

# Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

## July/August 2026

YORKTOWN PARKS & RECREATION DEPARTMENT



## YORKTOWN RECREATION FALL AND WINTER PROGRAM REGISTRATION

OPENS AUGUST 18<sup>TH</sup> @ 9:30AM\*\*

\*\*For Town of Yorktown Residents. Non-residents can register 2 weeks before the start of the program.

## Summertime in Yorktown

It is officially summertime! Get your pool passes at our office and head to one of our two pool facilities! Senior Swim hours begin first at the Brian J. Slavin Aquatic Facility in Shrub Oak on Tuesday June 30<sup>th</sup>. View the schedule below for more dates and times. We have a few programs that are still available to join this summer: Senior Line Dancing with Betty Boot on Wednesdays at 12pm, Senior Dance & Exercise on Fridays at 10:45am, and Knitting Club on Thursdays at 10am. Please register for these programs *before* attending! All senior programs will start up again in September and you will be able to register for these fall *and* winter programs beginning Tuesday, August 18<sup>th</sup> at 9:30am! See page 2 for a full list of what we will be offering. This summer is full of free community events throughout town! For live music performances, Join the Yorktown Lions on Sundays at the Jack Devito Field and head to the John C. Hart Memorial Library on Thursday evenings. Our outdoor movie nights also kick off on July 17<sup>th</sup> showing the SpongeBob Movie!

## Senior Swim Hours

Brian J. Slavin Facility  
3800 Sunnyside St

Tuesday & Thursday, 10:30am-12:00pm  
June 30<sup>th</sup> to August 13<sup>th</sup>



Junior Lake Facility  
1939 Edgewater St

Mon, Wed, Fri 10:00am-12:00pm  
August 3<sup>rd</sup> to August 14<sup>th</sup>



## Senior Pool Passes (\$)\*

\*Prices reflected are for Town of Yorktown Residents

Ages 60-64 : **\$46**

Ages 65-69 : **\$26**

Ages 70+ : **FREE**

## YORKTOWN PARKS AND RECREATION OFFICE

Location: AACCCC 1974 Commerce St. Room 122 Yorktown Heights Registration Hours: Mon-Fri 8:30am-4pm

Registration: <http://register.capturepoint.com/Yorktown> OR Call (914) 245-4650

## CHAIR YOGA - \$8\*

Mindfulness is incorporated into the practice to encourage presence. Enhance joint mobility, balance, and strength. Join us as we practice grounding, centering, orienting, and honoring boundaries. You will also learn various diaphragmatic breathing practices to regulate the nervous system, and reduce tension. **Instructor:** Justine Yula-Potenza **Location:** AACCCC Gym

**Fall Wednesday:** September 9<sup>th</sup> to November 11<sup>th</sup>

**Fall Thursday:** September 10<sup>th</sup> to November 12<sup>th</sup>  
10:45am-11:45am

**Winter Thursday:** January 7<sup>th</sup> to February 25<sup>th</sup>  
10:45am-11:45am

## DANCE & EXERCISE - FREE\*

Line dancing with some fitness exercise. **Instructor:** Cameron Kelly **Location:** AACCCC Gym

**Fall Fridays:** September 11<sup>th</sup> to November 13<sup>th</sup>

**Winter Fridays:** January 8<sup>th</sup> to March 12<sup>th</sup>  
10:45 - 11:45am

## FALL PREVENTION - \$8\*

Learn risk factors for falls and strategies for fall prevention in order to maintain functional mobility and a healthy, independent lifestyle. Class includes exercises to improve your balance, flexibility and strength. **Instructor:** Laura Librera **Location:** AACCCC Room 16

**Thursdays:** September 10<sup>th</sup> to October 29<sup>th</sup>  
2pm-3pm

**Fridays:** September 11<sup>th</sup> to October 30<sup>th</sup>  
1pm-2pm

## FOREVER FIT - \$10\*

Low impact aerobics and 30 minutes of strength and stability training. A pair of 2-4 pound weights are recommend. **Instructor:** Stacey Thompson **Location:** AACCCC Gym

**Fall Tuesdays:** September 22<sup>nd</sup> to December 8<sup>th</sup>  
**A:** 10:45am-11:45am **B:** 11:45am-12:45pm

**Fall Fridays:** September 25<sup>th</sup> to December 11<sup>th</sup>  
**A:** 7:45am-8:45am

**Winter Tuesdays:** January 5<sup>th</sup> to March 9<sup>th</sup>  
**A:** 10:45am-11:45am **B:** 11:45am-12:45pm

**Winter Fridays:** January 8<sup>th</sup> to March 12<sup>th</sup>  
**A:** 7:45am-8:45am

## KNITTING CLUB - FREE\*

Bring your supplies and current project and enjoy a morning of knitting.

