

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

SCHEDULE OF EVENTS- MARCH 2024

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</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>			<u>1) SHOP RITE</u> <u>11:45- LUNCH</u> <u>12:30- SEATED EXERCISE</u>
<u>4) DANBURY MALL</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /CARDS/CHINESE</u> <u>MAH JONG @ 1:00</u>	<u>5)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/ BRIDGE</u>	<u>6) 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>7) 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>	<u>8) STOP N SHOP</u> <u>11:00- WATER COLOR SO-</u> <u>CIETY</u> <u>11:45-LUNCH</u> <u>12:30- SEATED EXERCISE</u>
<u>11) WALMART</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /BINGO/CARDS/</u> <u>CHINESE MAH JONG @ 1:00</u>	<u>12) 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>13) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45-SEATED EXERCISE</u> <u>12:00- LUNCH/ BINGO MAH</u> <u>JONG @ 12:30</u>	<u>14) 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>15) STEW LEONARDS</u> <u>11:45- LUNCH</u> <u>12:30-SEATED EXERCISE</u>
<u>18) DOLLAR TREE</u> <u>(PATTERSON)</u> <u>10:00- BRIDGE</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH /BINGO/CARDS/</u> <u>CHINESE MAH JONG @ 1:00</u>	<u>19) 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/BRIDGE</u>	<u>20) MEDICAL TRANSPORT</u> <u>10:00- ART</u> <u>10:45- SEATED EXERCISE</u> <u>12:00- LUNCH/BINGO/ BLOOD</u> <u>PRESSURE / MAH JONG @ 12:30</u>	<u>21)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>	<u>22) ACME/ TJ MAXX</u> <u>(YORKTOWN)</u> <u>11:45- LUNCH</u> <u>12:30-SEATED EXERCISE</u>
<u>25) TARGET</u> <u>10:00- BRIDGE</u> <u>10:45-SEATED EXERCISE</u> <u>12:00-LUNCH/BINGO/CARDS/</u> <u>CHINESE MAH JONG @ 1:00</u>	<u>26) 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/BRIDGE</u>	<u>27) 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>28) 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>	<u>29) TRADER JOES</u> <u>NO SEATED EXERCISE</u>