

# 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.gov](mailto:YPR@yorktownny.gov)

All Lunches Served at 12pm

| JANUARY 2025                                                                                                              |                                                                                                                                   |                                                                                                |                                                                                                         |                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| MONDAY                                                                                                                    | TUESDAY                                                                                                                           | WEDNESDAY                                                                                      | THURSDAY                                                                                                | FRIDAY                                                                                                                     |
|                                                                                                                           |                                                                                                                                   | <b>1</b><br><br><b>**New Year's Day<br/>CLOSED**</b>                                           | <b>2</b><br><br>*KNITTING CLUB<br><br><b>Lunch:</b><br>Pasta w/ Broccoli<br>& White Beans               | <b>3</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>Lunch:</b><br>Ham w/ Raisin Sauce        |
| <b>6</b><br><br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>Lunch:</b><br>Eggplant<br>Parmigiana              | <b>7</b><br><br>*FOREVER FIT<br><br><u>WIDOWS AND<br/>WIDOWERS</u><br><br><b>Lunch:</b><br>Spinach Quiche                         | <b>8</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>Lunch:</b><br>Baked Fish                 | <b>9</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>Lunch:</b><br>Pork Chop w/<br>Applesauce   | <b>10</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>Lunch:</b><br>Lemon Chicken Thigh       |
| <b>13</b><br><br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>Lunch:</b><br>Chicken Sausage                    | <b>14</b><br><br>*FOREVER FIT<br><br><b>Lunch:</b><br>Roast Turkey w/ Gravy                                                       | <b>15</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>Lunch:</b><br>Salmon                    | <b>16</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>Lunch:</b><br>Beef Stew                   | <b>17</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>Lunch:</b><br>Honey Mustard Chicken     |
| <b>20</b><br><br><b>**Martin Luther<br/>King Jr. Day<br/>CLOSED**</b>                                                     | <b>21</b><br><br>*FOREVER FIT<br><br><u>ST. PATRICK'S<br/>SENIORS 10AM</u><br><br><b>Lunch:</b><br>Vegetable & Cheese<br>Frittata | <b>22</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>Lunch:</b><br>Molasses Chicken<br>Thigh | <b>23</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>Lunch:</b><br>Sole Florentine<br>Couscous | <b>24</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>Lunch:</b><br>Meatball w/Gravy          |
| <b>27</b><br><br>*SENIOR PAINTING<br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>Lunch:</b><br>Stuffed Pepper | <b>28</b><br><br>*FOREVER FIT<br><br><b>Lunch:</b><br>Breaded Pork Chop<br>w Gravy                                                | <b>29</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>Lunch:</b><br>Flounder Oreganata        | <b>30</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>Lunch:</b><br>Country Captain<br>Chicken  | <b>31</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>Lunch:</b><br>Spaghetti w/<br>Meatballs |

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YORKTOWN PARKS & RECREATION DEPARTMENT   **914-245-4650**   Email: [YPR@yorktownny.gov](mailto:YPR@yorktownny.gov)  
\*February senior lunch calendar not yet available. Please contact Nutrition Program Director Noreen  
O'Driscoll for more info 914-962-7447

