



Yorktown Senior Newsletter

FOR TOWN OF YORKTOWN SENIORS

Nov/Dec 2022

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 (Instructional):*

Mon. 9:30-11:30am 12/12-2/27 (no class 12/26, 1/2)
Location: Sparkle Lake Building

Painting (Open):*

Mon. 10:30-11:30am 12/12-2/27 (no class 12/26, 1/2)
Location: Sparkle Lake Building

Mah Jong Club:

Tues. 10:00-12:00pm 1/3-3/28
Location: AACCCC Room 26

Chair Yoga (Virtual):

Weds. 10:00-11:00am 1/11-3/1
Location: Zoom

Line Dancing:

Weds. 12:00-1:00pm 12/7-3/15 (1st & 3rd Weds only)
Location: AACCCC Gym

Bridge Club:

Weds. 1:00-4:00pm 1/4-3/29 (no class 2/22)
Location: Sparkle Lake Building

Dance & Exercise:

Fri. 10:45-11:45am 1/6-3/10
Location: AACCCC Gym

Fall Prevention:

Thurs. 2:30-3:30pm 1/12-3/2
Fri. 1:00-2:00pm 1/13-3/3
Location: Sparkle Lake Building

Holiday Lights Parade & Tree Lighting

Come and "Celebrate the Season" as the Town of Yorktown holds its Annual Holiday Electric Lights Parade & Tree Lighting Ceremony.

- **Date:** Saturday, December 3 (rain date: Dec. 4)
- **Time:** 6:30pm
- **Route:** The parade will begin on Front Street (near Highway Department), proceed down Underhill Ave. to Commerce Street and end at the YCCC Field at the far end of the track where the tree lighting ceremony will culminate the event.



WEEKLY PROGRAMS ARE BACK!

Mah Jongg Mondays

10am-1pm beginning March 7

Scrabble, Backgammon & Adult Coloring Tuesdays

12:30pm-2:30pm beginning March 1

Quilting & Needlework Thursdays

10am-12pm beginning March 3

**All sessions will take place in our new
downstairs Program Room!**



1130 E Main Street Shrub Oak, NY 10588
914-245-5262

www.yorktownlibrary.org

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

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Program require registration at Yorktown Recreation Dept. Office</p>	<p>1 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Stay Strong & Fit Nutrition Center 1-2pm</p>	<p>2 **Chair Yoga: 10am-11am (zoom) Lunch: 12pm **Line Dancing: 12pm-1pm</p>	<p>3 Lunch: 12pm **Fall Prevention: 2:30pm-3:30pm</p>	<p>4 ** Dance & Exercise: 10:45-11:45am Lunch: 12pm **Fall Prevention: 1pm-2pm</p>
<p>7 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm TIPS Free Health Screening Nutrition Center 10am-12pm</p>	<p>8 Election Day SITE CLOSED </p>	<p>9 Lunch: 12pm AARP: 1:30pm</p>	<p>10 Lunch: 12pm</p>	<p>11 Veterans Day SITE CLOSED </p>
<p>14 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm TIPS Free Health Screening Nutrition Center 10am-12pm</p>	<p>15 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Stay Strong & Fit Nutrition Center 1-2pm</p>	<p>16 Lunch: 12pm **Line Dancing: 12pm-1pm</p>	<p>17 Lunch: 12pm</p>	<p>18 **Dance & Exercise: 10:45am-11:45am Lunch: 12pm <u>Senior Advisory Board Meeting:</u> 1pm @ Town Hall</p>
<p>21 **Painting: 9:30-11:30am Shrub Oak: 10am-2pm Lunch: 12pm TIPS Free Health Screening Nutrition Center 10am-12pm</p>	<p>22 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Stay Strong & Fit Nutrition Center 1-2pm</p>	<p>23 Lunch: 12pm</p>	<p>24 Thanksgiving Holiday SITE CLOSED </p>	<p>25 Thanksgiving Holiday SITE CLOSED </p>
<p>28 Shrub Oak: 10am-2pm Lunch: 12pm TIPS Free Health Screening Nutrition Center 10am-12pm</p>	<p>29 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Stay Strong & Fit Nutrition Center 1-2pm</p>	<p>30 Lunch: 12pm</p>		

Yorktown Senior Activities Calendar

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Westchester County Department of Senior Programs & Services, and Town of Yorktown.

