



## 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](mailto:seniorcenter@mtnj.org)  
website: [www.mtnj.org](http://www.mtnj.org)

### INCLEMENT WEATHER:

Classes are automatically cancelled if the Manalapan Englishtown School District is closed or delayed. If in doubt, check by calling 732-446-8401 before venturing out. Cancellations are announced on the greeting by 8:00 AM

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

# JANUARY 2026

Karen Pimentel,  
Senior Center Director

MON	TUES	WED	THURS	FRI
Please register for all activities!			<sup>1</sup> Happy New Year CLOSED	<sup>2</sup> NO Strength Training
<sup>5</sup> CHAIR YOGA 10:00 AM & 11:15 AM  MAH JONGG 12:30 PM-2:30 PM	<sup>6</sup> ZUMBA 9:00 AM TAI CHI 10:00 AM "POP UP" BALANCE w/ STARR 11:45 AM	<sup>7</sup> 10:00 AM  BINGO!	<sup>8</sup> CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<sup>9</sup> Strength Training 10:00 AM & 11:15 AM
<sup>12</sup> CHAIR YOGA 10:00 AM & 11:15 AM  12:30 PM Book Club	<sup>13</sup> ZUMBA 9:00 AM TAI CHI 10:00 AM BASIC WATERCOLOR 12:00-2:00pm (at Sr Ctr Bldg)	<sup>14</sup> Trip-TIX Sales THE SHORE CLUB 9:00am - 9:30am *Town Hall Court Rm & Covered Bridge Clubhouse"	<sup>15</sup> CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<sup>16</sup> Strength Training 10:00 AM & 11:15 AM LINE DANCING 12:45-2:00pm (RSVP event)
<sup>19</sup> CLOSED Martin Luther King Holiday	<sup>20</sup> ZUMBA 9:00 AM "POP UP" Zumba Toning 10:00 AM NO TAI CHI	<sup>21</sup> NUTRITION PRESENTATION & SCREENINGS 10:00am-1:00pm (RSVP Event)	<sup>22</sup> CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<sup>23</sup> Strength Training 10:00 AM & 11:15 AM LINE DANCING 12:45-2:00pm (RSVP event)
<sup>26</sup> CHAIR YOGA 10:00 AM & 11:15 AM  MAH JONGG 12:30 PM-2:30 PM	<sup>27</sup> ZUMBA 9:00 AM TAI CHI 10:00 AM BASIC WATERCOLOR 12:00-2:00pm (at Sr Ctr Bldg)	<sup>28</sup> "POP UP" ZUMBA TONING 10:30 AM "POP UP" KICKBOXING 11:45 AM	<sup>29</sup> CARDIO 9:30 AM Strength-Balance 10:45am 11:30am Healthy Bones 1:15 PM	<sup>30</sup> Strength Training 10:00 AM & 11:15 AM CHIT CHAT CLUB 12:45 PM (See Flyer)