



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.

Please register for all activities!

MON	TUES	WED	THURS	FRI
	1 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Garden Discussion w/ Starr Techner 1:00 PM	2 CHAIR YOGA 9:00 AM & 10:00 AM	3 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM	4 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm - RSVP Prior - 4 Week Session
7 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM Watercolor Class Session 2-by RSVP 12:30 PM-2:30 PM	8 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	9 AARP SAFE DRIVING CLASS 9:00am-3:00pm (RSVP Event)	10 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	11 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm - RSVP Prior - 4 Week Session
14 COLUMBUS DAY Closed	15 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	16 COUNTY MOBILE OFFICE * Must Make Appt (see flyer for details)	17 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	18 Strength Training 10:00 AM & 11:15 AM LINE DANCING FINALE 1:00-2:00pm - RSVP Prior - 4 Week Session
21 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	22 Trip-TIX Sales Surflight 9:00am - 9:30am *Community Center & *Covered Bridge Clubhouse TAI CHI 10:00 AM NO ZUMBA	23 11:00 AM Elder Law Lunch & Learn (RSVP EVENT)	24 NO CARDIO NO TONING "POP UP" BALANCE CLASS 11:30 AM 1:00 PM Healthy Bones	25 Strength Training 10:00 AM & 11:15 AM
28 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM -3:00 PM Watercolor Class Session 3-Wait List 12:30 PM-2:30 PM	29 ZUMBA 9:00 AM TAI CHI 10:00 AM ART HUT Glass Painting 1:00-3:00pm (RSVP EVENT)	30 10:00 AM Bingo! HALLOWEEN LUNCH - 12:30 PM (RSVP- 10/23) VNA BLOOD PRESSURE 9:30-10:30 AM	31 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	Please register for all activities!