



Spring 2024



Come for class, stay for community

LAPHAM COMMUNITY CENTER
Engaging activities and enriching classes for
ALL New Canaan residents!

Spring has sprung at
Lapham Center!
Your Community Center
for education,
enrichment and
enjoyment!

Hours of Operation
M/Th: 8:30 - 4:00
Tu/W: 8:30 - 7:00
F: 8:30 - 2:00
Select weekend hours
offered as well!

Closed
March 29
May 27

Weather Closures
If New Canaan schools
close for inclement
weather, we will close.
If they delay, call
Lapham after 8:30 am.
We communicate by
email if there is a change
in the schedule.

***** New! Expanded Hours*****
Funded by a State Grant
Beginning mid-April
Tuesdays and Wednesdays until 7 p.m.!
Some Saturdays from 10 a.m. to noon.!
Join us for more classes and special events!



Irish Dance:
Celebrate St. Patrick's Day
with a Performance by
Anam Cara Students

Sunday, St. Patrick's Day, March 17, 10 a.m., free

Kick off your St. Patrick's Day by joining us for a return performance of our favorite Irish dancers! What better way to celebrate St. Patrick's Day than enjoying delicious homemade Irish Soda bread, while being awed and entertained by these young performers.

This perennial favorite is sure to please; call to register now! 203-594-3620.

Be sure to read our weekly emails for updates on programs and upcoming events.

New Extended Hours!

Tuesdays until 7 p.m.: April 23, 30, May 7, 14, 21, 28, June 4, 11

Beginning Bridge for After Work!

8 Tuesdays, April 23 - June 11, 5 p.m. - 7 p.m., free

Bridge is a great social game that is also excellent for keeping one's mind in shape. **Mike Hess**, who has taught Bridge for years, will introduce you to the fun of bridge as it is played now. This is a class for true beginners or those who haven't played in many years. Limit 12. **Taught by Michael Hess**

Sip and Stitch with Aggie

Tuesdays, April 23 - May 21, 5 p.m. - 7 p.m., free

Stuck on a stitch? Want to add dimension to your work? Join **Aggie** for lessons and tips on the best ways to embellish your project. Share a glass of wine with friends, as you improve your skills.

Repeat Showing of "The Orientalists"

6 Tuesdays, April 23 - May 28, 4 p.m., free

If you can't make the daytime presentations, you'll have another chance to view this incredible series produced by Tom Davies and Nick Ranieri focusing on Western artists who traveled to the East, in order to study and depict the rich cultures of the "Orient," which spanned from Northern Africa through the Middle East and across much of Asia.

Wednesdays until 7 p.m.: April 24, May 1, 8, 15, 22, 29, June 5, 12

Wednesday Night Specials, free

April 24, 4 p.m. - *Oppenheimer*: Dinner and a Movie

Watch *Oppenheimer* and enjoy dinner from Gates.

May 1, 5 p.m. - Trivia Night with Wine and Cheese

Appetizers with wine and cheese, AND a fun night of Trivia with Rock, Paper Scissors Events! (Test your knowledge in 5 categories - including a category on New Canaan.)

May 8, 5 p.m. - Murder Mystery Night Dinner

Everyone has a little detective in them! Whether you are a detective, murderer, or the unfortunate deceased, you're guaranteed a memorable evening. Spots limited. Reserve early.

May 15, 22 and 29, 5 p.m. - Dinner on the Patio

Weather permitting - otherwise we'll meet in the dining room

May 15 - Pizza

May 22 - Sandwiches and Salads

May 29 - A Taste of the Caribbean and music (more info to follow!)

June 12 - Sip and Paint

Mark your calendar for a fun evening of painting and wine!

Wednesday Night Class

Italian for Travelers

6 Wednesday April 24 - May 29, 5 p.m. – 6:30 p.m., free

Designed to equip travelers to Italy with the skills to converse confidently in Italian in various scenarios.

New Extended Hours!

Saturdays 10 a.m. until noon: April 6, 27, May 4, 18

Mahjongg for Beginners: Learn and Play with Aggie

Saturday, April 6, 10 a.m. - 12 p.m., free

Learn the fundamental rules, tile recognition and basic strategies of the game. Through guided play, you will gain confidence and develop an understanding of Mahjongg.

Learn to Needlepoint with Aggie

Saturday, April 27, 10 a.m. - 12 p.m., free

Learn needlepoint techniques, stitches and patterns.

Specialty Canasta Hands with Geri

Saturday, May 4, 10 a.m. - 12 p.m., free

Focusing on advanced strategies and tactics related to unique combinations of cards. Learn to identify and build these hands to enhance your overall canasta gameplay.

