

SENIOR PROGRAMS @ VAN TASSELL HOUSE - (914-)232-0807
SCHEDULE OF EVENTS- JANUARY 2024

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|---|---|--|--|--|
| 1) <u>NO TRIP</u> <u>NEW YEARS DAY</u> <u>CLOSED</u> | 2) <u>MEDICAL TRANSPORT</u> <u>10:00-BRIDGE</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA/1:30- BRIDGE</u> | 3) <u>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> | 4) <u>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>1:00- CANASTA</u> | 5) <u>SHOPRITE</u> <u>11:45- LUNCH</u> <u>12:30- SEATED EXERCISE</u> |
| 8) <u>DOLLAR TREE (PATTERSON)</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /BINGO/CARDS/ CHINESE MAH JONG @ 12:30</u> | 16)<u>MEDICAL TRANSPORT</u> <u>10:00-BRIDGE</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA/1:30- BRIDGE</u> | 10) <u>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> | 11) <u>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>1:30- CANASTA</u> | 12) <u>NO TRIP</u> <u>11:45- LUNCH</u> <u>12:30-SEATED EXERCISE</u> |
| 15) <u>NO TRIP</u> <u>MLK JR. DAY</u> <u>CLOSED</u> | 16)<u>MEDICAL TRANSPORT</u> <u>10:00-BRIDGE</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30- CHAIR YOGA/1:30- BRIDGE</u> | 17) <u>MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- BLOOD PRESSURE/LUNCH</u> <u>12:30-B.I.N.G.O/ MAH JONG</u> | 18) <u>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>1:30- CANASTA</u> | 19) <u>CARLUZZI'S</u> <u>11:45- LUNCH</u> <u>12:30-SEATED EXERCISE</u> |
| 22) <u>WALMART</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /BINGO/ CARDS CHINESE MAH JONG @ 12:30</u> | 23) <u>MEDICAL TRANSPORT</u> <u>10:00-BRIDGE</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA/1:30-BRIDGE</u> | 24) <u>NO MEDICAL TRANSPORT</u> <u>NO SEATED EXERCISE</u> <u>NO SITE</u> <u>HOME DELIVERED MEALS ONLY</u> | 25)<u>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>1:30- CANASTA</u> | 26) <u>STOP N SHOP</u> <u>11:45- LUNCH</u> <u>12:30-SEATED EXERCISE</u> |
| 29) <u>DANBURY MALL</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /BINGO/CARDS/ CHINESE MAH JONG @ 12:30</u> | 30) <u>MEDICAL TRANSPORT</u> <u>10:00-BRIDGE</u> <u>10:30- LINE DANCING</u> <u>12:00- LUNCH/B.I.N.G.O</u> <u>12:30-CHAIR YOGA/1:30-BRIDGE</u> | 31)<u>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>MEDICAL TRANSPORT</u> <u>TUES,WED,THURS</u> <u>10:00AM-3:00PM</u> <u>\$10.00 ROUND TRIP</u> | <u>SHOPPING TRIPS</u> <u>2 BAG LIMIT PLEASE!</u> <u>\$2.00 ROUND TRIP</u> |