

# Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

May/June 2023

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

TEL. (914) 245-4650

## Yorktown Recreation 2023 SPRING SENIOR PROGRAMS

### Yorktown Recreation SENIOR SPRING/SUMMER PROGRAMS

To Register and program descriptions please visit:  
<https://register.capturepoint.com/YORKTOWN>  
Yorktown Parks & Recreation Department,  
176 Granite Spring Road, Yorktown Heights  
Recreation Office Hours: M-F, 8:30-4:00pm

**\*Fees apply**

#### Painting A:\*

Mon. 4/10-6/19 (no class 5/29)  
9:30-11:30am  
Location: Sparkle Lake Building

#### Painting B:\*

Mon. 4/10-6/19 (no class 5/29)  
10:30-11:30am  
Location: Sparkle Lake Building

#### Mah Jongg Club:

Tues. 4/4-6/27 (no class 6/4)  
10:00-11:00am  
Location: AACCCC Room 26

#### Chair Yoga (Virtual):

Wed. 4/12-5/31  
10:00-11:00am  
Location: Zoom

#### Line Dancing:

Wed. 4/5-8/16 (1<sup>st</sup> & 3<sup>rd</sup> Weds only)  
12:00-1:00pm  
Location: Granite Knolls Park

#### Fall Prevention A:

Thurs. 4/20-6/8  
2:30-3:30pm  
Location: Sparkle Lake Building

#### Fall Prevention B:

Fri. 4/21-6/9  
1:00-2:00pm  
Location: Sparkle Lake Building

#### Dance & Exercise A:

Fri. 4/14-6/16  
10:45-11:45am  
Location: AACCCC Gym

#### Dance & Exercise B:

Fri. 6/23-8/11  
10:45-11:45am  
Location: AACCCC Gym

### Hours for pool pass registration and renewals:

Location: Parks and Recreation Building at Sparkle Lake

Weekdays: Monday - Friday: May 1 - Sept.1: 10am - 4pm

Evenings: Tuesday - Wednesday: May 9 - June 28: 6pm - 8pm

Saturdays: May 6 - June 24: 10:30am - 2:00pm

Sundays: CLOSED

*Senior Prices:*

*Ages 60 - 64: \$35*

*Ages 65 - 69: \$20*

*Ages 70+ : Free*

**\*\*ID OFFICE WILL BE CLOSED MAY 29<sup>TH</sup>\*\***

## Yorktown Recreation Presents:

### Adult/Senior Bicycle Trip

*Adults 50+ will take a professionally guided and relaxed 8 mile bike tour along the scenic North County Trailway. Enjoy the scenery and learn about the local revolutionary war history such as The Battle of Pines Bridge, the Davenport House and much more!*

*Bikes, helmets, snacks and drinks will be provided!*

*Fees:*

*Residents - \$65*

*Nonresidents - \$78*

*Time/Date: 9am - 12pm, August 15th*

*Tour will start and finish at Junior Lake Park!*

**Save the date!!**



*And*

Westchester County Department of Senior Programs and Services *Presents*

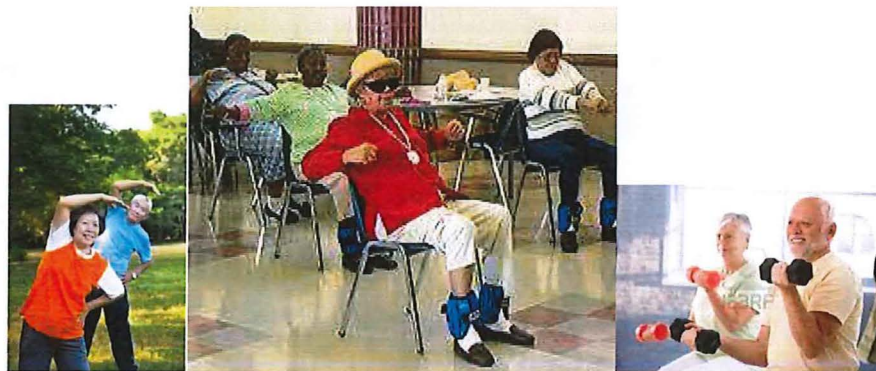
## **Stay Strong and Fit**

Exercises to improve balance, agility, cardiovascular endurance,  
flexibility and strength.