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YORKTOWN SENIOR SERVICES DEPARTMENT

YORKTOWN PARKS & RECREATION DEPARTMENT

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** Any program noted with requires registration at Yorktown Recreation Dept. Office			1 Lunch: 12pm	2 Lunch: 12pm
5 Lunch: 12pm TIPS Free Health Screening Nutrition Center 10am-12pm	6 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Lunch: 12pm Stay Strong & Fit Nutrition Center 1-2pm	7 Lunch: 12pm **Line Dancing: 12pm-1pm	8 Lunch: 12pm	9 Lunch: 12pm
12 **Painting: 9:30-11:30am Chair Yoga: 10am-11am (zoom) Lunch: 12pm **Bridge Club: 1pm-4pm TIPS Free Health Screening Nutrition Center 10am-12pm	13 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Lunch: 12pm Stay Strong & Fit Nutrition Center 1-2pm	14 Lunch: 12pm	15 Lunch: 12pm	16 Lunch: 12pm <u>Senior Advisory Board Meeting: 1pm @ Town Hall</u>
19 **Painting: 9:30-11:30am Chair Yoga: 10am-11am (zoom) Lunch: 12pm **Bridge Club: 1pm-4pm TIPS Free Health Screening Nutrition Center 10am-12pm	20 Chapter 1: 10-am-1pm **Mahjong: 10am-12pm Lunch: 12pm Stay Strong & Fit Nutrition Center 1-2pm	21 Lunch: 12pm **Line Dancing: 12pm-1pm	22 Lunch: 12pm	23 Lunch: 12pm
26 All town offices closed	27 Chapter 1: 10-am-1pm Lunch: 12pm	28 Lunch: 12pm	29 Lunch: 12pm	30 Lunch: 12pm



Telehealth
Intervention
Programs
for Seniors



Westchester
gov.COM

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

Vital Sign Monitoring and Social Support Services for Seniors

FREE SERVICES INCLUDE:

- ➔ Check your blood pressure, oxygen, weight and pulse
- ➔ Health monitoring by a registered nurse
- ➔ A complete benefits assessment
- ➔ Caregiver Coaching, Health for Life, Care Circles, and more!

Coming soon to the
Yorktown Senior
Center!

Every Monday
10am-12pm

Starting November 7th



Any questions please contact Noreen O'Driscoll, Program Director, 914-962-7447



Diana L. Quast, RMC, CMC
Yorktown Town Clerk

THE MOBILE TOWN CLERK IS BACK!!

Town Clerk's Mobile Office

In an effort to make some of our services more accessible to our residents, the Town Clerk's Office travels to various locations offering our time and services for your convenience.

Some of the services and information we will be able to provide onsite include:

- **Handicapped/Accessible Parking Permits**
- **Dog Licensing**
- **EZPass Tags**
- **Hunting & Fishing Guidelines**
- **NYS DEC Access Permit Applications**
- **Notary Public Services**
- **Other licenses such as Marriage Licensing, Gaming Commission Licenses (Bingo, Raffles, etc.)**
- **Parks & Recreation Brochure**
- **Refuse & Recycling Schedule**
- **Town Maps**
- **Voter Registration**
- **Yorktown Senior Newsletter**

The Mobile Town Clerk's Office will be visiting the Wynwood Oaks (10AM-12PM), Jefferson Village (1PM-3PM), and the J.C. Hart Memorial Library (4PM-6PM) on the second and fourth Wednesday of each month. Please stop by if you have any questions or concerns.



