LAPHAM COMMUNITY CENTER NEW CANAAN CT

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Movie Screening, Dinner and Conversation with the)LOP·V Director, Claire Ayoub

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Join us for dinner, a screening of u‰]Œ and conversation with New Canaan§ own Claire Ayoub. u‰]Œ is a heartfelt comedy about teens learning to love their bodies through fashion design and friendship. Claire will discuss the film after the viewing. Registration required.

The James Webb Telescope Presented by Sarah Bull

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The James Webb Space Telescope's infrared camera has captured images of a galaxy deep in space 330 million years after the Big Bang.

With the James Webb Space Telescope, astronomers are looking back even farther, to the formation of the universe§ first galaxies, and the mapping of 98% of the Universe which spans about 13.5 billion light years.

See page 6 for more info.

Medicare Open Enrollment Counseling

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Review your Part D À Œ C year, as plans change X oo µ•
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š Œ]v }µŒ • o}Œ X Last fall, appointments resulted in over $380,000 in savings for residents. Details page 9.

America 250

New Canaan§ commemoration of the 250th anniversary of the founding of the U.S. includes special programs at Lapham.

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- Mon., Tues., Thurs.: 8:30 a.m. - 4:30 p.m.
- Wed. thru Oct. 29: 8:30 a.m. - 7 p.m.
- Friday: 8:30 a.m. - 2 p.m.
- Select Sat.: 10 a.m. - noon

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- September 1-3
- October 13
- November 27, 28
- December 25

Lapham is open to New Canaan residents, age 21 and older. Join us for events, classes, and more!

Lapham Center is located in Waveny Park, 677 South Avenue.
Mailing address: 77 Main Street, New Canaan, CT 06840 Phone: 203-594-3620. Email: Laphamcenter@newcanaanct.gov.

Art and Music

Art Appreciation

Tom Davies 60 Years of Collecting Art

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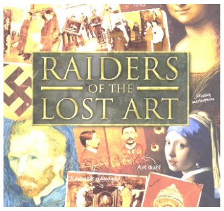
This is a rare window into a 60-year pursuit navigating the sometimes bewildering, on rare occasions questionable ethics, but always fascinating world of American Fine Arts. The art market has often been called the world's largest unregulated business. Since 2021 Lapham has presented seven different series penned and narrated by Tom Davies and edited by Nick Ranieri. These presentations consisted of 44 individual episodes. This heavily illustrated , two part presentation is an inside look at how, over 60 years, this all came about. It will appeal whether you are a collector, thinking about starting a collection, or just love a good story grounded in real life experience.



Raiders of the Lost Art

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Art can be incalculably valuable and thus desired by people looking to acquire pieces by nefarious means. Here we view the investigation of notable art thefts by detectives and forensics analysts tasked with locating missing masterpieces.

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Beethoven [s 32 piano sonatas stand as a singular body of work in keyboard literature. Taken together, they reveal their composer [s compositional and artistic development of the genre, from the terse and powerful first sonata of 1795 to the revolutionary sonata of 1818. This course presents a chronologically-based, in-depth analysis of all Beethoven [s sonatas. Each lecture is 45 minutes. This series continues from the summer and lectures 12 - 24 will be presented.

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Join Alan Sharpe for a nostalgic look at the music that defined an era. Listen and learn about the great artists of a generation, and rediscover their classic hits while hearing some of their new and unknown songs. Each session will highlight the life and works of an individual artist and the genre of music he represented. Contemporary crooner Neil Diamond, Motown [s Smokey Robinson, folk artist John Prine, and rock [s favorite son, Bruce Springsteen will be featured in successive weeks. Enjoy the sounds of your youth; you [e sure to leave each session with a smile and a soundtrack of memories.

Cooking

Indian Cooking with Nita
Hands-on Cooking Classes + Lunch

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Dive into the heart of Indian home cooking by making everyday essentials from scratch. Perfect for beginners and enthusiasts alike, this class will teach you time-tested techniques and the stories behind the staples. In this class, you [l learn how to:

- x Make P Z the traditional way—and understand why it [• a must-have in Indian kitchens
- x Prepare homemade Ç } P µ Œ š, with tips on achieving the perfect consistency and flavor. You [l also learn a few quick and versatile yogurt-based recipes, like raita, to pair with your meals
- x Craft soft, fluffy v v from scratch and transform it into delicious stuffed naan, learning how to make flavorful fillings and master the technique of rolling and cooking

You [l leave with foundational skills and recipes to recreate at home.

