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

SCHEDULE OF EVENTS- NOVEMBER, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) WAMART ***NO SEATED EXERCISE*** 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**3) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH/BINGO 12:30-CHAIR YOGA	**4) MEDICAL TRANSPORT** 10:00– ART 10:45– SEATED EXERCISE 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**5) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH / BINGO ** NO CHAIR YOGA **	**6) TRADER JOE'S** 10:45– SEATED EXERCISE 12:00– LUNCH 12:30– BINGO
9) KOHLS/ MARSHALLS 10:45– SEATED EXERCISE 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**10) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH/BINGO 12:30-CHAIR YOGA	**11) *** CLOSED ***** 	**12) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH / BINGO 12:30– CHAIR YOGA	**13) SHOPRITE** 10:45– SEATED EXERCISE 12:00– LUNCH 12:30– BINGO
16) DANBURY MALL 10:45– SEATED EXERCISE 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**17) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH/BINGO 12:30-CHAIR YOGA ** THANKSGIVING LUNCH**	**18) MEDICAL TRANSPORT** 10:00-ART 10:45-SEATED EXERCISE 12:00-LUNCH/BINGO 12:30- MAH JONG/CANASTA	**19) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH / BINGO 12:30-CHAIR YOGA	**20)ACME/HOME GOODS** 10:45– SEATED EXERCISE 12:00– LUNCH 12:30– BINGO
23) DOLLAR TREE 10:45– SEATED EXERCISE 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**24) MEDICAL TRANSPORT** 10:30– LINE DANCING 12:00– LUNCH/BINGO 12:30-CHAIR YOGA	**25) MEDICAL TRANSPORT** 10:00-ART 10:45-SEATED EXERCISE 12:00-LUNCH/BINGO 12:30- MAH JONG/CANASTA	**26) *** CLOSED ***** 	**27) *** CLOSED ***** 
30) FIVE BELOW 10:45– SEATED EXERCISE 12:00– LUNCH/BINGO 12:30-MAH JONG/CANASTA	**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**	**ANNUAL THANKSGIVING** **LUNCH TUESDAY, 11/17/26** **SIGN UP NO LATER THAN** **FRIDAY, 11/06/26**	