






# TOWN OF CORTLANDT - THE GOLDEN CONNECTION

## April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Muriel H. Morabito Community Center</b> <b>29 Westbrook Drive</b> <b>Cortlandt Manor, NY</b> <b>914-528-1572</b>	<b>1</b> Nor-Cort/Cortlandt Mtg. 10:30 am Lunch Bingo 	<b>2</b> Men's Discussion Group 12:00pm Coffee Hour 12:00pm Special Play with Pickleball Paul 1:00-3:00pm	<b>3</b> 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</b> <b>Speaker: "Age Well with a Sharper Brain"</b>	<b>4</b> Low Impact 10:15am  Zumba 12:15pm  <b>Pizza &amp; Movie: "Ordinary Angels"</b> <b>1:15 pm</b>
<b>7</b> Line Dancing 10:30am-11:30am Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm <b>Trader Joes &amp; Uncle G's Shopping Trip</b>	<b>8</b> <b>Mobile Town Clerk's Office</b> <b>9:30am-1:30pm</b> Nor-Cort/Cortlandt Mtg. 10:30am Lunch & Bingo <b>Alzheimer's &amp; Dementia Support</b> <b>11:00am-1:00pm</b>	<b>9</b> Open Trip: Resorts World Casino 10:00am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	<b>10</b> 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>	<b>11</b> Low Impact 10:15am <b>NYP HVH Teaching Kitchen 11:30am-1 pm</b> Zumba 12:15pm <b>Open Basketball Play 1:00-3:00 pm</b>
<b>14</b> Line Dancing 10:30am-11:30am Tai Chi 11:45am-12:45pm No Poker Group No Drop in Pickleball <b>Cardio Drumming 1:15 pm</b>	<b>15</b> <b>Nor-Cort/Cortlandt Party 12:00pm</b> <b>at the Center</b>   No Meeting, Bingo or Bocci!	<b>16</b> Rockin' the Clock 10:00am-11:00am Drawing Class 10:00am-1:00pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00pm-3:00pm	<b>17</b> 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: Fraud Seminar</b>	<b>18</b> 
<b>21</b> Line Dancing 10:30am-11:30am Tai Chi 11:45am-12:45pm Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm <b>JV Mall Shopping Trip</b>	<b>22</b> Nor-Cort/Cortlandt Mtg. 10:30 am Lunch Bingo Bocci	<b>23</b> Rockin' the Clock 10:00am-11:00am Drawing Class 10:00am-1:00pm Men's Discussion Group 12:00pm Horse Racing 12:30pm <b>No Coffee Hour &amp; No Pickleball</b>	<b>24</b> Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg. 10:00am</b> <b>Speaker: Superintendent of Schools</b>	<b>25</b> Low Impact 10:15 Zumba 12:15pm <b>Craft Day: 1:15pm</b> <b>Open Basketball Play 1:00-3:00 pm</b> <b>Phone Help 3:00-3:30 pm by appt.</b>
<b>28</b> Line Dancing 10:30am-11:30am Tai Chi 11:45am-12:45pm Poker Group 1:00-3:00pm Drop in Pickleball 1:30-3:00pm	<b>29</b> Nor-Cort/Cortlandt Mtg. 10:30 am Lunch <b>Big Bingo @ 12:30pm</b> Bocci	<b>30</b> Rockin' the Clock 10:00am-11:00am Drawing Class 10:00am-1:00pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop In Pickleball 1:00-3:00pm		<b>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</b>  <b>Program Information</b> <b>On Reverse Side!</b>

# TOWN OF CORTLANDT - THE GOLDEN CONNECTION **Schedule of Events**

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, April 2nd between 1:00-3:00pm. 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, April 3rd & 17th from 12-1pm. Office hours available upon request.

Pizza & Movie: Join us for the showing of "Ordinary Angels" on Friday, April 4th. Follow a struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters, one of which is in need of an organ transplant. Enjoy your movie paired with 2 slices of pizza, a drink and dessert at a new time of 1:15 pm. Please register by March 28th, along with a fee of \$6.

Mobile Town Clerk's Office: Laroue Shatzkin, Town Clerk, will be on-site to kick off the Senior Emergency Medical ID program. There is no charge for a Medical ID. From 9:30am-1:30pm on Tuesday, April 8th, get your Medical ID printed, renew your handicap placard, update your dog license and more!

Alzheimer's and Dementia Support: On Tuesday, April 8th from 11:00 am-1:00pm Rebecca will be available for anyone who has any questions.

NYPHVH Teaching Kitchen: Join us on Friday, April 11th at 11:30am-1:00 pm for this hands-on cooking class for Town of Cortlandt Seniors at NYPHVH's Teaching Kitchen, 1992 Crompond Rd. Prepare and enjoy delicious and nutritious dishes. You must pre-register no later than one week in advance.



Tai Chi: Kim is BACK! Join her 10 week course of short form Tai Chi with Chi Kung warmups. Tai Chi is known to help with muscle strength, flexibility and balance, and a great way to connect both mind and body through breathing and movement. Mondays starting April 14th from 11:45am– 12:45pm. Register by April 7th, with a fee of \$30.

Cardio Drumming: April 14th at 1:15 pm. Space is limited to 20. Mike Cohen is the Director of cardiac and pulmonary rehabilitation from Northern Westchester Restorative, specializing in the care of patients with heart and lung issues. This session called cardio drumming will include uplifting, upbeat, energetic movements that combines drumming with cardiovascular movements to music. \$5 fee paid in advance as a deposit with your registration. Money will be returned to you when you show up for the class.



Rockin the Clock: Wednesdays starting April 16th. Join Jody for her dance fitness class, here at the center (10 sessions). 10:00am-11:00am, For seniors and rock lovers of all ages! Register by April 9th, with a fee of \$30.



Still Life: Mixing It Up with Instructor Sharon Rubinstein

This 5 week class will cover the art of still life by using a variety of objects and materials. A pile of books is an exercise in perspective drawing: white objects challenge you to see values; a vase or a flask can introduce shininess, metal and glass to your work, and flowers abound in color and shape. Let's explore! We will use pencil/silverpoint, charcoal, pastel/watercolor. All supplies provided. Class starts on Wednesday, April 16, 23, 30, May 7, & 14 from 10am-1pm. Cost \$85 due one week in advance.

Horse Racing: On Wednesday, April 23rd, 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, 50/50 and additional betting tickets will be available the day of the event (light refreshments included). Register by April 17th with a fee of \$5 (\$8 at the door.) Doors open at 12pm and the races begin at 12:30pm.

Craft Afternoon: Join staff from the Hendrick Hudson library for a fun afternoon creating crafts and memories, on Friday, April 25th from 1:30pm-3pm.

Phone & Tech Support/Help for Samsung & Apple Devices on Friday, April 25th from 3:00-3:30pm by appt only. Call to reserve your time slot by 4/17.

Big Bingo: Tuesday, April 29th 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.

## Looking Ahead:

Thursday, May 22: Masterpieces & Mocktails - Spend a relaxing afternoon from 2pm - 4pm painting the picture shown! All supplies are provided just bring your creativity and enjoy sipping some mocktails. \$5 is required due upon registration to reserve your spot no later than May 15th.

Thursday, May 29: AARP Driver Safety Course— 8:30am-3:30pm. Bring drivers license, pen, pad and lunch. Fee: AARP member \$25, Non-member \$30. Checks only, payable to AARP with AARP membership number if applicable.

Fridays in May & June: Swing Dance— Join Cameron Kelly while she teaches you various types of dance and have fun! 1:30pm-3:00pm at the center starting May 9th. Free! No registration necessary.

