

May 2026 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				May 1	2 10 Fix-It Café 10 Mastering MJ 2026 Card
4 11 Revolutionary CT w/ CT Museum of Culture and History	5 11 Declaration of Independence w/ Art Gottlieb	6 12:30 BP Clinics 1 Travel to Spain w/ Mark Wollin 5-7 Trivia with Mike	7 Medicare by Appt. 2 Ask the Attorney by Appt.	8 11 Health Talk: Safe Exercises for Fall Prevention	9
11	12 10 Patriotic Poetry with Ned	13 11 Indian Cooking with Nita 4 <i>Hamilton</i> : Dinner and movie	14	15	16
18	19 11 The Battle of Trenton w/ Art Gottlieb	20 12:30 BP Clinics	21 Medicare by Appt. 1 Life Reimagined	22 10 Breakfast Bingo	23
25 Closed Memorial Day	26 2 World Hist. Bk Group	27	28 1 Lapham Reads <i>The In Crowd</i> 1 Clever & Crafty: Patriotic Door Decor	29	30

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	8:30 Beg. Italian continued	10 Travel: Tour of Ancient Egypt	9:15 History: Life on Earth	10 NCMC Open Play Bridge (5/1, 8, 22)
11 Moving with Arthritis	9:15 Castles of Europe	10 Art of Drawing	9:45 Yoga Fusion	11:30 NCMC Open Play (5/15, 29)
12 Fit for Life	9:30 Crafty Tuesdays	10:30 Tai Chi	10 Acrylic painting	11:30 Diabetes Self-Management Program
12:30 Woodcarving	9:45 Pilates on the ball	10:45 Italian 2.0	11 Great Works Literature	
1:15 Super Stretch	9:45 Poetry (Zoom)	11 Inter. French	11 Muscles in Motion	
2 Sit and Stitch	10 Italian Conversation	12:30 BP/Glucose Testing	12 Cardio Plus	
2:30 NCMC Yoga	10 Bridge: Supervised Play	12:30 Ukulele	1 Chair Fitness	
2:30 Music Appreciation	11:30 Caregiver Support	1:30 Qigong	2:15 Advanced Fit for Life	
	1 Grief Support Group	2 Billiards	2-4 Open Mahjongg	
	1 Art Appreciation	2 Rummikub Open Play		
		2:30 NCMC Yoga		
		5 Mahjongg open play		