



John C. Hart Memorial Library

Yarn-O-Rama! September 13th 11am-1pm*



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!

Art Roulette October 1st 6:00pm-7:00pm*



Participants will paint and then pass along their canvas so that each person has a chance to leave their mark on each piece. A collaborative art experience that promises a lot of laughs and surprising results!

Fall Watercolor October 8th 3:30pm-5pm*



Join us to learn a seasonal watercolor painting with Amy Galinko .

*Registration Required on Library's website <https://yorktownlibrary.org/adults-programs/>

We are the Country Dancers of Westchester



We welcome you to try English country dancing, a dance tradition beloved by dancers from Queen Elizabeth I to Jane Austen to George Washington himself.

Very Friendly, All Welcome, Come with or without Partner,
All Dances Taught, Always Live Music, Always Refreshments

Our dances take place most Thursday evenings and some Sunday afternoons.
See our website at <https://sites.google.com/site/countrydancersofwestchester>
Church in the Highlands, Bryant & Grandview, White Plains, NY
(914) 327-6306 or (212) 927-4016

Yorktown Senior Newsletter
FOR THE TOWN OF YORKTOWN SENIORS
SEPTEMBER/OCTOBER
YORKTOWN PARKS & RECREATION DEPARTMENT

FALL & WINTER SENIOR PROGRAMS

NEW FOREVER FIT SESSION ADDED:

September 9th - December 9th Tuesdays, **11:45am-12:45pm**

Location: AACCCC Gym

FOREVER FIT*

Fall B: September 12th - December 12th

Fridays, 7:45am - 8:45am

Winter B: January 9th - March 6th

Fridays, 7:45am - 8:45am

Location: AACCCC Gym

SENIOR LINE DANCING*

Fall: September 3rd - December 17th

Winter: January 7th - March 25th

Wednesdays 12pm-1pm

Location: AACCCC Gym

DANCE & EXERCISE*

Fall: September 12th - November 14th

Winter: January 9th - March 13th

Fridays, 10:45 - 11:45am

Location: 9/12-10/17 Downing Park

10/24 - 11/14 AACCCC Gym

SENIOR PAINTING*

Fall: September 8th - November 17th

Mondays, 9:30-11:30

Winter: January 5th - March 23rd

Mondays, 9:30-11:30 & 10:30am-11:30am

Location: Sparkle Lake

FALL PREVENTION*

Fall A: September 11th - October 30th

Thursdays, 2:30-3:30pm

Fall B: September 12th - October 31st

Fridays, 1:00-2:00pm

Location: AACCCC Room 16

KNITTING CLUB

Thursdays 10:00am-12pm

Location: AACCCC Room 16

*Availability subject to change



YORKTOWN PARKS AND RECREATION OFFICE

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

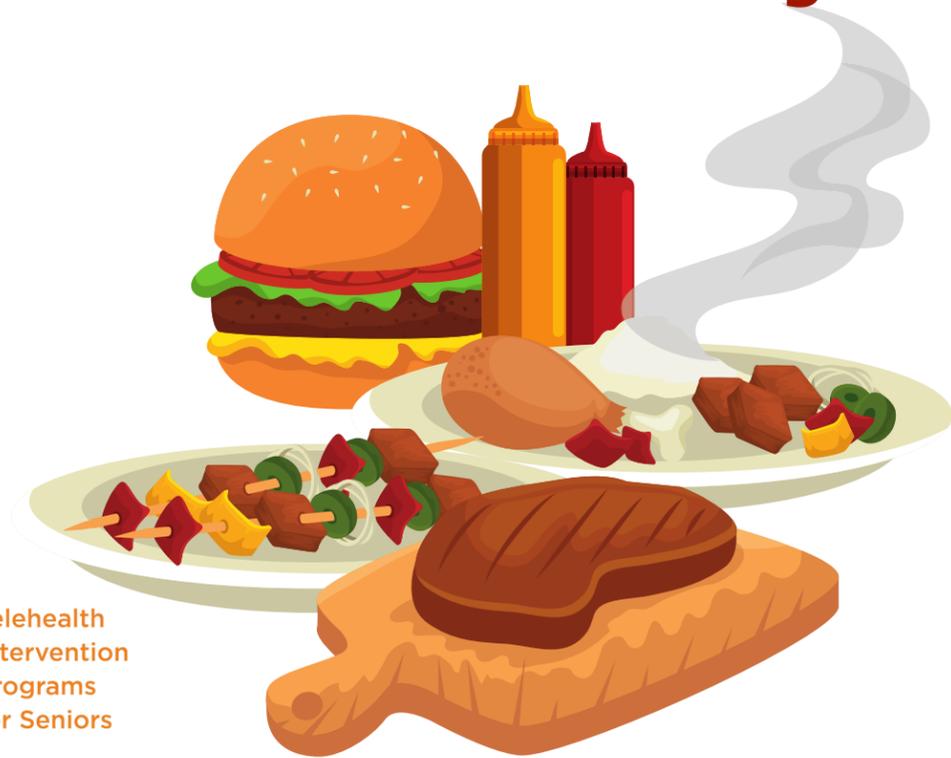
Registration: <http://register.capturepoint.com/Yorktown> OR **Call** (914) 245-4650

YORKTOWN SENIOR LUNCHEON

Oct 1st 11am-1pm

Location: AACCCC

1974 Commerce St. Yorktown Hgts. NY 10598



Register for this FREE event starting 9/10!

<https://register.capturepoint.com/yorktown> OR call the Rec office (914) 245-4650

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

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

SHRUB OAK SENIORS

Meeting Dates: Monday, 10am-1pm

Location: AACCCC Room 16

Contact: Bea Perkins (845) 661-5479

JOF TRAVEL CLUB

Contact: Jim Higgins (914) 302-2836

Email: 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

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.

