

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

SCHEDULE OF EVENTS- OCTOBER 2025

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>MEDICAL TRANSPORT</u> <u>TUES,WED,THURS</u> <u>10:00AM-3:00PM</u> <u>\$10.00 ROUND TRIP</u>	<u>SHOPPING TRIPS</u> <u>2 BAG LIMIT PLEASE!</u> <u>\$2.00 ROUND TRIP</u>	<u>1) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>	<u>2)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>3) NO TRIP</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>
<u>6) WALMART</u> <u>10:45 SEATED EXERCISE</u> <u>12:00- LUNCH/ FALL PRE-VENTION BINGO</u> <u>12:30/CHINESE MAH JONG</u>	<u>7)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- OKTOBERFEST LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>8) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>	<u>9) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>10) TRADER JOE'S</u> <u>**OKTOBERFEST TRIP**</u> <u>10:45-SEATED EXERCISE</u> <u>11:45-LUNCH/BINGO</u>
<u>13)</u> <u>CLOSED</u> <u>COLUMBUS DAY</u>	<u>14) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>15) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/ BINGO MAH JONG @ 12:30</u>	<u>16)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>17) SHOPRITE</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/BINGO</u>
<u>20) DOLLAR TREE</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>21) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA</u>	<u>22) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO/ BLOOD PRESSURE / MAH</u>	<u>23)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>24) UNCLE GIUSEPPE'S</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/BINGO</u>
<u>27) HOBBY LOBBY</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>28) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>10:30- PUMPKIN PAINTING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA</u>	<u>29)MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/ BINGO MAH JONG @ 12:30</u>	<u>30)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u> <u>HALLOWEEN PARTY!</u>	<u>31) STOP N SHOP</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>