

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)

SENIOR SWIM

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

Brian J. Slavin Facility

Tues & Thus, 10:30am-12pm
July 1st to August 14th

Junior Lake Facility

Mon, Wed, Fri 10am-12pm
August 4th to August 29th

Yorktown Senior Newsletter



FOR THE TOWN OF YORKTOWN SENIORS

JULY/AUGUST



YORKTOWN PARKS & RECREATION DEPARTMENT

FALL & WINTER SENIOR PROGRAMS

Registration opens Tuesday, August 19th 9:30am

CHAIR YOGA

Fall A: September 10th - October 29th

Wednesdays, 10:45am to 11:45am

Fall B: September 11th - October 30th

Thursdays, 10:45am - 11:45am

Winter A: January 7th - February 25th

Wednesdays, 10:45am to 11:45am

Winter B: January 8th - February 26th

Thursdays, 10:45am - 11:45am

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

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

FOREVER FIT

Fall A: September 9th - December 9th

Tuesdays, 10:45am - 11:45am

Fall B: September 12th - December 12th

Fridays, 7:45am - 8:45am

Winter A: January 6th - March 3rd

Tuesdays, 10:45am - 11:45am

Winter B: January 9th - March 6th

Fridays, 7:45am - 8:45am

Location: AACCCC Gym

SENIOR LINE DANCING

Fall/Winter: September 3rd - January 21st

Wednesdays 12pm-1pm

Location: AACCCC Gym

SENIOR PAINTING

Fall: September 8th - November 17th

Winter: January 5th - March 23rd

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

Location: Sparkle Lake

MAH JONGG

Fall: September 3rd - December 17th

Winter: January 7th - March 25th

Wednesdays 10:00am-12pm

Location: AACCCC Room 16

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

John C. Hart Memorial Library

NY and the Founding of America July 9th 1-2pm*



Presented by NY Historical. Out of the ashes of the British occupation and Evacuation Day in November 1783 at the American Revolution’s end, New York emerged as the first capital of the United States. How did a body of elected representatives establish a form of government that had never existed previously? This virtual presentation covers an era from the signing of the Declaration of Independence to the opening of the Erie Canal, providing insight and history as to how New York developed from a British colony to the largest and wealthiest American city.

Learn Embroidery July 23rd 4pm-5pm*



Whether you’re trying embroidery for the first time or looking to try something new: embroider a bee and add some beads for decoration. Supplies provided. *

Diamond Painting - Butterflies August 12th 1pm-2:30pm*



Create a beautiful butterfly suncatcher diamond painting.
For any Experience level. Materials provided.*

*Registration Required

Summer Concert Series

John C. Hart Library @6:00pm

<i>Phineas and the Lonely Leaves</i> Thursday July 10th	<i>WestRock Acoustic Duo</i> Thursday July 17th	<i>The JAM Show</i> Thursday July 24th
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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

*August senior lunch calendar not yet available.

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

AUGUST 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 DANCE AND EXERCISE FOREVER FIT *Lunch
4 <u>SHRUB OAK:</u> 10AM-1PM *Lunch	5 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> *Lunch	6 LINE DANCING MAH JONGG *Lunch	7 KNITTING CLUB *Lunch	8 DANCE AND EXERCISE FOREVER FIT *Lunch
11 <u>SHRUB OAK:</u> 10AM-1PM *Lunch	12 FOREVER FIT *Lunch	13 LINE DANCING MAH JONGG <u>AARP MEETING</u> *Lunch	14 KNITTING CLUB *Lunch	15 DANCE AND EXERCISE FOREVER FIT *Lunch
18 <u>SHRUB OAK:</u> 10AM-1PM *Lunch	19 Fall/Winter Registration <u>ST. PATRICK'S SENIORS</u> 10AM *Lunch	20 LINE DANCING MAH JONGG *Lunch	21 KNITTING CLUB *Lunch	22 DANCE AND EXERCISE *Lunch
25 <u>SHRUB OAK:</u> 10AM-1PM *Lunch	26 *Lunch	27 LINE DANCING MAH JONGG *Lunch	28 KNITTING CLUB *Lunch	29 DANCE AND EXERCISE *Lunch

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

<div>   JULY 2025   </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> Lunch: Roast Turkey w/ gravy	2 LINE DANCING MAH JONGG Lunch: Cheese Lasagna	3 KNITTING CLUB Lunch: Pulled BBQ Chicken	4 
7 <u>SHRUB OAK:</u> 10AM-1PM Lunch: Knockwurst w/Sauerkraut	8 FOREVER FIT Lunch: Sweet-n-sour Chicken	9 LINE DANCING MAH JONGG <u>AARP MEETING</u> Lunch: Meatloaf w/ gravy	10 KNITTING CLUB Lunch: Manicotti	11 DANCE AND EXERCISE FOREVER FIT Lunch: Stuffed Pepper
14 <u>SHRUB OAK:</u> 10AM-1PM Lunch: Macaroni & Cheese	15 FOREVER FIT <u>ST. PATRICK'S SENIORS</u> 10AM Lunch: Sole Oreganata	16 LINE DANCING MAH JONGG Lunch: Salad w/ Ham, Turkey, Cheese	17 KNITTING CLUB Lunch: Yankee Pot Roast	18 DANCE AND EXERCISE FOREVER FIT Lunch: Pesto Chicken
21 <u>SHRUB OAK:</u> 10AM-1PM Lunch: Salisbury Steak	22 Lunch: Roast Turkey w/gravy	23 MAH JONGG Lunch: Eggplant Parmigiana	24 KNITTING CLUB Lunch: Herb Roasted Chicken	25 DANCE AND EXERCISE Lunch: Salmon Burger
28 <u>SHRUB OAK:</u> 10AM-1PM Lunch: Crispy Baked Fish	29 FOREVER FIT Lunch: Pork Chop	30 LINE DANCING MAH JONGG Lunch: Vegetable & Cheese Frittata	31 KNITTING CLUB Lunch: BBQ Chicken	

YORKTOWN LIONS SUMMER CONCERT SERIES



 **JACK DEVITO VETERANS MEMORIAL FIELD**
BRING YOUR LAWN CHAIR AND DANCE MOVES!

JULY 13 TH	6:00pm	Stevie Mac, Stevie Nicks/Fleetwood Mac Tribute
JULY 27 TH	6:00pm	Andrea & The Armenian Rug Riders
AUGUST 3 RD	6:00pm	Dancy Party Explosion
AUGUST 10 TH	6:00pm	Sir Elton, Elton John Tribute
AUGUST 24 TH	5:00pm	Military Tribute Concert Featuring Class Action and Special Guests Alyssa Martin and the Golden Apple Chorus

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

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

2025-26 Senior Club Trips

Shrub Oak Seniors

- **July 10th, 2025** Resorts World Casino - Casino Perks: \$25 Slot Play and \$10 food voucher **\$50pp SOLD OUT**

Friends of JV Travel

- **October 9th, 2025** - Fall Foliage Cruise & Lunch **\$130** Kingston, NY on the Rip-Van Winkle

AARP Chapter #3297

- **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"
- **May 29th - June 1st, 2026** - Washington, DC Trip. Guided Tours throughout our Nation's Capital. 4 Days, 3 Nights. **\$570*** \$75 Due upon signing up. * Price per person based on double occupancy. Add \$230 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**.
- **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

Special Events

101st Annual Yorktown Grange Fair
Friday-Sunday, September 5th, 6th, 7th



Grange Antique Tractor & Vehicle Parade
Saturday, September 6th 12:00pm



San Gennaro Feast
Wednesday-Sunday, September 17th - 21st



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