

TOWN OF CORTLANDT - The Golden Connection

29 Westbrook Drive
Cortlandt Manor, NY
914- 528-1572

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Program Information On Reverse Side 			NOTICE: CALENDARS SUBJECT TO CHANGE WITHOUT NOTICE!	1 Low Impact 10:15am Zumba 12:15pm Pizza & Movie 1:00pm "Mack & Rita"
4 Line Dancing 10:30am-11:30am Coffee Hour 12:00pm Drawing Class 12:00pm-3:00pm Oscar Set- Up in Gym 1:00-4:00pm Shopping Trip to Uncle G's &Trader Joe's	5 OSCAR DAY 11:00am-2:00pm Doors open at 10:30am NO EARLIER 	6 Snow Date for Oscars (if needed) Belly Dancing 10:30am-11:30am Men's Discussion Group 12:00pm Drop in Pickleball 12:00-3:00pm	7 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement 12:00pm Social Worker Office Hrs.1-3pm by appt..only Verplanck St. Patrick's Day Party	8 Low Impact 10:15am Zumba 12:15pm
11 Line Dancing 10:30am-11:30am Coffee Hour 12:00pm Poker Group 1:00pm-3:00pm	12 Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	13 Belly Dancing 10:30am-11:30am Men's Discussion Group 12:00pm Fitness & Healthy Aging Workshop 12:00-1:00pm	14 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Verplanck Mtg. 10am (see reverse side)	15 Low Impact 10:15am Zumba 12:15pm Salsa w/Suzi 1:15 - 2:00pm
18 Line Dancing 10:30am-11:30am Coffee Hour 12:00pm Drawing Class 12pm-3:00pm Poker Group 1:00pm-3:00pm	19 Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	20 Belly Dancing 10:30am-11:30am Men's Discussion Group 12:00pm Heart Health 12:30pm-1:30pm Drop in Pickleball 2:00pm-3:00pm	21 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Trip Lottery Deadline "Harlem" Verplanck Mtg.10am @Schoolhouse	22 Low Impact 10:15am Zumba 12:15pm Sing Along 1:00pm-2:30pm
25 Line Dancing 10:30am-11:30am Drawing Class 12:00pm-3:00pm Coffee Hour 12:00pm Poker Group 1:00pm-3:00pm	26 Nor-Cort /Cortlandt Meeting 10:30am Lunch Big Bingo 12:30pm	27 Belly Dancing 10:30am-11:30pm Men's Discussion Group 12:00pm Swing Dance 1:30pm-3:00pm NO Drop in Pickleball	28 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 2:00pm Verplanck Mtg. 10am @Schoolhouse	29 CENTER CLOSED 

TOWN OF CORTLANDT

“GOLDEN CONNECTION”

SCHEDULE OF EVENTS

PIZZA & MOVIE: Friday, March 1st at 1:00pm. “Mack & Rita” Starring Elizabeth Lall, Diane Keaton, Dustin Milligan. A 30 year old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed Into her 70 year old self. Includes pizza, beverage and dessert. Must pre-register no later than 1 week prior with payment of \$5.00. Starting in April, we need to increase the cost to \$6.00 as the price of the pizza has gone up.

10TH Annual “Cortlandt Seniors Academy Awards Afternoon” Tuesday, March 5th, Snow Date, March 6th. Walk the Red Carpet...Vote on your Fav’s... Be Voted best Dressed...Enjoy a Catered Lunch. An afternoon of glam, glitz, goodies and prices! Gowns, suits, glam and garb are encouraged!. Walk the Red Carpet and strut your stuff. Cost \$7.00, must pre-register 1 week prior to event.

Belly Dancing with Sarah Bell: Wednesdays, March 6th, four (4)Sessions. Get fit, have fun, and make friends while learning World Dance. Class is suitable for women of all ages & sizes. Low aerobic exercises and fitness for the entire body. Dance styles Bollywood, Turkish, Latin, Egyptian Pop. Pre-registration with \$10.00 is required no later than one week before.

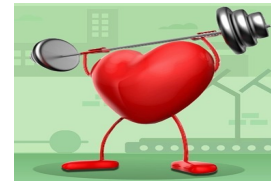
Verplanck St. Patrick's Day Party: With music, on March 7th at the School house in Verplanck from 11:00am-2:00pm. Please call Barbara Stewart at 914–737-6404 for more information.

An Interactive Fitness and Healthy Aging Workshop, Wednesday, March 13th, 12:00pm-1:00pm. Join the staff of M2 Speed, Strength and Performance and Haven Physical therapy for an interactive workshop that will equip you to live, work and move better. Free, pre-registration required no later than one week prior. Free, refreshments.

Drawing & Pastel Painting Cats and Dogs from Photographic Reference: March 18 & 25 (2 Sessions) from 12:00pm-3:00pm. Do you have a beloved pet or a loved one that would like a pet portrait? In this class we'll use charcoal and pastel and cover these aspects of producing a beautiful artistic image of a dog, cat, bird or other animals. Demonstrations to show as well as tell. Materials will be included, and a resource list will be provided. Pre-registration required with fee of \$30.00.

Verplanck Meeting: March 14th at 10:30am the new Hendrick Hudson School Superintendent and Board Members will be attending to introduce themselves and answer questions.

SALSA W/SUZI: Friday, March 15, brush up on or learn your favorite Latin dance styles including salsa, rumba, merengue and cha-cha from 1:15pm-2:00pm. Free!



Heart Health: Dr. Craig Hametz will be our guest speaker on Wednesday, March 20th from 12:30-1:30pm, for an educational and engaging presentation “Cardiac Care and You”, healthy heart lunch will follow. Free, must register 1 week prior to event.

Sing Along: Friday, March 22nd from 1:00-2:30pm. Come and sing along to yesterday's greatest hits with lyrics available. Free with light snacks. Please register no later than 1 week prior to event.

BIG BINGO: Tuesday, March 26th 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 with payment is required one week prior to reserve your spot.

SWING DANCE: Wednesday, March 27th from 1:30pm - 3:00pm. Instructor Cameron Kelly will teach the steps to various types of dance in the first half of class. The second half just dance and have fun.

Looking Ahead: Go No Sen Karate—Women's Self Defense Class - Two class workshop, Wednesday, April 10th and 17th from 10 - 11am. \$29 fee paid directly to Go No Sen Karate. No payments at the center. See flyer for registration link.

Keep an eye out for an extended trip to Maine that will be slated for September, 2024. Trip details and deposits will be posted shortly.

If the Lakeland School District is Delayed or Cancelled , All Senior Programs and Transportation Services at the Community Center are cancelled . Announcements of School Closing & Delays are on: Channel 4 NBC News!