



**APRIL 2026**

# **MANCHESTER SENIOR SOCIAL**

1 COLONIAL DR. MANCHESTER  
MONDAY – FRIDAY 8:30AM-4PM  
82 LACEY RD. WHITING  
TUESDAY, WEDNESDAY, THURSDAY 8:30AM-4PM



732-849-8305  
OUTREACH@MANCHESTERTWP.COM

**CHAIR YOGA**  
**WHITING ANNEX**  
**82 Lacey Rd.**  
**Classes start at**  
**10:30AM**

**Monday, April 13<sup>th</sup>**  
**Monday, April 20<sup>th</sup>**  
**Monday, April 27<sup>th</sup>**

**CALL 732-849-8305**  
**TO REGISTER.**

**CHAIR YOGA**  
**MANCHESTER TOWN HALL**  
**CIVIC CENTER**  
**1 COLONIAL DR.**

**Classes start at**  
**10:30AM**

**Friday, April 24<sup>th</sup>**

**CALL 732-849-8305**  
**TO REGISTER.**



Funded in part by a grant  
from the Ocean County  
Board of Commissioners