



**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**

# MARCH 2026

**Karen Pimentel,  
 Senior Center Director**

MON	TUES	WED	THURS	FRI
<b>2</b> <b>TIME CHANGE!</b> CHAIR YOGA 10:00 AM & 11:00 AM <hr/> MAH JONGG 12:30 PM-2:30 PM	<b>3</b> ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM <hr/> Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg) -FULL	<b>4</b> 10:00 AM <b>BINGO!</b>	<b>5</b> NO CARDIO NO BALANCE NO Healthy Bones <hr/>  <b>BUS TRIP</b>	<b>6</b> Strength Training 10:00 AM & 11:15 AM
<b>9</b> CHAIR YOGA 10:00 AM & 11:15 AM <hr/> MAH JONGG 12:30 PM-2:30 PM <hr/> ZEN ART CLASS 1:00 PM-2:30 PM See Flyer	<b>10</b> ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM <hr/> Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg) -FULL	<b>11</b>  St. Patrick's Day Party 11:00 am (see flyer)	<b>12</b> <b>CARDIO</b> 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<b>13</b> Strength Training 10:00 AM & 11:15 AM
<b>16</b> CHAIR YOGA 10:00 AM & 11:15 AM <hr/> MAH JONGG 12:30 PM-2:30 PM <hr/> ZEN ART CLASS 1:00 PM-2:30 PM See Flyer	<b>17</b> ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	<b>18</b> Office on Aging Presentation 11:00 AM (RSVP by 3/11)	<b>19</b> <b>CARDIO</b> 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<b>20</b> Strength Training 10:00 AM & 11:15 AM <hr/>  <b>LINE            DANCING</b> 12:45-2:00pm (RSVP event)
<b>23</b> CHAIR YOGA 10:00 AM & 11:15 AM <hr/> MAH JONGG 12:30 PM-2:30 PM <hr/> ZEN ART CLASS 1:00 PM-2:30 PM See Flyer	<b>24</b> ZUMBA GOLD 9:00 AM <hr/> NO TAI CHI <hr/> POP UP KICKBOXING w/ Starr 11:00 am	<b>25</b> 10:00 AM 	<b>26</b> <b>CARDIO</b> 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	<b>27</b> Strength Training 10:00 AM & 11:15 AM <hr/>  <b>LINE            DANCING</b> 12:45-2:00pm (RSVP event)
<b>30</b> CHAIR YOGA 10:00 AM & 11:15 AM <hr/> BOOK CLUB 12:30 PM-1:30 PM	<b>31</b> ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM <hr/> PRE-DIABETES LECTURE 12:00 PM-1:00 PM (SEE FLYER)			

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