

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

YORKTOWN SENIOR SERVICES DEPARTMENT 914-962-7447
YORKTOWN PARKS & RECREATION DEPARTMENT 914-245-4650 Email: YPR@yorktownny.org

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Labor Day**	3 *Forever Fit **Widows & Widowers Club Lunch: 12pm BBQ Chicken	4 *Mah Jongg *Line Dancing Lunch: 12pm Stuffed Cabbage	5 Lunch: 12pm Chef's Salad	6 Lunch: 12pm Baked Fish
9 *Senior Painting *Chair Yoga <u>Shrub Oak:</u> 10am-1pm Lunch: 12pm Mac & Cheese	10 *Forever Fit Lunch: 12pm Chicken Chow Mein	11 <u>AARP Meeting</u> *Mah Jongg *Line Dancing Lunch: 12pm Pork Chop W/ Gravy	12 *Fall Prevention *Knitting Club Lunch: 12pm Eggplant Parmigiana	13 *Dance & Exercise *Fall Prevention Lunch: 12pm Turkey & Bean Chili
16 *Senior Painting *Chair Yoga <u>Shrub Oak:</u> 10am-1pm Lunch: 12pm Egg Salad	17 <u>**St. Patrick's Seniors</u> 10am Lunch: 12pm Yankee Pot Roast	18 *Mah Jongg *Line Dancing Lunch: 12pm Sole Oregonata	19 *Fall Prevention *Knitting Club Lunch: 12pm Italian Chicken Sausage	20 *Fall Prevention *Dance & Exercise Lunch: 12pm Roast Turkey
23 *Senior Painting *Chair Yoga <u>Shrub Oak:</u> 10am-1pm Lunch: 12pm Stuffed peppers	24 *Forever Fit Lunch: 12pm Sweet & Sour Pork	25 *Mah Jongg *Line Dancing Lunch: 12pm Roast Chicken Veracruz	26 *Fall Prevention *Knitting Club Lunch: 12pm Sole Florentine	27 *Fall Prevention *Dance & Exercise Lunch: 12pm Meatloaf W/ Gravy
30 *Senior Painting *Chair Yoga <u>Shrub Oak:</u> 10am-1pm Lunch: 12pm Honey Mustard Chicken				

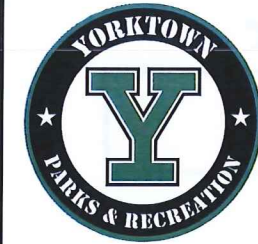
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October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Forever Fit **Widows & Widowers Club Lunch: 12pm	2 *Mah Jongg *Line Dancing Lunch: 12pm	3 *Knitting Club *Fall Prevention Lunch: 12pm	4 *Dance & Exercise *Fall Prevention Lunch: 12pm
7 *Senior Painting <u>Shrub Oak:</u> 10am-1pm *Chair Yoga Lunch: 12pm	8 *Forever Fit Lunch: 12pm	9 <u>AARP Meeting</u> *Mah Jongg *Line Dancing Lunch: 12pm	10 *Knitting Club *Fall Prevention Lunch: 12pm	11 *Dance & Exercise *Fall Prevention Lunch: 12pm
14 **Columbus Day**	15 *Forever Fit **St. Patrick's Seniors 10am Lunch: 12pm	16 *Mah Jongg *Line Dancing Lunch: 12pm	17 *Knitting Club *Fall Prevention Lunch: 12pm	18 *Dance & Exercise *Fall Prevention Lunch: 12pm
21 *Senior Painting <u>Shrub Oak:</u> 10am-1pm *Chair Yoga Lunch: 12pm	22 *Forever Fit Lunch: 12pm	23 *Mah Jongg *Line Dancing Lunch: 12pm	24 *Knitting Club *Fall Prevention Lunch: 12pm	25 *Dance & Exercise *Fall Prevention Lunch: 12pm
28 *Senior Painting <u>Shrub Oak:</u> 10am-1pm *Chair Yoga Lunch: 12pm	29 *Forever Fit Lunch: 12pm	30 *Mah Jongg *Line Dancing Lunch: 12pm	31 *Knitting Club *Fall Prevention Lunch: 12pm	



