

TOWN OF CORTLANDT - THE GOLDEN CONNECTION

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Muriel H. Morabito Community Center 29 Westbrook Drive Cortlandt Manor, NY 914-528-1572 	Program Information on Reverse Side 		1 Chair Yoga 10:30-11:30am Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Bereavement Support 12:00-1:00pm Flu/Covid shot day: 1:00 - 3:00pm Bus to CTC: 10:00am-1:30 pm Verplanck Mtg. 10:00am @ schoolhouse	2 Zumba 12:15-1:00pm Pizza & Movie 1:15-3:00pm "Monster Summer"
5 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	6 Bocci 9:30am Nor-Cort/Cortlandt Meeting 10:30am Lunch Bingo	7 Forum: Navigate your calm 10:30 - 11:30am Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	8 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 Verplanck Mtg. 10:00am @ schoolhouse	9 Dance 4 Fit 10:15-11:00am Fall Prevention Talk with nutritionist Theresa George, MS, RDN, CDN 11:30am-12:00pm Zumba 12:15-1:00pm
12 Center closed for Columbus Day 	13 Bocci 9:30am - Last day Nor-Cort/Cortlandt Meeting → *club starts early 10:15am* ← Meet the Candidates 11:00am Lunch Bingo	14 Cardio Drumming: 11:45am off site *see back of calendar Men's Discussion Group 12:00pm Coffee Hour 12:00pm Drop in Pickleball 1:00-3:00pm	15 NO Chair Yoga Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Bereavement Support 12:00-1:00pm Bus to CTC: 10:00am-1:30 pm Trip out: Kruckers departs 9:15am Verplanck Mtg. 10:00am @ schoolhouse	16 Eco printing workshop: 9:30 - 11:30am *Paid class Zumba 12:15-1:00pm
19 Open house week 10:00am-1:00pm 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 JV Mall 11:00am-1:30 pm	20 Open house week 10:00am-1:00pm Nor-Cort/Cortlandt Meeting Halloween Party 11:15am Lunch Bingo	21 Open house week 10:00am-1:00pm Forum: Tips to Build Brain Healthy Habits 12:30-1:30PM No Men's Discussion Group No Coffee Hour No Drop in Pickleball	22 Open house week 10:00am-1:00pm Wii Bowling 11:45am Mahjong/Chinese Mahjong, Cards Canasta and Board Games 12:00pm Bus to CTC: 10:00am-1:30 pm Verplanck Mtg. 10:00am @ schoolhouse	23 Open house week 10:00am-1:00pm Dance 4 Fit 10:15-11:00am Zumba 12:15-1:00pm HHFL Craft afternoon 1:15pm 
26 Line Dancing 10:30-11:30am Westchester Breathes - 12:00-1:00pm Poker 1:00-3:00pm Drop in Pickleball 1:00-3:00pm	27 Nor-Cort/Cortlandt Meeting 10:30am Lunch Big Bingo 12:30pm *Paid	28 Acrylic paint class 9:00am-12:00pm Forum: Understanding Alzheimer's & Dementia 12:30-1:30PM NO Men's Discussion Group NO Coffee Hour NO Drop in Pickleball	29 Chair Yoga 10:30-11:30am Grimm's Grimmest 12:00-1:00pm Bus to CTC: 10:00am-1:30 pm Verplanck Mtg. 10:00am @ schoolhouse	30 Eco printing workshop: 9:30 - 11:30am *Paid class Zumba 12:15-1:00pm



TOWN OF CORTLANDT

“Golden Connection”



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

Trips out in October: Krucker's Oktoberfest 10/15/2026

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

Flu/Covid Shot Day: Thursday, October 1, 1:00-3:00pm. Save Mor Pharmacy will host a Flu and Covid Vaccine clinic. Open to all seniors. Bring medicare and other insurance cards. Must register in advance. Fill out mandatory paperwork upon arrival. *Hybrid

Bereavement Support Group: Thursday, October 1 and October 15, 12:00-1:00pm.

