

Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

March/April 2026

YORKTOWN PARKS & RECREATION DEPARTMENT



SENIOR PROGRAMS

FALL PREVENTION - FREE* **NEW**

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**

Thursday (611A): April 2nd - May 21st

2:30pm-3:30pm

Fridays (612A): April 3rd - May 22nd

1pm-2pm

Location: AACCCC Room 16

FOREVER FIT - \$8*

Forever Fit will provide senior citizens 30 minutes of easy to follow, low impact aerobics and 30 minutes of strength and stability training. Improve your fitness level and have fun while working out to music from the 50's, 60's, and 70's. Chairs provided. A pair of 2-4 pound weights are recommend. Sneakers and water are mandatory.

Spring Tuesdays : April 7th - May 26th

602A: 10:45am-11:45pm 602B: 11:45am-12:45pm

Spring Fridays: April 10th - May 29th

603A: 7:45am-8:45am

Summer Tuesdays : June 9th - August 18th

604A: 7:45am-8:45am

Summer Fridays: June 26th - August 21th

605A: 7:45am-8:45am

Location: AACCCC Gym



CHAIR YOGA - \$6*

Mindfulness is incorporated into the practice to encourage presence so you may connect with sensations as you move through poses that 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. Some eye yoga is also incorporated, and variations of all postures are presented, including options to stand with support of the chair.

Wednesday (609A): April 1st - **May 6th**

Thursday (610A): April 2nd - **May 7th**

Please note: Dates have been updated since the Spring/Summer Brochure was published

10:45am-11:45am

Location: AACCCC Gym

DANCE & EXERCISE - FREE*

Line dancing with some fitness exercise.

Fridays (607A): March 27th - March 5th

Fridays (608A): June 26th - July 31st

10:45 - 11:45am

Location: March 27th - April 24th -

AACCCC Gym May 1st - July 31st Downing Park

*Fees listed are for Yorktown Residents. Nonresidents pay \$30 fee if room is available.

REGISTRATION OPENS MARCH 24TH

Spring AND Summer 2026 registration will open Tuesday, March 24th at 9:30am. Register online or stop by our office.

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

KNITTING CLUB - FREE*

Forever Fit will provide senior citizens 30 minutes of easy to follow, low impact aerobics and 30 minutes of strength and stability training. Improve your fitness level and have fun while working out to music from the 50's, 60's, and 70's. Chairs provided. A pair of 2-4 pound weights are recommend. Sneakers and water are mandatory.

Thursdays (616A): 10:00am-12pm

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

MAH JONGG - FREE*

If you can play 500 Rummy you can play Mah Jongg! Cards will be provided. **This is a 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.** Call the Rec office to check availability. (914) 245-4650.

Wednesdays (615A): August 12th to September

30th 10:00am-12pm

Location: AACCCC Room 16

SENIOR LINE DANCING - FREE*

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

Wednesdays (606A): April 1st - August 26th

12:00pm-1:00pm

Location: AACCCC Gym

SENIOR PAINTING - A \$55 B \$20*

Come paint with me in acrylics and oils. 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 their own paint if they want to work in oils.

Mondays: April 13th - June 8th

601A- Mondays, 9:30-11:30

601B - Mondays, 10:30am-11:30am

Location: Sparkle Lake

SENIOR YOGA - \$6*

Come paint with me in acrylics and oils. 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 their own paint if they want to work in oils.

Spring Mondays: April 13th - May 18th

613A - 1:00pm-2:00pm

613B - 2:00pm-3:00pm

Summer Mondays: July 20th - August 24th

614A - 1:00pm-2:00pm

614B - 2:00pm-3:00pm

Location: AACCCC Room 104

Registration Information

*Fees listed are for Yorktown Residents. Nonresidents pay \$30 fee if room is available.

Prior to registration day: Please login to Community Pass and check that all contact info is up to date.

Spring AND Summer 2026 registration will open Tuesday, March 24th at 9:30am. Register online or stop by our office. It is recommended to register ONLINE right at 9:30am for popular senior classes. Walk-in registration on March 24th starting at 9:30am is welcomed, but does NOT guarantee a spot in a class. If a class fills before your turn, you will be put on a waitlist.

Waitlists: You will receive an email receipt confirming you are on a waitlist for a class. You will be on a waitlist until you have received a call or email from a staff member confirming that a spot has opened for you.

