

Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

September/October 2026

YORKTOWN PARKS & RECREATION DEPARTMENT



Fall Senior Programs

Senior programs are back in full-swing! Coming back this fall, we have Fall Prevention, Chair Yoga, Senior Painting, as well as Cardio Drumming with North Westchester Restorative Therapy & Nursing Center! Registration is now open to Town of Yorktown Seniors. Programs may fill quickly, so be sure to register for the classes you'd like as soon as possible. New to our programming, is Mah Jongg Drop-In (experienced players only) on Friday mornings and a Beginners Bridge class on Tuesday afternoons. For more info, view the class descriptions on the next page. Be sure to check out all of the new fun senior trips that have been scheduled for 2027! Trip forms are available in the Recreation Office.



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

Yorktown Recreation Fall and Winter Programs

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 9th to November 11th

Fall Thursday: September 10th to November 12th
10:45am-11:45am

Winter Thursday: January 7th to February 25th
10:45am-11:45am

DANCE & EXERCISE - FREE*

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

Fall Fridays: September 11th to November 13th

Winter Fridays: January 8th to March 12th
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 10th to October 29th
2pm-3pm

Fridays: September 11th to October 30th
1pm-2pm

***availability subject to change**

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 - A: \$55 B: \$20

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 14th to November 23rd

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

Winter Mondays: January 4th to March 22nd

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

MAH JONGG- DROP-IN

Mah Jongg Drop-in program open to all adults & seniors, experienced players only. Registration required. No instruction. Players must bring own tiles AND cards.

Fridays, 9:00am-11:00am

September 4th – December 30th

January 8th - March 26th

Location: AACCCC Room 16

Residents: 60+ FREE, Under 60 \$30

Newly Added Classes!

BEGINNER'S BRIDGE CLASS

NEW
CLASS!

Ditch the Screen, Shuffle the Deck: Your new favorite hobby is waiting!

Looking for a fun way to sharpen your mind and make new friends? It's time to learn Bridge, the world's most popular card game! Forget everything you think you know about it being overly complicated. Our upcoming Beginner's Bridge Class makes learning fun, fast, and completely stress-free. You will learn to decipher the "secret code" of bidding, map out game strategies, and win tricks with confidence. No partner? No problem! Bridge is a highly social game where you'll form instant connections at the table. Spaces are limited to ensure personalized coaching, so secure your seat today! **Registration is now open!**

Tuesdays, 1:00pm-3:00pm

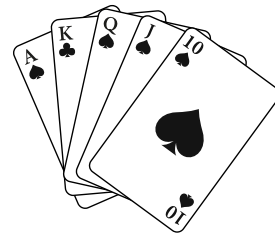
Fall: October 6th to December 15th (No class 11/3)

Winter: January 12th to March 16th

Location: AACCCC Room 16

Resident Fee: \$100.00

Ages: Adults 18+



CARDIO DRUMMING

NEW
DATES!

North Westchester Restorative Therapy and Nursing Center will be bringing back another session of Cardio Drumming in September AND October! 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!

Thursday, September 24th 1:15pm

Thursday, October 22nd 1:15pm

Location: AACCCC Room 104

Residents Fee: \$5 per date

20 SPOTS AVAILABLE **PER SESSION**

REGISTRATION OPENS FRIDAY, SEPTEMBER 4TH @ 9:30AM FOR YORKTOWN RESIDENTS



2026/2027 Senior Club Trips

AARP Chapter #3297

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

- **Oktoberfest at Kruckers**

October 8th, 2026

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

- **Bingo & A Show at Turning Stone Casino Hotel**

June 23rd - 24th, 2027 **NEW**

Includes \$55 Total Slot Play or Bingo Bucks, \$20 Food Coupons, and Show Ticket to "Tribute to Frankie Valli"
Triple Occupancy - **\$355** per person
Double Occupancy - **\$385** per person
Single Occupancy - **\$485** per person

