

YORKTOWN SENIOR NEWSLETTER

November/December 2026



NEW Events & Programs:



Thankful for America – Senior Luncheon

The Town of Yorktown is celebrating America's 250th anniversary with a FREE Thanksgiving style Senior Luncheon! For more info, see page 3.

Registration will open on Wednesday, November 4th at 10am.

Cardio Drumming November 19th

North Westchester Restorative Therapy and Nursing Center is back with another **FREE** session of Cardio Drumming! 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! **Limited Spots available, registration opens Friday, November 6th @ 10am.**
When: Thursday, November 19th 1:00pm **Where:** AACCCC GYM

Winter Program Updates:

Senior Yoga UPDATE

Monday Senior Yoga classes have been moved from Room 104 to the gym, allowing for more people to join the class!

When: Mondays, 1:00pm-2:00pm (7 spots available) and 2:00pm-3:00pm (15 spots available) **Where:** AACCCC GYM

Chair Yoga Wednesdays UPDATE

We have added a winter Wednesday session for the Chair Yoga class with Justine. Those who joined the winter Thursday class and wish to switch to Wednesday may do so by calling the Rec office.

When: Wednesdays, **10:30am-11:30am**

Where: AACCCC GYM



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 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

Winter Wednesday: January 6th to February 24th
10:30am-11:30am

DANCE & EXERCISE - FREE*

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

Winter Fridays: January 8th to March 12th
10:45 - 11:45am

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

FOREVER FIT - \$10* WAITLIST ONLY

Low impact aerobics and 30 minutes of strength and stability training. A pair of 2-4 pound weights are recommend. **Instructor:** Stacey Thompson **Location:** AACCCC Gym

Join Waitlists! We are often able to get a few waitlisted participants into classes!

***availability subject to change**

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

Winter Mondays: January 4th to March 22nd
A: Mondays, 9:30-11:30am **B:** Mondays, 10:30-11:30am

SENIOR YOGA - \$7*

This uplifting class blends gentle movement, balance practice, and breathwork--all with the support of a chair. We'll work on improving mobility, building bone strength, and staying steady on your feet. Each class ends with guided relaxation to leave you feeling refreshed, calm, and centered. **Instructor:** Marta Shedletsky **Location:** AACCCC gym

Winter Mondays: January 11th to March 8th
7 classes **A:** 1:00pm-2:00pm **B:** 2:00pm-3:00pm

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 January 8th - March 26th

Location: AACCCC Room 16

Residents: 60+ FREE, Under 60 \$30

Looking ahead... Spring and Summer
registration will begin at the end of March 2027!

TOWN OF YORKTOWN THANKFUL FOR AMERICA

**Celebrate the 250th anniversary of America
with a FREE Thanksgiving style Luncheon
for Town of Yorktown Senior Citizens!**

