



Yorktown Senior NEWSLETTER

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

MARCH/APRIL 2016
TEL. 245-4650

YPR Spring Registration–

Spring Classes will begin in April. Registration starts Tuesday, March 29 at 8:30am at the Recreation Office.

- Registration is now **required** for the following classes: Mahjong, Bridge, and Achievers (knitters). Registration **continues** to be required for Senior Painting, Chair Yoga, Senior Line Dancing and Senior Dance and Exercise. Forms are available at the Recreation Office and can be completed during our office hours: Monday thru Friday, 8:30am to 4:00pm.

- Start/end dates, times and location for all Parks & Recreation senior classes:

1. Senior Painting: **Mondays** – 4/11 to 6/20 (no classes 5/30) in YCCC, Room 26, 9:30 to 11:30am (\$50 fee) or 10:30 to 11:30am (\$10 fee).

2. Achievers - Handworks Club: **Tuesdays** – January to December in YCCC, Room 104, 10:00am to 12noon. No fee.

3. Mah Jong Club: **Tuesdays** – January to December in YCCC, Room 26, 10:00am to 12noon. No fee.

4. Chair Yoga: **Tuesdays** – 4/12 to 6/14 in YCCC gym, 12noon to 1:00pm. No fee.

5. Senior Line Dancing: **1st and 3rd Wednesdays** – 4/6 to 8/19 in YCCC gym, 12noon to 1:00pm. No fee.

6. Bridge Club: **Wednesdays** – January to December in Sparkle Lake Building, 1:00 to 4:00pm. No fee.

7. Senior Dance & Exercise: **Fridays** - 4/15 to 6/17 in YCCC gym, 10:45 to 11:45am. No fee.

Senior Services Events @ Nutrition Center

Medicare Minute w/ Rita: April 1, 11:30am

Funday Sundaе Lunch: April 29. Join us for lunch!

We will be having a Funday Sundaе for dessert with the students from Pace University.

Tai Chi Class: Mondays & Thursdays at 1:00pm starting April 4. Registration begins in person on March 22, you must come to the Senior Center to register.

AARP Tax Help

Volunteers are available at the following sites to help with tax questions and forms. Please bring all your information and tax forms. The service is FREE.

Site: John C Hart Library

Day & Time: Mondays- 10:00am – 2:00pm

Dates: Ends April 11, 2016

Site: Yorktown Community & Cultural Center,
Room 26

Day & Time: Tuesdays & Fridays- 10:00am –
2:00pm

Dates: Ends April 15, 2016

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

Quilting & Needlework, Thursdays, 10am - 12noon

Mah Jong Drop In & Play, Thursdays, 1- 4pm

Computer Classes, Fridays, 3-4pm

Sunday Concerts

(No registration necessary - doors open at 1:45pm and concert begins at 2:00pm)

- March 6: Storm King Flutes. Using the C flute as well as the piccolo, alto flute and base flute, Storm King Flutes will delight your ears with music of the Baroque through the present.

- April 3: Canta Libre. Flute, harp and strings

Inclement Weather

Wondering if the Parks and Recreation programs are cancelled? If the Parks and Recreation has to cancel one of their programs a message will be left on our hotline. You can reach our hotline by dialing 245-4650 x 2. If a program is to be cancelled a message will be put on the hotline one hour prior to the start of the program. No message will be left if a program is running as scheduled.

2016 Chapter 1 Trips(Open to All)

- Friday, March 18: Brownstone in Patterson, NJ: *St. Joseph's Feast* (show, lunch, dancing). \$55.00.
- Thursday, April 14: Best Western Inn at Hunt's Landing, Matamoras, PA: *Rock & Roll Oldies* (lunch, dancing, 3 hour open bar). \$50.00.
- May 29 - June 5: A cruise to Bermuda on the *Celebrity Summit*. Includes round trip transportation to and from departure port at Cape Liberty, NJ. Fee TBD.
- June 27-30: Guided tours of *White Mountains and Maine Coast* (NH & ME). Includes 2 shows and 8 meals. Fee: TBD.
- Tuesday, August 16: Brownstone: *Old Time Rock 'n Roll* (show, lunch, dancing). \$55.00
- Wednesday, September 14: Silver Birches in Hawley, PA: *Italian Festival* (Mario Tacca & Mary Mancini + lunch & dancing). \$50.00.
- Wednesday, October 26: Westchester Dinner Theatre: *Saturday Night Fever*. \$60.00.

For information/reservations please contact
Rhoda Sussman at 245-6214.

2016 Shrub Oak Senior Trips(Open to All)

- Wednesday, April 6: Broadway show *Beautiful* (The Carole King Musical) + lunch at Carmines. \$190.00. **WL only.**
- April 20 - 22: Lancaster, PA and the Pennsylvania Dutch Country: 3 days/ 2 nights. \$355.00 pp/dbl. or 430.00 pp/sgl.
- Wednesday, August 10: Platzl Brauhaus: BBQ lunch, dinner, dancing, bingo. \$50.00.
- August 21 - 26: Quebec and Ottawa (in Canada): 6 days/5 nights. \$635.00pp/dbl or \$835.00 pp/sgl.
- Wednesday, September 7: Hunterdon Hills Playhouse presents the comedy *Squabbles* + lunch. \$65.00.

