



Yorktown Senior NEWSLETTER

FOR TOWN OF YORKTOWN, N.Y. SENIORS
YORKTOWN PARKS AND RECREATION

MAY/JUNE 2014
TEL. 245-4650

Summer Concerts At the Gazebo

- **June 29:** Todd Allen Herendeen – “My Name is America”
- **July 13:** Vito & The Elegants with Twin Gold (opening act)
- **July 27:** Juke Box Explosion – Tribute to the 60’s
- **August 10:** Danny V’s 52nd Street Tribute – Billy Joel
- **August 24:** Ronald Regan’s 80’s
- **September 7:** Class Action

Hosted by the Yorktown Lion’s Club and Yorktown Parks and Recreation, the annual summer concert series will again be at the John “Jack” DeVito Gazebo on Veterans Road. From Rock to Soul, join us on Sunday evening at 6:00 **rain or shine**. The rain location will be the Yorktown Stage. All concerts are FREE!!!

Exercise Program for Seniors - “Fall Prevention”

Dates: June 5 to August 7, 2014

Site: YCCC Nutrition Center

Times: 1:00 to 2:00pm

Registration: To sign up, see Mary DeSilva at YCCC or call at 962-7447 for information.

About the Program: Funded through the Department of Health and Human Services, the New York State for the Aging and the Westchester County Department of Senior Programs, this class will consist of exercises to improve balance, agility, cardiovascular endurance, flexibility and strength. It is also being sponsored by Mainstream, the institute for mature adults at Westchester Community College.

Instructor: Kimball Bocklet

Pool Registration for Seniors

If you are interested in purchasing a pool pass to use at either Junior Lake Pool or the Brian J. Slavin Aquatic Facility at Shrub Oak Park, please note the pool permit registration and renewals will begin on Saturday, **May 3**. A complete list of dates and times is in our Spring/Summer brochure. The fee for Senior passes will remain the same at \$20.00 for ages 60 to 64 and \$10.00 for those 65 and over if purchased between **May 3 and May 31**. After **June 2**, the fees will be \$30.00 for ages 60 to 64 and \$15.00 for those 65 and over. You are allowed 2 guests per pass. An adult guest pays \$10.00 per visit and a child guest pays \$8.00 per visit.

Senior Citizen Swim

Senior Citizens Swim for those 55 and older and held at both Junior Lake Pool and the Brian J. Slavin Aquatic Facility does **not** require a pool permit. This program is held in the mornings on **Tuesdays and Thursdays** from 10:30am to 12 noon at the Brian J. Slavin Aquatic Facility from June 24 to August 21, and on **Mondays, Wednesdays and Fridays** from 10:00am to 12noon from July 28 to August 15. Those 55 and older need to bring proof of age and residency (driver’s license) to the pool **each** session.

“Keeping Healthy” Presentation

Place: YCCC Nutrition Room

Date: Wednesday, May 21

Time: 11:00am

About the Program: Westchester County Health Department will give a presentation on “Keeping Healthy,” preparing for doctor visits and concerns about HIV.

Fee: Free

Yorktown Chapter 1 Trips

- Sunday, August 17: Brunch & Boat Ride (Newburgh/Hudson River). \$50.00.
- Wednesday, October 22: Cortlandt Colonial: *Ira & Isabella's Jewish Italian Wedding*. \$49.00 (drive yourself).
- Friday, December 12: Hunterdon Hills Playhouse: *Branson Country Christmas*. \$60.00.

Yorktown Chapter 2 Trips

- Wednesday, May 21: Cortlandt Colonial: *Uncle Floyd and His Hollywood Divas*. \$49.00 (drive yourself).
- Wednesday, July 30: Summer Picnic at Krucker's in Pomona, NY. \$55.00.
- Monday, September 15: *Feast of San Gennaro* at LiGreci's in Staten Island. \$52.00.
- Thursday, October 9: *South Pacific* at Westchester Broadway Theatre. \$58.00

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Chapter 1 & 2 trips are **OPEN TO ALL**. For information/reservations, please contact Rhoda Sussman at 245-0641

Shrub Oak Seniors Trips**(Open to All)**

- Thursday, May 15: West Point (boat ride, winery tour, lunch at Hotel Thayer). \$95.00.
- Tuesday to Friday, June 3 - 6: Cape Cod, Martha's Vineyard & Nantucket. \$580pp/dbl. or \$680pp/sgl.
- Wednesday, August 13: *All Things Italian* at Woodloch Pines. \$67.00.
- Friday to Monday, September 5 - 8. Boston Tour. \$355pp/dbl.

For information/reservations, please contact Theresa Tinger at 243-9782.

St Patrick's Seniors**(Open to All)**

- Wednesday, May 28: *Beautiful* (Carole King musical) + lunch at DaRosina. \$189.00.
- Tuesday, June 10: Bateaux cruise from Chelsea Pier & lunch+ tour of Grand Central Station. \$90.00.

