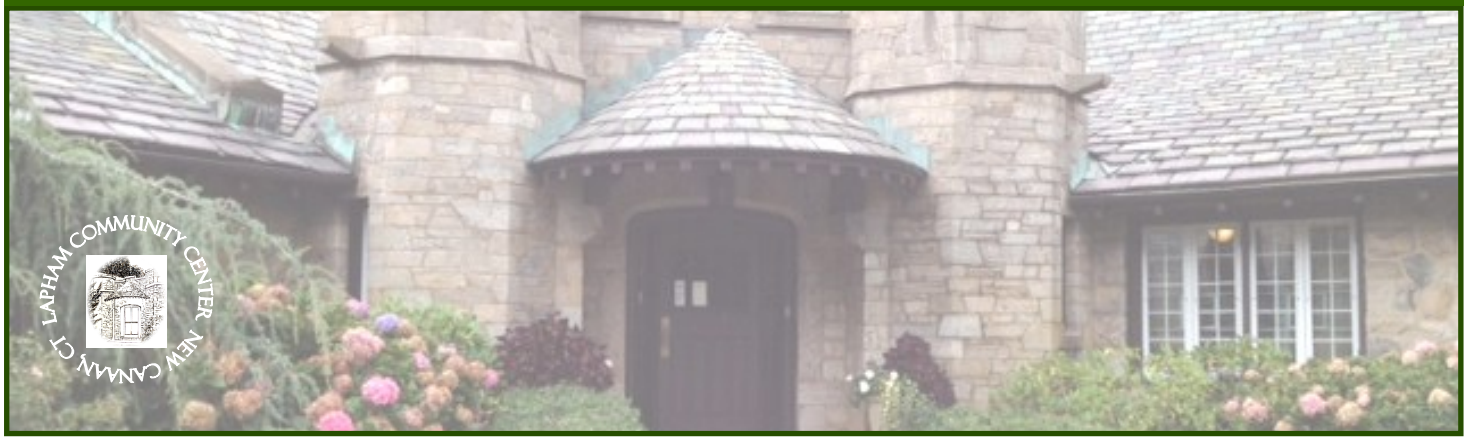
Lapham Community Center Fall 2026



POSTPONED! New Date To Be Announced!

Lapham Community Center Celebrating 30 Years!

New Date To Be Determined

We have decided to postpone our 30th birthday celebration as Lapham is currently undergoing building work. We look forward to rescheduling and celebrating this exciting milestone with you soon! Thank you for your understanding.

Emergency Preparedness Panel

Panelists: Emergency Management Director - Russ Kimes, Police Chief - John Di Frederico Fire Marshal - Paul Payne, Fire Chief - William Perritt, Director of Public Works - Tiger Mann, NC EMS - Captain Tony Calanca

Tuesday, September 22, 12:30 pm, free

Join us to find out what to do, whom to call, and how to plan for emergencies. Learn more about our town's emergency network, and how it can assist you in the event of an emergency with communication, pet care, medical conditions and equipment, and other concerns.

Medicare Part D: Open Enrollment Counseling by appointment, free

October 15 - December 7, by appointment, free

Review and choose your Prescription Drug Plan for 2027. Plans change, you should review your plan yearly. This service is free and open to all New Canaan residents with Medicare. To schedule an appointment, please call Lapham after October 1.

A Warm Welcome to Anna Eiler, LMSW, Our New Program Manager!!!

Anna has a passion for helping others and brings valuable experience creating and organizing community events and programs. We are thrilled to have her join our team and look forward to the knowledge, creativity and fresh ideas she will bring to Lapham!

Anna earned her MSW from Sacred Heart University and her bachelor's degree in Social Work from Skidmore College. Come in and say hello!

Lapham Community Center, located in Waveny Park, is open to all New Canaan residents, aged 21+

Phone: 203-594-3620 Email: Laphamcenter@newcanaanct.gov

Revised Edition 10/9/2026 (see pages 22 & 23 for late additions!)

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Auto Workshop: Emergency Maintenance and Preparedness

Thursday, September 3, 11 am, free

Come and join Gregg Dearth, Chairman of the NCMC Car Club, for a hands-on instructional demonstration on how to change a flat tire and how to jump start a car.

Tech Workshops with Cooper Young and George Geist of Good Kid Tech

Wednesdays, September 2 and 30, 3 pm, free

Our favorite tech wizards are returning to present a topic related to tech and to help solve your tech problems and answer your tech questions.

Take a Trip to Scotland with Marc Wollin

Wednesday, September 9, 1 pm, free

Marc Wollin returns by popular demand to take us on a tour of Scotland! Come and experience the culture and history of this country through the breathtaking photography of its people, architecture and landscape.

Economics with Fred Campano, U.N. Economist and Retired Fordham Professor

9 Fridays, September 11 - November 6, 11:30 am, free

What can Macroeconomic Statistics Tell us about the Economy?

Almost everyday another economic statistic is released. Among the most important ones are the growth rate of Gross Domestic Product, the unemployment rate, the interest rate for borrowers and the inflation rate. In this course we will explain how these statistics are computed, and the interplay between them. Unfortunately , not all economists are in agreement about which of these need the most attention at any point in time and this gives political decision makers freedom to use them to put forward their agenda!

Maintaining Muscle After 60
The Role of Protein, Strength Training and Daily Activity with Nicholas Rutigliano, DPT, ATC

Tuesday, September 15, 12:30 pm, free

A lunch and learn program sponsored by Staying Put in New Canaan

Discover why maintaining muscle is one of the most important factors for healthy aging. Learn practical, evidence-based strategies to build and preserve strength through proper nutrition, safe resistance training, and daily movement to support independence, mobility, and overall quality of life.

It is our pleasure to welcome back Nicholas Rutigliano, PT, DPT, ATC, a Doctor of Physical Therapy and founder of NC Fit Boot Camp. Nicholas is passionate about helping people move well, stay active, and maintain their strength and independence throughout life. He, his wife Ashley, and their three daughters reside in New Canaan.

