

S2: Fridays 1/13 to 3/10 9:15 – 10:15am Solaris Sports Club
 (no class 2/24)
 Fee: Resident: \$96.00 Nonresident: \$115.20

PAINTING IN OIL OR ACRYLICS

Jeanne Demotes, Instructor

Program No: **334601-A Session 1 (10 classes)**
 134601-A Session 2 (10 classes)

About the program: For students of all levels of experience. This course will cover both still life and photographic sources and focus on composition as well as the use and care of materials. Demonstrations will be given on various painting techniques. Critiques will be given in a non-threatening atmosphere. If you have always wanted to learn to paint in oils or acrylics, or if you want to bring your painting skills to the next level, this class is for you.

Day:	Date:	Time:	Location:
S1: Saturdays	9/17 to 11/19	9:00 - 12noon	Sparkle Lake Building
S2: Saturdays	1/14 to 3/18	9:00 - 12noon	Sparkle Lake Building
Fee:	Resident: \$125.00	Nonresident: \$150.00	



FLY FISHING LESSONS

Chris Mantz, Professional Fisherman

Program No: **381212-A (4 classes)**
 See Youth & Teen section for details.

Day:	Date:	Time:	Location:
Saturdays	9/10 to 10/1	10:00 - 11:30am	Sparkle Lake
Fee:	Resident: \$65.00	Nonresident: \$78.00	

HORSEBACK RIDING FOR ADULTS

Zephyr Farm, Instructor

Program No: **335201-A Session 1 (8 classes)**
 135201-A Session 2 (6 classes)

About the program: This class is for students **ages 15 and older**, who have had little or no horseback riding instruction. During this 8-week course, participants will be introduced to the sport in a fun and safe environment. Classes are run in a lighted, indoor arena. Each class will consist of a 40-minute riding lesson that will teach the basics in balance, position, control and safety, and a 20-minute discussion and/or demonstration. There will be no more than 5 students per class. Each class will be led by an instructor and several aides. Students must wear long pants and heeled shoe boots. Helmets are available for loan. Zephyr Farm is located at 219 Watermelon Hill Road in Mahopac, NY.

Day:	Date:	Time:	Location:
S1: Sundays	9/18 to 11/6	2:00 - 3:00pm	Zephyr Farm
S2: Sundays	1/8 to 2/12	2:00 - 3:00pm	Zephyr Farm
Fee:	S1: Resident: \$320.00	Nonresident: \$384.00	
	S2: Resident: \$240.00	Nonresident: \$288.00	



SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Kathy Pasquale, Instructor

Program No: **338301-A Session 1 (10 classes)**
 138301-A Session 2 (10 classes)

About the program: Dabble in several art media from acrylics to watercolors, along with several art genre. Two Hour session (A): Classes include a wide variety of step by step lessons to build and improve technique and skills. Open to the very beginner or the more seasoned artists, there is something to learn for everyone. Handouts, reference photos and materials are provided in a fun and relaxed atmosphere. One hour Session (B): Open studio time. Participants receive one on one guidance and instruction.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
S1: Mondays	9/12 to 12/5	A: 9:30-11:30am	YCCC, Room 26
	(no class 10/3, 10/10, 11/14)	B: 10:30-11:30am	
S2: Mondays	1/9 to 3/27	A: 9:30-11:30am	YCCC, Room 26
	(no class 1/16, 2/20)	B: 10:30-11:30am	
Fee:		A: Resident: \$50.00	Nonresident: \$60.00
		B: Resident: \$10.00	Nonresident: \$30.00



CHAIR YOGA

Sharon Cohen, Instructor

Program No: **336404-A Session 1 (10 classes)**
136404-A Session 2 (10 classes)

About the program: Gentle chair yoga is for seniors who may have difficulty getting up and down from the floor or have some physical limitations which prevent sitting on the floor or standing without help. Every session includes warm-up techniques, breathing practices, gentle stretching and flexibility movements, meditation and concludes with deep relaxation in the chair.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
S1: Tuesdays	9/20 to 12/6 (no class 10/4, 11/8)	12noon - 1:00pm	YCCC, gym
S2: Tuesdays	1/10 to 3/14	12noon - 1:00pm	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$35.00	



Betty Boot, Instructor

SENIOR LINE DANCING

Program No: **132201-A**

About the program: Come and join Betty Boot in some fun County-Western Line dancing steps.

