

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

 MAY 2025 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 KNITTING CLUB FALL PREVENTION Lunch: Tuscan Chicken	2 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT Lunch: Stuffed Peppers
5 CHAIR YOGA SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Chicken Fiesta	6 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> Lunch: Eggplant Parmigiana	7 LINE DANCING MAH JONGG Lunch: Meatloaf w/ gravy	8 KNITTING CLUB FALL PREVENTION Lunch: Pork Chop	9 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT Lunch: Chicken Cordon Bleu
12 CHAIR YOGA SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Knockwurst w/ sauerkraut	13 FOREVER FIT Teen Tech Help 3-5pm JCH Library Lunch: Roast Turkey	14 LINE DANCING MAH JONGG <u>AARP MEETING</u> Lunch: Sole Oregonata	15 KNITTING CLUB FALL PREVENTION Lunch: Hawaiian Chicken	16 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT SENIOR ADVISORY COMMITTEE 1PM TOWN HALL Lunch: Ravioli
19 CHAIR YOGA SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Salisbury Steak	20 FOREVER FIT <u>ST. PATRICK'S SENIORS 10AM</u> Lunch: Flounder & Couscous	21 LINE DANCING MAH JONGG Lunch: Manicotti	22 KNITTING CLUB FALL PREVENTION Lunch: Pork Cutlet Piccata	23 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT Lunch: Pulled BBQ Chicken
26  MEMORIAL DAY CLOSED	27 FOREVER FIT Lunch: Chicken Sausage	28 LINE DANCING MAH JONGG Lunch: Lemon Herb Roasted Chicken	29 KNITTING CLUB FALL PREVENTION Lunch: Crispy Baked Fish	30 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT Lunch: Spaghetti w/ Meatballs

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*June senior lunch calendar not yet available.
Visit <https://www.yorktownny.gov/senior/nutrition-program-monthly-menu> for menu

 JUNE 2025 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHAIR YOGA SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	3 FOREVER FIT (Possible make-up) <u>WIDOWS AND WIDOWERS</u> *Lunch	4 LINE DANCING MAH JONGG *Lunch	5 KNITTING CLUB FALL PREVENTION *Lunch	6 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT (Possible make-up) *Lunch
9 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	10 FOREVER FIT Teen Tech Help 3-5pm JCH Library *Lunch	11 LINE DANCING MAH JONGG <u>AARP MEETING</u> *Lunch	12 KNITTING CLUB FALL PREVENTION *Lunch	13 DANCE AND EXERCISE FALL PREVENTION FOREVER FIT SENIOR ADVISORY COMMITTEE 1PM TOWN HALL *Lunch
16 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	17 <u>ST. PATRICK'S SENIORS 10AM</u> *Lunch	18 LINE DANCING MAH JONGG *Lunch	19  CLOSED	20 DANCE AND EXERCISE FOREVER FIT *Lunch
23 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	24 Teen Tech Help 3-5pm JCH Library *Lunch	25 LINE DANCING MAH JONGG *Lunch	26 KNITTING CLUB *Lunch	27 DANCE AND EXERCISE FOREVER FIT *Lunch
30 <u>SHRUB OAK: 10AM-1PM</u> *Lunch				

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

Takes 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>

Ride for FREE May 8th ONLY to celebrate Salute to Seniors Day! (65+)

MetroCard Mobile Sales Van (fee reduction) Tuesday of each month

(Must have valid license or passport) Reduced-Fare application assistance and any other Metro-card related inquiries or support.