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

AARP - Open to ALL Seniors

- Wednesday, March 9 at 1:30pm in the Nutrition Room: Dr. Karen Ericson, Director of Pharmacy for NY-Presbyterian Hudson Valley Hospital, will discuss how and when to take prescriptions, food interactions, etc.
- Wednesday, March 13 at 1:30pm in the Nutrition Room: Senior Law Day Guest Speaker

New Members always welcome.

**Please contact Christina Fox for questions/
concerns at 282-9706.**

AARP 2016 Trips(Open to All)

- Wednesday, March 16: St. Patrick's Day Celebration at Aqua Turf (Plantsville, CT). \$50.00 (includes lunch).
- Saturday, April 9: Mohegan Sun. \$25.00 (includes free playback + food coupon).
- May 31 - June 1: Lake George and Saratoga, NY (2 days/1 night). \$265.00 pp/dbl. or \$295.00 pp/sgl.
- Wednesday, June 15: Woodloch Pines (Hawley, PA). \$50.00 (lunch & show).
- Saturday, July 9: Mohegan Sun. \$25.00 (includes free playback + food coupon).
- October 2-7: Grand Canyon, Las Vegas and the Hoover Dam. 6 days/5 nights. \$1,300pp/dbl (includes: air, hotel, taxes, transfers, show and tips)
- Saturday, December 10: Mohegan Sun. \$25.00 (includes free playback + food coupon).

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

2016 New Horizons Trip(Open to All)

- Wednesday, May 11: Westchester Dinner Theatre presents *Happy Days* + dinner. \$58.00.
- Wednesday, October 19: Hunterdon Hills Playhouse. Lunch and show. \$58.00.

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

2016 St. Patrick's Seniors Trips(Open to All)

- Wednesday, March 9: Broadway show *On Your Feet* + lunch at Sardi. \$164.00. **WL only.**
- Tuesday, April 12: Hunterdon Hills Playhouse presents *Rumors*. \$70.00. **WL only.**
- May 25-26: Site and Sound Theatre (Lancaster, PA) presents *Samson* (1 night). \$285pp/dbl or \$335pp/sgl.

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
245-4560

YORKTOWN SENIOR SERVICE DEPARTMENT
YORKTOWN PARKS & RECREATION DEPARTMENT

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	New Horizons: 10am-2pm Lunch: 12noon **Line Dancing: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	Lunch: 12noon	**Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
7	8	9	10	11
**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	Sugar Screening: 9:30-11am Lunch: 12noon AARP: 1:30pm Open Computer Lab: 11am-1pm **Bridge: 1-4pm	Lunch: 12noon	**Dance & Exercise: 10:45-11:45am Lunch: 12noon Open Computer Lab: 1-3pm
14	15	16	17	18
Shrub Oak: 10am-2pm Lunch: 12noon	Chapter 1: 10am-2pm **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	New Horizons: 10am-2pm Lunch: 12noon **Line Dancing: 12noon **Bridge: 1-4pm	Lunch: 12noon	**Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
21	22	23	24	25
**Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12noon Open Computer Lab: 1-3pm	Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am Lunch: 12noon Shopping: 1pm	New Horizons: 10am-2pm Lunch: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	Lunch: 12noon	**Dance & Exercise Make Up: 10:45-11:45am Lunch: 12noon Open Computer Lab: 1-3pm
28	29	30	31	
**Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12noon Open Computer Lab: 1-3pm	Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am Lunch: 12noon Shopping: 1pm	New Horizons: 10am-2pm Lunch: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	Lunch: 12noon	** Please Note: Register at RECREATION OFFICE

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APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** Please Note: Register at RECREATION OFFICE			1 Blood Pressure: 11:30am-1:30pm Medicare Minute: 11:30am Lunch: 12noon Open Computer Lab: 1-3pm
4 **Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Tai Chi: 1pm Open Computer Lab: 1-3pm	5 Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am Lunch: 12noon Shopping: 1:00pm	6 New Horizons: 10am- 2pm Lunch: 12noon **Line Dancing: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	7 Lunch: 12noon Tai Chi: 1pm	8 Lunch: 12noon Open Computer Lab: 1-3pm
11 **Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Tai Chi: 1pm Open Computer Lab: 1-3pm	12 Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	13 Sugar Screening: 9:30-10:30am Lunch: 12noon AARP: 1:30pm Open Computer Lab: 11am-1pm **Bridge: 1-4pm	14 Lunch: 12noon Tai Chi: 1pm	15 **Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
18 **Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Tai Chi: 1pm Open Computer Lab: 1-3pm	19 Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am Lunch: 12noon Shopping: 1pm	20 New Horizons: 10am- 2pm Lunch: 12noon **Line Dancing: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	21 Lunch: 12noon Tai Chi: 1pm	22 **Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
25 **Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Tai Chi: 1pm Open Computer Lab: 1-3pm	26 Chapter 1: 10am-2pm **Achievers: 10am **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	27 New Horizons: 10am- 2pm Lunch: 12noon Open Computer Lab: 11am-1pm **Bridge: 1-4pm	28 Lunch: 12noon Tai Chi: 1pm	29 **Dance & Exercise: 10:45-11:45am Lunch: 12noon Open Computer Lab: 1-3pm