| FEBRUARY 2025                                                                                           |                                                                                                 |                                                                   |                                                                          |                                                                                               |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| MONDAY                                                                                                  | TUESDAY                                                                                         | WEDNESDAY                                                         | THURSDAY                                                                 | FRIDAY                                                                                        |
| <b>3</b><br><br>*SENIOR PAINTING<br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>*Lunch</b>  | <b>4</b><br><br>*FOREVER FIT<br><br><u>WIDOWS AND<br/>WIDOWERS</u><br><br><b>*Lunch</b>         | <b>5</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>*Lunch</b>  | <b>6</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>*Lunch</b>  | <b>7</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>*Lunch</b>  |
| <b>10</b><br><br>*SENIOR PAINTING<br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>*Lunch</b> | <b>11</b><br><br>*FOREVER FIT<br><br><b>*Lunch</b>                                              | <b>12</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>*Lunch</b> | <b>13</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>*Lunch</b> | <b>14</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>*Lunch</b> |
| <b>17</b><br><br><b>**President's Day<br/>CLOSED**</b>                                                  | <b>18</b><br><br>*FOREVER FIT<br><br><u>ST. PATRICK'S<br/>SENIORS 10AM</u><br><br><b>*Lunch</b> | <b>19</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>*Lunch</b> | <b>20</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>*Lunch</b> | <b>21</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>*Lunch</b> |
| <b>24</b><br><br>*SENIOR PAINTING<br>*CHAIR YOGA<br><br><u>SHRUB OAK: 10AM-1PM</u><br><br><b>*Lunch</b> | <b>25</b><br><br>*FOREVER FIT<br><br><b>*Lunch</b>                                              | <b>26</b><br><br>*LINE DANCING<br>*MAH JONGG<br><br><b>*Lunch</b> | <b>27</b><br><br>*KNITTING CLUB<br>*FALL PREVENTION<br><br><b>*Lunch</b> | <b>28</b><br><br>*DANCE AND EXERCISE<br>*FALL PREVENTION<br>*FOREVER FIT<br><br><b>*Lunch</b> |
|                                                                                                         |                                                                                                 |                                                                   |                                                                          |                                                                                               |

1130 E. Main Street,  
Shrub Oak, NY 10588

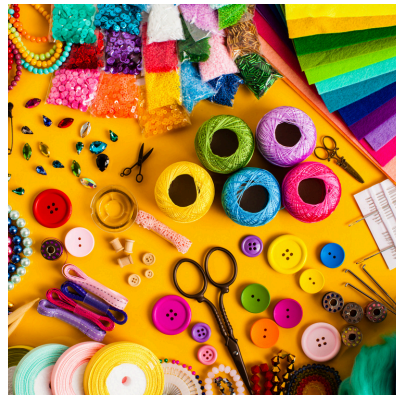


914-245-5262  
www.yorktownlibrary.org

## Arts & Crafts Swap January 18th 1-4pm

Do you have art and craft supplies that you no longer need? Bring them to the library and swap them for supplies you would like to try.

- Drop off your unopened or clean, gently-used supplies from Monday, Jan 13 through Friday, Jan 17 during operating hours. Or bring the day of the event.
- Return on Saturday, Jan 18, 1-4pm to browse supplies brought in by others, and take home what you want.



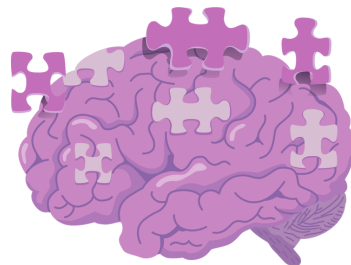
## Documentary Screening: Becoming Geppetto January 25th 2-4pm

Surrounded by farmland in a small town in northern Wisconsin, father and son luthier duo, Bruce and Matt Petros make world-renowned acoustic guitars. These guitars have been played around the world by music giants like Paul Simon. Becoming Geppetto gives us an intimate and serenely meditative front-row seat to the Petros's guitar making process, as well as a look into their family life and history. As a bonus, the film is frequently and delightfully punctuated by wonderful musical performances on those ornate, resonant Petros guitars.



## Living for the Brain and Body with Alzheimer's Association February 19th 3-4pm

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health, including keeping our brains healthy and reduce risk of cognitive decline. This workshop covers four areas associated with healthy aging and drawing on the latest research, explores steps to take to improve or maintain overall health in each area.



## Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

**JANUARY/FEBRUARY 2025**

YORKTOWN PARKS & RECREATION DEPARTMENT

Phone: 914-245-4650 WWW.YORKTOWNNY.GOV/SENIOR



## 2025 Winter Senior Programs

**For registration and program descriptions,  
please visit:**

<http://register.capturepoint.com/Yorktown>

or call: (914) 245-4650

### Parks and Recreation Office

**Location:** AACCCC Building  
1974 Commerce St. Rooms 122 & 123

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

Keep an eye out for our **Spring/Summer  
Brochure** coming soon!

