

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

SCHEDULE OF EVENTS- MARCH 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>2) HOBBY LOBBY</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	<u>3))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>4)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>5)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>6) UNCLE GIUSEPPE'S</u> <u>NO SEATED EXERCISE</u> <u>12:00- LUNCH/ B.I.N.G.O</u>
<u>9) WALMART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	<u>10)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>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 / B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>13) SHOPRITE</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
<u>16) DANBURY MALL</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	<u>17) 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>** ST. PATRICK'S LUNCH**</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/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	<u>20) TRADER JOE'S</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
<u>23) DOLLAR STORE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	<u>24) 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>25) MEDICAL TRANSPORT</u> <u>10:00-ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- MAH JONG</u>	<u>26) 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>27) STOP N SHOP</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
<u>30) FIVE BELOW</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	<u>31) 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>CULINARY INSTITUTE TRIP</u> <u>3/26/26</u> <u>BUS LEAVES VAN TASSELL</u> <u>@ 9:45 AM</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>