**16 Tuesdays, May 2 – August 29**  
**(No class June 6 & July 4)**

**1:00 – 2:00 pm**

**Yorktown Community Center**

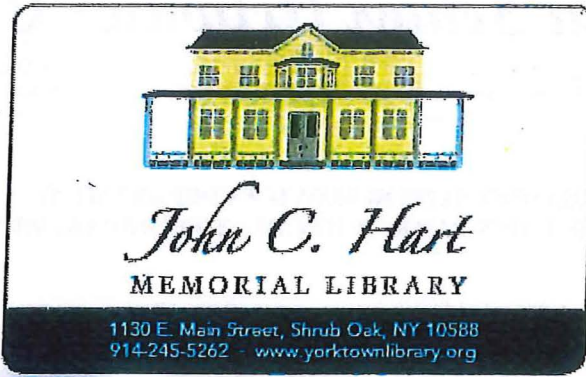


**Course Instructor: Lori Barr**

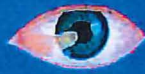
**To register, call The Yorktown Senior Center at 914-962-7447**



Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with Federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further, subcontractors of the WCDSPS shall be required to meet the above stated standards.



### Age-Related Macular Degeneration



Causes,  
Symptoms,  
Prevention.

**May 17th, 3pm**

### Age related macular degeneration: Recognize the early signs, the cause and prevention.

This lecture by ophthalmologist Dianne Aronian will help you recognize the the early signs of age related macular degeneration, the cause and prevention. This is an important message from an ophthalmologist who is also a patient. Registration Required.

### 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 22nd and June 12th  
6pm**

**JAMIE  
BRENNER**



**June 10th, 2pm**

### Author Visit Jamie Brenner

Kick off this summer with Author Talk and Reception with Jaime Brenner author of The Gilt. Refreshments provided. Registration requested.



ALL PROCEEDS GO TO THE LOCAL FOOD PANTRY



# THRIFTY ME

*Gently used clothing, household goods and unique items for sale.*

*Reduce, recycle and reuse!*

*Come check it out and help support our local food pantry!*

**Store hours: Mondays 10am-12pm and Wednesdays 10am-2pm**

**Closed July and August**

**Contact Barbara 914-307-7119**

**AACCC BUILDING 1974 COMMERCE STREET ROOM 107 YORKTOWN 10598**



**Diana L. Quast, Yorktown Town Clerk  
Master Municipal Clerk**

# THE MOBILE TOWN CLERK'S OFFICE IS BACK!!

Beginning Wednesday, May 10, 2023 the Town Clerk will resume the Mobile Town Clerk's Office!

In an effort to make some of our services more accessible to our residents, the Town Clerk's Office travels to various locations offering our time and services for your convenience.

Some of the services and information we will be able to provide onsite include:

- Handicapped/Accessible Parking Permits
- Dog Licensing
- EZPass Tags
- Hunting & Fishing Guidelines, NYS DEP Access Permit Applications
- Notary Public Services
- Other licenses such as Marriage Licensing, Gaming Commission Licenses (Bingo, Raffles, etc.)
- Parks & Recreation Brochure
- Refuse & Recycling Schedule
- Voter Registration
- Yorktown Senior Newsletter

*The Mobile Town Clerk's Office will be visiting Wynwood Oaks (10AM-12PM) and Jefferson Village (1PM-3PM) on the second and fourth Wednesday of each month. We also frequently visit the Senior Services and Nutrition Center. As always, if there is anything you need, please give us a call at (914)962-5722, ext. 209.*

