






# TOWN OF CORTLANDT - THE GOLDEN CONNECTION



DECEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO Line Dancing Poker Group 1:00-3:00pm Gingerbread House Making12:00pm Drop in Pickleball 1:30-3:00pm Bus to Uncle G’s & Trader Joe’s	3 Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	4 Tai Chi 11:30am-12:30pm Coffee Hour 12:30pm Men’s Discussion Group 12:30pm HeLP For Life Program 12:30pm– 3:00pm Special Play w/Pickleball Paul 1:30 –3:00pm	5 Chair Yoga 10:30am Wii Bowling 11:45pm Mahjong, Chinese Mahjong, Cards, and Board Games 12:00pm Bereavement Support 12 Noon <b>Verplanck Mtg.10:00am @Scholhouse</b> <b>Guest : Karen McCarthy NYPHC</b>	6 Low Impact 10:15am Zumba 12:15 Pizza & Movie 1:00 pm “Elf”
9 NO Line Dancing Run Rudolph Run Races 12:30pm NO Poker Group NO Drop In Pickleball	10 Nor-Cort/ Cortlandt Holiday Party@ Cortlandt Colonial 12:00pm	11 Tai Chi 11:30am-12:30pm Men’s Discussion Group 12:30pm Coffee Hour 12:30pm HeLP class 12:30-3:00pm Drop in Pickleball 1:00-3:00pm	12 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm  <b>NO Verplanck Mtg.</b>	13 Low Impact 10:15am Zumba 12:15pm (Sub. Freddie) <b>Verplanck Holiday Party</b> <b>@Cortlandt Colonial</b> <b>12:00pm</b>
16 Line Dancing 10:30am11:30am Poker Group 1:00-3:00pm Drop In Pickleball 1:30-300pm	17 Nor-Cort/Cortlandt Meeting 10:30am Lunch Blue Santa 11:30am BIG BINGO 12:30pm	18 Tai Chi 11:30am-12:30pm Coffee Hour 12:30pm Men’s Discussion Group 12:30pm HeLP Class 12:30-3:00pm Swing Dance 1:30-3:00pm NO Drop in Pickleball	19 Chair Yoga 10:30am Wii Bowling 11:45am Bereavement Support 12 Noon Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg. 10:00am @Schoolhouse</b>	20 Low Impact 10:15am  Zumba 12:15pm
23 Line Dancing 10:30am-11:30am Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm	24 <b>NO PROGRAMS</b> <b>CENTER CLOSED</b> <b>@ NOON</b> 	25 	26 Chair Yoga 10:30 (Sub.- Patricia) Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg.10:00am @Schoolhouse</b>	27 Low Impact 10:15  Zumba 12:15pm
30 NO Line Dancing Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm	31 <b>NO PROGRAMS CENTER CLOSED</b> <b>@ Noon</b> 		<b>Muriel H. Morabito</b> <b>Community Center</b> <b>29 Westbrook Drive</b> <b>Cortlandt Manor, NY</b> <b>914-528-1572</b>	<b>NOTICE: CALENDARS</b> <b>SUBJECT TO CHANGE</b> <b>WITHOUT PRIOR NOTICE!</b> <b>Program Information</b> <b>On reverse side</b>  

# TOWN OF CORTLANDT - THE GOLDEN CONNECTION

## Schedule of Events



**Gingerbread House Making:** December 2nd at 12 Noon. \$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.

**Play Pickleball w/Paul:** Immerse yourself in gameplay with a veteran player as your forth. Paul will give advice and feedback throughout games on things like technique, shot selection, court positioning, strategy and more on Wednesday, December 4th between 1:30-3pm. This is not a clinic or one on one lesson. Free!

**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, December 5th & 19th from 12-1pm. Office hours available upon request.

**Verplanck Seniors:** Thursday, December 5 at 10:30 am at the Schoolhouse. With a speaker, Karen McCarthy from NYPHC on the topic of Volunteering. Please call Barbara at 914-737-6404 to register.

**Pizza & Movie:** “Elf””, a comedy, playing on Friday, December 6th at 1:00pm with Will Farrell, James Caan & Zoey Deschanel. The story of a young orphan child who crawls into Santa’s gift bag on Christmas Eve and is transported to the North Pole and raised as an Elf. Pre-registration is required, one week prior, with payment of \$6.00 for 2 slices of pizza, beverage, and dessert.

**Run Rudolph Run:** Monday, December 9th at 12:30pm, head over to the Racetrack for an afternoon at Cortlandt Downs! Entrance fee of \$5.00 prior to event. Includes one bet and light refreshment. Fee at the door, is \$8.00. This exciting horse themed game is an active race towards the finish line. Six races in total. 50/50 and additional betting tickets will be available the day of the event,

**Big Bingo:** Tuesday, December 17th 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.

**Swing Dance w/Cameron:** If you always wanted to learn to Swing Dance join in on Wednesday, December 18th from 1:30-3:00pm where Cameron puts you through the steps to the oldies. Free!

### **Upcoming Events in January**

1. Fit and Functional Class starts January 15th. Join M2 Speed, Strength & Performance on Wednesdays from 10am-11am, 7 sessions during the months of January and February 2025, The class will focus on overall human movement, burning fat, building balance. strength and better function. Each participant is encouraged to wear proper training attire. Come burn some calories and have some fun. Checkout their website to learn more about them at [www.mmscnyc.com](http://www.mmscnyc.com). Pre-registration is required w/payment of \$20.00 for all sessions. Payment due by January 3rd, Minimum number to run program is 20. All levels are welcome.

2. Friday, January 10- Disco Night for the Town community from 6-8 pm. Cost is \$8.00 in advance, \$10 at door. Grab your love beads, dust off your bell bottoms, strap on your boogie shoes and hustle on over! Light refreshments will be available.

3. Gentle Movement Class, Instructor, Barbara Burns. Mondays starting January 13th for 8 Sessions. Barbara weaves gentle movement, simple dance moves, stretching and breathing together to provide a fun yet relaxing class. Guided meditation and stillness at the end of class to settle and ground the energy Created. No yoga or dance experience is necessary. Pre-registration is required no later than one week before. Class is held from 12-1pm and cost is \$20 for all 8 sessions.

4. Color Yourself Calm: Join us for a selection of calming patterns to color, or bring your own coloring book or use ours. Bring a snack and drink. Friday, January 31st from 1:15-3:15pm.