



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

SCHEDULE OF EVENTS- DECEMBER 2025

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>1) WALMART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>2)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>3)MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG</u>	<u>4)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>11:00-WREATH WORKSHOP</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>5) ARTHUR AVE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>8) HOBBY LOBBY</u> <u>**NO SEATED EXERCISE**</u> <u>12:00- LUNCH/ BINGO</u> <u>12:30/CHINESE MAH JONG</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) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG</u>	<u>11) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>12) TRADER JOE'S</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>15) DANBURY MALL</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>16)) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>17)MEDICAL TRANSPORT</u> <u>10:00-ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/BINGO</u> <u>12:30- MAH JONG</u>	<u>18) *** SITE CLOSED ***</u> <u>VAN TASSELL HOUSE</u> <u>HOLIDAY PARTY</u> <u>TRAVELERS REST 11:00-3:00</u>	<u>19) SHOPRITE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>22) DOLLAR TREE</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>23) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>24) NO MEDICAL TRANSPORT</u> <u>***HOME DELIVERY ONLY***</u> <u>** NO ACTIVITIES **</u>	<u>25) ***CLOSED****</u> 	<u>26) ***CLOSED ***</u> 
<u>29) FIVE BELOW/TJ MAXX</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>30)MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>31)MEDICAL TRANSPORT</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH</u> <u>** NO AFTERNOON ACTIVITIES**</u>	<u>MEDICAL TRANSPORT</u> <u>TUES,WED,THURS</u> <u>10:00 AM—3:00 PM</u> <u>\$10.00 ROUND TRIP</u>	<u>SHOPPING TRIPS</u> <u>2 BAG LIMIT PLEASE</u> <u>\$ 2.00 ROUND TRIP</u>