

Sept. 2026 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11 Art Gottlieb: Maritime Disasters - RMS Titanic	2 11 What's New at Waveny Lifecare 3 Tech Help with Cooper and George	3 Medicare counseling by appointment 11 Auto Workshop	4
7 Closed Labor Day	8	9 1 Travel to Scotland with Marc Wollin	10 9:30 MJ for Beginners 2-4 Ask the Attorney w/ Nedder & Associates by appointment	11 9:30 MJ for Beginners 11 NC Dept. of Health Chats: Food Safety
14	15 12:30 Maintaining Muscle After 60 w/ Nick Rutigliano (A lunch and learn)	16 6 AI Powered Life: Everyday Uses for AI with Joe Bouffard	17 Medicare counseling by appointment 1 Life Reimagined	18 10 Magic and Mystery of Alfred Hitchcock
21	22 12:30 Emergency Preparedness Panel 2:30 World History Book Group: A Brief History of Intelligence	23 5 Trivia Bingo with Mike Bacon	24 1 Estate Legacy Planning with Hilary McGrail and Russ Nesevich 1 Lapham Reads: The Word Is Murder	25 10 Magic and Mystery of Alfred Hitchcock 10 Craft with Anna: Banner Making 6 Dinner & Play "Our Town"
28	29 11 Art Gottlieb: Maritime Disasters - French Liner Normandie	30 3 Tech Help with Cooper and George 5 Cooking w/ Chef Catherine - Apple Orchard Creations		

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Intro to NCMC Bridge 10 Bridge: NCMC Open Play 10 Balance and Posture 10 Bridge - Intermediate w/ Mike Hess 10 Shakespeare in Mixed Media 10:30 History: FDR 10:30 French Conversation 11 Moving with Arthritis 12 Fit for Life 12:30 Woodcarving 1:15 Super Stretch 2 Needlepoint 2:30 NCMC Yoga 2:30 Music Appreciation	8:30 Beg. Pilates 9:15 History: Eastern Europe 9:30 Crafty Tuesdays 9:45 Pilates on the ball 9:45 Poetry (Zoom) 10 Italian Conversation 10 Bridge: Supervised Play 11 Muscles in Motion 11:45 Caregiver Spouse Support Group 12 Cardio Plus 1 Art Appreciation 1 Chair Yoga with Kelly	9 Intermediate Italian 10 Bridge: NCMC Open Play 10 Bridge: Supervised Play 10 Espionage and Covert Operations 10:45 Italian for Beginners 11 French - Intermediate 12 Who Knew? I Can Draw! 12:30 BP/Glucose Testing 12:30 Ukulele 1:30 Qigong 2 Billiards 2 Rummikub Open Play 2:30 NCMC Yoga 3:30 Dance Fusion w/ Linda 5 Mahjongg open play	8:30 Beg. Pilates 9:15 History: Big Bang 9:45 Yoga Fusion 10 Acrylic painting 11 Literature: Jane Austen 11 Muscles in Motion 12 Chair Fitness 1 Cardio Plus 2:15 Advanced Fit for Life 2:30 Mahjongg open play	8:30 NC Sentinel Coffee 10 Film Appreciation: Hitchcock 10 Bridge for Beginners w/ Mike Hess 11:30 Economics with Fred Compano 11:30 Bridge: NCMC Open Play