



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

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