Fostering Connection in the Post-COVID Era:

An Art Gottlieb Health and Wellness Presentation with Brunch

Saturday, May 18, 10 a.m. - 12 p.m., free

Join Art as he discusses the importance of combating social isolation in the post-pandemic world and exploring proactive steps to foster connections!

Be sure to check our weekly eblasts as we add more activities and events during our expanded hours!

Community Chats

Conversation and Coffee with a Cop

Thursdays, March 14, April 11, May 9, 1 p.m. - 2 p.m., free

March 14 Officer Nicole Vartuli, Community Impact Officer, will be discussing Financial Scams. Each month Nicole Vartuli, Community Impact Officer, will present a topic of interest to our community.

Life Reimagined

Thursdays, March 21, April 18, May 16, 1:00 p.m., free

Purposeful living promotes happiness, better sleep, longevity, a healthier heart and reduces the risk of Alzheimer's and other diseases. Hosts Marcy Rand, LCSW, Adult and Senior Service Coordinator for New Canaan's Human Services Department, and Robin Rockafellow, LCSW, will lead an informal and friendly group discussion with creative ways to explore our interests, abilities, knowledge, and activities in connection to the community around us.

Health Talks with Shannon and Ellen

Fridays, March 22, April 12, May 10, 11 a.m. - noon, free

Coffee, Conversation & Snacks with Shannon and Ellen from the Health Dept.

March 22 - Heart health and the signs and symptoms of heart disease.

April 12 - Developing a de-stressing routine.

May 10 - Medicinal uses for THC. What is it? What is it used for?

Special Events



The Art and Science of Beekeeping

Wednesday, March 6, noon

A lunch and learn sponsored by New Canaan Land Trust

Beekeeper Steve Burt and the New Canaan Land Trust will discuss all you ever wanted to know about bees during this informative presentation. Learn about the benefits and potential pitfalls of beekeeping right here in Connecticut. Get all the latest BUZZ about this growing trend. To register call 203-594-3620.



The Poetry of Yeats with Ned: A Lively Reading to Celebrate St. Patrick's Day

Wednesday, March 13, 10 a.m., free

Back by popular demand! Our own resident orator and raconteur, Ned Monaghan, will regale us with the poetry and anecdotes of his beloved homeland. Celebrate Ireland's rich cultural history with this engaging recitation. **Irish treats served alongside the poetry of the Emerald Isle.** Erin go bragh!

Appraisal Day with Bonhams Auction House Specialists

Sponsored by Staying Put in New Canaan and Lapham Center

Wednesday, March 20

Individual Antique Appraisals followed by Lunch and Learn Program

Appraisals from 10:00-11:30; Lunch and Talk at 12:30 p.m., free

Schedule your 15-minute time slot with one of Bonhams Specialists. Stefany Morris (Impressionist & Modern Art), Haley Juras (Jewelry) and Matthew Stavro (Prints & Multiples) will be available. Photos of large items are fine! Spots are limited; call 203-594-3620 to reserve your appraisal session now! Lunch and presentation on the types of appraisals that are most helpful to you to follow at 12:30. During this interactive discussion, participants will be able to ask any questions of the specialists who have years of experience in the art & auction world. Registration required for lunch and talk, as well.



Demystifying Medicare:

A Lunch and Learn with Dr. Ronald Kahan

Wednesday, April 3, 12 noon, free

Join physician, author, and Medicare expert Dr. Ronald Kahan for a stimulating discussion about how to navigate the options, the enrollment processes, the care, and the coverage of the Medicare system. Dr. Kahan makes this often stressful process easy, comprehensible, and stress-free! Registration required.

Two Chances to Play

Spring Break Pizza, Bingo and Prizes

Friday, April 19, noon - 2 p.m., \$10

Intergenerational Bingo - kids, parents and grandparents!



Earth Day Bingo sponsored by

Planet New Canaan

Monday, April 22, 10 a.m., free

Join us for a light breakfast with Bingo and sustainable prizes.

Special Events

Nautical Narratives with Art Gottlieb

Tuesdays, March 26, April 2, May 7, May 14, 10 a.m., free



Art Gottlieb returns to explore the rich histories of the indomitable USS Missouri, the legendary Intrepid, the storied Nantucket Lightship and the silent heroes beneath the waves, U.S. Submarines, each telling a unique story that contributes to the fascinating narrative of U.S. naval history.

March 26 - USS Intrepid

April 2 - USS Missouri

May 7 - Nantucket Lightship

May 14 - U.S. Pacific Fleet Submarines in WWII

The Beauty of the Sari: Style, Tradition, and History

A Lunch and Learn Event Sponsored by Staying Put

Wednesday, April 24, lunch at 12 p.m., presentation to follow, free

The sari has long been one of the most recognizable and beloved elements of Indian fashion. Learn more about the rich cultural significance of these elegant garments, which have existed for 5,000 years. Rashmi Raniwala, importer and retailer of fine Indian clothing, will share her knowledge and exhibit some curated examples of this gorgeous fashion statement.



