



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

INCLEMENT WEATHER:

Classes are automatically cancelled if the Manalapan Englishtown School District is closed or delayed. If in doubt, check by calling 732-446-8401 before venturing out. Cancellations are announced on the greeting by 8:00 AM

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
		1 <i>Happy New Year</i> CLOSED	2 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	3 Strength Training 10:00 AM & 11:15 AM
6 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 -3:00 PM	7 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	8 10:00 AM KICKBOXING CLASS	9 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	10 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm
13 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	14 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	15 10:00 AM <i>Bingo!</i> 12:30PM SCAM PRESENTATION	16 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	17 Strength Training 10:00 AM & 11:15 AM
20 CLOSED Martin Luther King Holiday	21 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	22 11:00 AM Left, Right, Center Tournament (Registration opens Monday, 1/6/25 - space limited)	23 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	24 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm
27 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 -3:00 PM	28 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	29 10:00 AM <i>BINGO!</i> VNA BLOOD PRESSURE 9:30-10:30 AM	30 Trip-TIX Sales SIGHT & SOUND 9:00am - 9:30am *Community Center & *Covered Bridge Clubhouse CARDIO 10:00 AM TONING 11:15 AM H. Bones 1:00 PM	31 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm