

SENIOR CENTER

Our mission is to maintain a welcoming facility and resource center for educational, recreational, and wellness programs as well as provide access to support services for seniors and their caregivers.

Our goal is to meet the needs of the senior population to ensure quality of life, promote physical, emotional, and economic well-being and encourage participation in aspects of community life. Our programs encourage socialization and present opportunities to make new friends.

Some Programs Include:

- Chair Yoga
- Gentle Cardio
- Tai-Chi
- Strength Training
- Book Club
- Healthy Bones
- Bingo
- Special Events
- Bus Trips

For more information visit:

mtnj.org → departments → senior center

Programs held at:

Manalapan Township Community Center

114 Route 33 West

Manalapan, NJ 07726

(just past Peking Pavilion Restaurant)

*Interested in joining or know a senior that
might be? Give us a call!*

(732) 446-8401

*Must be 60+ and a Manalapan Resident