Fraud Prevention

Wednesday, May 8, lunch 12:30 p.m. and program 1:00 p.m., free

New Canaan Police Lt. Marc DeFelice and Detective Tom Patten will be leading the discussion on Fraud Prevention **Sponsored by Staying Put in New Canaan**. The New Canaan Police Department saw a significant increase in fraud complaints. According to the Department of Justice report on Senior Abuse and Financial Exploitation, each year an estimated \$3 billion is stolen from seniors through a variety of ever-evolving scams. Join us to learn how to avoid becoming a fraud victim.

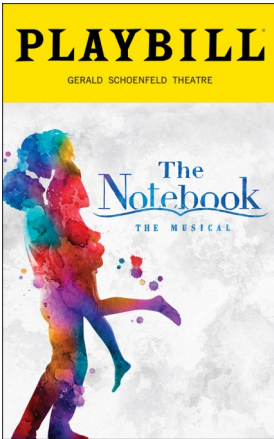


Pizza and the Pops A Preview of Norwalk Symphony's Pops in the Park Concert Thursday, May 23, lunch noon; program 12:30pm, free

Join Maestro Jonathan Yates from the Norwalk Symphony Orchestra as he shares insights into the music planned for the 3rd Annual Pops in the Park concert on Sunday, June 9, 2024 at 6:00pm. Waveny Great Lawn will be the location for this year's performance, themed "Broadway Lights."

(The New Canaan Pops in the Park concert featuring the Norwalk Symphony will be held at Waveny Park, Sunday, June 9, 6 p.m. - 8 p.m.)

Trips



The Notebook on Broadway

Wednesday, April 17, \$240

Bus departs Lapham at 11:30 a.m. for a 2 p.m. Matinee

Price includes transportation, ticket and lunch

Take a trip to the Great White Way to see this astounding new show critics have called, "Stunning and evocative" with "beautiful music and breathtakingly poignant lyrics." *The Notebook* is a new musical based on the best-selling novel that inspired the iconic film. Allie and Noah, from different worlds, share a lifetime of love despite forces that threaten to pull them apart, in a deeply moving portrait of the enduring power of love. Only 30 Tickets available; see below for payment instructions.

The Chicago Tribune says The Notebook is "absolutely gorgeous, not to be missed!"

The Chicago Sun-Times calls it "superb! A stage musical for the ages!"



Metropolitan Museum of Art

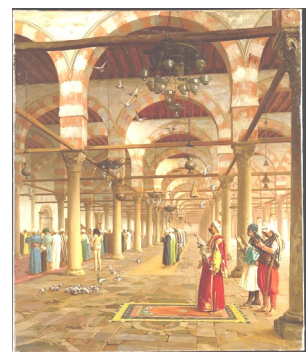
Tuesday, May 14, 9 a.m. - 4 p.m. \$65

Here's your chance to see the Met hassle-free

Lapham will, once again, be hosting a trip to this most beloved destination! Whether you are an art expert, appreciator, or novice, this is an opportunity you won't want to miss. Your fee covers the bus trip. You will be dropped off at the Museum door and picked up 3 1/2 hours later.



For those who are interested, you will be able to see in person several of the works featured in Tom and Nick's newest lecture series, "The Orientalists," as well as the paintings appearing in our upcoming series on The Met!



PAYMENT INFORMATION

Your spot is only guaranteed when payment is received. Make your reservation ASAP! Please send a check, payable to Senior Center, to PO Box 83, New Canaan, CT 06840. or drop it off at Lapham Center. Call 203-594-3620 for more information. Space is limited.

Art Classes

Watercolor

10 Mondays, March 11 - May 13, 10:00 a.m., \$100

Learn the importance of materials and water control, while exploring techniques such as working wet on wet, layering, and dry brushing.

Tiffany Mckay provides demonstrations and offers individual attention with easy examples to follow.

Acrylic Painting

11 Thursdays, March 7 - May 23, 10:00 a.m. \$110

Althea Ericsson will help you strengthen your painting fundamentals as you take your artwork to the next level. She will guide you through the fundamentals of composition, portraiture, color values, and perspective, while you discuss other artists and their styles. **All levels welcome.** No class April 4.

The Art of Drawing

**8 Tuesdays, March 19 - May 7, 10:00 a.m., \$80
(plus \$10 materials fee)**

Learn to see and measure space using proportions and relationships to articulate form, using still life and figure drawing to understand and use the concepts of line, value and gesture when drawing from observation or personal photos. Taught by Jeanne McDonagh. All levels welcome.

iPhone Photo Editing

**3 Wednesdays, May 8, 15, 22, 10 a.m., \$30
Learn to edit Photos and use photo apps**

The iPhone Camera settings and editing and several of the Photo Apps such as Snapseed, Manual Camera, Slow Shutter and Waterlogue will be demonstrated. Learn how to use these applications to enhance your photography skills.

