



**Manalapan Township
Senior Citizen Programs**

January 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. If in doubt check by calling 732-446-8401 before venturing out. Cancellations will be announced on the greeting by 8:30 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
1 <i>Happy New Year</i> CLOSED	2 ZUMBA 9:00 AM TAI CHI 10:00 AM	3 CHAIR YOGA 1:00 PM & 2:00 PM	4 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	5 STRENGTH TRAINING 9:15 AM & 10:30 AM
8 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	9 ZUMBA 9:00 AM TAI CHI 10:00 AM	10 10:00 AM 	11 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	12 STRENGTH TRAINING 9:15 AM & 10:30 AM
15 CLOSED Martin Luther King Holiday	16 ZUMBA 9:00 AM TAI CHI 10:00 AM	17 CHAIR YOGA 1:00 PM & 2:00 PM	18 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	19 STRENGTH TRAINING 9:15 AM & 10:30 AM
22 CHAIR YOGA 10:00 AM & 11:15 AM 	23 ZUMBA 9:00 AM TAI CHI 10:00 AM	24 MOVIE CANCELLED 	25 GENTLE CARDIO 9:15 AM & 10:30 AM 2:00 PM Healthy Bones	26 STRENGTH TRAINING 9:15 AM & 10:30 AM
29 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 1:00 PM-3:00 PM OPEN ART 1:00 PM-3:00 PM	30 ZUMBA 9:00 AM TAI CHI 10:00 AM	31 10:00 AM Office on Aging & Veterans Svcs Presentation Blood Pressure 9:30 AM-10:30 AM		