

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

SCHEDULE OF EVENTS- AUGUST 2026

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>3) DOLLAR TREE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG/CANASTA</u>	<u>4) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>5) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u>	<u>6) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>7) ACME/ HOME GOODS</u> <u>NO SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>10) WALMART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG/CANASTA</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) 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/CANASTA</u>	<u>13) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>14) UNCLE GIUSEPPE'S</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>17) DANBURY MALL</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG/CANASTA</u>	<u>18) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>19)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/CANASTA</u>	<u>20) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u> <u>**TRIP TO CITY ISLAND **</u>	<u>21) TRADER JOE'S</u> <u>NO SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>24) TJ MAXX</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG/CANASTA</u>	<u>25) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-CHAIR YOGA</u>	<u>26) 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/CANASTA</u>	<u>27) MEDICAL TRANSPORT</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH / BINGO</u> <u>12:30- CHAIR YOGA</u>	<u>28) SHOPRITE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH</u> <u>12:30- BINGO</u>
<u>31) KOHLS/DECCICO'S (BREWSTER)</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO</u> <u>12:30-MAH JONG/CANASTA</u>		<u>TRIP TO CITY ISLAND</u> <u>8/20/2026 BUS LEAVES</u> <u>VAN TASSELL @ 10:30 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>