



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

March/April 2023

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

TEL. (914) 245-4650

Yorktown Recreation 2023 SPRING SENIOR PROGRAMS

Yorktown Recreation
SENIOR SPRING PROGRAMS
Registration Begins March 13th at 9:00am
To Register and program descriptions please visit:
<http://register.captureont.com/Yorktown>
OR

Yorktown Parks & Recreation Department,
176 Granite Spring Road, Yorktown Heights
Recreation Office Hours: M-F, 8:30-4:00pm
*Fees applies

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 Johg Club:

Tues. 4/4-6/27 (no class 7/4)
10:00-11:00am
Location: AACCCC Room 26

Chair Yoga (Virtual):

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

Line Dancing:

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

New Program Knitting Club:

Thurs. 3/23-8/31
10:00am-12:00pm
Location: AACCCC Room 16

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:

Fri. 1/13-3/17
10:45-11:45am
Location: AACCCC Gym

Yorktown Town Clerk

Mobile Town Clerk visits have been put on hold due to seasonal weather. However, if there is any resident who is in need of assistance, please contact the Town Clerk Diana Quast's office (914-962-5722, ext. 209) and we would be more than happy to make arrangements for assistance.

Yorktown Senior Center

Each year, millions of elderly Americans fall victim to some sort of fraud scheme. Come join us on 3/8/2023 at 10:00am at the Yorktown Senior Center for a discussion on how to prevent this from happening to you. Our guest speaker will be Yorktown Police Chief Robert Noble and Detective Nadoraki.

For more information, call the senior center:
914-962-7447

Winter Farmers Market

Jefferson Valley Mall
650 Lee Boulevard
Yorktown Heights, NY 10598

Winter Farmers Market @ The Valley

SUNDAYS

1/22, 2/5, 2/19, 3/5, 3/19 & 4/2

11:00 am – 3:00 pm

Microgreens, Pickles, Local Wine

Fresh Baked Bread and Sweets

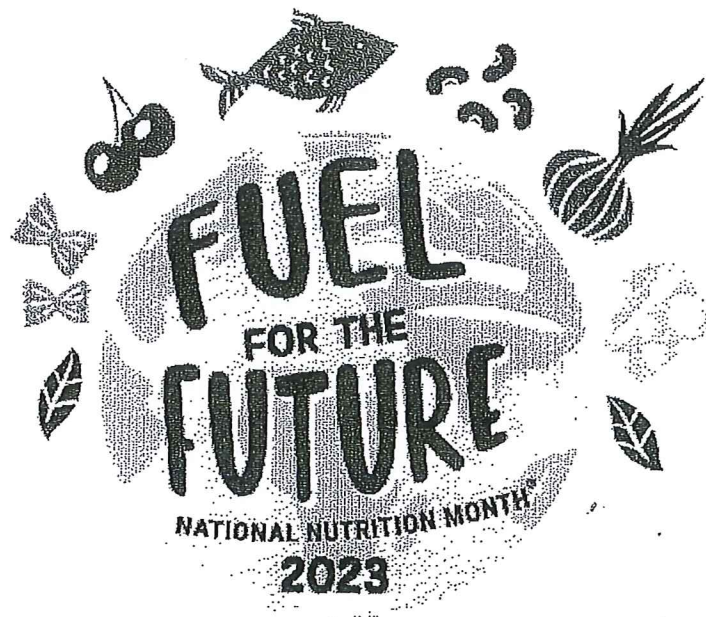
Jams, Jellies,
Spices, Sauces,
Compound
Butters and
more!



Yorktown Chamber of Commerce Senior Speaker Series
Wednesday March 15th 10:30am- 12:00pm
Yorktown Chamber Gathering Space - Jefferson Valley Mall
650 Lee Blvd, Yorktown Heights NY 10598

Non-Perishable Food Items Donated by Edison Home Care
Hot Coffee Donated by Kool Beans Coffee
Limited Space/Supplies Please RSVP to 914-245-4599

Attend a Nutrition Presentation to Celebrate
National Nutrition Month!



eat
right. Academy of Nutrition
and Dietetics

Presented by: **Theresa George MS RDN CDN**

Date: Friday March 24, 2023

Time: 11:30-12:00

Location: **Yorktown Community & Cultural Center**

Senior Nutrition 1974 Commerce St.

Please call 914-962-7447 for Lunch Reservations

(must call at least 24 hours in advance, lunch served at 12:00)

Yorktown Senior Newsletter
Senior Club News

March/April 2023

For those looking to join a group please consider visiting the Yorktown Senior Group Ch1 for their interest meetings, they will be serving free bagels, pastries and coffee for all visitors!

