





# TOWN OF CORTLANDT - THE GOLDEN CONNECTION



## February 2026

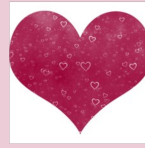


Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Line Dancing 10:30-11:30am Gentle Movement 12:00-1:00pm <b>*Paid class</b> Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	<b>3</b> Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;">                         * Snow date for 1/27 Big Bingo                     </div>	<b>4</b> Zumba with Barbara 10:00-10:45am <b>*Paid class</b> Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	<b>5</b> <b>NO Chair Yoga</b> Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Speaker: Dr. Rashad Shelton, Podiatrist 10:00pm at CC</b> Bereavement Support Group 12:00pm <b>Culinary Institute trip opens in Community Pass</b> <b>Verplanck Mtg. 10am @ Schoolhouse</b> Speaker: Westchester Residential	<b>6</b> Total Strength 10:15-11:15am Dance 4 Fit 12:15pm Pizza & Movie 1:15pm <i>Before We Go</i>
<b>9</b> Line Dancing 10:30-11:30am Gentle Movement 12:00-1:00pm <b>*Paid class</b> Cardio Drumming 1:15pm <b>*Paid class</b> <b>NO Poker</b> <b>NO Drop in Pickleball</b>	<b>10</b> Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo Music Café Afternoon 12:30pm	<b>11</b> Zumba with Barbara 10:00-10:45am <b>*Paid class</b> Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	<b>12</b> Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Caregiver Support Group 12:00pm <b>Verplanck Senior's Valentine Party</b>	<b>13</b> <b>NO Total Strength</b> Dance 4 Fit 12:15pm
<b>16</b> <b>Center Closed</b> 	<b>17</b> Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	<b>18</b> Zumba with Barbara 10:00-10:45am <b>*Paid class</b> Speaker: Troy Outlaw, "Scams and Artificial Intelligence" 12:00pm <b>NO Men's Discussion Group</b> <b>NO Coffee Hour</b> <b>NO Drop in Pickleball</b>	<b>19</b> Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm Bereavement Support Group 12:00pm <b>Verplanck Mtg. 10am @ Schoolhouse</b> <b>HHFL Craft day @ Verplanck</b> <b>Olde Mystick trip opens in CP</b>	<b>20</b> Total Strength 10:15-11:15am Dance 4 Fit 12:15pm HHFL Craft day 1:30pm 
<b>23</b> Line Dancing 10:30-11:30am Gentle Movement 12:00-1:00pm <b>*Paid class</b> Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	<b>24</b> Nor-Cort/Cortlandt Meeting 10:30am Lunch Big Bingo 12:30pm	<b>25</b> Zumba with Barbara 10:00-10:45am <b>*Paid class</b> Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	<b>26</b> Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards, Canasta and Board Games 12:00pm <b>Verplanck Mtg. 10am @ School house</b>	<b>27</b> <b>NO Total Strength</b> Dance 4 Fit 12:15pm Phone Help 1:15pm
Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572	<b>*SNOW CANCELLATION POLICY*</b> If Lakeland School District is DELAYED OR CLOSED - <u>ALL</u> Senior Programs are CANCELLED. *Cancellation Hotline: 914-739-2826*			Program Information on Reverse Side! 



# TOWN OF CORTLANDT

## “Golden Connection”



# Schedule of Events



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

### Trips opening in February

Registration for the following trips will be through Community Pass ONLY. If you have a community pass account, but do not have access to a computer, you can come in at 8:30am to use the Computer Lab at the Community Center. First come, first serve.

**Culinary Institute of America:** OPENS Thursday, February 5, at 8:30am. Enjoy a three-course gourmet meal prepared by students at The Bocuse Restaurant at 12 noon, which offers new interpretations of French classic cuisine. Trip date: Wednesday, May 20. \$77.00 / \$92.00 Non-resident \*CP

**Ole Mistick, Connecticut with Nordic Lodge:** OPENS Thursday, February 19, at 8:30am. Spend some time walking around and shopping in the Olde Mistick Village. It offers shopping with hand-crafted gifts, high fashion jewelry and accessories, international treasures and Mystic-made souvenirs. Followed by an all you can eat seafood buffet in Rhode Island. Trip date: Friday, June 12. Fee: \$145.00/ Non-resident \$174.00. \*CP

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

**Gentle Movement:** Mondays, February 2, 9, 23, at 12:00pm. Meditation, breath work, and gentle yoga help to ease any tension, pain, stress or anything else we face in our daily lives. Join Instructor, Barbara Burns, to learn about different breathing techniques, meditation styles and seated yoga designed to relax and rejuvenate. No yoga or dance experience is necessary. Pre-registration requested no later than one week before. \$30.00 \*CP

**Zumba Gold with Barbara:** Wednesdays, February 4, 11, 18 & 25, 10:00-10:45am. This is a low-impact, low-intensity dance fitness class designed for active older adults, beginners, and those recovering from injury. The classes feature easy-to-follow choreography set to Latin-inspired music, creating a fun, empowering experience that is gentle on the joints. Pre-registration no later than 1 week in advance with payment. \$30.00 \*CP

**Bereavement Support Group:** Will meet twice a month (February 5 and 19). 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. \*NCP

**Pizza & Movie:** Friday, February 6, at 1:15pm. *Before We Go*. A romantic comedy about a chance encounter between two strangers (Chris Evans, Alice Eve) in Grand Central Terminal sparks a life-changing, nighttime sojourn through New York City. Pre-registration required no later than 1 week prior with payment of \$6.00 \*NCP

**Dance 4 Fit:** Fridays, February 6, 13, 20 and 27 at 12:15pm. Instructor: 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 and have a good time. With easy moves you can enjoy the movement and sculpt your body! \*NCP Free

**Cardio Drumming:** Monday, February 9, at 1:15pm. 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. \*NCP

**Live Music Café Afternoon:** Tuesday, February 10, 12:30-1:30pm. Listen to the sounds of musician, Rich Hanemann, while enjoying your lunch or beverage. Free

**Educational Forum: Scams and AI (Artificial Intelligence):** Wednesday, February 18, at 12:00pm. Speaker Troy Outlaw from the office of Letitia James, NYS Attorney General's Office will be speaking about the latest scams, AI (Artificial Intelligence) scams and what you need to know about AI (Artificial Intelligence). Pre-registration required no later than one week before. Light refreshments. Free \*Hybrid

**Senior Craft Afternoons:** Friday, February 20, 1:30-3:00pm. Join staff from Hendrick Hudson Library for a fun afternoon creating crafts and memories. St. Patrick Day theme craft. Free. Pre-registration required. \*CP

**Big Bingo:** Tuesday, February 24, 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

**Phone Help:** Friday, February 27, at 1:15pm. Come in for help with your Apple or Samsung Phone. Mathew will be able to answer your questions. Please register by February 20. Free \*Hybrid

**\*\*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:** Total Strength with Patricia. This light aerobics class will burn fat, improve heart health, build stronger bones and muscles and increase flexibility. All levels are welcome! (Every other week—see calendar)

**Fridays from 12:15-1:00pm:** Zumba Gold with Suzi Tipa.—**NO CLASS IN FEBRUARY. Suzi will be back March 6.** This fun and active class set to international rhythms focuses on balance, range of motion and coordination. Low intensity, all levels welcome!

### Looking Ahead:

March 5 - Intrepid trip sign up on Community Pass  
 March 10 - Academy Awards Afternoon  
 March 18 - Lunch and Learn “Money Made Simple for Seniors”