


OCTOBER



2023

TAP~ THE ACTIVE PEOPLE AGE 55+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>National Pumpkin Spice Day</i>	2 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	3 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	4 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	5 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	6 West Rec 9:00-Noon Walking Volleyball	7 <i>National Chocolate Covered Pretzel Day</i>
8 <i>National Pierogi Day</i>	9 COLUMBUS DAY CENTERS CLOSED	10 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	11 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	12 Pumpkin Decorating Day! East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball Bring a Pumpkin to decorate	13 West Rec 9:00-Noon Walking Volleyball	14 <i>National Dessert Day</i>
15 <i>National I Love Lucy Day</i>	16 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	17 East Rec 9:00-Noon 9:30-10:30 Line Dancing 9:30-Noon Bridge Club 10:30-Noon Pickleball	18 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	19 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	20 West Rec 9:00-Noon Walking Volleyball	21 <i>Sweetest Day</i> 
22 <i>National Make a Dogs Day</i>	23 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	24 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	25 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	26 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	27 West Rec 9:00-Noon Walking Volleyball Wear a Halloween Shirt	28 <i>National Chocolate Day</i>
29 <i>National Cat Day</i>	30 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise Wear a Halloween Shirt	31 Halloween Costume Party East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball Bring a spooky appetizer to share!				

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

East Recreation Center
1101 Prospect St.
Elyria, OH 44035

West Recreation Center
1200 Foster Ave.
Elyria, OH 44035