

April 2026

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 10:30-11:30 Tai Chi 10:30-Noon Pickleball	3 West Rec 9:00-Noon Volleyball	4
5 Happy Easter	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 10:30-11:30 Tai Chi 10:30-Noon Pickleball	10 West Rec 9:00-Noon Volleyball	11
12	13 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	14 East Rec 9:00-Noon 9:30-10:30 Line Dancing 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 10:30-11:30 Tai Chi 10:30-Noon Pickleball	17 West Rec 9:00-Noon 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 9:00-12:00 Bridge 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 10:30-11:30 Tai Chi 10:30-Noon Pickleball	24 West Rec 9:00-Noon 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 10:30-11:30 Tai Chi 10:30-Noon Pickleball		
	New: Pickleball for beginners every Friday at West Rec. Come learn how to play & practice.		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

