

# TOWN OF CORTLANDT - THE GOLDEN CONNECTION

29 Westbrook Drive  
Cortlandt Manor, NY  
914-528-1572

**JULY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Poker Group 1- 3PM Drop in Pickleball 1:30-3:00pm Shopping Trip to Trader Joe's and Uncle G's</p>	<p>2 Bocce 9:30am  Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>3 Coffee Hour 12:00pm Men's Discussion Group 12:00pm  Drop In Pickleball 1:30 -3:00pm</p>	<p>4 <b>Center Closed</b> </p>	<p>5 Low Impact 10:15am Zumba 12:15pm  Pizza &amp; Movie 1:00pm "West Side Story"</p>
<p>8 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Poker Group 1-3pm Drop in Pickleball 1:30-3:00pm</p>	<p>9 Bocce 9:30am  Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>10 <b>Trip Out, Log Cabin, 9:00am</b> Pickleball w/Paul 9-10:30am Pickleball w/Paul 10:30am-12pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30pm-3:00pm</p>	<p>11 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement Support 12 Noon <b>Verplanck Mtg. 10am @Schoolhouse</b> <b>Guest: Dr. Garry Conor, Orthopedist</b></p>	<p>12 Low Impact 10:15am  Zumba 12:15pm</p>
<p>15 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Poker Group 1-3pm Drop in Pickleball 1:30-3:00pm</p>	<p>16 Bocce 9:30am Nor-Cort /Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>17 Pickleball w/Paul 9:00-10:30am Pickleball w/Paul 10:30am-12:00pm Square Dancing 1:00-3:00pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Senior Forum at Town Hall 9:30am-11:30am <b>NO Pickleball</b></p>	<p>18 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm <b>Lottery Deadline- Goodspeed Trip</b>  <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>19 Low Impact 10:15am Zumba 12:15pm  Salsa w/Suzi 1:15 - 2:00pm</p>
<p>22 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Poker Group 1-3pm Drop in Pickleball 1:30-3:00pm</p>	<p>23 Bocce 9:30am Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>24 Pickleball w/Paul 9:00-10:30am Pickleball w/Paul 10:30am-12:00pm Men's Group &amp; Coffee Hour 12:00pm Drop In Pickleball 1:30pm-3:00pm</p>	<p>25 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong, Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>26 Low Impact 10:15am  Zumba 12:15pm</p>
<p>29 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Poker Group 1-3pm Drop in Pickleball 1:30-3:00pm</p>	<p>30 Bocce 9:30am Nor-Cort/Cortlandt Mtg. 10:30am Lunch <b><u>BIG BINGO 12:30pm</u></b></p>	<p>31 Pickleball w/Paul 9:00-10:30am Pickleball w/Paul 10:30am-12:00pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30pm-3:00pm <b>NO Swing Dance</b></p>	<p><b>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</b></p>	<p><b>Program Information on Reverse Side!</b> </p>

# TOWN OF CORTLANDT “GOLDEN CONNECTION”

**Bocce:** Stop by the Center and enjoy a free game on our bocce courts on Tuesdays at 9:30am.

**Pizza & Movie:** Friday, July 5th, “West Side Story”. Starring Ansel Elgort, Rachel Zegler, Adriana DeBose, David Alvarez, & Rita Moreno, directed by Steven Spielberg. An adaptation of the original Broadway musical exploring young love and tensions between rival gangs, the Sharks and the Jets on the streets of 1957 NY. Must pre-register no later than 1 week prior with payment of \$6.00.

**Bereavement:** support is available to those who are grieving a recent death and provide a safe and supportive environment where people can verbalize feelings associated with a loss. Susan Loomis, LMSW will be available for support. Meetings are typically held the first and third Thursday of the month from 12:00pm-1:00pm. Office hours available upon request. Date for July: July 11th.

**Final Payment for Escape to Acadia Trip is due by July 16th.** If you are signed up and have paid your deposit, you will need to contact, Tours of Distinction directly @ 1-860-627-0199, ask for Tyler and arrange payment.

**Verplanck Club Meeting:** Join Verplanck Club on Thursday, July 11th and welcome their Guest Speaker, Dr. Garry Connor, Orthopedist.

**Square Dancing w/Sandy:** Wednesday, July 17th, 1-3PM Square Dancing is Friendship set to music! Exercise the body and mind while having fun. Pre-registration required no later than one week before with payment of \$5.00.



**Senior Forum:** Sustaining our Seniors: Aging in Place, at Cortlandt Town Hall, 1 Heady Street, Wednesday, July 17th 9:30-11:30am. Join Assemblywoman Dana Levenberg, NYPHV Hospital AAA, Westchester Residential Opportunities, Public Utility Law Project, Office of Attorney General, State Comptroller Office and Old Traditions, New Beginnings. Free and open to the public.

## SCHEDULE OF EVENTS

**Salsa w/Suzi,** July 19th, 1:15-2:00pm. Brush up on or learn your favorite Latin Dance styles including salsa, rumba, merengue and cha cha. Come learn and have fun! Free.



**Big Bingo:** Tuesday, July 30th at 12:30pm. Entrance fee is \$7.00 paid in advance, includes card for each game. Additional cards, daubers and bonus games will be available for purchase. Pre-registration is required with payment to reserve your spot. In the future, payment at the door will be \$10.00 instead of \$7.00.

**Annual : ‘Senior Citizen Recognition Day Picnic’ at Charles Cook Pool on August 13th, Rain Date: August 16th, 11am-2pm. Bus will be available. Sign up with office and choose either a hamburger, cheeseburger, veggie burger or hot dog. You will also get French fries and ice cream.**

### Coming Up:

1. Craft Day w/Cherie on Wednesday, August 7th, free.
2. Swing Dance, Wednesday, August 28th, free.
3. Please join NYS Senator Harckham for his 2nd annual Senior Resource Fair on Friday, September 13th, from 10:00am-2:00pm to learn about state and local resources designed specifically to support our senior residents.
4. Rocking the Clock w/Jodi, September-October (9 Sessions) Fee: \$20.00.
5. Special Chair Yoga—Session starts Monday, September 23-November 25th \$20.00