Woodcarving

**Mondays, March 11, 25, April 8, 22, 29, May 6, 20, 12:30 p.m.
and Thursdays, March 7, 21, April 4, 18, May 2, 16, 12:30 p.m., free**

Join **Dennis Taylor** to explore this time-honored craft. Dennis will carve actual projects, explain basic wood cuts and tools and offer safety tips.



"The Orientalists":

Western Artists in Arabia, the Sahara, Persia & India

6 Tuesdays, April 2 - May 7, 1 p.m., free

Tom Davies and Nick Ranieri have teamed up once again for a new six-part series, answering the question, "Where do 19th and early 20th Century images of the Middle East come from?" The world knows of the Pyramids and the Sphinx. We have sense of the enormous size of the Sahara Desert, camels and caravans, bustling city bazaars, and images of Muslims in prayer. These images were created by Western artists; Islam forbids creating images of the Prophet Muhammed, and by extension, the human figure. Without these early, adventurous artists the world, we, including the Islamic world, would have no accurate visual record of their lands and people prior to photography and film. The descriptive term "the Orient" during the 1800s and early 1900s, not only applied to North Africa but also Turkey, Syria and India. The European and American artists who traveled throughout these regions were well trained in academic realism and the accurate portrayal of all they saw. This series presents a comprehensive view of how these "Orientalists" portrayed this once forbidden part of the world and includes critical historic events, early explorers and even the enduring impact that "Egyptomania" has had on the West.

Games

Bridge: Improve your Defense with Mary

7 Tuesdays, April 2 - May 14 , 10:00 a.m. - noon, \$84

This class is for players who have some duplicate bridge knowledge. While the class will be focusing on defense, declarers will be employing all their strategies to make the contract! So it will be a fun class, that will improve your game!

Bridge 3.0 with Mike Hess

8 Fridays, March 15 - May 10, 10:00 a.m. - noon, \$96 (no class March 29)

Bridge is a great social game that is also excellent for keeping one's mind in shape. In this class we will introduce you to the fun of bridge as it is played now. This is a class for students who have finished Mike's beginning bridge class and those who haven't played in many years and feel they need a re-fresher. This class will continue to cover the basics with more practice playing hands. Limited to 12.

Advanced Bridge with Mike Hess

8 Mondays, March 18 - May 6, 10:00 a.m. - noon, \$96

For Intermediate/Advanced players and/or Duplicate tournament competitors. Providing an opportunity to focus on actual play of the hand with additional focus on defensive strategies and modern bidding. **Mike** has been teaching bridge for 30+ years, is a Diamond Life Master, and has earned over 5,000 master points. He authors the "Ask the Expert" column for *Kibitzer Magazine*, published by the Connecticut Bridge Association.

Beginning Mahjongg

Session 1: March 11 & 12 9:15 a.m. - 11:15 a.m.

Session 2: April 8 & 9, 9:15 a.m. - 11:15 a.m., or

Session 3: May 8 & 9, 1 p.m. - 3 p.m.

\$30 per session

Join Aggie to learn how to play this fun, social game. The class covers the rules, tile identification and basic strategies, followed by hands-on practice to reinforce learning.

Canasta classes coming soon! Keep a look out in our email blasts.

Billiards with Mike Bacon

Wednesdays, March 6 - May 29, 2 p.m., free

If you're looking to have some fun, learn to play pool, or just play a game or two for enjoyment. Stop by for a lesson or game with Mike!

Drop in Mahjongg

Thursdays, 1 p.m. - 3 p.m. and

Fridays, 10 a.m., free

Whether you're a beginner or experienced player, you're welcome to stop by on Thursdays from 1-3, or Fridays 10-12, either Aggie or Kathy will have a game going.

History, Music and Art Appreciation

French Revolution with Mark Albertson

8 Mondays, March 11 - April 29, 10:30 a.m. - noon, \$80

The Revolutionary fervor unleashed by the rambunctious colonists in North America seemed to have been carried by the currents of the Atlantic to the bastion of Western Royalty . . . Europe. And in 1789, the French Revolution broke out. Spurred on by the success of the Americans, the expectant French overthrew the Bourbons in a revolution much more violent than what had transpired in the Thirteen Colonies. Unlike the American Revolution, which occurred 3,400 miles from Europe, the French upheaval occurred in the belly of the beast, and would draw into its swirling vortex the princely houses of Europe which were seeking to preserve the Divine Right of Kings.



