



# FALL 2019 NEWSLETTER

## Age

*As a child and in mid life  
Age used to whisper in the  
background of activity  
You have time, time, time  
But at 81, Age has raised its  
voice  
It shouts NOW! NOW! NOW!  
The word echoes and  
reverberates  
My being must respond!  
NOW . . . Has arrived!*

This poem, by our own **Cathie Pike**, resonated with the members of her exercise classes here. They felt it was an important reminder that we all need to remember to Seize the Day! When your time is over, you will be remembered for what you did, not what you meant to do. So, there being no time like the present, read our newsletter and see if there is anything that will help you with your Bucket List. Learn Italian. Take Yoga. Expand your artistic talent with a Drawing or Writing class.

NOW . . . Has arrived!

**Lapham Community Center  
Senior Center  
of New Canaan, Inc.**

**In Waveny Park**

**Mail: P.O. Box 83  
New Canaan, CT 06840**

**203-594-3620**

**www.laphamcenter.org  
director@laphamcenter.org**

## Katharine Hepburn: From Hartford to Hollywood

Wednesday, September 25, Lunch noon, Program 12:30, Free



With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in Connecticut, Hepburn had a career in stage, film and television that reflected the changing role of women in American society. The story of her life-long ties to Connecticut offers a complete picture of how she became the woman and the star she was.

**Natalie Belanger** is the Adult Programs Manager at the Connecticut Historical Society. She holds a B.A. in history from Smith and an M.A. in women's history from the U. Maryland. She has worked in museum education for most of her career.

Also, check out our Hepburn movies on page 13.

## A Critical Look at the Legacy of the New Deal

8 Thursdays, September 12-October 31, 9:30 a.m., Free

With renewed interest in the New Deal on the part of policymakers, it's time to take a new look at how well the Administration of FDR coped with the Great Depression, how it countered the environmental crisis of its time, and what actions it took to increase the economic and social security of Americans and equip us to prevent or overcome future economic meltdowns. The course focuses on the New Deal's innovative approach to relief through job creation that both rescued millions of jobless Americans and with their labor created bridges, parks, tunnels, schools, and public arts. Also, who were the New Dealers—the innovative, dedicated, and energetic men and women who came to Washington in the 1930s to address near economic and political collapse?

**Trudy Goldberg** holds a B.A. from Vassar and master's and doctoral degrees from Columbia. She has authored numerous articles and publications, including two books, (both co-authored/edited with Sheila Collins) on the New Deal.

## Welcome to Lapham Center

This Fall Newsletter will be mailed town-wide, is available for pick up at the Center and is posted on our website at [www.laphamcenter.org](http://www.laphamcenter.org).

All adult New Canaan residents (not just seniors!) are welcome to take classes and participate in other activities at Lapham. There is no membership fee or requirement beyond town residency and the ability to participate.

For most classes you can register online or call us with a credit card. Registration starts now and will continue until classes are filled. We ask that you register for ALL activities.

If you cannot sign up for three months, we will try to let you enroll by the month. Call Aggie at 203-594-3620 if you need information about scholarships.

If we need to cancel a class, you will get a full refund. If you need to drop out of a class before it begins, you will get a refund minus a \$5.00 processing fee. If you cancel after class starts, you will get a credit, minus a \$5.00 processing fee, that can be applied to future classes. *Staff must be notified; credits will be issued only for classes occurring after notification.*

There are many new classes being offered this fall —be sure to read all of the newsletter and check them out!

## special programs

### New Canaan Library Virtual Reality Program: Visit Mount Rushmore at Lapham

Tuesday, September 17, 2 p.m., Free (registration necessary, limited to 8)

Virtual Reality (VR) is the computer-generated simulation of a three-dimensional image or environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a helmet with a screen inside or gloves fitted with sensors. The Oculus Go is one of many VR headsets that enables users to learn, travel, and create in a 360-degree virtual setting. Librarians from New Canaan Library will teach you how to use the Oculus Go VR headset and controller in this beginner-friendly, engaging program. In this session, you will “visit” the Black Hills of South Dakota and learn how Mount Rushmore was built.

### A Visit to Pompeii - Wednesday, September 18, 10:30 a.m., Free

In August of 79 AD, Mount Vesuvius in Italy blew up. The resulting fallout both destroyed and preserved two cities: Herculaneum and Pompeii along with about 2,000 citizens killed during the eruption. Pompeii is one of the most famous sites to visit in the world and probably on most travelers "bucket list". It is a treasure house of ancient art including mosaics, bronzes, marble statuary, frescoes preserved along with everyday objects showing a way of life long gone. **Brian and Catherine Hollstein** spent several days exploring Pompeii and Herculaneum along with the archaeological museum in Naples and they will share their photos and impressions with you.

### Cholesterol Screening at Lapham

Thursday, September 19, 8:40 -11:20 a.m., \$40

Call 203-594-3620 to schedule an appointment to have your cholesterol checked by nurses from **Visiting Nurse & Hospice of Fairfield County**.

The procedure is a simple finger stick and results are obtained in approximately ten minutes. You will receive a complete lipid panel (HDL, LDL, total cholesterol, triglycerides), glucose, blood pressure, BMI calculation and health counseling by an RN. It is ideal but not necessary, to fast 12 hours prior to the test (do drink water, black coffee or tea in the morning).

The cost is \$40 payable by cash or check; no insurance accepted, but VNH can give you a receipt to submit to your insurance company. Check with your company however, VNH is not responsible if they will not reimburse for this, but most do.