Tuesday March 7th & 14th at 10am

Tuesday April 4th & 11th at 10am

AARP

Thursday April 27- Friday April 28, 2023
Atlantic City Tropicana Casino Hotel

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

April 25, 2023 - Caesar's Extravaganza at the Villa Roma special priced @ \$99.00 **Wait List Only**

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 Cruise 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 pp twin)

Shrub Oak Seniors

Wednesday May 3-Thursday May4, 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**

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

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**



John C. Hart
MEMORIAL LIBRARY

1130 East Main Street
Shrub Oak, NY 10588
(914)-245-5262
www.yorktownlibrary.org

First Ladies of Comedy Presentation

Thursday, March 9 at 1:00pm

It's really a man's world according to the bookers and talent agents but some women did manage to open the door with Phyllis Diller credited to be the first real woman standup comic. Women were held back but there were others before her including Moms Mabley and Jean Carroll. Joan Rivers and many others have followed in this highly competitive field. Join author Evan Weiner for this engaging program. **Registration is requested but walk-ins are welcome.**

Health Seminar: What We Should Know Now To Help Prepare for Our Future

Friday, March 10 at 2:00pm

Westchester Women in Senior Care Committee is motivated to educate the public on ways to keep our older adults safe, healthy, informed, prepared, and living the best quality of life possible. To know now is better than to not know when a crisis occurs. Come listen to the panel discuss different topics on senior care that every person should know. Topics will range from advanced directives, inpatient rehabilitation, palliative care, being your own advocate, homecare services, to different types of community living options. We look forward to seeing you there! **Registration is requested.**

Library Theater: INSIGNIFICANT

Sunday, March 26 at 2:00pm

INSIGNIFICANT by Sean Michael Welch. Directed by Rachel Tamarin.

At Harvard University in the late 19th and early 20th centuries, Cecilia Payne, Annie Jump Cannon, and the group of women known as the "Harvard Computers" overcame prejudice, denigration, and opposition to change the course of modern astronomy and developed revolutionary systems to chart and measure stars that remain in use today. Their battles for recognition, respect, and equality are still being fought by women in the 21st century. **Registration is requested.**

Concert: The Briones Brothers

Sunday, April 2 at 2:00pm

Brothers Alan and Julián Briones are accomplished professional musicians who formed a Voice-Guitar duo that meets in the middle of their two worlds of Opera and Jazz. Their program centers around Latin American music, specifically Folk Music and Tango from Argentina. They relish every chance they get to play together and to share the music that they both love. **Registration is requested.**

AARP Tax Help

Tax help is available at the library **by appointment only**. Please call **914-440-3086** and leave a message. You will receive a return call to schedule an appointment.

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
(914) 245-4650

YORKTOWN SENIOR SERVICES DEPARTMENT
YORKTOWN PARKS & RECREATION DEPARTMENT

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Any program noted with ** requires registration</i></p> <p>Register at http://register.capturepoint.com/yorktown</p>		<p>1</p> <p>**Chair Yoga: 10:00-11:00am(Zoom)</p> <p>**Line Dancing: 12-1pm</p> <p>Lunch: 12pm</p>	<p>2</p> <p>Lunch: 12pm</p> <p>**Fall Prevention: 2:30-3:30pm</p>	<p>4</p> <p>** Dance & Exercise: 10:45-11:45am</p> <p>Lunch: 12pm</p> <p>**Fall Prevention: 1-2pm</p>
<p>6</p> <p>**Painting: 9:30-11:30am</p> <p>Shrub Oak: 10am-2pm</p> <p>Lunch: 12pm</p>	<p>7</p> <p>Chapter 1: 10am-2pm</p> <p>**Mahjong: 10am</p> <p>Lunch: 12pm</p>	<p>8</p> <p>Lunch: 12pm</p> <p>AARP: 2:30-4:30pm</p>	<p>9</p> <p>Lunch: 12pm</p>	<p>10</p> <p>** Dance & Exercise: 10:45-11:45am</p> <p>Lunch: 12pm</p>
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<p>27</p> <p>Shrub Oak: 10am-2pm</p> <p>Lunch: 12pm</p>	<p>28</p> <p>Chapter 1: 10am-2pm</p> <p>**Mahjong: 10am</p> <p>Lunch: 12pm</p>	<p>29</p> <p>Lunch: 12pm</p>	<p>30</p> <p>**Knitting Club: 10am-12pm</p> <p>Lunch: 12pm</p>	<p>31</p> <p>Lunch: 12pm</p>

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