



Manalapan Township
Senior Citizen Programs

MON

2 CHAIR YOGA
10:00 AM &
11:15 AM

MAH JONGG
12:30 PM-2:30 PM

TUES

3 ZUMBA
9:00 AM

TAI CHI
10:00 AM

"ASK A LAWYER"
11:30 AM
(RSVP by 1/27)
OLD SR. CTR.

WED

4 10:00 AM


Blood Pressure Screening
9:30am- 10:30am

THURS

5 CARDIO
9:30 AM
Balance Circuit
10:45am
11:30am

Healthy Bones
1:15 PM

FRI

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


Blood Pressure Screening
9:30am- 10:30am

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.

Karen Pimentel,
Senior Center Director

FEBRUARY 2026