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Community Conversation: Waveny Life Plan Community With Bob Doran

Wednesday, September 16, 11:30 am, free

Waveny LifeCare Network invites New Canaan residents to a Community Conversation about the proposed Life Plan Community. The session will provide an update on the proposal, explain what is currently known and what remains preliminary or under study, and offer residents an opportunity to ask questions, raise concerns and share perspectives. The proposed Life Plan Community remains in an early public review and planning process. Waveny is committed to providing accurate, current information and listening carefully as the work moves forward.

Your AI-Powered Life: Everyday Uses for AI

Presented by AI Strategist, Joe Bouffard

Wednesday, September 16, 6 pm - 7:30 pm, free

A practical presentation that shows how AI can make everyday life easier, more productive and more creative. From managing schedules and automating repetitive tasks to handling emails, planning routines, and cutting through daily chaos, attendees will learn simple ways AI can act like a personal assistant for modern life. This session focuses on real-world tools, easy wins, and smart habits that help people work smarter without feeling overwhelmed by technology.

Joe Bouffard is an AI strategist, entrepreneur, and operator focused on helping small to mid-sized businesses turn artificial intelligence into real execution. As the founder of AI Growth Plan, he works with business owners and teams to implement practical AI systems that improve marketing, simplify operations, and drive revenue without adding complexity.

The Magic and Mystery of Alfred Hitchcock

3 Fridays, 10 am - 12:30 pm, September 18, 25, and October 2, free

In this three-week course, we will be exploring the cinematic achievements of that great master of movies, Alfred Hitchcock. Each session will explore one of his greatest classics, from *Notorious* to *Psycho*. A group viewing of the film will be followed by discussion, reviews, and analysis. Steph Stiles will lead discussion.

Fall Cooking Classes With Chef Catherine of TastebudsCT

Wednesdays, September 30 and October 28, 5 pm, free

Register for 1 or both classes

Join Catherine MacDonald in a special series of practicing various culinary skills and learning how to create delicious dishes for the fall season. Chef Catherine has over ten years of experience as a personal chef, with a focus on creating healthy and delicious meals. Maximum 15 registrants per class.

September 30: Apple Orchard Creations

October 28: Sweet and Savory Pumpkins & Gourds

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Trivia Bingo with Mike Bacon
Appetizers and Mocktails

Wednesday, September 23, 5 pm - 7 pm, $10 per person

Mike returns with his fun and fast-paced nine-category Trivia Bingo. If you've played before, you know it's always a great time. Bring your friends, test your knowledge and enjoy some laughs.

Estate Legacy Planning: A Conversation with Hillary McGrail and Russ Nesevich

Thursday, September 24, 1 pm, free

Planning is not easy, but it's one of the most important things you can do for your family. Join Hillary and Russ as they walk through the essentials of estate planning, including how to protect your assets and avoid common mistakes. Hilliary McGrail is a Senior Relationships Manager at King Financial Network and Russ Nesevich is an Estate Attorney and Founder of Nesevich Law Firm.

New Canaan Town Charter Revision Revisited
Presented by Kathleen Corbet and Eric Thunem

Monday, October 5, 10 am, free

The Town Charter of New Canaan outlines the governance structure and procedures for New Canaan: specifically, how responsibilities are distributed, decisions are made, and accountability enforced. Join Eric Thunem, a member of the Town Council, and Kathleen Corbet, who served as Chair of the Charter Revision Commission, will be back to Lapham to share more about the final report and recommendations for Charter amendments to the Town Council. Join Kathleen and Eric to learn more about the ballot questions that were decided by the Town Council so that you are knowledgeable about the Yes/No Charter questions by Election Day.

Fire Prevention with Paul Payne, Fire Marshal

Wednesday, October 7, 10 am, free

Hear New Canaan's Fire Marshal discuss home safety including escape plans; smoke and carbon monoxide detector locations; placement and use of fire extinguishers; advice on electrical outlets, cords and power strips; and information related to mechanical equipment such as heating systems and clothes dryers. The Fire Marshal is accepting appointments to conduct complimentary fire safety assessments at New Canaan homes. For an appointment, please call the Marshal's Office at 203-594-3030 or email donna.hutter@newcanaanct.gov.

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Coffee Chat with NCPD Officer Roy Adams

Wednesday, October 7, 11 am, free

Join Office Roy for a chat and coffee.

No Bones About It - Nutrition Matters

(Supporting Bone Strength and Reducing the Risk of Osteopenia and Osteoporosis)

Presented by Carmen Weber, RVNAhealth Registered Dietitian

Wednesday, October 7, 1 pm, free

We know strong bones are essential—but what do they really do for us? Join Registered Dietitian Nutritionist, Carmen Weber, for an engaging discussion on bone health, including key nutrients that support strong bones, help prevent osteoporosis, and the foods and beverages that provide them. She'll also touch on options for those who are lactose intolerant and/or vegetarian, and address if, when, and which supplements may be helpful. Join us to "bone up" on how to build and maintain strong bones!

Postponed! Argentine Tango Workshop for Beginners with Steve Whitaker

Originally scheduled for Wednesday, October 7

New date to be determined.

This two-hour workshop will embark you on a journey to the world of the Argentine tango. It's often the first few steps that are the most important. Like studying a new language, the best way to learn the Argentine Tango is to start with the basics and work your way from there. Steven Whitaker brings many years of experience as a professional dancer. Fourteen of those years exploring the world of the Argentine tango.

Mingle Bingo!
Hosted by Gigi Guthrie

Fridays, October 9 and 23, 10 am, free

Join us for Mingle Bingo—a lively game that will foster new connections! Icebreaker questions help participants move beyond introductions to discover shared interests, and get to know one another along the way. Enjoy great conversation, laughs, and prizes for Bingo winners!

Gigi Guthrie has deep roots in the New Canaan community. She has worked as a medical social worker, schoolteacher, Waveny summer camp director, and Silvermine Arts Guild instructor. She enjoys bringing people together and helping them connect.

Rock 'n' Roll: Music, Moments and Memories with Alan Sharpe

3 Tuesdays, October 13, 20 and 27, 11:30 am, free

Join Alan for another nostalgic look back at the music that defined an era. Listen and learn about the great artists of the generation, and rediscover their classic hits while hearing some of their new and unknown songs. You will leave with a smile and soundtrack of new memories!