**NOV
18**

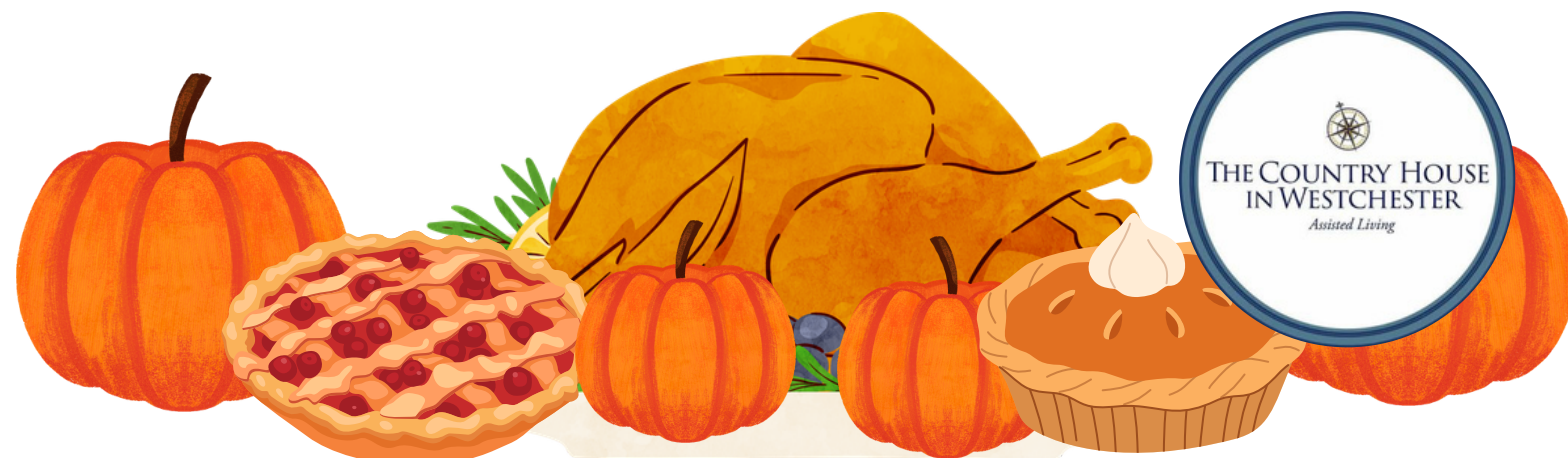


**11AM-
1PM**

LOCATION: CULTURAL & COMMUNITY CENTER GYM

**Must register! Limited spots available.
Registration opens November 4th @ 10am Call to
register (914) 245-4650 or sign up on your
Community Pass account.**

**SPONSORED BY:
The Country House In Westchester**



2026/2027 Senior Club Trips

AARP Chapter #3297

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

- **Bingo & A Show at Turning Stone Casino Hotel
June 23rd - 24th, 2027**

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**

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**

Thursday, October 7th, 2027

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

Friends of JV Travel

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

- **Niagara Falls
May 24th - May 28th, 2027**

WAITLIST ONLY \$710 per person for **double**
occupancy, **\$880** for **single**

- **9 to 5 the Musical & Luncheon
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

- **Beautiful Maine ^{NEW}
Mon-Fri August 30th - September 3rd, 2027**

Trip includes: 4 night hotel stay, 4 breakfasts, 4
dinners, including gratuities, guided tour of
Portland Maine, tour of Kennebunk and
Kennebunk Port, tour of historic Victoria Mansion,
visit Maine Maritime Museum and tour the Percy
& Small Shipyard (and train ride), visit Boothbay
Railway Village, Seashore Trolley Museum w/
Trolley Ride. **\$949 per person for double**
occupancy, **\$1,258** for **Single**

JOF Travel Club

Contact: Jim Higgins (914) 302-2836*

- **Andy Cooney's Irish Celebration ^{NEW}
March, 17th 2027**

Andy brings his renowned troupe of entertainers for a
high-energy concert showcasing the best in Irish Music,
Comedy and Dance. Revel in an afternoon of delicious
food and toe-tapping tunes, stories and fun. Includes
transportation, a fantastic served lunch, all for **\$150.00**.
For reservations call Jim Higgins @ 914-302-2836.

My best wishes to all for a Happy Thanksgiving, a beautiful
Hanukkah, a very Merry Christmas and a wonderful happy
and healthy New Year.

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

- **Resorts World Casino Catskills ^{NEW}
March 31st, 2027**

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

Town Events

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



Veterans Day Parade 2pm

Join Town Officials for this year's Veterans Day Parade along East Main Street in Shrub Oak on Sunday, November 8th at 2 pm. Parade route is from Lakeland High School to the John C. Hart Memorial Library.



Mindfulness Forest Bathing Retreat 8:30am

Discover Shinrin-yoku, the peaceful practice of forest bathing that simply means taking in the forest atmosphere through your senses. This is a quiet, guided, slow-paced walk in the woods-not a strenuous hike- where you will slow down and embrace the stillness, tranquility and the quiet beauty of late autumn as the trees shed their last color. FREE Event, registration required through Rec Office. Retreat takes place at Woodlands Legacy Trails.



