p>10 10:00 AM</p>	<p>11</p> <p>CARDIO CIRCUIT 11.30 AM</p> <p>ZUMBA TONING 12:45 PM</p> <p>2:00 PM Healthy Bones</p>	<p>12 Strength Training 9:45 AM & 11:00 AM</p>
<p>15 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>12:30 PM BOOK CLUB</p>	<p>16 ZUMBA GOLD 9:00 AM</p> <p>10:00 AM Balance & Motion with Kristine Scharaldi</p>	<p>17 Trip-TIX Sales BROWNSTONE HOUSE 9:00 AM *Community Center & *Covered Bridge Clubhouse</p>	<p>18</p> <p>MUSIC MAN BUS TRIP</p>	<p>19 Strength Training 9:45 AM & 11:00 AM</p>
<p>22 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>MAH JONGG 1:00 PM-3:00 PM</p>	<p>23 ZUMBA GOLD 9:00 AM</p> <p>10:00 AM Balance & Motion with Kristine Scharaldi</p>	<p>24 10:00 AM</p> <p>VNA BLOOD PRESSURE 9:30-10:30 AM</p>	<p>25 NO CARDIO ZUMBA TONING 11:15 AM</p> <p>2:00 PM Healthy Bones</p>	<p>26 Strength Training 9:45 AM & 11:00 AM</p>
<p>29 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>MAH JONGG 1:00 PM-3:00 PM</p>	<p>30 ZUMBA GOLD 9:00 AM</p> <p>10:00 AM Balance & Motion with Kristine Scharaldi</p>	<p>31 No Activity</p>		<p>Please register for all activities!</p>