



# Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

May/June 2024

YORKTOWN PARKS & RECREATION DEPARTMENT

Phone: 914-245-4650

WWW.YORKTOWNNY.ORG/SENIOR

## 2024 Senior Programs

For registration and program descriptions please visit: <http://register.capturepoint.com/Yorktown>

### Parks and Recreation Office

Location: 176 Granite Springs Road

Office Hours: Mon-Fri. 8:30am-4:30pm

\*Registration/Fees may apply

Dates and Times for Programs are listed below

Dates and Times for Clubs are listed on page 3

**\*Pool Registrations Begin May 6th\***

### Senior Individual Pool Pass

\*Senior Ages 60-64 - \$37

\*Senior Ages 65-69 - \$21

\*Senior Ages 70+ - Free

### \*Mah Jongg Club

A-Dates: April 3rd - August 28th

Days & Time: Wednesdays, 10am - 12pm

Location: AACCCC/Room 26

### \*Line Dancing

A-Dates: April 3rd - August 28th

Days & Time: Wednesdays, 12pm — 1pm

Location: AACCCC Gym/Granite Knolls

### \*Knitting Club

Dates: April 4th - September 5th

Days & Time: Thursdays, 10am - 12pm

Location: AACCCC/Room 16

### \*Senior Dance and Exercise

A Dates: April 12th - June 14th

B Dates: June 28th - August 30th

Days & Time: Fridays, 10:45am-11:45am

Location: AACCCC Gym/Granite Knolls

### \*Fall Prevention

A-Dates: April 18th - June 6th

Days & Time: Thursdays, 2:30pm - 3:30pm

B-Dates: Fridays, April 19th - June 7th

Days & Time: Fridays, 1:00pm - 2:00pm

Location: Sparkle Lake Building

### \*Senior Painting

A-Dates: April 8th — June 17th

Days & Time: Mondays, 9:30—11:30am

B-Dates: April 8th—June 17th

Days & Time: Mondays, 10:30—11:30am

Location: Sparkle Lake Service Building

### \*Forever Fit

A-Dates: April 16th - June 13th

Days & Time: Tuesdays, 10:45 - 11:45am

Location: - AACCCC Gym

### \*Chair Yoga

A-Dates: April 8th - June 3rd

Days & Time: Mondays, 9:30-10:30am

Location: AACCCC Room 120

B-Dates: April 12th - June 7th

Days & Time: Fridays, 9:15-10:15am

### \*Senior Swim

Dates: June 28th - August 16th

Days & Time: Tuesdays & Thursdays,  
10:30am - 12:00pm

Location: Brian J. Slavin Facility

Dates: August 5th - August 16th

Days & Time: Monday, Wednesday, & Friday  
10:00am - 12:00 pm

Location: Junior Lake Facility

# Yorktown Senior Activities Calendar

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

YORKTOWN SENIOR SERVICES DEPARTMENT 914-962-7447

YORKTOWN PARKS & RECREATION DEPARTMENT 914-245-4650 Email: YPR@yorktownny.org

May 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>**Mah Jongg</b>  <b>**Line Dancing</b>  <b>Lunch: 12pm</b> <b>Pork Chop</b>	<b>2</b> <b>**Knitting Club</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Chicken BBQ</b>	<b>3</b> <b>**Dance &amp; Exercise</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Meatloaf with gravy</b>
<b>6</b> <b>**Senior Painting</b> <b>**Chair Yoga</b> <b>Shrub Oak:</b> <b>10am-1pm</b> <b>Lunch: 12pm</b> <b>Chicken Sausage</b>	<b>7</b> <b>**Forever Fit</b>  <b>Lunch: 12pm</b> <b>Mexican Beef Skillet</b>	<b>8</b> <u><b>AARP</b></u> <b>**Mah Jongg</b>  <b>**Line Dancing</b>  <b>Lunch: 12pm</b> <b>Stuffed Shells</b>	<b>9</b> <b>**Knitting Club</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Flounder</b>	<b>10</b> <b>**Dance &amp; Exercise</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Chicken Cordon Blue</b>
<b>13</b> <b>**Senior Painting</b> <b>**Chair Yoga</b>  <b>Shrub Oak:</b> <b>10am-1pm</b> <b>Lunch: 12pm</b> <b>Steak with Gravy</b>	<b>14</b> <b>**Forever Fit</b>  <b>Lunch: 12pm</b> <b>Roasted Turkey</b>	<b>15</b> <b>**Mah Jongg</b>  <b>**Line Dancing</b>  <b>Lunch: 12pm</b> <b>Chicken Curry</b>	<b>16</b> <b>**Knitting Club</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Eggplant Parmigiana</b>	<b>17</b> <b>**Dance &amp; Exercise</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Breaded Pork Chop</b>