Yorktown Stage Presents: *Annie*

Senior Pricing \$25-\$30. Visit <https://www.yorktownstage.org/shows/annie> to purchase tickets



Holiday Electric Lights Parade – 6pm

Parade begins at Front St. to Underhill Ave, to Commerce St., ending at Veterans Rd with a tree lighting.



Shrub Oak Tree Lighting

John C. Hart Memorial Library
Caroling, crafts, vendors and more! Visit the library website for more information.

BEGINNER'S BRIDGE 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 Winter: January 12th to March 16th

Location: AACCCC Room 16 Resident Fee: \$100.00

Ages: Adults 18+



Yorktown Senior Clubs

AARP CHAPTER #3297

Meeting Dates: 2nd Wednesday of each month, 2:00-4:00pm (**Nov meeting on 11/18, not 11/11**)

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

NO MEETINGS: 11/16, 11/23, 12/7

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)

Yorktown Senior Activities Calendar

All Lunches Served at 12pm

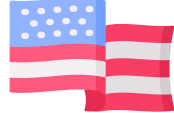
See “Yorktown Senior Center” for more information on the Nutrition Program

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



November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SENIOR YOGA SHRUB OAK: 10AM-1PM Lunch: Chicken Sausage	3  WIDOWS AND WIDOWERS	4 LINE DANCING @ Downing Park MAH JONGG Lunch: Eggplant Parmigiana	5 CHAIR YOGA KNITTING CLUB Lunch: Potlach Salmon w/wild rice	6 DANCE & EXERCISE MAH JONGG (DROP-IN) Lunch: Beef Stew
9 SENIOR PAINTING SENIOR YOGA SHRUB OAK: 10AM-1PM Lunch: Sole Florentine	10 FOREVER FIT SBIC Walk-in Medicare Counseling 10am-1pm Room 16 Lunch: Yankee Pot Roast	11  VETERANS DAY	12 CHAIR YOGA KNITTING CLUB Lunch: Turkey Burger	13 DANCE & EXERCISE MAH JONGG (DROP-IN) FOREVER FIT Lunch: Breaded Pork Chop w/Gravy
16 SENIOR PAINTING Lunch: Salisbury Steak	17 FOREVER FIT ST. PATRICK'S SENIORS 10AM Lunch: Chicken Sausage	18 Thankful for America Senior Luncheon 11am LINE DANCING @ Downing Park MAH JONGG AARP 2pm	19 CHAIR YOGA KNITTING CLUB CARDIO DRUMMING Lunch: Spaghetti & Meatballs	20 MAH JONGG (DROP-IN) FOREVER FIT Senior Advisory Committee 1pm Town Hall Lunch: BBQ Chicken
23 SENIOR PAINTING Lunch: Stuffed Pepper	24 FOREVER FIT Lunch: Baked Fish	25 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Meatloaf w/ gravy	26 	27
30 SENIOR PAINTING SHRUB OAK: 10AM-1PM Lunch: Eggplant Parmigiana				

Yorktown Senior Activities Calendar

*December 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



December 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> *Lunch	2 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	3 KNITTING CLUB *Lunch	4 MAH JONGG (DROP-IN) FOREVER FIT *Lunch
7 *Lunch	8 FOREVER FIT *Lunch	9 CHAIR YOGA LINE DANCING MAH JONGG AARP Luncheon @ Little Sorrento *Lunch	10 KNITTING CLUB *Lunch	11 MAH JONGG (DROP-IN) FOREVER FIT *Lunch
14 SHRUB OAK: 10AM-1PM *Lunch	15 *Lunch	16 LINE DANCING MAH JONGG *Lunch	17 KNITTING CLUB *Lunch	18 MAH JONGG (DROP-IN) Senior Advisory Committee 1pm Town Hall *Lunch
21 SHRUB OAK: 10AM-1PM *Lunch	22 *Lunch	23 *Lunch	24 KNITTING CLUB *Lunch	25 MERRY CHRISTMAS
28 SHRUB OAK: 10AM-1PM *Lunch	29 *Lunch	30 *Lunch	31 KNITTING CLUB *Lunch	