



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 "Pop Up" 9:30 AM Kickboxing	2 NO CARDIO BALANCE 10:45am 11:30am 1:15 PM Healthy Bones	3 CLOSED 4TH OF JULY
6 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	7 ZUMBA 9:00 AM ZUMBA TONING 10:00 AM Beginner Mah-Jongg Lessons 12:00 pm-2:00 pm (Old Sr. Bldg)	8 10:00 AM Mr. Softee Truck	9 CARDIO 9:30 AM BALANCE 10:45am 11:30am 1:15 PM Healthy Bones	10 Strength Training 10:00 AM & 11:15 AM
13 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	14 ZUMBA 9:00 AM CARD MAKING 10:30am - 12:00pm Beginner Mah-Jongg Lessons 12:00 pm-2:00 pm (Old Sr. Bldg)	15 Trip-TIX Sales SIGHT & SOUND 9:00AM -9:30AM (SEE FLYER)	16 TRIP CARDIO 9:30 AM NO BALANCE 12:15pm - "Pop Up" Zumba Toning 1:15 PM Healthy Bones	17 Strength Training 10:00 AM & 11:15 AM 12:30pm "Pop Up" Balance w/ Starr
20 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	21 ZUMBA 9:00 AM 11:00 AM Lunch & Learn Medicaid (Old Sr. Bldg) Beginner Mah-Jongg Lessons 12-2pm (Old Bldg)	22 10:00 AM 	23 CARDIO 9:30 AM NO BALANCE NO Healthy Bones	24 Strength Training 10:00 AM & 11:15 AM
27 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	28 ZUMBA 9:00 AM Beginner Mah-Jongg Lessons 12:00 pm-2:00 pm (Old Sr. Bldg)	29 10:00am Diamond Art (see flyer) (Space is Limited)	30 CARDIO 9:30 AM BALANCE 10:45am 11:30am 1:15 PM Healthy Bones	31 Strength Training 10:00 AM & 11:15 AM