For information/reservations, please contact Marie Sclafani at 962-2981.

New Horizons Trips**(Open to All)**

- Tuesday, July 15. Aquaturf Club (lunch & show). \$47.00.
- Wednesday, Sept. 10: Mohegan Sun. \$32.00.
- Wednesday, October 15: Oktoberfest at the Brownstone. \$52.00.

For information/reservations, please contact Connie Verrino at 962-3072.

Village Travel Club Trip**(Open to All)**

- Wednesday, July 16: A lobster bash with show, *One Night with Elvis*. \$85.00.
- Monday to Wednesday, September 15 - 17: Finger Lakes wine tour & sightseeing. \$450pp/dbl/tpl. or \$562pp/sgl.

Please contact Winnie Zahensky for information/reservations at 245-3197.

AARP meetings**(Open to All)**

- Wednesday, May 14 at 1:30pm: Robert Scarano from the New York Life Insurance Company at YCCC Nutrition Room.
- Wednesday, June 11: Members only luncheon at Traveler's Restaurant.

AARP Trips**(Open to All)**

- Wednesday, May 21: Culinary Institute & Vanderbilt Mansion. \$90.00.
- Tuesday, June 10: Ellis Island + lunch at Chart House. \$100.00
- Wednesday, July 9: Lunch & dinner at Krucker's in Pomona, NY. \$65.00.
- Saturday to Thursday, October 11 - 16: Canada Cruise. **Price TBD.**
- Tuesday, October 21: Oktoberfest at Woodloch Pines. \$65.00.
- For information/reservations, please contact Theresa Tinger at 243-9782.

Salute to Seniors

- **Date/Time:** May 8 - 9:00am to 2:00pm
- **Place:** Westchester Co. Ctr., White Plains
- **Program:** Health & wellness fair, busness expo & exciting entertainment. **Free admission.**

YORKTOWN SENIORS

Yorktown Nutrition Center Activities

Funded through the Department of Health and Human Services, N.Y. State office for Aging, Westchester County Department of Senior Programs and Services, and Town of Yorktown.
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962-7447

MARY DE SILVA – NUTRITION DIRECTOR

MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Please Note: Register at SENIOR CENTER for knitters, mahjong and bridge.</p>			<p>1</p> <p>Chapter 2: 10:00am to 2:00pm</p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>2</p> <p>Senior Dance Exercise 10:45 to 11:45am</p> <p>Blood Pressure: 11:30am to 12:30pm</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>
<p>5</p> <p>Shrub Oak Seniors 10:00am to 2:00pm</p> <p>Senior Painting 10:15 to 11:15am</p> <p>Lunch: 12noon</p>	<p>6</p> <p>Chapter 1: 10:00am to 2:00pm</p> <p>**Knitters: 10:00am</p> <p>**Mahjong: 10am</p> <p>Lunch: 12noon</p> <p>Chair Yoga: <u>12noon to 1:00pm</u></p> <p>Shopping: 1:00pm</p>	<p>7</p> <p>New Horizons: 10 to 2</p> <p>Lunch: 12noon</p> <p>Betty Boot's Line Dancing: 12 to 1</p> <p>Open Computer Lab: 1:00 to 3:00pm</p> <p>**Bridge: 1:00 to 4:00</p>	<p>8</p> <p>Chapter 2: 10:00am to 2:00pm</p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>9</p> <p>Senior Dance Exercise 10:45 to 11:45am</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>
<p>12</p> <p>Shrub Oak Seniors 10:00am to 2:00pm</p> <p>Senior Painting 10:15 to 11:15am</p> <p>Lunch: 12noon</p>	<p>13</p> <p>Chapter 1: 10:00am to 2:00pm</p> <p>**Knitters: 10:00am</p> <p>**Mahjong: 10am</p> <p>Lunch: 12noon</p> <p>Chair Yoga <u>12noon to 1:00pm</u></p> <p>Shopping: 1:00pm</p>	<p>14</p> <p>Sugar Screening 9:30 to 11:00am</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p> <p>AARP Mtg.: 1:30pm</p> <p>**Bridge: 1:00 to 4:00</p>	<p>15</p> <p>Chapter 2: 10:00am to 2:00pm</p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>16</p> <p>Senior Dance Exercise 10:45am – 11:45am</p> <p>Blood Pressure: 11:30am to 12:30pm</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>
<p>19</p> <p>Shrub Oak Seniors 10:00am to 2:00pm</p> <p>Senior Painting 10:15 to 11:15am</p> <p>Lunch: 12noon</p>	<p>20</p> <p>Chapter 1: 10:00am to 2:00pm</p> <p>**Knitters: 10:00am</p> <p>**Mahjong: 10am</p> <p>Chair Yoga: <u>12noon to 1:00pm</u></p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>21</p> <p>New Horizons meets 10am to 2pm</p> <p>Line Dancing: 12 – 1</p> <p>Keeping Healthy: 11am</p> <p>Lunch: 12noon</p> <p>**Bridge: 1:00 to 4:00</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>	<p>22</p> <p>Chapter 2: 10:00am to 2:00pm</p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>23</p> <p>Senior Dance Exercise 10:45am – 11:45am</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>
<p>26</p>  <p>Memorial Day SITE CLOSED</p>	<p>27</p> <p>Chapter 1: 10:00am to 2:00pm</p> <p>**Knitters: 10:00am</p> <p>**Mahjong: 10 am</p> <p>Chair Yoga <u>12noon to 1:00pm</u></p> <p>Lunch: 12noon</p> <p>Shopping: 1:00pm</p>	<p>28</p> <p>New Horizons meets 10am to 2pm</p> <p>Lunch: 12noon</p> <p>**Bridge: 1:00 to 4:00</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>	<p>29</p> <p>Chapter 2: 10:00am to 2:00pm</p> <p>Lunch : 12noon</p> <p>Shopping: 1:00pm</p>	<p>30</p> <p>Senior Dance Exercise 10:45am – 11:45am</p> <p>Blood Pressure: 11:30am to 12:30pm</p> <p>Lunch: 12noon</p> <p>Open Computer Lab: 1:00 to 3:00pm</p>

