

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

## SCHEDULE OF EVENTS- JANUARY 2026

<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>10:00 AM—3:00 PM</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>		<b><u>1)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / BINGO</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>2) UNCLE GIUSEPPE'S</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30- BINGO</u></b>
<b><u>5) WALMART</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/ BINGO</u></b> <b><u>12:30/CHINESE MAH JONG</u></b>	<b><u>6) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>7) 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>8) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / BINGO</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>9) ACME/HOMEGOODS</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30- BINGO</u></b>
<b><u>12) DANBURY MALL</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHINESE MAH JONG</u></b>	<b><u>13)) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>14)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>15) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / BINGO</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>16) SHOPRITE</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30- BINGO</u></b>
<b><u>19) MARTIN LUTHER</u></b> <b><u>KING JR. DAY</u></b> <b><u>***** CLOSED *****</u></b>	<b><u>20) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>21) 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>22) MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / BINGO</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>23) TRADER JOE'S</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30- BINGO</u></b>
<b><u>26) DOLLAR TREE</u></b> <b><u>10:45-SEATED EXERCISE</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHINESE MAH JONG</u></b>	<b><u>27)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH/BINGO</u></b> <b><u>12:30-CHAIR YOGA</u></b>	<b><u>28)MEDICAL TRANSPORT</u></b> <b><u>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>29)MEDICAL TRANSPORT</u></b> <b><u>10:30- LINE DANCING</u></b> <b><u>12:00- LUNCH / BINGO</u></b> <b><u>12:30- CHAIR YOGA</u></b>	<b><u>30) STOP N SHOP</u></b> <b><u>10:45- SEATED EXERCISE</u></b> <b><u>12:00- LUNCH</u></b> <b><u>12:30- BINGO</u></b>