



Manalapan Township
Senior Citizen Programs

AUGUST 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
Contact info:
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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.

Please register for all activities!

MON	TUES	WED	THURS	FRI
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 11:30 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				