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

AI—Human Harmony
Presented by AI Strategist, Joe Bouffard

Wednesday, October 14, 6 pm - 7:30 pm, free

Artificial intelligence is becoming part of how we work, communicate, learn, and make everyday decisions, raising important questions about privacy, accuracy, bias, ownership, and responsibility. Through the philosophy of **AI–Human Harmony**, this discussion explores how we can use AI as a valuable partner while keeping human judgment, creativity, empathy, and accountability at the center of the decisions that matter most.

Hands-Only CPR with New Canaan EMS

Friday, October 16, 9:45 am, free

In this training session participants will learn what hands-only CPR is, how to check for consciousness, call 911, give continuous chest compressions, and how to use an AED (Automated External Defibrillator). Hands-only CPR can be just as effective as CPR with breaths.

A Halloween Murder Mystery Party
Appetizers and Mocktails

Wednesday, October 21, 5 pm - 7 pm, $10 per person

Everyone has a little detective in them! Whether you are a detective, murderer, or the unfortunate victim, you're guaranteed a memorable evening. Wear a costume and come prepared to play your role in the evening's events.

Understanding Smart Phone Buttons and Their Functionality
A Presentation with Andrew Wind

Tuesday, October 27, 10 am, free

Ever wonder what all the buttons on your phone actually do? Join this fun, hands-on session to learn the purpose of your phone's most important buttons—from the power and volume buttons to silent mode, the Home button, and emergency features. You'll also discover simple tips to troubleshoot common issues and gain the confidence to use your phone with greater ease every day. No prior experience is needed—just bring your phone and your curiosity.

AARP Safe Driving Course with Phil Swan

Wednesday, October 28, 9:30 am - 1:30 pm

$20 AARP members, $25 non-members

Refresh your driving skills. Learn more about driver safety strategies, accident avoidance, and defensive driving. Completion of the course may help you save on your auto insurance! Class size limited to 20. **Pre-registration may be made online at aarp.org/drive** (which allows credit card payment). Or, register by calling 203-594-3620 and pay the day of by cash or check made payable to AARP.

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Witches of Connecticut
by the Connecticut Museum of Culture and History

Wednesday, October 28, 12:30 pm, free

The harrowing story of the hanging of witches in Colonial New England continues to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the more famous Salem witch panic by over 40 years. Hear the stories of some of the women and men accused, tried, and executed as witches.

Halloween Bingo

Friday, October 30, 11:00 am - 12:00 pm, free

Join us for a special edition of Halloween BINGO. Costumes encouraged. Prizes for Bingo winners and best costume.

Medicare: What's New for 2027
Presented by Southern Connecticut Agency of Aging

Wednesday, November 4, 11 am, free

If you would like to learn more about your Medicare options, including changes and updates for 2027, please register to attend this presentation.

Balance and Fall Risk Screenings
With Nicholas Rutigliano, DPT, ATC and Ashley Rutigliano, LMSW

Thursday, November 5, 10 am, free

Healthcare professionals Nicholas Rutigliano and Ashley Rutigliano will provide hands-on balance and fall risk assessments, discuss fall risk factors, and provide strategies and exercises to minimize your risk. You'll leave the session armed with information and techniques to keep you safe. Registration required. Breakfast treats and coffee will be served. Breakfast treats sponsored by Staying Put in New Canaan.

Travel to Copenhagen with Marc Wollin

Thursday, November 5, 1 pm, free

Join Marc as we explore Denmark's capital, famous for its colorful 17th-centry harbor front, Tivoli Gardens and bike culture.

Rhyme and Recitation with Ned:
A Celebration of Autumn in Verse, Prose, and Song

Tuesday, November 10, 10 am, free

Back by popular demand! Ned Monaghan, Lapham's favorite orator and raconteur, will return to delight us with an homage to fall. This fun and interactive presentation is sure to charm, entertain, and inspire one and all!

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Smart Phone Swiping and Gestures
A Presentation with Andrew Wind

Tuesday, November 10, 1 pm, free

Ready to make your smartphone easier than ever to use? In this fun, hands-on workshop, you'll learn the simple swipes, taps, pinches, and gestures that make navigating your phone faster, easier, and far less frustrating. Discover time-saving shortcuts, switch between apps with confidence, zoom in on photos, and unlock hidden features you'll use every day. Whether you're a beginner or just looking to sharpen your skills,

---

Thanksgiving Luncheon

Wednesday, November 18, 12:30 pm, $15

Join us for a wonderful Thanksgiving celebration with traditional favorites from Walter Stewarts, Call 203-594-3620 to reserve your spot.

Holiday Craft Fair

December 1 - 3, 10 am - 2 pm

Stop by our holiday sale for one-of-a-kind handmade holiday gifts, decorations, treats, and more. Find the perfect thing for even the hardest to buy for!
Proceeds support local charities; good for yourself and for your community!

Annual Exchange Club Holiday Party at Waveny House

Wednesday, December 9, 11:30 am, free

Enjoy a festive lunch catered by Walter Stewart's Market, hosted and sponsored by the Exchange Club of New Canaan. Gifts and a special visit included! Space is limited; reserve early, so you don't miss this treasured holiday event with live festive music! Register online or call 203-594-3620.

Holiday Cookie Exchange

Thursday, December 10, 1 pm, free

If you have a favorite homemade holiday cookie you would like to share, please join us for a cookie exchange. Each person should bring one dozen cookies and the recipe to share. Cocoa and tea will be served.

Gingerbread House Decorating

Friday, December 11, 10 am, $10

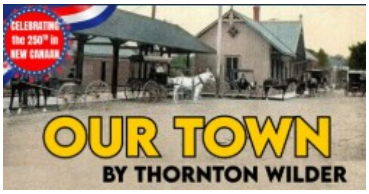
Join in the holiday fun to make a special, customized gingerbread house. Limited to ten participants.

Special Events and Programs

Early registration is encouraged. Sign-ups close 48 hours before the event, or sooner if capacity is reached. You will receive a confirmation email once your spot is secured.