John C. Hart Memorial Library

1130 E. Main St. Shrub Oak, NY 10588

914-245-5262 www.yorktownlibrary.org

NOVEMBER & DECEMBER ADULT EVENTS

Book Clubs

Hart Book Club Tuesday, November 1 at 7pm AND Wednesday, November 2 at 2pm

Not Your Mother's Book Club Friday, November 4 at 10am

Up All Night Book Club Thursday, November 10 at 6:30pm

Thursday Book Club for Men [All Welcome] Thursday, November 17 at 2pm

Weekly Drop-in Programs Are Back at the Library

Stop by the library and join in the fun! No registration is necessary.

- Mondays 10am-1pm Mah Jongg [please bring your own game]
 - Tuesdays 2:30pm-4:30pm Scrabble & Adult Coloring
 - Wednesdays 12:30-2:30 Canasta
 - Thursdays 10am-12pm Needlework & Quilting
 - Fridays 12:30-3:30pm Mah Jongg [please bring your own game]
-

Hindi Language Conversation Club

Thursdays, November 3, 10 & 17 5-6pm for Grades 6-12, and 6:30-7:30pm for Adults

Immerse yourself in language and culture! Open to heritage and foreign learners. Registration is requested, but walk-ins are also welcome.

Demystifying Medicare Sunday, November 6 12:30-3:30pm

The perfect event 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 interactive session, you will learn about various parts of Medicare and the costs associated with medical and drug insurance provided by the government and private companies. Demystifying Medicare is part of the ongoing work of the Westchester Library System. Registration is requested.

Sound Meditation Zoom

Wednesday, October 26, November 30 & December 21 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 and 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

Meeting ID: 945 3730 3671

Anne Izard Storytellers' Choice Awards Ceremony & Tellabration Event

Saturday, November 19 9:30am-12pm

The Anne Izard Storytellers' Choice Awards was established in 1990 by librarians, storytellers and educators in Westchester County, New York, to honor Anne Izard, an extraordinary librarian, storyteller, and Children's Services Consultant in the Westchester County Library System. The Award seeks to bring the riches of storytelling to greater public awareness by highlighting and promoting distinguished books on storytelling published for children and adults. This event will combine live storytelling, zoom storytelling and award presentations. This event is appropriate for audiences ages 6 years and older. Books will be available for purchase.

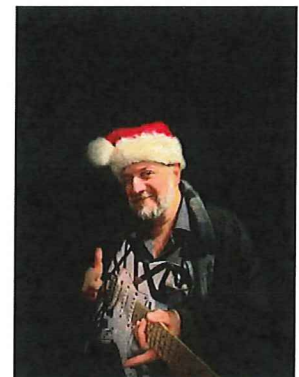


Library Theater Series: THEN & NOW Sunday, November 20, 2022 2pm

THEN & NOW is a touching story in which the spirit of an immigrant American from Ireland of the past visits a modern immigrant family from Mexico. What unfolds is a message of unity and solidarity despite the many differences between people, drawing attention to the common themes of humanity that unite us all. Registration is requested.

Winter Concert: JOHN FISCELLA & FRIENDS, Saturday, December 3 at 2pm

Join John Fiscella & Friends for an afternoon of your winter and holiday favorites! Open to all ages. Registration is requested. Funding provided by the Friends of Hart Library.



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

For more information call

Jim Higgins 914-302-2836

Or JOFTRAVEL@optonline.net

AARP

Thursday November 10, 2022-
Resorts World Casino \$45.00pp

Thursday December 1, 2022-
Christmas Show at the Silver
Birches \$90.00pp (wait list only)

For more information call

Rich DeSilva 914-962-7723

Shrub Oak Seniors

Monday December 12, 2022
Shrub Oak Seniors Holiday Party
at Cortland Colonial.

For more information call

Margaret Longo 914-918-9097

**WE WISH YOU ALL A
HAPPY HOLIDAY
SEASON!!**