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A delicious dive into the bold, fresh flavors of South India. Explore essential techniques like tempering spices, using fresh herb pastes, and the basics of fermentation—giving you the confidence to recreate these dishes at home. In this class, you [l learn how to make:

- x Œ] • ‰ Ç – the } • iconic fermented rice and lentil crepes
- x A vibrant and herb-packed ' Œ v Z] l v with µ Œ Œ Ç coconut and warming spices
- x A fresh, flavorful Z µ š v Ç that pairs perfectly with your dosa
- x A cooling, spiced ^ } µ š Z / v] v µ © Œ u] l to balance the heat

After cooking, enjoy a full South Indian lunch featuring everything we [ve made. Whether you [re new to Indian cooking or looking to expand your skills, this experience will leave you inspired, full, and ready to bring South Indian flavors into your own kitchen.

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A flavorful and fun cooking class where you [l learn to create one of India [• most beloved dishes, Gain practical cooking skills, a better understanding of Indian spices, and the confidence to recreate this delicious meal at home. In this hands-on class, you [l learn how to:

- x Cook µ © Œ Z] l v, a rich, creamy, spiced tomato-based curry that [• comforting and full of flavor
- x Make W • W µ o }, a fragrant basmati rice dish cooked with whole spices and green peas
- x Knead, roll, and cook t Z } o t Z š E v on the stovetop—perfect for soaking up every drop of sauce

Come hungry—we [l enjoy the full meal together at the end!

Your instructor, E] š U] • š Z (} µ v Œ } (' } o v <] š Z v and a local mom passionate about sharing wholesome, nutritious recipes with the community. Through her work, she blends her love for cooking with a mission to make healthy eating accessible and enjoyable for all, no matter your age or skill level in the kitchen.

Games

Intermediate Bridge with Mike Hess

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This bridge class is designed for intermediate to advanced players and duplicate tournament competitors. It emphasizes improving actual hand play, with a strong focus on modern bidding techniques and defensive strategies. The instructor, Mike, is a seasoned teacher with over 30 years experience, a Diamond Life Master with 5,000+ masterpoints, and the author of the ^Ask the Expert _column in <]]šÌ Œ D P Ì]v published by the Connecticut Bridge Association.

Beginning Bridge Part 2

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This class is a continuation of the summer beginners' class: the focus is on building fundamental skills. Anyone wishing to add to or improve basic skills will benefit from this class or has taken a beginner class and wants increase their bridge knowledge or needs a refresher to move forward.

Supervised Play with Mary

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

True Beginning Bridge

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This class is designed for absolute beginners with no prior experience needed. You'll learn the basics of bridge, including rules, terminology, bidding, play of hand and scoring. The recommended book you should purchase is Œ] P (}Œ byÀD.WŒ Ç}Crisfield.

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All Are Invited to Play

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Join us for fun and friendly bridge games! 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. You do not have to be a member of the Men ‧ Club to play.

Billiards for Everyone with Mike Bacon

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Join Mike for a fun game of pool. No experience required.

Rummikub Open Play

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Stop by for a few rounds of this engaging and social game!

Games

Beginning American Mahjongg

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Embark on a fascinating journey into the world of Mahjongg! This introductory course is perfect for complete novices eager to learn the fundamentals of this captivating and social game. No prior experience is necessary – just a willingness to learn and have fun.

Mahjongg Strategy Class

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This intermediate-level class is designed for American Mahjongg players who have a solid understanding of the game's basic rules and are looking to significantly improve their strategic decision-making. We'll delve into two of the most critical phases of every game: selecting your hand after the deal, and expertly navigating the Charleston. Mastering these foundational skills is key to consistent wins and more satisfying play. Elevate your game with tips and tricks from Aggie.

Mahjongg for 2 (Siamese Mahjongg)

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Come learn or just to play Siamese Mahjongg Sometimes you just can't find a table of 4. This class is designed to make 2-person mahjongg fun and challenging.

Mahjongg Open Play Wednesdays and/or Thursdays, free

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Whether you're a seasoned player looking for a regular game, or you've just learned the basics and want to get more practice, all levels are welcome. Kathy and Aggie can supervise and Lapham has everything ready to play. Just drop in when you can, find a spot, and enjoy!

Beginning Canasta

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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.

