



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

January/February 2023

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

TEL. (914) 245-4650

Yorktown Recreation **SENIOR WINTER PROGRAMS**

Registration is open!!!

To Register and program descriptions please visit:
<http://register.capturepont.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. 1/9-3/13

9:30-11:30am

Location: Sparkle Lake Building

Painting B:*

Mon. 1/9-3/13

10:30-11:30am

Location: Sparkle Lake Building

Mah Johg Club:

Tues. 1/3-3/28

10:00-11:00am

Location: AACCCC Room 26

Chair Yoga (Virtual):

Weds. 1/11-3/1

10:00-11:00am

Location: Zoom

Line Dancing:

Weds. 12/7-3/15 (1st & 3rd Weds only)

12:00-1:00pm

Location: AACCCC Gym

Fall Prevention A:

Thurs. 1/12-3/2

2:30-3:30pm

Location: Sparkle Lake Building

Fall Prevention B:

Fri. 1/13-3-3/3

1:00-2:00pm

Location: Sparkle Lake Building

Dance & Exercise:

Fri. 1/13-3/17

10:45-11:45am

Location: AACCCC Gym

Tech help at the John C. Hart Library

One-on-One Tech Help with a Teen

Bring your own device or use our computers



Tuesdays and Fridays

2:30-4:30

No registration required.

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.

Senior Club News

SAVE THE DATE FOR 2023 SENIOR TRIPS

JOF TRAVEL CLUB

March 22 - 24, 2023 - Sight & Sound Theatre presents Moses plus the exclusive "Magic and Wonder" Dinner show All inclusive for only \$439.00, plus visits to Peddlers Village and Wind Creek Casino (Limited Seating)

April 1, 2023 - Medieval Times Dinner & Tournament special priced @ \$102.00

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

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

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**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

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

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**

Shrub Oak Seniors

Tuesday February 28, 2023 –
Resorts Casino

Wednesday May 3-
Thursday May 4,2023
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



John C. Hart
MEMORIAL LIBRARY

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

Chair Yoga

Tuesdays, January 3, 10, 17, 24 & 31 at 1:00pm

Chair yoga increases flexibility, strength, and balance while boosting your mood, and reducing stress and joint strain. Chair yoga is accessible to everyone, no matter your age or physical ability. It is easier on the joints and muscles, and improves your overall health by adding more movement into your day. Increase your physical wellbeing, get better sleep, reduce pain, improve balance, reduce stress and give you peace of mind. Learn how to take short energizing breaks throughout a busy day. **Space is limited**
Registration is required. Visit our website or call 914-245-5262 to register.

It's a Mystery to Me Book Club

Wednesday, January 11 at 10:00am

Are you a devoted mystery reader? Are you looking to share a good read with someone? Join us as we welcome our newest book club. Books will be available in advance. Please ask at the desk for your copy. The book is *I Heard That Song Before* by Mary Higgins Clark. Books will be available at the library. No registration is required. Please contact Ellen at etannenbaum@wlsmail.org for more information.

Sound Meditation Zoom

Wednesday, January 25 at 7:00pm

The soothing sounds of multiple singing bowls will calm the mind and harmonize the body, releasing stress, worry, and pain. Sound Healer Michelle Clifton is a licensed massage therapist specializing in sound healing with Tibetan Singing Bowls. Get comfortable with a pillow, blanket and soak up the wonderful vibrations of sound during this special meditation.

Join ZOOM meeting <https://zoom.us/j/94537303671>

Meeting ID: 945 3730 3671 or dial in via telephone +1 929 205 6099

Local Author Fair @ Hart

Saturday, January 21 10am-1pm

Stop by our Local Author Fair, learn about some great books written by your neighbors and meet them in person! Light refreshments will be available. Books will be available for sale. No registration is required.

African Americans in Sports History

Thursday, February 2 at 1:00pm

African-American athletes have made their mark on sports globally since the 1936 Berlin Olympics and Jesse Owens performance against the backdrop of Adolf Hitler and the Nazis. Many African-American athletes have more than just on field accomplishments such as Jackie Robinson, Elgin Baylor, 22 American Football League All-Stars in 1965, Bill Russell, Muhammad Ali, Curt Flood and many others took principled stands and helped change society. Please join our lecture led by author Evan Weiner. **Registration is requested but walk-ins are welcome.**

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

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SITE CLOSED 	3 Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12pm	4 **Line Dancing: 12pm Lunch: 12pm	5 Lunch: 12pm	6 Lunch: 12pm
9 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm	10 Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12pm	11 Lunch: 12pm	12 Lunch: 12pm **Fall Prevention: 2:30-3:30pm	13 ** Dance & Exercise: 10:45-11:45 Lunch: 12pm **Fall Prevention: 1-2pm
16 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm	17 Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12pm	18 **Line Dancing: 12pm Lunch: 12pm	19 Lunch: 12pm **Fall Prevention: 2:30-3:30pm	20 ** Dance & Exercise: 10:45-11:45 Lunch: 12pm <u>Senior Advisory Board Meeting:</u> 1pm @ Town Hall **Fall Prevention: 1-2pm
23 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm	24 Chapter 1: 10am-2pm **Mahjong: 10am Lunch: 12pm	25 Lunch: 12pm	26 Lunch: 12pm **Fall Prevention: 2:30-3:30pm	27 ** Dance & Exercise: 10:45-11:45 Lunch: 12pm **Fall Prevention: 1-2pm
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