



# Yorktown Senior NEWSLETTER

FOR TOWN OF YORKTOWN, N.Y. SENIORS  
YORKTOWN PARKS AND RECREATION  
www.yorktownny.org/senior

January/February 2017  
TEL. 245-4650

## Yorktown Recreation 245-4650

Registration Open!!! Register Today!!!

### SENIOR WINTER PROGRAMS

- Painting (Instructional)\*  
Mon 9:30-11:30am 1/9-3/27 (no class 1/6, 2/20)
- Painting (Open)\*  
Mon 10:30-11:30am 1/9-3/27 (no class 1/6, 2/20)
- Chair Yoga  
Tues 12noon-1:00pm 1/10-3/14
- Line Dancing  
Wed 12:00-1:00pm 9/7-3/15  
(1<sup>st</sup> & 3<sup>rd</sup>)
- Dance & Exercise  
Fri 10:45-11:45am 1/20-3/24
- Fall Prevention  
Wed 1:00-2:00pm 1/11-3/8 (no class 2/22)  
Fri 1:00-2:00pm 1/13-3/10 - FULL
- Therapeutic Swim\*\*  
Sat 11:30-12:30pm 1/21-3/25 (no class 2/18)

### SENIOR ANNUAL CLUBS

- Chorale Mondays 2:15-3:00pm
- Achievers Tuesdays 10:00-12:00noon
- Mah Jong Tuesdays 10:00-12:00noon
- Bridge Wednesdays 1:00-4:00pm

*Registration forms available at the Recreation Office or Senior Service Office.*

*Return Registration form to Yorktown Parks & Recreation Dept. location at 176 Granite Springs, Yorktown Heights.*

*Recreation Office Hours: M-F, 8:30-4:00pm.  
\*Fee applies \*\*Doctor Signature required*

## AARP Tax Help

Trained and certified volunteers will be available to help seniors prepare and file their tax returns. Please bring all your information and tax forms.

John C Hart Memorial Library  
Mondays, 10am-3pm  
February 6- April 17

Yorktown Community & Cultural Center  
Tuesdays & Fridays, 10am-2pm  
February 7- April 14

## Senior Services Events @ Nutrition Center

914-962-7447

### Medicare Minute w/ Rita:

February 23<sup>rd</sup> at 11:30am in Nutrition Center

### Events:

- January 5<sup>th</sup> at 11:00am: Staying Healthy this Season with Margaret from Northern Westchester Hospital.
- February 15<sup>th</sup> at Noon: Cortlandt Health Care will be sponsoring lunch and a guest speaker, Dr. Craig Hametz, who will speak about keeping your heart healthy. Reservations begin 2/6/17.

## Yorktown High School Swing Dance

Saturday, February 11<sup>th</sup>

You're invited to enjoy live music and dancing at the Yorktown High School gym at the 9th annual Valentine's Day Swing Dance, hosted by the YHS Concert Band, Jazz Band and Wind Ensemble. There will be a professional swing dance lesson from 7-8pm, then live music and dancing from 8 - 10:30pm. Light refreshments will be served. Swing Era attire is encouraged. Admission is \$5.

## Hart Library Happenings 245-5262

### Senior Benefits Information Center

Tuesdays, 10am-1pm

Volunteers are available to help adults over 60 and their caregivers understand Medicare health plans, prescription drug coverage and other government benefit programs. Drop in or call the SBIC Helpline at 231-3260.

### Weekly Drop In Programs

- Adult Coloring, Mondays, 3-6pm
- Quilting & Needlework, Thursdays, 10am - 12noon
- Mah Jong Drop In & Play, Thursdays, 1- 4pm
- Computer Help, Fridays, 3-4pm

### Workshop

- Thursday, January 5, 6pm: *Relay for Life: New Year, New You! Gain the tools to create a healthier lifestyle.*
- Thursday, February 2, 7pm: *Maximizing Social Security*

### Sunday Concerts

- Concerts begin at 2:00pm, Doors open at 1:45pm
- Sunday, January 8<sup>th</sup>, Collective Brass
- Sunday, February 5<sup>th</sup>, Duo Alterity

2017 Yorktown Senior Chapter 1 Club

We would like to give a warm welcome to our new president Janet Novak.

We welcome new members!

**Club Trips (Open to All)**

- Monday, March 20<sup>th</sup>: Brownstone. \$55.00.

