

# JULY 2025



## TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+

### INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<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	<sup>1</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	<sup>2</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	<sup>3</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	<sup>4</sup> <b>Independence Day</b> <b>Centers Closed</b>	<sup>5</sup>
<sup>6</sup>	<sup>7</sup> <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	<sup>8</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	<sup>9</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	<sup>10</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	<sup>11</sup> <b>South Rec 9:00-Noon</b> Walking Volleyball <b>Elyria Public Library Visits</b>	<sup>12</sup>
<sup>13</sup>	<sup>14</sup> <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	<sup>15</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing Bridge 9:00-12:00 10:30-Noon Pickleball	<sup>16</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	<sup>17</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	<sup>18</sup> <b>South Rec 9:00-Noon</b> Walking Volleyball	<sup>19</sup>
<sup>20</sup>	<sup>21</sup> <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	<sup>22</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	<sup>23</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	<sup>24</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	<sup>25</sup> <b>WEST Rec 9:00-Noon</b> Walking Volleyball	<sup>26</sup>
<sup>27</sup>	<sup>28</sup> <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	<sup>29</sup> <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	<sup>30</sup> <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	<sup>31</sup> <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	<b>WEST Rec 9:00-Noon</b> 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	Main Office 440-326-1500

