



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

TOWN OF CORTLANDT SENIOR CALENDAR

MARCH 2023 "GOLDEN CONNECTION"

Schedule of Events

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: Calendar subject to change without prior notice!		1 <u>NO PROGRAMS</u> Building Maintenance	2 <u>NO PROGRAMS</u> Building Maintenance Grief & Loss Support Group 12 Noon will be held Verplanck Mtg. 10am	3 Low Impact Class on Zoom 10:15am Zumba 12:15pm Pizza & Movie "Dog" 1:00pm
6 Line Dancing 10:30am Drop In Pickleball 11:45am-2:30pm Coffee Hour 12 Noon	7 No Nor-Cort/ Cortlandt Mtg. Academy Awards 11:00am-2:00pm 	8 Drop in Pickleball 11:45am - 2:30pm Men's Discussion Group 12:00pm	9 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12 Noon Verplanck St. Patrick's Day Party 11:30am @Schoolhouse	10 Low Impact Class on Zoom 10:15am Zumba 12:15pm
13 Line Dancing 10:30am Drop In Pickleball 11:45am-2:30pm Coffee Hour 12 Noon	14 Nor-Cort/ Cortlandt Mtg. 10:30am Lunch Bingo	15 Rockin' The Clock 10:00 am -11:00am Men's Discussion Group 12:00pm No Pickleball Big Bingo 12::30pm	16 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12 Noon Verplanck Mtg. 10am	17 Low Impact Class on Zoom 10:15am Zumba 12:15pm
20 Line Dancing 10:30am Drop In Pickleball 11:45am-2:30pm Coffee Hour 12 Noon	21 Nor-Cort/ Cortlandt Mtg. 10:30am Lunch Bingo	22 Rockin' the Clock 10:00am -11:00am Drop in Pickleball 11:45am -2:30pm Men's Discussion Group 12:00pm	23 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12 Noon Verplanck Mtg. 10am	24 Low Impact Class on Zoom 10:15am Zumba 12:15pm
27 Line Dancing 10:30am Drop In Pickleball 11:45am-2:30pm Coffee Hour 12 Noon	28 Nor-Cort/ Cortlandt Mtg. 10:30am Lunch Bingo	29 Rockin' the Clock 10:00am - 11:00am NO Pickleball NO Men's Group Fall Prevention Seminar 1:00pm	30 Chair Yoga 10:30am Wii Bowling 11:45am Mah Jong & Cards 12 Noon Verplanck Mtg. 10am	31 Low Impact Class on Zoom 10:15am Zumba 12:15pm

Pizza & Movie Afternoon: Friday, March 3rd \$5.00 for pizza, drink and dessert. Dog starring Channing Tatum, Ethan Splee & Kevin Nash. With a dog named Lulu by his side, army Ranger Briggs races down the Pacific Coast to a soldier's funeral. Along the way, they drive each other crazy and learn to let down their guard to have a chance of finding happiness. Pre-registration is required with payment.

Verplanck Club: St. Patrick's Day Luncheon: Being held on Thursday, March 9th at the Schoolhouse in Verplanck. Call Mary Chopyack for reservations 914-804-1087.

Big Bingo: Wednesday, March 15th @12:30pm. Entrance fee is \$7.00 paid in advance includes 1 card for each game. Additional cards, daubers, and bonus games will be available for purchase. Pre-registration is required with payment.

7th Annual "Cortlandt Seniors Academy Awards Afternoon" Tuesday, March 7th, snow date March 8th, for an afternoon of glitz, glam & prizes. Walk the Red Carpet and strut your stuff. Gowns, suits, and glamour garb are encouraged! Enjoy a catered lunch. \$7.00 fee paid in advance with sign up. Don't be left out, registration ends 2/28. Please note doors open at 10:30am.

Fall Prevention & Safety: NYPHVH Physical Therapist, Jen Garofalo, will present a seminar on Fall Prevention & Safety on March 29th at 1:00pm. Bagged lunch will be served. Registration required for food count.

Rockin' the Clock: Jody is back starting Wednesday, March 15th for 12 weeks at 10:00am. Join her fun Dance-Fitness Class.

Coming in April: 1. Memoir Story Telling starts Wednesday, April 5th, \$30 for 5 weeks. 2. Watercolor Painting Classes, starts Thursday, April 6th, \$60 for 6 weeks. Checks made to Town of Cortlandt. 3. Craft afternoon April 19th, sign up now.

Trip Lottery: Deadline 3/22/23 at 3:00pm for Log Cabin and Amish Day Experience.