



Manalapan Township
Senior Citizen Programs

JUNE 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
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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 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	2 NO CLASSES Watercolor- #1 10:00am-12:00pm RSVP-space limits Beginner Mah-Jongg Lessons 12-2pm (see flyer)	3 10:00 AM 	4 CARDIO 9:30 AM BALANCE 10:45 AM & 11:30 AM 1:15 PM Healthy Bones	5 Strength Training 10:00 AM & 11:15 AM "POP UP" ZUMBA 1:00 pm
8 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	9 ZUMBA 9:00 AM TAI CHI 10:00 AM 1:00 pm JEOPARDY "Keeping your brain healthy"	10 10:00 AM 250th Anniversary lunch & learn (See Flyer) 	11 CARDIO 9:30 AM BALANCE 10:45 AM & 11:30 AM 1:15 PM Healthy Bones	12 Strength Training 10:00 AM & 11:15 AM
15 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	16 ZUMBA -9:00 AM TAI CHI 10:00 AM Watercolor- #2 12:00pm-2:00pm RSVP-space limits Beginner Mah-Jongg Lessons 12-2pm (see flyer)	17 10:00 AM 	18 CARDIO 9:30 AM BALANCE 10:45 AM & 11:30 AM 1:15 PM Healthy Bones	19 NO Strength Training CARD MAKING (2 SESSIONS) 10:30am - 12:00pm 12:30pm - 2:00pm (Space is Limited) (See Flyer)
22 CHAIR YOGA 10:00 AM & 11:15 AM Mosquito Presentation 1:00 pm	23 ZUMBA 9:00 AM "POP UP" ZUMBA TONING 10:15 AM (space limits-rsvp) Beginner Mah-Jongg Lessons 12-2pm (see flyer)	24 11:00 AM SUMMER SAFETY PRESENTATION	25 CARDIO 9:30 AM BALANCE 10:45 AM & 11:30 AM 1:15 PM Healthy Bones	26 NO Strength Training 10:30am Movie "50 First Dates" (Old Senior Ctr Bldg) Must RSVP
29 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	30 ZUMBA 9:00 AM Beginner Mah-Jongg Lessons 12-2pm (see flyer)			Please register for all activities!