## Available Classes:

### Senior Painting

**Winter A-Dates: January 27th - April 7th**  
**Winter B-Dates: January 27th - April 7th**  
**A-Dates-Days & Time: Mondays, 9:30-11:30am**  
**B-Dates-Days & Time: Mondays, 10:30-11:30am**  
Location: Sparkle Lake Service Building  
(No Class 2/17)

### Knitting Club

**A-Dates: September 12th - March 27th**  
Days & Time: Thursdays, 10:00am - 12:00pm  
Location: AACCCC Room 16

### \*Mah Jongg Club

**Winter B-Dates: January 8th - March 26th**

**Winter B-Dates-Days & Time:**

**Wednesdays, 10am-12pm**

Location: AACCCC Room 16

### Forever Fit

**Winter B-Dates: January 10th - February 28th**

**Winter B-Dates-Days & Time: Fridays,**

**7:45AM-8:45AM**

Location: AACCCC Gym

### Fall Prevention

**Winter A-Dates: January 16th - March 6th**

**Winter B-Dates: January 17th - March 7th**

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

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

Location: Sparkle Lake Service Building

### \*Dance and Exercise

**Winter B-Dates: January 10th - March 14th**

**Winter B-Dates-Days & Time: Fridays,**

**10:45am - 11:45am**

Location: AACCCC Gym

### \*Line Dancing

**Winter B-Dates: January 8th - March 26th**

**Winter B-Dates-Days & Time:**

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

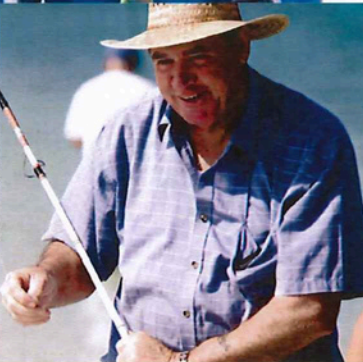
Location: AACCCC Gym

**\*Limited Spots Available**





"Now I have  
the energy to  
do the things  
I love to do!"



The Health for  
Life Program  
(HeLP)

# The Health for Life Program (HeLP)

## A FREE PROGRAM TO HELP YOU MANAGE CHRONIC CONDITIONS

### DIABETES SELF-MANAGEMENT PROGRAM

This free virtual workshop for older adults HeLPs you take charge of your Type 2 diabetes. The Health for Life Program (HeLP) workshop meets once a week for six weeks.

Sessions will focus on stress management, monitoring blood sugar, preventing complications, healthy eating and physical activity. The workshops are open to Westchester residents age fifty-five and older.

**When:** Thursdays Jan. 9, 16, 23. 30 Feb. 6, 13, 2025  
1 to 3:30 pm on Zoom

There is no charge to participate but you must pre-register. All materials will be provided but you will need: an email address, an internet or Wi-Fi connection, laptop, tablet or desktop device with a camera and microphone.

**Contact:** Marikay Capasso at (914) 813-6427 or email [mqcq@westchestercountyny.gov](mailto:mqcq@westchestercountyny.gov)

## Do you have a chronic condition or care for someone who does?

**This program can empower participants to:**

- Better manage chronic health conditions such as diabetes and high-blood pressure
- Communicate effectively with health care professionals and family
- Realize health care savings by avoiding trips to doctors and hospitals
- Enjoy an enhanced quality of life

**Sessions are open to Westchester residents age 55 and older.**

For more information, contact Marikay Capasso at (914) 813-6427 or [mqcq@westchestergov.com](mailto:mqcq@westchestergov.com).



The program is offered at no charge but voluntary contributions are welcomed. Checks or money orders should be mailed to Westchester County Dept. of Senior Programs and Services, c/o Fiscal Unit 9 S First Ave 10<sup>th</sup> Floor Mt Vernon NY 10550.



