




Manalapan Senior Center
211 Freehold Road (Rt. 522)
Manalapan, NJ 07726
(732) 446-8401
seniorcenter@mtnj.org



Elaine McNamara, Director
Fran Raniere, Secretary

February 2012

MANALAPAN SENIOR CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| | | 1 9:30-1:00 Collier School Visits Us-Free Manicures! 9:30 Pokeno 9:30 Strength Training 1:45 Exercise Class | 2 10:30-11:30 Line Dancing 12:15-2:15 Art Class 1:00-4:00 Bridge | 3 9:00 RSVP Program 10:30 Bingo & Chinese Lunch |
| 6 9:00 RSVP 9:30 Card Games 11:00 Video Exercise Class 1:45 YOGA | 7 10:00 Tai-Chi Class 12:30 Card Games | 8 9:00 RSVP 9:30 Pokeno 9:30 Strength Training 1:45 Exercise Class | 9 10:30-11:30 Line Dancing NO ART CLASS TODAY 1:00-4:00 Bridge | 10 10:30 Valentine's Day Party *Bingo* Pizza Lunch-\$1.50 slice/soda Pay day of party  Jan. & Feb. Birthdays Celebration |
| 13 Sr. Center Closed Lincoln's Birthday  | 14 10:00 Tai-Chi 12:30 Card Games | 15 9:00 RSVP 9:30 Pokeno 9:30 Strength Training 11:00-1:00 Blood Pressure 1:45 Exercise Class | 16 10:30-11:30 Line Dancing 12:15-2:15 Art Class 1:00-4:00 Bridge | 17 9:00 RSVP Program 10:30 MOVIE: Changing Hearts Deli Lunch-order by 2/15/12! |
| 20 Senior Center Closed President's Day  | 21 10:00 Tai-Chi 11:30 Parkinson's Support Group 12:30 Card Game | 22 9:00 RSVP 9:30 Pokeno 9:30 Strength Training 1:45 Exercise Class | 23 10:30-11:30 Line Dancing 12:15-3:15 Art Class 1:00-4:00 Bridge | 24 9:00 RSVP Program 10:30 Bingo Boxed Lunches-order by 2/17/12! CASINO DAY 2:15-3:30 Middle School Students Visit |
| 27 9:00 RSVP 9:30 Card Games 11:00 Video Exercise 1:45 YOGA 3:00-4:00 Computers | 28 10:00 Tai-Chi Class 12:30 Card Games | 29 9:00 RSVP 9:30 Pokeno 9:30 Strength Training 1:45 Exercise Class | <u>Incident Weather:</u> Call the Senior Center at 732-446-8401. A message will be on the phone if anything has been cancelled. | Manalapan Senior Center is partially funded under Title III, Older Americans Act as amended through the Monmouth County Office on Aging. |

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