



Manalapan Senior Center

Balance with Starr

Learn different types of exercises to improve your balance, including standing moves, standing postures, & ambulation exercises. Come to move & discover why we need to work on our balance.

TUESDAY, JANUARY 6, 2026
11:45 AM-12:45 PM
MANALAPAN COMMUNITY CTR
114 RT. 33 WEST

RSVP in person
or call 732-446-8401
***Must sign Parker waiver to**
participate *
Space is limited