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

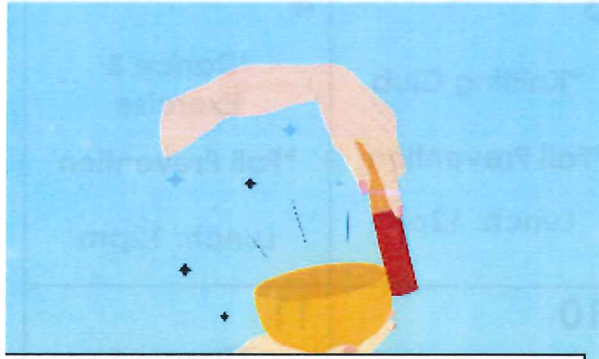
September/October 2024

YORKTOWN PARKS & RECREATION DEPARTMENT

Phone: 914-245-4650

WWW.YORKTOWNNY.ORG/SENIOR

Sound Healing



Sound Healing

Experience restorative sound healing & deep relaxation with the sounds of Tibetan Singing Bowls, tuning forks, crystal bowls and chimes to reset your nervous system to well-being and peace with Master Reiki and Sound Healer, Karin Reetz.

September 19th 6pm

Earring Making with Joan Llyod

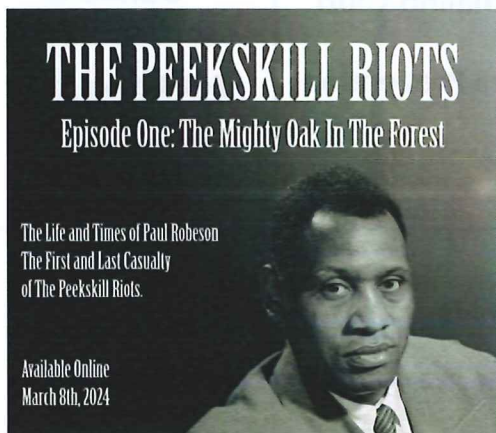
Make earrings for yourself and for a Battered Women's Shelter. Optional: Bring any old bead jewelry that you can recycle into earrings! If you have any jewelry making tools, bring them along too. Registration requested.



Septemer 9th and October 7th 6pm

The Peekskill Riots Screening

This first episode of a 5-part docu-series will serve not only as an introduction to the story of the concerts, but it will also introduce the headlining performer, Paul Robeson, the first and last casualty of The Peekskill Riots."



October 10th 6pm

2024 Senior Programs

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

Parks and Recreation Office

Location: 176 Granite Springs Road

Office Hours: Monday-Friday 8:30am-4:30pm

*Registration/Fees may apply

Dates and Times for Programs are listed below

Dates and Times for Senior Clubs are listed on page 3

Fall/Winter Registrations Now Open

View Our Fall/Winter Brochure online on our website:

