

Superintendent
James Martorano, Jr.

Assistant Superintendent
Kyle Thornton

May 1st, 2020

Dear Yorktown Seniors:

We hope you are reading this flyer at home and in good health. In times like these it takes the cooperation of the public at large to keep everyone safe and healthy. As many of you may already know Spring Programming has been canceled and our Active Recreation Facilities are closed. We'd like to thank you all for understanding our decision & supporting us in making these decisions to keep Yorktown safe.

Please be aware that we have postponed our pool registration until further notice. Remember to check in with our office or website for updates, prior to visiting the recreation office, since we are currently closed & dates of reopening and registration will continue to be adjusted. As you are now aware, everything with this virus is a week by week process.

We have also provided for you a comprehensive list of restaurants and businesses that are currently open. Please call these businesses at the number provided and check their adjusted hour and ordering options prior to you visiting them. It is imperative to support our local businesses at times like these. The Chamber of Commerce thanks all of you for utilizing this list & supporting our local small businesses.

Although our fitness classes are canceled, that doesn't mean you should stop being active. Please remember our passive parks remain open for scenic hikes. If you would like a list of those parks please visit www.YorktownTrailTown.com/Locations For those of you looking for a low impact workout from home, we have supplied websites listed in the flyer that have great online workouts and activities for you to take advantage of, for free, to stay in great shape & mentally sharp!

Please stay home, happy and healthy. Remember we are all in this together and Yorktown Parks and Recreation is here for your support. If you have any questions or concerns please don't hesitate to reach out to us at Parks and Recreation at 245-4650 x0

Sincerely,

James J. Martorano Jr.
Yorktown Parks & Recreation
Superintendent
Office: 914-245-4650 x26



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

May/June 2020

YORKTOWN PARKS & RECREATION DEPARTMENT
www.yorktownny.org/senior

TEL. (914) 245-4650

All Spring Programs Have Been Cancelled

Some free programs to enjoy from
your home!

Do Yoga with Me

<https://www.doyogawithme.com/content/yoga-seniors>

Senior Exercise

<https://www.seniorexercisesonline.com/>

Silver Sneakers Exercise

www.silversneakers.com/blog/daily-exercises-older-adults/

Guide for Seniors

www.guideforseniors.com/blog/senior-online-games/

Senior Online Activities

<https://www.elderoptionsoftexas.com/online-games-for-seniors.htm>



Here are ways to help Our Community

St Mary's Food Pantry

<http://www.cfpstmarysmoheganlake.com/>

Feeding Westchester

<https://feedingwestchester.org/coronavirus-response/>

Volunteer New York

<https://www.volunteernewyork.org/>

Senior Shopping Hours

BJs Wholesale Club 8:00 - 9:00 am

Decicco's from 7:30 - 8:30 am

Acme from 7:00 - 9:00 am

Uncle Giuseppe's 7:00 - 8:00 am

Food Delivery Services

We wanted to offer food delivery options to caregivers, however, caregivers should note that given the unpredictability of available services at this time the options listed below may or may not be in operation. Please also note you will need to have a smartphone to access these services. Delivery costs will vary depending on the provider.

1. **Yorktown Nutrition Program: Homebound Meals**
<https://www.yorktownny.org/senior/homebound-meal-delivery>
2. **RideConnect** -
<http://www.rideconnectwestchester.org>
Seniors over 62 may call (914) 242-7433 to arrange for a volunteer to call them and get their shopping list over the phone. The volunteer then drops the groceries off outside their door.
3. **Walmart Grocery** - <https://grocery.walmart.com>
4. **FreshDirect** - <https://www.freshdirect.com>
5. **Instacart** - <https://www.instacart.com>
This service offers delivery from various stores in our area. Go to their website to see what is available.
6. **Shipt** - <https://www.shipt.com>
7. **Peapod** - <https://www.peapod.com>
8. **AmazonFresh** -
<https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo>
9. **Westfair Rides** - Medical Appointments Only -
<https://www.westfairrides.org>

