## February 2024

## TAP~ The Active People Age 55+

## Join the 100 Mile Walking Club 2/1/24 ~ 8/1/24

Sunday	Monday	Tuesday		Wednesday	Thursday	F	riday	Saturday
					Walking Club Starts East Rec 9:00-Noon 9:30-10:30 Line Dancii 10:30-Noon Pickleball		2 ec 9:00-Noon	3
4	5 <b>South Rec 9:00-Noon</b> 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	6	7 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	Craft Day  East Rec 9:00-Noon 9:30-10:30 Line Dancii 10:30-Noon Pickleball		9 ec <b>9:00-Noon</b>	10
11	South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	Valentine's Day Party  East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball 11:00-11:45 Elyria Library	13	Valentine's Day Party 14  South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	East Rec 9:00-Noon 9:30-10:30 Line Dancii 10:30-Noon Pickleball	11001110	16 ec 9:00-Noon	17
18	South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	East Rec 9:00-Noon 9:30-10:30 Line Dancing 9:30-Noon Bridge Club 10:30-Noon Pickleball	20	Wear Plaid Day 21  South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	Wear Plaid Day  East Rec 9:00-Noon 9:30-10:30 Line Dancii 10:30-Noon Pickleball		ec 9:00-Noon	24
25	26 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	27	28 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	East Rec 9:00-Noon 9:30-10:30 Line Dancii 10:30-Noon Pickleball	11101111	fice Number 326-1500	
East Recreation Center 1101 Prospect St. Elyria, OH 44035				South Recreation Center 101 South Park Dr. Elyria, OH 44035			reation Center Foster Ave. OH 44035	•

## ~ Seniors are the "HEART" of our city ~