



Manalapan Township
Senior Citizen Programs

FEBRUARY 2024

Karen Pimentel,
Asst. 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@mntj.org

website: www.mntj.org

INCLEMENT WEATHER:

Classes are automatically cancelled if the Manalapan Englishtown School District is closed or delayed or if a State of Emergency is declared. If in doubt check by calling 732-446-8401 before venturing out. Cancellations are announced on the greeting by 8:00 AM

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

MON	TUES	WED	THURS	FRI
 Please register for all activities!			1 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	2 STRENGTH TRAINING 9:15 AM & 10:30 AM
5 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	6 ZUMBA 9:00 AM TAI CHI 10:00 AM	7 12:00 PM (SEE FLYER) (RSVP only)	8 GENTLE CARDIO 9:15 am & 10:30 am 2:00 PM Healthy Bones	9 STRENGTH TRAINING 9:15 AM & 10:30 AM
12 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	13 ZUMBA 9:00 AM TAI CHI 10:00 AM	14 10:00 AM 	15 NO GENTLE CARDIO ZUMBA TONING 1:00 PM 2:00 PM Healthy Bones	16 10:00 AM BOARD GAME SOCIAL NO STRENGTH TRAINING
19 CLOSED President's Day Holiday	20 ZUMBA 9:00 AM TAI CHI 10:00 AM	21 CHAIR YOGA 1:00 PM & 2:00 PM	22 NO GENTLE CARDIO ZUMBA TONING 1:00 PM 2:00 PM Healthy Bones	23 10:00 AM Presentation by Parker "Understanding Dementia" VNA BLOOD PRESSURE 9:30-10:30 AM NO STRENGTH TRAINING
26 CHAIR YOGA 10:00 AM & 11:15 AM 12:30 PM BOOK CLUB	27 ZUMBA 9:00 AM TAI CHI 10:00 AM	28 BINGO! TIME CHANGE! 1:00 PM	29 NO GENTLE CARDIO ZUMBA TONING 1:00 PM 2:00 PM Healthy Bones	