Register for a chance to attend dinner and a play!
Thornton Wilder's Play "Our Town"
Light Dinner at Lapham, followed by the play at the Powerhouse Theatre

Friday, September 25, 6 pm



This is a popular event and there are a limited number of tickets available. Attendance will be determined by a random lottery. Registering enters you into the lottery but does not guarantee a spot. Limit, one registration per household. Each registrant selected in the lottery will receive two tickets. The lottery will take place on September 16 at 10 am. All registrants will be notified by email of the results shortly afterward.

Thornton Wilder's 1938 Pulitzer Prize-winning play, Our Town, is a timeless exploration of the human experience. Set in the fictionalized small town of Grover's Corners, New Hampshire, between 1901 and 1913, it follows the daily routines, loves, and tragedies of the Gibbs and Webb families. Our Town was selected for this season to highlight the 250th celebration by focusing on small town America, and specifically "Our Town" of New Canaan.

Please be sure to read our weekly eblasts to stay up to date on newly added programs and events and schedule changes. Also, look at the last page of updated newsletter editions for programs added after the first printing.

Community Chats, Services, and Support Groups

Health Chats with Shannon, Kelsi and Ellen from New Canaan's Health Dept.

2nd Friday of the month, September 11, October 9, November 13 (no chat in December), 11 am, free

September 11 - Food Safety: Prep, Storage, and Leftovers

October 9 - Vaccinations

November 13 - Healthy Eating During the Holidays

Free Medicare Counseling

Thursdays, September 3 and September 17, by appointment
Thursday, October 15 - Monday, December 7, by appointment
(registration opens October 1)

CHOICES certified Medicare counselor and assistants provide free, objective, information about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Available to New Canaan residents and Town employees. Call 203-594-3620 to schedule an appointment.

Blood Sugar & Blood Pressure Clinic

1st and 3rd Wednesdays of each month, September 2 - December 16, 12:30 pm, free

Ellen Samai, RN, from New Canaan's Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome.

Ask the Attorney with Nedder and Associates

2nd Thursday of each month, September 10, October 8, November 12, 2 pm - 4 pm
by appointment, free

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

Life Reimagined

3rd Thursday of each month, September 17, October 15, November 19, December 17, 1 p.m., free

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

Caregiver Spouse Support Group facilitated by Marcy Rand, LCSW

Tuesdays, September 8 - December 15, 11:45 am - 12:30 pm, free

Open to anyone caring for a spouse. Caregiving can be both meaningful and challenging – this group provides a safe, welcoming space to share experiences, gain emotional support, and learn some practical coping strategies. Participants will have the opportunity to connect with others who share the caregiving journey while still prioritizing self care.

Art and Music

Woodcarving

Mondays, September 14 - December 14, 12:30 pm, free

Dennis Taylor will help you explore this time-honored craft. Learn to carve actual projects, explain basic wood cuts, tools and safety tips.

Crafty Tuesdays with Faith

Tuesdays, 9:30 am, free

This group works on a variety of crafts, including Landmark Ornaments, to be sold to benefit local charities.

Needlepoint

Mondays, 2 pm - 4 pm, free

Any level of needlepoint is welcome for a casual 2 hours of stitching and chatting. Bring your latest project!

Who Knew? I Can Learn to Draw!

8 Wednesdays, September 9 - October 28
noon - 2 pm, $160

Offering a comprehensive foundation in drawing for beginners and for those who wish to further enhance their drawing skills. You will learn how to see and measure space using proportions and relationships to articulate form, using still lives and figure drawing to learn and use the concepts of line, value and gesture when drawing from observation or personal photos. Taught by Jeanne McDonagh.

Acrylic Painting

14 Thursdays, September 10 - December 17
(no class November 26), 10 am - noon, $140

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 are welcome.

iPhone Photo Editing

3 Wednesdays, November 4, 11 and 18, noon - 2 pm, $60

Learn to edit Photos and use photo apps on the iPhone during this four-week workshop. Instructor, Jeanne McDonagh, will demonstrate the iPhone Camera settings and editing options as well as several other Photo Apps: Snapseed, Manual Camera, Slow Shutter and Waterlogue. Minimum registration

---

Arts and Crafts with Anna

3 Fridays, September 25, October 30, November 20, 10 am, free

Join Anna in relaxing craft-making, perfect for home décor and gift-giving. All art ability levels welcome!

September 25 - Fall Banner Making: great for windows, mantles, or doorways.

October 30 - **Halloween Pumpkin Painting** - Bring your own small pumpkin and join Anna to decorate pumpkins for the season.

November 20 - Decoupage Jars - Create a new cup holder or pot for a plant!

Art and Music

Ukulele Lessons with Lewis

Wednesdays, September 9 - December 16, (no class October 14, November 25), 12:30 pm, $130

Lewis teaches a variety of chords, techniques and songs. For those with some experience playing the ukulele.

Art Appreciation: Art in the 21st Century

6 Tuesdays, September 8 - October 13, 1 pm, free

Focusing exclusively on contemporary visual art and artists, this award-winning series allows viewers to observe artists at work. Watch as they transform inspiration into art and hear how they struggle with both the physical and visual challenges on achieving their visions. Each episode is 55 minutes.

September 8 - "Realms of the Real"

Artists expand on the realities of shared history and experience to create fantastical and speculative worlds, offering new possibilities for the future.

September 15 - "Friends & Strangers"

Four artists have sought to bring together friends and strangers through their practices and demonstrate that a less isolated world is possible.

September 22 - "London"

As collisions of old and new, these artists' works are as layered, diverse, and dynamic as the city in which they live.

September 29 - "Everyday Icons"

Remixing and reimagining art histories, archetypes, monuments, pop cultures, and genres, these artists discover how we might see something new in the everyday.

October 6 - "Beijing"

Witness the maturing of a unique contemporary-art hub and follow a multigenerational group of artists who grapple with memory, modernization and art's place in their ever-changing society.

October 13 - "Bodies of Knowledge"

Artists invite collaborators and consultants with backgrounds in art, music, science, technology, mathematics and political action into their studios. These artists create bodies of knowledge in their pursuit of deeper truths, and they divulge their findings through their artistic practices.

