



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.

Manalapan Township
Senior Citizen Programs

NOVEMBER 2025

Karen Pimentel,
Senior Center Director

MON	TUES	WED	THURS	FRI
3 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	4  NO ZUMBA NO TAI CHI Quilling- session 1 11:00am-1:00pm RSVP-space limits (at Sr Ctr Bldg)	5 Makeup Classes TAI CHI 10:00 AM ZUMBA 11:30 AM	6 CARDIO 9:30 AM Strength-Balance 10:45am 11:30am Healthy Bones 1:15 PM	7 NO Strength Training "POP UP" ZUMBA 9:00 AM ZUMBA TONING 10:15 AM (MUST RSVP)
10 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	11  VETERANS DAY Closed	12 10:00 AM  Blood Pressure 9:30 AM-10:30 AM 12:30 PM  Living Healthy Presentation (Must RSVP)	13 CARDIO 9:30 AM Strength-Balance 10:45am 11:30am Healthy Bones 1:15 PM	14 Strength Training 10:00 AM & 11:15 AM LINE DANCING 12:45-2:00pm (RSVP event)
17 CHAIR YOGA 10:00 & 11:15 AM MAH JONGG 12:30 PM-2:30 PM Quilling- session 2 12:30-2:30pm RSVP-space limits (at CC Bldg)	18 ZUMBA 9:00 AM TAI CHI 10:00 AM Quilling- session 3 12:00-2:00pm RSVP-space limits (at Sr Ctr Bldg)	19 Balance w/ Starr 12:30-1:30pm (Must Rsvp)	20 CARDIO 9:30 AM Strength-Balance 10:45am 11:30am Healthy Bones 1:15 PM	21 Strength Training 10:00 AM & 11:15 AM LINE DANCING 12:45-2:00pm (RSVP event)
24 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	25 MUSICAL PERFORMANCE 11:00 AM *SEE FLYER *RSVP EVENT	26 No Activity	27  Closed	28  Closed
				Please register for all activities!