

October 2025 Lapham Center

Please register for all activities.

(Medicare Open Enrollment Counseling begins October 15)

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 29 3 NCHS The Dome, re- quired pre-registration	Sept. 30 1 Intergenerational Con- nections: SnapChat and WhatsApp 2:30 World Hist. Book Group: The English Land- scape Garden	Oct. 1 1 Movie: The Ballad of Wallis Island 2:30 Tech help with Cooper and George 5 <i>Empire Waist</i> with Claire Ayoub (Dinner, Conversa- tion and Movie)	2 9 Hebrew Prophets 11 Navigating Medicare.gov	3 8:30 Sentinel Coffee all are welcome to attend
6	7 11 Art Gottlieb Civil War: Industrialized North vs. Agrarian South	8 10 Balance and Fall Preven- tion w/ Nicholas Rutigliano 12:30 BP Clinic 1 Movie: The Last Rifleman	9 Medicare Counseling by appt. Ask the Attorney by appt. 9 Hebrew Prophets	10 8:30 Sentinel Coffee all are welcome to attend
13 Lapham Closed	14 12:30 Legal Essentials for Caregivers with Michael Nedder 7-9 Needlepoint: NC 06840 Key Fob	15 12:30 What's New in New Canaan with Tiger Mann 2:30 Tech help with Cooper and George	16 1 Life Reimagined 5-7 Sip and Paint with Clever and Crafty	17 8:30 Sentinel Coffee all are welcome to attend 11 Health Dept. Chat 5:30 Dinner & Powerhouse Play: <i>Witch</i> <hr/> Saturday 18 2 Webb Telescope Findings
20 9:30 Beg. Mahjongg	21 9:30 Beg. Mahjongg 11 Art Gottlieb Civil War: Blacks in the Civil War 11 Indian Cooking 7-9 Needlepoint	22 9:30 Beg. Mahjongg 10:30 Chat w/ Sentinel's Peter Barhydt 12:30 Safe & Sound Home Modifications	23 1 Lapham Reads: <i>Death at the Sign of the Rook</i>	24 8:30 Sentinel Coffee all are welcome to attend
27	28 11 AARP Night Driving Safety Tips 1 Canasta: Strat. Meld of 5 2:30 World History Book Group: <i>Taking Manhattan:</i> ..Events that Created NY	29 12 New Canaan Land Trust 2:30 Tech help with Cooper and George	30 12 Halloween Bingo 1 Heirloom Histories	31 8:30 Sentinel Coffee all are welcome to attend

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10 Balance & Posture 10 Inter. Bridge w/ Mike 10 Open Bridge w/ NCMC 10 Shakespeare in Mixed Media 10:30 Hist. U.S. Army 1973-83 10:30 French Conv. 11 Moving w/ Arthritis 12 Fit for Life w/ Mike 12:30 Spanish Conv. 12:30 Woodcarving 1:15 Super Stretch 2 Stitch w/ Aggie 2:30 NCMC Yoga 2:30 Music Appreciation	8:30 Beg. Pilates 9 Italian Adv Beg. 9:15 Culinary History 9:30 Crafty Tuesday 9:45 Pilates on ball 9:45 Poetry 10 Beg. Canasta 10 Supervised Bridge w/ Mary 10 Italian Conv. 11 Muscles in motion 11:30 Rock 'n' Roll History 12 Cardio Plus 1 Art Appreciation 1 True Beg. Bridge w/ Mary	9 Italian Inter. 10 Open Bridge w/ NCMC 10 Drawing 10:30 Beg. Tai Chi 11 French Inter. 11 Family History - ends 10/8 1 Learn to Knit w/ Sue 1:30 Qigong 1:30 Ukulele Lessons 2 Billiards 2 Rummikub 2:30 NCMC Yoga 5 Open Mahjongg	8:30 Beg. Pilates 9 Hebrew Prophets - ends 10/9 9:15 Diplomatic Hist. of Europe 9:45 Yoga Fusion 11 Muscles in motion 11 Literature: <i>Sense and Sensi- bility</i> 12 Chair Fitness 1 Fit for Life Book Group 2 Open Mahjongg	10 Beg. Bridge 2 11:30 Open Bridge w/ NCMC <hr/> Saturday October 18 2 James Webb Tele- scope Findings