



Manalapan Township  
Senior Citizen Programs

# DECEMBER 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  
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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 CHAIR YOGA 10:00 AM & 11:15 AM  <b>12:30 PM Book Club</b>	2 <b>ZUMBA</b> 9:00 AM TAI CHI 10:00 AM  Sea Glass Workshop 12:30pm (RSVP Only)	3 10:00 AM  <b>PINGO!</b>	4 <b>CARDIO</b> 9:30 AM  Balance Circuit 10:45 & 11:30am  1:15 PM Healthy Bones	5 Strength Training 10:00 AM & 11:15 AM  <b>LINE DANCING</b> 12:45-2:00pm (RSVP event)
8 CHAIR YOGA 10:00 AM & 11:15 AM  <b>NO MAH JONGG</b>	9  11:00 AM Holiday Party (RSVP Only)	10  Quilling- session 4 11:00am-1:00pm RSVP Only (at Sr Ctr Bldg)	11 <b>CARDIO</b> 9:30 AM  Balance Circuit 10:45 & 11:30am  1:15 PM Healthy Bones	12 Strength Training 10:00 AM & 11:15 AM
15 CHAIR YOGA 10:00 AM & 11:15 AM  <b>MAH JONGG</b> 12:30 PM-2:30 PM	16 <b>ZUMBA</b> 9:00 AM TAI CHI 10:00 AM	17 11:00 AM (Sr Ctr Bldg)  	18 <b>CARDIO</b> 9:30 AM  Balance Circuit 10:45 & 11:30am  1:15 PM Healthy Bones	19 Strength Training 10:00 AM & 11:15 AM  <b>LINE DANCING</b> 12:45-2:00pm (RSVP event)
22 CHAIR YOGA 10:00 AM & 11:15 AM  <b>NO MAH JONGG</b>	23 <b>ZUMBA</b> 9:00 AM TAI CHI 10:00 AM	24 No Activity	25  <b>CLOSED</b>  <b>Happy Holidays</b>	26  <b>CLOSED</b>  
29 No Activity	30 No Activity	31 		