**Thursdays:** 10:00am-12pm

**Location:** Now in Room 26 of the AACCCC

## SENIOR LINE DANCING - FREE\*

Come and join Betty Boot in some fun County-Western Line dancing steps.

**Location:** AACCCC Gym

**Wednesdays:** 12:00pm-1:00pm

## SENIOR PAINTING - \$TBD\*

Two Hour session (A): Classes include a variety of lessons to build and improve technique and skill. One hour Session (B): Open studio time. Participants receive one-on-one guidance as needed. Students must bring their own brushes and canvases, and reference pictures. A sketch book is recommended. Acrylic paints are provided. Students are welcome to bring oil paints, water colors, own acrylics.

**Instructor:** Kathy Pasquale **Location:** Sparkle Lake Clubhouse

**Fall Mondays:** September 14<sup>th</sup> to November 23<sup>rd</sup>

**A:** Mondays, 9:30-11:30am **B:** Mondays, 10:30-11:30am

**Winter Mondays:** January 4<sup>th</sup> to March 22<sup>nd</sup>

**A:** Mondays, 9:30-11:30am **B:** Mondays, 10:30-11:30am

## SENIOR YOGA - \$8\*

This uplifting class blends gentle movement, balance practice, and breathwork-all with the support of a chair. We'll work on improving mobility, building bone strength, and staying steady on your feet. Each class ends with guided relaxation to leave you feeling refreshed, calm, and centered. **Instructor:** Marta Shedletsky **Location:** AACCCC Room 104

**Fall Mondays:** September 14<sup>th</sup> to November 9<sup>th</sup>

8 classes **A:** 1:00pm-2:00pm **B:** 2:00pm-3:00pm

**Winter Mondays:** January 11<sup>th</sup> to March 8<sup>th</sup>

7 classes **A:** 1:00pm-2:00pm **B:** 2:00pm-3:00pm

## MAH JONGG- FREE\*

BEGINNERS ONLY 12-week partially instructional class. New players MUST attend the first 3 consecutive classes so all participants begin together. A max of 5 new players each session. **Instructor:** Betty Amico **Location:** AACCCC Room 16

**Wednesdays:** January 6<sup>th</sup> to March 24<sup>th</sup>

\*Availability subject to change

# 2026 Senior Club Trips

## Shrub Oak Seniors

Contact: Rich DeSilva (914) 391-5442\*  
For trip forms, visit the Rec Office

• **December 3<sup>rd</sup>, 2026** **NEW**

### Resorts World Casino Catskills

Casino Perks: \$25 Slot Play and \$10 Food Voucher. **\$50** per person

## JOF Travel Club

Contact: Jim Higgins (914) 302-2836\*

• **September 25<sup>th</sup>, 2026** **NEW**

### Mamma Mania Show & Luncheon at Hunterdon Hills Playhouse, NJ

The ultimate ABBA Tribute, calling all Dancing Queens! Get ready for a glitter-filled party packed with the iconic hits you know and love! From Mamma Mia to Waterloo, this electrifying tribute will have you singing, dancing and reliving the magic of one of the greatest pop groups. Mamma Mania isn't just a concert - it's an interactive, high energy performance where the audience becomes part of the show, all this for **\$125.00**.

## Friends of JV Travel

Contact: Rich DeSilva (914) 391-5442\*  
For trip forms, visit the Rec Office

• **November 11<sup>th</sup> - 13<sup>th</sup> 2026**

### Lancaster Show Trip & the Dutch Country

Trip includes: 2 night hotel stay, 2 breakfasts, 2 dinner, admission to "Joshua" at the Famous Sight & Sound Theaters, Holiday show at Magic & Wonder Theater, trip to Kitchen Kettle Village, The Amish Experience & Jacobs Choice at the F/X Theatre. **\$485 per person for double occupancy - \$580 per person for single**

## AARP Chapter #3297

Contact: Rich DeSilva (914) 391-5442\*  
For trip forms, visit the Rec Office

• **October 8<sup>th</sup>, 2026**

### Oktoberfest at Kruckers

Includes Breakfast, lunch, dessert, snacks, beverages, and entertainment. Pomona, NY **\$125** per person

## Yorktown Museum

Albert A. Capellini Community & Cultural Center  
1974 Commerce Street, Yorktown Heights, NY 10598

Visit the Yorktown Museum to learn about the rich history of your town. The museum features five permanent exhibit rooms and a research room filled with information about this historic town. In recognition

of the 250<sup>th</sup> celebration of the signing of the Declaration of Independence, our current exhibit features the role Yorktown played during the Revolutionary War. Most of the town's founding families participated, and not all on the same side! In August the Yorktown Museum turns 60! See how the museum started and celebrate all the work we have done to educate the public about this great town.



**HEALTH  
FAIR**  
& Breakfast  
Tuesday, July 14th  
8am - 10am

OUR  
RAFFLE  
BEGINS AT  
9 AM



Grab your  
tickets  
when you  
come in!

Get Free Screenings  
& Information

- Balance Assessment
- Blood pressure
- Heart Rate
- Stroke Signs
- Assistive Device
- Car Transfers

Please join us for delicious food, advanced screenings, try our state-of-the-art equipment and a chance to win raffle prizes

SCAN HERE  
TO RSVP



For more information:

(914) 522-8489 or amygarcia@nwestchester.com

3550 Lexington Avenue  
Mohegan Lake NY 10547

# Yorktown Senior Activities Calendar

All Lunches Served at 12pm

See "Yorktown Senior Center" for more information on the Nutrition Program

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 Activities Calendar

\*August senior lunch calendar not yet available.

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

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



July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> LINE DANCING  Lunch: Hamburger/Hot dog	<b>2</b> KNITTING CLUB  Lunch: BBQ Chicken	<b>3</b> TOWN OFFICES CLOSED  <b>4TH OF July</b>
<b>6</b> <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  Lunch: Beef Stuffed Peppers	<b>7</b> FOREVER FIT  SENIOR SWIM (Shrub Oak)  <u>WIDOWS AND WIDOWERS</u>  Lunch: Roasted Chicken w/gravy	<b>8</b> LINE DANCING  <u>AARP 2pm</u>  Lunch: Breaded Pork Chop	<b>9</b> KNITTING CLUB  SENIOR SWIM (Shrub Oak)  Lunch: Chicken Sausage	<b>10</b> DANCE & EXERCISE FOREVER FIT  Lunch: Flounder Oregonata
<b>13</b> <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  Lunch: Knockwurst w/sauerkraut	<b>14</b> FOREVER FIT  SENIOR SWIM (Shrub Oak)  Lunch: Macaroni & Cheese	<b>15</b> LINE DANCING  Lunch: Meatloaf w/gravy	<b>16</b> KNITTING CLUB  SENIOR SWIM (Shrub Oak)  Lunch: Salmon Potlach	<b>17</b> DANCE & EXERCISE FOREVER FIT  Senior Advisory Committee 1pm Town Hall  Lunch: Roast Turkey w/gravy
<b>20</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  Lunch: Crispy Baked Fish	<b>21</b> <u>ST. PATRICK'S SENIORS 10AM</u>  SENIOR SWIM (Shrub Oak)  Lunch: Swedish Meatballs w/gravy	<b>22</b> LINE DANCING  Lunch: Eggplant Parmigiana	<b>23</b> KNITTING CLUB  SENIOR SWIM (Shrub Oak)  Lunch: Sweet & Sour Pork	<b>24</b> DANCE & EXERCISE  Lunch: Pulled BBQ Chicken
<b>27</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  Lunch: Spaghetti w/meatballs	<b>28</b> FOREVER FIT  SENIOR SWIM (Shrub Oak)  Lunch: Sole Veracruz	<b>29</b> LINE DANCING  Lunch: Ham & Cheese Sandwich	<b>30</b> KNITTING CLUB  SENIOR SWIM (Shrub Oak)  Lunch: Molasses Chicken Thigh	<b>31</b> DANCE & EXERCISE FOREVER FIT  Lunch: Salisbury Steak



