

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

SCHEDULE OF EVENTS- FEBRUARY 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>2) FIVE BELOW</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/ BINGO</u> <u>12:30/CHINESE MAH JONG</u>	<u>3) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>4) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>	<u>5) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>6) STEW LEONARDS</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>9) WALMART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>10) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>11) 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>12) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>13) SHOPRITE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>16)</u> <u>*** CLOSED ***</u> <u>PRESIDENT'S DAY</u>	<u>17) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>18)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>19) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>20) TRADER JOE'S</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>23) DANBURY MALL</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHINESE MAH JONG</u>	<u>24) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>25) 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>26) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>27) ACME/HOME GOODS</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
	<u>CELEBRATE VALENTINE'S DAY 2/12/26</u> <u>HAPPY CHEF & ICE CREAM SUNDAE BAR \$5.00</u>	<u>CELEBRATE CHINESE NEW YEAR</u> <u>2/17/26 \$10.00</u> <u>FOOD PROVIDED BY Q GARDENS</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>