Manalapan Township
Senior Citizen Programs

APRIL 2026

Karen Pimentel,
Senior Center Director

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

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

MON	TUES	WED	THURS	FRI
		1 NO ACTIVITY	2 CARDIO 9:30 AM 10:45 AM -POP UP Zumba Toning NO BALANCE Healthy Bones 1:15 PM	3 CLOSED
6 CHAIR YOGA 10:00 AM & 11:15 AM	7 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	8 10:00 AM 	9 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	10 Strength Training 10:00 AM & 11:15 AM
13 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM–2:30 PM ZEN ART CLASS 1:00 PM–2:30 PM	14 Trip-TIX Sales LUNCH & MOVIE 9:00AM -9:30AM (SEE FLYER) NO ZUMBA TAI CHI 10:00 AM Kickboxing 11:00 am	15 STRESS LESS PRESENTATION & SCREENINGS 10:00am-12:30pm (RSVP Event)	16 BUS TRIP To Murder Mystery	17 Strength Training 10:00 AM & 11:15 AM
20 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM–2:30 PM ZEN ART CLASS 1:00 PM–2:30 PM	21 NO ZUMBA Balance w/ Starr 9:00 am TAI CHI 10:00 AM ADVOCACY PRESENTATION 1:00 PM (RSVP-See Flyer)	22 10:00 AM BINGO!	23 NO CARDIO Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	24 Strength Training 10:00 AM & 11:15 AM
27 CHAIR YOGA 10:00 AM & 11:15 AM BOOK CLUB 12:30 PM–1:30 PM	28 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	29 11:00 AM (See Flyer)	30 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	