



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.

MON	TUES	WED	THURS	FRI
Please register for all activities!				1 Strength Training 10:00 AM & 11:15 AM
4 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	5 ZUMBA 9:00 AM PLANT ART 11:00 AM (RSVP event)	6 10:00 AM <i>bingo</i> ICE CREAM Sundaes after bingo BLOOD PRESSURE 9:30-10:30 AM	7 9:00 AM CARDIO 10:30 AM Strength-Balance (must rsvp) TONING 11:30 AM	8 Strength Training 10:00 AM & 11:15 AM
11 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	12 ZUMBA 9:00 AM	13	14 9:00 AM CARDIO	15 NO Strength Training 9:30 AM Balance & Motion Class with Starr (must rsvp)
18 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM BOOK CLUB	19 NO ZUMBA 11:00 AM Movie at Sr. Ctr. Bldg. (rsvp event)	20 NAVESINK BOAT TRIP	21 9:00 AM CARDIO 10:30 AM Strength-Balance (must rsvp) TONING 11:30 AM	22 Strength Training 10:00 AM & 11:15 AM
25 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	26 ZUMBA 9:00 AM KICKBOXING 11:15 AM	27 10:00 AM BINGO 12:00PM-Pizza 12:30 PM New Senior Center Building Presentation	28 9:00 AM CARDIO KICKBOXING 11:15 AM	29 NO Strength Training