*We look forward to seeing you!*

*Diana L. Quast, Town Clerk  
Master Municipal Clerk*

# 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 Town of Yorktown.

**Phone #'s:**

(914) 962-7447 YORKTOWN SENIOR SERVICES DEPARTMENT

(914) 245-4650 YORKTOWN PARKS & RECREATION DEPARTMENT

## May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Painting: 9:30-11:30am  Lunch:12pm	2 Chapter 1: 10am-2pm  **Mahjong: 10am - 12pm  Lunch:12pm	3 **Chair Yoga: 10:00-11:00am(Zoom)  **Line Dancing: 12-1pm  Lunch:12pm	4 **Fall Prevention: 2:30-3:30pm  **Knitting Club: 10-12pm  Lunch:12pm	5 ** Dance & Exercise: 10:45-11:45am  Lunch:12pm  **Fall Prevention: 1-2pm
8 **Painting: 9:30-11:30am  Shrub Oak: 10am-2pm  Lunch:12pm	9 Chapter 1: 10am - 2pm  **Mahjong: 10am – 12pm  Lunch:12pm	10 **Chair Yoga: 10:00-11:00am(Zoom)  Lunch:12pm  AARP: 2pm-4pm	11 **Fall Prevention: 2:30-3:30pm  **Knitting Club: 10am-12pm  Lunch:12pm	12 ** Dance & Exercise: 10:45-11:45am  **Fall Prevention: 1-2pm  Lunch:12pm
15 **Painting: 9:30-11:30am  Shrub Oak: 10am-2pm  Lunch:12pm	16 **Mahjong: 10am – 12pm  Lunch:12pm	17 **Chair Yoga: 10:00-11:00am(Zoom)  **Line Dancing: 12-1pm  Lunch:12pm	18 **Fall Prevention: 2:30-3:30pm  **Knitting Club: 10-12pm  Lunch:12pm	19 ** Dance & Exercise: 10:45-11:45am  **Fall Prevention: 1-2pm  Lunch:12pm
22 **Painting: 9:30-11:30am  Shrub Oak: 10am-2pm  Lunch:12pm	23 **Mahjong: 10am – 12pm  Lunch:12pm	24 **Chair Yoga: 10:00-11:00am(Zoom)  Lunch:12pm	25 **Fall Prevention: 2:30-3:30pm  **Knitting Club: 10-12pm  Lunch:12pm	26 ** Dance & Exercise: 10:45-11:45am  **Fall Prevention: 1-2pm  Lunch:12pm
29 Memorial Day Parade 11am  **SITE CLOSED**	30 Chapter 1: 10am-2pm  **Mahjong: 10am – 12pm  Lunch:12pm	31 **Chair Yoga: 10:00-11:00am(Zoom)  Lunch:12pm		Any program noted with *requires registration  Register at <a href="http://register.capturepoint.com/yorktown">http://register.capturepoint.com/yorktown</a>

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## June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Any program noted with *requires registration</i></p> <p><i>Register at <a href="http://register.capturepoint.com/yorktown">http://register.capturepoint.com/yorktown</a></i></p>			<p><b>**Fall Prevention:</b> 2:30 – 3:30pm</p> <p><b>**Knitting Club:</b> 10-12pm</p> <p><b>Lunch:</b> 12pm</p>	<p><b>** Dance &amp; Exercise:</b> 10:45-11:45am</p> <p><b>**Fall Prevention:</b> 1-2pm</p> <p><b>Lunch:</b> 12pm</p>
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**Senior Club News**

AARP

Thursday June 29, 2023-  
Elvis show at the Silver Birches Hawley, PA

Thursday July 13- Friday July 14, 2023  
Erie Canal Turning Stone Casino Hotel

Thursday December 7, 2023-  
Christmas Show at the Silver Birches Hawley, PA

For more information call  
Rich DeSilva - 914-962-7723

JOF Travel Club

August 15, 2023 – The Riverview Inn Festival – Full  
Luncheon and the Ryan Wilson Show @ \$85.00

October 2, 2023- The amazing "Oktoberfest" at the  
Villa Roma at another great price of \$89.00

Two great and completely Different Cruises: June  
25 thru July 5, 2023 - All inclusive 3 night hotels plus  
River Boat Cruse from Memphis to Nashville (Air  
Included) on the American Queen Paddle Wheel  
Steamboat From \$2,899.00 to \$5,299.00

Oct 15 thru Oct 22, 2023 - A Bahamas Cruise  
Transportation to Pier & Back (Cape Liberty, NJ) Visit  
Orlando, Coco Cay, and Nassau, Bahamas Nightly  
Entertainment including High Dive Shows, Ice Shows  
as well as Theater Shows All for \$749 Inside cabin,  
\$869 Outside cabin and \$1069 Balcony Cabin, (all  
dd/pp)

For more information call  
Jim Higgins - 914-302-2836  
Or email: JOFTRAVEL@optonline.net

Shrub Oak Seniors

Wednesday May 3-Thursday May 4, 2023-  
Good Times Tours Lancaster PA

Thursday June 8, 2023-  
Foxwoods Casino

Tuesday August 29, 2023  
City Island Restaurant / Empire Casino

Tuesday September 19, 2023  
San Gennaro Festival

Thursday October 26- Friday October 27, 2023  
Atlantic City (Caesar's Casino)

For more Information call  
Margaret Longo - 914-918-9097

Friends of Jefferson Village

Wednesday May 24, 2023 – West Point Tour &  
Hudson River Cruise

Tuesday August 15, 2023- Aque Turf Club:  
A Journey Through the Decades, Plantsville, CT

For More information call  
Rich DeSilva - 914-962-7723