

TOWN OF CORTLANDT - THE GOLDEN CONNECTION



June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 Line Dancing 10:30-11:30am Strength Class 11:45am-12:30pm *Paid class Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm Bus to Trader Joe's & Uncle Giuseppe's 10:30am-1:30pm	2 Bocci 9:30am NorCort/Cortlandt Installation of Officers at Cortlandt Colonial 12:00-3:00pm (sign up with club treasurer by 5/26)	3 Rocking the Clock: 10:00-10:45am *Paid class Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	4 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Verplanck Mtg. 10:00am @ Schoolhouse NYP Physician Speaker 10:30am	5 Seniors Seated Yoga 11:00-11:45am *Paid class Zumba 12:15-1:00pm Pizza & Movie 1:15-3:00pm "Fever Pitch"
8 Line Dancing 10:30-11:30am Strength Class 11:45am-12:30pm *Paid class Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	9 Bocci 9:30am Nor-Cort/Cortlandt Meeting 10:30am Speaker: Todd with Legacy Productions @ 10:45am Lunch Bingo	10 Cardio Drumming: 11:30am off site *see back of calendar Rocking the Clock: 10:00-10:45am *Paid class Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	11 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Verplanck Mtg. 10:00am @ Schoolhouse	12 Trip out: Mystic/Nordic Bus leaves at 9:00am Zumba 12:15-1:00pm
15 Line Dancing 10:30-11:30am Strength Class 11:45am-12:30pm *Paid class Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm Bus to JV Mall 11:00am-1:30 pm	16 Bocci 9:30am Nor-Cort/Cortlandt Meeting 10:30am Speaker 11:00am WC Police: Scams Lunch Bingo Telling your Story 12:00-2:00pm *Paid class	17 Rocking the Clock: 10:00-10:45am *Paid class Estate Planning Forum: 12:00-2:00pm NO Men's Discussion Group NO Coffee Hour NO Drop in Pickleball	18 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Verplanck Mtg. 10:00am @ Schoolhouse	19 Center closed - Juneteenth
22 Line dancing 10:30-11:30am Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	23 No programs - Primary Elections	24 Rocking the Clock: 10:00-10:45am *Paid class Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	25 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Verplanck Mtg. 10:00am @ Schoolhouse	26 Jumping Jellyfish Jolt Races 9:30am *Paid Zumba 12:15-1:00pm Craft Day 1:15pm 
29 Line dancing 10:30-11:30am Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	30 Bocci 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Big Bingo 12:30pm *Paid Telling your Story 12:00-2:00pm *Paid class	Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572		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 *

Upcoming Trips:

June 12: Olde Mystick Village/The Nordic
August 6: Hudson River Cruise—Pride of Hudson
September 9: Gelston House/Goodspeed Opera House

September 28-30: Cape May, NJ
October 15: Krucker's Oktoberfest

Bocci: Free drop-in Bocci. 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. *NCP

Rockin' the Clock: Wednesdays: June 3, 10, 17, 24. (13 total sessions) 10:00-10:45am. *No class on July 22). Instructor: Jody Alesandro. Dance-fitness classes for active seniors and rock lovers of all ages! Pre-registration required no later than 1 week prior with payment. \$40.00 / \$48.00 non-resident. *CP

Bereavement Support Group: Will return in the fall.

Pizza & Movie: Friday, June 5, at 1:15pm. “Fever Pitch” When a young teacher begins dating a business-woman, the two quickly fall in love. Their romance goes well until baseball season begins, when she soon realizes that he is obsessed with the Boston Red Sox. Though she tries to understand his passionate team loyalty, eventually it threatens to end their otherwise happy relationship. Pre-registration required no later than 1 week prior with payment of \$6.00. *NCP

Senior Seated Yoga & Wellness: Friday, June 5 (last of 5 sessions) 11:00-11:45am. Instructor: Annette from Inner Being leads this gentle chair based class designed to explore simple yoga poses, light stretching, breathwork and mindfulness practice. No yoga experience necessary, move at your own pace. Pre-registration required no later than 1 week prior with payment of \$25.00 *CP

Speaker, Todd Leatherman, from Legacy Lens Studio: Tuesday, June 9, at 10:45am. Legacy Lens Studio is a local production company specializing in creating person legacy films for seniors and retirees. The films are designed to capture the essence of your life story and preserve it for your family members and future generations. Join us for a brief 15-minute introduction for owner, Todd Leatherman.

Speaker, Westchester County Community Resource Officer, Matt Wirth: Tuesday, June 16, at 10:45am. Officer Wirth will be sharing a brief informational forum about scams that target older residents which results on financial loss.

Cardio Drumming: Wednesday, June 10, 11:30pm. Classes held at Westchester Restorative Therapy & Nursing Center located at 3550 Lexington Ave., Mohegan Lake. Lunch served after drumming. Free. Please note: No-shows will not be eligible to register for future classes. *CP

Strength Class: Monday: 6/1, 6/8, 6/15, 11:45am - 12:30pm. Instructor: Katelyn, from Barre on Hudson. Steady and Strong. This fun and effective, low-impact class is designed to help older adults build confidence, strength, and stability through safe, functional movement. Using light hand weights and simple body-weight exercises, participants improve muscle tone, enhance balance, and support better mobility for everyday life. Min: 20; Max: 25. Pre-registration required no later than 1 week prior with payment. \$30.00 / \$36.00 non-resident. *CP

Telling your Story on or off the Page: Tuesdays, June 16 - July 14 (4 sessions) *No class on 6/23 due to Primary elections. 12:00-2:00pm. Instructor, Judith Heineman leads this workshop that gives you the skills to preserve your family stories for future generations, or tell tales at an open mic. Pre-registration required with payment of \$40/\$48.00 non-resident. Min: 6 Max: 8 *CP

Educational Forum: “Estate Planning”: Wednesday, June 17, 12:00-2:00pm. Speaker: Samantha A. Lyons, partner at Enea, Scanlan & Sirignano and Tatyana A. Fowler, Advance Funeral Planner from Ballard-Durrand Funeral Home speak on the topic of Estate and Funeral Planning. This presentation will cover the essential steps, what you can decide ahead of time, paperwork required, how much a funeral costs, differences between Will vs. Trust and more. Light refreshments. Pre-registration required no later than one week before presentation. Family members (children of senior) may attend. FREE *CP

Jumping Jellyfish Jolt Races: Friday, June 26. Doors open at 9:30am, races begin at 10:00am SHARP! This exciting summer-themed game is an active race towards the shore line. 6 races total. 50/50 and additional betting tickets available. \$5.00 payment is due at registration no later than April 22. *NCP

Senior Craft Afternoons: Friday, June 26, 1:30-3:00pm. Join staff from Hendrick Hudson Library for a fun afternoon creating crafts and memories. Patriotic sign for door. Free. Pre-registration required. *CP



Big Bingo: Tuesday, June 30, 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 register with Carol. Contribution for the shopping bus is \$3.00.

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 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:

July 1: Citizen Preparedness Training

July 6: Tai Chi

July 22: Senior Forum with Assembly member, Dana Levenberg