

Yorktown Senior Newsletter

FOR THE TOWN OF YORKTOWN SENIORS

JANUARY/FEBRUARY 2026

YORKTOWN PARKS & RECREATION DEPARTMENT



WINTER SENIOR PROGRAMS

DANCE & EXERCISE* - FREE

January 9th - March 13th

Fridays, 10:45 - 11:45am

Location: AACCCC Gym

FOREVER FIT* - \$8

January 9th - March 6th

Fridays, 7:45am - 8:45am

Location: AACCCC Gym

New winter session added:

January 6th - March 3rd Tuesdays,

11:45am - 12:45pm

Location: AACCCC Gym

SENIOR LINE DANCING* - FREE

Winter: January 7th - March 25th

Wednesdays 12pm-1pm

Location: AACCCC Gym

SENIOR PAINTING* - A \$50 B \$10

Winter: January 5th - March 23rd

A - Mondays, 9:30-11:30

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

Location: Sparkle Lake

KNITTING CLUB - FREE

Thursdays 10:00am-12pm

Location: AACCCC Room 16

*Availability subject to change



LOOKING AHEAD... ☺

SPRING/SUMMER 2026 BROCHURE WILL BE AVAILABLE EARLY MARCH

SPRING/SUMMER REGISTRATION OPENS MARCH 24TH 9:30AM

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 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

JANUARY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>Happy New Year</i>	2 Lunch: Baked Ham w/ Raisin Sauce
5 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM Lunch: Chicken Sausage	6 FOREVER FIT <u>WIDOWS AND WIDOWERS</u> Lunch: Eggplant & Penne	7 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Meatloaf	8 CHAIR YOGA KNITTING CLUB Lunch: Baked Fish	9 DANCE & EXERCISE FOREVER FIT Lunch: Honey Mustard Chicken
12 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM Lunch: Breaded Pork Chop	13 FOREVER FIT Lunch: Baked Sole Veracruz	14 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Cheese Lasagna	15 CHAIR YOGA KNITTING CLUB Lunch: Crispy Baked Chicken	16 DANCE & EXERCISE FOREVER FIT Lunch: Beef & Vegetable Stew
19 	20 FOREVER FIT <u>ST. PATRICK'S SENIORS 10AM</u> Lunch: Stuffed Pepper	21 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Molasses Chicken Thigh	22 CHAIR YOGA KNITTING CLUB Lunch: Salmon w/Dill Sauce	23 DANCE & EXERCISE FOREVER FIT Lunch: Roast Turkey w/Gravy
26 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM Lunch: Sole Florentine	27 FOREVER FIT Lunch: Yankee Pot Roast	28 CHAIR YOGA LINE DANCING MAH JONGG Lunch: Orange Ginger Chicken	29 CHAIR YOGA KNITTING CLUB Lunch: Manicotti	30 DANCE & EXERCISE FOREVER FIT Lunch: Breaded Pork Chop

CARDIO Drumming

Feel the Beat, Boost Your Health!

North Westchester Restorative Therapy and Nursing 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!



WEDNESDAY
FEBRUARY 11TH, 2026
1:15PM

**AACCCC ROOM 104
20 SPOTS AVAILABLE
REGISTRATION REQUIRED
CONTACT THE REC OFFICE**



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

*February senior lunch calendar not yet available.
Visit <https://www.yorktownny.gov/senior/nutrition-program-monthly-menu> for menu

FEBRUARY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SENIOR PAINTING SENIOR YOGA <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM *Lunch	3 FOREVER FIT AARP FREE TAX PREP 10AM-2PM <u>WIDOWS AND WIDOWERS</u> *Lunch	4 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	5 CHAIR YOGA KNITTING CLUB *Lunch	6 DANCE & EXERCISE FOREVER FIT *Lunch
9 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM *Lunch	10 FOREVER FIT AARP FREE TAX PREP 10AM-2PM *Lunch	11 CHAIR YOGA LINE DANCING MAH JONGG CARDIO DRUMMING *Lunch	12 CHAIR YOGA KNITTING CLUB *Lunch	13 DANCE & EXERCISE FOREVER FIT *Lunch
16 <i>HAPPY Presidents Day</i> *Lunch	17 FOREVER FIT AARP FREE TAX PREP 10AM-2PM <u>ST. PATRICK'S SENIORS 10AM</u> *Lunch	18 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	19 CHAIR YOGA KNITTING CLUB *Lunch	20 DANCE & EXERCISE FOREVER FIT *Lunch
23 SENIOR PAINTING <u>SHRUB OAK: 10AM-1PM</u> TIPS 9AM-11AM *Lunch	24 FOREVER FIT AARP FREE TAX PREP 10AM-2PM *Lunch	25 CHAIR YOGA LINE DANCING MAH JONGG *Lunch	26 CHAIR YOGA KNITTING CLUB *Lunch	27 DANCE & EXERCISE FOREVER FIT *Lunch

2026 Senior Club Trips

AARP Chapter #3297 Contact: Rich DeSilva (914) 962-7723

- **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

Friends of JV Travel Contact: Rich DeSilva (914) 962-7723

- **April 23rd , 2026 - Catch Me If You Can Show & Luncheon**

A High flying musical comedy about chasing your dreams and not getting caught. Location: White Plains Performing Arts Center

Includes Family Style Luncheon at Pax Romana Restaurant. **\$155** per person

- **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. **SOLD OUT WAITLIST ONLY**

Shrub Oak Seniors Contact: Rich DeSilva (914) 962-7723

- **March 26th , 2026 - Resorts World Casino Catskills**

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

JOF Travel Club

- **March 17th, 2026 - Andy Cooney's Irish Cabaret**

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 and fun. Includes transportation, fantastic served lunch, all for **\$140.**

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

For reservations call Jim Higgins @ 914-302-2836

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 (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.

UPCOMING EVENTS

HEALTH AND WELLNESS FAIR Hudson Valley Gateway Chamber of Commerce	January 10 th 10am-2pm
Jefferson Valley Mall	
5TH ANNUAL POLAR PLUNGE Friends of Yorktown Parks and Recreation	January 10 th 9am-11am
Sparkle Lake	
HOLIDAY COMEDY NIGHT (\$) To Benefit Support Connection	January 25 th 2pm Start
Yorktown Elks Lodge	
Y.H.S BAND SWING DANCE CONCERT	February 7 th 7pm-10:30pm
Yorktown High School Gym	



Sometimes there are things that affect our health that can't be fixed by doctors or medical treatment. **UJA SocialRx** (formerly Isolation to Connection) connects isolated older adults to valuable community resources that improve overall health and well-being.

Through this FREE program, our warm and friendly Connection Specialist will work with isolated older adults, their families and caregivers to assess their needs and connect them to an array of community-based services, including:

- Home-delivered meals
- Transportation
- Vaccine appointments
- Ongoing case-management programs
- Home care, home-based medical services
- Telephone or in-person counseling
- Caregiver and bereavement support groups
- Social & community programming
- Technology training
- Volunteer opportunities



Learn more at: jccmw.org/SocialRx

For more information, please contact connection specialist

Cheryl Brandwein at (914)768-8901 or brandweinc@jccmw.org

This program is a collaboration between JCC Mid-Westchester and Westchester Jewish Community Services, and funded by UJA-Federation of New York.



SENIOR CLUBS

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

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)