


# TOWN OF CORTLANDT SENIOR CALENDAR

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

## June 2022

## GOLDEN CONNECTION SCHEDULE OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fitness Class w/Karen Lett 11:00am-12:00pm  Drop In Pickleball	2 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12pm Verplanck Mtg.10:00am	3 Low Impact 10:15am Zumba 12:15pm  "Pizza & Movie" 1:pm
6 Line Dancing 10:30am Pickleball 11:45am  Coffee Hour 12:00pm	7 Bocce 9:30am Nor-Cort/Cortlandt Installation of Officers Luncheon @ Cortlandt Colonial Restaurant 12pm	8 Fitness Class w/Karen Lett 11:00am NO PICKLEBALL <b>BIG BINGO</b> 12:30pm - 2:30pm	9 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12pm  Verplanck Mtg.10:00am	10 Low Impact 10:15am   Zumba 12:15pm
13 Line Dancing 10:30am Pickleball 11:45pm  Coffee Hour 12:00pm	14 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	15 Fitness Class w/Karen Lett 11:00am Drop In Pickleball 12:30pm - 2:30pm **Veterans Picnic at Charles Cook Pool **	16 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards12pm  Verplanck Mtg.10:00am	17 <b>Trip Out 10:00am</b> <b>Rip Van Winkle</b>  Low Impact 10:15am Zumba 12:15pm
20 Line Dancing 10:30am Pickleball 11:45am  Coffee Hour 12:00pm	21 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	22 Fitness Class w/Karen Lett 11:00am Drop in Pickleball 12:30pm - 2:30pm	23 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards12pm Verplanck Mtg. 10:00am	24 Low Impact 10:15am   Zumba 12:15pm
27 Line Dancing 10:30am Pickleball 11:45am  Coffee Hour 12:00pm	28 <b>PRIMARY DAY</b>  <b>CENTER CLOSED FOR ACTIVITIES</b>	29 Fitness Class w/Karen Lett 11:00am Drop in Pickleball 12:30pm - 2:30pm	30. <b>TRIP OUT 8:30am</b> <b>Fascia's</b> Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12pm Verplanck Mtg. 10:00am	PLEASE NOTE: CALENDAR SUBJECT TO CHANGE WITHOUT PRIOR NOTICE!!

**PIZZA & MOVIE** - "An Unfinished Life" starring Robert Redford, Morgan Freeman and Jennifer Lopez. Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father-in-law from whom she is estranged. Friday, June 3rd cost \$5.00 for pizza, drink, dessert and the movie. Pre-registration with payment required no later than 1 week prior to movie showing.

**BIG BINGO** - Wednesday, June 8th at 12:30pm. Entrance fee \$7.00 paid in advance includes a card for each game, total 11 games. Additional cards, dabbers and bonus games may be purchased the day of event. Must pre-register with payment to secure your spot.

**BOCCI** - The courts are ready so spend a morning or afternoon in the sunshine with new or old friends playing Bocci. We are looking to get team play on Tuesday mornings at 9:30am.

**COFFEE MONDAY'S** - Don't forget coffee hour Monday's at 12:00pm. We provide the coffee, you bring the snacks. Get to know some of the folks you don't know and enjoy their company over a cup of coffee.

**Are you or your spouse a Veteran? If so, please join us on June 15th for our annual Veteran's Picnic at Charles Cook Pool at 12 Noon. Look for our flyer and call Karen at 914-528-1572 or email [kareng@townofcortandt.com](mailto:kareng@townofcortandt.com) to make a reservation.**

Each month, on Wednesday mornings, we will offer a new class. Starting Wednesday, July 6th, improve balance and fitness with senior exercise specialist, Caryl DePalma. Balance is the key to all daily functions and activities. Build strength, improve flexibility and reduce the 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 clothes.

