

October 2025



TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+ INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	² East Rec 9:00-Noon 9:30-10:30 Line Dancing Tai Chi cancelled for this day 10:30-Noon Pickleball	³ West Rec 9:00-Noon Walking Volleyball	⁴
⁵	⁶ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	⁷ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	⁸ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	⁹ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	¹⁰ West Rec 9:00-Noon Walking Volleyball	¹¹
¹²	¹³ CLOSED COLUMBUS DAY	¹⁴ East Rec 9:00-Noon 9:30-10:30 Line Dancing Bridge 9:00-12:00 10:30-Noon Pickleball	¹⁵ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	¹⁶ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	¹⁷ West Rec 9:00-Noon Walking Volleyball	¹⁸
¹⁹	²⁰ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	²¹ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	²² South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	²³ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	²⁴ West Rec 9:00-Noon Walking Volleyball	²⁵
²⁶	²⁷ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	²⁸ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	²⁹ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	³⁰ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	³¹ West Rec 9:00-Noon Walking Volleyball HAPPY HALLOWEEN	
			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

