

NOVEMBER 2025

TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+

INDOOR WALKING DAILY 9AM-12PM

Thursday Tai Chi Class New Time 10:30am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	4 ELECTION DAY CENTERS CLOSED	5 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	6 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	7 West Rec 9:00-Noon Walking Volleyball	8
9	10 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	11 VETERAN'S DAY CENTERS CLOSED	12 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	13 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	14 West Rec 9:00-Noon Walking Volleyball	15
16	17 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	18 East Rec 9:00-Noon 9:30-10:30 Line Dancing 9:00-12:00 10:30-Noon Pickleball	19 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	20 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	21 West Rec 9:00-Noon Walking Volleyball	22
23	24 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	25 East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	26 South Rec 9:00-Noon Chair Exercise & Yoga classes cancelled today Walking is still available	27 THANKSGIVING CENTERS CLOSED GIVE THANKS	28 CENTERS CLOSED	29
30			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