

May 2025 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	29 3 An Afternoon Tea	30 12:30 Legacy Financial Planning 5 - 7 AI Insights	May 1 2 Illustration Art - It's About All of Us 5-7 Sip and Paint	2 10 Bridge: Slam Bidding 12 Movie: <i>Toast</i> 5 Dinner and Show at the Powerhouse	3
5 9:30 Beginning Mahjongg	6 9:30 Beginning Mahjongg 11 Knitting with Sue	7 12:30 L&L Cultivating Happiness	8 Trip to the Met (cancelled) Medicare counseling by appointment 2 Ask the Attorney 5 Dinner & V.E. Day program	9 10 Bridge: Defense 11 NC Health Dept. Chat 12 Movie: <i>Crazy about Tiffany's</i>	10 10 Mahjongg for Two
12 10 Bridge: Lebenshol Part 1 10 Magic and Music of Bob Dylan with Alan Sharpe	13 5-8 Dinner and a Movie - <i>A Complete Unknown</i>	14 5 Trivia Bingo with Mike Bacon	15 1 Life Reimagined	16 12 Movie: <i>Burren Girl</i>	17 10 Needlepoint techniques (cancelled)
19 10 Bridge Lebenshol Part 2	20 10 Art Gottlieb: Over There 5 Family Game Night (cancelled)	21	22 Medicare counseling by appointment 11 Traditional Indian Cooking with Chef Nita 1 Whodunnit: <i>A Spoonful of Murder</i>	23 10 True Beginner Bridge 10 Breakfast Bingo	24
26 Lapham Closed	27 2:30 World History <i>Gilded</i>	28	29	30 10 True Beginner Bridge	

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
10 Balance and Posture	8:30 Beg. Pilates	9 Intermediate Italian	8:30 Beg. Pilates	8:30 NC Sentinel Coffee
10 Intermediate Bridge	9 Beg. Italian continued	10 Bridge: Supervised Play	9:15 U.S. Constitution through History	10 Bridge Classes: True Beginners starts
10 Shakespeare	9:15 Ancient World History	10:30 Tai Chi	9:45 Yoga Fusion	May 23
10:30 Empire of Reason	9:30 Crafty Tuesdays	10:45 Italian 2.0	10 Acrylic painting	
10:30 French Conversation	9:45 Pilates on the ball	12:30 BP and Blood Sugar Testing	11 Intermediate French	
11 Moving with Arthritis	9:45 Poetry (Zoom)	12:30 Beginning Ukulele	11 Literature	
11 Watercolor	10 Italian Conversation	1:30 Uke Players	11 Muscles in Motion	
12 Fit for Life	10 Bridge: Supervised Play	1:30 Qigong	12 Chair Fitness	
12:30 Woodcarving	11 Muscles in Motion	2 Billiards	1 Drop-in MJ	
12:30 Spanish Conversation	12 Cardio Plus	2 Rummikub Open Play		
1:15 Super Stretch	12:30 Open Sanctioned Bridge	2:30 NCMC Yoga		
2 Sit and Stitch	1 Art Appreciation	5 Mahjongg open play		
2:30 NCMC Yoga				
2:30 Music Appreciation				