- **The NY Bee Gees @ Resorts World Casino Catskills** **NEW**

Thursday, August 12th, 2027

Casino Perks: \$25 Slot Play, Buffet Lunch, and Ticket to the 3pm Show. - **\$130** per person

- **'Legendary Ladies of Song' Featuring: American Idol Finalist, Crystal Stark @ Resorts World Casino Catskills** **NEW**

Thursday, October 7th, 2027

Casino Perks: \$25 Slot Play, Buffet Lunch, and Ticket to the 3pm Show. - **\$130** per person

JOF Travel Club

Contact: Jim Higgins (914) 302-2836*

- **Best of Ireland Tour - Escorted** **NEW**

October 16th - 23rd, 2027

Touring: Dublin, Galway, Cliffs of Moher, Kerry Killarney, Cobh and Waterford.

Includes Round Trip Non-Stop Flights From JFK, 6 nights accommodation in 4 Star Hotels professional Irish Guided Tours, transportation & sightseeing by deluxe motorcoach throughout. Many more extras: Meals, Pub Visits, Irish Hurling, Ferry crossings, Waterford Crystal Centre, just to name a few. Request a Flyer for more details. This will be a once in a lifetime experience, all this and more for **\$4,099 pp.** **Contact Jim Higgins (914) 302-2836**

Friends of JV Travel

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

- **Niagara Falls** **NEW**

May 24th - May 28th, 2027

Trip includes: 4 Night hotel stay, 4 breakfasts, 4 dinners, gratuities, guided tour of Niagara Falls, Boat Cruise on "The Maid of the Mist", Cruise on Erie Canal, guided tour of Buffalo, Visit to the Buffalo Transportation Pierce Arrow Museum. **\$710** per person for **double** occupancy, **\$880** for **single**

- **9 to 5 the Musical & Luncheon** **NEW**

Thursday, April 29th, 2027

Trip includes: Ticket to 9 to 5 the Musical at the White Plains Performing Arts Center, and Family Style Luncheon at Pax Romana Restaurant. **\$165** per person

Shrub Oak Seniors

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

- **Resorts World Casino Catskills**

December 3rd, 2026

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

St. Patrick's Senior Club

Contact: Carol Manse (914) 648-0066
For trip forms, visit the Rec Office

- **Oktoberfest Plattduetsche Park** **NEW**

Friday, October 9th, 2026

Price includes transportation, German buffet lunch, beer, wine. German dance performance and German music throughout the day, all tips, & gratuities **\$120** per person. Checks must be recieved by September 22, 2026

- **Rat Pack/Nelson Hall Theatre** **NEW**

Thursday, November 5th, 2026

The famous Rat Pack (Frank Sinatra, Sammy Davis Jr., Dean Martin) resurrected by three acclaimed entertainers. Live Orchestra! Price includes transportation and Buffet lunch. **\$110** per person. Checks must be recieved by September 30, 2026

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

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>WIDOWS AND WIDOWERS</u> Lunch: Knockwurst w/sauerkraut	2 LINE DANCING MAH JONGG Lunch: Meatloaf w/gravy	3 KNITTING CLUB Lunch: BBQ Chicken Thigh	4 MAH JONGG (DROP-IN) Lunch: Quiche
7 	8 Lunch: Sole Florentine	9 CHAIR YOGA LINE DANCING MAH JONGG AARP 2pm Lunch: Breaded Pork Chop	10 CHAIR YOGA FALL PREVENTION KNITTING CLUB <u>Happy Rosh Hashanah!</u> Lunch: Beef Brisket w/gravy	11 DANCE & EXERCISE FALL PREVENTION MAH JONGG (DROP-IN) Lunch: Eggplant Parmigiana
14 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> Lunch: Stuffed Pepper	15 <u>ST. PATRICK'S SENIORS</u> <u>10AM</u> Lunch: Orange Ginger Chicken	16 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Stuffed Shells	17 CHAIR YOGA FALL PREVENTION KNITTING CLUB Lunch: Salmon Potlach	18 DANCE & EXERCISE FALL PREVENTION MAH JONGG (DROP-IN) Senior Advisory Committee 1pm Town Hall Lunch: Turkey Burger
21 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> Lunch: Crispy Baked Fish	22 FOREVER FIT Lunch: Turkey Chili	23 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Pork Picatta	24 <u>CARDIO DRUMMING</u> CHAIR YOGA FALL PREVENTION KNITTING CLUB Lunch: BBQ Chicken	25 DANCE & EXERCISE FALL PREVENTION FOREVER FIT MAH JONGG (DROP-IN) Lunch: Spaghetti & Meatballs
28 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> Lunch: Chicken Sausage	29 FOREVER FIT Lunch: Celebrate Octoberfest! Beef Sauerbraten	30 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Flounder Oreganta		