<b>20</b> <b>**Senior Painting</b> <b>**Chair Yoga</b>  <b>Shrub Oak:</b> <b>10am-1pm</b> <b>Lunch: 12pm</b> <b>Macaroni &amp; Cheese</b>	<b>21</b> <b>**Forever Fit</b>  <b>*St. Patrick's Seniors</b> <b>10am</b>  <b>Lunch: 12pm</b> <b>Meatloaf with Gravy</b>	<b>22</b> <b>**Mah Jongg</b>  <b>**Line Dancing</b>  <b>Lunch: 12pm</b> <b>Flounder Piccata</b>	<b>23</b> <b>**Knitting Club</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Asian Pork &amp; Peppers</b>	<b>24</b> <b>**Dance &amp; Exercise</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>BBQ Pulled Chicken</b>
<b>27</b>  <b>*Memorial Day*</b>	<b>28</b>  <b>**Forever Fit</b>  <b>Lunch: 12pm</b> <b>Crispy Baked Fish</b>	<b>29</b>  <b>**Mah Jongg</b>  <b>**Line Dancing</b>  <b>Lunch: 12pm</b> <b>Chef Salad</b>	<b>30</b>  <b>**Knitting Club</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Swedish Meatballs</b>	<b>31</b>  <b>**Dance &amp; Exercise</b>  <b>**Fall Prevention</b>  <b>Lunch: 12pm</b> <b>Chicken Ratafouille</b>

# Yorktown Senior Newsletter

## Senior Clubs News

\*Visit the Recreation Office for Registration Forms: Address: 176 Granite Springs Road

### AARP—THE AMERICAN ASSOCIATION OF RETIRED PERSONS

Meeting Dates: 2nd Wednesday of each month,  
2:00 – 4:00pm

Location: AACCCC Nutrition Room

Contact: Rich DeSilva - (914)-962-7723

#### Trips:

\*Cooperstown Lake Cruise &  
Turning Stone Casino Hotel

Thursday June 27, 2024

\*Celebrate Italia @ Aquaturf Club

Tuesday July 9, 2024

\*State Capital Tour & Saratoga Casino

Thursday & Friday, November 7th & 8th, 2024

### SHRUB OAK SENIORS

Contact: Bea Perkins - (845)-661-5479

Meeting Dates: Monday, 10am - 1pm

Location: AACCCC Room 16

\*Foxwoods Casino High Stakes Bingo

Thursday, July 25th

\*Italian Festival "La Famiglia" at Silver Birches

Thursday, September 12th

### ST. PATRICK'S WIDOWS & WIDOWERS

Meeting Dates: 1st Tuesday of each month,  
1:00pm

Location: Parish Center

Contacts: Ada Ereno: (914)-214-8060 or

Joan Evers: (845)-628-4279

### ST. PATRICK'S SENIORS

(For Members Only)

Meeting Dates: 3rd Tuesday of every month,

10:00am Location: Parish Center

Contact: Carol Manse - 914-245-2953

### Friends of Jefferson Village

Contact: Rich DeSilva - (914)-962-7723

\*Culinary Institute of American Dining  
Experience

Tuesday, August 6th, 2024

\*Octoberfest @ Kruckers Pomona, NY

Thursday October 10, 2024

\*Jersey Dreamers Jingle Bell Rock

Thursday, December 5th , 2024

### JOF Travel Club

Contact: Jim Higgins at 914-302-2836

Email: [travelclub024@gmail.com](mailto:travelclub024@gmail.com)

July 26, 2024 - Derby & Dining Experience at Monmouth Race Track Private Clubhouse: Elegant Buffet Luncheon and Premium Seating

All Taxes & Meal Gratuities Included for \$139.00 pp

August 25, 2024 - Hudson Valley Renegades Baseball Game & Lunch

Reserved Seating and Private Area for a Great Meal

Food will be available throughout the game

All Taxes & Meal Gratuities included for

Price: \$119.00 pp or Veterans \$110.00 pp

September 19, 2024 - Dracula - A Comedy of Terrors (a comedy to sink your teeth into at the famous Actor's Legacy Theatre and a sumptuous

Luncheon at the fantastic Stonebridge Restaurant

All Taxes and Meal Gratuities included for \$149.00 pp

For additional details, please see attached flyer or contact :Jim Higgins at 914-302-2836 or email:

[travelclub024@gmail.com](mailto:travelclub024@gmail.com)



Thursday, December 5th

# Jersey Dreamers Jingle Bell Rock

*at the La Neve's Banquets  
Haledon, NJ*

## Friends of Jefferson Village

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Thursday, December 5<sup>th</sup>, 2024

Bus Departs from 3480 Hill Blvd.