January/February 2025

## Senior Clubs

**\*Visit the Recreation Office for Registration Forms\***  
**Address: 1974 Commerce St. Yorktown Heights**



### AARP-Chapter 3297

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

**\*NOT meeting Jan-Feb\***

#### Location:

AACCCC Nutrition Room

#### Contact:

Rich DeSilva - (914) 962-7723

See page 5 for list of 2025 trips

### SHRUB OAK SENIORS

Contact: Bea Perkins - (845) 661-5479

Meeting Dates: Monday, 10am - 1pm

Location: AACCCC Room 16

See page 5 for list of 2025 trips

### 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) 962-7723

See page 5 for list of 2025 trips

### ST. PATRICK'S WIDOWS & WIDOWERS

First Tuesday of each month

Location: St. Patrick's Church

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](mailto:travelclub024@gmail.com)

### JOF Travel Club 2025 Trips:

**April 10 - 11, 2025** - Noah and the Ark at the Sight & Sound Theatre, Lancaster, PA

**May 15, 2025** - Abba Dancing Dream at the Aqua Turf, Plantville, CT

**August 21, 2025** - 60's Bandstand Dance and Comedy Party, Riverview Inn, PA

**October 12-15, 2025** - Grand Ole Opry's 100th Birthday, Nashville (airfare included)



# AARP Tax Assistance

**Dates:** Tuesdays - February 4th - April 15th  
**10:00am - 2:30pm**



**Location:** AACCCC Room 26

## FREE tax preparation

Trained and certified volunteers will be available to help seniors prepare and file their tax returns. Please bring all of your information and tax forms.

**\*Appointments: (914) 440-3710**  
\*(Appointments open mid-January)

**Walk-ins are welcome.**

We will schedule an appointment if we do not have time to handle your return on the day you come in.

# Thrifty Me

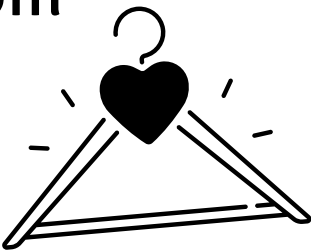
**Gently used clothing, household goods, and unique items for sale!**

**All proceeds go to the local food pantry**

**Store hours: Mondays 10am-12pm  
and Wednesdays 10am-2pm**



**Closed July and August**



**AACCCC Building Room 107  
1974 Commerce St. Yorktown Heights**

# 2025 Trips

## Shrub Oak Seniors

- **3/27/25** Resorts \$50.00 (3) seats left
- **5/29/25** Nelson Hall Tribute “Celine Dion” \$150 includes lunch
- **6/18/25** Resorts + Show & Buffet \$120 “Diva’s” (17) Seats left

## Friends of JV Travel

- **5/1/25** Dream Girls in West Perf Arts \$150 Includes lunch (9) Seats left
- **6/27/25** Boat Ride NYC includes lunch \$155 **Sold Out (Wait List Only)**
- **10/9/25** Fall Foliage Cruise & Lunch \$130 Kingston, NY on the Rip-Van Winkle

## AARP #3297

- **4/24-4/25/25** Baseball Hall of Fame/Turning Stone Casino \$340pp dbl- \$410 single
- **5/31-6/2/25** Boston \$75 deposit (2) seats left
- **8/12/25** Aqua Turf Song, Dance, & Romance \$110
- **10/15/25** Resorts + Show & Buffet \$120 “4x4” (23) Seats left
- **11/2-11/4/25** NYC, A/C, and Phila \$375pp dbl \$535 single Deposit \$75pp

## JOF Travel Club

- **4/10-4/11, 2025** Noah and the Ark at the Sight & Sound Theatre, Lancaster, PA
- **5/15, 2025** Abba Dancing Dream at the Aqua Turf, Plantville , CT
- **8/21, 2025** 60's Bandstand Dance and Comedy Party, Riverview Inn, PA
- **10/12-10/15, 2025** Grand Ole Opry's 100th Birthday, Nashville (airfare included)

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