



**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

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website: [www.mtnj.org](http://www.mtnj.org)



FLIP THE SCRIPT ON AGING: MAY 2025



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 <b>CARDIO CIRCUIT</b> 10:00 AM <b>ZUMBA TONING</b> 11:15 AM 1:00 PM Healthy Bones	2 Strength Training 10:00 AM & 11:15 AM  <b>LINE DANCING</b> 1:00-2:00pm
5 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM <b>MAH JONGG</b> 1:00 -3:00 PM <b>Crochet</b> 1:00 pm (RSVP)	6 <b>ZUMBA GOLD</b> 9:00 AM <b>TAI CHI</b> 10:00 AM <b>INTERMEDIATE WATERCOLOR</b> Day 2 -at Sr. Ctr 12:00 -2:00 PM	7 10:00 AM 	8 <b>CARDIO CIRCUIT</b> 10:00 AM <b>ZUMBA TONING</b> 11:15 AM 1:00 PM Healthy Bones	9 Strength Training 10:00 AM & 11:15 AM  <b>LINE DANCING</b> 1:00-2:00pm
12 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM <b>MAH JONGG</b> 1:00 -3:00 PM 1:00 PM <b>IT SESSION</b> (at Sr. Ctr. Bldg) -Space Limited	13  <b>Veteran's Museum BUS TRIP</b>	14 10:30 AM <b>MOVIE TRIVIA</b> (RSVP by 5/7)	15 <b>CARDIO CIRCUIT</b> 10:00 AM <b>ZUMBA TONING</b> 11:15 AM 1:00 PM Healthy Bones	16 Strength Training 10:00 AM & 11:15 AM
19 <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM <b>MAH JONGG</b> 1:00 -3:00 PM <b>Crochet</b> 1:00 pm (RSVP)	20 <b>ZUMBA GOLD</b> 9:00 AM <b>TAI CHI</b> 10:00 AM <b>PATRIOTIC PAINTING</b> 12:30PM- 2:30PM (RSVP by 5/14)	21 10:00 AM <b>Office on Aging Presentation</b> (RSVP by 5/14)  <b>VNA Blood Pressure</b> 9:30 AM-10:30 AM	22 <b>CARDIO CIRCUIT</b> 10:00 AM <b>ZUMBA TONING</b> 11:15 AM 1:00 PM Healthy Bones	23 Strength Training 10:00 AM & 11:15 AM
26  <b>MEMORIAL DAY CLOSED</b>	27 <b>ZUMBA GOLD</b> 9:00 AM <b>TAI CHI</b> 10:00 AM	28 10:00 AM <b>Mental Health BINGO</b> w/ treats -Must RSVP -Space Limited	29 <b>CARDIO CIRCUIT</b> 10:00 AM <b>ZUMBA TONING</b> 11:15 AM 1:00 PM Healthy Bones	30 Strength Training 10:00 AM & 11:15 AM