Canasta Strategy Meld of 5 Class

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This intermediate-level class is designed for Canasta players who understand the basic rules and are looking to elevate their game through strategic thinking and advanced techniques. Learn the nuances of the meld of five. Moving beyond simply knowing how to play, we will delve into the "why" behind successful Canasta decisions, focusing on maximizing your team's score while minimizing your opponents. Taught by Geri Rhoades.

History

War, Peace and Power: Diplomatic History of Europe 1500 ³ 2000

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History of Europe
Peipus
Brunanburh
Hastings
Bouvines
Tannenberg
Poltava
Catalaunian Fields
Lechfeld
Vienna
Tours-Poitiers
Mohacs
Navas de Tolosa
Milvian Bridge
Civitate
Kleidion
Constantinople
Manzikert

For much of the past five centuries, the history of the European continent has been a history of chaos, its civilization thrown into turmoil by ferocious wars or bitter religious conflicts - sometimes in combination - that have made and remade borders, created and eliminated entire nations, and left a legacy that is still influencing our world. This course explores the evolution of European diplomatic relations, focusing on how states interacted during periods of both conflict and peace; examining the interplay of war, peace and the pursuit of power in shaping Europe's political landscape. Discussion led by Ned Monaghan.

Putting the House in Order: Rebuilding the U.S. Army, 1973 - 1983
with Mark Albertson

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In this class Mark explores how the U.S. Army rebuilt itself after Vietnam. Facing a rising Soviet threat, the Army shifted from counterinsurgency back to conventional warfare—mobility, tanks and large-scale combat. Key to this transition was a close partnership with the Israeli Defense Forces, exchanging expertise in armored warfare and helicopter operations. This class also examines the evolving role of women during this critical time of change. Based on a series of articles published by Mark in Œ u Ç À]Ÿ}v magazine.

Discover
Your Family's
HISTORY

Exploring Your Family History
With Gail Junion -Metz

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Discover the captivating world of your ancestry. Perhaps you've started delving into your lineage but find yourself wondering how to find out more using your home computer? Focusing on utilizing the user-friendly platform FamilySearch, you'll acquire the essential skills to unearth your family's history, mastering the art of online ancestral searches to craft an intricate family tree. You will also be introduced to how to add photos, documents and stories. Your instructor, Gail Junion-Metz, is a seasoned genealogy educator with two decades of experience. Her goal is to make finding your ancestors fascinating and fun! Students should be familiar with using a computer or laptop. FamilySearch is also available for phone and tablets, but the app is very different and not as user-friendly. Students are encouraged to bring their personal laptop to class and also their phone along with their email log on and password to join FamilySearch the first day of class. There is no charge to use the FamilySearch platform.

History

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Presented by Art Gottlieb

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The most consequential event in United States history since the American Revolution, the run-up to the Civil War began at the turn of the 19th Century and its effects are still with us in the 21st Century. This series will offer historical and contextual understanding of why the Civil War was fought and the philosophical and moral arguments of those who fought.

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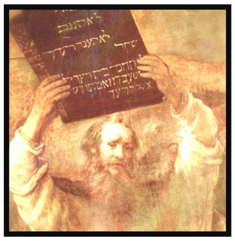
The Hebrew Prophets

Presented by John Schultz



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A study of the Prophets of the Old Testament is not only interesting, but truly fascinating. Directly called and inspired by God, they were chosen to be His mouthpiece to the Israelite people. At times, miracles confirmed their divine calling and mission. There will be a two-hour class on each of the following: Isaiah, Jeremiah, Ezekiel and Daniel .

Food: A Cultural Culinary History

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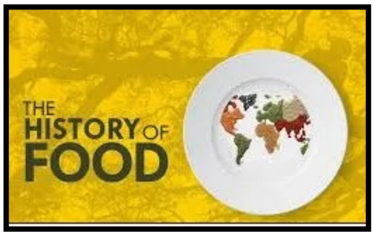

The drive to obtain food has been a major catalyst across all of history, from prehistoric times to the present. In fact, civilization itself began in the quest for food. Humanity's transition to agriculture was not only the greatest social revolution in history, but it directly produced the structures and institutions we call "civilization." In 36 fascinating lectures, this Great Course series by award-winning Professor Albala, puts this extraordinary subject on the table, you'll travel the world discovering fascinating food lore and culture of all regions and eras - an eye-opening lesson in history as well as a unique window on what we eat today. Discussion led by Ken Hecht.

Languages

[illegible]

A continuation class for those who have already acquired basic skills in French. Madame will start with an article from a French daily like [illegible] 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.

