



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

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