



# Yorktown Senior NEWSLETTER

FOR TOWN OF YORKTOWN, N.Y. SENIORS  
YORKTOWN PARKS AND RECREATION  
[www.yorktownny.org/senior](http://www.yorktownny.org/senior)

SEPTEMBER/OCTOBER 2016  
TEL. 245-4650

## Yorktown Recreation SENIOR FALL PROGRAMS

Registration Opens Monday, August 29<sup>th</sup>!!!

Painting (Instructional)*	Mon	9:30-11:30am	9/12-12/15 (no class 10/3, 10/10, 11/14)
Painting (Open)*	Mon	10:30-11:30am	9/12-12/15 (no class 10/3, 10/10, 11/14)
Chair Yoga	Tues	12noon-1:00pm	9/20-12/6 (no class 10/4, 11/8)
Line Dancing	Wed	12noon-1:00pm (1 <sup>st</sup> & 3 <sup>rd</sup> )	9/7-3/15
Dance & Exercise	Fri	10:45-11:45am	9/23-12/9 (no class 11/11, 11/25)
Fall Prevention	Fri	1:00-2:00pm	9/30-12/2 (no class 11/11, 11/25)
Therapeutic Swim**	Sat	11:30-12:30pm	9/17-11/19 (no class 10/8)

*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*

### Senior Services Events @ Nutrition Center

914-962-7447

#### Medicare Minute w/ Rita:

September 30 at 11:30am in Nutrition Center

#### Event:

-Senior Health Fair: September 21, 10am-1pm.  
Sponsored by Northern Westchester Hospital  
located at Chappaqua Crossing 480 Bedford  
Rd, Chappaqua, NY

#### Lunch: Eat with friends and meet new people!

Hot lunch is served in the Senior Center,  
Monday - Friday at 12 pm. Reservations are  
required at least one day in advance by 1:00  
pm. Suggested donation is \$2.50. Monthly  
Menu can be found online at  
[www.yorktownny.org/senior](http://www.yorktownny.org/senior)

### 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, 4-7:30pm  
Quilting & Needlework, Thursdays, 10am – 12noon  
Mah Jong Drop In & Play, Thursdays, 1- 4pm

#### Workshop

-Wednesday, September 14, 1pm: *How to Prevent the Flu Naturally this Year.*  
-Wednesday, September 28, 1pm: *Better Sleep for a Better You.*  
-Wednesday, October 5, 7pm: *Baby Boomer Mysteries- Retirement, Medicare and Social Security.*

#### Sunday Concerts

Concerts begin at 2:00pm, Doors open at 1:45pm  
-Sunday, October 2: Stacy Phillips and Paul Howard,  
Neo- Urban Traditional Music.

2016 Yorktown Senior Chapter 1 Club Trip

(Open to All)

- Wednesday, October 26: Westchester Dinner Theatre: *Saturday Night Fever*. \$60.00.

For information/reservations please contact  
Rhoda Sussman at 245-6214. Checks payable to  
Yorktown Senior Club.

2016 Shrub Oak Senior Trips

(Open to All)

- Wednesday, September 21: Hunterdon Hills Playhouse presents the comedy *Squabbles* + lunch. \$65.00. W/L Only
- Friday, November 11: Radio City *Christmas Spectacular* Show & Lunch at Chart House. \$180.00. W/L Only

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

2016 Jefferson Village Travel Club Trip

(Open to All)

- Thursday, November 29: NY Botanical Gardens. A special guided tour and luncheon of the world famous Holiday Train Show. Watch as the trains pass New York's Famous landmarks \$110.00. Limited Seating.

For information/reservations, please contact Jim  
Higgins at 302-2836 (joftravel@optonline.net).

2016 New Horizons Trip

(Open to All)

- Wednesday, October 19: Hunterdon Hills Playhouse. Lunch and show. \$58.00.

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

AARP Chapter 3297

(Open to ALL)

- Please welcome our new board members:  
President: Gil Kaufmann  
1<sup>st</sup> VP: Pat Farleigh  
2<sup>nd</sup> VP: Mary DeSilva  
Treasurer: Richard DeSilva  
Secretary: Mary Castilli
- September 14, 1:30pm: No speaker scheduled
- October 12, 1:30pm: Pot Luck Meeting  
New Members always welcome.  
Please contact Gil Kaufmann for questions/  
concerns at 302-7030.