**Antiques Appraisals** (co-sponsored with **Staying Put**) Wednesday, October 9, 1 p.m. Free

Do you have a 'hidden-in-plain-sight' treasure or 'cash in your attic' that you're in the dark about? If so, the estate appraisal experts at Black Rock Galleries may provide you with illuminating information about your favorite treasures during our Free Appraisal Day event at Lapham Center.

Let us help you navigate the mysterious world of antiques, jewelry, coins, silver, vintage collections, fine art, and more. Find out what your item(s) may be worth and, if you want, discover how you might convert your treasures into cash. (For large/bulky items not easily transported, feel free to snap a few photos and bring those!) Items will be evaluated on a first-come-first-serve basis.

**Mostly Wednesday Lunch & Learns with Staying Put in New Canaan**

The following are joint programs with Staying Put which are all held at Lapham Center. They are free and open to the public. Unless otherwise indicated, a light lunch, courtesy of Staying Put, will be served around noon and the program will begin around 12:15. *Reservations are necessary at least two days before the program.*

Wednesday, September 11: **Feldenkrais®**

Brains move muscles. Muscles don't move themselves. If we want to target chronic pain, address balance issues, enhance performance or improve co-ordination, the latest science makes it clear that we need to involve the incredible, untapped capacity of our brains. Feldenkrais, which is movement with attention, is an easy and powerful way to become aware of our actions, movements, and thoughts. This not only enriches the neural connections in our brains, but it also improves our physical capabilities, balance, posture and sense of ease.

**Wendy Kann** teaches Feldenkrais at Lapham Center. She will talk about the relationship between movement and our brains and lead us in a few short, seated movement sequences to give an exciting flavor of what Feldenkrais has to offer.

Thursday, September 19: **CBD Oil**

Is it safe? Is it effective? Is it legal? What can it be used for? Where do I get it? Cannabidiol (CBD) oil has become the hot new product in states, like Connecticut, that have legalized medical marijuana. The non-intoxicating marijuana extract is being credited with helping treat a host of medical problems -- everything from epileptic seizures to anxiety to inflammation to sleeplessness. But does the research back up the claims?

**Katherine Lasberg**, who is an attorney, R.N. and Community Health Coordinator for VN&H, will discuss CBD products which are showing up in drugstores, health food stores and special CBD shops near you.

Wednesday, September 25: **Katharine Hepburn: From Hartford to Hollywood**, see page 1Wednesday, October 23: **Top Financial Mistakes of the Rich and Famous**

**Lex Zaharoff** of HTG Investment Advisors will share observations based on 30 years of advising wealthy families. In this talk you will learn the top mistakes of wealthy families and how to avoid them. Lex Zaharoff joined HTG in 2014 and provides clients with a unique perspective on the art and the science of investing to achieve one's financial goals. He has a BSE from Princeton University and an MBA from Harvard Business School.

Wednesday, November 6: **DNA Testing: What You Should Know**

DNA Tests have become a very popular gift, especially at Christmas. But do you know which one to buy? Do you know how the tests differ? And do you know the long-range implications of sending your DNA to a company?

**Digital Photography Organization**, Tuesday, September 24, 2 p.m., Free

**Quentin Leo** will teach you the essentials of organizing your digital photos, videos and even scanned copies of scrapbooks, snapshots and other treasured objects. And then you will learn how store your digital memories online and off-line for safekeeping and easy access any-

**All About Acupuncture**, Thursday, September 26, 10:30 a.m., Free

Casey Potetz, LAc. will be holding an informational session discussing the medical practice of acupuncture. Get all your questions answered and discover the amazing mechanisms and benefits of this ancient medical practice.

**Casey Potetz, LAc.** is a New Canaan Acupuncturist who received her Master of Science in Oriental Medicine in Honolulu, Hi. She uses electrical-stimulation, cupping, and other healing techniques in her practice. Casey specializes in the treatment of pain and inflammation and is excited about helping the human body to heal itself.

**Hands on New Canaan - Hands Only CPR**

with New Canaan Volunteer Ambulance Corps Thursday, October 3, noon, Free

Approximately 300,000 people annually suffer sudden cardiac arrest outside a hospital setting. Less than one in four receives CPR. Studies show survival rates fall 10% each minute without CPR. Hands-Only CPR has been shown to double or even triple a victim's chances of survival. Learning the techniques that may allow you to save a life takes only 15 minutes. AED training also included. *Please register at 203-594-3620; limited to 20.*

**Lapham Reads**, Thursday, October 10, 2 p.m., Free

Once each season we have an All Lapham Read. This fall our book will be *A Well Behaved Woman* by Therese Anne Fowler. This is a riveting historical novel of iron-willed Alva Vanderbilt and her illustrious family as they rule Gilded-Age New York

What are you reading? Come to the discussion on October 10 and bring your favorite book titles or email your titles and we will choose a winter read from your suggestions.

**Pizza and Halloween Bingo**, Wednesday, October 30, pizza at noon, bingo at 1 p.m., \$5

Aggie and a surprise caller will call a variety of bingo games with fall-themed prizes. Please reserve your spot by Friday, October 4 and let us know if you will also come for pizza.

**Health Care at Home - What You Should Know**, Thursday, October 31, 10:30 a.m., Free

Do you know your options for obtaining health care at home? What does Medicare and private insurance pay for? Will a long term care insurance policy help?

Join the team of Home Care professionals from Waveny LifeCare Network for an informative discussion of these and other topics as they relate to your healthcare options. Bring all your questions so you can make an informed decision about health care at home if and when the need arises. Coffee and pastries will be served.

**Thanksgiving Lunch at Lapham**

Wednesday, November 20, 11:30 a.m., \$5

We will serve a traditional Thanksgiving lunch with all the trimmings.

After lunch **Tommy and Cuz** will be back to sing and play Name That Tune!.

Reservations are needed by Friday, November 15 at 203-594-3620.

## art and crafts

### Drawing with Eddie

11 Mon., Sept. 9-Nov. 25, 9:30–11:30, \$110

Eddie teaches drawing using a multitude of approaches, mediums, and subject matter, including: landscapes, the still life, portraits - the sky is the limit! He welcomes all skill levels, including beginners. Even though most students work on the same subject matter, each student will be taught according to his/her own skill level with no pressure to catch up to other students. The classes are fun yet structured in a very relaxed environment where students share their ideas and thoughts about the task at hand. Be ready to learn and have fun!

Eddie Nino is a professional artist and teacher specializing in Realism. He has taught for over 18 years at various Art Centers including Rowayton, Greenwich, Katonah, and Stamford Adult Education, and held numerous workshops in the tri-state area.

Class is limited to 9.

### Acrylic Painting Techniques and More

11 Thursdays, Sept.12-Nov. 21, 10-12, \$99

**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 how they achieve their style. All levels are welcome as every student gets individual attention.

### Holiday Fair

We will hold our annual Holiday Fair in early December. As always, all proceeds go to local charities.

If you sew, knit, crochet, paint or whatever, we'd love to have you donate an item or two to our Fair.

Stop by or call Lyn at 203-594-3620.



### NEW: Jewelry Making with Althea

4 Thursdays, September 19-October 10, 12:30-2:30 p.m., \$40 + supplies

Learn basic jewelry-making techniques from an experienced and patient instructor. Althea is going to focus on repairing and remaking old pieces of jewelry as well as designing new pieces. Bring whatever you want to work on to the first class. If you want to start with something new, you can call us for a list of nearby jewelry supply stores.

### Needlepoint

most Mondays, 2-3 p.m., Free

Aggie Aspinwall, who teaches at The Enriched Stitch in Wilton, will teach stitches and techniques, such as turkeywork, ribbonwork and beading. Those working on needlepoint projects who need a little help or who just like to stitch with others, are welcome to attend.

### Crafty Tuesdays

most Tuesdays, 10-noon, Free

This group works on a variety of crafts, including the Landmark Ornaments, all of which are sold to benefit local charities.

### Knitting and Crochet

most Tuesdays, 2:15-4, Free

Bring your knitting or crocheting projects and have fun chatting and working with other talented stitchers on Thursdays. We have needles, hooks and yarn if you want to learn to knit or crochet.

### Open Studio Time

Fridays, 8:30-noon, Free

If you lack space to paint at your house, try out our free studio time with the added benefit of other painters to chat with. Just come when you like.

## book groups

### Visiting *Jude the Obscure*

An exploration of Hardy's renowned classic  
8 Thurs., Sept. 12-Oct. 31, 12:15 p.m., Free

Please join us as we read – or reread – the work ranked 29th on *The Guardian's* list of the 100 Best Novels. Throughout this eight-week course, we will be following Jude Fawley in his misguided pursuit of education, love, and self-identity in the modern era. Our informal weekly discussions will invite all participants to share their ideas and insights into this haunting classic, considered by Virginia Woolf to be “the most painful of all Hardy's books.” Stephanie Stiles, novelist and former British literature professor, will guide discussions.

### NEW: Non-Fiction Writing

4 Tues., Sept. 17-Oct. 8, 12:05-1 p.m., Free

Non-fiction writing can be as creative in its way as fiction writing. How to do it? Why to do it? How do you choose subjects? Do you hope to sell an idea? Who buys non-fiction and why? Study the market. Look for an original twist. "How I spent my summer vacation" won't do it. But what will?

**Patricia Brooks** has been writing and selling non-fiction since 1952. She has had published 26 books and has written and sold hundreds of magazine articles to *Bon Appetit*, *Travel & Leisure*, *Food & Wine*, *Vogue*, *Harper's Bazaar*, *Modern Bride* and many other publications. From 1977 to 2017 she was the restaurant reviewer for the Connecticut section of the weekend *New York Times*.

### Irish and Other Authors Book Group

Wednesdays at 10 a.m. Free

Sept. 18: *The Heart's Invisible Furies* by Boyne

Oct. 16: *Waxwings* by John Raban

Nov. 20: *Charlotte Grey* by Sebastian Faulks

**Ned Monaghan** and his group read and discuss books by mostly Irish authors.

Also, see **Lapham Reads** on page 4.

## computers and technology

### Free Tech Classes

**Green Gadgets** - Tuesday, October 1, 2 p.m.

The Gadget Girls, **Aggie Aspinwall** and **Marylou Wilkinson**, will bring information on gadgets that are both energy-efficient and user-friendly. Marylou will bring samples of the new LED light bulbs (incandescent and curly bulbs are so passé!) and tell you what you need to know before you buy bulbs.

**Brain Games** - Tuesday, October 15, 2 p.m.

The research is mixed as to how much brain games can improve your memory. But it does show that games are fun, social and make you happy—so what is the down-side?! We have some fun games that will stretch your brain and make you laugh.

### Streaming - Again

Thursday, October 24, 2 p.m.

Roku? Apple TV? Google Chrome? The Gadget Girls, **Aggie** and **Marylou**, will bring in some of the devices you can use to stream television and show you how to set them up and use them. They will also discuss streaming services such as Amazon Prime, Hulu, YouTube and Netflix.

### One-on-One Technology Help

Use the emails below to schedule an appointment for one-on-one tech help; if you can't email, call Aggie or Lyn at 203-594-3620.  
*We request a donation of \$20.*

**The PC Doctor** - [pdoctor@laphamcenter.org](mailto:pdoctor@laphamcenter.org)

Having a problem with your PC or tablet? Want advice on buying a new computer? Have PC repair questions? Let one of our experienced volunteers help you resolve the issue or guide you to your answer.

**The Mac Tutor** - [mactutor@laphamcenter.org](mailto:mactutor@laphamcenter.org)

If you are having problems with an Apple product, **Marylou Wilkinson** will answer your questions.



## arthritis, balance and stretch band exercises with ellen

### Moving with Arthritis

12 Fridays, Sept. 6-Nov. 22, noon, \$72  
11 Mondays., Sept. 9-Nov. 25, noon, \$66

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 class feeling renewed.

### New Monday Class: Balance & Posture:

12 Fridays, Sept. 6-Nov. 22, 11:05 a.m., \$72  
11 Mondays., Sept. 9-Nov. 25, 11 a.m., \$66

This program is designed to decrease the risk of falling and improve upper and lower body strength. Balance exercises will strengthen the muscles that support the spine which are crucial to overall balance and alignment. Strength training with light weights included. Chairs will be used for support.

**Resistance Bands - NEW DAY:** 12 Tuesdays, Sept. 10-Nov. 26, 1:10-1:40 p.m., \$36

Resistance Bands are a simple but effective way of working all muscles. They will improve range of motion, flexibility and strength. Exercises will be done both seated and standing.

## cardio + strength \* chair fitness \* muscles in motion

### Cardio Plus Strength – Debbie

12 Tuesdays, Sept. 10-Nov. 26, 12:05 p.m., \$84 or 12 Fridays, Sept. 6-Nov. 22, 10 a.m., \$84

Move, dance and mingle as you strengthen your heart, increase range of motion and strengthen bone. Thirty minutes of continuous moderate intensity cardiovascular training followed by weight training and flexibility. Emphasis given to proper body alignment for a healthier spine. Great music and great comradery!

### Chair Fitness – Debbie

12 Tuesdays, Sept. 10-Nov. 26, 11 a.m., \$84 or 12 Thursdays, Sept. 5-Nov. 21, 12:05 p.m., \$84

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

**Muscles in Motion - Debbie** - 12 Thursdays, Sept. 5-Nov. 21, 11 a.m., \$84

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

## dance with ginger

11 Mondays, Sept. 9 - Nov. 25, 8:40 a.m. \$66 or 11 Wed., Sept. 11 - Nov. 20, 10:15 a.m., \$66

Great music, easy-to-follow choreography and high energy instruction will have you moving to the beat and having so much fun that you will forget that you're working out! Class ends with 15 minutes of strength, core and balance training.

## fit for life with mike

11 Mondays, September 9-November 25, 1:45-2:45 p.m., \$66

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. It will integrate elements of sports conditioning, yoga and Pilates. It is a dynamic program, yet it is safe and every aspect is scalable to almost any fitness level. Brain teasers included!

## pilates and yoga with joyce

**Pilates-on-the-Ball** - 12 Tuesdays, September 10-November 26, 9:55 a.m., \$72, Intermediate

Pilates-on-the-ball exercises improve your balance and strengthen your core. A combination of mat Pilates and stability ball (Swiss ball) exercises are performed with specific breathing patterns to strengthen the core muscles such as the abdominals, back, and hips. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat.

**Yoga Fusion** -12 Thursdays, September 5-November 21, 9:55 a.m., \$72

This perfect combination of Yoga and Pilates will improve your balance and strengthen your core. 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. This is the perfect blend for creating a long, lean, strong, flexible and balanced body and mind. Suitable for beginning and intermediate students.

## new: deep release stretch with susan

10 Mondays, September 9-November 18, 9:45 a.m. - \$100

These one-hour classes, influenced by the principles of yoga, emphasize floor postures that stretch, open and release the entire body. Students will work on joint mobility (neck, hips, shoulders), spinal flexion and muscle flexibility. Healthy movement, healthier body! All levels welcome. Props needed, two yoga blocks, blanket and strap.

## feldenkrais with wendy k.

10 Tuesdays, September 17-November 19, 1:10 pm., \$90

After a Feldenkrais floor class, people often experience changes that seem to defy logic – a mysterious reduction in pain, the sudden discovery of ease, or the sensation of movement where there had been little before. When we combine a series of gentle movements with relaxation and attention, important sensory information is communicated from our muscles to our brains. Feldenkrais is not “exercise” in the traditional sense. It is a sophisticated and unique way to take advantage of our innate brain plasticity to usher in new, healthier movement, better balance and greater vitality.

## new: barre class and cancer recovery with cheryl

**Barre Fitness** - 11 Wednesdays, September 11 - November 20, 12:35 - 1:35 p.m., \$77

Using chairs for the “barre”, small balls and light weights, we will focus on small range of movement isometric exercises to lengthen, strengthen and tone. This is a fun class with movements in synch with upbeat music. It’s a fusion of ballet, Pilates and yoga done standing, seated and on the floor. Bring a mat.

**Small Group Cancer Recovery** - 11 Wednesdays, Sept. 11–Nov. 20, 1:40 - 2:45 p.m., \$99

Students use light weights, straps, foam rollers, small and larger balls. Focused sessions incorporate flexibility, balance, cardio conditioning and strengthening work. Programming helps survivors regain or attain optimal health and fitness post cancer. Cheryl pays close attention to form and load to avoid onset of lymphedema and other common cancer side-effects. Small groups of no more than ten people provides all participants with personalized attention and the opportunity to progress at their own pace. Limited to 8 participants.

Cheryl believes fitness should be fun and that variety in your activities means you don’t get bored.



## yoga with suzan

**Gentle Yoga**, 11 Mondays., Sept. 9-Nov. 25, 9:45-11 a.m., \$110

Yoga offers participants a gentle, full-body stretch and, through self-awareness, fosters improvements in posture, while increasing balance, flexibility, strength and stamina. Yoga is also known to decrease stress, muscle tension, and blood pressure. Proper breathing techniques promote health in all body systems. This is a chair-based yoga.

**Mindful Yoga**, 12 Thursdays, September 5-November 21, 8:30 - 9:45 a.m. \$120

Experience the true essence of yoga. While stretching and strengthening the entire body learn powerful breathing techniques that will calm the nervous system. The practice of yoga "builds the muscle" of concentration counteracting the over stimulation of today's world.

Mindful Yoga allows us to settle into the deep serenity of our true nature. Life becomes a meditation in motion.. Bring a mat to class.

## qigong and stretch with lucy

**Intermediate Qigong + Tai Chi**

11 Wednesdays, September 11-November 20, 9-10:15 a.m., \$110

or 12 Fridays, September 6-November 22, 8:40-9:55 a.m., \$120

Students will learn a beautiful Tai Chi form and also practice 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, lymphatic, and digestive functions. Students at all levels will benefit from this practice.

**NEW: Beg. Tai Chi + Stretch**, 11 Wednesdays, September 11-November 20, 11:15, \$99

. Used for thousands of years in China to build energy, improve and maintain health and cultivate peace of mind, these easy to learn practices are designed to enhance your vitality and well being. Lucy will include those forms that also promote stretching so you will leave feeling refreshed and revitalized.

## wellspring tai chi chuan and zen meditation with wendy m.

**NEW DAY:** 9 Mondays, September 16 - November 18 , 2:50-3:50 p.m. \$90

Modern medical research has shown that, properly practiced, Tai Chi's slow meditative motions can revitalize the life support system, reducing heart rate and blood pressure, and increasing stamina, balance, leg strength and vital life-force (chi). You will also learn profoundly deep breathing exercises and be introduced to authentic Zen meditation, attuning you to new dimensions growth. Class welcomes beginning students.

## new: small group fitness with personal trainer jess

Thursdays, September 12-November 21, Group A 1:10-1:55; Group B 2-2:45 p.m., \$99

Experience the creativity, motivation, and attention of a personal trainer with the benefits of a supportive fitness community. This 45-minute total body workout set to upbeat music is designed to improve fitness results and overall health for people of all fitness levels. Variety is key so no workout is ever the same. Simple equipment such as light to medium weights, resistance bands, and chairs is all that is needed to maximize results. Each workout will focus on fun ways to sculpt, tone, and increase strength, mobility, and endurance. Limited to 8.

As an ACE Certified Personal Trainer, Jessica's mission is to motivate and show people the power in making fitness fun.

## games

### Beginning Bridge, Part 1 - Mary

8 Thursdays, Sept. 5– Oct. 24 10 a.m.-noon, \$96

Bridge is a great social game that can be played on many levels, each of them a good mental workout. Mary Watson, who has taught bridge to college students and assisted in teaching duplicate bridge, will introduce you to the fun of bridge as it is played now. This is a class for beginners and those who haven't played in many years. Space is limited to 12

### Coached Play with Mary & Lisette

8 Tuesdays, Sept. 10 - Oct. 29, 10-12, \$96

This class is for those who have basic bridge knowledge and want to strengthen and expand their game. There will be lots of play, reinforcement of standard American yellow card conventions (SAYC), exploration of modern bidding, declarer play and defense.

### Continuing Duplicate Bridge: - Lisette

8 Tuesdays, Sept. 17 - Nov. 5, 12:30-2:30, \$96

This class is for the intermediate bridge player who has played Duplicate Bridge or taken Lisette's classes and who wants reinforcement of commonly used Two Over One Convention Systems. Class will play pre-dealt hands to the lessons and includes time for free play and questions. Limit 12

### Intermediate Bridge - Judie

8 Wed., Sept. 18-Nov. 13, 12:45–2:45 p.m., \$80  
No class October 9

#### Two Over One

This fall we will cover Reverses, 1NT Forcing and the basics of the Two Over One bidding system that is gaining popularity. Those interested in playing in duplicate games will find using Two Over One to be especially advantageous. The system complements playing five-card majors and facilitates slam bidding.

Limit: 16

### Bridge with Eric

6 Wednesdays, October 2 - November 13,  
(no class November 6) 9-11 a.m., \$60

This class is for those who are playing bridge now and want to upgrade their game. Eric will review the fundamentals of bidding, declarer play and defense and then move on to explore modern bidding techniques.

### Beginning Mah Jongg - Joan

3 Fridays, Sept. 13-27, 9-noon, \$45

Mah Jongg is an ancient Chinese game that is enjoying renewed popularity. **Joan Allocca**, who has taught Mah Jongg for years, will introduce you to this exciting tile game.



### Mah Jongg Refresher

Friday October 4, 9-noon, \$15

This is a class for those who want more time to play under Joan's guidance and those who haven't played in a while.

## health

### Free Hearing Aid Clinics and Hearing Screenings

Tuesdays, Sept. 17, Oct. 15 and Nov. 19  
Staff from **Parker Ear Nose & Throat** in Norwalk do hearing screenings as well as check and clean hearing aids, change batteries and answer questions. Keeping your hearing aid in good shape will improve your hearing.

Call 203-594-3620 to make an appointment for either service.

### The Nurse is In!

Thursdays from 10:30 to 11:30 a.m.  
Town Community Nurse **Robin Boccuzzi** does BP checks and health counseling. Pick up a pink number at the front desk. First come first served!

## history and art history

### **Third Reich: The Nazi Revolution, 1919-1934**

8 Mondays, Sept. 9-Nov. 4, 10:30 a.m., \$80

This is the first of a two-part course. This class explains Hitler's rise to power. Part 2 explains the Nazi State. This course does not include battles from either WWI or WWII. Focus will be on the rise of the Nazis and the phenomenon of the Nazis in power, with the German version of the Corporate Fascist State.

**Mark Albertson** is the instructor.

### **A Critical Look at the Legacy of the New Deal - see page 1**

### ⌘ **World War II with Ned Monaghan**

6 Thursdays, Nov. 7-21, Dec. 5-19, \$20

Fifty-five million people died in WWII, the greatest conflict in human history. Fifty years later, these lectures ask and answer important questions about this war, such as: Might Hitler have been stopped sooner? Should Roosevelt have foreseen Pearl Harbor? Did Truman have to use the atomic bomb?

Ned will show these Teaching Company lectures featuring Dr. Thomas Childers, Professor of History at the U. of Pennsylvania, and lead the discussion afterwards.

This class consists of thirty lectures and will continue in January and beyond. Please pay cash or make checks payable to Senior Center.

### ⌘ **Tuesday Art Programs**

#### **Art of the Western World**

11 Tuesdays, Sept. 10-Nov. 5, 1 p.m., Free

Beginning in ancient Greece and Rome, historian Michael Wood leads this eye-opening tour through 2,500 years of Western art. Four years in the making and filmed at over 150 locations in 8 countries, this nine-part documentary travels from sun-bleached temples to soaring cathedrals, palaces to villas, galleries to gardens, and Soho's streets to the Arizona desert.

The fascinating journey is complemented by close-up views of masterpieces, walks through important buildings, and informative commentary by historians and scholars.

### **The Impressionists**

4 Tuesdays, Nov. 19-Dec. 10, 1 p.m., Free

This BBC mini-series tells the intimate history of a most illustrious brotherhood of Impressionist artists - Monet, Degas, Renoir, Cézanne and Manet. Entirely based on documentary evidence, special effects transport the viewer inside some of the world's best-loved paintings, The Impressionists will recreate the illuminated landscapes, and haunting portraits of late 19th-century France.

### **COMING SOON: MY JOURNEY**

Have you ever wished you had shared more of your life stories with your family? *My Journey*, developed by the Friendship Center in Florida, is a way to record your stories in your own voice and then share them with family and friends via email. We will start recording in the fall - call 203-594-3620 if you are interested.

## music

### **The ABCs of Opera**

5 Wednesdays, Sept. 11-Oct. 9, 1:30-3:30, \$75

**Dr. Jerry Schulster** will present an introduction to the magnificent world of opera: the composers, the stars, the history, and the greatest hits. Although he hopes to draw some new people into the excitement of opera, he promises that his 'regulars' will enjoy it as well.

⌘ **Classical Music**, Thursdays at 2 p.m.

**Tchaikovsky**, 1840-1893

September 19-October 10

**Mahler**, 1860-1911

October 17-November 7

⌘ *These programs are high-quality video lectures from The Teaching Company, BBC, PBS and other venues shown on a big screen.*

## more music

### Ukulele Lessons

11 Wednesdays, September 11-November 20, \$99

Beginners: 12:30-1:30 p.m. \* Players: 1:30-2:30 p.m.

**Uncle Zac**, the "uke guy", a local ukulele performer and teacher who has played the uke for 50 years, will teach you variety of chords, techniques and songs. This class is for those who have some experience with a ukulele. He will rent you a ukulele for the semester for \$10 if you don't have one.



## languages

### French Conversation 9 Mondays, September 9 – Nov.18, 10:30-noon, \$144 (no class 9/30,10/14)

This is a continuation class or for those people who have already acquired basic skills in French. Madame will start with an article from a French daily like *Le Figaro* or *Le Point*, mostly from the cultural section, along with a vocabulary sheet of words or expressions. She facilitates conversations about student's lives and says all her students enjoy her cultural quizzes. Taught by Nell Mednick.

### Beginning Italian 8 Mondays, September 16-November 11, 9-10 a.m. \$160

For students with no previous knowledge of 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. Taught by Lisetta Malagoli

### Advanced Beginning Italian 11 Wednesdays, September 11 – November 20, 9-10 a.m., \$187

This course is for students with a basic knowledge of Italian. Students will 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. Taught by Lisetta Malagoli

### Intermediate Italian 11 Tuesdays, September 10 – November 19, 9-10:30 a.m., \$220

This class is for students 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 while advancing grammar and comprehension. Taught by Lisetta Malagoli

### Italian Conversation 11 Tuesdays, September 10 - November 19, 10:30-noon, \$330

This course is for Lisette's returning conversation students or those with a working knowledge of Italian. The objective is for students to improve speaking, reading, and oral comprehension. Taught by Lisetta Malagoli.

### Spanish Introduction 10 Tuesdays, September 17-November 12, 9-10 a.m., \$140

This course will help students attain a comfortable level of speaking, listening and reading with an increasing awareness of the Spanish language. Text: *Let's Talk Spanish*. Taught by Bob Dalury.

### Spanish Conversation 10 Mondays, September 9– November 18, 9-10 a.m., \$140

Practice makes perfect. This class will allow students to practice Spanish and further develop confidence in talking with native speakers. Text: *Recuerdos*. Taught by Bob Dalury.

***All language class prices are based on anticipated enrollment and are subject to change.  
Textbooks are an additional charge.***

**free wednesday films at 1 p.m.**

**Philadelphia Story** - September 4 (8.0), 112 min.  
Cary Grant, Katharine Hepburn, James Stewart  
when a rich woman's ex-husband and a tabloid-type  
reporter turn up just before her planned remarriage,  
she begins to learn the truth about herself - 1940

**Desk Set** – Sept. 11 (7.3) 121 minutes  
Spencer Tracy, Katharine Hepburn, Aldo Ray  
two extremely strong personalities clash over the  
computerization of a television network - 1957

**On Golden Pond**- Sept. 18 (7.7), 109 minutes  
Henry Fonda, Jane Fonda, Katharine Hepburn  
a curmudgeon with an estranged relationship with  
his daughter agrees to care for her boyfriend's son

**Bohemian Rhapsody** – October 2 (6.3), 134 min.  
Rami Malek, Lucy Boynton  
story of the legendary rock band Queen and lead  
singer Freddie Mercury

**Apollo 11** - October 16 (8.6) 93 minutes  
a look at the Apollo 11 mission to land on the moon  
led by commander Neil Armstrong and pilots Buzz  
Aldrin and Michael Collins

**What They Had** - October 23 (6.6) 101 minutes  
Hilary Swank, Michael Shannon, Blythe Danner  
woman returns home to deal with her ailing mother

**The American Scream** - October 30 (6.9), 91 min.  
documentary which follows three families in a small  
seaside town in Massachusetts as they prepare for  
their annual home made haunted houses

**Springsteen on Broadway**– Nov. 6 (8.6), 153 min.  
final performance of Bruce Springsteen's 236-show  
run at Jujamcyn's Walter Kerr Theatre on Broadway

**Our Souls at Night** - November 13 (6.9), 103 min.  
Robert Redford, Jane Fonda  
widow and widower who've lived next to each other  
for years finally make a connection

**A Beautiful Planet** – November 27(7.5), 45 minutes  
an exploration of Earth and beyond as seen  
from the International Space Station

Movies at Lapham  
We show our films on a big screen with  
subtitles whenever they are available.

**free friday films at 1 p.m.**

**Long Time Coming: A 1955 Baseball Story** -  
September 6 (7.9), 87 minutes  
in 1955 in the racially segregated South, two teams  
of 12-year-old boys stepped onto a baseball field in a  
non-violent act that would change history

**The World Before Your Feet**  
September 13 (8.0), 88 minutes  
tells the story of one man's unusual personal quest to  
walk every block in NYC and the unexpected journey  
of discovery, humanity, and wonder that ensues

**They Shall Not Grow Old** – Sept. 20 (8.4), 99 min.  
documentary about WWI with never-before-seen  
footage to commemorate the war's centennial

**An Inspector Calls** - September 27 (7.7), 101 min.  
Sophie Rundle, Lucy Chappell, Miranda Richardson  
mysterious Inspector investigates the wealthy Birling  
family and their dinner guests following a suicide

**The Great Buster** - October 4 (7.5), 102 minutes  
documentary on the life and works of comic genius  
Buster Keaton, directed by Peter Bogdanovich

**Dark Money** - Oct. 11 (7.1), 99 minutes  
examines one of the greatest threats to American  
democracy: the influence of untraceable corporate  
money on our elections and elected officials

**About Time** – October 18(7.5), 123 minutes  
Rachel McAdams, Bill Nighy  
when Tim discovers he can time-travel, he tries  
to use that power to get a girlfriend

**A Dog's Way Home** – October 25 (6.7), 96 min.  
Ashley Judd, Jonah Hauer-King  
female dog travels four hundred miles in search of  
her owner throughout a Colorado wilderness

**Clue** - November 1 (7.3), 94 minutes  
Eileen Brennan, Tim Curry, Madeline Kahn  
six guests are anonymously invited to a strange  
mansion for dinner

**The Cold Blue**- November 8 (7.8), 62 minutes  
documentary about the men of the 8th Air Force who  
flew mission after suicidal mission in WWII

**East Side Sushi** - Nov. 15 (7.1), 106 minutes  
Mexican woman attempts to become a sushi chef,  
but can't because she is the 'wrong' race and gender

**Amazing Grace** - November 22 (7.8), 89 min.  
documentary presenting Aretha Franklin with choir at  
the New Bethel Baptist Church in January 1972

## trips-call 203-594-3620 to register

### Walking Tours with NYC Sightseeing Guide Pete Stair

#### **Hudson Yards and The High Line** , Wednesday, September 18, \$30

You will go via train and subway to a walking tour with Pete Stair through the newly opened Hudson Yards. Then on to the High Line for a stroll through Chelsea to the Meatpacking District. Lunch is at your own before returning to Grand Central and a train home. The walk is mostly level, under 3 miles, with some stairs.