<https://www.yorktownny.gov/parksandrecreation>

***Mah Jongg Club**

A-Dates: September 4th - December 18th

Days & Time: Wednesdays, 10am - 12pm

Location: AACCCC Room 26

***Line Dancing**

A-Dates: September 4th - December 18th

Days & Time: Wednesdays, 12pm - 1pm

Location: AACCCC Gym

***Knitting Club**

A-Dates: September 12th - March 27th, 2025

Days & Time: Thursdays, 10am - 12pm

Location: AACCCC Room 16

***Senior Dance and Exercise**

A-Dates: September 13th - November 15th

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

Location: AACCCC Gym

***Fall Prevention**

A-Dates: September 12th - October 31st

B-Dates - September 13th - November 1st

A-Dates-Days & Time: Thursdays, 2:30-3:30pm

B-Dates- Days & Time: Fridays, 1:00pm - 2:00pm

Location: Sparkle Lake Service Building

***Senior Painting**

A-Dates: September 9th - November 25th

B-Dates: September 9th - November 25th

A-Dates - Days & Time: Mondays, 9:30 -11:30am

B-Dates - Days & Time: Mondays, 10:30 -11:30am

Location: Sparkle Lake Service Building

***Forever Fit**

A-Dates: September 10th - October 29th

B-Dates: September 6th - October 25th

A-Dates- Days & Time: Tuesdays, 10:45 -

11:45am

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

Location: - AACCCC Gym

***Chair Yoga**

A-Dates: September 16th - November 18th

Days & Time: Mondays, 9:30-10:30am

Location: AACCCC Room 104

State Senator Pete Harckham's Senior Resource Fair

Date: Friday, September 13th, 10am - 2pm

Location: Corlandt Community Center,

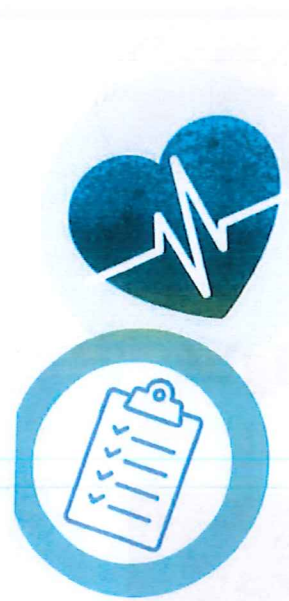
also known as the Muriel H. Morabito

Community Center in Corlandt.

This event will be an opportunity throughout the 40th Senate District to learn about the varied State and local programs/resources that specifically cater to the senior citizen populations in Westchester, Putnam and Rockland counties.

Call (914) 241-4600 for more information.

SENIOR RESOURCE FAIR



Yorktown Senior Newsletter Senior Clubs News

Visit the Recreation Office for Registration Forms - Address: 176 Granite Springs Road. Yorktown Heights

AARP—THE AMERICAN ASSOCIATION OF RETIRED PERSONS

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

Location: AACCCC Nutrition Room
Contact: Rich DeSilva - (914)-962-7723

Trips:

*Cooperstown, Baseball Hall of Fame & Turning Stone Casino Hotel

Thursday to Friday, April 24th - April 25th 2025

*Guided Historic Tour of Boston, Mass.
Saturday, May 31st to Monday, June 2nd, 2025

*Four by Four at Resorts World Casino
Wednesday, October 15th, 2025

SHRUB OAK SENIORS

Contact: Bea Perkins - (845)-661-5479
Meeting Dates: Monday, 10am - 1pm
Location: AACCCC Room 16

*Divas 3 at Resorts World Casino, June 18th, 2025

ST. PATRICK'S WIDOWS & WIDOWERS

First Tuesday of each month

Location: Parish Center

Contacts: Ada Ereno: (914)-214-8060

Joan Evers: (845)-628-4279

JOF Travel Club

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

September 19, 2024 - Dracula - A Comedy of Terrors a comedy to sink your teeth into at the famous Actor's Legacy Theatre along with a sumptuous Luncheon at the fantastic Stonebridge Restaurant. All Taxes and Meal Gratuities are included for \$149.00 pp

April 10-11, 2025 - Sight & Sound's 30th Anniversary of NOAH & the Ark, Overnight stay in beautiful Lancaster, PA +1 Great Hotel Breakfast and a fabulous Amish Dinner Feast at a fine Local Restaurant, along with a visit to the "Peddlers Village" as well, The Wind Creek Casino Outlets, All for the Special Price of \$359.00 pp or a deposit of \$159.00 pp for a Reservation Hold. As always All Taxes, Meal Gratuities & Baggage Handling are included.

For additional information, please contact Jim Higgins at 914-302-2098 or email: travelclub024@gmail.com

Registration forms are available at the Recreation Office

Tuesday September 24, 2024

- 10am - 12pm
- Jefferson Village Community Center
3500 Hill Blvd., Yorktown Heights

Refreshments provided by:
NewYork Presbyterian Hudson Valley Hospital

Tuesday October 8, 2024

- 10am - 12pm
- Patterson Recreation Center
65 Front Street, Patterson

Exhibitors Including

- ▶ Elder Care Attorneys
- ▶ Medicare Specialists
- ▶ Assisted Living Facilities
- ▶ State & County Services
- ▶ Hospital Services
- ▶ Investment Advisors
- ▶ Alzheimer's & Memory Care
- ▶ Pharmacy Flu & Vaccine Shots

