



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
2 CHAIR YOGA 10:00 AM *11:00 AM MAH JONGG 12:30 PM-2:30 PM ZEN-ART Workshop 1:00PM-2:30PM (2/23 MAKEUP)	3 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg) -FULL	4 10:00 AM BINGO!	 BUS TRIP To The Shore Club	6 Strength Training 10:00 AM & 11:15 AM
9 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM ZEN-ART Workshop 1:00PM-2:30PM (2/25 MAKEUP)	10 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg) -FULL	 St. Patrick's Day Party 11:00 am (see flyer)	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 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 See Flyer	17 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM Mah-Jongg Lessons 12-2pm (Old Bldg) MAKEUP SESSION	18 Office on Aging Presentation 11:00 AM (RSVP by 3/11)	19 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	20 Strength Training 10:00 AM & 11:15 AM PARTY LINE DANCING 12:45-2:00pm (RSVP event)
23 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 See Flyer	24 ZUMBA GOLD 9:00 AM NO TAI CHI 11:00 AM -POP UP KICKBOXING	25 10:00 AM 	26 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	27 Strength Training 10:00 AM & 11:15 AM PARTY LINE DANCING 12:45-2:00pm (RSVP event)
30 CHAIR YOGA 10:00 AM & 11:15 AM BOOK CLUB 12:30 PM-2:00 PM FEB & MARCH DISCUSSION	31 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM 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.