



Manalapan Township
Senior Citizen Programs

MAY 2026

Karen Pimentel,
Senior Center Director

MON

TUES

WED

THURS

FRI



OLDER AMERICANS MONTH
CHAMPION YOUR HEALTH: MAY 2026



1 Strength Training
10:00 AM & 11:15 AM
LINE DANCING
12:45-2:00pm
(RSVP event)

4 CHAIR YOGA
10:00 AM & 11:15 AM
MAH JONGG
12:30 PM-2:30 PM

5 ZUMBA GOLD 9:00 AM
TAI CHI 10:00 AM
12:30pm
"Devil Wears Prada"
(Old Senior Ctr Bldg)
Must RSVP

6 10:00 AM
BINGO

7 **CARDIO**
9:30 AM
Balance Circuit
10:45 AM & 11:30 AM
NO Healthy Bones

8 Strength Training
10:00 AM & 11:15 AM
LINE DANCING
12:45-2:00pm
(RSVP event)

11 CHAIR YOGA
10:00 AM & 11:15 AM
MAH JONGG
12:30 PM-2:30 PM

12 ZUMBA GOLD 9:00 AM
TAI CHI 10:00 AM
AMC Movie & Lunch Trip
12:30pm
(see flyer)

13 Trip-TIX Sales
Li Greci's STAATEN
9:00AM -9:30AM
(SEE FLYER)
11:00 AM
Dance & Movement Workshop
(Must RSVP)

14 **CARDIO**
9:30 AM
Balance Circuit
10:45 AM & 11:30 AM
1:15 PM
Healthy Bones

15 Strength Training
10:00 AM & 11:15 AM
LINE DANCING
12:45-2:00pm
(RSVP event)

18 CHAIR YOGA
10:00 AM & 11:15 AM
1:00 pm
Broadway Musical Performance

19 ZUMBA GOLD 9:00 AM
TAI CHI 10:00 AM

20 11:00 AM
SUMMER PARTY
(RSVP by 5/13 in person)

21 **CARDIO**
9:30 AM
Balance Circuit
10:45 AM & 11:30 AM
1:15 PM
Healthy Bones

22 **NO** Strength Training
ZUMBA GOLD 9:00 am Pop Up
Zumba Toning 10:15 am - Pop Up
(Space Limited)

25 
MEMORIAL DAY CLOSED

26 ZUMBA GOLD 9:00 AM
TAI CHI 10:00 AM

27 10:00am-12:00pm
Reiki Wellness Session
(Space Limited - Must RSVP)

28 **CARDIO**
9:30 AM
Balance Circuit
10:45 AM & 11:30 AM
1:15 PM
Healthy Bones

29 Strength Training
10:00 AM & 11:15 AM

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.

Please register for all activities!