Registration: Participants must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
1 st and 3 rd Wednesdays	9/7 to 3/15	12noon - 1:00pm	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$30.00	

SENIOR DANCE & EXERCISE

Cameron Kelly, Instructor

Program No: **332501-A Session 1 (10 classes)**
132501-A Session 2 (10 classes)

About the program: Line dancing with some fitness exercise.

Registration: Participants must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
S1: Fridays	9/23 to 12/9 (no class 11/11, 11/25)	10:45 - 11:45am	YCCC, gym
S2: Fridays	1/20 to 3/24	10:45 - 11:45am	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$30.00	



FALLS PREVENTION

Naomi Cohen PT, Instructor

Program No: **332101-A Session 1 (8 classes)**
132101-A Session 2 (8 classes)

About the program: This class involves balance and bone strengthening exercises. Information is provided on nutrition and lifestyle habits to benefit bone health and density.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
S1: Fridays	9/30 to 12/2 (no class 11/11, 11/25)	1:00- 2:00pm	Nutrition Room
S2: Fridays	1/13 to 3/10 (no class 2/24)	1:00- 2:00pm	Nutrition Room
Fee:	Resident: No fee	Nonresident: \$30.00	

SENIOR CHORALE

Joseph J. Nigro, Instructor

Program No: **432405 -A, B (10 classes)**

About the program: All adults who like to sing are welcome to participate in this community chorale group. Enjoy singing a variety of music ballads. Performances are at convenient times at a variety of local venues.

Day:	Date:	Time:	Location:
A: Mondays	TBD	2:15 - 3:00pm	YCCC, Nutrition Room
B: Mondays	TBD	2:15 - 3:00pm	YCCC, Nutrition Room



Yorktown Senior Center

Noreen O'Driscoll, Director • 914-962-7447 • 9:00am-3:00pm

Nutrition Program

Seniors 60 years and older, join us for lunch at the Yorktown Senior Center. 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. Please contact the Senior Center for more information or to make a reservation. Monthly Menu can be found online at www.yorktownny.org/senior

Homebound Meals

A hot meal is delivered to eligible homebound seniors Monday through Friday. There is a suggested contribution for these services. Call the Senior Center for more information. Monthly Menu can be found online at www.yorktownny.org/senior

Transportation

Yorktown Senior Center provides transportation for seniors:

- Weekdays to and from the Senior Nutrition Program
- On Tuesdays to local supermarkets
- To medical providers in Yorktown. Requires reservation at least one week in advance.

There is a suggested contribution for these services. Call the Senior Center for more information and to make a reservation.

Programs

Yorktown Senior Center provides many different and fun activities, programs and events throughout the year. Programs and activities include but not limited to:

- Card Games & Bingo – Monday - Friday from 10:00am to 12noon
- Billiards – a pool table for open play is available between 9:00am to 3:00pm.
- Sugar Screenings
- Exercise Classes
- Blood Pressure Reading
- Monthly Speakers
- Shopping

Please check the calendar's in the Senior Newsletter for upcoming events and times

THE ACHIEVERS - HANDWORKS CLUB

Program No: **432401-A**

About the program: This social program meets to share different craft ideas and helps to discover new and creative activities through arts and crafts. Attendees are welcome to knit, crochet, bead, discuss recipes, or simply enjoy light conversation. Crafting can help keep your mind sharp.

Day: Tuesdays	Date: Annually	Time: 10:00-12:00pm	Location: YCCC, Room 104
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MAH JONG CLUB

Program No: **432402-A**

Day: Tuesdays	Date: Annually	Time: 10:00am-12:00noon	Location: YCCC, Room 26
Fee:	Residents: No fee	Nonresident: \$30.00	

BRIDGE CLUB

Program No: **432403-A**

Day: Wednesdays	Date: Annually	Time: 1:00-4:00pm	Location: Sparkle Lake Building
Fee:	Residents: No fee	Nonresident: \$30.00	



COMPUTER LEARNING LAB

Open Computer Lab is available for seniors on a first come, first served basis on Mondays and Fridays between the hours of 1:00 and 3:00pm and Wednesdays from 10:00am to 1:00pm in Room 26 at the Yorktown Community & Cultural Center. This program is guided by our technical volunteer there to gently assist users interested in learning about computers, email, or the use of iPads, iPhones, and Lap Tops. Help is there for you if you are interested in everything from printing digital pictures to Facebook.

