



Manalapan Township
Senior Citizen Programs

NOVEMBER 2024

Karen Pimentel,
Senior Center Director

MON

TUES

WED

THURS

FRI

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.

MON	TUES	WED	THURS	FRI
<p>Please register for all activities!</p>				<p>1 Strength Training 10:00 AM & 11:15 AM</p>
<p>4 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>NO MAH JONGG</p> <p>Watercolor Class Session 3-Wait List 12:30 PM-2:30 PM at Old Senior Ctr</p>	<p>5</p>  <p>No Activity</p>	<p>6</p>  <p>HHP BUS TRIP</p>	<p>7</p> <p>CARDIO CIRCUIT 10:00 AM</p> <p>ZUMBA TONING 11:15 AM</p> <p>1:00 PM Healthy Bones</p>	<p>8 Strength Training 10:00 AM & 11:15 AM</p> <p>LINE DANCING 1:00-2:30pm - RSVP LIST</p>
<p>11</p>  <p>VETERANS DAY Closed</p>	<p>12</p> <p>ZUMBA GOLD 9:00 AM</p> <p>TAI CHI 10:00 AM</p>	<p>13</p>  <p>10:00 AM THANKFUL BINGO</p>	<p>14</p> <p>CARDIO CIRCUIT 10:00 AM</p> <p>ZUMBA TONING 11:15 AM</p> <p>1:00 PM Healthy Bones</p>	<p>15 Strength Training 10:00 AM & 11:15 AM</p> <p>LINE DANCING 1:00-2:30pm - RSVP LIST</p>
<p>18 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>12:30 PM Book Club</p>	<p>19</p> <p>ZUMBA GOLD 9:00 AM</p> <p>TAI CHI 10:00 AM</p>	<p>20</p> <p>CHAIR YOGA 9:00 AM & 10:00 AM</p>	<p>21</p> <p>CARDIO CIRCUIT 10:00 AM</p> <p>ZUMBA TONING 11:15 AM</p> <p>1:00 PM Healthy Bones</p>	<p>22 Strength Training 10:00 AM & 11:15 AM</p> <p>LINE DANCING 1:00-2:30pm - RSVP LIST</p> <p>VNA BLOOD PRESSURE 9:30-10:30 AM</p>
<p>25 CHAIR YOGA 10:00 AM & 11:15 AM</p> <p>MAH JONGG 1:00 -3:00 PM</p> <p>Watercolor Class Session 4 12:30 PM-2:30 PM</p>	<p>26</p> <p>ZUMBA GOLD 9:00 AM</p> <p>NO TAI CHI</p>	<p>27</p> <p>No Activity</p>	<p>28</p>  <p>Happy Thanksgiving</p> <p>Closed</p>	<p>29</p>  <p>Closed</p>