The Rise and Fall of the British Empire

Discussion led by Ned Monaghan

Thursdays, March 28 - August 1, 9:15 a.m., \$20

This remarkable Great Course explores the extensive and robust history of the largest empire in the world, with fresh insights into a wide range of political, economic, technological, social, and more, integrating new knowledge about Britain, to better understand the background of current events in so many other countries that were once part of Britain's empire.

Museum Masterpieces from The Met

5 Tuesdays, March 19, 26,

Break then May 14, 21, 28, 1 p.m., free

No other museum covers the history of humanity and its achievements as thoroughly as The Metropolitan Museum of Art in New York City. This series highlights some of the museum's masterpieces.

String Quartets of Beethoven, Life & Music of Haydn & Mozart

12 Mondays, March 4 - May 20, 2:30 p.m., free

Professor Greenberg continues to lead us on an exploration of famous composers. Join us to uncover the musical beauty, emotional depth, and dramatic scope that made these composers legendary.

The Book of Revelation

Tuesday, April 23, 9 a.m. - 11 a.m., free

There is probably no book in all of Scripture that is so misunderstood or so misused as The Book of Revelation. Because of the imagery used and so many references to persons and situations that are foreign to us, it must be examined with an eye to the time period in which it was written. In this one-day class, we will consider authorship and purpose. Taught by John Schultz who has been teaching classes on religion at Lap-ham for the last five years.

Languages

Intermediate French: 13 Wednesdays, March 6 - May 29, 11 a.m., \$130

If you have a good knowledge of French or want to brush-up on the French you once learned, this class is for you. Learn from a French native at a realistic pace in a very relaxed and supportive environment. **Taught by Georgia Lehnert.**

French Conversation: 12 Mondays, March 4 - May 20, 10:30 a.m., \$144

This is a continuation class for those who have already acquired basic skills in French. Madame will start with an article from a French daily like *Le Figaro* or *Le Point*, along with a vocabulary sheet of words or expressions. She facilitates conversations about a variety of topics and says all her students enjoy her cultural quizzes.

Spanish Conversation: 12 Mondays, March 4 - May 20, 12:30 p.m., \$144

This class is for those who have a working knowledge of the Spanish Language, can converse, read and write in Spanish. The instructor will facilitate conversation, and add to your vocabulary, and grammar. She includes articles, cultural quizzes and more.

Taught by Nell Mednick.

Due to snow days, the Tuesday classes for the spring semester will begin on March 19.

Beginning Italian 3: 11 Tuesdays, March 19 - May 28 Tuesdays, 9 a.m., \$132

Continues to build on lessons learned in the fall and winter sessions of Beginning Italian. Students will learn to speak, understand write and read simple Italian using examples from everyday life. It will provide students with a basic foundation in the Italian language and grammar.

Italian Conversation: 11 Tuesdays, March 19 - May 28, 10 a.m., \$132

This class is for students who are able to read, write, and understand in present, past, and future tenses. It is aimed at those who want to improve their Italian through conversation, grammar, and comprehension. In addition, this class will be reading novels in Italian.

Intermediate Italian: 11 Tuesdays, March 19 - May 28 , 11:45 a.m., \$ 132

This class is for a small group of students with a strong knowledge of Italian. Students will speak, understand, write, and read simple Italian using examples from everyday life. Class will build on the basic foundation of Italian language and grammar. Included in the class will be readings of brief news articles and short stories.

Intermediate Italian: 13 Wednesdays, March 6 - May 29, 9 a.m., \$156

This class is for students with a good knowledge of Italian. Students will speak, understand, write, and read simple Italian, using examples from everyday life. Class will build on the basic foundation of Italian language and grammar. Incorporated in the class will be readings of brief news articles and short stories.

Italian for Advanced Beginners: 13 Wednesdays, March 6 - May 29, 10:45 a.m., \$156

Building on skills and knowledge learned in Beginning Italian.

Italian classes taught by Lisetta Malagoli.

Literary Corner

Poetry in Motion: A Fun Exploration of Verse (Zoom only)

Tuesdays, March 5 - May 21, 10:00 a.m., free (No class April 16)

If you are a lover of poetry — or simply curious to find out a little bit more about it — then join us for our informal weekly discussions! Explore the poetry of different eras, cultures, and perspectives, with an aim toward discovering the most profound and enduring elements of the human condition — all in a fun and low-key environment. All are welcome!

Notes from Underground

A close reading of Dostoevsky's famed novella

3 Thursdays, March 14, 21, 28, 11:00 a.m. - 12:15 p.m., free

Join us as we read the disturbing tale of the Underground Man — the “entertaining, funny, nasty” anti-hero whose confessions explore individual alienation and the possibility of redemption in the modern world. We will be examining the style, structure, and significance of this groundbreaking work.

