

# JUNE 2025



TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+

INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	2 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	3 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	4 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	5 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	6 <b>West Rec 9:00-Noon</b> Walking Volleyball <b>Elyria Public Library Visits</b>	7
8	9 <b>WEST Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	10 <b>WEST Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	11 <b>WEST Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	12 <b>WEST Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	13 <b>WEST Rec 9:00-Noon</b> Walking Volleyball	14
15	16 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	17 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	18 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	19 <b>JUNETEENTH CENTERS CLOSED</b>	20 <b>SOUTH Rec 9:00-Noon</b> Walking Volleyball	21
22	23 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	24 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	25 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	26 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	27 <b>SOUTH Rec 9:00-Noon</b> Walking Volleyball	28
29	30 <b>SOUTH Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga					
			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

