



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
2 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 -3:00 PM Watercolor Class Session 4 - WAITLIST 12:30 PM-2:30 PM	3 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM ART HUT Snowman Craft 1:00-3:00pm (RSVP EVENT)	4 10:00 AM BINGO	5 Surflight Bus Trip 	6 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:30pm - RSVP
9 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 -3:00 PM	10 NO ZUMBA NO TAI CHI	11 11:30 AM Holiday Party Cost \$10 Payment Due by 12/4	12 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	13 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:30pm - RSVP
16 CHAIR YOGA 10:00 AM & 11:15 AM HOLIDAY SING-A-LONG 1:30PM	17 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	18 10:00 AM BINGO VNA BLOOD PRESSURE 9:30-10:30 AM	19 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	20 Strength Training 10:00 AM & 11:15 AM
23 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	24 No Activity	25 CLOSED Happy Holidays	26 No Activity	27 No Activity
30 No Activity	31 HAPPY NEW YEAR No Activity			Please register for all activities!