



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.

Manalapan Township
Senior Citizen Programs

NOVEMBER 2026

Karen Pimentel,
Senior Center Director

MON	TUES	WED	THURS	FRI
2 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	3  NO ZUMBA NO TAI CHI Watercolor 10:30am-12:30pm RSVP-space limits (Old Sr. Bldg)	4 10:00 AM  SCREENINGS 9:30-10:30 AM	5 NO CARDIO NO BALANCE 9:30 AM "Pop Up" Balance w/ Starr 1:15 PM Healthy Bones	6 NO Strength Training 11:00 AM HOLIDAY MOVIE "LOVE ACTUALLY" (MUST RSVP) (OLD SR. BLDG)
9 CHAIR YOGA 10:00 AM & 11:15 AM 1:30 pm Friendsgiving Celebration "The Singing Florist" (Must RSVP)	10 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM BEGINNER Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg)	11  VETERANS DAY Closed	12 CARDIO 9:30 AM BALANCE 10:45am 11:30am NO Healthy Bones	13 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm (RSVP event)
16 CHAIR YOGA 10:00 AM & 11:15 AM DIAMOND ART 1:00pm-3:00pm (Must RSVP) MAH JONGG 12:30 PM-2:30 PM	17 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM BEGINNER Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg)	18 11:00 AM HEALTHY FEET PRESENTATION (Old Sr Bldg) (Must RSVP)	19 CARDIO 9:30 AM BALANCE 10:45am 11:30am 1:15 PM Healthy Bones	20 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm (RSVP event)
23 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	24 ZUMBA GOLD 9:00 AM NO TAI CHI BEGINNER Mah-Jongg Lessons 12-2pm (see flyer) (Old Sr Bldg)	25 9:30 AM "Pop Up" Balance w/ Starr 10:30 AM 'Pop Up'- ZUMBA Toning	26  Happy Thanksgiving Closed	27  Closed
30 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM Book Club				Please register for all activities!