Music Appreciation: The Story of the Symphony with Andre Previn

Mondays, September 14 - October 26, (no class October 12), 2:30 pm, free

This video series, featuring Andre Previn and the Royal Philharmonic Orchestra, tells the story of the symphony. In each program, Previn introduces a performance of a major symphonic work. He sets the music to be performed in the context of its composer's life and work, explains the way in which it contributed to the development of the symphonic form and illustrates his comments with the help of the orchestra, who play a variety of supporting extracts. Each episode is approximately 88 minutes.

September 14 - Haydn Symphony No. 87 and Mozart Symphony No. 39

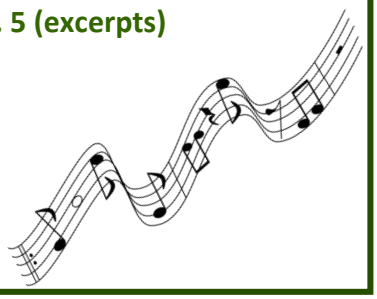
September 21 - Beethoven Symphony No. 7 and Symphony No. 5 (excerpts)

September 28 - Berlioz: Symphonie Fantastique

October 5 - Brahms Symphony No. 4

October 19 - Tchaikovsky Symphony No. 6

October 26 - Shostakovich Symphony No. 5



Games

Intermediate Bridge with Mike Hess

8 Mondays, September 14 - November 9, (no class October 12), 10 a.m. - noon, $120

For Intermediate or Advanced Beginner players. Providing an opportunity to focus on actual play of the hand with additional focus on defensive strategies and modern bidding.

Beginning Bridge with Mike Hess

8 Fridays, September 11 – October 30, 10 am - noon, $120

Bridge is a great social game that is also excellent for keeping one's mind in shape. Mike Hess, who has taught Beginning Bridge for years, 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.

Supervised Play with Mary

Tuesdays, September 15 – November 10, (no class date tbd), 10 am – noon, $120

This class is intended for advanced beginners, intermediate players and duplicate tournament competitors. Mary will provide opportunities to focus on defenders' play, continuing to learn through playing hands. Limited to 15.

Introduction to New Canaan Men's Club Bridge with Les Kurian

Mondays, 9:30 am - 10 am, free

Join us for a review of bidding and conventions used in New Canaan Men's Club bridge play.

Open Bridge with the New Canaan Men's Club with Les and Phil
All Are Welcome

Mondays and Wednesdays, 10 am and Fridays, 11:30 am, free

All are welcome to join in the fun and friendly bridge games! You do not have to be a member of the Men's Club to play. Les Kurian and Phil Evensen will provide supervision and guidance for all skill levels. Whether you're an experienced player or completely new to the game, you are welcome to join.

Games

American Mahjongg for Beginners

Session 1: September 10 and 11, 9:30 am - 11:30 am, $40

or

Session 2: October 1 and 2, 9:30 am - 11:30 am, $40

The class covers the rules, tile identification and basic strategies, followed by hands-on practice to reinforce learning. Each session is limited to 8 registrants. Taught by Kathy Collins.

Open Play Mahjongg, free

Wednesdays, September 9 - October 28, 5 pm - 7 pm

and

Thursdays, September 10 - December 17, 2:30 pm - 4:30 pm

If you already know how to play Mahjongg, join us for open play. All levels welcome.

How to Play Chinese Mahjong
Presented by Anna Eiler

Tuesdays, December 8 and 15, 1 pm, free

Chinese Mahjong and American Mahjongg share the same origins but have evolved into quite different games. Many players find Chinese Mahjong more strategic because there are many possible winning hands, no annual card telling you what hands to make, no Charleston, and no jokers. Join Anna for beginner fun! American Mahjongg experience suggested prior to attendance.

Beginning Canasta with Gerri Rhoades

5 Mondays, October 26 - November 23, 11 am - 1 pm, $75

Since the 1950s Canasta has been a popular game with leagues and clubs all over the country. Chances are you have a friend or two who play! Come learn how to do the meld of 5, talon, make canastas and go out to win the game. Fun and challenging. Class size limited to 12. Taught by Geri Rhoades.

Billiards for Everyone with Mike Bacon

Wednesdays, 2 pm - 4 pm, free (will resume with the Lower Level reopens)

If you're looking to have some fun, learn to play pool, or just play a game, join Mike on Wednesdays.

Rummikub Open Play

Wednesdays, September 9 - December 16, 2 pm, free

Stop by for a few rounds of this engaging and social game! Meet up with old friends, or make new ones, while playing the game everyone is talking about!

History, Science and Travel

FDR with Mark Albertson

Mondays, September 14 - November 16, (no classes October 12, November 9), 10:30 am, $100

This marks Part III of the Big Three Allied war leaders of World War II. World of Churchill; Stalin's Revolution; and now, FDR's American Monolith. Franklin D. Roosevelt will become the leader of the most powerful economic power in history; an economic dynamo that will not only become the biggest winner of Man's greatest industrialized, corporatized, commercialized conflict, but he, more than any leader in American history in the 20th century, sets the stage for Pax Americana and the American Empire. A dynamo based not on military power, but a currency, The Dollar. As Roosevelt himself will not observe, after coming out of The Great Depression, "That I saved the American Worker. Rather, I saved Capitalism." And he did.

Famous Maritime Disasters Presented by Art Gottlieb

Tuesdays, September 1, 29, October 6, November 17, December 1, 11 am, free

September 1 - RMS Titanic: On its maiden voyage, the RMS Titanic, hit an iceberg and sank on April 15, 1912. It was one of the worst sea disasters in history.
September 29 - French Liner Normandie: Designed to resemble a floating Palace of Versailles, the Normandie, crossed the Atlantic in a record 4.14 days in 1935. Seized by the U.S. in 1941, the Normandie caught fire while being converted into a troopship.
October 6 - Italian Liner Andrea Doria: On July 25, 1956, surrounded by a thick fog while approaching the coast of Nantucket, Massachusetts, the Andrea Doria collided with the Swedish liner MS Stockholm .
November 17 - Great Lakes Steamer Edmund Fitzgerald: Carried taconite (iron ore) along the Great Lakes for 17 years. In 1975, the ship sank in a severe storm on Lake Superior, killing all 29 crew members.
December 1 - Supertanker Exxon Valdez: On March 24, 1989, the oil tanker ran against a reef, puncturing cargo holds and draining millions of gallons of oil into the Alaskan Prince William Sound.

