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

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