

Craft Making with Books

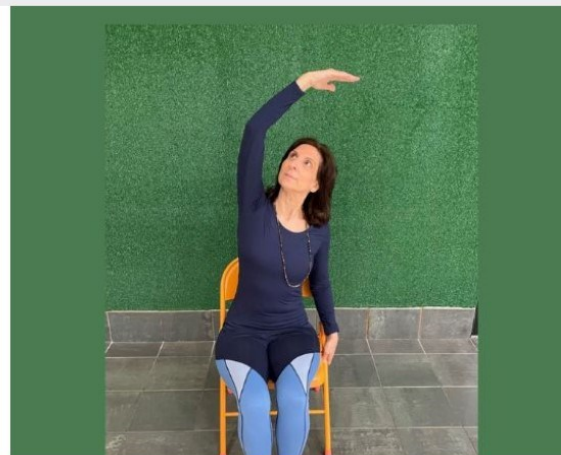
Join us as we use old library books to make a Winter Trees.
Registration Required



January 17th 3pm

Chair Yoga

Chair yoga increases flexibility, strength, and balance while boosting your mood, and reducing stress and joint strain.
Registration Required.



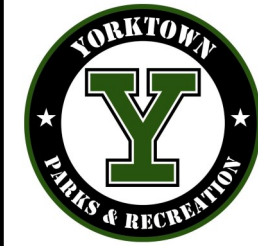
February 6 and 20th



**February 15th
6:30pm**

National Parks Zoom

Join us to learn all the tips and tricks to travel the National Parks. Zoom Program. Register on our website



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

January/February 2024

YORKTOWN PARKS & RECREATION DEPARTMENT

Phone: 914-245-4650

WWW.YORKTOWNNY.ORG/SENIOR

2024 Winter Senior Programs

For registration and program descriptions please visit: <https://register.capturepoint.com/Yorktown>

Parks and Recreation Office

Location: 176 Granite Springs Road

Office Hours: Mon-Fri. 8:30am-4:30pm

*Registration/Fees may apply

Dates and Times for Programs are listed below

Dates and Times for Clubs are listed on page 3

*Mah Jongg Club

B-Dates: Jan. 3rd to March 27th

Days & Time: Wednesdays, 12pm-2pm

Location: AACCCC Room 26

*Line Dancing

Dates: Jan. 3rd to March 20th, 2024

Days & Time: 1st & 3rd Wednesdays, 12-1pm

Location: AACCCC Gym

*Knitting Club

Dates: Jan. 4th to March 28th, 2024

Days & Time: Thursdays, 10am-12pm

Location: AACCCC Room 16

*Senior Dance and Exercise

Winter Dates: Jan. 12th to March 1st, 2024

Days & Time: Fridays, 10:45am-11:45am

Location: AACCCC Gym

*Fall Prevention

Winter Session Dates:

A-Dates: Jan. 11th to February 29th

Thursdays, 2:30-3:30pm

B-Dates: Jan. 12th to March 1st

Fridays, 1:00pm-2:00pm

Location: Sparkle Lake Building

*Senior Painting

Winter Dates: Jan. 8th to March 25th

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

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

Location: Sparkle Lake Building

Homebound Meal Delivery

A hot meal is delivered to eligible homebound seniors Monday - Friday!

Call the Senior Center at 914-962-7447 for more information.

There is a \$3.00 suggested contribution for these services. All contributions are voluntary. No one is denied a lunch or meal due to inability or unwillingness to contribute. All contributions are required to go directly back into the nutrition program and are used to help pay for the cost of the meal as well as other meal expenses.

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

Contact Numbers:

YORKTOWN SENIOR SERVICES DEPARTMENT 914-962-7447

YORKTOWN PARKS & RECREATION DEPARTMENT 914-245-4650 Email: YPR@yorktownny.org

January 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>New Years Day</u>	2 Lunch: 12pm	3 *Mah Jongg *Line Dancing Lunch: 12pm	4 *Knitting Club *Fall Prevention Lunch: 12pm	5 Lunch: 12pm
8 *Senior Painting <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	9 Lunch: 12pm	10 *Mah Jongg AARP: No Meeting Lunch: 12pm	11 *Knitting Club *Fall Prevention Lunch: 12pm	12 *Dance & Exercise *Fall Prevention Lunch: 12pm
15 <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	16 <u>*St. Patrick's Seniors</u> 10am Lunch: 12pm	17 *Mah Jongg *Line Dancing Lunch: 12pm	18 *Knitting Club *Fall Prevention Lunch: 12pm	19 <u>Advisory Board Meeting 1pm at Town Hall</u> *Dance & Exercise *Fall Prevention Lunch: 12pm
22 *Senior Painting <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	23 Lunch: 12pm	24 *Mah Jongg Lunch: 12pm	25 *Knitting Club *Fall Prevention Lunch: 12pm	26 *Dance & Exercise *Fall Prevention Lunch: 12pm
29 *Senior Painting <u>*Shrub Oak</u> 10am - 1pm Lunch: 12pm	30 Lunch: 12pm	31 *Mah Jongg Lunch: 12pm		

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

Contact Numbers:

