



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
3 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM Beginner Crochet 1:00 pm (RSVP)	4 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Valentine's Day -Canvas Painting 1:00pm-3:00pm (RSVP by 1/29)	5 10:00 AM BINGO	6 CARDIO 10:00 AM ZUMBA TONING 11:15 AM NO Healthy Bones 1:00 PM BRAIN AGE PRESENTATION	7 Strength Training 10:00 AM & 11:15 AM
10 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM Beginner Crochet 1:00 pm (RSVP)	11 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	12 10:30 AM Valentines Day Karaoke (RSVP by 2/5- breakfast)	13 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	14 HAPPY VALENTINE'S DAY Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm (WEAR RED)
17 CLOSING President's Day Holiday	18 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	19 CHAIR YOGA 9:00 AM & 10:00 AM Kickboxing 11:15 AM (RSVP by 2/14)	20 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	21 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm
24 CHAIR YOGA 10:00 AM & 11:15 AM BOOK CLUB 12:30 PM Beginner Crochet 1:30 pm (RSVP)	25 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	26 10:00 AM Bingo! VNA BLOOD PRESSURE 9:30-10:30 AM	27 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	28 NO STRENGTH TRAINING
				Please register for all activities!