Manalapan Township Senior Citizen Programs

DECEMBER 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:
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!

MON	TUES	WED	THURS	FRI
	1 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM QUILLING 11:30am-2:00pm RSVP-space limits (Old Sr. Bldg)	2  BUS TRIP To Surflight Theater	3 CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	4 Strength Training 10:00 AM & 11:15 AM 1:00 PM FURRY ANGELS 
7 CHAIR YOGA 10:00 AM & 11:15 AM NO MAH JONGG	8 11:00 AM holiday PARTY (RSVP Only)	9 CARD MAKING 10:30am - 12:00pm (Space is Limited) (Old Senior Ctr Bldg	10 CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	11 Strength Training 10:00 AM & 11:15 AM LINE DANCING 1:00-2:00pm (RSVP event)
14 CHAIR YOGA 10:00 AM & 11:15 AM COOKIE SWAP 1:00pm (Must RSVP)	15 ZUMBA GOLD 9:00 AM TAI CHI 10:00 AM	16 10:00 AM 	17 CARDIO 9:30 AM BALANCE 10:45am 11:30am Healthy Bones 1:15 PM	18 Strength Training 10:00 AM & 11:15 AM LINE DANCING CELEBRATION 12:30pm-2:30pm (RSVP event)
21 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM–2:30 PM	22 NO ZUMBA GOLD TAI CHI 10:00 AM	23 No Activity	24 No Activity	25 CLOSED 
28 No Activity	29 No Activity	30 No Activity	31 	