

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 the Town of Yorktown

All Lunches Served at 12pm

 **MARCH 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *SENIOR PAINTING *CHAIR YOGA SHRUB OAK: 10AM-1PM Lunch: Salisbury Steak w/Gravy	4 *FOREVER FIT WIDOWS AND WIDOWERS Lunch: Chicken Gumbo	5 *LINE DANCING *MAH JONGG Lunch: Eggplant Parmigiana	6 *KNITTING CLUB *FALL PREVENTION Lunch: Ham & Cheese Sandwich	7 *DANCE AND EXERCISE *FALL PREVENTION Lunch: Flounder
10 *SENIOR PAINTING SHRUB OAK: 10AM-1PM Lunch: Knockwurst w/Sauerkraut	11 Teen Tech Help 3-5pm JCH Library Lunch: Roast Turkey w/ Gravy	12 *LINE DANCING *MAH JONGG Lunch: Corned Beef w/Cabbage	13 *KNITTING CLUB Lunch: Molasses Chicken Thigh	14 *DANCE AND EXERCISE Lunch: Cheese Lasagna
17 *SENIOR PAINTING SHRUB OAK: 10AM-1PM Lunch: Spinach Quiche	18 *FOREVER FIT ST. PATRICK'S SENIORS 10AM Lunch: Beef Stew	19 *LINE DANCING *MAH JONGG Lunch: Meatloaf w/ Gravy	20 *KNITTING CLUB Lunch: Chicken Ratatouille	21 SENIOR ADVISORY COMMITTEE 1PM TOWN HALL Lunch: Salmon & Rice
24 *SENIOR PAINTING SHRUB OAK: 10AM-1PM Lunch: Stuffed Pepper	25 Teen Tech Help 3-5pm JCH Library Lunch: Herb Roasted Chicken	26 *LINE DANCING *MAH JONGG Lunch: Crispy Baked Fish	27 *KNITTING CLUB Lunch: Breaded Pork Chop	28 Teen Tech Help 3-5pm JCH Library Lunch: Eggplant Parmigiana
31 *SENIOR PAINTING SHRUB OAK: 10AM-1PM Lunch: Lemon Spiced Chicken Thighs				

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April senior lunch calendar not yet available.

Visit <https://www.yorktownny.gov/senior/nutrition-program-monthly-menu> for menu

 **APRIL 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 WIDOWS AND WIDOWERS *Lunch	2 *LINE DANCING *MAH JONGG *Lunch	3 *KNITTING CLUB *Lunch	4 Teen Tech Help 3-5pm JCH Library *Lunch
7 *CHAIR YOGA SHRUB OAK: 10AM-1PM *Lunch	8 *FOREVER FIT Teen Tech Help 3-5pm JCH Library *Lunch	9 *LINE DANCING *MAH JONGG *Lunch	10 *KNITTING CLUB *Lunch	11 *DANCE AND EXERCISE *FOREVER FIT *Lunch
14 *CHAIR YOGA *SENIOR PAINTING SHRUB OAK: 10AM-1PM *Lunch	15 *FOREVER FIT ST. PATRICK'S SENIORS 10AM *Lunch	16 *LINE DANCING *MAH JONGG *Lunch	17 *KNITTING CLUB *Lunch	18 *DANCE AND EXERCISE *FOREVER FIT SENIOR ADVISORY COMMITTEE 1PM TOWN HALL *Lunch
21 *CHAIR YOGA SHRUB OAK: 10AM-1PM *Lunch	22 *FOREVER FIT Teen Tech Help 3-5pm JCH Library *Lunch	23 *LINE DANCING *MAH JONGG *Lunch	24 *KNITTING CLUB *FALL PREVENTION *Lunch	25 *DANCE AND EXERCISE *FALL PREVENTION *FOREVER FIT *Lunch
28 *CHAIR YOGA *SENIOR PAINTING SHRUB OAK: 10AM-1PM *Lunch	29 *FOREVER FIT Teen Tech Help 3-5pm JCH Library *Lunch	30 *LINE DANCING *MAH JONGG *Lunch		



1130 East Main Street, Shrub Oak, NY 10588
www.yorktownlibrary.org

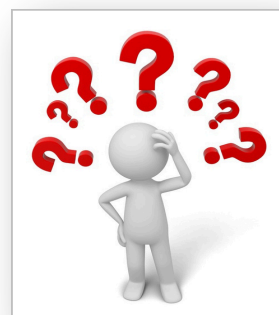
Demystifying MEDICARE and Healthcare Coverage for Seniors

Tuesday, May 6th, 10 am – 1:15 pm

Demystifying Medicare is perfect for anyone trying to navigate our complicated healthcare system for older adults. It's for people who already have Medicare, as well as those soon to be 65, planning their retirement, or assisting relatives and friends with paperwork and medical decisions.

In this engaging interactive session, you will learn about the various parts of Medicare and the costs associated with medical and drug insurance provided by the government and private companies. Topics include:

- Original Medicare
- Medicare Advantage Plans
- Prescription drug plans (Part D)
- Medigaps (supplemental plans)
- Various cost-saving programs (MSPs, Extra Help, EPIC, etc.)