CARDIO Drumming



Due to popular demand, North Westchester Restorative Therapy and Nursing Center will be bringing back another session of Cardio Drumming **March 12th**!

Feel the Beat, Boost Your Health! North Westchester Restorative Therapy and Nursing Center is hosting a **FREE**, fun and energizing cardio drumming session!

This heart-pumping activity led by Cardiopulmonary Director Mike Cohen combines movement, rhythm, and music to promote physical fitness, mental wellness, and community connection all while having a blast!

WHEN: THURSDAY MARCH 12TH 1:15PM

WHERE: AACCCC ROOM 104

20 SPOTS AVAILABLE REGISTRATION OPENS FRIDAY, MARCH 6TH @ 9:30AM FOR YORKTOWN RESIDENTS



2026 Senior Club Trips

St. Patrick's Senior Club

Contact: Carol Manse (914) 245-2953*

• **March 25th, 2026** **NEW**

CIA - Culinary Institute of America

Dinner seating: 11:30am in the America Bounty room, CIA Experience (tour) follows @ 2:15pm
\$100 per person: Includes bus, lunch, CIA Experience tour, taxes & gratuities

• **May 27th, 2026** **NEW**

Jesus Christ Superstar - Goodspeed Opera House

\$155 per person includes bus, 11:30 am lunch at Gelston House, taxes and gratuities. 2:00 pm performance of Jesus Christ Superstar at the Goodspeed Opera House.

AARP Chapter #3297

Contact: Rich DeSilva (914) 391-5442*

• **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.

• **August 5th, 2026**

'Smile' a Tribute to Barbra Streisand & Tony Bennett

at Resorts World Casino. Casino Perks: \$25 Slot Play, Buffet Lunch, and ticket to the 3pm show. **\$120** per person

• **October 8th, 2026** **NEW**

Oktoberfest at Kruckers

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

John C. Hart Memorial Library

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

2026 Tax Filing Season Essentials March 12th 6:00pm*

Join us for a timely and easy-to-understand overview of the major tax changes arriving in 2026—and what they could mean for individuals, families, retirees, and small business owners. This educational program brings together the most important updates from the Tax Cuts and Jobs Act (TCJA) extension, new IRS rules, and emerging enforcement trends so attendees can feel prepared rather than surprised.



JOF Travel Club

Contact: Jim Higgins (914) 302-2836*

• **April 25th, 2026** **NEW**

Nonsense the Play & Luncheon

Nonsense the Play at the Legacy Actors Theater and fantastic luncheon at the Stonebridge Restaurant. The Little Sisters of Hoboken are at it again, trying to raise money to bury sisters accidentally poisoned by the convent cook. Updated jokes and new songs. It's Wacky and Hysterical "anything goes" sense of fun. Includes transportation and a sumptuous served lunch, all for **\$165**.

Shrub Oak Seniors

Contact: Rich DeSilva (914) 391-5442*

• **March 26th, 2026**

Resorts World Casino Catskills

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

Friends of JV Travel

Contact: Rich DeSilva (914) 391-5442*

• **November 11th - 13th 2026** **NEW**

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**

Woven Heritage: Traditional Irish Goods March 31st 3:00pm*



Explore the rich heritage of Irish craftsmanship during this Irish Heritage Month program. Ashley from Celtic Aer will introduce traditional Irish products and patterns, explaining their origins, meanings, and modern uses. From knitted patterns to symbolic designs, this program offers an overview for Ireland's creative traditions.

Decoupage Bookmarks April 22nd 6:00pm*

In celebration of Revolutionary Westchester 250. We will be decoupage colonial patterns onto wooden bookmarks