[illegible]

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***

[illegible]

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.***

[illegible]

This class provides a good foundation to students who want to continue to learn, speak, understand, and write in simple sentences. Audio MP3 files of our textbook – [illegible] will be available for those who enjoy listening

[illegible]

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.

[illegible]

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 – [illegible] will be available for those who enjoy listening.

[illegible]

For students with no previous knowledge of Italian. Students will learn to speak, understand, write and read simple Italian using examples from everyday life. It will provide students with a basic foundation in the Italian language and grammar. ***Italian classes taught by Edda Gusman***

Classes require a minimum of five registered student to be held.

Literature and Book Groups

Shakespeare in Mixed Media

An Immersive Experience with *Romeo and Juliet*

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In this six-week course, we will be examining various versions and interpretations of Shakespeare[s renowned and tragic love story, Z}u } v :µo]š. We'll begin by reading the play aloud – no acting skill necessary! – and forming our own interpretations. Then, in subsequent sessions, we will view several well-regarded film versions of the play. We may also look at select excerpts and scenes, in order to draw further comparisons. 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!

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

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If you are a lover of poetry — or simply curious to find out a little bit more about it — then 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!

Great Works of Literature

Sense and Sensibility by Jane Austen

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Enter Jane Austen[s world as we explore her beloved first novel, ^ v• v ^ v•]]o]šÇ. Considered ^the most perfect artist among women _by Virginia Woolf, Jane Austen presents the story of two sisters – the rational, cautious Elinor and the passionate, impulsive Marianne – who help each other navigate love, loss, and self-acceptance amidst the turbulent times of the Regency period. Our informal discussions will invite all participants to share their ideas and insights into this classic novel of heartbreak, honor, and triumph.

Literature classes are taught by Stephanie Stiles, novelist and former British literature professor.

Fit for Life Book Group with Mike Bacon

Build a Better Brain at Any Age, Sanjay Gupta, MD

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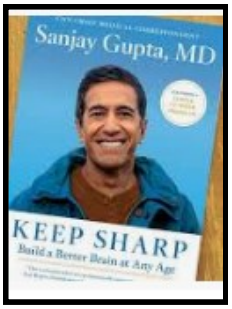

Join Mike for an engaging discussion and review of Dr. Gupta[s book, which explores research on how lifestyle factors—such as diet, physical movement and mental activity— can protect our cognitive function. Mike will provide helpful handouts during the session. Reading the book is optional and not required to participate.

Literature and Book Groups

World History Book Group - Discussion led by Ken Hecht

The English Landscape Garden: Dreaming of Arcadia Ç d]u Z] Z Œ •}v
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Step into the serene world of 18th-century English landscape gardens—smooth lawns, quiet pools and poetic statues. This richly illustrated book takes readers on a tour of 20 of Britain § finest gardens, including Studley Royal, Stowe and Chiswick House, revealing a vision of Arcadia brought to life through new research and stunning photography.

Taking Manhattan: The Extraordinary Events That Created New York and Shaped America Ç Zµ•• oo ^Z}Œš}
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In 1664, the English seized New Amsterdam, sparking the birth of New York City. Shorto uncovers the surprising negotiations behind the takeover and explores how this moment shaped America § identity—blending empire, capitalism, and pluralism—while also confronting the era § injustices, including the displacement of Native Americans and the roots of slavery.

Women in the War Ç >µ Ç &]•Z Œ
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Through the voices of ten remarkable women, this moving oral history captures the vital roles British women played in WWII—from flying Spitfires to decoding messages. With firsthand accounts, diaries, and letters, Fisher offers a powerful portrait of courage, resilience and the beginnings of social change.

Lapham Reads: Whodunnits- Discussion led by Kathy Collins

All the Colors of the Dark Ç ZŒ]• tZ]š l Œ
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A haunting mystery about love, loss and the shadows that follow us. Set in the 1970s, the novel follows Patch, a kind-hearted teenager disfigured in a childhood accident, and Saint, his fierce best friend. When a local girl vanishes, Patch becomes entwined in the mystery, which grows darker and more complex over the years, as more disappearances follow.

Death at the Sign of the Rook Ç < š šl]v•}v
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Former detective Jackson Brodie is called to a rundown Yorkshire estate to investigate what appears to be a routine stolen painting. But when a staged murder mystery weekend turns deadly, he § pulled into a tangled web of unsolved art thefts and a very real killing.

A Terribly Nasty Business, Ç :µo] ^ o •
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Set in prim and proper Regency-era London society, manners meet murder. Aspiring detective Beatrice Steele jumps at the chance to solve a new case when a body turns up at an estate. A whodunnit full of twists and charm.