Much Ado About Nothing

A close reading of Shakespeare's beloved comedy

5 Thursdays, April 4, 11, 25, May 2, 9, 11:00 a.m. - 12:15 p.m., free

We will be examining Shakespeare's delightful take on the age-old Battle of the Sexes. Often considered his “most readable comedy,” this play is sure to please Shakespeare fans, both new and old. Group members may be invited to participate in brief dramatic readings of select episodes and scenes, and all will be encouraged to share their thoughts and ideas about this timeless play.

Stephanie Stiles, novelist and former British literature professor, will guide these discussions.

World Events, History and Culture Book Group

3 Tuesdays, March 26, April 16, May 21, 2:30 pm, free

All are welcome to attend this book discussion group led by Ken Hecht. Ken has been leading book discussions on issues related to world events for more than 12 years.

March 26 - *Fossil Future* by Alex Epstein

April 16 - *Not Stolen: The Truth about European Colonialism in the New World* by Jeff Flynn-Paul

May 21 - *A History of the World in 10 Dinners: 2,000 Years, 100 Recipes* by Victoria Flexner & Jay Reifel

Lapham Reads

(aka the Whodunnit Book Group)

***A Tidy Ending* by Joanna Cannon**

Thursday, March 28, 1 p.m., free

A Tidy Ending. Linda and her husband live a quiet life in their peaceful town—until several young women are murdered and the hunt for a serial killer begins.

***The Silent Patient* by Alex Michaelides**

Thursday, April 25, 1 p.m., free

The Silent Patient. A talented criminal psychotherapist tries to help a nearly catatonic patient unravel the mystery of why she killed her husband.

Thursday, May 23, 1 p.m.,

Book to be selected by the group.

Fit for Life Book Talk with Mike Bacon

Outlive: The Science & Art of Longevity

5 Thursdays, May 2 - 30, 1 p.m. - 2 p.m., free

Join Mike Bacon for another interactive book talk and lifestyle program. In *Outlive*, Dr. Peter Attia outlines his science based strategies to help create an individual plan to prevent chronic disease and extend long-term health. This #1 *New York Times* bestselling book is an actionable manual with insights and tactics that foster better aging.

Movies & Ukulele

Friday Movies at Noon

Bring your lunch and enjoy the show, free
(no movies April 19, 26 and May 24)

March 1 - *The Lady Bird Diaries*, 1h 40m. A portrait of former Lady Bird Johnson. IMDb 6.9/10.

March 8 - *The Pigeon Tunnel*, 1h 32m. Le Carre gives his final and most personal interview. IMDb 5/10.

March 15 - *Gran Turismo*, 2h 14m. Jann Mardenborough, a teenage Gran Turismo player, becomes a professional racing care driver. IMDb 7.2/10.

March 22 - *The Holdovers*, 2h 13m. A curmudgeonly instructor (Paul Giamatti) at a prep school is forced to remain on campus during break to babysit a handful of students with nowhere to go. 8/10.

April 5 - *Past Lives* 1h 46m. Childhood friends, Nora and Hae Sung, are separated when Nora's family emigrates from South Korea. Decades later they are reunited for one fateful week. IMDb 7.9/10.

April 12 - *NYAD*, 2h 1m. The inspiring story of a former long-distance swimmer undertaking a trek from Cuba to Florida after she turns 60. Starring Annette Bening and Jodie Foster. IMDb 7.1/10.

May 3 - *The Taste of Things*, 2h 16m. Chef Eugenie and boss Dodin's 20-year bond sparks a romance, leading to globally acclaimed dishes. In French with English subtitles. IMDb 7.5/10.

May 10 - *The Hill*, 2h, 6m. The story of Rickey Hill's journey to Major League Baseball. IMDb 8/10.

May 17 - *Maestro*, 2h 1m. Bradley Cooper's epic biographical film focuses on the relationship between American composer Leonard Bernstein and his wife Felicia Montealegre. IMDb 6.8/10.

May 31 - *Anatomy of a Fall*, 2h 32 m. A celebrated writer is on trial when her husband *falls* to his death, their blind son faces a moral dilemma as the main witness. In French and English. IMDb 7.8/10.

French Films

3 Wednesdays, March 27, April 24, and May 22, 1 p.m. - 3:30 p.m., free

Angela Kelleher, an MA holder in French Literature from Columbia University, will lead discussions on French films. With a passion for French culture, she introduces and discusses movies, offering unique insights.

