




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

# TOWN OF CORTLANDT

## Schedule of Events

**JULY 2022**

**GOLDEN CONNECTION**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NOTE: CALENDAR SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!</b></p>				<p>1 Low Impact 10:15am Zumba 12:15pm</p>
<p><b>4 CENTER CLOSED</b></p> 	<p><b>5 Bocce 9:30am</b> Nor-Cort /Cortlandt Meeting 10:30am Lunch Bingo</p>	<p><b>6 Fitness Class w/Caryl</b> 11:00am-12:00pm  Drop in Pickleball 12:30pm - 2:30pm</p>	<p><b>7 Chair Yoga w/sub Sharon</b> 10:30am Wii Bowling 11:45am Mah Jong &amp; Cards 12:00pm Verplanck Meeting 10:00am ( A Doctor will be their guest)</p>	<p><b>8</b> Low Impact 10:15am Zumba 12:15pm Pizza &amp; Movie 1:00pm</p>
<p><b>11 Line Dancing 10:30am</b> Pickleball 11:45am  CoffeeHour 12:00pm</p>	<p><b>12 TRIP OUT TODAY</b> <u>Resorts 8:30am</u> Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch - Bingo</p>	<p><b>13 Fitness Class w/Caryl</b> 11:00am -11:45am  Big Bingo12:30pm <u>No Pickleball</u></p>	<p><b>14 Chair Yoga</b>10:30am Wii Bowling 11:45am Mah Jong &amp; Cards 12:00pm Verplanck Meeting 10:00am</p>	<p><b>15</b> Low Impact 10:15am  NO ZUMBA TODAY</p>
<p><b>18 Line Dancing 10:30am</b> Pickleball 11:45am  Coffee Hour 12:00pm</p>	<p><b>19 Bocce 9:30am</b> Nor-Cort /Cortlandt Meeting10:30am Lunch Bingo</p>	<p><b>20</b> Nor-Cort /Cortlandt at Center Patriotic Party 11:30am-2:30pm No Fitness &amp; No Pickleball</p> 	<p><b>21 Chair Yoga</b>10:30am Wii Bowling 11:45am Mah Jong &amp; Cards 12:00pm Verplanck Meeting 10:00am</p>	<p><b>22</b> Low Impact 10:15am  NO ZUMBA TODAY</p>
<p><b>25 Line Dancing 10:30am</b> Pickleball 11:45am  Coffee Hour 12:00pm</p>	<p><b>26 Bocce 9:30am</b> Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p><b>27 Fitness Class w/Caryl</b> 11:00am - 12:00pm  Drop in Pickleball 12:30pm -2:30pm</p>	<p><b>28 Chair Yoga</b>10:30am Wii Bowling 11:45am Mah Jong &amp; Cards 12:00pm Verplanck Meeting 10:00am</p>	<p><b>29</b> Low Impact 10:15am  NO ZUMBA TODAY</p>

**PIZZA & MOVIE:** July 8th, 1:00 pm “Just Getting Started” starring Morgan Freeman, Tommy Lee Jones & Rene Russo. An ex-F.B.I. agent and an ex-mob lawyer in the Witness Protection Program have to put aside their petty rivalry on the golf course to fend off a mob hit. \$5.00 includes pizza, drink & dessert. Pre-registration with payment required no later than one week prior to movie showing.

**Bocce**-Still looking for more Bocce players. Tuesdays @ 9:30am. We meet at the Bocce court. If you are interested, please join us there.

**BIG BINGO** is scheduled for Wednesday, July 13th. Entrance fee is \$7.00 paid in advance includes a card for each game. Additional cards, dabbers and bonus games will be available for purchase the day of event. Must pre-register with payment to secure your spot.

**ANNUAL SENIOR CITIZEN RECOGNITION PICNIC:** Join us for our annual picnic at Charles Cook Pool on Wednesday, August 10th, 11:00am–2:00pm. Rain date August 11th. Choice of hamburger, cheeseburger, or hot Dog, with french fries, drink & ice cream. Good food, good music and bring your bathing suit to cool off in the beautiful pool. No charge, open to Cortlandt Seniors. Must register by August 3rd. There will be a bus available if you need a ride.



**Fitness Class - w/Senior Exercise Specialist Caryl DePalma.** Balance is key to all daily functions and activities, Build strength, improve flexibility and reduce risk of falls. This is a gentle exercise class suitable for those with mobility limitations and will be adapted for both beginners and intermediate students. Please bring a water bottle and wear comfortable clothing. Starting Wednesday, July 6th at 11:00am.

Our Veteran’s Picnic postponed from June will now be held in August. If you or your spouse are a Veteran and you didn’t sign up, please either call Karen Grexa at 914 528-1572 or email kareng@townofcortlandt.com. It will be held at Charles Cook Pool at 12:00pm. Look for a new flyer.