

July 2024

TAP Senior Program

The Active People Age 55+

Walking Daily from 9am – Noon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	2 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	3 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	4 Independence Day Centers Closed	5 South Rec 9:00-Noon Walking Volleyball	6
7	8 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	9 East Rec 9:00-Noon 9:30-10:30 Line Dancing 11:00-11:45 Elyria Library 10:30-Noon Pickleball	10 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	11 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	12 East Rec 9:00-Noon Walking Volleyball	13
14	15 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	16 East Rec 9:00-Noon 9:30-10:30 Line Dancing Bridge Club Cxld 10:30-Noon Pickleball	17 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	18 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	19 East Rec 9:00-Noon Walking Volleyball	20
21	22 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	23 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	24 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	25 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	26 South Rec 9:00-Noon Walking Volleyball	27
28	29 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	30 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	31 East Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise			

East Recreation Center
1101 Prospect St.
Elyria, OH 44035

South Recreation Center
101 South Park Dr.
Elyria, OH 44035

West Recreation Center
1200 Foster Ave.
Elyria, OH 44035