RESTAURANTS.....	PHONE	WEBSITE
AJ's Bar & Grill.....	914-737-5058	www.ajsbarandgrill.net
Bangkok Spice	914-245-3690	www.bangkok-spice.com
Bob*B*Q's	914-214-8239	
Chef Rob's Catering.....	914-483-8989	www.robcookfood.com/
Dunkin Donuts - Yorktown	914-962-2191	www.dunkindonuts.com/en/locations?location=10598
Edwin's Deli	914-455-2663	www.facebook.com/EdwinsDeli/
Frankle & Augle'Z	914-245-9241	www.frankleandauglezpizza.com/#/
Hacienda Sauza	914-528-1110	haciendasauza.homestead.com/Menu.html
Heavy Bear Deli	914-243-4945	heavy-bear-deli.business.site/
Hill Blvd Diner	914-352-6474	www.hillblvddiner.com/
Il Forno Italian Kitchen & Bar	914-277-7575	www.ilfornosomers.com/
Little Sorrento	914-736-6767	www.littlesorrento.com
Marla's Pizza.....	914-962-3583	silicelife.com/restaurants/ny/yorktown-heights/10598/maria-s-pizza-yorktown-heights/menu
Mima's Pizza	914-352-6777	www.mlmaspizzeriarestaurant.com/
Mohegan Diner.....	914-528-2585	www.facebook.com/pages/Mohegan-Diner/108167219225140
Panera Bread	914-245-4599	www.panerabread.com/
Pappous Greek Kitchen	914-455-2111	www.pappougreekkitchen.com/
Pizza Hut - Mohegan Lake.....	914-528-1111	www.facebook.com/PizzaHutMoheganLakeEastMainStreet/
Put Some Meat On Your Bones.....	914-391-5527	www.facebook.com/putsomemeatonyourbones/
Rooster's Wings & Brew	914-743-1797	www.roosterswingsandbrew.com/
Salsa Fresca	914-962-0600	www.salsafrescagrill.com/
Savannah & Company.....	914-736-1203	www.savannahandco.com/
Steinmann Deli	914-962-9217	www.gomerdell.com/
Taco Bell - Yorktown.....	914-245-9796	www.facebook.com/tacobellyorktown
TCBY - Yorktown.....	914-528-1111	store.tcb.com/home/route6plaza
The PUB	914-214-8600	www.facebook.com/thepuborktownNY
The Winery at St. George.....	914-455-4272	www.thewineryatstgeorge.com/
Trailside Cafe	914-302-7331	www.trailside-cafe.com/
Uncle Giuseppe's Marketplace	914-243-9100	uncleg.com/marketplace-locations/
Yorktown Coach Diner.....	914-245-2191	www.yorktowndiner.com
Yorktown Grille	914-352-6300	www.yorktowngrille.com/
Yorktown Pizza & Pasta	914-962-0096	www.yorktownpizza-pasta.com/

BUSINESSES

A&S Pork Store of JV	914-243-9608	www.asfinefoods.com
Absolute Flooring of YTH	914-245-0225	www.absoluteflooring.com
ACE Hardware.....	914-528-0030	www.acehardware.com
Advanced Copier Technology	914-439-8104	www.advancedofficetech.com
Albert A. Chapman Agency	914-962-5778	www.albertjchapman.com/
All County Pest Control	845-628-9026	allcountypestcontrol.com
All Seasons Wine	914-930-8845	www.facebook.com/allseasonswineandspiritsny/
Atlantic Appliance	914-962-2500	www.atlantic-appliance.com/
Berardis Family Chiropractic.....	914-962-1234	www.berardischiro.com/
BH&G Rand Realty.....	914-907-2738	
Certo Pro Painters	914-245-2260	www.certapro.com/westcheter
Cleaning Exchange	914-243-2300	https://www.facebook.com/TheCleaningXChange/
Cohen Family Smiles.....	914-245-2965	cohenfamilysmiles.com
DAS Auto	914-352-6127	www.dastruckandauto.com/
DML Mortgage	914-455-3700	www.dmlmortgage.com
Elite Dental Studios.....	914-245-7575	https://www.elitedentalstudiosny.com
Freyers Flowers	914-962-7484	www.freyersflorist.com/
Fyne Lyne Venture.....	914-930-4537	fynelyne.com/
JCM Racing	914-352-6688	www.jcmracing.com/
Law Office of Sal Lagonia.....	914-245-7500	
Lowe's	914-214-0101	www.lowes.com/store/NY-Yorktown/3360
Marshall Alarms.....	914-962-4699	www.marshallalarm.com/
MCM Agency, Inc.	914-714-2216	www.mcmagency.com/
Suburban Wines.....	914-962-3100	www.suburbanwines.com/
Yorktown Auto Body.....	914-962-3879	https://www.yorktownautobody.com/
Yorktown Heights Insurance	914-962-9442	http://www.heightsagency.com
Yorktown Pharmacy.....	914-962-2600	https://www.yorktownpharmacy.com/
Yorktown Wine And Liquor	914-962-2474	https://www.yorktownwineandliquor.com/
APAR/PR	914-275-6887	www.bruceaparpr.com
Franzoso Contracting	914-271-4572	www.franzoso.com
Valerie Promisel, Esq.	914-245-3636	www.elderlawanswers.com
Maker Fragale&D'Costanzo.....	914-245-2440	www.makerfragaledicostanzo.com
MVR Insurance Agency	914-693-3500	www.MVRagency.com
Moonlight Marine.....	914-715-7245	www.moonlightmarine.net
Northern Construction Paving.....	845-628-6288	www.northernconstructionpaving.com
Kenny's Carpet One	914-490-7754	www.kennycarpetone.com
MCA Roofing & Contracting.....	914-455-0976	www.mcaroofing.com
Hartel's Auto Body.....	914-962-5620	www.hartelsautobody.com



The Yorktown Chamber of Commerce and the Town of Yorktown are compiling a list of local restaurants and businesses who offer special services during the COVID-19 crisis. You can still patronize the restaurants who offer:

**TAKEOUT
DELIVERY
CURBSIDE
SERVICE**

FOR AN UPDATED LIST PLEASE VISIT:
<https://yorktownchamber.org/show-your-support-for-yorktown-main-street-businesses/>