

January 2026 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED NEW YEAR'S DAY	2
5	6	7 2:15 Skating for Adults	8 Medicare by appt. 2 Ask the Attorney	9 11 Health Talk
12 9:30 Beg. MJ	13 9:30 Beg. MJ 11 Indian Cooking 2 Travel Together	14 9:30 Beg. MJ 12 Game: Name/Face 12:30 BP 2:15 Skating for Adults	15 1 Life Reimagined 1 Quilling Snowflakes	16 11 Film: <i>Thelma</i>
19 CLOSED MARTIN LUTHER KING JR DAY	20 11 Art Gottlieb Gen. Patton & Bradley 2:30 It's Teatime	21 2:15 Skating for Adults	22 Medicare by appt. 1 Lapham Reads: <i>The Almost Sisters</i>	23
26	27 11 Art Gottlieb; Gen. Eisenhower & Montgomery 2:30 World History BG: <i>The Big Oyster</i>	28 12 Mahjonn Strategy 12:30 BP 2:15 Skating for Adults	29 2 Tech Workshop	30

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intro to NCMC Bridge	8:30 Beg. Pilates	9 Intermediate Italian	8:30 Beg. Pilates	8:30 NC Sentinel Coffee
10 Balance and Posture	9 Beg. Italian, Part 2	10 Drawing	9:15 European History	10 Open Play MJ
10 Intermediate Bridge	9:15 Culinary History	10 Open Bridge	9:45 Yoga Fusion	11:30 Open Bridge
10 Open Bridge	9:30 Crafty Tuesdays	10 Bridge: Supervised Play	10 Acrylic painting	
10:30 Churchill	9:45 Pilates on the ball	10 Germany & Austria	11 Literature	
10:30 French Conversation	9:45 Poetry (Zoom)	10:30 Tai Chi	11 Muscles in Motion	
11 Moving with Arthritis	10 Italian Conversation	11 Intermediate French	12 Chair Fitness	
12 Fit for Life	10 Bridge: Supervised Play	12:30 Ukulele	1 <i>How Not to Age</i> with Mike Bacon	
12:30 Woodcarving	11 Muscles in Motion	1:30 Qigong	2 Open MJ	
1:15 Super Stretch	12 Cardio Plus	2 Billiards		
2 Sit and Stitch	1 Art Appreciation	2:30 NCMC Yoga		
2:30 NCMC Yoga	1 Beg. Bridge: Part 2			
2:30 Music Appreciation				