AARP 3297 PRESENTS

Boston



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 2 nights lodging at a Boston area Hotel
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Full Day Guided Tour of Boston
- ◆ Boston's World Famous Faneuil Hall & Quincy Marketplace
- ◆ John F. Kennedy Presidential Library and Museum
- ◆ Minute Man National Historical Park

and much more

\$415*

3 Days 2 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sat - Mon)
May 31 - Jun 2
2025



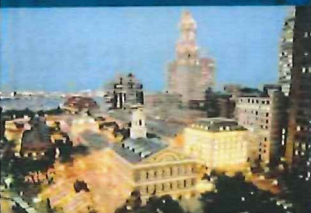
A Guided Tour of Boston



JFK Library & Museum



Historic Gloucester
"America's Oldest Seaport"



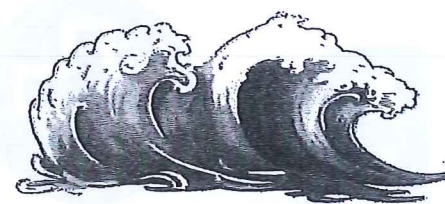
Faneuil Hall Marketplace

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$124 for single occupancy.
Final Payment Due: 3/24/2025

FOR INFORMATION & RESERVATIONS CONTACT:

Richard DeSilva @ (914) 391-5442

Motorcoach driver & Step-on guide gratuities included in flyer price!



NOAH
30th ANNIVERSARY
Lancaster, PA



April 10-11, 2025

2 Days & 1 Night

Package Price: \$359.00 / pp dbl
Singles Add: \$75.00 extra

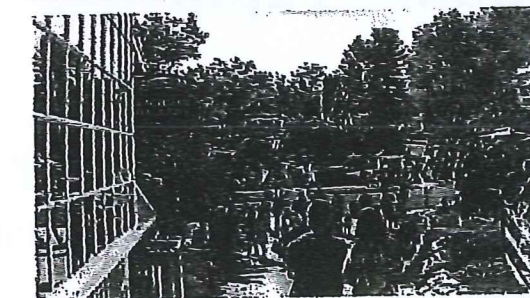
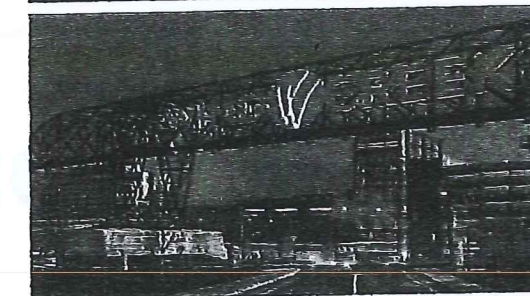
Trip Cancellation Protection is available for only \$45.00

Package Includes:

- *Deluxe Roundtrip Motorcoach Transportation
- *Overnight Accommodations in Beautiful Lancaster, PA
- *1 Great Hotel Breakfast
- *1 Sumptuous Amish Dinner Feast at a Fine Local Restaurant
- *Admission & Reserved Floor Seating at the Sight & Sound Theatre to see...



- *Visit to Peddlers Village
- *Visit to the Wind Creek Casino/Outlets with Best Available Bonus
- *All Taxes, Meal Gratuities & Baggage Handling



CUT HERE

Enclosed is my payment for ___ reservation(s) for the Lancaster, PA "NOAH" trip.

Payment once booked is non-refundable unless YOU find a replacement.

Checks are payable to: "JOF Travel Club" and dropped off or Mail to:

Jim Higgins, 76 F Independence Court, Yorktown Heights, NY 10598

TO ALL TRAVEL GROUP ATTENDEES: Each participant must be able to safely board/disembark coach w/out assistance. If this is not possible, it is the participant's responsibility to bring another to assist. All participants must hold harmless & indemnify the Travel Club from any liability due to the person's inability to safely participate (with/without assistance).

SIGNED _____ DATE _____
 NAME (S) _____ EMAIL _____
 ADDRESS _____ PHONE _____
 # OF PEOPLE _____ ROOMING WITH _____