***For trip forms, visit the Rec Office**

Availability subject to change

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



March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM Lunch: Chicken Sausage	3 FOREVER FIT WIDOWS AND WIDOWERS AARP FREE TAX PREP 10AM-2PM Lunch: Pork Cutlet Picata	4 LINE DANCING MAH JONGG Lunch: Turkey Meatloaf w/Gravy	5 KNITTING CLUB Lunch: Flounder Oregonata	6 DANCE & EXERCISE FOREVER FIT Lunch: Eggplant Parmigiana
9 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM Lunch: Beef Stuffed Pepper	10 FOREVER FIT - Make up AARP FREE TAX PREP 10AM-2PM Lunch: Roast Turkey w/Gravy	11 LINE DANCING MAH JONGG AARP 2pm Lunch: Corned Beef & Cabbage	12 KNITTING CLUB CARDIO DRUMMING Lunch: Molasses Chicken Thigh	13 DANCE & EXERCISE Lunch: Sole Picatta
16 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM Lunch: Macaroni & Cheese	17  AARP FREE TAX PREP 10AM-2PM Lunch: Pizza Party!	18 LINE DANCING MAH JONGG Lunch: Chicken Cacciatore	19 KNITTING CLUB Lunch: Beef Stew	20 Lunch: Broccoli Quiche
23 SENIOR PAINTING SHRUB OAK: 10AM-1PM TIPS 9AM-11AM Lunch: Knockwurst w/Sauerkraut	24  ST. PATRICK'S SENIORS 10AM Lunch: Honey Mustard Chicken	25 LINE DANCING MAH JONGG Lunch: Crispy Baked Cod	26 KNITTING CLUB Lunch: Breaded Pork Chop	27 DANCE & EXERCISE Lunch: Manicotti
30 SHRUB OAK: 10AM-1PM TIPS 9AM-11AM Lunch: Salisbury Steak w/ Gravy	31 AARP FREE TAX PREP 10AM-2PM Lunch: Roast Turkey w/Gravy			

Yorktown Senior Activities Calendar

*April 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



April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	2 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	3 DANCE & EXERCISE FALL PREVENTION *Lunch
6 SENIOR PAINTING (MAKE UP) SHRUB OAK: 10AM-1PM TIPS 9AM-11AM *Lunch	7 FOREVER FIT AARP FREE TAX PREP 10AM-2PM WIDOWS AND WIDOWERS *Lunch	8 CHAIR YOGA LINE DANCING MAH JONGG AARP 2pm *Lunch	9 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	10 DANCE & EXERCISE FALL PREVENTION FOREVER FIT *Lunch
13 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM *Lunch	14 FOREVER FIT AARP FREE TAX PREP 10AM-2PM *Lunch	15 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	16 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	17 DANCE & EXERCISE FALL PREVENTION FOREVER FIT *Lunch
20 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM *Lunch	21 FOREVER FIT ST. PATRICK'S SENIORS 10AM *Lunch	22 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	23 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	24 DANCE & EXERCISE FALL PREVENTION FOREVER FIT *Lunch
27 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM TIPS 9AM-11AM *Lunch	28 FOREVER FIT *Lunch	29 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	30 CHAIR YOGA KNITTING CLUB FALL PREVENTION *Lunch	

AARP 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.

Seniors may enter through the glass doors next to the theater and take the elevator to the first floor (no stairs) **or** the right door in the front of the building (this entrance has a set of stairs inside the building).



When: Tuesdays February 3rd to April 14th 2026 10am - 2pm

Where: 1974 Commerce St. (AACCCC) Room 106 (middle floor)

To make an appointment call: (914) 440-3710 or visit: [FreeTaxHelpWestchester.com](https://www.freetaxhelpwestchester.com) (beginning mid-January). **Walk-ins are welcome.** An appointment will be scheduled for you if your return is unable to be handled on the day you come in.

AARP CHAPTER #3297

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

*Meetings will resume on March 11th 2026

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

***March Meeting: March 24th**

Location: St. Patrick's Church

Contact: Carol Manse (914) 245-2953

SENIOR CLUBS

FRIENDS OF JEFFERSON VILLAGE

Contact: Rich DeSilva (914) 391-5442

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

Upcoming Events

HELLO, DOLLY!

Yorktown Stage - Purchase tickets on their website

📍 1974 Commerce St.

March 1st,
March 6th-8th

IRISH DANCE PERFORMANCE

Registration Required on Library Website

📍 John C. Hart Library

March 22nd
1pm-2pm

SPRING FESTIVAL & CAR SHOW

Hudson Valley Gateway Chamber of Commerce

📍 Jefferson Valley Mall

April 26th
11am-4pm

THE BATTLE OF PINES BRIDGE COMMEMORATION PARADE/HISTORICAL FESTIVAL

📍 The Veterans Memorials Circle & Railroad Park

May 2nd
10am-4pm

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.

For more info, view the Town Calendar: <https://calendar.yorktownny.gov/>
Purchase "Hello, Dolly!" Tickets Here: <https://www.yorktownstage.org/>

Director: Noreen O'Driscoll **Office Hours:** Mon-Fri 9:00am-2:30pm
Location: AACCCC Building (1974 Commerce St. Yorktown Heights)