



Fall 2024



Come for class, stay for community

Registration is required for all activities, including free events, Any exceptions are explicitly mentioned. Early registration is encouraged to secure your spot.

Thanks to an ARPA Grant from the State of CT, Lapham Center will be offering some free programming with extended hours on select Wednesday and Thursday evenings, and Saturday mornings.

Hours of Operation
M/Tu/Th 8:30 - 4:00
W: 8:30 - 7:00
Select Th: 8:30 - 7:00
F: 8:30 - 2:00
Select Sat: 10 - noon

Closed
September 2
October 14
November 28 and 29

Weather Closures
If New Canaan schools close for inclement weather, we will close. If they delay, call Lapham after 8:30 am. We communicate by email when there is a change in the schedule.



Modern Square Dancing
September 5, 6:00 p.m. - 8:00 p.m., free lesson
Experience the fun of one of America's oldest traditions. Join us and a local group of square dancers for an introduction to a number of basic dance steps. You'll be dancing in a square within the first 10 minutes of the lesson. By the end of the session, you will be enjoying your newly acquired skill as you comfortably dance to contemporary music. Dress is casual. Singles and couples of all ages are welcome. No experience is necessary, as it is quite easy to learn. It is simply walking to music. Smiles are guaranteed! Light refreshments will be served.

Medicare Part D Open Enrollment
October 15 - December 7
It is important to review your Part D plan **every** year as plans change. Call us after October 1 to schedule an appointment with a trained counselor. Last fall's appointments resulted in over one million dollars in savings for residents. See page 21 for more details.

Wednesday Night Specials - Free

Dinner on the Patio and Open Play for Games

Wednesdays, September 4 and 11, 5p.m. - 7 p.m.

Bring your dinner and friends for dinner on the patio (weather permitting). Or, arrange to meet friends for a game of mahjongg, bridge or canasta.

Stitch with Aggie

Wednesday, September 11, 4 p.m. - 5:30 p.m.

Learn basic needlepoint with the assistance of **Aggie Aspinwall** who teaches at The Enriched Stitch in Wilton. After learning these stitches you will be able to needlepoint a belt, stocking, pillow or whatever you like. The \$20 supply fee is payable to the instructor. All needle artists are welcome to attend as well.

Ladies Night Out: Makeup Demo and Dinner

Wednesday, September 18, 5 p.m. - 7 p.m.

Join your friends for a glam demo and dinner with celebrity make-up artist Rose Lionetti, she will be sharing her secrets on how to achieve a flawless face by combining timeless makeup techniques with the latest budget-friendly trends. Enjoy dinner while learning how to enhance your natural beauty and boost your confidence.



iPhone Photo Editing

4 Wednesdays, September 18 - October 9, 5 p.m. - 7 p.m.

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.



Trivia Night with Guest Host Mike Bacon

Appetizers, drinks and prizes

Wednesday, October 16, 5 p.m. - 7 p.m.

Test your knowledge and have some fun! You might even win a prize! Categories: Geography, History (including New Canaan), Entertainment, People and Sports.

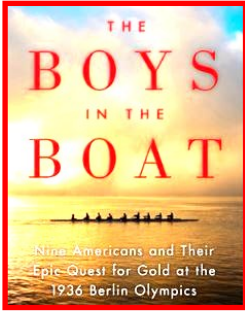


Halloween Murder Mystery Party

Wednesday, October 30, 5 p.m. - 7 p.m.

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.

Thursday Night Specials - Free



The Boys in the Boat Dinner and a Movie

Thursday, September 12, 5 p.m. - 7:30 p.m.

During the Great Depression, members of the University of Washington rowing team compete for gold at the 1936 Olympics. 2h 4m. IMDb 6.9/10.

Internet Safety with Paul Koorse User Awareness and Best Practices

A Pizza, salad and Learn

Thursday, September 26, 4:30 p.m.



Information Security is everyone's responsibility, and internet user awareness is paramount to keeping your information and identity safe on-line. Paul Koorse, Director of Information Technology for the town of Monroe, will discuss and identify the various cyber threats that exist and the steps you can take to mitigate risks. Be prepared to avoid phishing, malware and more.



Sip and Paint

Thursday, October 24, 5 p.m. - 7 p.m.

You don't have to be Rembrandt to have fun creating your own artwork. Join us for a fun evening of painting, appetizers and wine. Space limited, reserve early.

Saturday Specials - Free

Beginning Mahjongg with Aggie

September 14 and September 21, 10 a.m. - noon

This class covers the rules, tile identification and basic strategies, followed by hands-on practice to reinforce learning.

Mahjongg for 2 with Aggie

October 19, 10 a.m. - noon

Learn the variations and adaptations of traditional Mahjongg rules to suit a two-player format.

Repair Café: Fix, Repair, Reuse

October 26, 10 a.m. - 2 p.m.

Volunteers will be available for repairs and consultations to give broken items a second chance. Sponsored by Planet New Canaan. Detailed information will be provided in an eblast.

Special Events

Balance and Fall Risk Screenings

Wednesday, September 11, 12:30 p.m., lunch and program, free



According to the CDC, falls are a leading cause of injury and death in adults over 65. Many falls are predictable and preventable. Healthcare professionals from Waveny Visiting Nurse and Hospice 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, space limited.

Lunch sponsored by Staying Put in New Canaan.

Naval Narratives with Art Gottlieb

Tuesdays, September 10, 17, 24, October 1, 10 a.m. - 11 a.m., free

September 10 - Battle of the River Plate

In the early days of WW II, the German warship Graf Spee fled into the neutral port of Montevideo when cornered by Royal Navy cruisers. The Captain of Graf Spee, believing they were outnumbered and unable to escape, ordered his own ship destroyed rather than surrender to the British.

September 17 - U-Boat War in the Atlantic (1939 - 1945)

An epic story of the desperate six-year struggle between allied forces and the German Navy to control the sea-lanes between America and the British Isles; a battle that, had it been lost, would have profoundly changed the course of World War II.

September 24 - Liberty Ships

Liberty ships represent the industrial might of the United States at the height of its wartime mobilization. Intended to be cheap and expendable, shipyards around the country launched these mass-produced vessels, many remained in service decades past their designed five-year life expectancy.

October 1 - Raid on St Nazaire

Remembered by historians as "The Greatest Raid of All." Code-named "Operation Chariot" this daring 1942 British raid on German Occupied France destroyed the heavily defended Normandie dry dock at St. Nazaire, denying the German Navy their only big ship repair yard with direct access to the Atlantic .

This programming is provided by funding from a Connecticut ARPA grant.

Staying Strong - Slowing the Onset and Progression of Osteo presented by Jaime Ruskowski, M.D.

Wednesday, September 18, 12:30 p.m., lunch and program, free

Dr. Ruskowski, a local, internal medicine physician will present a basic understanding of bone structure and how it naturally renews itself. What lifestyle and dietary practices can undermine natural bone rejuvenation. What you can do to reduce the rate of bone loss thru food choices and supplements. **Lunch sponsored by Staying Put in New Canaan.**

Special Events



The Poetry of Autumn with Ned A Lively Reading of Beloved Poems Celebrating Fall

Wednesday, September 25, noon, lunch and program, free

Back by popular demand! Ned Monaghan, Lapham's favorite orator and raconteur, will return to delight us with a reading and recitation of some of Europe and America's finest verse. A selection of poetry and anecdotes that celebrate the best of the human condition. You are sure to be charmed, entertained, and inspired!

AARP Safe Driving Course

Wednesday, September 25, 9:30 a.m. - 1:30 p.m., \$20 for AARP members; \$25 for non-members

Refresh your driving skills with The AARP Smart Driver™ course. Learn more about driver safety strategies, accident avoidance, and defensive driving. Completion of the course may help you save on your auto insurance! Only 15 spots. **Pre-registration can be made online at aarp.org/drive** (which allows credit card payment). Or, you may register by calling 203-594-3620 and pay the day of by cash or check made payable to AARP.

Building a Health Partnership with a Primary Care Physician presented by Dr. Narasimhan, Stamford Health Chair of Family Medicine

Thursday, September 26, 10 a.m., free

Why is it hard to find a primary care physician? Will there be shortages? How do I work with my primary care physician to keep me healthy? Dr. Krishnan Narasimhan will address these questions and others as he speaks about family medicine and primary care. Coffee, tea and pastries will be served.

Images of Connecticut by local photographer Michael Tomashefsky

Thursday, October 3, 11 a.m., free

Michael's 50-year journey of capturing Connecticut's beauty has yielded a stunning "best of" collection, showcasing the state's breathtaking landscapes through the changing seasons.

<https://www.image-conscious-photo.com/>



Special Events

Protecting Your Skin with Elle De Moll, M.D.