AARP 2016 Trips

(Open to All)

- Saturday, December 10: Mohegan Sun. \$25.00 (includes free playback + food coupon). W/L Only
- Monday, December 12: City Island. Lunch at Lobster House and Shopping at Arthur Ave. \$50.00. W/L Only

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

2016 St. Patrick's Seniors Trips

(Open to All)

- Wednesday, September 14: Broadway show *Waitress* and lunch at Ellen's Stardust Diner with entertainment. \$162.00. W/L Only.
- Monday, October 10: A Taste of Italy at Gargiulo's Coney Island, Brooklyn. \$89.00. W/L Only.
- Thursday, November 3: Theatrical Sightseeing Bus Tour in the City and lunch at F&J's Pine Tavern, Bronx. \$128.00. 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**

**September 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
<b>** Please Note:</b> Register at RECREATION OFFICE			Lunch: 12noon Chair Yoga: 1pm	Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Site Closed</b>	Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12noon Shopping: 1:00pm	New Horizons:10am- 2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1-4pm	Lunch: 12noon Chair Yoga: 1pm	Blood Pressure: 11:30am-1:30pm Lunch: 12noon Open Computer Lab: 1-3pm
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
**Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Stay Fit & Strong: 1pm Open Computer Lab: 1-3pm	Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12noon Shopping: 1pm	Sugar Screening: 9:30-10:30am Lunch: 12noon AARP: 1:30pm Open Computer Lab: 10am-1pm **Bridge: 1-4pm	Lunch: 12noon Chair Yoga: 1pm	Lunch: 12noon Open Computer Lab: 1-3pm Senior Advisory Board Meeting: 1:30
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
**Painting: 9:30- 11:30am Shrub Oak: 10am-2pm Lunch: 12noon Stay Fit & Strong: 1pm Open Computer Lab: 1- 3pm	Chapter 1: 10am-2pm **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	New Horizons:10am- 2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1- 4pm	Lunch: 12noon Chair Yoga: 1pm	**Dance & Exercise: 10:45-11:45am Lunch: 12noon Open Computer Lab: 1-3pm
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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**YORKTOWN PARKS & RECREATION DEPARTMENT**

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Shrub Oak: 10am-2pm Lunch: 12noon Stay Fit & Strong: 1pm Open Computer Lab: 1-3pm	<b>4</b> Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12noon Shopping: 1:00pm	<b>5</b> New Horizons:10am-2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1-4pm	<b>6</b> Lunch: 12noon Chair Yoga: 1pm	<b>7</b> **Dance & Exercise: 10:45-11:45am Lunch: 12noon **Fall Prevention: 1-2pm Open Computer Lab: 1-3pm
<b>10</b>  <b>Site Closed</b>	<b>11</b> Chapter 1: 10am-2pm **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1:00pm	<b>12</b> Sugar Screening: 9:30-10:30am Lunch: 12noon AARP: 1:30pm Open Computer Lab: 10am-1pm **Bridge: 1-4pm	<b>13</b> Lunch: 12noon Chair Yoga: 1pm	<b>14</b> **Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon **Fall Prevention: 1-2pm Open Computer Lab: 1-3pm
<b>17</b> **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12noon Stay Fit & Strong: 1pm Open Computer Lab: 1-3pm	<b>18</b> Chapter 1: 10am-2pm **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	<b>19</b> New Horizons:10am-2pm **Line Dancing: 12noon Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1-4pm	<b>20</b> Lunch: 12noon Chair Yoga: 1pm	<b>21</b> **Dance & Exercise: 10:45-11:45am Lunch: 12noon **Fall Prevention: 1-2pm Open Computer Lab: 1-3pm Senior Advisory Board Meeting: 1:30
<b>24</b> **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12noon Stay Fit & Strong: 1pm Open Computer Lab: 1-3pm	<b>25</b> Chapter 1: 10am-2pm **Mahjong: 10am **Chair Yoga: 12noon Lunch: 12noon Shopping: 1pm	<b>26</b> New Horizons:10am-2pm Lunch: 12noon Open Computer Lab: 10am-1pm **Bridge: 1-4pm	<b>27</b> Lunch: 12noon Chair Yoga: 1pm	<b>28</b> **Dance & Exercise: 10:45-11:45am Blood Pressure: 11:30am-1:30pm Lunch: 12noon **Fall Prevention: 1-2pm Open Computer Lab: 1-3pm
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