

# SENIOR PROGRAMS @ VAN TASSELL HOUSE- (914)232-0807

## SCHEDULE OF EVENTS- AUGUST 2025

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b><u>MEDICAL TRANSPORT</u></b> <b><u>TUES,WED,THURS</u></b> <b><u>10:00AM-3:00PM</u></b> <b><u>\$10.00 ROUND TRIP</u></b>	<b><u>SHOPPING TRIPS</u></b> <b><u>2 BAG LIMIT PLEASE</u></b> <b><u>MONDAYS &amp; FRIDAYS</u></b> <b><u>\$2.00 ROUND TRIP</u></b>	<b><u>***8/12/25***</u></b> <b><u>SMARTPHONE</u></b> <b><u>WORKSHOP</u></b> <b><u>11:00AM</u></b>	<b><u>***8/14/25***</u></b> <b><u>THRIVING AT HOME</u></b> <b><u>WORKSHOP</u></b> <b><u>11:00AM</u></b>	<b><u>1) ACME/HOME GOODS</u></b> <b><u>2 BAG MINIMUM \$2.00</u></b> <b><u>11:45- LUNCH</u></b> <b><u>12:30=SEATED EXERCISE</u></b>
<b><u>4) WALMART</u></b> <b><u>10:45 SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30/CHINESE MAH JONG</u></b>	<b><u>5)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/B.I.N.G.O</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>6) MEDICAL TRANSPORT</u></b> <b><u>10:00- ART</u></b> <b><u>10:45-SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-MAH JONG</u></b>	<b><u>7) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / B.I.N.G.O</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>8) TRADER JOE'S</u></b> <b><u>2 BAG MINIMUM \$2.00</u></b>  <b><u>11:45-LUNCH</u></b> <b><u>12:30- SEATED EXERCISE</u></b>
<b><u>11) DANBURY MALL</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30-CHINESE MAH JONG</u></b>	<b><u>12) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/B.I.N.G.O</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>13) MEDICAL TRANSPORT</u></b> <b><u>10:00- ART</u></b> <b><u>10:45-SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/ BINGO MAH JONG @ 12:30</u></b>	<b><u>14)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00-LUNCH/B.I.N.G.O</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>15) SHOPRITE</u></b> <b><u>2 BAG MINIMUM \$2.00</u></b> <b><u>11:45- LUNCH</u></b> <b><u>12:30-SEATED EXERCISE</u></b>
<b><u>18) TJ MAXX</u></b> <b><u>NO SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30-CHINESE MAH JONG</u></b>	<b><u>19) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/B.I.N.G.O</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>20) MEDICAL TRANSPORT</u></b> <b><u>10:00- ART</u></b> <b><u>**NO SEATED EXERCISE**</u></b> <b><u>12:00- LUNCH/BINGO/ BLOOD PRESSURE / MAH JONG @ 12:30</u></b>	<b><u>21)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00-LUNCH/B.I.N.G.O</u></b> <b><u>12:30- CHAIR YOGA</u></b> <b><u>** EPSTEINS LUNCH **</u></b>	<b><u>22) UNCLE GIUSEPPE'S</u></b> <b><u>2 BAG MINIMUM \$2.00</u></b> <b><u>11:45- LUNCH</u></b> <b><u>12:30-SEATED EXERCISE</u></b>
<b><u>25) DOLLAR TREE</u></b> <b><u>** NO SEATED EXERCISE**</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30-CHINESE MAH JONG</u></b>	<b><u>26) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/B.I.N.G.O</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>27)MEDICAL TRANSPORT</u></b> <b><u>10:00- ART</u></b> <b><u>10:45-SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/ BINGO MAH JONG @ 12:30</u></b>	<b><u>28)MEDICAL TRANSPORT</u></b> <b><u>NO CHAIR YOGA</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00-LUNCH/B.I.N.G.O</u></b>	<b><u>29)STOP N SHOP</u></b> <b><u>2 BAGMINIMUM \$2.00</u></b> <b><u>11:45-LUNCH</u></b> <b><u>12:30-SEATED EXERCISE</u></b>