*Pete will meet travelers at the New Canaan train station at 8:30 a.m. where he will give out train and metro tickets. Register with a check payable to Senior Center; tours are limited to 14.*

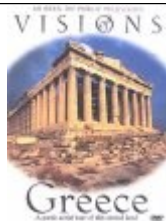
#### **Thimble Islands Cruise Day Trip**, Tuesday, October 15, \$104

The Thimble Islands is an archipelago of small islands in Long Island Sound, located in the harbor of Stony Creek in Branford. The islands, made of Stony Creek pink granite bedrock, were the tops of hills prior to the last ice age.

You will take a 45 minute narrated boat tour of the historic islands (which are especially beautiful in fall) followed by lunch at the Maritime Grille in Guilford.

Your fee includes round-trip coach, tours, admissions, lunch and tips. Register with a check payable to Senior Center asap - there are very few tickets left!

*Your fees for these bus trips include round-trip coach, entrance fees, tickets, lunch and driver's tip. Trip refunds (minus a \$5.00 processing fee) will be issued until deposits have been made to tour companies. At that point we will make every effort to sell your ticket to someone on the wait list, if applicable. If we are unable to sell your ticket, you can sell or give it away as long as you let us know who will be using your ticket.*



### Visions of . . . Travel DVDs

6 Tuesdays, 10-11:30 a.m., September 10-October 15, Free

The ultimate in armchair travel, offering a unique aerial view shot from a helicopter, via a mounted camera, to showcase each country's breathtaking scenery and abundant architectural wonders, with informative narrative and a sound-track of traditional regional music.

September 10 - Greece, most famous cities

October 8 - Southern Italy

September 17 - Greece, off the beaten path

October 15 - Northern Italy

September 24 - Germany, Bavaria

October 22 - Sicily

October 1 - France, Provence



### Ask the Attorney

call 203-594-3620 for appointment, Free

An attorney from **Nedder and Associates, LLC** in Darien will answer your questions about powers of attorney, trusts, wills, guardianships, living wills, IRA custodianships, and more.

They come to Lapham Center on a Tuesday for private consultations. Appointments are held to strictly 15 minutes. This is a great opportunity to get a legal or financial question answered at no charge.

**AARP Driver Safety Program**

Tuesday, September 24 or November 19, 8:45 a.m.-1 p.m., \$15/\$20

AARP Driving Instructor, **Roger Colson**, will lead a driving class that will give you valuable driving tips and a state-mandated reduction on your car insurance of at least 5% for two years.

To register send a check payable to AARP to the Senior Center, P.O. Box 83, New Canaan. If you are an AARP member, your cost is \$15, if not, the cost is \$20. Please write your date of birth on your check .



**Get Up to Date with the New Town Website** - Thursday, September 5, 1:30 p.m., Free

The Town of New Canaan and Lapham Center has a new and improved website. Aggie and Paul Pureka are offering a one-time only lesson on learning how to navigate the online presence of the Town. You can see what information is available and what you can pay for online, which could save you a trip to Town Hall.

If possible, bring your own device so you can log in and see where everything is. Keep informed on the happenings and news of the Town departments and services.

**Try a Class for Free!**

If you would like to sit in on a class before you enroll, check with us. Any class that still has space is available for a "test flight." Just call ahead to make sure there will be a space for you.

**class registration form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

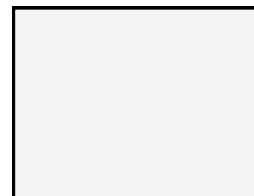
Class requests (add additional sheets if necessary)

|                |                |
|----------------|----------------|
| _____ \$ _____ | _____ \$ _____ |
| _____ \$ _____ | _____ \$ _____ |
| _____ \$ _____ | _____ \$ _____ |

- Checks for trips and the WWII History class are payable to "Senior Center."
- Driver Safety checks are payable to "AARP."
- All other checks are payable to "Town of New Canaan."
- We cannot put you in a class or program until payment is received.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships
- Mail checks to PO Box 83, New Canaan, CT 06840



Senior Center of New Canaan  
at Lapham Community Center  
P.O. Box 83  
New Canaan, CT 06840



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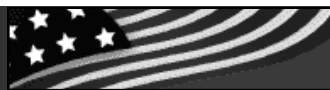
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## Medicare

### New to Medicare? - Free Medicare Counseling and More

Tuesdays, Sept. 10, October 8 and Nov. 12 and Wednesdays, Sept. 25, October 30 and Nov. 20

**Dick Neville** is a Medicare counselor trained by CHOICES, the State of Connecticut program which recruits and trains volunteers to provide Medicare education in their communities. If you are turning 65, he can guide you through enrolling in Medicare and choosing a Medicare supplemental plan and Part D prescription drug plan and/or considering a Medicare Advantage Plan. He can also help if you have other issues with or 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.

### Medicare's Part D Annual Enrollment Period: October 15 – December 7, by appointment, Free

This is your once-a-year chance to reevaluate and perhaps change your prescription drug plan for 2020. Your prescription needs may have changed and, as we have learned in the past, the prescription drug companies take this opportunity to make significant changes to their rules, formularies and pricing. The plan that was best for you this year might not be best for you next year. The only way to know is to use Medicare's Prescription Drug Plan Finder located at [Medicare.gov](http://Medicare.gov) on the internet. Our counselors will be happy to run this program for you. *Just call 203-594-3620 after October 1st and schedule an appointment.*