Pizza & Movie: Friday, October 2, at 1:15pm. “Monster Summer”. Mel Gibson and Lorraine Bracco star in this fun and nostalgic movie, where a mysterious force disrupts Noah and his friends' summer fun. They team up with a retired police detective to embark on a monstrous adventure to save their island. Pre-registration required no later than 1 week prior with payment of \$6.00. *NCP

Westchester Breathes: 4 week class; 10/5, 10/19, 10/26, 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

Educational Forum - Navigating your Calm: Wednesday, October 7, 10:30-11:30am. Speaker: Jess Vecchiarelli. Navigating your Calm when the World Gets Loud. Life is loud! In this practical mindfulness class, you'll learn simple techniques to calm your nervous system, quiet racing thoughts, and feel more grounded and present. Through guided breathing and easy-to-use tools, you'll leave with strategies you can reach for anytime, anywhere. Free; must register one week before. Minimum to run: 20 people. *Hybrid

Fall Prevention Talk: Friday, October 9, 11:30am-12:00pm. Come have fun, sample a calcium-rich snack AND learn how what you eat can help prevent and protect from a fall. Bring yourself from action to awareness with Theresa George, MS, RDN, CDN, Westchester County Department of Senior Programs & Services. Pre-registration required no later than one week before with Carol. 30 people max. *NCP

Meet the Candidates: Tuesday, October 13, 11:00am. Join us for refreshments and a casual meet and greet with the candidates. Understand the candidates positions on issues that impact you and your community. Free. Must register prior to event. *NCP

Cardio Drumming: Wednesday, October 14, 11:45am. Classes held at Northern Westchester Restorative Therapy & Nursing Center located at 3550 Lexington Ave., Mohegan Lake. Grab and go lunch provided after drumming. No-shows will not be eligible to register for future classes. Registration is a lottery system giving everyone an opportunity to take the class. Once you have signed up on CP and have been added to the wait list you will receive an email confirmation. After the lottery has been drawn you will receive an email to confirm your spot and a list will be posted the week before the class. Free. *CP

Two Day ECO Printing Workshop/Title: Printing with Plants: Friday, October 16 & Friday, October 30. 9:30-11:30am. Preserve the beauty of leaves and flowers with Eco printing! Eco printing is the direct transfer of plant pigments and shapes to fabric of paper. Beautiful, lasting designs can be achieved with the addition of heat. You will create a series of dynamic Eco prints, using plants available to us this season. Cotton and silk bandanas will be provided. If you want to upcycle a small article of clothing, please make sure it's made from natural fibers (cotton, silk, etc.) and bring it on the first day. \$25 / non-resident \$30. Must pre-register. Minimum to run is 7 people; Maximum is 10. *CP

Open House Week at the Community Center: Monday, October 19 through Friday, October 23. 10:00am-1:00pm. Free! Stop in to see what is happening!

Educational Forum - Tips to Build Brain Healthy Habits: Wednesday, October 21, 12:30 - 1:30pm. Speaker: Rebecca Westall. Research shows that there are everyday habits you can build today to help protect your memory and thinking as you get older, even reducing your risk of cognitive decline and possibly dementia. Learn about; healthy habits for your brain, like exercise and eating right; the brain - heart connection, why brain health is important at all ages; building your personalized action plan for brain - healthy habits. Free; must pre-register one week before. Minimum to run: 20 people. *Hybrid

HHFL Craft Afternoon: Friday, October 23. 1:15PM. Pre-registration required no later than one week before with payment. *Hybrid

Big Bingo: Tuesday, October 27, 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

Educational Forum - Understanding Alzheimer's & Dementia: Wednesday, October 28, 12:30-1:30pm. Speaker: Rebecca Westall. Alzheimer's disease is not a normal part of aging. Alzheimer's & other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's & Dementia, stages, risk factors, how to recognize common signs & more. Free, Must pre-register one week prior. Minimum to run: 20 people. *Hybrid

Acrylic paint class: Wednesday, October 28, 9:00am-12:00pm. Instructor Sharon Rubenstein. Using acrylic paint, create 4 different products. Subjects depend on student interest. Class takes place in gym. Pre-registration required. \$85.00/non-resident \$102.00. Min: 8 / Max: 15 *CP

Grimm's Grimmest & Other Darker Tales for the Season: Thursday, October 29, 12:00-1:00pm. Presenter: Judith Heineman. Come hear this master storyteller tell the tales of Brothers Grimm as originally intended for adults, and gain a new, bloodier perspective on your favorite childhood stories. Light refreshments provided by Northern Westchester Restorative. Free. Pre-registration is required one week in advance. Minimum to run: 10 people. *CP

Shopping: The shopping bus will pick up Cortlandt Seniors at their home to go to the Cortlandt Town Center, the Jefferson Valley Mall, Trader Joe's and Uncle Giuseppe's on scheduled days. Call Carol for more info and to reserve. 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.

Thursdays from 10:30-11:30am: Chair Yoga with Karen Lett.

Fridays from 10:15-11:00am (alternating weeks see calendar): Dance 4 Fit with Christine Hamilton.

Fridays from 12:15-1:00pm: Zumba with Suzi Tipa.

Looking Ahead:

“Ask the Experts” Medicare benefit presentation by Tammy Hayes & other experts in the field: November 4
Sound Bath Meditation: 3 sessions starting 11/23