

JULY 2026

Tap Senior Program

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 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	3 CLOSED	4  Happy 4 th of July
5  National Hawaiian Flower Day	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 South 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 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	10 South Rec 9:00-Noon Volleyball Walking	11  National Blueberry Muffin Day
12  National Different Colored Eyes Day	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 South 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 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	17 South Rec 9:00-Noon Volleyball Walking	18  National Hot Dog Day
19  National Ice Cream Day	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 South Rec 9:00-Noon 9:00-12:00 Bridge 9:30-10:30 Line Dancing 10:30-Noon Pickleball 10:30-11:30 Blood Pressure Checks by the Elyria Fire Dept.	22 South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	23 South 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 Walking	25  National Thread a Needle Day
26  National Aunt & Uncle Day	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 South 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 South Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-11:30 Tai Chi 10:30-Noon Pickleball	31 South Rec 9:00-Noon Volleyball Walking	
	Indoor Walking Daily 9:00 – 12:00		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

