



Manalapan Township
Senior Citizen Programs

AUGUST 2026

Karen Pimentel,
Senior Center Director

MON TUES WED THURS FRI

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



3	CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	4	ZUMBA 9:00 AM "Pop Up" ZUMBA TONING 10:15 AM	5	10:00 AM BINGO  SCREENINGS 9:30 AM - 10:30 AM	6	CARDIO 9:30 AM NO BALANCE "Pop Up"-ZUMBA 12:15 PM Healthy Bones 1:15 PM	7	Strength Training 10:00 AM & 11:15 AM
10	CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	11	ZUMBA 9:00 AM CARD MAKING 11:00am - 12:30pm (Space is limited) OLD Sr. Bldg	12	10:30 AM Price is Right (see flyer) (Must rsvp)	13	CARDIO 9:30 AM NO BALANCE "Pop Up" ZUMBA TONING 12:15 PM Healthy Bones 1:15 PM	14	NO Strength Training 9:30am "Pop Up" Balance w/ Starr 11:00 AM "Pop Up"-ZUMBA
17	CHAIR YOGA 10:00 & 11:15 AM 12:30 PM Book Club	18	ZUMBA 9:00 AM ARTHRITIS PRESENTATION 11:00 AM	19	10:00 AM BINGO!	20	CARDIO 9:30 AM NO BALANCE 11:30 AM Fraud Presentation Healthy Bones 1:15 PM	21	NO Strength Training
24	CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	25	NO ZUMBA 11:30 am BBQ 	26	10:30 AM Sea Glass Art Event (must RSVP)	27	CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	28	Strength Training 10:00 AM & 11:15 AM
31	CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM								

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!