



TOWN OF CORTLANDT - THE GOLDEN CONNECTION

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>4 Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30-3:00pm</p>	<p>5 Chair Yoga 10:30am Sub, Patricia Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement 12:00pm</p> <p>Verplanck Mtg. 10:00am @Schoolhouse Speaker: Dr. Mears</p>	<p>6 Low Impact 10:15am</p> <p>Zumba 12:15pm</p> <p>Pizza & Movie 1:00 pm "The Courier"</p>
<p>9 Line Dancing 10:30am-11:30am Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm Shopping Trip to Uncle G.s & Trader Joe's</p>	<p>10 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch</p> <p>Trip: Aqua Turf –bus departs @ 9:15 am</p>	<p>11 Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Special: Play with Pro, Pickleball Paul 1:30-3:00pm</p>	<p>12 Chair Yoga 10:30am Sub, Patricia Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm</p> <p>Verplanck Mtg.10:00am @Schoolhouse</p>	<p>13 No exercise</p> <p>Senior Resource Fair 10:00am-2:00pm</p>
<p>16 Line Dancing 10:30-11:30am Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm</p> <p>Maine trip 9/16-9/19 bus departs Community Center at 7:00 am</p>	<p>17 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>18 Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30-3:00pm</p>	<p>19 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm</p> <p>Verplanck Mtg.10:00am @Schoolhouse</p>	<p>20 Low Impact 10:15am</p> <p>Zumba 12:15pm Sub: Barbara</p>
<p>23 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00-1:00pm Poker Group 1:00-3:00pm Cooking Class 1:15-2:15pm Drop in Pickleball 1:30-3:00pm</p>	<p>24 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch</p> <p>Big Bingo 12:30 pm</p>	<p>25 Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm No Drop in Pickleball Swing Dance 1:30-3:00pm</p>	<p>26 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Verplanck Mtg.10:00am @Schoolhouse Flu shots 1:00-3:00 pm</p>	<p>27 Low Impact 10:15am</p> <p>Zumba 12:15pm Salsa 1:15 pm</p> <p>Night Line Dancing 6:30-8:30 PM</p>
<p>30 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>29 Westbrook Drive Cortlandt Manor, NY 914-528-1572</p>	<p>Program Information On Reverse Side!</p> 	<p>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</p>

TOWN OF CORTLANDT “GOLDEN CONNECTION”

SCHEDULE OF EVENTS

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

Rockin' the Clock: starts Wednesdays, September 4th-October 30th at 10:30am. Our ACE-certified instructor, Jody Alesandro, is back! Dance-fitness classes for active seniors and rock lovers of all ages. Cost: \$20 for all sessions. Please pre-register with payment no later than one week prior to start of class.

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 Thursday, September 5th from 12-1pm. Office hours available upon request.

Pizza & Movie: “The Courier” will be playing on Friday, September 6th at 1:00pm. Businessman Greville Wynne is asked by a Russian source to try to help put an end to the Cuban missile crisis. Pre-registration is required, one week prior, with payment of \$6.00 for 2 slices of pizza, beverage, and dessert.

Drop in Pickleball with Pro: Immerse yourself in gameplay with a teaching pro as your fourth. Paul will give advice and feedback throughout games on things like technique, shot selection, court positioning, strategy, and more on Wednesday, September 11th between 1:30-3pm. This is not a clinic or one on one lesson. Free!

Verplanck Picnic: Thursday, September 12th at the Schoolhouse. Please call Barbara at 914-737-6404 for more info.

Mindful Movement & Wellness for Your Innerbeing/ Special Chair Yoga: Intro to chair yoga for the mind body, and soul. Sessions will include: gentle mindful movement, followed by sound bath and sealing the practice with aromatherapy offering. Mondays, starting September 23-November 25 at 12 Noon. Cost: \$20, please register in advance.

Big Bingo: Tuesday, September 24th 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.

Swing Dance w/Cameron: If you always wanted to learn to Swing Dance join in on Wednesday, September 25th from 1:30-3:00pm where Cameron puts you through the steps to the oldies. Free!

Flu Shot Day: To help support the health and safety of the members of our community, our friends at Save Mor Pharmacy have offered to host a Flu Vaccine clinic on Thursday, September 26th at 1-3pm from the Community Center. No appointment necessary, just bring your Medicare card (other insurance cards are acceptable).

Friday Night Line Dancing Special: Grab your cowboy boots and hat and join us and others on Friday, September 27th at 6:30-8:30pm. \$8 if paid in advance, \$10 at door.



Upcoming Events in October & November:

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| 1. October 8th | Meet the Candidates |
| 2. October 9th | Trip: Goodspeed, full, wait list available |
| 3. October 21-25 | Open House Week |
| 4. October 9-30 | Drawing in Black & White and Color Class |
| 5. October TBA | Smartphone Basics Class |
| 6. November 1 | Trip: Foxwoods & Nordic Lodge |
| 7. November 6-December 18 | Tai Chi Classes |
| 8. November TBA | Trip Survey for 2025 |