

TOWN OF CORTLANDT - THE GOLDEN CONNECTION

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Line Dancing 10:30am-11:30am Gentle Movement Class 12:00pm-1:00pm Poker Group 1:00pm-3:00pm Drawing Demo 1:15pm-3:15pm No drop in Pickleball Shopping Trip to Uncle G's & Trader Joe's	4 Nor-Cort/Cortlandt Mtg. 10:30 am Lunch Bingo Alzheimer's & Dementia Support 11:00am-1:00pm	5 Open: Ivoryton Playhouse Trip @ 10 am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Special Play with Pickleball Paul 1:00pm-3:00pm	6 Chair Yoga 10:30am Wii Bowling 11:45am Bereavement 12pm Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Verplanck St. Patrick's Party 11am-2pm	7 Low Impact 10:15am Zumba 12:15pm Pizza & Movie: "Thelma" 1:15 pm Line Dance: Fun Friday Night Party with Steve Dillard 6:00pm-8:00pm
10 Line Dancing 10:30am-11:30am Gentle Movement Class 12:00pm-1:00pm Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm-3:00pm	11 Nor-Cort/Cortlandt Mtg. 10:30am Lunch Bingo	12 Men's Discussion Group 12:00pm Coffee Hour 12:00pm Square Dancing with Sandy 1:00pm-3:00pm No Drop in Pickleball	13 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Verplanck Mtg.10:00am @Schoolhouse Speaker: Medicaid Solutions	14 NO Low Impact Zumba 12:15pm
17 Line Dancing 10:30am-11:30am Gentle Movement Class 12:00pm-1:00pm Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30-pm3:00pm JV Mall Shopping Trip	18 Nor-Cort/Cortlandt Mtg. Speaker: Foster Grandparent Program 10:30am Lunch Bingo	19 Silver Stage Motivator 10:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm No Drop in Pickleball Potluck Afternoon 12:00pm	20 Chair Yoga 10:30am Wii Bowling 11:45am Bereavement 12pm Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Verplanck Mtg.10:00am @Schoolhouse	21 Low Impact 10:15am Zumba 12:15pm
24 Line Dancing 10:30am-11:30am Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm-3:00pm	25 Nor-Cort/Cortlandt Mtg. 10:30 am Lunch Big Bingo @ 12:30pm	26 Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop In Pickleball 1:00pm-3:00pm	27 Chair Yoga 10:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Verplanck Mtg.10:00am @Schoolhouse	28 Low Impact 10:15am Zumba 12:15pm Color Yourself Calm 1:15pm-3:00pm
31 Line Dancing 10:30am-11:30am Poker Group 1:00pm-3:00pm Drop in Pickleball 1:30pm-3:00pm			Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572	NOTICE: CALENDARS SUBJECT TO CHANGE WITH- OUT PRIOR NOTICE!

TOWN OF CORTLANDT - THE GOLDEN CONNECTION

Schedule of Events



Drawing Demo: On Monday, March 3rd from 1:15pm-3:15pm. The delicacy of silver-point drawing was common during the Renaissance. Come watch a demonstration by artist Sharon Rubinstein, who will also supply materials so that you can try your hand at it! We'll focus on a simple still life, and you will have the option of using pencils to create a drawing as a first step, or in addition. Please bring a mechanical pencil if you have one. You must register by February 24th with a fee of \$5.

Alzheimer's & Dementia Support: Join us Tuesdays March 4th, & April 8th 11:00am-1:00pm. For anyone who has any questions, or would like more information on how to care for someone with Alzheimer's or Dementia, and access to local resources join free office hours at Town of Cortlandt Senior Center.

Play Pickleball with Paul: Immerse yourself in gameplay with a veteran player as your fourth. Paul will give advice and feedback throughout games on things like technique, shot selection, court positioning, strategy, and more on Wednesday, March 5th between 1:00-3:00pm. This is not a clinic or one on one lesson. Free!

Bereavement Support: Available to those who are grieving a recent death and provide a safe and supportive environment where people can verbalize feelings associated with a loss. Susan Loomis, LMSW will be available for support. This month's meetings are scheduled on Thursday, March 6th & 20th from 12-1pm. Office hours available upon request.

Pizza & Movie: Join us for the showing of "Thelma" on Friday, March 7th. The movie follows 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her. Enjoy your movie paired with 2 slices of pizza, a drink and dessert at a new time of 1:15 pm. Please register by February 28th, along with a fee of \$6.

Special Line Dance: Join us Friday, March 7th for a Fun Friday Night Party with Steve Dillard (6pm-8pm)- Ages 30 and over are welcome to dance the night away at the center. The dance styles will be a mix of fast and slow tempos, with beginner-friendly moves, while also incorporating some intermediate-level challenges. Everyone will have the chance to learn on the floor while having fun, with something to keep even the more experienced dancers engaged, There will be a variety of soul music, ranging from the '70s and '80s to more recent hits. It includes R&B, Hip-Hop, and everything in between. Please register by February 28th. Cash will be accepted. \$8 fee, \$10 at the door.

Square Dancing with Sandy- Join us Wednesday, March 12th from 1pm -3pm. Square Dancing is friendship set to music! Exercise your body and mind while having fun! All levels are welcome! Partners welcome, but not needed. All you need are comfortable shoes and a smile:) \$5 fee in advance and \$8 dollars at the door the day of (cash only). Please register a week in advance.

Silver Stage Motivator- Join us at 10:30am on Wednesday, March 19th to beat those winter blues with us! Brian Blotner is motivational companion for aging adults and need- based individuals. He will be speaking about the keys to longevity (Positivity, Happiness & Laughter). There will be light refreshments served and this event is free. Please RSVP at least a week in advance.

Potluck Afternoon: Join the center staff and warm up this winter with a potluck Afternoon. Please bring a dish to share - it can be an appetizer, main dish, side or dessert. Feel free to bring your favorite dish or try a new recipe. The center will provide plates, utensils and non-alcoholic beverages. Looking forward to a fun afternoon of great food and company! Wednesday, March 19th at 12:00pm. Pre-register no later than March 12th. Minimum 10 people.

Big Bingo: Tuesday, March 25th at 12:30pm. Entrance fee is \$7.00 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 \$10.00 instead of \$7.

Color Yourself Calm: On March 28th at 1:15pm , join us for a selection of calming patterns to color, bring your own tools or use ours. Feel free to bring a snack or a drink. Free! Please register by March 21st.

Looking Ahead:

Wednesday, April 23rd: Horse Racing- Head over to the racetrack for an afternoon at Cortlandt Downs! This exciting Horse-themed game is an active race towards the finish line. Six races in total, 50/50 and additional betting tickets will be available the day of the event (light refreshments included). Register by April 17th with a fee of \$5 (\$8 at the door. Doors open at 12pm and the races being at 12:30pm.

SNOW CANCELLATION POLICY: If Lakeland School District is **DELAYED OR CLOSED** for the day **ALL** programs, meals and transportation services at the community center are **CANCELLED**.