



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

website: 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 and check your emails. Cancellations are announced on the greeting by 8:00 AM.

Manalapan Township
Senior Citizen Programs

FEBRUARY 2026

Karen Pimentel,
Senior Center Director

MON	TUES	WED	THURS	FRI
2 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	3 ZUMBA 9:00 AM TAI CHI 10:00 AM "ASK A LAWYER" 11:30 AM (RSVP by 1/27) OLD SR. CTR.	4 10:00 AM Blood Pressure Screening 9:30am- 10:30am	5 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	6 Strength Training 10:00 AM & 11:15 AM PARTY LINE DANCING 12:45-2:00pm (RSVP event)
9 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	10 ZUMBA 9:00 AM TAI CHI 10:00 AM BASIC WATERCOLOR 11:00-1:00pm (at Sr Ctr Bldg)	11 10:00 AM BINGO!	12 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	13 Strength Training 10:00 AM & 11:15 AM
16 Closed	17 ZUMBA 9:00 AM TAI CHI 10:00 AM "POP UP" Balance w/ STARR 11:30 AM Beginner Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg)	18 VIRTUAL TOUR OF ITALY 11:30-1:30pm (RSVP by 2/11) Old Senior Ctr.	19 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	20 No Strength Training Trip-TIX Sales MURDER at MOUNT HOPE MANSION 9:00am - 9:30am *Town Hall Court Rm & Covered Bridge Clubhouse"
23 CHAIR YOGA 10:00 AM & 11:15 AM BOOK CLUB 12:30 PM-1:30 PM	24 ZUMBA 9:00 AM TAI CHI 10:00 AM Beginner Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg)	25 12:30 PM Movie at Sr. Ctr. Bldg. (rsvp event)	26 CARDIO 9:30 AM NO Balance Class "POP UP" ZUMBA TONING 10:45 AM Healthy Bones 1:15 PM	27 Strength Training 10:00 AM & 11:15 AM PARTY LINE DANCING 12:45-2:00pm (RSVP event)

Manalapan Senior Programs is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.