



Manalapan Township
Senior Citizen Programs

MARCH 2025

Karen Pimentel,
Senior Center Director

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 9:00 TAI CHI 10:00 Kickboxing 1:00 pm (RSVP by 2/26) Watercolor- #1 12:00-2:00pm RSVP-space limits	5 10:30 AM KARAOKE EVENT & BREAKFAST (RSVP by 2/26) 	6 NO CARDIO NO TONING IT - INFO SESSION 11:30am (RSVP) 1:00 PM Healthy Bones	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 Watercolor- #1 12:00-2:00pm RSVP-space limits	12 St. Patrick's Day Party - \$10 11:00 am RSVP by 3/5 	13 Trip-TIX Sales VETERAN MUSEUM 9:00am - 9:30am <small>*Community Center & Covered Bridge Clubhouse</small> NO CARDIO/TONING 1:00 Healthy Bones	14 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm
17 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM Beginner Crochet 1:00 pm (RSVP)	18 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Kickboxing 1:00 pm (RSVP by 3/12)	19 10:00 AM BINGO! VNA BLOOD PRESSURE 9:30-10:30 AM	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	25 ZUMBA GOLD 9:00 AM NO TAI CHI	26 "ASK A LAWYER" 11:00 AM (RSVP by 3/19) Lunch incl. 	27 Sight & Sound BUS TRIP	28 Strength Training 10:00 AM & 11:15 AM
31 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM Watercolor #2 12:30 PM-2:30 PM RSVP-space limits				Please register for all activities!