

# May 2025



TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+

INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The TAP Senior Program follows The Elyria City School Closings for inclement weather			1 East Rec 9:00-Noon 9:30-10:30 Line Dancing Tai Chi canceled 10:30-Noon Pickleball	2 West Rec 9:00-Noon Walking Volleyball	3
4	5 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	6 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	7 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	8 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	9 West Rec 9:00-Noon Walking Volleyball	10
11 Happy Mother's Day 😊	12 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	13 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	14 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	15 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	16 West Rec 9:00-Noon Walking Volleyball	17
18	19 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	20 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	21 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	22 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	23 West Rec 9:00-Noon Walking Volleyball	24
25	26 Memorial Day Centers Closed	27 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	28 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	29 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	30 West Rec 9:00-Noon Walking Volleyball	31
	Indoor Walking Daily 9am-12pm Please check calendar for location		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	Main Office 440-326-1500