



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.

Please register for all activities!

Manalapan Township
Senior Citizen Programs

SEPTEMBER 2026

Karen Pimentel,
Senior Center Director

MON	TUES	WED	THURS	FRI
	1 ZUMBA GOLD 9:00 AM "Pop Up" ZUMBA TONING 10:00 AM	2 10:00 AM Memory Lecture PRESENTATION & Screenings (Must RSVP)	3 CARDIO 9:30 AM "Pop Up" Zumba Toning 10:30 AM NO BALANCE Healthy Bones 1:15 PM	4 NO Strength Training 10:00 AM "Pop Up" Balance w/ Starr 11:30 AM "Pop Up" ZUMBA
7 LABOR DAY CLOSED	8 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 1 (old Sr. Ctr)	9 "MAKE UP CLASS" CHAIR YOGA 10:00 AM & 11:00 AM 1:00 PM Presentation on Doris Day	10 CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	11 Strength Training 10:00 AM & 11:15 AM
14 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.	15 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 2 (old Sr. Ctr)	16 10:00 AM BINGO	17 CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	18 Strength Training 10:00 AM & 11:15 AM
21 NO ACTIVITY	22 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 3 (old Sr. Ctr)	23 "MAKE UP CLASS" CHAIR YOGA 10:00 AM & 11:15 AM 1:00 PM "Pop Up" Balance w/ Starr	24 NO CARDIO BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	25 Strength Training 10:00 AM & 11:15 AM
28 CHAIR YOGA 10:00 AM & 11:15 AM	29 ZUMBA GOLD 9:00 AM TAI CHI -10:00 AM WISE PROGRAM 12:30-2:30 LESSON 4 (old Sr. Ctr)	30 9:00am- 3:30pm AARP SAFE DRIVING CLASS (at Sr. Ctr. Bldg)		