A lunch and learn

Wednesday, October 9, 12:30 p.m., free

Dr. De Moll will discuss skin cancer prevention, detection and treatment options. Learn how to spot skin cancer and how to keep your skin healthy. Dr. De Moll graduated from the University of Connecticut School of Medicine and is a member of American Academy of Dermatology, the American Society of Dermatopathology and the American Society of Cutaneous Oncology. **Lunch sponsored by Staying Put in New Canaan.**

The Benefits of Physical Therapy - It's Not Just Rehab

Presented by Roger Silva

Wednesday, October 9, 10 a.m., free

Physical therapy (PT) isn't just for those who've sustained an injury or are recovering from surgery, it is also for those who want to prevent injuries (i.e. falls) or surgery (i.e. total knee or hip replacement) altogether. Physical Therapists are the ideal healthcare providers for designing a holistic wellness program helping people of all ages and abilities maximize movement, care for specific needs, manage pain and avoid opioids, and get the recommended amount of physical activity. Why wait for something to happen... Live well now.

Superfoods for Brain Health

A lunch and learn

Tuesday, October 15, noon, free

What we eat has a profound effect on our brain function, influencing our memory, mood and concentration. Join Chef Gary Seri for a fun, interactive presentation to explore how certain foods can fuel your brain and enhance cognitive function.

True Crime: Murder and Mayhem

Wednesday, October 23, 1 p.m., free

Forgeries, theft, murder: stories of long-ago crime and punishment. This presentation uncovers stories from Connecticut's past – and shows how our modern obsession with the true crime genre isn't so modern after all. Presented by CT Historical Society.

Halloween Bingo

Thursday, October 31, noon to 2 p.m., free



Join us for lunch, BINGO, and prizes for the best costume! Costumes encouraged.

Navigating Breast Health from Screening to Self-Care

A Breakfast and Learn

Thursday, November 7, 10 a.m., free

Knowledge is key to proactive healthcare decision-making. We are delighted to offer a presentation by Gilda Boroumand, M.D. to educate and empower our community about breast health, screening guidelines, and the latest advancements in breast imaging technology.

Special Events

Thanksgiving Lunch at Lapham

Wednesday, November 13, lunch noon, music 1 p.m., \$10

Join us for a wonderful Thanksgiving celebration with traditional favorites from Walter Stewarts, followed by some great music and entertainment from Tommy and Cuz. Call 203-594-3620 to reserve your spot.



Save the Date!

Annual Holiday Party at Waveny House

Wednesday, December 11, 11:30 a.m., free

New Canaan High School Madrigals: A Holiday Performance

Coming in December (date and time to be announced)

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

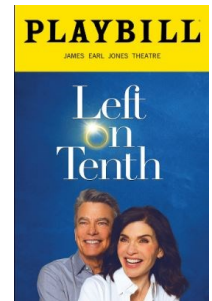
Trips

Left on Tenth - A new play by Nora Ephron

Wednesday, November 6, Matinee 2 p.m., \$245

Based upon her bestselling memoir, a romantic comedy about second chances in life and love. Starring Julianna Margulies and Peter Gallagher.

Price includes play ticket, roundtrip bus transportation and brown bag lunch. Limit 30. Check made payable to New Canaan Senior Center must be received to secure your spot. Call 203-594-3620 for more info.



Community Chats

Conversation and Coffee with a Cop

Thursday, October 10, 1 p.m., free

Nicole Vartuli, Community Impact Officer, will present a topic of interest to our community.

Health Talks with Shannon and Ellen

Fridays, September 13, October 11, November 8, 11 a.m. - noon, free

Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. Topics will be announced in our eblasts.

Life Reimagined

Thursdays, September 19, October 17, November 21, 1:00 p.m., free

Hosts Marcy Rand, LMSW, from the Human Services Department, and Robin Rockafellow, LCSW, lead an informal and friendly group discussion with creative ways to explore our interests, abilities, knowledge, and activities in connection to the community around us.

Art, Music and Ukulele Classes

Watercolor

8 Mondays, September 9 - November 4
10:00 a.m., \$80 (no class October 14)

Explore techniques such as working wet on wet, layering, and dry brushing. **Tiffany Mckay** provides demonstrations and offers individual attention.

The Art of Drawing

8 Tuesdays, September 10 - October 29
10 a.m., \$80 (plus \$10 materials fee)

Use still life and figure drawing to understand the concepts of line, value and gesture. Learn how to see and measure space using proportions and relationships to articulate form. Taught by Jeanne McDonagh.

Crafts with Clever & Crafty

4 Thursdays, October 17 - December 5, 1 p.m., free

Learn new skills while creating beautiful, handmade projects with Tricia from Clever and Crafty.

October 17 - Pumpkin Quilling

November 7 - Mosaic Tile

November 14 - Tree quilling

December 5 - Gingerbread house decorating

Needlepoint with Aggie

Mondays, September 9 - November 18
2 p.m. - 4 p.m., free (no class October 14)

Stuck on a stitch? Want to add dimension to your work? Join Aggie for sit and stitch.

Acrylic Painting

11 Thursdays, September 12 - November 21
10 a.m., \$110

Join Althea Ericsson to strengthen your fundamentals of composition, portraiture, color values, and perspective, and discuss other artists and their styles.

Woodcarving with Dennis Taylor

Thursdays, September 19, October 3, 17,
November 7, 21, 12:30 p.m., free

Join **Dennis Taylor** to explore this time-honored craft. Dennis will carve actual projects, explain basic wood cuts and tools and offer safety tips.

Art Appreciation: Royal Collection and Renaissance Masterpieces

8 Tuesdays, September 10 - November 5, 1 p.m. - 1:50 p.m., free (no class October 22)

Art, Passion & Power: The Story of the Royal Collection: Art Historian Andres Graham-Dixon explores the history of the Royal Collection, one of the largest and most important art collection in the world—build up over 5,000 years. *The Private Life of Renaissance Masterpieces:* This series reveals the fascinating stories behind famous works of art and how they influenced others and came to have a life of their own.

Music Appreciation: Robert and Clara Schumann (Great Masters Series)

8 Mondays, September 9 - November 4, 2:30 p.m. - 3:15 p.m., free (no class October 14)

The marriage between Robert and Clara Schumann was unique in musical history. They were attracted to each other not only because of their common love of music and physical attraction, but also because their creative tendencies complemented each other so well.

Ukulele Lessons with Uncle Zac

11 Wednesdays, September 11 - November 20, \$110
Beginners, Noon - 1 p.m., Players, 1:30 p.m. - 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 a variety of chords, techniques, and songs. The beginner class is for those with little or no experience. If you need a uke, Uncle Zac will bring one for you to borrow. The player class is for those who have experience playing a ukulele.

Games

Open Sanctioned Bridge Game Tuesdays with Tom Hunter

New Day! Tuesdays starting September 10, 12:30 p.m. - 3:30 p.m.

\$15 per session (3 hour drop-in game, prior registration is not required)

We are very excited to have Tom Hunter hosting Open Sanctioned Bridge Games at Lapham! Tom, a former Wall Streeter, learned bridge at a young age from his grandmother, and his love for the game has continued ever since. He is an American Contract Bridge League certified teacher and director, and a local boy — confessing that he graduated from Staples High School more years ago than he'd care to admit!

Supervised Play with Mary

8 Tuesdays, September 17 - November 5, 10:00 a.m. - noon, \$96

This class is intended for Intermediate players and/or duplicate tournament competitors.

Mary will provide opportunities to focus on actual play of the hand and defensive strategy, modern bidding and playing techniques.

Beginning Bridge with Mike Hess

8 Fridays, September 13 - November 1, 10:00 a.m. - noon, \$ 96

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. Limited space.

Intermediate Bridge with Mike Hess

8 Mondays, September 9 - November 4, 10 a.m. - noon, \$96 (no class October 14)

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.

New! Advanced Bridge Workshops with Mike Hess

Lebensohl, Part 1 and 2

2 Mondays, November 18 and 25 10 a.m. - noon, \$30

Defense, Signaling

Friday, November 8, 10 a.m. - noon, \$15

Slam Bidding

Friday, November 15, 10 a.m. - noon, \$15

Mike Hess has been teaching bridge for 30+ years, is a Diamond Life Master, and has earned over 5,000 master points. He authors the "Ask the Expert" column for *Kibitzer Magazine*, by the Connecticut Bridge Association.

Games

Billiards with Mike Bacon

Wednesdays, September 11 - November 20, 2 p.m., free

If you're looking to have some fun, learn to play pool, or just play a game or two for enjoyment. Stop by for a lesson or game with Mike!

Beginning Canasta

5 Thursdays, September 26 - October 31, 11 a.m. - 1 p.m., \$80 (no class October 17)

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 meld, talon, make canastas and go out to win the game. Fun and challenging. Class size limited to 12. **Taught by Geri Rhoades.**



Mahjongg Open Play

Thursdays, September 5 - November 21, 1 p.m., free

Beginners and experienced players welcome. Join Aggie or Kathy to get some play experience.



Beginning Mahjongg

Session 1: September 11 and 12, 9:30 - 11:30 a.m., \$30

Session 2: October 23 and 24, 9:30 - 11:30 a.m., \$30

Session 3: November 6 and 7, 9:30 - 11:30 a.m., \$30

The class covers the rules, tile identification and basic strategies, followed by hands-on practice to reinforce learning.

Mahjongg Strategy Class

Tuesday, September 24, 1 p.m., \$30

Learn tips and tricks to improve your Mahjongg game with Aggie.

Beginning Cribbage

4 Wednesdays, September 11 - October 2, noon, limit 6, \$40

Learn to play Cribbage, a fun, easy to learn, card game for two, three, or four players. Current players are welcome to come to help. Taught by Gail Junion-Metz.

Supervised Play Cribbage

4 Wednesdays, October 16 - November 6, noon, free

Come to play and re-enforce what you have learned in the Beginner's class.



History

The Great Game: Quest for Empire, 1756-2024 with Mark Albertson **8 Mondays, September 16 – November 11, 10:30 a.m., \$80 (no class October 14)**

The Great Game is a term coined by Captain Arthur Connolly of the British Army, 1840. Britain and France were, for centuries, imperialist powers; as such they were competitors in the quest for empire, resources, strategic position and, of course, financial domination. Though the term *Great Game* first appeared in 1840, man has historically been on the quest for empire; which, in the end, seems to have motivated Man to indulge in what seems to be his preferred method of change, war. This course, then, is underscored by Horizontal Determinism, the rise and fall of empires; while at the same time, providing us with a window into the repetitive nature of Man.

Crashes and Crises: Lessons from a History of Financial Disasters

6 Tuesdays, September 3 - October 8, 9:15 a.m., free

This Great courses program sheds light on the volatile market of today by looking at mistakes made in risk-taking throughout history. Professor Fullenkamp of Duke University shares some of the greatest stories of misfortune and malfeasance in history. Full of drama and consequences, these stories open a window into not just financial markets and money-making schemes, but also into our own human tendency to look for quick fixes and easy money. Discussion led by Ken Hecht.

Turning Points in Middle Eastern History

18 Thursdays, September 5 - January 15, 9:15 a.m., free (no class November 28)

The Middle East's complexities and historical background are often overlooked in media coverage, leaving the real story untold. To understand the region's current challenges and future prospects, it is essential to explore its history. Fortunately, "Turning Points in Middle Eastern History" course, taught by Professor Eamonn Gearon of Johns Hopkins, provides a comprehensive and insightful journey through the region's pivotal moments, shedding light on the forces and factors that have shaped the Middle East into what it is today. This video program consists of 36 lectures that span from around 600 AD and the rise of Muhammed and Islam to the fall of the Ottoman Empire in 1924. Discussion led by Ned Monaghan.

An Overview of the Four Christian Gospels

4 Tuesdays, October 8 - 29, 9 a.m. – 11 a.m., \$40

We will begin the course with a brief consideration of how these books came to be written. Then we will glance at the authorship, purpose and content of the so-called "synoptic gospels, namely Mathew, Mark Luke, which are quite similar in content and style. Lastly we will contrast these with John's gospel, so different in style and purpose; very lofty theologically and, at times, quite mystical in tone. Instructor John Schultz.

Languages

French Conversation: 11 Mondays, September 9 - November 25, 10:30 a.m., \$165 (no class October 14)

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.

Spanish Conversation: 12 Mondays, September 9 - November 25, 12:30 p.m., \$165 (no class October 14)

This class is for those who have a working knowledge of the Spanish Language, can converse, read and write in Spanish. The instructor will facilitate conversation, and add to your vocabulary, and grammar. She includes articles, cultural quizzes and more. French and Spanish conversation taught by Nell Mednick.

French Intermediate: 11 Wednesdays, September 11 - November 20, 11 a.m., \$132

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.

New Italian Teacher Edda Gusman

Born and raised in the Italian Alps, Edda lived in England and Germany where she was trained in teaching foreign languages and culture. Currently, she teaches all levels of college Italian in the tri-state area.

Italian Beginner 1: 11 Tuesdays, September 10 - November 19, 9 a.m. - 10 a.m., \$132

For students with no previous knowledge of Italian. Learn to speak, understand, and write in simple sentences. This class provides a good foundation for those who desire to continue studying Italian. Audio MP3 files of our textbook – *Ultimate Italian Beginner Intermediate* will be available for those who enjoy listening at home.

Italian Conversation: 11 Tuesdays, September 10 - November 19, 10 a.m. - 11:30 a.m., \$165

This class welcomes students who can read, write, and speak in present, past and future tenses, aiming to improve communication skill and comprehension. We will explore various aspects of contemporary Italy through short stories and Italian novels as well as the fascinating world of Italian idioms. Italian Ted Talk podcasts are available for those who enjoy listening activities at home.

Italian Intermediate: 11 Wednesdays, September 11 - November 20, 9 a.m. - 10:30 a.m., \$165

This class is for students with a good command of Italian. There will be plenty of opportunities to acquire new vocabulary and to prompt in-class conversations through readings, summarizing short stories, biographies of great Italian masters and newspaper articles on various topics. Audio MP3 files of our textbook – *Ultimate Italian Beginner Intermediate* will be available for those who enjoy listening at home.

Italian Beginner 2: 11 Wednesdays, September 11 - November 20, 10:45 a.m. - 11:45 a.m., \$132

In this class, we will build on knowledge previously acquired in Italian Beginner 1. We will devote time to further develop the four basic language acquisition skills such as listening speaking in sentences, reading, and writing. Audio MP3 files of our textbook – *Ultimate Italian Beginner Intermediate Level* will be available for those who enjoy listening activities at home.

Text book: *Ultimate Italian Beginner Intermediate* - gently used copies available to purchase for \$15.

Literary Corner

Poetry in Motion: A Fun Exploration of Verse (Zoom only)

Tuesdays, September 10 - November 12, 10 a.m. - 11 a.m., free

If you are a lover of poetry — or simply curious to find out a little bit more about it — join us for our informal weekly discussions! Explore the poetry of different eras, cultures, and perspectives, with an aim toward discovering the most profound and enduring elements of the human condition — all in a fun and low-key environment. All are welcome!

Vanity Fair:

An Exploration of Thackeray's Comic "Novel Without a Hero"

8 Thursdays, September 12 - November 7, 11 a.m. - 12:15 p.m., free (no class October 3)

Join us as we read this uproarious satire of domestic life in Regency England. Often considered the master of Victorian picaresque fiction, Thackeray delivers a delightful tale of the indomitable Becky Sharp, as she navigates her way through the superficial society of "vanity fair." Our informal discussions invite all to share their ideas and insights into this classic novel of triumph and misadventure.

New Offering! Shakespeare in Mixed Media: An Immersive Experience with *Macbeth*

5 Mondays, September 23 - October 28, 10 a.m. - noon, free (no class October 14)

In this course, we will be examining various versions and interpretations of Shakespeare's famed "Scottish play" — the bloody tale of ambition, passion, and madness in a kingdom where gender and authority collide. This blended course combines literature, film appreciation, and theater studies into one fun, immersive experience. All participants are invited (but not required!) to participate in readings, share their insights, and eat some popcorn. Feel free to come to any or all sessions!

Stephanie Stiles, novelist and former British literature professor, will guide these discussions.



The Whodunnit Book Group

**Thursdays, September 26, October 24
and December 5, 1 p.m., free**

And Then There Were None, Agatha Christie

Thursday, September 26 1 p.m., free

Ten strangers, each with something to hide and something to fear, are invited to an isolated mansion on Indian Island by a host who, surprisingly, fails to appear.

Three Things About Elsie, Joanna Cannon

Thursday, October 24, 1 p.m., free

A suspenseful novel about lifelong friendship and a devastating secret.

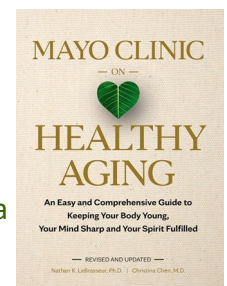
Thursday, December 5, 1 p.m.

Book to be selected by the group.

Fit for Life Book Talk

**4 Thursdays, September 5 - 26
1 p.m. - 2 p.m., free**

Join Mike Bacon for an informative discussion on the aging process, review practical tips and outline steps to take to enjoy healthier lives with advice from a wide range of Mayo Clinic specialists.



**Book: *Mayo Clinic on Healthy Aging*
Nathan K. LeBrasseur PhD, Christina Chen M.D.**

Literary Corner

World Events, History and Culture Book Group

Tuesdays, September 17, October 22, November 19, 2:30 p.m., free

All are welcome to attend this book discussion group led by Ken Hecht. Ken has been leading book discussions on issues related to world events for more than 12 years.



September 17: *The Downfall of Money*, by Frederick Taylor

A hundred years ago the German mark was one of the most trusted currencies in the world. Yet the early years of the Weimar Republic in Germany witnessed a calamitous meltdown...the dramatic story of the hyperinflation that saw the mark plunge. The story of the Weimar Republic's financial crisis clearly resonates today, when the world is again anxious about what money is, what it means, and how we can judge if its value is true. It is a trajectory of events uncomfortably relevant in our own uncertain world.

October 22: *The Last Mrs. Astor: A New York Story*, by Frances Kiernan

This biography is based on firsthand knowledge and interviews with Mrs. Astor's friends and the heads of New York's great cultural institutions. Brooke Astor wedded the notoriously ill-tempered Vincent Astor, who died in 1959. In a highly publicized courtroom battle, she fought off an attempt to break Vincent's will, which left \$67 million to the Vincent Astor Foundation. Mrs. Astor used this legacy to benefit New York City. In 2006 a grandson petitioned the courts to have his father removed as Brooke's guardian. Once again an Astor court battle became the stuff of headlines.

November 19: *The Collapse: The Accidental Opening of the Berlin Wall*, by Mary Elise Sarotte

On the night of November 9, 1989, massive crowds surged toward the Berlin Wall as it was announced that East Germans could now move freely to the West. The opening of the gates that night was not planned, it was an accident. Mary Elise Sarotte reveals how a perfect storm of decisions sparked an unexpected series of events culminating in the chaotic fall of the Wall.

Movies

Movies at noon

8 Fridays, September 13 - November 1, noon, free

September 13, *Federer: Twelve Final Days*, 1h 28m. An intimate follow-along through the final twelve days of Roger Federer's illustrious career.

September 20 - *The Long Game*, 1h 52m. In 1957, five young Mexican-American caddies are determined to learn to play golf and create their own golf course in the South Texas desert.

September 27 - *Arthur the King*, 1h 47m. An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

October 4 - *I Am: Celine*, 1h 42m. Highlights the music that has guided her life while also showcasing the resilience of the human spirit as she struggles with a life-altering illness.

October 11 - *Elizabeth and the Presidents*, 1h 20m. During her 70-year reign, Queen Elizabeth II witnessed a record 14 U.S. Presidents walk through the White House.

October 18 - *Faye*, 1h 30m. Faye Dunaway candidly discusses the triumphs and challenges of her career.

October 25 - *Elizabeth Taylor: The Lost Tapes*, 1h 41m. Elizabeth Taylor's own voice narrates her story.

November 1 - *Find Me Falling*, 1h 41m. After a failed comeback album, a rock star retreats to a cliffside home on Cyprus, only to find his life complicated by visitors and an old love.

Physical Fitness

Balance & Posture for Fall Prevention with Ellen

10 Mondays, September 9 - November 25, 10 a.m., \$100 (no classes October 14 and 28)

This program is designed to decrease the risk of falling and improve upper and lower body strength. Posture exercises will strengthen the muscles that support the spine and contribute to overall balance and alignment. 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

10 Mondays, September 9 - November 25, 11:00 a.m. - 11:45 a.m., \$100 (no classes October 14 and 28)

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 this 45 minute class feeling renewed and reinvigorated.

Fit for Life with Mike

11 Mondays, September 9 - November 25, noon, free (no class October 14)

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. This class integrates elements of sports conditioning, yoga and Pilates. It is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

Super Stretch - Preventing Pain and Improving Mobility

10 Mondays, September 9 - November 25, 1:15 p.m., \$100 (no classes October 14 and November 11)

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

10 Mondays, September 9 - November 25, 2:30 p.m., \$100 (no classes October 14 and November 11)

10 Wednesdays, September 11 - November 20, 2:30 p.m., \$100 (no class November 13)

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. This class will help you develop a better understanding of various yoga poses and how to move your body from one pose to the next. 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

10 Wednesdays, September 11 - November 20, 1:30 p.m., \$100 (no class November 13)

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.

Physical Fitness, continued

Beginning Pilates with Joyce, all levels

11 Tuesdays, September 10 - November 26, 8:30 a.m., \$110 (no class September 24)

10 Thursdays, September 12 - November 21, 8:30 a.m., \$100 (no class September 26)

We will use flex bands, small balls, and a fitness circle. The purpose of props is to stimulate the body and make exercise more challenging, accessible, and successful. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on-the-Ball with Joyce, advanced

11 Tuesdays, September 10 - November 26, 9:45 a.m., \$110 (no class September 24)

Pilates-on-the-ball is a combination of mat Pilates and stability ball (Swiss ball). Exercises are performed with specific breathing patterns to strengthen abdominal, back, and hip muscles. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

10 Thursdays, September 12 - November 21, 9:45 a.m., \$100 (no class September 26)

This class is the perfect blend of yoga and Pilates. 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. Limited to 15.

Muscles in Motion with Debbie - Intermediate

12 Tuesdays, September 10 - November 26, 11 a.m., \$120

11 Thursdays, September 12 - November 21, 11 a.m., \$110

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 Strength with Debbie - Intermediate

12 Tuesdays, September 10 - November 26, 12 p.m., \$120

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 body alignment for a healthier spine.

Chair Fitness with Debbie - All levels

11 Thursdays, September 12 - November 21, 12 p.m., \$110

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!

Walking for Wellness at Waveny

Tuesdays, September 10 - November 19, 11 a.m., free

Meet us at Lapham at 11 a.m. for a walk around the park. (weather permitting)

Free Community Services

Free Medicare Counseling

Thursdays, September 5, 19 and October 3, by appointment

Dick Neville is a Medicare counselor trained by CHOICES, the State of Connecticut program which trains volunteers to provide Medicare education in their communities. If you are turning 65, he can guide you through enrolling in Medicare, choosing a Medicare supplement plan and a Part D prescription drug plan, and understanding the Medicare Advantage Plan. He can also help if you have other 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 Part D Annual Open Enrollment Period

October 15 - December 6, by appointment

Registration Begins October 1

In 2025, Medicare Part D will cap out-of-pocket drug costs at \$2,000, shifting cost liabilities onto plans and drug manufacturers. These and other changes may increase costs for plans. 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 on the internet. Our volunteer counselors will be happy to run this program for you free of charge. We will be offering both remote and in-person appointments. Last year 53% of participants changed plans with a total savings of over \$1,000,000. **Call 203-594-3620 for further information.**

Ask the Attorney with Michael Nedder, by appointment

Thursdays, September 12, October 10, November 14, 2 p.m. - 4 p.m., free

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

Health Department Services

Blood Pressure and Blood Sugar Screenings

Wednesdays, September 4 - November 20, 12:30 p.m. - 1:30 p.m. free (no screenings November 27)

Ellen Samai from New Canaan's Dept. of Health will provide blood pressure and blood sugar testing. If you have increased feelings of dehydration, thirst, urination, fatigue or appetite, you're at risk for diabetes. Come to this free clinic to get your blood sugar levels tested. It is recommended to fast for four hours prior to blood sugar testing. Call 203-203-594-3620 to schedule an appointment.

Flu Vaccination Clinic

Tentative date, Wednesday, October 23

The New Canaan Health Department flu vaccination clinic is tentatively scheduled for October 23. More details, including scheduling information, will be shared via eblast as soon as available.

General Information

Registration

- Lapham uses the web-based program, MyRec, for registrations. You must have an account in MyRec to register for our programs. If you need assistance creating your account, call us at 203-594-3620.
- Registration will continue until all classes are filled.
- Please register for **all** activities, including free offerings.
- We cannot enroll you in a class or program until payment is received.
- For information about scholarships please call Aggie Aspinwall at 203-594-3620.

Registering online is quick, safe and easy once you have created an account in MyRec:

<https://newcanaanct.myrec.com/info/household/login.aspx>

To register by phone call 203-594-3620, Monday - Thursday, 9:00 a.m. - 4:00 p.m. or Friday 9 a.m. - 2 p.m.

Payment

- Payment by credit card is preferred, we do not accept AMEX or cash for classes.
- For classes and special events checks are also accepted, make checks payable to: Town of New Canaan
- For trips make checks payable to: Senior Center of New Canaan
- Please bring checks to Lapham Center or mail to: **Lapham Center, P.O. Box 83, New Canaan, CT 06840.**

Refunds & Credits

- 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.
- There will be no refunds for trips.
- Withdrawals due to medical issues, as they occur, will be reviewed on a case by case basis.

Groups using Lapham

New Canaan residents may reserve space at Lapham for book groups, games, and more.

- All groups must fill out a facility use form.
- Lapham Reserves the right to change the assigned space at our discretion.
- If you are interested in using the facility during our hours of operation, please call us 203-594-3620 for more information.

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