Yorktown Senior Activities Calendar

*October 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

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHAIR YOGA FALL PREVENTION KNITTING CLUB *Lunch	2 DANCE & EXERCISE FALL PREVENTION MAH JONGG (DROP-IN) *Lunch
5 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> *Lunch	6 FOREVER FIT BEGINNERS BRIDGE <u>WIDOWS AND WIDOWERS</u> *Lunch	7 LINE DANCING MAH JONGG *Lunch	8 FALL PREVENTION KNITTING CLUB *Lunch	9 DANCE & EXERCISE FALL PREVENTION MAH JONGG (DROP-IN) *Lunch
12 	13 FOREVER FIT BEGINNERS BRIDGE *Lunch	14 LINE DANCING MAH JONGG AARP 2pm *Lunch	15 FALL PREVENTION KNITTING CLUB *Lunch	16 DANCE & EXERCISE FALL PREVENTION MAH JONGG (DROP-IN) Senior Advisory Committee 1pm Town Hall *Lunch
19 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> *Lunch	20 FOREVER FIT BEGINNERS BRIDGE <u>ST. PATRICK'S SENIORS</u> 10AM *Lunch	21 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	22 <u>CARDIO DRUMMING</u> CHAIR YOGA FALL PREVENTION KNITTING CLUB *Lunch	23 DANCE & EXERCISE (Downing Park) FALL PREVENTION MAH JONGG (DROP-IN) *Lunch
26 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> *Lunch	27 FOREVER FIT BEGINNERS BRIDGE *Lunch	28 MAH JONGG *Lunch	29 FALL PREVENTION KNITTING CLUB *Lunch	30 DANCE & EXERCISE (Downing Park) FALL PREVENTION MAH JONGG (DROP-IN) *Lunch

Town Events

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



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



2026 Yorktown San Gennaro Feast

Statue Procession, amusement rides, food, music, games, beer and wine. 9/16-9/18 5pm-11pm, 9/19 12pm-11pm, 9/20 12pm-10pm. Railroad Park, Commerce Street



State Senator Pete Harckham's Senior Resource Fair

Jefferson Village Community Center 10am-2pm



Mobile Shedder – 10:00am–1:00pm

3800 Sunnyside Street, Shrub Oak NY 10588
Residents can bring up to four file-sized (10"x12"x15") boxes of confidential papers per household. Papers from businesses, institutions or commercial enterprises are not acceptable and will be rejected, as will any junk mail or newspapers.



Halloween Parade & Carnival – 2:00pm–4:00pm

Jack DeVito Field/Veterans Plaza

Yorktown Museum

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

Hi, Yorktown Seniors:

Come stop by the Yorktown Museum at the Albert A. Capellini Community Center, to see what exhibits we have going on right now. Our Rev 250 Exhibit, is very popular and we are currently working on new exhibits this coming fall. Also, don't forget we have research files opened to the public. Plus, keep an eye on the town calendar for special events. Happy Fall Y'all.

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

FRIENDS OF JEFFERSON VILLAGE

Contact: Rich DeSilva (914) 391-5442

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: Jan Wallinger (914) 245-1974

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)