




# TOWN OF CORTLANDT - THE GOLDEN CONNECTION



MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572 <b>CALENDAR SUBJECT TO CHANGE</b></p>	<p>April showers...</p> 	<p>...bring May flowers.</p> 	<p>1 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12pm <b>Verplanck Mtg. 10am @Schoolhouse</b> (Verplanck: crafts—HH Free Library) Trip out: Hunterdon Hills bus leaves @ 9:00am</p>	<p>2 Low Impact 10:15am Zumba 12:15pm Pizza &amp; Movie 1:15pm “Blended”</p>
<p>5 Line Dancing 10:30am Poker 1:00pm-3:00pm Bus to Trader Joe’s &amp; Uncle Giuseppe’s Drop in pickleball</p>	<p>6 Bocce 9:30 am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo</p>	<p>7 Registration open at 10:00 a.m. For “Aqua Turf Trip” Rockin’ the Clock 10:00-11:00am Drawing class 10:00am-1:00pm Men’s Discussion Group 12pm Coffee Hour 12pm Pickleball with Paul 1-3:00pm</p>	<p>8 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm Bereavement Support Group 12pm <b>Verplanck Mtg. 10am @Schoolhouse</b> “Featuring Concert in the Park” Mobile Town Clerk’s Office 12:00-2:30pm</p>	<p>9 Low Impact 10:15am Zumba 12:15pm Swing Dance 1:30-3:00pm</p>
<p>12 Line Dancing 10:30am Tai Chi 11:45am-12:45pm Poker 1:00pm-3:00pm Cardio Drumming 1:15pm <b>NO</b> Drop in pickleball</p>	<p>13 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Alzheimer’s &amp; Dementia Support 11:00am—1:00pm (Consultations available) Lunch</p>	<p>14 Rockin’ the Clock 10:00-11:00am Drawing class 10am-1pm Men’s Discussion Group 12pm Coffee Hour 12pm Drop in Pickleball 1-3:00pm</p>	<p>15 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12pm <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>16 Low Impact 10:15am Zumba 12:15pm Sub (Freddie) Swing Dance 1:30-3:00pm</p>
<p>19 No Line dancing Tai Chi 11:45am-12:45pm Poker 1:00pm-3:00pm Drop in Pickleball 1-3:00pm Bus to JV Mall <b>Trip out: Lancaster, PA</b> bus leaves at 7:00am</p>	<p>20 Bocce 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo <b>Lancaster, PA</b></p>	<p>21 Rockin’ the Clock 10:00-11:00am “Welcome to Freddie’s Table” 11:30am- 1:30pm (Cooking class/ground beef) Men’s Discussion Group 12pm Coffee Hour 12pm No drop in Pickleball <b>Lancaster, PA returns</b></p>	<p>22 Chair Yoga (sub) 10:30am Wii Bowling 11:45am <b>No Mahjong/Chinese Mahjong,</b> <b>Cards, Canasta and Board Games</b> Bereavement support group 12pm Masterpieces &amp; Mocktails 2-4 pm <b>Verplanck Mtg. 10am @Schoolhouse</b></p>	<p>23 Low Impact 10:15am Zumba 12:15pm Open basketball play 1:00-3:00pm</p>
<p>26 <b>CENTER CLOSED</b> <b>MEMORIAL DAY</b></p> 	<p>27 Bocce 9:30am Nor-Cort /Cortlandt Meeting 10:30am Lunch Big Bingo @12:30pm <b>*Special</b> <b>Guest - First Light.</b> Home Care Giveaways!</p>	<p>28 Rockin’ the Clock 10:00-11:00am Men’s Discussion Group 12pm Coffee Hour 12pm Drop in pickleball 1-3:00pm</p>	<p>29 AARP Safety Class 8:30am-3:30pm No other programs <b>Verplanck Mtg. 10am@Schoolhouse</b></p>	<p>30 Low Impact 10:15am Zumba 12:15pm Swing Dance 1:30-3:00pm</p>

# TOWN OF CORTLANDT

## “Golden Connection”

## Schedule of Events

**Pizza & Movie:** Friday, May 2nd at 1:15pm. “Blended” starring Drew Barrymore and Adam Sandler. Recently divorced mom Lauren and widowed dad, Jim let their friends push them into a blind date, which goes disastrously wrong. However, fate intervenes when both Jim and Lauren purchase one half of the same vacation package and they are forced to spend time together. Pre-registration required no later than 1 week prior with payment of \$6.00.

**Bocci:** Bocci is back! Tuesdays 9:30am, (weather permitting). Drop-in mornings—free!

**Rockin the Clock:** ACE certified instructor, Jody Alesandro teaches this dance-fitness class for active seniors and rock lovers of all ages. Wednesdays beginning in May, 10:00-11:00am. Cost: \$30; pre-registration no later than one week before with payment.

**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, May 7th between 1:00-3:00pm. Not a clinic or one-to-one lesson. Free!

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

**Verplanck Seniors Annual Fundraiser:** Saturday, May 3rd, 10:00am-2:00pm. Mother’s Day gifts, penny social, sweepstakes, gift baskets, handcrafted items, raffles and more.

**Mobile Town Clerk’s Office:** Laroue Shatzkin, Town Clerk, is bringing the Mobile Clerk’s Office to the Community Center Thursday, May 8th, from 12:00 to 2:30pm. Apply for an Emergency Medical ID Card, renew your handicap placard, update a dog license, fishing license and more! No charge for Medical ID Card.

**Bereavement Support Group:** Will meet twice a month (May 8 and May 22nd). 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.

**Swing Dance:** Instructor Cameron Kelly will teach the steps to various types of dance in the 1st half of the class. The 2nd half is for dancing and fun! No registration required. Free on May 9th and 16th.

**Cardio Drumming:** May 12th at 1:15 pm . Space is limited to 20. Mike Cohen is the Director of cardiac and pulmonary rehabilitation from Northern Westchester Restorative, specializing in the care of patients with heart and lung issues. This session called cardio drumming will include uplifting, upbeat , energetic movements that combines drumming with cardiovascular movements to music. \$5 fee paid in advance as a deposit with your registration. Money will be returned to you when you show up for the class.

**Welcome to Freddie’s Table:** Wednesday, May 21st at 11:30am-1:00pm. French chef Freddie’s first of a three part series, where she will show you how to prepare wonderful dishes. May’s dish: “The Ground Beef Adventures” show you how to make three different meals with ground beef. \$10 per class; must pre-register by May 7th.

**Masterpieces & Mocktails:** Thursday, May 22nd, 2:00—4:00pm. Enjoy a relaxing afternoon painting and enjoying a delicious mocktail!

**Memorial Day Ceremony:** Please join us on Friday, May 23th for our Memorial Day Ceremony where we pay tribute to the men and woman who have paid the ultimate sacrifice. Light refreshments will be served. Please RSVP to [rsvp@townofcortlandt.com](mailto:rsvp@townofcortlandt.com)

**Big Bingo:** Tuesday, May 27th at 12:30. 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. **\*Special guest this month: First Light. Home Care giveaways!**

**AARP Defensive Driving:** No programs at the Community Center, Thursday, May 29th as we are having an AARP Defensive Driving Course from 8:30am-3:30pm. You must be here promptly at 8:30am and don’t forget to pack your lunch and water.

**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 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:** Memoir class, June / Senior Craft Day, July / Zumba Gold Toning, July Annual Picnic at Charles Cook, August 20th