



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.

Please register for all activities!

MON	TUES	WED	THURS	FRI
	1 NO ZUMBA TAI CHI 10:00 AM SPRING CRAFT 1:00PM-3:00PM (RSVP by 3/26)	2 10:00 AM "DECORATING ON A BUDGET" PRESENTATION	3 NO CARDIO NO TONING 1:00 PM Healthy Bones	4 Strength Training 10:00 AM & 11:15 AM
7 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 Only)	8 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	9 10:00 AM Kickboxing (RSVP by 4/4) 12:00 PM IT - INFO SESSION (RSVP)	10 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	11 Strength Training 10:00 AM & 11:15 AM
14 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM -3:00 PM Crochet 1:00 pm (RSVP)	15 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	16 10:00 AM  w/ Breakfast Treats VNA BLOOD PRESSURE 9:30-10:30 AM	17 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	18 CLOSED Good Friday Holiday
21 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM -3:00 PM Crochet 1:00 pm (RSVP)	22 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM 1:00 pm Kickboxing (RSVP by 4/17)	23 Trip-TIX Sales SURFLIGHT 9:00am - 9:30am *Community Center & *Covered Bridge Clubhouse	24 CARDIO CIRCUIT 10:00 AM ZUMBA TONING 11:15 AM 1:00 PM Healthy Bones	25 Strength Training 10:00 AM & 11:15 AM
28 CHAIR YOGA 10:00 AM & 11:15 AM BOOK CLUB 12:30 PM	29 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM INTERMEDIATE WATERCOLOR 12:00 PM-2:00 PM (RSVP Only)	30 10:00 AM Bingo!		