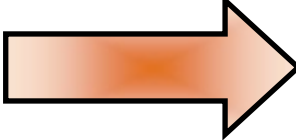


TOWN OF CORTLANDT - THE GOLDEN CONNECTION

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Line Dancing 10:30-11:30am Westchester Breathes - 12:00-1:00pm Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm Bus to Trader Joe's & Uncle Giuseppe's 10:30am-1:30pm</div>	<div>3</div> <div>Election Day: No activities Polling Site</div> <div></div>	<div>4</div> <div>Forum: "Ask the Experts" panel on Senior Care 11:00am-1:00pm</div> <div>NO Men's Discussion Group NO Coffee Hour NO Drop in Pickleball</div>	<div>5</div> <div>NO Chair Yoga Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bus to CTC: 10:00am-1:30 pm</div>	<div>6</div> <div>Medicare open enrollment counseling 10:00am—2pm *see back for details Dance 4 Fit 10:15-11:00am Zumba 12:15-1:00pm Pizza & Movie 1:15pm "Rental Family"</div>
<div>9</div> <div>Line Dancing 10:30-11:30am Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm</div>	<div>10</div> <div>Nor-Cort /Cortlandt Meeting 10:30am Lunch Bingo</div>	<div>11</div> <div>Veteran's Day: Center is closed</div> <div></div>	<div>12</div> <div>Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bus to CTC: 10:00am-1:30 pm</div>	<div>13</div> <div>Zumba 12:15-1:00pm</div>
<div>16</div> <div>Line Dancing 10:30-11:30am Toys for Tots Special Zumba 12:00—12:45pm Free, must bring new toy Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm Bus to Jefferson Valley Mall 10:30am-1:30pm</div>	<div>17</div> <div>Nor-Cort /Cortlandt Meeting 10:30am Lunch Bingo</div>	<div>18</div> <div>Men's Discussion Group 11:00am Coffee Hour 11:00am Turkey Trot Races 12:00-3:00pm (November's version of horse racing) NO Drop in Pickleball</div>	<div>19</div> <div>Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bus to CTC: 10:00am-1:30 pm</div>	<div>20</div> <div>Dance 4 Fit 10:15-11:00am Zumba 12:15-1:00pm</div>
<div>23</div> <div>Line Dancing 10:30-11:30am Sound Bath/Meditation 11:45am-12:45pm *Paid class Poker 1:15-3:00pm Drop in Pickleball 1:15-3:00pm</div>	<div>24</div> <div>Nor-Cort /Cortlandt Meeting 10:30am Lunch Big Bingo @12:30pm</div>	<div>25</div> <div>Men's Discussion Group 12:00pm Coffee Hour 12:00am Drop in pickleball 10:00am - 2:00pm</div>	<div></div>	<div>27</div> <div></div>
<div>30</div> <div>Line Dancing 10:30-11:30am Sound Bath/Meditation 11:45am-12:45pm *Paid class Poker 1:15-3:00pm Drop in Pickleball 1:15-3:00pm</div>		<div></div>	<div>Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572</div>	<div>Program descriptions on the back</div> <div></div>

TOWN OF CORTLANDT

“Golden Connection”



Schedule of Events

CP = Community Pass sign up / **NCP** = Not in Community Pass / **Hybrid** = CP and In-person *

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

Westchester Breathes: Last of 4 week session: 11/2, 12:00-1:00pm. Experience gentle movement, breathing and relaxation that can reduce stress and anxiety and increase a sense of calm and wellbeing. Simple, effective and suitable for all abilities. TOC residents only. For more information visit: <https://conversations.westchesterlibraries.org/breath>. Max 50 people. Free *CP

Ask the Experts: Wednesday, November 4, 11:00am-1:00pm. Meet a panel of professionals who will help to educate you on most commonly asked questions and issues when dealing with senior care. Lunch, give-a-ways and free raffles. Free; Pre-registration required by 10/28. *CP

Fall Medicare Open Enrollment: Friday, November 6, 10am-2pm. Get answers to your questions by signing up for one-on-one personalized counseling being offered at the Senior Center. Free. Registration required for a 30-minute time slot. Please call 914-528-1572 or in person at the front desk. *NCP

Pizza & Movie: Friday, November 6th at 1:15pm. “Rental family”. Comedy - Drama. Struggling to find purpose, an American actor lands an unusual gig with a Japanese agency to play stand-in roles for strangers. As he immerses himself in his clients' worlds, he begins to form genuine bonds that blur the lines between performance and reality. Confronting the moral complexities of his work, he soon rediscovers purpose, belonging, and the quiet beauty of human connection. Pre-registration required no later than 1 week prior with payment of \$6.00. *NCP

Cardio Drumming: N.W.R. is currently unable to offer Cardio Drumming for the month of November.

Special Zumba with Barbara - Toys for Tots: Monday, November 16, 12:00-12:45pm. Free, but must bring a NEW unwrapped present for the children.

Turkey Trot Races: Wednesday, November 18, 12:00 - 3:00pm. 12:00pm check-in. Races begin at 12:30pm. Wobble, gobble, race!! Prepare yourself for some fowl play!! Coffee and donuts will be served. Pre-registration required no later than 1 week prior with payment of \$5.00 *NCP

Sound Bath Meditation: November 23, November 30 & December 7; 11:45am - 12:45pm. Instructor Barbara Burns. Sound vibration is an easy and relaxing way to calm your body and mind. Discover the benefits of vibrational sound healing and meditation. \$20 resident / \$24 non-resident. Pre-registration with payment is required by 11/16. Minimum: 20 *CP

Big Bingo: Tuesday, November 24th 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. *NCP

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's; 1st Monday of the month. Seniors will be returned to their homes. Must pre-register with Carol at 914-528-5164. Contribution for the shopping bus is \$3.00. Minimum to run: 6 people.

** We are looking to add a bus stop on Thursdays at the Center for those who want to participate in Chair Yoga/lunch. Please see Carol for more information to put your name down.

On going 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 10:15-11:00am (alternating weeks see calendar): Dance 4 Fit with Christine Hamilton. Get it all in this class! Incorporating simple dance moves with sculpting, cardio, and stretches with a variety of music. This class is easy on your knees. You are guaranteed to groove, move, and soothe your body! Have a good time with easy moves you can enjoy and sculpt your body.

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

Looking Ahead:

Gingerbread House Making: 12/9 * All supplies provided. \$13 resident / \$15 non-resident. Payment due at registration no later than 12/2

Run, Run Rudolph: 12/9 * Races start at 12:30 pm. \$5. Payment due at registration no later than 12/2

Ring in the New Year: 12/29 *New Year's Party! \$8 resident / \$10 non-resident. Payment due at registration no later than 12/22