Demystifying Medicare is part of the ongoing work of the Westchester Library System to provide authoritative, actionable information that supports seniors in being connected and well-informed. **Pre-registration requested online, or leave your name with the reference librarian in person or at (914) 245-5262 ext. 227.**

A full online version of this program with audio chapters, downloadable .pdfs, and a schedule of future live events can be found at seniors.westchesterlibraries.org/demystifyingmedicare. For individual help, you can visit a walk-in SBIC (Senior Benefits Individual Counseling) center at various libraries (see dates at seniors.westchesterlibraries.org/) or contact the county's Department of Senior Programs & Services at (914) 813-6100. Counseling and instruction is provided by HIICAP-certified volunteers.



Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

MARCH/APRIL

YORKTOWN PARKS & RECREATION DEPARTMENT



2025 SPRING SENIOR PROGRAMS

Spring & Summer Registration Opens March 25th 9:30am

MAH JONGG CLUB

Spring: April 2nd - August 27th

Wednesdays, 10am-12pm

Location: AACCCC Room 16

FALL PREVENTION

Spring A-Dates: April 24th - June 12th

Spring B-Dates: April 25th - June 13th

Spring A: Thursdays, 2:30-3:30pm

Spring B: Fridays, 1:00-2:00pm

Location: AACCCC Room 16

SENIOR PAINTING

Spring A-Dates: April 14th - June 23rd

Spring B-Dates: April 14th - June 23rd

Spring A: Mondays, 9:30-11:30am

Spring B: Mondays, 10:30-11:30am

Location: Sparkle Lake Service Building

CHAIR YOGA

Spring: April 7th - June 9th

Mondays, 10:00am - 12:00pm

Location: AACCCC Room 16

FOREVER FIT

Spring A-Dates: April 8th - May 27th

Spring B-Dates: April 11th - May 30th

Spring A: Tuesdays, 10:45-11:45am

Spring B: Fridays, 7:45-8:45am

Location: AACCCC Gym

DANCE AND EXERCISE

Spring: April 11th - June 13th

Fridays, 10:45am - 11:45am

Location: Downing Park Pavilion

LINE DANCING

Spring/Summer : April 2nd - August 27th

Wednesdays, 12:15-1:15pm

Location: AACCCC Gym

KNITTING CLUB

Spring/Summer: April 3rd - September 4th

Thursdays, 10:00am - 12:00pm

Location: AACCCC Room 16

YORKTOWN PARKS AND RECREATION OFFICE

Location: AACCCC Room 122 **Office Hours:** Monday-Friday 8:30am-4:30pm
Registration: <http://register.capturepoint.com/Yorktown> OR Call (914) 245-4650

YORKTOWN SENIOR CENTER

Programs are funded through the Department of Health & Human Services, N.Y. State Office of Aging, Westchester County Department of Senior Programs & Services, and the Town of Yorktown.

Homebound Meals, Programs, Nutrition Program, Transportation, Telehealth Intervention Programs for Seniors

Location: AACCCC Building **Director:** Noreen O'Driscoll

Office Hours: Mon-Fri 9:00am-2:00pm (914) 962-7447

SENIOR TRANSPORTATION

Transportation Resource Access – the TRA

914-764-3533 or info@my-tra.org

Helps seniors who can't drive get access to medical appointments

Based in Mt. Kisco

Accepting Volunteers – They pay for your Defensive Driving Class after 50 hours

Westchester RideConnect

www.rideconnectwestchester.org - (914) 242-7433 – RideConnect@FSW.org

Take seniors to doctor appts, grocery shopping, social activities, and much more

To volunteer - For additional information, to learn more about the program or to get involved as a volunteer, please contact Karen Ganis at (914) 864-0955

Westchester County ParaTransit

(914) 995-7272 or Parahelp@westchestercountyNY.gov

3 Levels of Eligibility

Conditional, your disability only allows you to take certain trips on the beeline bus system

Unconditional, your disability doesn't allow you to take mass transit at all

Temporary, your injury or surgery recovery won't allow you to take the bus (12-month max)

Bee-Line Bus & Metro Card – Reduced Fare Cards 65 or older or Disabled 50% off fares

Metro Vans

Bee-Line Hotline at (914) 813-7777

(877) 789-6669 – OMNY Customer Service Center

<https://new.mta.info/fares/reduced-fare>

MetroCard Van (fee reduction) Tuesday of each month

(Must have valid license or passport) Dates of Van 1/14, 2/11, 3/18

Peekskill - Field Library – 10:30a-12:30p or Tarrytown from 1:30 – 3pm

4 Nelson Ave, Peekskill, NY 10566

140 Wildey St, Tarrytown, NY 10591 (McDonald's)

GoGo Grandparent

1-855-955-2318 x571

Technically for all ages

Access to services like Uber and Lyft

On demand rides without the need of apps

Create an account on the phone – drivers need 15 to 30 min

Can schedule in a ride ahead and they will call you 10 min prior to arrival

Agreed to rates,

Meal, grocery, prescription, at home services like laundry



March/April 2025

SENIOR CLUBS

Visit the Recreation Office for Registration Forms
1974 Commerce St. Yorktown Heights Rooms 122 & 123