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

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

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



SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  HAPPY LABOR DAY	2 <u>WIDOWS AND WIDOWERS</u> Lunch: Knockwurst w/Sauerkraut	3 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Pulled BBQ Chicken	4 CHAIR YOGA KNITTING CLUB Lunch: Yankee Pot Roast	5 Lunch: Cheese Lasagna
8 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Stuffed Pepper	9 FOREVER FIT Lunch: Sweet-n-sour Pork	10 CHAIR YOGA LINE DANCING MAH JONGG <u>AARP MEETING</u> Lunch: Manicotti	11 CHAIR YOGA KNITTING CLUB FALL PREVENTION <u>9/11 CEREMONY @ 1130 E MAIN ST SHRUB OAK 4PM</u> Lunch: Meatloaf w/ gravy	12 DANCE & EXERCISE FOREVER FIT FALL PREVENTION Lunch: Salmon w/cous cous
15 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Macaroni & Cheese	16 FOREVER FIT <u>ST. PATRICK'S SENIORS 10AM</u> Lunch: Sole Oregonata	17 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Turkey & Cheese Sandwich	18 CHAIR YOGA KNITTING CLUB FALL PREVENTION Lunch: Yankee Pot Roast	19 DANCE & EXERCISE FOREVER FIT FALL PREVENTION <u>SENIOR ADVISORY COMMITTEE 1PM</u> Lunch: Pesto Chicken
22 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Turkey Chili w/ Beans	23 Lunch: Eggplant Parmigiana	24  CHAIR YOGA LINE DANCING MAH JONGG Lunch: Beef Brisket	25 CHAIR YOGA KNITTING CLUB FALL PREVENTION Lunch: Chicken	26 DANCE & EXERCISE FALL PREVENTION Lunch: Swedish Meatballs
29 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> Lunch: Sole Florentine	30 FOREVER FIT Lunch: Ham w/ Raisin Sauce			

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

*October senior lunch calendar not yet available.

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



OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	2 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	3 DANCE & EXERCISE FOREVER FIT FALL PREVENTION *Lunch
6 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	7 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> *Lunch	8 CHAIR YOGA LINE DANCING MAH JONGG <u>AARP MEETING</u> *Lunch	9 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	10 DANCE & EXERCISE FOREVER FIT FALL PREVENTION *Lunch
13  COLUMBUS DAY	14 *Lunch	15 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	16 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	17 DANCE & EXERCISE FOREVER FIT FALL PREVENTION <u>SENIOR ADVISORY COMMITTEE 1PM</u> *Lunch
20 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	21 FOREVER FIT <u>ST. PATRICK'S SENIORS 10AM</u> *Lunch	22 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	23 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	24 DANCE & EXERCISE FALL PREVENTION *Lunch
27 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> *Lunch	28 *Lunch	29 MAH JONGG *Lunch	30 KNITTING CLUB FALL PREVENTION *Lunch	31 DANCE & EXERCISE FALL PREVENTION *Lunch

2025-26 Senior Club Trips

AARP Chapter #3297

- **May 29th - June 1st, 2026** - Washington, DC Trip. Guided Tours throughout our Nation's Capital. 4 Days, 3 Nights. **\$570*** *Price per person based on double occupancy. Add \$230 for single occupancy.

Friends of JV Travel

- **Aug 24th - 28th, 2026** - Cape Cod & Martha's Vineyard Trip. Guided Tours of seaside towns, visit the JFK Museum and more! 5 Days, 4 Nights. **\$725*** *Price per person based on double occupancy. Add \$155 for single occupancy.

JOF Travel Club

- **September 11th, 2025** - Tribute to the Carpenters, at the Polo Club, a truly unique venue in Farmington, Ct. includes transportation and an amazing Family Style Luncheon for **\$144.00**.
- **December 10th, 2025** - A Smokey Mountain Christmas - A tribute to Dolly Parton and Kenny Rogers. This show is based on their Platinum album and CBS special "A Christmas to Remember". It includes transportation, a fantastic family style luncheon for **\$145**.
- **May 2nd-9th, 2026** - Cruise to Bermuda on the Brand New Ship The AQUA. Includes transportation to/from NYC Pier and Many Amenities such as Beverage Packages and Specialty Dinners. Price begins **\$1399pp** (inside Cabin) **\$1,699- \$1,749pp** (Balcony Cabin) For reservations call Jim Higgins @ 914-302-2836

St. Patrick's Senior Club

- **October 2nd, 2025** - Essex Steam Train & Riverboat. Includes a 2 ½ hour train and riverboat ride. Lunch on the train. (Choice of: beef tips, chicken francaise, eggplant rollatini.) The boat ride begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the unspoiled Connecticut River Valley. **\$110pp**
Contact: Carol Manse 914-648-0066



THE VALLEY SUMMER SERIES

📍 JEFFERSON VALLEY MALL

SEPTEMBER 12TH

6PM-9PM

10TH ANNUAL PAWS CROSSED DAY & 5TH ANNUAL 5K

📍 FDR PARK

SEPTEMBER 13TH

11AM-3PM

SAN GENNARO FEAST

📍 RAILROAD PARK YORKTOWN HEIGHTS

SEPTEMBER

17TH - 21ST

FALL FESTIVAL AND CAR SHOW

📍 JEFFERSON VALLEY MALL

OCTOBER 12TH

11AM-4PM

For more info, view the Town Calendar:
<https://www.yorktownny.gov/calendar/month/2025-09>