A History of Eastern Europe (continued)

Tuesdays, September 1 - October 6, 9:15 am, free

This Great Course led by Professor Liulevicius, Director of the Center for the Study of War and Society at the University of Tennessee, guides us through 1,000 years of the region's history, focusing on its ethnic diversity, shifting borders and modern political struggles. Discussion led by Ken Hecht.

Espionage and Covert Operations: A Global History

Wednesdays, September 2 - November 18, 10 am, free

Step into the world of the spy with this detailed and unforgettable tour of the millennia-long history and enduring legacy of espionage and covert operations. This lecture series by Professor Liulevicius introduces the inner working of covert organizations, and discusses the psychological motives behind spies, the ethics of cyber warfare and corporate espionage, and the questions of whether we now live in a surveillance society. Discussion led by Ken Hecht.

Big History: The Big Bang, Life on Earth and the Rise of Humanity (continued)

Thursdays, September 3 - November 5, 9:15 am, free

This Great Course series connects the universe's origins, evolution of life, and human development into a single cohesive story, emphasizing the emergence of complexity, from the beginning to modern civilization. Offering an interdisciplinary narrative spanning cosmology, geology and history. The 48-part lecture series hosted by David Christian will continue into the summer and fall sessions. Discussion led by Ned Monaghan.

Languages

French Conversation

Mondays, September 14 - December 14 (no class October 12), 10:30 am - noon, $195

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. ***Taught by Nell Mednick.***

French Intermediate

11 Wednesdays, September 9 - November 18, 11 am - noon, $165

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.***

Italian Conversation

Tuesdays, September 8 – December 15, 10 am – 11:30 am, $270

This course is intended for students who can comfortably read, write, and communicate in the present, past, and future tenses. Build fluency through engaging conversations while refining your grammar, vocabulary, and comprehension skills. Students will also read Italian novels, news articles, and short stories to enhance language proficiency and cultural understanding.

Italian: Intermediate

Wednesdays, September 9 – December 16, (no class November 25), 9 am – 10:30 am, $315

Ideal for students with a good knowledge of Italian, this course focuses on developing greater fluency and accuracy in speaking, listening, reading, and writing. Using real-life situations and authentic materials, students will strengthen their grammar and communication skills while reading news articles and short stories that expand vocabulary and deepen their understanding of Italian language and culture.

Italian for Beginners

Wednesdays, September 9 - December 16, (no class November 25), 10:45 am - 11:45 am, $224

Start your journey into the Italian language and culture in this engaging course designed for absolute beginners. Develop the four essential language skills—speaking, listening, reading, and writing—through practical lessons focused on everyday situations. Build a strong foundation in vocabulary, pronunciation, and basic grammar while gaining confidence communicating in simple conversations. Authentic audio recordings and listening activities will help improve comprehension and familiarize you with the rhythm and sounds of spoken Italian.

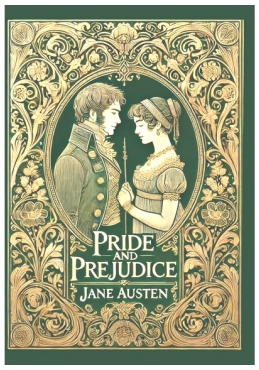
Italian classes are taught by Edda Gusman.

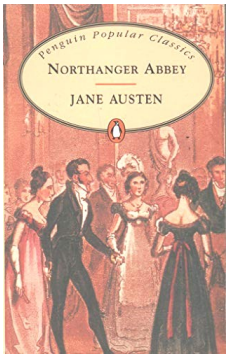
The textbook used for all classes: *The Ultimate Italian Textbook.* Copies are available for purchase.

Literary Corner

Great Works of Literature
Pride and Prejudice and *Northanger Abbey*: A Jane Austen Double-Header

Thursdays, September 10 - November 19, 11 am - 12:15 pm, free





It is a truth universally acknowledged that everyone loves Jane Austen! Join us for this intensive exploration of her most beloved novel, *Pride and Prejudice*, followed by a close analysis of her lesser known work, the Gothic parody, *Northanger Abbey*. This eleven-week course, separated into two distinct sessions, will offer a critical examination of these renowned literary achievements, with an emphasis on narrative structure, character consciousness, and literary theory. Our informal discussion will invite all participants to share their ideas and insights into these ever-popular masterpieces! Participation limited to 16.

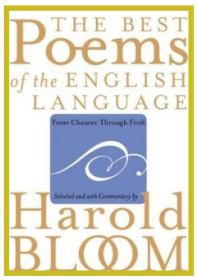
Shakespeare in Mixed Media: An Immersive Experience with *King Lear*

Mondays, September 28 - November 23, (no class October 12), 10 am - noon, free

In this seven-week course, we will be examining various versions and interpretations of *King Lear*, Shakespeare's most poignant tragedy of betrayal, madness, and forgiveness. We'll begin by reading the play aloud – no acting skill necessary! – and forming our own interpretations of the work. Then, in subsequent sessions, we will view several well-regarded film versions of the play. We may also look at select excerpts and scenes. This blended course combines literature, film, and theater in one fun, hybrid experience. All participants are invited (but not required!) to participate in readings, share their insights, and eat some popcorn!

Readings in Poetry:
The Best Poems of the English Language: From Chaucer through Robert Frost
By Harold Bloom (via Zoom only)

Tuesdays, September 15 - November 10 (no class November 3), 9:45 am - 10:45 am, free



Join us for a fun and lively discussion of Harold Bloom's carefully curated collection of the finest poems in English. Each week, we will read and share our thoughts on select works, as we move through the a variety of ages, genres, and forms of poetry. Expand or renew that joy in verse and rhyme, and give it a try! Texts can be purchased; however, links for online selections will be sent, if preferred.

Stephanie Stiles, Ph.D., novelist and former British literature professor, will guide the above discussions.

