


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

SCHEDULE OF EVENTS- JUNE 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1) DANBURY MALL <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	2) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	3)MEDICAL TRANSPORT <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG</u>	4)MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- CATERED LUNCH / B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	5) SHOPRITE <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
8) DOLLAR TREE (MAHOPAC) <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	9)MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	10) MEDICAL TRANSPORT <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG</u>	11) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	12) TRADER JOE'S <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
15) WALMART <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	16) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	17)MEDICAL TRANSPORT <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30- MAH JONG</u>	18) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u> ** HUDSON RIVER CRUISE**	19) *** CLOSED *** 
22) TARGET <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30/CHINESE MAH JONG</u>	23) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA</u>	24) MEDICAL TRANSPORT <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>	25) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00-LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA</u>	26) ARTHUR AVE <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/B.I.N.G.O</u>
29) TJ MAXX/ FIVE BELOW <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30- CHINESE MAH JONG</u>	30) MEDICAL TRANSPORT <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA</u>	***HUDSON RIVER TRIP** 6/18/26 BUS LEAVES 9:00AM FROM VAN TASSELL HOUSE	MEDICAL TRANSPORT TUES,WED,THURS 10:00 AM—3:00 PM \$10.00 ROUND TRIP	SHOPPING TRIPS 2 BAG LIMIT PLEASE \$ 2.00 ROUND TRIP