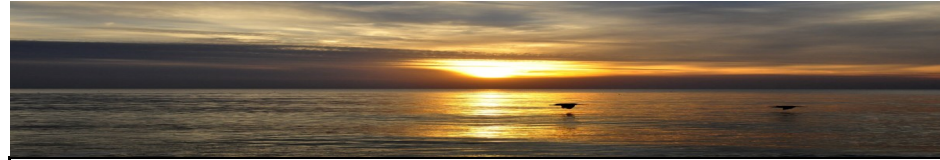
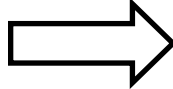




“TOWN OF CORTLANDT “GOLDEN CONNECTION”



MAY 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</p>	<p>Program Information on Reverse Side!</p> 	<p>1 Zumba w/Barbara 10:30am Estate Planning 11:30am-12:30pm No Coffee Hour No Men's Discussion Group Bosco Music Afternoon 1:00pm No Pickleball</p>	<p>2 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12pm Bereavement Support Group 12pm Verplanck Mtg. 10am @Schoolhouse Staying Heart Healthy throughout the Summer Months</p>	<p>3 Low Impact 10:15am Zumba 12:15pm</p> <p>Pizza & Movie 1:00pm “Belfast”</p>
<p>6 Line Dancing 10:30am Special Chair Yoga 12pm Stories Matter 1:00pm-3:00pm Poker 1:00pm-3:00pm Bus to Trader Joe's & Uncle Giuseppe's No Pickleball</p>	<p>7 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>8 Zumba w/Barbara 10:30am Men's Discussion Group 12pm Coffee Hour 12pm Drop In Pickleball 1-3:00pm</p>	<p>9 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12pm</p> <p>Verplanck Mtg. 10am @Schoolhouse</p>	<p>10 Low Impact 10:15am Zumba 12:15pm</p>
<p>13 Line Dancing 10:30am Special Chair Yoga 12pm Stories Matter 1:00pm-3:00pm Poker 1:00pm-3:00pm</p> <p>No Pickleball</p>	<p>14 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>15 TRIP OUT—Winery Train 9:00am</p> <p>Zumba w/Barbara 10:30am Men's Discussion Group 12pm Coffee Hour 12pm Drop in Pickleball 1-3:00pm</p>	<p>16 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Bereavement Support Group 12pm Trip Lottery—Saratoga Verplanck Mtg. 10am @Schoolhouse</p>	<p>17 Low Impact 10:15am Zumba 12:15pm</p>
<p>20 Line Dancing 10:30am Special Chair Yoga 12pm Poker 1:00pm-3:00pm Drop in Pickleball 1-3:00pm Bus to JV Mall</p>	<p>21 Bocce 9:30am</p> <p>Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>22 NO PROGRAMS @ Center</p> <p>AARP DEFENSIVE DRIVING 8:30am sharp - 3:30pm</p>	<p>23 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12pm Verplanck Mtg. 10am @Schoolhouse Vendor Fair Fundraiser</p>	<p>24 No Exercise Programs Memorial Day Ceremony 1:00 –3:00pm</p> 
<p>27 CENTER CLOSED MEMORIAL DAY</p> 	<p>28 Bocce 9:30am</p> <p>Nor-Cort /Cortlandt Meeting 10:30am Lunch</p> <p>BIG BINGO 12:30PM</p>	<p>29 Zumba w/Barbara 10:30am Men's Discussion Group 12pm Coffee Hour 12pm Swing Dance 1:30pm-3:00pm</p> <p>NO Pickleball</p>	<p>30 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12pm</p> <p>Verplanck Mtg. 10am@Schoolhouse</p>	<p>31 Low Impact 10:15am Zumba 12:15pm</p>

TOWN OF CORTLANDT

“GOLDEN CONNECTION”

SCHEDULE OF EVENTS

Zumba w/Barbara is back for 7 weeks starting Wednesday, May 1 thru June 26 from 10:30am to 11:15am. Pre-registration is required no later than 1 week before with payment of \$20.00.

Estate Planning: Wednesday, May 1st from 11:30am-12:30pm Estate Planning with Elder Law Attorney Salvatore M. DeCostanza on how to prepare your affairs for the next chapter of your life. Also, Maria Alt from 123 Organize will be discussing how to begin your downsizing journey. A light snack will be served. Pre-register no later than 1 week prior.

Bosco Music: Wednesday, May 1st at 1:00pm join us for Bosco Music Hour. Sing along and have fun with Bosco on the keyboard. Free, must register in advance.

Bereavement Support Group: Will meet twice a month on the first and third Thursday of the month (May 2 and May 16th). For those that are grieving a death it provides a safe and supportive environment where people can verbalize feelings associated with a loss, Susan Loomis, LMSW will be available for support.

Pizza & Movie: Friday, May 3rd at 1:00pm. “Belfast” starring Jude Hill, Leslie McKiet, Cachriona Bilfe and Judith Dench. The story of a young boy and his Belfast working family experience the tumultuous late 1960’s. Pre-registration required no later than 1 week prior with payment of \$6.00.

Winery Train Trip: May 15th, the bus will leave the Center promptly at 9:00am.

AARP Defensive Driving: No programs at the Community Center, Wednesday, May 22nd as we are having an AARP Defensive Driving Course from 8:30am-3:30pm. You must be here promptly at 8:30am and don’t forget to pack your lunch and water.



Verplanck Annual Vendor Fair: Thursday, May 2nd, Deborah Petranchik, Mgr. Cardiac Rehab will be at the meeting to speak “Staying Heart Healthy Throughout the Summer Months”. Thursday, May 23rd, Verplanck Seniors are having their annual Vendor Fair Fundraiser. Please call Barbara Stewart for further details. (914) 879-5924.

Memorial Day Ceremony: Please join us on Friday, May 24th for our Memorial Day Ceremony where we pay tribute to the men and woman who have paid the ultimate sacrifice. Light refreshments will be served. Please RSVP to 914-528-1572 or kareng@townofcortlandt.com



Mindful Movement & Wellness For Your Inner Being: 2nd session is scheduled for June 3– July 29. Whether you are continuing from the 1st Session or just starting your yoga journey, don’t forget to sign up with payment no later than 1 week prior.

Looking Ahead:

Senior Craft Day, June 5th
Cooking, June TBA
Salsa w/Suzi, June 21st
Swing Dance w/Cameron, June 26th
Pickleball w/Paul, starts July 10th
Square Dancing w/Sandy July 17th