Jefferson Village at 8:45am & Returning at 5:30pm

[Payments must be received by November 14<sup>th</sup>]

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**Cost: \$95 per person**

**Trip Includes: Complete Luncheon with desert, coffee, tea, soda  
and 1 adult beverage.**

**Please Make Check to: Friends of Jefferson Village Travel**

**SEND PAYMENTS TO: Rich DeSilva**

**91C Molly Pitcher Lane, Yorktown Hts.,**

**NEW YORK 10598**

**914-962-7723**

(Registration form on other side of this flyer)

# DRACULA - A COMEDY OF TERRORS

## THE LEGACY THEATRE

Thursday, September 19<sup>th</sup>, 2024

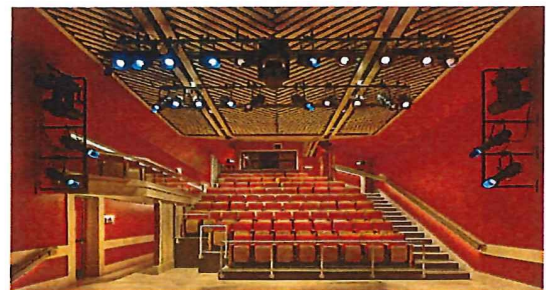
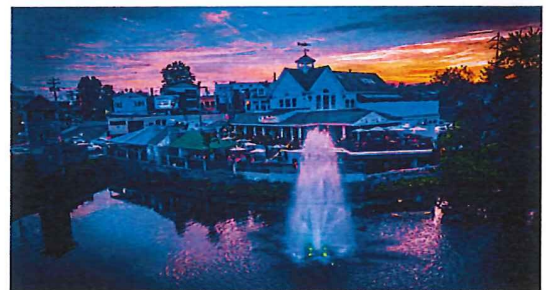
Day Trip

Package Price: \$149.00 / pp

Trip Cancellation Protection  
is available for only \$19.00

Package Includes:

- \*Roundtrip Motorcoach Transportation
- \*Roundtrip Shuttle Service to the Theater
- \*Reserved seating at the Legacy Theatre for a Performance of...  
**“Dracula - A Comedy of Terrors”**  
 (a new comedy to sink your teeth into and perfect for all blood types)
- \*Sumptuous Luncheon at the Fantastic Stonebridge Restaurant
- \*All Taxes and Meal Gratuities Included



**CUT HERE**

Enclosed is my payment for \_\_ reservation(s) for the Legacy Theatre show trip.

**\*\*Payment once booked is non-refundable unless YOU find a replacement\*\***

Checks are payable to: “JOF Travel Club” and dropped off or Mail to:

**Jim Higgins, 76 F Independence Court, Yorktown Heights, NY 10598**



**TO ALL TRAVEL GROUP ATTENDEES:** Each participant must be able to safely board/disembark coach w/out assistance. If this is not possible, it is the participant’s responsibility to bring another to assist. All participants must hold harmless & indemnify the Travel Club from any liability due to the person’s inability to safely participate (with/without assistance).

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

NAME (S) \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

# OF PEOPLE \_\_\_\_\_

WESTCHESTER COUNTY'S 55<sup>TH</sup> ANNUAL

# Salute to Seniors

Please Join us in Honor of Older Americans Month 2023



**We bring the information to your neighborhood!**  
SPACE IS LIMITED - RESERVATION REQUIRED FOR EVERY PERSON ATTENDING

Choose from three Information and Community Expos  
Featuring Exhibitors with Programs, Services and Screenings

**FREE ADMISSION | FREE PARKING**

**10 a.m. - 12:30 p.m.**

Event is tented and outdoors.

We will operate safely under applicable New York State  
guidelines in place at the time the events are in session.

**Central Westchester**  
Wednesday, May 10, 2023

Ridge Road Park  
287 Ridge Road  
Hartsdale, NY 10530

10 a.m. - 12:30 p.m.  
Please respond by May 2

**Northern Westchester**  
Wednesday, May 17, 2023

Croton Point Park  
1 Croton Point Avenue  
Croton-On-Hudson, NY 10520

10 a.m. - 12:30 p.m.  
Please respond by May 9

**Southern Westchester**  
Wednesday, May 24, 2023

Glen Island Park  
Weyman Avenue  
New Rochelle, NY 10805

10 a.m. - 12:30 p.m.  
Please respond by May 16

To make a reservation, please call (914) 218-3968 or click here: [bit.ly/2023sts](https://bit.ly/2023sts)

One box lunch provided with each reservation.