Dates of Van **5/20, 6/10**

Peekskill - 10:30am-12:30pm **Tarrytown** - 1:30pm-3:00pm

4 Nelson Ave, Peekskill, NY 10566

Willey St. & Cortlandt St. (By McDonald's) Tarrytown, NY 10591

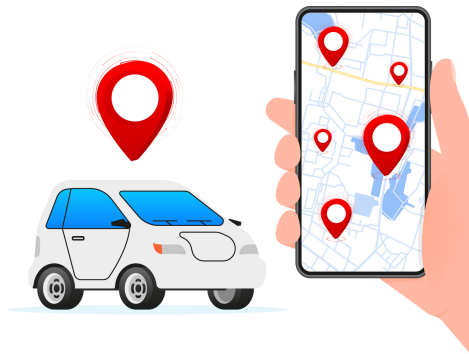
GoGo Grandparent

1-855-955-2318 x5711 (855) 464-6872

Screened & monitored services from Uber, DoorDash, Instacart and more, with or without a smartphone, 24/7

Available Services: Rides, meal deliveries, grocery deliveries, medication pickups, and home services

Create an account over the phone or online at <https://www.gogograndparent.com/>



Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

MAY/JUNE

YORKTOWN PARKS & RECREATION DEPARTMENT



SENIOR POOL INFO

POOL REGISTRATION OPENS MAY 5TH 10AM

Pool passes

Ages 60-64 : **\$44** Ages 65-69 : **\$25** Ages 70+ : **FREE**

First time pool pass applicants:

Proof of residency required. Must obtain photo ID card and membership from Recreation Office. If membership changes from previous year, new ID card required.

Pool pass membership renewal:

Renew previous membership online or in person in the Recreation office.

Guest Policy

2 Guests allowed per individual pass. * Guest must pay entry fee at gate.

Senior Swim

Open swim for all resident seniors. Membership required. Must present pool pass at the gate for entry.

Brian J. Slavin Facility

Tues & Thurs, 10:30am-12pm

July 1st to August 14th

Junior Lake Facility

Mon, Wed, Fri 10am-12pm

August 4th to August 29th

YORKTOWN PARKS AND RECREATION OFFICE

Location: AACCCC Room 122 **Registration Hours:** Monday-Friday 8:30am-4:00pm

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-2:30pm (914) 962-7447

John C. Hart Library



Plant Swap May 17th 10:00am-11:30pm



Come join plant lovers of all levels for a plant swap in our outdoor garden! Bring a healthy plant or cutting to trade, and share your best gardening tips at this community meet-up.

Monthly Wisdom Circle-Sage-ing May 22nd 11am-1pm



A small community gathering of like-minded elders where we: look at the challenges & joys of aging explore the changing role of elders in our society experience a safe, respectful place to explore our feelings about becoming older learn ways to become a wise elder. The group is guided by a trained facilitator.

Yarn-O-Rama! June 7th 11:00am-1:00pm



Whether you're a seasoned pro or you have never held knitting needles or a crochet hook before, you're invited! Supplies will be provided, including instructional materials. Come make some new friends and get started on that winter sweater or blanket now!

Thrifty Me

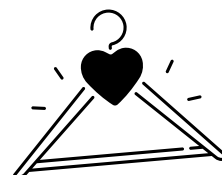
Gently used clothing, household goods, and unique items for sale!

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



May/June 2025

SENIOR CLUBS

AARP CHAPTER #3297

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

Location:

AACCCC Nutrition Room

Contact:

