



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 Township Senior Citizen Programs

OCTOBER 2026

Karen Pimentel,
Senior Center Director

MON

TUES

WED

THURS

FRI

			1  BUS TRIP CARDIO 9:30 AM NO Balance 11:00 AM -Pop Up "FUN FITNESS" Healthy Bones 1:15pm	2 Strength Training 10:00 AM & 11:15 AM  LINE DANCING 1:00-2:00pm (RSVP event)
5 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	6 Trip-TIX Sales SURLIGHT THEATER 9:00AM -9:30AM (SEE FLYER) NO ZUMBA TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 5	7 10:00 AM BINGO!	8 NO CARDIO Balance Circuit 10:45am 11:30am No Healthy Bones	9 9:15am-10:00am "Pop Up" Balance w/ Starr Strength Training 10:00 AM & 11:15 AM
12 CLOSED	13 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 6	14 11:00 AM Utilizing Nature's Medicine Presentation (Must RSVP)	15 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	16 Strength Training 10:00 AM & 11:15 AM  LINE DANCING 1:00-2:00pm (RSVP event)
19 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM CARD MAKING 1:00pm - 2:30pm (Space is Limited) @ Comm Ctr.	20 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM	21  11:00 AM  HALLOWEEN PARTY (see flyer)	22 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	23 Strength Training 10:00 AM & 11:15 AM  LINE DANCING 1:00-2:00pm (RSVP event)
26 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club	27 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM	28 10:00 AM  BINGO	29 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	30 Strength Training 10:00 AM & 11:15 AM



Manalapan Senior Programs is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging.