

December 2024 Lapham Center

(Medicare Part D Open Enrollment Appointments end December 6)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|--|---|
| 2 | 3 | 4 11 Art Colonies of Connecticut 12 Tiny Homes (lunch and learn) | 5 1 Gingerbread House Decorating 1 Whodunit Book: The Spy Coast | 6 5:30 Holiday Dinner and Show |
| 9 | 10 | 11 11 Art Colonies of Connecticut 11:30 Holiday Party at Waveny House | 12 1 Medicare Counseling, by appointment 2-4 Ask the Attorney by appointment | 13 12 Holiday Movie and Hot Cocoa: Love Actually |
| 16 | 17 2:30 World History BG: Christmas Past | 18 11 Art Colonies of Connecticut 1 NCHS Madrigals Holiday Performance | 19 1 Life Reimagined | 20 |
| 23 | 24 | 25 Lapham Closed | 26 | 27 |
| 30 | 31 | | | |

Weekly Classes

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|------------------------------|-------------------------------|-----------------------------|----------------------|
| 10 Balance | 8:30 Beg. Pilates | 9 Inter. Italian | 8:30 Beg. Pilates | 8:30 Sentinel Coffee |
| 10:30 French Conv. | 9 Beg. Italian | 10 Bananagrams | 9:15 Middle Eastern History | |
| 11 Moving w/ Arthritis | 9:30 Crafts | 10:45 Beg. Italian 2 | 9:45 Yoga Fusion | |
| 12 Fit for Life | 9:45 Pilates Ball | 11 Inter. French | 10 Acrylic | |
| 12:30 Spanish Conv. | 10 Italian Conv. | 12:30 BP and sugar screenings | 11 Muscles | |
| 12:30 Woodcarving | 11 Muscles | 1:30 Qigong | 12 Chair Fitness | |
| 1:15 Super Stretch | 11:45 Inter. Italian | 1:30 Ukulele | 1 Supervised MJ | |
| 2 Sit and Stitch | 12 Cardio Plus | 2:00 Billiards | | |
| 2:30 NCMC Yoga | 12:30 Open Sanctioned Bridge | 2:30 NCMC Yoga | | |