Movies

MOVIE MATINEE

Movie Matinees at Lapham
Wednesdays, September 10 - October 8, 1 p.m., free

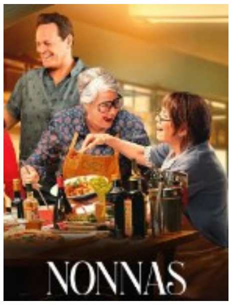
^ ‰ š u Œ K ì E E, 1h 54m. After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as chefs. Based on a true story, NONNAS is a celebration of the love of food, family and all the ingredients of life. IMDb 6.8.

^ ‰ š u Œ Z í ó & Œ] v , 1h 59m. Iris finds her comfortable New York life upended when her mentor and friend Walter bequeaths her his Great Dane Apollo. Despite a small apartment and threats of eviction, Iris bonds with the regal beast and begins to cope with her past in this story of healing, love and friendship. IMDb 6.4.

^ ‰ š u Œ ^ ‰ ð Œ , W 1h 55m. With the help of their high school [newest teacher, four Hispanic students form a robotics club. Although they have no experience, they set their sights on a national robotics contest. Along the way they learn how to build a robot and forge bonds that will last a lifetime. IMDb 7.2

K š } Œ d Z o o } (t o , 1h 40m. Old tensions resurface when former bandmates who were former lovers reunite for a private show at the island home of an eccentric millionaire. IMDb 7.4.

K š } Œ d > • š Z] G 1h 39m. World War II veteran Artie Crawford lives in a care home in Northern Ireland. After his wife [death, he decides to ignore all advice and sets off alone to France to attend the 75 anniversary of the D-Day landings. IMDb 6.7.



NAOMI WATTS
BILL MURRAY
THE FRIEND

SPARE PARTS

"A FRESH, BIG-HEARTED COMEDY"
TOM BASDEN TIM KEY CAREY MULLIGAN
THE BALLAD OF WALLIS ISLAND

THE LAST RIFLEMAN

Physical Fitness

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This program is designed to decrease the risk of falling by practicing balance exercises. You will also improve upper and lower strength. Participants must be able to stand on one leg while holding onto a chair for support. Strength training with lightweights included.

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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, as you follow along. The exercises can be performed sitting or standing. Strength training with lightweights included.

SOME
THING
NEW

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Join us on Wednesdays for a gentle yet invigorating session designed to help your body open, stretch and move—perfect for all fitness levels. Motion is lotion and the elixir of life! We [l flow from mindful movement into an energizing recharge meditation, either lying comfortably on the floor or sitting in a chair. You [l leave feeling refreshed, rejuvenated, and ready for the day. Extra credit: Stay at 10:30 to explore the art of Tai Chi.

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Each class begins with a short, seated grounding meditation and breathe work to enhance the benefits of Tai Chi. Strengthen your body, mind, spirit, balance and mood with this ancient healing practice. Open to all levels. Instructor, Deby, has taught Tai Chi for the past 15 years and is a 3rd degree black belt in martial arts.

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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.

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Yoga 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.

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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

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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.

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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.

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Pilates-on-the-ball exercises improve your balance and strengthen your core. 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.

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

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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!

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Move, dance, and mingle while strengthening your heart and muscles and increasing your range of motion. 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.

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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!

General Information

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- All program registrations are handled through DÇZ X Z P]•š Œ]vP }vo]v]• ‹µ] lU • (Ç}µ Z À Œ š v }µ]v DÇZ X If you need assistance creating a MyRec account, please call us at 203-594-3620.
- d} Œ P]•š Œ call Ç}‰ Z}v 203-594-3620, Monday - Thursday 9 a.m. - 4 p.m., Friday 9 a.m. - 2 p.m.
- Payment is required to reserve your place. Registration will continue until classes are full.
- Registration is required for __ ooactivities, including free offerings.
- To offer everyone a chance to participate, registration may be limited to two lunch and learns and two evening events per person.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships.

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- Payment by credit card is preferred, we also accept checks made payable to: Town of New Canaan.. We do not accept AMEX or cash. (Cash exceptions: pay-at-door events).
- You may bring checks to Lapham or mail checks to: Lapham Center, c/o New Canaan Town Hall, 77 Main Street, New Canaan, CT 06840 X

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- 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.
- Withdrawals due to medical issues, as they occur, will be reviewed on a case by case basis.

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

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

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