AARP-CHAPTER 3297

Meeting Dates: 2nd Wednesday of each month, 2:00-4:00pm

Location:

AACCCC Nutrition Room

Contact:

Rich DeSilva (914) 962-7723

See page 5 for list of 2025 trips

SHRUB OAK SENIORS

Meeting Dates: Monday, 10am - 1pm

Location: AACCCC Room 16

Contact: Bea Perkins (845) 661-5479

See page 5 for list of 2025 trips

ST. PATRICK'S SENIORS (For Members Only)

Meeting Dates: 3rd Tuesday of every month, 10:00am

Location: St. Patrick's Church

Contact:

Carol Manse (914) 245-2953

FRIENDS OF JEFFERSON VILLAGE

Contact: Rich DeSilva -
(914) 962-7723

See page 5 for list of 2025 trips

ST. PATRICK'S WIDOWS & WIDOWERS

First Tuesday of each month

Location: St. Patrick's Church

Contact: Ada Ereno (914) 214-8060

JOF TRAVEL CLUB

Contact: Jim Higgins at (914) 302-2836

Email: travelclub024@gmail.com

2025 Trips:

April 10 - 11, 2025 - Noah 30th Anniversary, Peddler's Village and Wind Creek Casino/Outlets, PA **\$359 pp**

July 25th, 2025 - Renegades Baseball Game, Private Luxury Suite plus Fireworks **\$130 pp**

August 7th, 2025 - "Clue the Musical" and table-served luncheon, Hunterdon Hills Playhouse, NJ **\$125pp**

AARP Tax Assistance

Tuesdays February 4th - April 15th **10:00am - 2:30pm**

Location: AACCCC Room 106

FREE tax preparation

Trained and certified volunteers will be available to help seniors prepare and file their tax returns. Please bring all of your information and tax forms.



Call to make an appointment:

(914) 440-3710

Walk-ins are welcome.

We will schedule an appointment if we do not have time to handle your return on the day you come in.

Teen Tech Help

Need help with your devices? Get some help from tech-savvy teens.

Tuesdays and Fridays 3:00-5:00pm

Location: John C. Hart Library (914) 245 - 5262

No registration required. Calling ahead is encouraged.

Thrifty Me

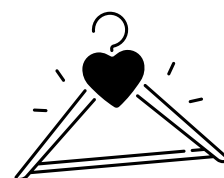
Gently used clothing, household goods, and unique items for sale!

All proceeds go to the local food pantry

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



AACCCC Room 107
1974 Commerce St. Yorktown Heights



2025 Club Trips

Shrub Oak Seniors

- **March 27th, 2025** Resorts sold out (wait list only) **\$50**
- **May 29th, 2025** Nelson Hall Tribute “Celine Dion” **\$150** includes lunch (25 seats left)
- **June 18th, 2025** Resorts + Show & Buffet **\$120** “Diva’s” (12) Seats left

Friends of JV Travel

- **May 1st, 2025** - Dream Girls in West Perf Arts **\$150** Includes lunch (6) Seats left
- **June 27th, 2025** - Boat Ride NYC includes lunch **\$155 Sold Out (Wait List Only)**
- **October 9th, 2025** - Fall Foliage Cruise & Lunch **\$130** Kingston, NY on the Rip-Van Winkle

AARP #3297

- **April 24-25th, 2025** - Baseball Hall of Fame/turning stone casino (**Trip Cancelled**)
- **August 12th, 2025** - Aqua Turf Song, Dance, & Romance Live Entertainment **\$110** includes lunch of fish & chicken with all accompaniments + glass of wine or beer
- **October 15th, 2025** - Resorts + Show & Buffet **\$120** “4x4” (20) Seats left
- **November 2nd-4th, 2025** - NYC, A/C, and Phila **\$375pp** **dbl \$535** **single Deposit \$75pp**

JOF Travel Club

- **April 10 - 11th, 2025** - Noah 30th Anniversary, Peddler’s Village and Wind Creek Casino/Outlets, PA **\$359 pp**
- **July 25th, 2025** - Renegades Baseball Game, Private Luxury Suite Plus Fireworks **\$130 pp**
- **August 7th, 2025** - “Clue the Musical” and table-served luncheon, Hunterdon Hills Playhouse, NJ **\$125pp**

Shrub Oak, Friends of JV, AARP #3297:

MAIL TO:
Richard De Silva
91-C Molly Pitcher Ln
Yorktown Hts, NY 10598

INCLUDE YOUR:
NAME
ADDRESS
CITY/STATE
TELEPHONE #

JOF Travel Club:

Contact: Jim Higgins at (914) 302-2836
Email: travelclub024@gmail.com