For trip information/reservations, please contact Janet Novak at 245-7318. Checks payable to Yorktown Senior Club

2017 Shrub Oak Senior Trips**(Open to All)**

- March 26-31: Savannah, Jekyll Island, Beaufort & Charleston (GA & SC). 6 days/5 nights. \$960pp/dbl. W/L Only. W/L Only
- Saturday, April 1: Empire City Casino @ Yonkers Raceway. \$15.00 (includes a payback)
- Wednesday, April 5: Hunterdon Hills Playhouse Presents "Born Yesterday" (Show and Lunch). \$65.00pp.
- Friday, April 21: Westchester Broadway Theatre Presents *Mamma Mia* (Show and Lunch) \$55.00pp. W/L Only
- Saturday, May 20: Empire City Casino @ Yonkers Raceway. \$15.00 (includes a payback)
- Thursday, June 22: Empire City Casino @ Yonkers Raceway. \$15.00 (includes a payback)
- Wednesday, July 12: Kruckers Summer Picnic- Pomona, NY (Includes Lunch) \$55.00 pp.
- July 31-August 4: Beautiful Maine featuring Accommodation, Guided Tours and Meals. 4 nights/ 8 meals (4 breakfast & 4 dinners) \$565pp/dbl. W/L Only.
- Sunday, August 27: Broad Show *Hello Dolly* and Lunch \$265pp.

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

2017 New Horizons Trip**(Open to All)**

No trips planned at this time

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

2017 Jefferson Village Travel Club Trip**(Open to All)**

- Tuesday, March 21: At the Brownstone: St. Joseph's Festival our annual tradition (show, luncheon and dancing). \$60.00 W/L Only
  - Tuesday, April 18: At the Aqua Turf Club, Dueling Piano's (music comedy and luncheon) \$60.00 W/L Only
  - Tuesday, May 02: One World Observatory-Revisited Luncheon at F&J's Pine Tavern, Price to be Determined
- For information/reservations, please contact Jim Higgins at 302-2836 (joftravel@optonline.net).

AARP Chapter 3297

Wednesday, January 11 Meeting at 1:30pm

Wednesday, February 8 Meeting at 1:30pm

**Club Trips (Open to All)**

- Thursday, March 9: Li Greci's Staaten St. Patrick's Festival (Show and Lunch) \$60.00pp.
- Saturday, April 22: Mohegan Sun. \$30.00. (includes free playback + food coupon).
- May, 17: Light House Cruise and Lunch. New London CT. \$100.00pp
- May 23-24: Bethlehem & Mt. Pocono (PA) featuring Accommodations & Bonus at Sands Bethlehem Casino Resort and Bonus, Lunch & Show at Mt. Airy Casino Resort. 2 days/1 night. \$200 pp/dbl.
- Wednesday June 28: Comedy, Magic & Ventriloquism Featuring Gemini. Hawley, PA \$45pp (includes Lunch and Show)

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

2017 St. Patrick's Seniors Trips**(Open to All)**

- Monday, March 13, 2017: "Ace In The Hole" \*Presents\* "Seamus O' Macaroni" (Show and Family Style lunch) \$66.00pp W/L Only
- Wednesday, April 5, 2017: Hunterdon Hills Playhouse Presents: "Born Yesterday" (Show and Lunch) \$73.00pp W/L Only

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

# Yorktown Senior 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.

962-7447  
245-4650

**YORKTOWN SENIOR SERVICE DEPARTMENT**  
**YORKTOWN PARKS & RECREATION DEPARTMENT**

**January 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Site Closed</b>	Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am Lunch: 12noon Shopping: 1pm	New Horizons:10am-2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1-4pm	Lunch: 12noon	Lunch: 12noon Open Computer Lab: 1-3pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
**Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12noon Open Computer Lab: 1-3pm	Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	Lunch: 12noon AARP: 1:30pm Open Computer Lab: 10am-1pm **Bridge: 1-4pm	Lunch: 12noon	Blood Pressure: 11:30am-1:30pm Lunch: 12noon **Fall Prevention: 1pm Open Computer Lab: 1-3pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Site Closed</b>	Chapter 1: 10am-2pm **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	Sugar Screening: 9:30-10:30am New Horizons:10am-2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Fall Prevention: 1pm **Bridge: 1-4pm	Lunch: 12noon	**Dance & Exercise: 10:45-11:45am Lunch: 12noon **Fall Prevention: 1pm Open Computer Lab: 1-3pm Senior Advisory Board Meeting: 1:30
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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