

September 2025 Lapham Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lapham Closed	2 Lapham Closed	3 Lapham Closed	4	5 8:30 Sentinel Coffee
8 2:30 Beethoven with David Stein	9 9:30 AARP Smart Driver Course	10 9:30 Beg. Mahjongg 11 Pickleball: Stay Safe, Play Smart 12:30 BP Clinic 1 Movie NONNAS	11 9:30 Beg. Mahjongg Ask the Attorney Medicare Counseling 5:30 Dinner & Powerhouse Play: <i>The Effect</i>	12 8:30 Sentinel Coffee 9:30 Beg. Mahjongg
15 9:30 Beg. Needle-point 1 Social Security Retirement Benefits	16 11 Costs of Problem Gambling 11 Indian Cooking 11 Art Gottlieb Civil War: Fractured Union 5-7 Understanding AI	17 11 am Advances in Stroke and Spine Care 1 Movie: The Friend 5 Trivia with Mike Bacon	18 9 Hebrew Prophets 11 Images from around the World with Michael Tomashefsky 1 Life Reimagined 1 Crafty: Wool Pumpkins	19 8:30 Sentinel Coffee 11 Health Talk with Shannon and Ellen
22 9:30 Beg. Needle-point	23 11 Art Gottlieb Civil War: Lincoln and Election of 1860 2 Mahjongg Strategy	24 12:30 BP Clinic 12:30 The Art of Home Organizing and Downsizing 1 Movie: Spare Parts 2 Moss Art Workshop	25 9 Hebrew Prophets 1 Shorebirds of CT 1 Lapham Reads: All the Colors of the Dark 2 Moss Art Workshop	26 8:30 Sentinel Coffee
29 3 NCHS Planetarium 10 Shakespeare in Mixed Media	30 11:30 Rock 'n' Roll Music 2:30 World Hist. Book Group: The English Landscape Garden			

Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10 Balance & Posture 10 Inter. Bridge w/ Mike 10 Open Bridge w/ NCMC 10:30 U.S. Army 1973-83 w/ Mark 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 Play Mary 10 Italian Conv. 11 Muscles in motion 12 Cardio Plus 1 Art Appreciation 1 True Beg. Bridge	9 Italian Inter. 9:30 Movement & Meditation 10 Supervised Bridge w/ Mary 10 Open Bridge w/ NCMC 10 Drawing 10:30 Beg. Tai Chi 10:45 Italian Beg. 11 French Inter. 11 Family History 1:30 Qigong 1:30 Ukulele Lessons 2 Billiards 2 Rummikub 2:30 NCMC Yoga 5 Open Mahjongg	8:30 Beg. Pilates 9:15 Diplomatic Hist of Europe 9:45 Yoga Fusion 11 Muscles in motion 11 Literature: Sense and Sensibility 12 Chair Fitness 2 Open Mahjongg	8:30 Sentinel coffee 10 Beg. Bridge 2 11:30 Open Bridge w/ NCMC