Literary Corner

Lapham Reads Mysteries and Thrillers Discussions led by Kathy Collins

Thursdays, September 24, October 22, December 3, 1 pm, free

A selection of Horowitz and Hawthorne Mysteries - A series of detective novels which includes the author, Anthony Horowitz, as a novelist enlisted by a former police detective, Daniel Hawthorne, to shadow his investigations and write true-crime books, splitting the royalties 50/50.

September 24 - *The Word Is Murder*
A wealthy woman, Diana Cowper, plans her own funeral and is murdered hours later, prompting Hawthorne to pull Horowitz into the investigation.

October 22 - *The Sentence Is Death*
A celebrity divorce lawyer is bludgeoned to death with an expensive bottle of wine, leading Hawthorne and Horowitz to unravel secrets, deception, and motives behind the murder.

December 3 - *A Line To Kill*
Hawthorne and Horowitz attend a literary festival on a quiet island, only to encounter murder and local feuds.

World History Book Group Discussion led by Ken Hecht

4th Tuesday of every month, September 22, October 27, November 24, December 15*
2:30 pm, free

September 22 - *A Brief History of Intelligence* by Max S. Bennett
Bennett bridges the gap between neuroscience and AI to tell the brain's evolutionary story, revealing how understanding that story can help shape the next generation of AI breakthroughs. Bennett consolidates this immense history into an approachable new framework, identifying the "Five Breakthroughs" that mark the brain's most important evolutionary leaps forward, bringing new insight into the biggest mysteries of human intelligence.

October 27 - *A Short History of Russia* by Mark Galeotti
A Short History of Russia explores the history of this fascinating, extraordinary, desperate and exasperating country through two intertwined issues: the way successive influences from beyond its borders have shaped Russia, and the way Russians came to terms with this influence, writing and rewriting their past to understand their present and try to shape their future.

November 24 - *City on a Grid: How New York Became New York* by Gerard Koeppel
Nothing says New York like the street grid of Manhattan. Created in 1811, the plan called for a dozen parallel avenues crossing at right angles with many dozens of parallel streets in an unbroken grid. No other grid in Western civilization was so large and uniform. When the grid plan was announced, New York was just under two hundred years old, an overgrown town with a jumble of streets at the southern tip of Manhattan. To bring order beyond the chaos the planning commission came up with a monolithic grid for the rest of the island. This is its story.

December 15 - *Unsettled: What Climate Science Tells Us, What It Doesn't, And Why It Matters,* by Steven E. Koonin
In this updated edition of climate scientist Steven Koonin's groundbreaking book, discover the latest eye-opening data about climate change—with unbiased facts and realistic steps for the future. When it comes to climate change, the media, politicians, and other prominent voices have declared that "the science is settled." In reality, the climate is changing, but the why and how aren't as clear as you've probably been led to believe.

Physical Fitness

Move with us at Lapham! Select a type of exercise and level that works for you, and register for a season of weekly workouts with our great instructors.

Balance and Posture for Fall Prevention with Ellen

11 Mondays, September 14 - December 14 , 9:30 am, $110
(no classes September 28, October 12, November 9)

This program is designed to decrease the risk of falling and improve upper and lower body strength. 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

11 Mondays, September 14 - December 14, 10:30 am, $180
(no classes September 28, October 12, November 9)

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.

Fit for Life with Mike

13 Mondays, September 14 - December 14 (no class October 12), 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. It is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

Advanced Fit for Life with Mike

14 Thursdays, September 10 – December 17, (no class November 26), 2:15 pm, free

Participants must be capable of strenuous exercise and be able to get up from a sitting position on the floor without assistance. This class focuses on upper, lower, and core muscle strength. Class limited to 10.

Chair Yoga with Kelly

15 Tuesdays, September 8 - December 15, 1 pm, $150

SOME THING NEW

This gentle routine builds balance, flexibility and strength through mindfulness, movements and focused breathing. No prior experience is required. Kelly Gray has been practicing yoga for twenty years. She is a certified YTT Kripalu yoga instructor and specializes in chair yoga.

Physical Fitness

Super Stretch - Preventing Pain and Improving Mobility with Steve

13 Mondays, September 14 - December 14, (no class October 12), 1:15 pm, $175

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

13 Mondays, September 14 - December 14, (no class October 12), 2:30 pm, 156

14 Wednesdays, September 9 - December 16, (no class November 25), $168

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. 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

14 Wednesdays, September 9 - December 16, (no class November 25), 1:30 pm, $175

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.

Steve will have a substitute instructor for classes on November 9, 12 and 18.

Muscles in Motion with Leigh

15 Tuesdays, September 8 – December 15, 11 am, $150

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 with Leigh

15 Tuesdays, September 8 – December 15, noon, $150

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 proper body alignment for a healthier spine.

Cardio Plus Strength with Linda - Intermediate

14 Thursdays, September 10 - December 17, 1 pm, $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 proper body alignment for a healthier spine.

Dance Fusion with Linda

8 Wednesdays, September 9 - October 28, 3:30 pm, $80

SOME THING NEW

Join us to move, smile and enjoy the music with Linda in this low-impact class combining easy-to-follow steps with gentle movement and rhythmic exercise. No dance experience necessary.

Physical Fitness

Beginning Pilates with Joyce, all levels

15 Tuesdays, September 8 – December 15, 8:30 am, $150

14 Thursdays – September 10 – December 17, 8:30 am, $140

We'll use flex bands, small balls, and fitness circles. The purpose of props is to add extra resistance, making muscles work harder. This helps with strengthening, toning, and improving muscle endurance. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on–the-Ball with Joyce, advanced

15 Tuesdays, September 8 - December 15, 9:45 am, $150

Pilates-on-the-ball exercises strengthens core muscles, improves balance, enhances flexibility, protects joints, and keeps workouts engaging. Ball class makes exercises more challenging and fun. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

14 Thursdays, September 10 – December 17, (no class November 26), 9:45 am, $140

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 abdominals, back, and hip muscles while improving balance and flexibility.
Limited to 15.

Muscles in Motion with Deb - Intermediate

14 Thursdays, September 10 - December 17, 11 am, $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!

Chair Fitness with Deb - All levels

14 Thursdays, September 10 - December 17, noon, $140

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!