Seniors ride FREE on Bee-Line Buses May 10, 17 and 24! All routes excluding ParaTransit Service.



George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services  
Kathleen O'Connor, Commissioner  
Department of Parks, Recreation and Conservation  
Hugh J. Greechan, Commissioner  
Department of Public Works and Transportation



# Yorktown Senior Activities Calendar

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

YORKTOWN SENIOR SERVICES DEPARTMENT 914-962-7447 and  
YORKTOWN PARKS & RECREATION DEPARTMENT 914-245-4650 Email: YPR@yorktownny.org

## June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>**Senior Painting</b> Shrub Oak: 10am-1pm <b>**Chair Yoga</b> Lunch: 12pm Cheese Manicotti	<b>4</b> <b>**Forever Fit</b> Lunch: 12pm Pork Chop W/ Sauerkraut	<b>5</b> <b>**Mah Jongg</b> <b>**Line Dancing</b> Lunch: 12pm Orange Chicken	<b>6</b> <b>**Knitting Club</b> <b>**Fall Prevention</b> Lunch: 12pm Beef & Bean Stew	<b>7</b> <b>**Dance &amp; Exercise</b> <b>**Fall Prevention</b> Lunch: 12pm Salmon Patty
<b>10</b> <b>**Senior Painting</b> Shrub Oak: 10am-1pm <b>**Chair Yoga</b> Lunch: 12pm Sole Florentine	<b>11</b> <b>**Forever Fit</b> St Patrick's Widows And Widowers Club Lunch: 12pm Baked Ziti	<b>12</b> <u>AARP</u> <b>**Mah Jongg</b> <b>**Line Dancing</b> Lunch: 12pm Lemon Chicken Thighs	<b>13</b> <b>**Knitting Club</b> Lunch: 12pm Spinach & Cheese Quiche	<b>14</b> <b>**Dance &amp; Exercise</b> Lunch: 12pm Breaded Pork Chop
<b>17</b> <b>**Senior Paint- ing</b> Shrub Oak: 10am-1pm <b>**Chair Yoga</b> Lunch: 12pm Salisbury Steak	<b>18</b> <b>**Forever Fit</b> Lunch: 12pm BBQ Chicken	<b>19</b> <b>*Juneteenth</b>	<b>20</b> <b>**Knitting Club</b> Lunch: 12pm Spaghetti w/ Meat- balls	<b>21</b> <b>**Dance &amp; Exercise</b> Lunch: 12pm Egg Salad
<b>24</b> Shrub Oak: 10am-1pm <b>**Chair Yoga</b> Lunch: 12pm Stuffed Peppers	<b>25</b> <b>**Forever Fit</b> Lunch: 12pm Baked Chicken Thighs	<b>26</b> <b>**Mah Jongg</b> <b>**Line Dancing</b> Lunch: 12pm Roast Turkey w/ Gravy	<b>27</b> <b>**Knitting Club</b> Lunch: 12pm Tropical Pork & Pep- pers	<b>28</b> <b>**Dance &amp; Exercise</b> Lunch: 12pm Manicotti



*John C. Hart*  
MEMORIAL LIBRARY

1130 E. Main Street, Shrub Oak, NY 10588  
914-245-5262 - [www.yorktownlibrary.org](http://www.yorktownlibrary.org)



**May 18th, 1pm**

## **GENEALOGY 101: A STEP-BY-STEP GUIDE TO RESEARCHING YOUR FAMILY TREE**

Join professional genealogist Kari Kjontvedt Weis as she offers a comprehensive, step-by-step guide to help you navigate the process of researching your family tree. This workshop will equip you with the tools and knowledge needed to successfully trace your lineage.

## **Earring Making with Joan Llyod**

Make earrings for yourself and for a Battered Women's Shelter. Optional: Bring any old bead jewelry that you can recycle into earrings! If you have any jewelry making tools, bring them along too.

Registration requested.



**May 13th and June 10th  
6pm**



**June 21st, 11am**

## **The Rise of the Singer/Songwriter (Zoom)**

One of the greatest phenomena of the 1960s/1970s was the rise and popularity of the singer songwriter. We will see clips and discuss the careers of such singular talents as Gordon Lightfoot, Cat Stevens, James Taylor, Joni Mitchell, Carole King, and so much more.

Join us in the healing magic of music.