Rich DeSilva (914) 962-7723

FRIENDS OF JEFFERSON VILLAGE

Contact: Rich DeSilva
(914) 962-7723

JOF TRAVEL CLUB

Contact: Jim Higgins
(914) 302-2836

Email: travelclub024@gmail.com

SHRUB OAK SENIORS

Meeting Dates: Monday, 10am-1pm

Location: AACCCC Room 16

Contact: Bea Perkins (845) 661-5479

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

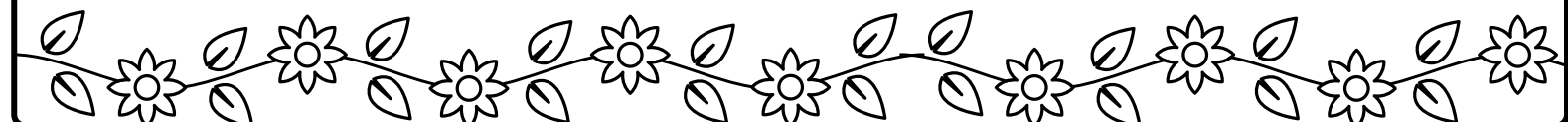
ST. PATRICK'S WIDOWS & WIDOWERS

First Tuesday of each month

Location: St. Patrick's Church

Contact: Ada Ereno (914) 214-8060

SEE PAGE 5 FOR A LIST OF 2025 TRIPS



2025 SUMMER SENIOR PROGRAMS

YORKTOWN PARKS AND RECREATION OFFICE

DANCE AND EXERCISE

Summer: June 20th - August 29th
Fridays, 10:45am - 11:45am
Location: Downing Park Pavilion

LINE DANCING

Spring/Summer : April 2nd - August 27th
Location: AACCCC Gym
Wednesdays, 12:00-1:00pm

FOREVER FIT

Summer A-Dates: June 10th- August 12th
Summer A Tuesdays, 7:45-8:45am
***Summer B-Dates: June 13th - August 15th**
*Summer B Fridays, 7:45-8:45am
Location: AACCCC Gym
*6/13 and 6/20 in Room 16

KNITTING CLUB

Spring/Summer: April 3rd - September 4th
Thursdays, 10:00am - 12:00pm
Location: AACCCC Room 16

Location: AACCCC Room 122 **Registration Hours:** Monday-Friday 8:30am-4:00pm
Registration: <http://register.capturepoint.com/Yorktown> OR **Call** (914) 245-4650

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Nutrition Program

Seniors 60 years and older, join us for lunch at the Yorktown Senior Center. Eat with friends and meet new people! Hot lunch is served in the Senior Center, Monday - Friday at 12 pm. Reservations are required at least one day in advance by 1:00 pm. Suggested donation is \$3.00. Please contact the Senior Center for more information or to make a reservation. Monthly Menu can be found online at www.yorktownny.gov/senior

TIPS (Telehealth Intervention Programs for Seniors)

Participants can have their vital signs- blood pressure, blood oxygen levels and weight checked every Monday from 9:00 a.m. – 11:00 a.m. by a trained technician at no cost to the participant. The data is transmitted to a nurse who reviews it remotely. If there is cause for concern, the nurse will contact the patient.

Programs

Yorktown Senior Center provides many different and fun activities, programs and events throughout the year. Programs and activities include but not limited to: Card Games & Bingo – Monday - Friday from 10am to 12pm - Exercise Classes - Monthly Speakers - Shopping

Homebound Meals and Transportation

For more information, visit www.yorktownny.gov/senior or connect the Senior Center (914) 962-7447.

Location: AACCCC Building **Director:** Noreen O’Driscoll **Office Hours:** Mon-Fri 9:00am-2:30pm

2025 Club Trips

Shrub Oak Seniors

Friends of JV Travel

AARP Chapter #3297

JOF Travel Club

- **June 18th, 2025** Resorts + Show & Buffet **\$120**
“Diva’s” (8) Seats left
- **July 10th, 2025** Resorts World Casino - Casino Perks:
\$25 Slot Play and \$10 food voucher **\$50pp**

- **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
(22 seats left)

- **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** - Guided tour of NYC,
Casino in Atlantic City, & Guided tour of Philadelphia. 2
nights lodging, 2 breakfasts and 1 dinner included.
\$375pp dbl \$535 single Deposit \$75pp

- **July 25th, 2025** - Renegades Baseball Game, Private
Luxury Suite, Special Meal, Private Bathrooms, AC, &
Fireworks **\$130 pp** (Waitlist Only)
- **August 7th, 2025** - “Clue the Musical” and lots of mystery
fun, table-served luncheon, Hunterdon Hills Playhouse, NJ
\$125pp
- **September 11th, 2025** - The POLO Club luncheon and
show a Tribute to The Carpenters **\$144pp**

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