



# Manalapan Senior Center



## LET'S KEEP DANCING

### How Moving & Grooving Enhances Healthy Aging

presented by Kristine Scharaldi

**WEDNESDAY, MAY 13**

**11:00 am - 1:00 pm**

**Community Ctr. 114 Route 33 W.**

**Discover the benefits of dance and  
simple ways to experience joy &  
movement in your everyday life.**

**Register by Friday, May 8  
in person or call 732-446-8401**