

# TOWN OF CORTLANDT - THE GOLDEN CONNECTION

## November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Winter Weather Policy!</b> If Lakeland Central School District is <b>DELAYED OR CLOSED</b> due to inclement weather the Senior Center is <b>CLOSED</b>. No programs or meal delivery.</p> 		 <p>Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572</p> 	<p><b>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</b></p>  <p><b>Program Information On Reverse Side!</b></p> 	<p>1 Low Impact 10:15am Zumba 12:15pm Pizza &amp; Movie 1:00 pm “Last Vegas” <b>Nordic Lodge Trip –bus departs @ 8:30am</b></p>
<p>4 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00-1:00pm Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm Shopping Trip to Uncle G.s &amp; Trader Joe’s</p>	 <p><b>= Sorry =</b> <b>WE'RE CLOSED FOR ELECTION DAY</b></p>	<p>6 Tai Chi 11:30am-12:30pm <b>Men’s Discussion Group 12:30pm</b> <b>Coffee Hour 12:30pm</b> HeLP class 12:30-3:00pm <b>Special: Play with Pickleball Paul 1:00-3:15pm</b></p>	<p>7 Chair Yoga 10:30am Wii Bowling 11:45am Bereavement 12pm Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg.10:00am @Schoolhouse</b> <b>Speaker 10:30am-Dr.Berger, breast cancer Oncology</b></p>	<p>8 Low Impact 10:15am  Zumba 12:15pm Salsa with Suzi 1:15pm Meringue</p>
 <p>11 <b>Veteran’s Day Ceremony at the Community Center - 11:00am</b></p>	<p>12 Nor-Cort/Cortlandt Mtg. 10:30am <b>Speaker on Medicare at 11:00am</b> Lunch Bingo</p>	<p>13 <b>Fitness Class 10:00-11:00am</b> Tai Chi 11:30am-12:30pm <b>Men’s Discussion Group 12:30pm</b> <b>Coffee Hour 12:30pm</b> HeLP class 12:30-3pm Drop in Pickleball 1:30-3pm</p>	<p>14 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm  <b>Verplanck Mtg.10:00am @Schoolhouse</b></p>	<p>15 Low Impact 10:15am  Zumba 12:15pm Salsa with Suzi 1:15 pm Meringue</p>
<p>18 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00-1:00pm Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm</p>	<p>19 Nor-Cort/Cortlandt Mtg. 10:30am <b>Speaker on Alzheimer’s 11:00am</b> Lunch Bingo</p>	<p>20 Tai Chi 11:30am-12:30pm <b>Men’s Discussion Group 12:30pm</b> <b>Coffee Hour 12:30pm</b> HeLP class 12:30-3pm <b>No Drop in Pickleball</b> Swing Dance 1:30-3:00pm</p>	<p>21 Chair Yoga 10:30am Wii Bowling 11:45am Bereavement 12pm Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg.10:00am @Schoolhouse</b></p>	<p>22 No Lori Class—Low Impact  Zumba 12:15pm Salsa 1:15 pm</p>
<p>25 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00-1:00pm Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm</p>	<p>26 Nor-Cort/Cortlandt Mtg. 10:30am Lunch Big Bingo 12:30 pm</p>	<p>27 Tai Chi 11:30am-12:30pm <b>Men’s Discussion Group 12:30pm</b> <b>Coffee Hour 12:30pm</b> No HeLP class <b>No Drop in Pickleball</b></p>	 <p><b>CLOSED THURSDAY &amp; FRIDAY</b> <b>HAPPY THANKSGIVING</b> Have a Wonderful Holiday!</p>	

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## Schedule of Events



**Pizza & Movie:** “Last Vegas”, a comedy, will be playing on Friday, November 1st at 1:00pm. Billy, Paddy, Archie and Sam have been best friends since childhood. When Billy proposes to his much-younger girlfriend, they go to Vegas to relive their glory days. However, the decades have changed Sin City and tested their friendship. Pre-registration is required, one week prior, with payment of \$6.00 for 2 slices of pizza, beverage, and dessert.

**Bereavement Support:** 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. Next Meeting scheduled on Thursday, November 7 & 21st from 12-1pm. Office hours available upon request.

**Tai Chi:** Instructor, Kim Cercena  
In this seven week course, we will do Chi Kung warm ups and a short Tai Chi form. This form can be done seated or standing. Tai Chi can help with muscle strength, flexibility and balance. Tai Chi is a great way to connect your mind and body through movement and breathing. Starts Wednesday, November 6 (7 sessions) at 11:30am. Cost \$20, paid at least one week prior to class.

**Play Pickleball with Paul:** Immerse yourself in gameplay with a veteran player as your fourth. Paul will give advice and feedback throughout games on things like technique, shot selection, court positioning, strategy, and more on Wednesday, November 6th between 1:30-3pm. This is not a clinic or one on one lesson. Free!

**Verplanck Speaker:** Thursday, November 7th at 10:30 am at the Schoolhouse there will be a speaker, Dr. Berger, on the topic of breast cancer oncology. Please call Barbara at 914-737-6404 to register.

**Medicare and Long Term Planning:**  
Daffodil Reid-Alexander will be speaking about updates on the Medicare program and the topic of long term planning on Tuesday, November 12 at 11:00am.



**Fit & Functional Class:** Join M2 Speed, Strength & Performance along with Sponsorship from Haven Physical Therapy on Wednesday, November 13 from 10-11am for a preview class geared towards burning fat, building strength and better function. Come burn some calories, some physical therapy as well as a fitness/nutritional presentation. Light refreshments will be served. Must register by Wednesday, November 6th.

**Alzheimer’s Speaker** on Tuesday, November 19th at 11 am. Rebecca Westall, MSW, will give an introduction to Alzheimer’s and other dementias. She will speak for 15-20 minutes about the disease and how it affects individuals, families, and whole communities. She will be available after the brief presentation for 1:1 information/care consultations.

**Swing Dance w/Cameron:** If you always wanted to learn to Swing Dance join in on Wednesday, November 20 from 1:30-3:00pm where Cameron puts you through the steps to the oldies. Free!

**Big Bingo:** Tuesday, November 26th 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. Payment at the door will be \$10.00 instead of \$7.

### Upcoming Events in December & January

1. Monday, Dec. 2 - Gingerbread House Making at 12N: \$10 in advance. Take a break from holiday shopping and get messy with us! All supplies will be provided. Must register by 11/25 with payment in cash.
2. Monday, Dec. 9 - Run, Run Rudolph at 12:30pm sharp, Cost is \$5 entrance fee, includes first bet and light refreshments. Head over to the racetrack for an afternoon at Cortlandt Downs! This exciting horse-themed game is an active race towards the finish line. Six races in total. Payment is due no later than 12/2.
3. Friday, January 10- Disco Night for the Town community from 6-8 pm. Cost is \$8 in advance, \$10 at door. Be on the lookout for more information.