
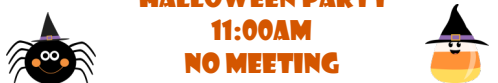
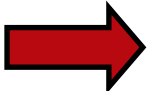


TOWN OF CORTLANDT - THE GOLDEN CONNECTION

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</p> <p>29 Westbrook Dr., Cortlandt Manor, NY 914-528-1572</p>	<p>1 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>2 Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Craft Day 12:00pm</p> <p>Special: Play with Pro, Pickleball Paul 1:30pm-3:15pm</p>	<p>3 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement 12:00pm</p> <p>Verplanck Mtg. 10:00am @Schoolhouse</p>	<p>4 Low Impact 10:15am</p> <p>Zumba 12:15pm</p> <p>Pizza & Movie 1:00 pm "Haunted Mansion"</p>
<p>7 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00pm-1:00pm *sub* Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm-3:00pm Shopping Trip to Uncle G's & Trader</p>	<p>8 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Meet the Candidates 11:00am Lunch</p>	<p>9 Drawing Class 10:00am-1:00pm Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30-3:00pm</p> <p>Goodspeed Trip Out - Bus Leaves 8:30am</p>	<p>10 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement 12:00pm</p> <p>No Verplanck Mtg.</p>	<p>11 Low Impact 10:15am Zumba 12:15pm Salsa with Suzi 1:15pm "Meringue"</p> <p>Verplanck Installation of Officers @ Cortlandt Colonial</p>
	<p>15 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo</p>	<p>16 Drawing Class 10:00am-1:00pm Rockin' the Clock 10:30am</p> <p>No Men's Discussion Group, Coffee Hour or Drop in Pickleball</p> <p>Seminar: Elder Abuse and Fraud Prevention 12:00pm - 1:30</p>	<p>17 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm</p> <p>No Verplanck Mtg.</p>	<p>18 Low Impact 10:15am</p> <p>Zumba 12:15pm Salsa with Suzi 1:15pm "Meringue"</p>
<p>21 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00pm-1:00pm Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm -3:00pm JV Mall Shopping Bus</p>	<p>22 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Mtg. 10:30am Lunch Big Bingo 12:30 pm</p>	<p>23 Drawing Class 10:00am-1:00pm Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30-3:00 pm</p>	<p>24 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement 12:00 pm</p> <p>Verplanck Mtg.10:00am @Schoolhouse</p>	<p>25 Low Impact 10:15am</p> <p>Zumba 12:15pm</p> <p>Travelogue Series: Spain 1:30pm-3:00pm</p>
<p>🌟 OPEN HOUSE WEEK 🌟 Stop by, meet the staff, and try out our programs 🌟 OPEN HOUSE WEEK 🌟</p>				
<p>28 Line Dancing 10:30am-11:30am Special Chair Yoga 12:00pm-1:00pm Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm-3:00pm</p>	<p>29</p> <p>NOR-CORT/CORTLANDT HALLOWEEN PARTY</p> <p>11:00AM</p> <p>NO MEETING</p> 	<p>30 Drawing Class 10:00am-1:00pm Rockin' the Clock 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Swing Dance 1:30-3 pm NO PICKLEBALL</p> <p>Veteran's Meeting 11 am at Town Hall</p>	<p>31 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>Program Information On Reverse Side!</p> 

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Schedule of Events

Pizza & Movie: "Haunted Mansion" is Friday, October 4th at 1:00pm. A woman and her son enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters. Pre-registration is required, one week prior, with payment of \$6.00 for 2 slices of pizza, beverage, and dessert.

Meet the Candidates: Join us for refreshments and a casual meet and greet with the candidates. Understand the candidates positions on issues that impact you and your community. Tuesday, October 8th at 11:00am. This is a free event and call 914-528-1572 to register for an accurate refreshment count

Drawing in Black & White and Color: Instructor, Sharon Rubinstein
Drawing skills are fundamental for 2-dimensional art. This 4-week class of 3 hour sessions will use graphite, charcoal, colored pencil, and watercolor pencils to explore a range of expressive possibilities. Each class is structured with demonstrations and short, supportive critiques. Classes will be held at the Center on Wednesdays, October 9, 16, 23, & 30 from 10:00 AM– 1:00 PM. *Pre-registration with payment \$75.00—price includes cost of supplies is required no later than one week prior to start of class.*

Bereavement Support: This support group 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. Next Meeting scheduled Thursday, October 10th and 24th from 12:00pm-1pm. Office hours available upon request.

Salsa with Suzi: Join us on Fridays, October 11th & 18th at 1:15pm as Suzi teaches the Merengue! Sessions will cover one dance style so that we can cover more moves and build on the knowledge that you are gaining.

Seminar: Elder Abuse and Fraud Prevention on Wednesday, October 16th from 12:00pm - 1:30 pm.

This will cover elder abuse: what is elder abuse and what can it look like? Risk factors associated with elder abuse. Protective factors to reduce the risk. Financial fraud: What its it? Risk factors for financial fraud. How to report financial fraud. Refreshments will be served. Please register at least one week prior so we can have an accurate count.

Open House Week: Stop by the week of October 21st-25th to sign up, try some programs and meet the staff!

Big Bingo: Tuesday, October 22nd 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.

Travelogue Afternoon: No need to check your bags for our fall adventure to Spain! For \$2.00 you can book your ticket for a an afternoon video of Spain along with a delicious Spanish treat! Friday, October 25th. Pre-registration is required, one week prior with payment.

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

Mindful Movement & Wellness for Your Innerbeing/ Special Chair Yoga: Continues on Mondays through November. Cost: \$20 for all sessions.

Bocce: Stop by the Center and enjoy a free game on our bocce courts on Tuesdays, at 9:30am. Outdoor play ends on 10/22.

Rockin' the Clock with our ACE-certified instructor, Jody Alesandro continues Wednesdays through October 30th at 10:30am. Cost: \$20 for all sessions.

Coming in November - TAI CHI

Instructor, Kim Cercena
In this 7 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. Wednesdays, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18 (7 sessions) from 11:30AM- 12:30PM. *Pre-registration with payment of \$20.00 is required no later than one week prior to start of class.*

Upcoming Events in November & December

1. Trip: Foxwoods & Nordic Lodge out on Friday, November 1st at 8:30am.
2. Don't forget to complete a 2025 Trip Survey
3. Gingerbread House afternoon
4. Medicare speaker
5. HELP - Health for Life Workshop starting 11/6.