March 27 - *Le Hussard Sur le Toit: (The Horseman on the Roof)*, Based on the novel by Jean Giono. *In French with English subtitles.*

April 24 - *Chocolat*, The lives of straitlaced villagers in a rural French town are transformed through the magic of a newcomer's chocolate shop. *In English with French subtitles*

May 22 - *Midnight in Paris*, Woody Allen's film explores a man's love for Paris and the enchantment his imagination brings. *In English with French subtitles.*

Ukulele Lessons with Uncle Zac

13 Wednesdays, March 6 - May 29, \$130

Beginners, Noon - 1 p.m. Players, 1:30 p.m. - 2:30 p.m.



Uncle Zac, the "Uke guy", a local ukulele performer and teacher who has played the uke for 50 years, will teach a variety of chords, techniques, and songs. **The beginner class for those** with little or no experience. If you need a uke, Uncle Zac will bring one for you to borrow. **The player class** is for those who have experience playing a ukulele.

Physical Fitness

Balance & Posture for Fall Prevention with Ellen

10 Mondays, March 4 - May 20, 10 a.m., \$100 (No classes April 22 and May 6)

This program is designed to decrease the risk of falling and improve upper and lower body strength. Posture exercises will strengthen the muscles that support the spine and contribute to overall balance and alignment. You must be able to stand on one foot with the support of a chair. Strength training with light weights included.

Moving with Arthritis with Ellen

10 Mondays, March 4 - May 20, 11:00 a.m. - 11:45 a.m., \$90 (No classes April 22 and May 6)

This Arthritis Foundation program is proven to reduce the pain and stiffness associated with arthritis. Ellen will demonstrate exercises for every joint in the body from head to toe. The exercises can be performed sitting or standing. Strength training with light weights included. You will leave this 45 minute class feeling renewed and reinvigorated.

Fit for Life with Mike

12 Mondays, March 4 - May 20, Noon, free

This class focuses on upper, lower, and core muscle strength while emphasizing posture and balance. Participants use their own body weight and stretch bands in a power circuit of exercises. This class integrates elements of sports conditioning, yoga and Pilates. It is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

Super Stretch - Preventing Pain and Improving Mobility

12 Mondays, March 4 - May 20, 1:15 p.m., \$120

13 Wednesdays, March 6 - May 29, 1:30 p.m., \$130

Designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball during the hour long class. The last ten to fifteen minutes is spent stretching all the muscles worked during class. Most of the class will be done on the floor with mats.

New Canaan Men's Club - Men's Only Yoga with Steve

12 Mondays, March 4 - May 20, 2:30 p.m., \$120

13 Wednesdays, March 6 - May 29, 2:30 p.m., \$130

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. This class will help you develop a better understanding of various yoga poses and how to move your body from one pose to the next. Focusing on alignment and purposeful movements to improve strength, flexibility, and balance. Yoga helps to decrease stress on your joints and avoid preventable injury when playing golf, tennis, pickle ball or other sports.

Qigong with Steve

13 Wednesdays, March 6 - May 29, 12:30 p.m., \$130

Students will learn a series of slow, dance-like Qigong movements which will help increase stamina and vitality, reduce stress, enhance the immune system, improve balance, and aid cardiovascular, respiratory, circulatory, and digestive functions. Students at all levels will benefit from this practice.

Physical Fitness, continued

Due to snow days, Tuesday classes for the spring semester begin on Tuesday, March 19.

Beginning Pilates with Joyce, all levels

11 Tuesdays, March 19 - May 28, 8:30 a.m., \$110

14 Thursdays, March 7 - May 30, 8:30 a.m., \$140

We will use flex bands, small balls, and a fitness circle. The purpose of props is to stimulate the body and make exercise more challenging, accessible, and successful. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on-the-Ball with Joyce, advanced

11 Tuesdays, March 19 - May 28, 9:45 a.m., \$110

Pilates-on-the-ball is a combination of mat Pilates and stability ball (Swiss ball). Exercises are performed with specific breathing patterns to strengthen abdominal, back, and hip muscles. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

14 Thursdays, March 7 - May 30, 9:45 a.m., \$140

This class is the perfect blend of yoga and Pilates. Yoga promotes bone health, increases flexibility and range of motion, and reduces stress. Pilates strengthens abdominal, back, and hip muscles while improving balance and flexibility. Limited to 15.

Muscles in Motion with Debbie - Intermediate

11 Tuesdays, March 19 - May 28, 11 a.m., \$110

14 Thursdays, March 7 - May 30, 11 a.m., \$140

Understand the practice of using mind and body (the neuromuscular junction) to create strong, toned, flexible bodies. Learn proper body movements to lift, bend, and carry without compromising an aging spine - our lifeline!

Cardio Plus Strength with Debbie - Intermediate

11 Tuesdays, March 19 - May 28, 12 p.m., \$110

14 Thursdays, March 7 - May 30, 12 p.m., \$140

Move, dance, and mingle as you strengthen your heart, increase range of motion, and strengthen bones. Thirty minutes of continuous moderate intensity cardiovascular training will be followed by weight training and flexibility exercises. Emphasis given to body alignment for a healthier spine.

