

# September 2025



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

### INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>CLOSED IN OBSERVANCE OF LABOR DAY</b>	2 <b>TAP RESUMES</b> <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	3 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	4 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	5 <b>West Rec 9:00-Noon</b> Walking Volleyball	6
7	8 <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	9 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	10 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	11 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	12 <b>West Rec 9:00-Noon</b> Walking Volleyball	13
14	15 <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	16 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing Bridge 9:00-12:00 10:30-Noon Pickleball	17 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	18 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	19 <b>West Rec 9:00-Noon</b> Walking Volleyball	20
21	22 <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	23 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball	24 <b>South Rec 9:00-Noon</b> 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	25 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	26 <b>West Rec 9:00-Noon</b> Walking Volleyball	27
28	29 <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	30 <b>East Rec 9:00-Noon</b> 9:30-10:30 Line Dancing 10:30-Noon Pickleball				
			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