YORKTOWN SENIOR SERVICES DEPARTMENT 914-962-7447

YORKTOWN PARKS & RECREATION DEPARTMENT 914-245-4650

February 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Knitting Club *Fall Prevention Lunch: 12pm	2 *Dance & Exercise *Fall Prevention Lunch: 12pm
5 *Senior Painting <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	6 <u>St Patrick's Widows And Widowers Club</u> 1:00pm Lunch: 12pm	7 *Mah Jongg *Line Dancing Lunch: 12pm	8 *Knitting Club *Fall Prevention Lunch: 12pm	9 *Dance & Exercise *Fall Prevention Lunch: 12pm
12 *Senior Painting <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	13 Lunch: 12pm	14 *Mah Jongg AARP: No Meeting Lunch: 12pm	15 *Knitting Club *Fall Prevention Lunch: 12pm	16 <u>Advisory Board Meeting 1pm at Town Hall</u> *Dance & Exercise *Fall Prevention Lunch: 12pm
19 <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	20 <u>St Patrick's Seniors</u> 10am Lunch: 12pm	21 *Mah Jongg *Line Dancing Lunch: 12pm	22 *Knitting Club *Fall Prevention Lunch: 12pm	23 *Dance & Exercise *Fall Prevention Lunch: 12pm
26 *Senior Painting <u>Shrub Oak</u> 10am-1pm Lunch: 12pm	27 Lunch: 12pm	28 *Mah Jongg Lunch: 12pm	29 *Knitting Club *Fall Prevention Lunch: 12pm	

LIVE WELL & AGE WELL:

THE PLANNING AMBASSADORS FOR AGING PROGRAM



BE AN ADVOCATE FOR YOUR FUTURE

Take the Live Well & Age Well Survey, designed to focus on the challenges and rewards of growing older. Anyone over the age of 18 is encouraged to participate.

Planning for growing older is the key to successful aging. Live Well & Age Well: The Planning Ambassadors for Aging Program can help you explore topics like caregiving, financial stability, transportation, housing and more.

To learn more about how you can participate call (914) 813-6102 or Email: PAFAProgram@westchestercountyny.gov

Live Well & Age Well: The Planning Ambassadors for Aging Program is part of the Livable Communities: A Vision for All Ages Initiative

COMPLETE THE SURVEY



Scan QRC or link to the survey here:
<https://bit.ly/3K6LUI5>



George Lettmer, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services



January/February 2024

Yorktown Senior Newsletter

Senior Clubs News

*Registration forms can be picked up at the Recreation Office
Phone: 914-245-4650 Address: 176 Granite Springs Road

AARP—THE AMERICAN ASSOCIATION OF RETIRED PERSONS

Meeting Dates: 2nd Wednesday, 2 - 4:00pm
(NO MEETINGS SCHEDULED FOR JAN/FEB)
Location: AACCC Nutrition Room
Contact:
Rich DeSilva - (914)-962-7723

Trips:
Resorts World Casino Catskills
Wednesday, April 24th, 2024

Silver Birches Give My Regards to Broadway Show
Thursday, May 16th, 2024

Cooperstown Lake Cruise & Turning Stone Casino Hotel
Thursday, June 27th - 28th, 2024

ST. PATRICK'S SENIORS

(For members only)
Meeting Dates: 3rd Tuesday of every month,
10:00am
Location: Parish Center
Contact:
Carol Manse 914-245-2953

Friends of Jefferson Village

Contact:
Rich DeSilva - (914)-962-7723

Trips:
Jersey Dreamers St. Joseph Festival
Thursday, March 21st, 2024

Hudson River Boat Cruise
Thursday, June 20th 2024

Culinary Institute of American Dining Experience
Tuesday, August 6th, 2024

SHRUB OAK SENIORS

Meeting Dates: Monday, 10am-1pm
Location: AACCC Room 16
Contacts:
Bea Perkins (914)-302-2708
For Trip information contact:
Margaret Longo (914)-918-9097

ST. PATRICK'S WIDOWS & WIDOWERS

Meeting Dates: 1st Tuesday of each month,
1:00pm (No Meeting in January)
Location: Parish Center
Contact:
Ada Ereno: (914)-214-8060 or
Joan Evers: (845)-628-4279

JOF Travel Club

Contact Information: (914)-302-2836
Email: joftravel@optonline.net

** 2024 Exclusive - Experience VIKING River cruising down the Danube **

April 27 - May 5, 2024 - Escorted Viking River Cruise to Munich & Passau Germany,

Vienna, Linz & Krems, Austria, Bratislava, Slovakia and Budapest, Hungary.

May 21, 2024 - Villa Roma Presents ABBA

Coffee & Cake upon arrival, Four course luncheon, Activities throughout the day and the always fun "Left Right Center". then Abba performs in the nightclub, and you might also enjoy a rousing cash Bingo game.

Direct Link to Discount - <https://reducedfare.mta.info/registration>

Seniors can save on **Metro-North**



Seniors, people with disabilities, and Medicare recipients can save up to 50% on the one-way peak fare.

Buy reduced-fare tickets on the train with the proper ID:

- Government/state-issued driver's license or non-driver ID
- Government/state-issued passport
- NYC Department of Aging ID card
- Reduced-Fare MetroCard or Reduced-Fare EasyPay Card
- Birth certificate or Medicare card issued by the Social Security Administration, plus another photo ID

People with disabilities can also use an Access-A-Ride card, an Able-Ride card, a Para-transit card, or a Suffolk County Accessible Transportation card.

Reduced-fare Metro-North tickets are valid for all Metro-North trips except inbound weekday morning peak travel.



Learn more about fares:
new.mta.info/fares/lirr-metro-north



April 24th at 8:30am
**RESORTS
WORLD
CASINO**
Catskills

AARP CHAPTER 3297

Wednesday, April 24th, 2024

Bus Departs from 3480 Hill Blvd.

Jefferson Village at 8:30am & Returning at 5:30pm

[Payments must be received by March 24th]

Cost: \$45 per person

Casino Perks: \$25 Slot Play and \$10 Food Voucher (subject to change)

Please Make Check to: AARP 3297

RSVP & PAYMENTS TO: Rich DeSilva

91C Molly Pitcher Lane, Yorktown Hts.,

NEW YORK 10598

914-962-7723

Registration forms can be picked up at the Recreation Office