August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u>  SENIOR SWIM (Junior)  *Lunch	<b>4</b> FOREVER FIT  <u>WIDOWS AND WIDOWERS</u>  SENIOR SWIM (Shrub Oak)  *Lunch	<b>5</b> LINE DANCING  SENIOR SWIM (Junior)  *Lunch	<b>6</b> KNITTING CLUB  SENIOR SWIM (Shrub Oak)  *Lunch	<b>7</b> FOREVER FIT  SENIOR SWIM (Junior)  *Lunch
<b>10</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u>  SENIOR SWIM (Junior)  *Lunch	<b>11</b> FOREVER FIT  SENIOR SWIM (Shrub Oak)  *Lunch	<b>12</b> LINE DANCING  SENIOR SWIM (Junior)  *Lunch	<b>13</b> KNITTING CLUB (ROOM 16)  SENIOR SWIM (Shrub Oak)  *Lunch	<b>14</b> FOREVER FIT  Outdoor Movie: Wicked: For Good  SENIOR SWIM (Junior)  *Lunch
<b>17</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  *Lunch	<b>18</b> FOREVER FIT  <u>ST. PATRICK'S SENIORS 10AM</u>  *Lunch	<b>19</b> LINE DANCING  *Lunch	<b>20</b> KNITTING CLUB (ROOM 16)  *Lunch	<b>21</b> FOREVER FIT  *Lunch
<b>24</b> SENIOR YOGA  <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  *Lunch	<b>25</b>  *Lunch	<b>26</b> LINE DANCING  *Lunch	<b>27</b> KNITTING CLUB  *Lunch	<b>28</b>  *Lunch
<b>31</b>  <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM  *Lunch				

# Live Music



YORKTOWN LIONS CLUB PRESENTS

## 31st Annual Summer Concert Series

July 12<sup>th</sup> Danny V's 52<sup>nd</sup> Street  
July 26<sup>th</sup> Radio Flashback  
August 9<sup>th</sup> Taylor Swift Experience  
August 23<sup>rd</sup> Tramps Like Us \*5pm

Jack Devito Field/Veteran's Plaza - Sundays 6pm\*

JOHN C. HART MEMORIAL LIBRARY

## Summer Porch Concerts - Thursdays 6pm

July 9<sup>th</sup> Mom Band  
July 16<sup>th</sup> Mild Panic  
July 23<sup>rd</sup> River of Dreams: the ultimate Bill Joel tribute

## YORKTOWN SENIOR CLUBS

### AARP CHAPTER #3297

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

**Location:** AACCCC Nutrition Room

**President:** Julie Nielsen (914) 522-0702

### 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

### FRIENDS OF JEFFERSON VILLAGE

**Contact:** Rich DeSilva (914) 391-5442

### JOF TRAVEL CLUB

**Contact:** Jim Higgins (914) 302-2836

**Email:** [travelclub024@gmail.com](mailto:travelclub024@gmail.com)

### ST. PATRICK'S WIDOWS & WIDOWERS

First Tuesday of each month

**Location:** St. Patrick's Church

**Contact:** Ada Ereno (914) 214-8060

## 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.

### 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](http://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

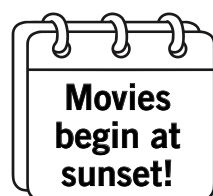
Yorktown Senior Center provides many different and fun activities, programs and events throughout the year. Programs and activities include but not limited to: Card Games & Bingo - Monday - Friday from 10am to 12pm - Exercise Classes - Monthly Speakers - Shopping

### Homebound Meals and Transportation

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

**Director:** Noreen O'Driscoll **Office Hours:** Mon-Fri 9:00am-2:30pm

**Location:** AACCCC Building (1974 Commerce St. Yorktown Heights)



### YPR's Outdoor Movie Nights at Jack DeVito Field

The SpongeBob Movie - July 17<sup>th</sup>

Kid's Choice - July 31<sup>st</sup>

Wicked: For Good - August 14<sup>th</sup>



### Rooted & Renewed: Nature-based mindfulness for calm and well-being for ages 55 +

Freely offered at Hilltop Hanover Farm @ 9:30am

Registration required: [parksevents.westchestercountyny.gov/events](http://parksevents.westchestercountyny.gov/events)



### State Senator Pete Harckham's Senior Resource Fair

Jefferson Village Community Center 10am-2pm

For more info, view the Town Calendar: <https://calendar.yorktownny.gov>