

# TOWN OF CORTLANDT - The Golden Connection

29 Westbrook Dr.,  
Cortlandt Manor  
(914) 528-1572

## APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Line Dancing 10:30-11:30am Cooking Class 11:00am Poker Group 1- 3PM Drop in Pickleball 1:30-3:00pm Shopping Trip to Trader Joe's and Uncle Giuseppe's</p>	<p>2 <b>CENTER CLOSED</b> Primary Day</p> 	<p>3 <b>TRIP OUT - 9:15am</b> Coffee Hour 12:00pm Men's Discussion Group 12:00pm Drop In Pickleball 1:00 -3:00pm Craft Afternoon w/Cherie 12-2pm</p>	<p>4 <b>No Chair Yoga</b> Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement Support 12 Noon <b>Verplanck Mtg.10am @Schoolhouse</b></p>	<p>5 Low Impact 10:15am Zumba 12:15pm</p> <p>Pizza &amp; Movie 1:00pm "Off The Rails"</p>
<p>8 Line Dancing 10:30am-11:30am Special Chair Yoga 12-1PM Poker Group 1-3pm Drop in Pickelball 1:30-3:00pm</p>	<p>9 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>10 Self-Defense with Go-No Sen 11:30am-12:30pm Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:30-3:00pm</p>	<p>11 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>12 Low Impact 10:15am Zumba 12:15pm</p>
<p>15 Line Dancing 10:30-11:30am Special Chair Yoga 12-1pm Stories Matter 1-3pm Poker Group 1-3pm Drop in Pickleball 1:30-3:00pm</p>	<p>16 Bocce 9:30am <b>Nor-Cort/Cortlandt Party</b> "Sock Hop 11:30am-2:30pm (Members in Good Standing)</p>	<p>17 No Coffee Hour Horse Races 12:30pm Men's Discussion Group 12:00pm <u>No Drop in Pickleball</u></p>	<p>18 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm <b>Trip Lottery - Log Cabin</b> <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>19 Low Impact 10:15am Zumba 12:15pm Salsa w/Suzi 1:15 - 2:00pm</p>
<p>22 Line Dancing 10:30am-11:30am Special Chair Yoga 12-1pm Stories Matter 1-3pm Poker Group 1-3pm Drop in Pickleball 1:30-3pm</p>	<p>23 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>24 Coffee Hour 12:00pm Men's Discussion Group 12:00pm Swing Dance 1: 30-3:00pm</p> <p><u>No Drop in Pickleball</u></p>	<p>25 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg.10am @Schoolhouse</b></p>	<p>26 Low Impact 10:15am Zumba 12:15pm</p>
<p>29 Line Dancing 10:30am-11:30 Special Chair Yoga 12-1pm Stories Matter 1-3pm Poker Group 1-3pm Drop in Pickleball 1:30-3pm</p>	<p>30 Bocce 9:30am Nor-Cort /Cortlandt Meeting 10:30am Lunch Big Bingo 12:30pm</p>		<p><b>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</b></p>	<p><b>Program Information on Reverse Side!</b></p> 

# TOWN OF CORTLANDT

## “GOLDEN CONNECTION”

**Bocce:** Stop by the Center and enjoy a free game on our bocce courts Tuesdays beginning April 9 (weather permitting). Drop in mornings, free.

**Senior Craft Afternoon:** Join Staff from Hendrick Hudson Library for a fun afternoon creating crafts and memories Wednesday, April 3rd. Craft is creating a daffodil from an egg carton. Pre-registration is required no later than one week before class.

**Pizza & Movie:** Friday, April 5th at 1:00pm. “Off The Rails” starring Kelly Preston, Jenny Seagrave, Peter Bowles. Three best friends from college recreate their trip across Europe to honor the memory of their friend. Comedy, drama. Must pre-register no later than 1 week prior with payment of \$6.00.

**AARP Driver Safety Course:** Registration starts April 8th. Checks payable to AARP (no cash) \$25.00 members of AARP, please include member number on check, \$30 for non-member. Class, Wednesday, May 22 from 8:30am-3:30pm. Bring lunch.

**Mindful Movement & Wellness For Your Inner Being:** 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. Two sessions. Mondays April 8– May 20 and June 3–July 29. Must pre-register with payment of \$20.00 each session.

**Stories Matter:** Share The Wealth Of Your Experiences Through Your Stories. Whether you have kept a journal of daily thoughts and experiences or would like to start or you want to leave a legacy of your lives to family and future generations through memoir or want to try the oral art of storytelling by sharing your story, this workshop is for you. Mondays, April 15 - May 13th. (5 weeks). Cost \$30.00 check payable to Town of Cortlandt. Pre-registration no later than one week prior to class.

**Cortlandt Downs:** Wednesday, April 17 head over to the racetrack for an afternoon at Cortlandt Downs. Races start at 12:30pm. This exciting horse-themed game is an active race towards the finish line. Six races in total, 50/50 and additional tickets will be available the day of the event. Sign up with \$5.00 entrance fee no later than April 10th. Includes light refreshments and 1 bet. Wear your best “Kentucky Derby” style hat.

## SCHEDULE OF EVENTS

**Verplanck:** Thursday, April 18th the Verplanck Senion Club will have a guest speaker, Susan Loomis, Social Worker, for the Town of Cortlandt . Be sure to attend.

**Estate Planning Discussion:** Come and join us for a discussion on Estate Planning and downsizing. We will be hearing from Elder Attorney Salvatore M. DiCostanzo on how to prepare your affairs for the next chapter of life. Owner of 123 Organize, Maria Alt, will be here discussing how to begin your downsizing journey and how to determine what is valuable, and what is not in your home. Wednesday, May 1, 11:30am - 12:30pm. Light snack will be served. Pre-registration required no later than one week before.

**Zumba with Barbara:** Barbara is back for (7 Weeks) of Zumba Gold during the months of May and June. Starts May1 - June 26 from 10:30am - 11:15am. Pre-registration is required no later than 1 week before with payment of \$20.00. Minimum to run class is 10.

Bereavement support 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. Meetings are typically held the first Thursday of the month from 12:00pm-1:00pm. Office hours available upon request.

### Looking Ahead:

1. Pickleball for BEGINNERS w/Paul, starting July 10 (4 Sessions)
2. Square Dancing w/Sandy, Wednesday, July 17. Fee \$5.00
3. Rockin' The Clock w/Jody, September - October (9 Sessions) Fee \$20.00