Late Additions (revised 10/9/26)

Down Size and Organize with Ease
Presenter Katie Richards of Sorted Home Organizing

Wednesday, September 30, 1 pm, free

Thinking about moving to a smaller space? Perhaps you just want to eliminate accumulated clutter? Expert organizer and owner of **Sorted**, Katie Richards, will offer up her experience on downsizing and organizing. Gentle and judgment-free, she will share: strategies to sort through a lifetime of memories without the overwhelm; steps on either donating, preserving, repurposing or throwing out your items; and focus on eco-friendly and sustainable organization while creating functional spaces in every room.

Katie is a member of the National Association of Productivity & Organizing (NAPO) as well as the National Association of Senior & Specialty Move Managers (NASMM). Sorted Home Organizing is based in Bethel, CT.

AI, Ethics and the Human Question
A Conversation with James Brusseau, PhD, Philosophy

Thursday, October 1, 5 pm, free

As Artificial Intelligence contributes to how we work, communicate, and manage everyday life an important question emerges: Where do ethics belong? The challenge is not simply what AI can do, but what AI should do. Dr. Brusseau will explore the ethical and philosophical questions surrounding AI. Participants will leave with a better understanding of the human challenges posed by AI, and how they can be addressed thoughtfully.

James Brusseau, PhD is a Professor of Philosophy at Pace University in New York City, where he teaches undergraduate and graduate students. He has taught philosophy for more than 20 years in Mexico, Europe, and the United States. His teaching specialties include continental philosophy, the history of philosophy, and ethics. In recent years, his work has focused on AI ethics, especially transparency and the "black box" problem in algorithmic decision-making.

Tech Workshops with Cooper Young and George Geist of Good Kid Tech
MORE DATES ADDED!

Select Wednesdays, 3 pm, free

Our favorite tech wizards are returning to present a topic related to tech and to help solve your tech problems and answer your tech questions.

October 7 - Artificial Intelligence
October 28 - Social Media
November 11 - Medical ID

Auto Workshop: Jumpstarting and Winterizing Your Vehicle

Wednesday, October 21, 11 am, free

Back by popular demand, Gregg Dearth, Chairman of the NCMC Car Club, will be demonstrating the essentials of how to jump start a dead battery and how to prepare your car for the inclement weather and the inhospitable roads of the winter months. This clinic is for everyone who hopes to learn more about driving safety and preparedness. Registration is limited to 10, so sign up now!

Late Additions (revised 10/9/26)

Fall Floral Arranging with Juliet Howe of Twigs Design

Tuesday, October 20, 5 pm - 7 pm, free

Join Juliet Howe for a fun evening creating beautiful, sustainable floral arrangements. In this hands-on workshop, Juliet will guide you through echo-friendly, approachable floral design techniques, sharing some of her favorite tips and creative strategies as you craft your own unique arrangement. Containers and choice of fresh flowers will be provided. Participants are asked to bring clippers, if possible.

Juliet Howe, founder of **Twigs Design***,* has lived and gardened in New Canaan, CT, since 2003. Juliet creates custom seasonal containers for doorsteps, patios and pools, provides floral designs for events, and teaches classes in floral arranging.

Sip and Paint with Tricia from Clever and Crafty

Wednesday, November 4, 5 pm - 7 pm, free

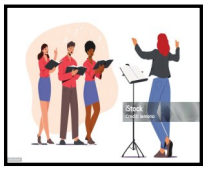
Enjoy this low-key evening of art, mocktails and good cheer! Unleash your inner artist and have some fun! Tricia from Clever and Crafty returns to guide us. Space is limited, so early registration is encouraged.

Variations in Ballet: A Live Performance by New Canaan's Own Ava Gesualdi

Friday, November 6, 11 am, free

You will not want to miss this beautiful demonstration, performed by high school senior, Ava Gesualdi, a top student at the New England Academy of Dance. Ava, a ballerina since the age of two, will inspire and delight us with her remarkable talent, as she illustrates the complex choreography and elegant techniques of classical ballet. Treats and coffee will be served.

New Canaan High School Madrigals: A Holiday Performance



Monday, December 21, time to be announced, free

Celebrate the holidays with the festive music of the Madrigals as they perform a variety of seasonal songs.

General Information

Registration

Registration is open to New Canaan residents age 21 and older. You may register through New Canaan **MyRec.** If you need assistance creating your account or in registering for activities, call us at 203-594-3620.

- Please register for **all** activities, including free offerings.
- **Payment must be received at the time of registration.**
- Early registration for free, special events and programs is limited to three, per person.
- For scholarships, please contact Marcella Rand, Executive Director of Human Services and Lapham at: 203-594-3083.

Payment

- Payment by credit card is preferred, we do not accept AMEX or cash. Checks are also accepted, make checks payable to: Town of New Canaan

Refunds

- If a class is cancelled for the semester, 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.
- Requests for refunds for withdrawals due to medical issues must be made to the office at the time of the withdrawal to receive a refund for missed classes.

Reserving Space at Lapham

- New Canaan based groups may reserve space at Lapham for book groups, luncheons and more.
- If your group is interested in reserving space at Lapham, please call 203-594-3620 for more information.

Errors and Omissions

- While we strive for accuracy and reliability, we acknowledge that errors or omissions may occur. Please notify us if you spot an error. Thank you for your understanding and support.

Index

Art and Music Classes	11-12
Chats, Services, Support Groups	10
Games: Bridge, Mahjongg, Canasta	13-14
History, Travel and Science	15
Languages	16
Literature and Book Groups	17-18
Physical Fitness	19-21
Special Events & Programs	1-9
General Information	22
Late Additions	23

Fall Hours

Mondays - Thursdays	8:30 am - 4:30 pm
Wednesdays, Sept. 16 - Oct. 26	8:30 am - 7 pm
Fridays	8:30 am - 1:30 pm

Closed: Sept. 7, Oct. 12, Nov. 26, 27, Dec. 25

Weather related closures

If New Canaan Public Schools are closed due to inclement weather, Lapham Center will also be closed. If the schools are on a delay, Lapham will open at 9:30 am.

For further information, please contact Lapham's staff at 203-594-3620.

Kathy Collins, LMSW Director	Anna Eiler Program Manager	Stephanie Stiles, Ph.D Event Specialist, part time