

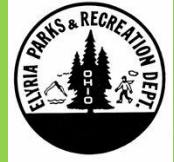
September 2024

Subject to Change / Main Office 440-326-1500

TAP Senior Program

The Active People Age 55+

Walking Daily from 9am – Noon



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|--|----------|
| 1 | 2 CENTERS CLOSED SUMMER BREAK 8/19 – 9/6 LABOR DAY | 3 CENTERS CLOSED SUMMER BREAK 8/19 – 9/6 | 4 CENTERS CLOSED SUMMER BREAK 8/19 – 9/6 | 5 CENTERS CLOSED SUMMER BREAK 8/19 – 9/6 | 6 CENTERS CLOSED SUMMER BREAK 8/19 – 9/6 | 7 |
| 8 | 9 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 11:00-11:30 Chair Exercise | 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 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball | 13 West Rec 9:00-Noon Walking Volleyball | 14 |
| 15 | 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 |
| 22 | 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 | 28 |
| 29 | 30 South Rec 9:00-Noon 10:00-11:00 Chair Yoga 10:00-11:00 Tai Chi 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