

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

## SCHEDULE OF EVENTS- SEPTEMBER 2025

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b><u>1)</u></b> <b><u>LABOR DAY</u></b> <b><u>CLOSED</u></b>	<b><u>2) 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>3) 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>4) 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>5) SHOPRITE</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b>
<b><u>8) 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>9)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>10)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>11) 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>12) FARMERS MARKET</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b>
<b><u>15) 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>16) 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>17) 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>18)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>19) UNCLE GIUSEPPE'S</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b>
<b><u>22) MICHAEL'S/ FIVE BELOW</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>23) 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>24) 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>25)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>26) TRADER JOE'S</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b>
<b><u>29) DOLLAR TREE</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>30) 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>MEDICAL TRANSPORT</u></b> <b><u>TUES,WED,THURS</u></b> <b><u>10:00 AM -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>\$2.00 ROUND TRIP</u></b>