

May 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 11:00-11:30 Chair Exercise	2 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	3 West Rec 9:00-Noon Walking Volleyball	4
5	6 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	7 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	8 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	9 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	10 West Rec 9:00-Noon Walking Volleyball	11
12 Mother's Day	13 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	14 East Rec 9:00-Noon 9:30-10:30 Line Dancing 11:00-11:45 Elyria Library 10:30-Noon Pickleball	15 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	16 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	17 West Rec 9:00-Noon Walking Volleyball	18
19	20 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise	21 East Rec 9:00-Noon 9:30-10:30 Line Dancing 9:30-Noon Bridge Club 10:30-Noon Pickleball	22 Red White & Blue Day South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	23 Red White & Blue Day East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	24 Red White & Blue Day West Rec 9:00-Noon Walking Volleyball	25
26	27 Memorial Day Centers Closed	28 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	29 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 11:00-11:30 Chair Exercise	30 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	31 West Rec 9:00-Noon Walking Volleyball	

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

** Subject to Change

** We follow Elyria City School Closings due to inclement weather ~ For more information please call the main office @ 440-326-1500