

July 2026 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday
June 29	June 30 11 Art Gottlieb: WWII Liberty Ships 12:30 The Eagles—Rock n Roll	1 12:30 BP Testing 4 The Movie: 1776 & Pizza	2 Lapham closes at 3:30 pm	3 Closed
6	7	8 12:30 More History of New Canaan with Keith Simpson Lunch and Learn sponsored by Staying Put in NC\	9 Medicare counseling by appt.	10
13	14 11 Art Gottlieb: WWII Women at War	15 12:30 BP testing 1 A trip to Istanbul with Marc Wollin 2 Beach Hut Craft w/ Deb	16 11 Medicare Basics	17
20	21 10 Breakfast with NCPD Officer Roy Adams 11 Art Gottlieb: WWII Manzanar	22 1 Sweet 250: A Celebration of American Desserts	23 10 Heirlooms Medicare counseling by appt.	24
27	28 11 Art Gottlieb: WWII The Best Years of our Lives 2:30 World History Bk Group: <i>Founding Mothers</i>	29 2 Afternoon Tea and Treats	30	31

Weekly

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intro to NCMC Bridge	8:30 Beg. Pilates	10 Tours Ancient Egypt	8:30 Beg. Pilates	8:30 NC Sentinel Coffee
10 Balance and Posture	9:15 History of Eastern Europe	10 Open Bridge w/ NCMC	9:15 History: Big Bang	11:30 Diabetes Management Program
10 Open Bridge w/ NCMC	9:30 Crafty Tuesdays	11 French Conversations	9:45 Yoga Fusion	11:30 NCMC Bridge
10:30 History: Fascism	9:45 Pilates on the ball	12:30 Ukulele	10 Acrylic painting	
11 Moving with Arthritis	11 Muscles in Motion	1:30 Qigong	11 French Conversation	
11:30 Caregiver Spouse Support Group	11:30 Caregiver Spouse Support Group	2 Billiards with Mike	11 Muscles in Motion	
12 Fit for Life		2 Rummikub Open Play	12 Cardio Plus	
12:30 Woodcarving	12 Cardio Plus	2:30 NCMC Yoga	1 Chair Fitness	
1:15 Super Stretch	1 Art Appreciation		2:15 Advanced Fit for Life	
2:30 NCMC Yoga			2:30 Mahjongg open play	
2:30 Music Appreciation				