



## 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](mailto:seniorcenter@mtnj.org)

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





*happy*  
**Father's**  
*Day*

Manalapan Senior Programs is partially  
funded under Title III, Older Americans  
Act as amended through the  
Monmouth County Office on Aging.

Manalapan Township  
Senior Citizen Programs

# JUNE 2025

Karen Pimentel,  
Senior Center Director

MON	TUES	WED	THURS	FRI
<b>2</b> <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM <div>NO MAH JONGG</div>	<b>3</b> <b>ZUMBA GOLD</b> 9:00 AM  <b>TAI CHI</b> 10:00 AM	<b>4</b>  <b>11:00 AM</b> <b>SUMMER PARTY</b> (RSVP by 5/28 in person)	<b>5</b> <b>CARDIO</b> 10:00 AM  <b>ZUMBA</b> <b>TONING</b> 11:15 AM  1:00 PM <b>Healthy Bones</b>	<b>6</b> <div>NO Strength Training</div>
<b>9</b> <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM <div>12:30 PM Book Club</div>	<b>10</b> <b>NO CLASSES</b>  <b>11:00 AM</b> <b>"ASK A LAWYER"</b> (RSVP by 6/5 at Sr. Ctr. Bldg.)	<b>11</b> <b>10:00 AM</b>  <i>Bingo!</i>	<b>12</b> Trip-TIX Sales Navesink Cruise 9:00am - 9:30am *Community Center & *Covered Bridge Clubhouse  <b>CARDIO 10:00 AM</b> <b>TONING 11:15 AM</b> <b>H. BONES 1:00 PM</b>	<b>13</b>  <b>Strength Training</b> 10:00 AM & 11:15 AM
<b>16</b> <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM	<b>17</b> <b>ZUMBA GOLD</b> 9:00 AM   <b>9:00am- 3:30pm</b> <b>AARP SAFE DRIVING CLASS</b> (at Sr. Ctr. Bldg.)	<b>18</b>   <b>SURFLIGHT THEATRE BUS TRIP</b>	<b>19</b> <b>CARDIO</b> 10:00 AM  <b>ZUMBA</b> <b>TONING</b> 11:15 AM  1:00 PM <b>Healthy Bones</b>	<b>20</b>  <b>Strength Training</b> 10:00 AM & 11:15 AM
<b>23</b> <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM	<b>24</b> <b>ZUMBA GOLD</b> 9:00 AM  <b>11:00 AM</b> <b>Internet Safety &amp; ID Cards Presentation</b> (RSVP by 6/19)	<b>25</b> <b>10:00 AM</b>    <b>VNA BLOOD PRESSURE</b> 9:30-10:30 AM	<b>26</b> <b>CARDIO</b> 10:00 AM  <b>ZUMBA</b> <b>TONING</b> 11:15 AM  1:00 PM <b>Healthy Bones</b>	<b>27</b>  <b>Strength Training</b> 10:00 AM & 11:15 AM
<b>30</b> <b>CHAIR YOGA</b> 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 1:00 -3:00 PM				<b>Please register for all activities!</b>