

March 2025



TAP SENIOR PROGRAM AGE 55+

MAIN OFFICE 440-326-1500

WALKING DAILY 9AM-NOON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The TAP Senior Program follows The Elyria City School Closings for inclement weather					1
2	3 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	4 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	5 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	6 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	7 West Rec 9:00-Noon Walking Volleyball	8
9	10 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	11 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	12 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	13 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	14 West Rec 9:00-Noon Walking Volleyball	15
16	17 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga ST. PATRICK'S DAY	18 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	19 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	20 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	21 West Rec 9:00-Noon Walking Volleyball	22
23	24 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	25 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	26 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	27 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	28 West Rec 9:00-Noon Walking Volleyball	29
30	31 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga		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	