Chair Fitness with Debbie - All levels, hybrid

11 Tuesdays, March 19 - May 28, 1 p.m., \$110

It's never too late to exercise! Strengthen your heart, muscles and bones and increase the range of motion of your joints – all while seated in a chair. It's fun and engaging!

Sit and Stand Yoga with Jody

8 Wednesdays, March 20 - May 8, 10 a.m., \$80

Sit and Stand yoga is an effective and accessible exercise for everyone. Despite any limitations you may have, Sit and Stand yoga offers many benefits including: increased flexibility, improved strength & self-awareness, reduced stress, improved pain management skills, and better sleep. This class is enjoyable for all levels of experience, **as you may choose whether to sit, stand or get down on the floor.**

Services

Ask the Attorney with Michael Nedder, by appointment

Thursdays, March 14, April 11, May 9, 2 p.m. - 4 p.m., free

Michael Nedder of Nedder and Associates, LLC will be available for free, private, fifteen-minute consultations to answer your legal or financial questions. Please call 203-594-3620 to schedule your appointment.

Health Screenings:

Hearing Screenings and Hearing Aid Cleanings

Fridays, March 15, April 19, May 17, 9 a.m. - 11:30 a.m., free

Wendy Cooke will be providing hearing screenings as well as checking and cleaning hearing aids. Call 203-594-3620 to schedule an appointment.

Blood Sugar Screenings

Wednesdays, March 13, 27, April 10, 24, May 8, 22, 1 p.m. - 2 p.m., free

Shannon Vallerie and Ellen Samai from New Canaan's Dept. of Health will provide blood sugar testing. Call 203-203-594-3620 to schedule an appointment.

Blood Pressure Clinics

Mondays: March 4, 18, April 1, 15, May 13, 11:15 a.m. - 12:15 p.m., free

Bethany Zaro, RN, MPH, Director of Human Services, will provide blood pressure testing. Call 203-594-3620 to schedule an appointment.

Free Medicare Counseling

Thursdays, March 7, 21, April 4, 18, May 2, 16, by appointment

Dick Neville is a Medicare counselor trained by CHOICES, the State of Connecticut program which trains volunteers to provide Medicare education in their communities. If you are turning 65, he can guide you through enrolling in Medicare, choosing a Medicare supplement plan and a Part D prescription drug plan, and understanding the Medicare Advantage Plans. He can also help if you have other questions about Medicare. These sessions are offered free of charge to New Canaan residents and Town employees. Call 203-594-3620 to schedule your appointment. No drop-ins please.

General Information

Registration

- Lapham uses the web-based program, MyRec, for registrations. You must have an account in MyRec to register for our programs. If you need assistance creating your account, call us at 203-594-3620.
- Registration will continue until all classes are filled.
- Please register for **all** activities, including free offerings.
- We cannot enroll you in a class or program until payment is received.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships.

Registering online is quick, safe and easy once you have created an account in MyRec:

<https://newcanaanct.myrec.com/info/household/login.aspx>

To register by phone call 203-594-3620, Monday - Friday, 9:00 a.m. - 4:00 p.m.

Payment

- Payment by credit card is preferred, we do not accept AMEX or cash for classes.
- For classes and special events checks are also accepted, make checks payable to: Town of New Canaan
- For trips make checks payable to: Senior Center of New Canaan
- Please bring checks to Lapham Center or mail to: **Lapham Center, P.O. Box 83, New Canaan, CT 06840.**

Refunds & Credits

- If a class is cancelled, you will receive a full refund in the original form of payment.
- You may cancel a registration prior to the start of class to receive a refund less a \$5 processing fee.
- No discounts or pro-rating will be given for any classes, programs or events.
- There will be no refunds for trips.
- Withdrawals due to medical issues, as they occur, will be reviewed on a case by case basis.

Groups using Lapham

Many New Canaan residents use Lapham for book groups, games, luncheons, and more

- All groups must fill out a facility use form.
- Lapham Reserves the right to change the room at our discretion.
- If you are interested in using the facility during our hours of operation please call us 203-594-3620 for availability.

In This Issue			
Art Classes	7	Movies and French Films	12
Community Chats	3	Physical Fitness	13-14
Extended Hours Classes and Events	2-3	Registration and General Info	16
Games: Bridge, Canasta, MJ, Billiards	2,3,8	Services	15
History, Art & Music Appreciation	9	Special Events	1-5
Languages	2,10	The Orientalists Program	7
Literature	11	Trips	6
Medicare Counseling	15	Ukulele Classes	12