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Funded through the Department of Health and Human Services, N.Y. State office for Aging,
Westchester County Department of Senior Programs and Services, and Town of Yorktown.

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MARY DE SILVA – NUTRITION DIRECTOR

JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shrub Oak Seniors 10:00am to 2:00pm Senior Painting: 10:15 to 11:15am Lunch 12 noon	3 Chapter 1: 10:00am to 2:00pm **Knitters 10:00am ** Mahjong: 10am Lunch 12noon Chair Yoga: 12 to 1 Shopping: 1:00pm	4 New Horizons: <u>10:00am to 2:00pm</u> Betty Boot Line Dancing: 12noon to 1 Lunch 12noon Open Computer Lab: 1:00 to 3:00pm ** Bridge: 1:00 – 4pm	5 Chapter 2: 10:00am to 2:00pm Lunch 12noon Fall Prevention Exercise class begins: 1:00 to 2:00 Shopping 1:00pm	6 Senior Dance: 10:45 to 11:45am Lunch 12noon Open Computer Lab: 1:00 to 3:00pm
9 Shrub Oak Seniors: 10:00am to 2:00pm Senior Painting 10:15 – 11:15am Lunch 12 noon	10 Chapter 1: 10:00am to 2:00pm Chair Yoga: 12 to 1 **Knitters: 10:00am ** Mahjong: 10am Lunch 12noon Shopping: 1:00pm	11 Sugar Screening: 9:30 – 11:00am Lunch 12noon ** Bridge: 1:00 – 4pm AARP members only luncheon Open Computer Lab: 1:00 to 3:00pm	12 Chapter 2 : 10:00am to 2:00pm Lunch 12noon Fall Prevention Exercise: 1:00 to 2:00pm Shopping 1:00pm	13 Senior Dance: 10:45 to 11:45am (last class) Blood Pressure: 11:30am to 12:30pm Lunch 12noon Open Computer Lab: 1:00 to 3:00pm
16 Shrub Oak Seniors: 10:00am to 2:00pm Senior Painting 10:15 – 11:15am Lunch 12noon	17 Chapter 1: 10 to 2 **Knitters: 10:00am ** Mahjong: 10am Lunch 12noon Chair Yoga: 12 to 1 (last class) Shopping: 1:00pm	18 New Horizons: 10:00am to 2:00pm Betty Boot Line Dancing: 12noon to 1 ** Bridge: 1:00 to 4pm Open Computer Lab: 1:00 to 3:00pm	19 Chapter 2: 10:00am to 2:00pm <hr/> Lunch 12noon Fall Prevention Exercise: 1:00 to 2:00pm Shopping 1:00pm	20 Lunch 12noon Open Computer Lab: 1:00 to 3:00pm
23 Shrub Oak Seniors: 10:00am to 2:00pm Senior Painting: 10:15 – 11:15am Lunch 12noon	24 Chapter 1: 10:00am to 2:00pm **Knitters: 10:00am ** Mahjong: 10am Lunch 12noon Shopping: 1:00pm	25 New Horizons: 10:00am to 2:00pm ** Bridge: 1:00 to 4pm Open Computer Lab: 1:00 to 3:00pm	26 Chapter 2: 10:00am to 2:00pm Lunch 12noon Fall Prevention Exercise: 1:00 to 2:00pm Shopping 1:00pm	27 Blood Pressure: 11:30am to 12:30pm Lunch 12noon Open Computer Lab: 1:00 to 3:00pm
30 Shrub Oak Seniors: 10:00am to 2:00pm Senior Painting: 10:15 – 11:15am (last class) Lunch 12noon			**Register at Senior Center for: <ul style="list-style-type: none"> • Thursday Fall Prevention Exercise class • Mahjong • Bridge • Knitters 	