



Manalapan Township
Senior Citizen Programs

SEPTEMBER 2025

Karen Pimentel,
Senior Center Director

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:

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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 LABOR DAY CLOSED	2 ZUMBA 9:00 AM 11:00 AM Balance & Motion Class with Starr (must rsvp)	3 Trip-TIX Sales HUNTERDON HILLS PLAYHOUSE 9:00am - 9:30am *Town Hall Court Rm & Covered Bridge Clubhouse"	4 BUS TRIP to Bucks County Plhs	5 Strength Training 10:00 AM & 11:15 AM
8 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	9 ZUMBA 9:00 AM TAI CHI 10:00 AM 1:00 pm Mosquito/Tick Presentation	10 10:00 AM 	11 CARDIO 9:30 AM Strength-Balance (rsvp only) 10:45 AM TONING 11:30 AM	12 Strength Training 10:00 AM & 11:15 AM
15 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG NAVESINK BOAT TRIP	16 ZUMBA 9:00 AM TAI CHI 10:00 AM FALL CRAFT 1:00 pm (rsvp event)	17 10:00 AM 	18 CARDIO 9:30 AM Strength-Balance (rsvp only) 10:45 AM TONING 11:30 AM	19 Strength Training 10:00 AM & 11:15 AM
22 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	23 No Activity	24 No Activity	25 CARDIO 9:30 AM Strength-Balance (rsvp only) 10:45 AM TONING 11:30 AM	26 Strength Training 10:00 AM & 11:15 AM
29 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	30 ZUMBA 9:00 AM TAI CHI 10:00 AM Healthy Bones 11:15 AM Watercolor- #1 12:00-2:00pm RSVP-space limits			