

October 2026 Lapham Center
(Medicare Open Enrollment Counseling Appointments October 15 - December 7)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 MJ for Beginners 5 AI, Ethics and the Human Question	2 9:30 MJ for Beginners 10 Magic and Mystery of Alfred Hitchcock
5 10 New Canaan Charter Revision Update with Kathleen Corbett	6 11 Art Gottlieb: Maritime Disasters - Andrea Doria	7 10 Fire Marshal Paul Payne on Fire Prevention 11 Chat with NCPD Officer Roy Adams 1 No Bones About It - Nutrition Matters for Bone Health by RVNA 3 Tech Workshop: AI	8 2-4 Ask the Attorney w/ Nedder & Associates, by appointment	9 10 Mingle Bingo! 11 NC Dept. of Health Chat: Vaccinations
12 Closed Holiday	13 11:30 Rock n Roll: Fleetwood Mac	14 ~~1 Lapham Celebrates 30 Years~~ (postponed tbd) 6 AI—Human Harmony	15 Medicare Open Enrollment Begins 1 Life Reimagined	16 9:45 Hands-Only CPR
19	20 11:30 Rock n Roll: One Hit Wonders 5 Fall Floral Arranging with Juliet Howe of Twigs	21 11 Car Clinic: Jump Start 5 A Halloween Murder Mystery Party	22 1 Lapham Reads: The Sentence Is Death	23 10 Mingle Bingo
26 11 Beginning Canasta with Geri Rhoades	27 10 Smartphone Buttons with Andrew Wind 11:30 Rock n Roll: Moody Blues 2:30 World Hist. Bk: A Short History of Russia	28 9:30 AARP Safe Driving Class 12:30 Witches of Connecticut 3 Tech Workshop: Social Media 5 Cooking w/ Chef Catherine - Sweet & Savory Pumpkins and Gourds	29	30 10 Craft with Anna: Pumpkin Painting 11 Halloween Bingo

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intro to NCMC Bridge 10 Bridge: NCMC Open Play 10 Balance and Posture 10 Bridge - Intermediate w/ Mike Hess 10 Literature: Shakespeare in Mixed Media 10:30 History: FDR 10:30 French Conversation 11 Moving with Arthritis 12 Fit for Life 12:30 Woodcarving 1:15 Super Stretch 2 Needlepoint 2:30 NCMC Yoga	8:30 Beg. Pilates 9:15 History: Eastern Europe (ends 10/6) 9:30 Crafty Tuesdays 9:45 Pilates on the ball 9:45 Poetry (Zoom) 10 Italian Conversation 10 Bridge: Supervised Play 11 Muscles in Motion 12 Cardio Plus 1 Chair Yoga with Kelly 1 Art Appreciation	9 Italian - Intermediate 10 Bridge: NCMC Open Play 10 Espionage & Covert Operations 11 French Intermediate 12 Who Knew? I Can Draw! 12:30 BP/Glucose Testing 12:30 Ukulele 1:30 Qigong 2 Rummikub Open Play 2:30 NCMC Yoga 3:30 Dance Fusion 5 Mahjongg open play	8:30 Beg. Pilates 9:15 History: Big Bang 9:45 Yoga Fusion 10 Acrylic painting 11 Literature: Jane Austen 11 Muscles in Motion 12 Chair Fitness 1 Cardio Plus 2:15 Advanced Fit for Life 2:30 Mahjongg open play	8:30 NC Sentinel Coffee 11:30 Bridge: NCMC Open Play