

# May 2024 Lapham Center

We're open Tuesdays and Wednesdays until 7 pm; Saturdays May 4 and 18 from 10 am to noon! More info on back of calendar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 5 Trivia Night with Wine and Cheese	2 Medicare counseling by appointment	3 12 Movie: <i>The Taste of Things</i>
6	7 10 Nautical Narratives: USS Missouri  1 The Orientalists	8 1 Beg. MJ  1 Blood sugar screening  5 Murder Mystery Dinner (sold out)	9 1 Beg. MJ  1 Coffee with Cops  2-4 Ask the Attorney by appointment	10 11 Health Chat: Medicinal uses for THC  12 Movie: <i>The Hill</i>
13 10 NCM Investment  11:15 Blood Pressure Clinic	14 9 Trip to the Metropolitan Museum of Art  10 Nautical Narratives: Nantucket Lightship	15 5 Pizza on the Patio	16 Medicare counseling  10 Breakfast/Learn: Breaking Through Chronic Pain  1 Life Reimagined	17 9-11 Hearing Screenings  12 Movie: <i>Maestro</i>
20	21 10 Nautical Narratives: US Pacific Fleet WWII  1 Interns Begin  2:30 World Events Book Group: <i>History of World in 10 Dinners</i>	22 12:30 NC Police Dept. Fraud Prevention  1 Blood sugar screening  1 Tech Time: Social Media  1 French film: <i>Midnight Paris</i>  5 Sandwiches & Salad	23 12 Pizza and the Pops  1 Lapham Reads: Mother-Daughter Murder Night	24 No movie
27 Memorial Day: Closed	28 1 Board Games with the Interns	29 1 Importance of Social Connection w/ Dr. Raquel Harrison  5 Caribbean Night (waitlist)	30 1 Bingo and ice cream with Interns	31 12 Movie: <i>Anatomy of a Fall</i>

## Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10 Watercolor	8:30 Beg. Pilates	9 Intermediate Italian	8:30 Beg. Pilates	8:30 New Canaan Sentinel
10 Advanced Bridge	9 Beginning Italian	10 iPhone editing (May 22)	9:15 Rise and Fall of the	Coffee
10 Balance and Posture	9:45 Pilates on the ball	10:45 Italian 2.0	British Empire	10 Bridge 3.0
10:30 French Conversation	10 Italian Conversation	11 Intermediate French	9:45 Yoga Fusion	10 Drop-in MJ
11 Moving with Arthritis	10 Poetry	12:30 Qigong	10 Acrylic painting	<b>Saturday</b>
12 Fit for Life	10 Drawing	1 Beginning Ukulele	11 Literature: Shakespeare	<b>10 am - 12</b>
12:30 Woodcarving	10 Bridge: Defense with Mary	1:30 Uke Players	11 Muscles in Motion	<b>May 4</b>
12:30 Spanish Conversation	11 Muscles in Motion	1:30 Super Stretch	12 Cardio Plus	10 Specialty Canasta with Geri Rhoades (waitlist)
1:15 Super Stretch	11:45 Intermediate Italian	2 Billiards	12:30 Woodcarving	<b>May 18</b>
2:30 Classical Music	12 Cardio Plus	2:30 NCMC Yoga	1 Drop-in MJ	10 Art Gottlieb on Health and Wellness: Strategies to combat the negative effects of COVID
2:30 NCMC Yoga	1 Chair Fitness		1 Fit for Life Book Group	
	1 The Orientalists		5 Italian for Travelers (sold out)	
	4 The Orientalists			
	5 Sip and Stitch			
	5:30 Beginning Bridge (sold out)			

**Thanks to a grant from the Department of Aging and Disability Services the classes and activities during extended hours will be offered for free in the spring.**

**Registration is required for all activities, space is limited.**  
**Register early to ensure your spot.**

**Tuesdays with extended hours: May 7, 14, 21, 28**

8 Tuesdays, April 23 - June 11, 5:30 pm - 7 pm, Beginning Bridge (sold out)

Tuesdays, 4 pm - 7 pm, Sip and Stitch

Tuesdays, 4 pm, Second Showing of the Orientalists

**Wednesdays with extended hours: May 1, 8, 15, 22, 29**

**Wednesday Night Specials at 5 pm**

May 1, Trivia with Wine and Cheese

May 8, Murder Mystery Dinner (sold out)

May 15, Pizza on the Patio

May 22, Sandwiches and Salads on the Patio

May 29, Caribbean dinner and music show (waitlist only)

**Saturdays with extended hours: May 4 and 18, 10 am - noon**

May 4, 10 am, Specialty Canasta with Geri Rhoades (waitlist only)

May 18, 10 am, Art Gottlieb Health and Wellness Brunch: Combatting the negative effects of COVID