

TOWN OF CORTLANDT - THE GOLDEN CONNECTION

<div><div>July 2025</div></div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572</p> <p>CALENDAR SUBJECT TO CHANGE WITHOUT PRIOR NOTICE</p>	<p>1 Bocce 9:30 am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>2 Men's Discussion Group 12:00pm Coffee Hour 12:00pm Pickleball with Paul 12:00-3:00pm</p>	<p>3 NO Chair Yoga Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement support group 12pm NoVerplanck Mtg.</p>	<p>4 Center closed for 4th of July</p>
<p>7 Line Dancing 10:30-11:30am Poker 1:00-3:00pm Bus to Trader Joe's & Uncle Giuseppe's Drop in Pickleball 1:00-3:00pm</p>	<p>8 Bocce 9:30 am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo Alzheimer's & Dementia Support 11:00am-1:00pm (Consultations available)</p>	<p>9 Zumba Gold Toning 10:00-10:45am* paid class Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm Registration open at 10:00am "Fascia Chocolate Tour Trip" Chocolate Tour</p>	<p>10 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Verplanck Mtg. 10am @Schoolhouse Trip out: Ivoryton bus leaves 8:45am</p>	<p>11 Low Impact 10:15-11:15am Zumba 12:15-1:00pm Pizza & Movie 1:15-3:00pm "The War with Grandpa"</p>
<p>14 NO Line Dancing Cardio Drumming 1:15pm* paid class Poker NO Drop in pickleball</p>	<p>15 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>16 Zumba Gold Toning 10:00-10:45am* paid class NO Men's Discussion Group NO Coffee Hour NO Drop in Pickleball "Freddie's Table" cooking Class 11:30am-1:30pm (Desserts)* paid class</p> 	<p>17 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Bereavement support group 12pm Verplanck Mtg. 10am @Schoolhouse</p>	<p>18 Low Impact 10:15-11:15am Zumba 12:15-1:00pm</p>
<p>21 NO Line Dancing Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm Bus to JV Mall</p>	<p>22 Bocce 9:30 am Nor-Cort/Cortlandt Summer Party @ center with Bosco 11:15am</p>	<p>23 Zumba Gold Toning 10:00-10:45am* paid class NO Men's Discussion Group NO Coffee Hour NO Drop in Pickleball Speaker: Educational Forum "Brain Health" 11:30am</p>	<p>24 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Verplanck Mtg. 10am @Schoolhouse</p>	<p>25 Low Impact 10:15-11:15am Zumba 12:15-1:00pm Craft Day 1:15pm (floral bookmark) Community Pass Training 1:15-3:15pm (Register for 1/2 hr time slot)</p> 
<p>28 Line Dancing 10:30-11:30am Poker 1:00-3:00pm Drop in Pickleball 1:00 -3:00pm</p>	<p>29 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Big Bingo 12:30-2:30pm</p>	<p>30 Zumba Gold Toning 10:00-10:45am* paid class Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm Community Pass Training 11:00am-1:00pm (Register for 1/2 hr time slot)</p>	<p>31 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Verplanck Mtg.10am @Schoolhouse</p>	<p>Program Information on Reverse Side!</p> 

TOWN OF CORTLANDT

“Golden Connection”

Schedule of Events

Community Pass: The Town of Cortlandt Senior Services is upgrading its registration process to better serve our community! Community Pass will offer a more efficient online registration for programs offered for Cortlandt Seniors. Online registration is simple, secure and convenient for you. Registration via Community Pass will officially begin with the Fall 2025 programming. We will be offering two Community Pass trainings for Cortlandt Seniors! Everyone who has Community Pass by September 1 will have a chance to win a prize of assorted scratch off tickets. Not sure if you already have a Community Pass account? Contact us at the Muriel H. Morabito Community Center at 914-528-1572 or seniors@townofcortlandt.com to check before creating a duplicate account.

Bocci: Free drop-in Bocci on Tuesdays 9:30am, (weather permitting).

Drop in Pickleball: Learn the fun sport that combines tennis, badminton and ping pong. See calendar for dates and times.

Play Pickleball with Paul: Immerse yourself in gameplay with a veteran player as your fourth. Paul will give advice and feedback throughout the game on technique, positioning, strategy and more. Wednesday, July 2, between 1:00-3:00pm. Not a clinic or one-to-one lesson. Free!

Bereavement Support Group: Will meet on Thursday, July 3rd and July 17th, at 12:00pm. 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.

Zumba Gold Toning: Wednesdays beginning July 9, 10:00-10:45am. Instructor, Barbara Dellicurti combines low impact dance cardio and light weights for a total body workout. Pre-registration required no later than one week before with payment. Cost: \$30.00 for 11 Sessions. Minimum to run is 20 people.

Pizza & Movie: Friday, July 11th, at 1:15pm. “War with Grandpa”. This comedy stars Robert DiNiro and is about a Grandpa that moves in with his family, taking over his grandson’s bedroom. The grandson schemes a series of pranks to drive him out, but Grandpa “fights back” with his own pranks. Pre-registration required no later than 1 week prior with payment of \$6.00, which includes pizza, drink and dessert.

Welcome to Freddie’s Table: Wednesday, July 16th, at 11:30am-1:00pm. French chef Freddie’s second of a three part series, where she will show you how to prepare wonderful dishes. July’s dish: “Herbs are a Fruit’s Best Friend”. Freddie shows you 2 different delicious summer desserts. “\$10 per class. Register by July 7th with payment. Minimum to run is 10 people. Max is 20 people.



Education Forum: “Brain Health” on Wednesday, July 23rd, 11:30am. This session is a good overview for those interested in learning more about brain health and providing information on the latest research on brain health, lifestyle suggestions and resources to learn more. Light refreshments will be served. Please register at least one week in advance.

Craft Day: Friday, July 25th, at 1:15pm. Join Cheri from the HHFL here at the Center to make a floral bookmark. Free! Please register at least one week prior.

Big Bingo: Tuesday, July 29th, at 12:30pm. Entrance fee is \$7 paid in advance includes card for each game. Additional cards, daubers and bonus games will be available for purchase. Pre-registration is required with payment to reserve your spot. Payment at the door will be \$10 instead of \$7.

Shopping: The shopping bus will pick up Cortlandt Seniors at their home to go to the Cortlandt Town Center every Thursday and the Jefferson Valley Mall on the 3rd Monday of the month. Trader Joe’s and Uncle Giuseppe, 1st Monday of the month. Seniors will be returned to their homes. Must pre-register with Carol. Contribution for the shopping bus is \$3.00.

****We offer 4 ongoing exercise classes at no cost to Town of Cortlandt Seniors****

Mondays from 10:30-11:30am: Line Dancing with Cameron Kelly. Come burn calories, get some exercise and have some laughs line dancing with us! Light to moderate level.

Thursdays from 10:30-11:30am: Chair Yoga with Karen Lett. Improve your health, balance, stability and stress level with this breath and movement yoga class.

Fridays from 10:15-11:15am: Low Impact Aerobics & Muscle Strengthening with Lori Barr. This light aerobics class will burn fat, improve heart health, build stronger bones and muscles and increase flexibility. All levels are welcome!

Fridays from 12:15-1:00pm: Zumba Gold with Suzi Tipa. This fun and active class set to international rhythms focuses on balance, range of motion and coordination. Low intensity, all levels welcome!

Looking Ahead: Annual Picnic at Charles Cook, August 20th, registration begins July 1st. Bus available. Please let us know if you will need transportation at time of registration.