SENIOR CITIZEN CLUBS

All clubs (except St. Patrick's Seniors & AARP) meet at the Yorktown Community & Cultural Center Room 16

Yorktown Chapter I

Meetings: Tuesdays - 10:00am to 2:00pm
 President: Rhoda Sussman – 245-6214

Shrub Oak Seniors

Meetings: Mondays - 10:00am to 1:00pm
 President: Bea Perkins – 302-2708

New Horizons

Meetings: Wednesdays (1st, 3rd & 4th) - 10:00am to 1:00pm
 President: Connie Verrino – 962-3072

AARP-The American Association of Retired Persons

Meetings: Wednesday (2nd) - 1:30pm in Nutrition Room
 President: Gil Kaufman – 302-7030

St. Patrick's Seniors

Meetings: Tuesday (3rd) – 10:00am in Parish Center
 President: Larry Carcaterra – 737-7590

Jefferson Village Travel Club

Trip Coordinator: Jim Higgins – 302-2836
 joftravel@optonline.net

SENIOR NEWSLETTER

The Senior Newsletter is a bi-monthly circular pertaining to Senior Citizens' activities and special events calendars, along with timely articles of interest to Yorktown seniors. Newsletters can be found at Recreation Office, Senior Center, Town Hall, Library or online at www.yorktownny.org/senior. If you would like to submit any articles or information to the newsletter, please call the Recreation Office at 245-4650.



TENNIS

YOUTH TENNIS INSTRUCTION

About the program: If you are just starting or want to develop your skills, these classes will introduce the fundamental stroke patterns, basic rules and sportsmanship. Quickstart Tennis (**ages 10 and under**) is a new format to help kids learn to play the game. To make it easier we have changed the court sizes, racquet sizes, nets and heights to help children start playing tennis almost immediately even if they have not picked up a racquet before. Non-marking rubber soled shoes required.

Solaris Sports Club

Day:	Date:	Time:	Location:
Program No:	342701-A, B, C, D, F (13 classes)		
A: Saturdays	9/17 to 12/17	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	9/17 to 12/17	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	9/17 to 12/17	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	9/17 to 12/17	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	9/17 to 12/17	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
Fee:	(no class for ALL sections 11/26) Resident: \$351.00	Nonresident: \$421.20	

Program No:	142701-A, B, C, D, F (14 classes)		
A: Saturdays	1/14 to 4/29	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	1/14 to 4/29	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	1/14 to 4/29	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	1/14 to 4/29	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	1/14 to 4/29	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
Fee:	(no class for ALL sections 2/25, 4/15) Resident: \$378.00	Nonresident: \$453.60	



ADULT TENNIS INSTRUCTION

About the program: We offer a variety of options. **Tennis 101 (Beginners)** covers the fundamentals and basic rules of the game. **Tennis 202 (Advanced Beginners)** introduces players to placement, shot selection, and strategy. **Tennis 303 (Intermediate)** provides the more experienced players a chance to drill and play while exploring advanced tactics and strategy. All participants must be **age 18 or older**. Loaner racquets are available. Non-marking Rubber soled shoes are required.

Solaris Sports Club

Day:	Date:	Time:	Location:
Program No:	344101-A, B, C (13 classes)		
A: Sundays	9/18 to 12/18	9:30 - 10:30am (Tennis 202)	Solaris Sports Club
B: Sundays	9/18 to 12/18	10:30 - 12noon (Tennis 303)	Solaris Sports Club
C: Sundays	9/18 to 12/18	12:00 - 1:00pm (Tennis 101)	Solaris Sports Club
Fee:	(no class for ALL sections 11/27) Resident: \$455.00 (1 ½ hour class) Resident: \$351.00 (1 hour class)	Nonresident: \$546.00 (1 ½ hour class) Nonresident: \$421.20 (1 hour class)	