Lapham is open to New Canaan residents, age 21 and older. Join us for education, exercise, events, entertainment, and more!

Hours

Mon. - Thurs.
8:30 a.m. - 4:30 p.m.
Select Tu., Wed., Thurs.
8:30 a.m. - 7 p.m.
Friday 8:30 a.m. - 2 p.m.
Select Sat.
10 a.m. - noon

Closed
April 18
May 26

Weather Closures
If New Canaan schools close for inclement weather, we will also be closed.

Irish Dance:
&HOHEUDWH 6W 3DWULFN·V 'D
by the Anam Cara Students

Monday, March 17, 10:30 a.m., free

Back by popular demand! Our favorite Irish dancers will return to help celebrate St. Patrick's Day in style. Enjoy Irish treats while being awed and entertained by these talented young performers. This perennial favorite is sure to please, so call to register now! 203-594-3620.

An Evening Dance Experience with Appetizers and Wine

Tuesday, March 25, 5 p.m. - 7 p.m., free

We are delighted to have Amy and Marko from New Canaan's Fred Astaire dance studio lead us in a dance lesson. This night promises to be fun. No dance partner required. Come dance, sip and enjoy.

Lapham Center is located in Waveny Park. Phone: 203-594-3620. Email: Laphamcenter@newcanaanct.gov.
Mailing address: 77 Main Street, New Canaan, CT 06840

History, continued

Empire of Reason with Mark Albertson
Part II: The Pacific Theater

8 Mondays, March 24 - May 12, 10:30 a.m., $80

Tale of the Tape: This course will showcase man's greatest industrialized, corporatized, commercialized war: World War II . . . an exercise in Total War. The focus will be on 1943-1945 — the period where it becomes plain to all who are cognizant, that Europeans will no longer dominate the globe. Their time is rapidly coming to a conclusion, giving way to two new major world powers: the United States and the Soviet Union, whose conflict began, not in 1939, but in 1914 with the first World War.

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Select Tuesdays, 10 a.m., free

March 4 - The Guns of August

Borrowing the title of the 1962 book by Barbara Tuchman, this presentation begins a multi-part series commemorating World War I, fought between 1914 and 1918, "The Guns of August" will focus on the run-up to war and the beginning of this pivotal conflict that was to shape the rest of the 20th Century.

March 18 - No Man § Land

This second presentation in a multi-part series commemorating World War I will focus on the trench warfare that became the haunting image of the "War to End all Wars". The introduction of weapons such as poison gas, the machine gun and tank warfare were to define existence of the surreal, barbed wired "No-Man's Land" existing between the trenches.

April 15 - The First Air War

For the first time in the history of warfare, World War 1 employed the use of aircraft on a large scale. In addition to airplanes, observation balloons and Zeppelins flew missions of reconnaissance and occasional bombing raids. During what was still an age of individual honor and chivalry, fighter pilot aces were immortalized as national heroes.

April 22 - The Battle of Jutland

In the frigid North Sea off the Danish Peninsula of Jutland, the Royal Navy's Grand Fleet and the Imperial German Navy's High Seas Fleet battled it out in what was to become the largest and most famous naval battle of World War I. Fought during the height of the battleship era, the Battle of Jutland remains a topic of passionate debate as to which side emerged victorious from this iconic clash of Dreadnoughts.

May 20 - Over There

Borrowing the title of the classic song by George M. Cohen, this last installment of a five-part series commemorating World War I will focus on events leading to America's entry into the war in 1917 and her contribution towards Allied victory in November of 1918.

Languages

Intermediate French: 13 Wednesdays, March 5 - May 28, 11 a.m., $156

If you have a good knowledge of French or want to brush-up on the French you once learned, this class is for you. Learn from a French native at a realistic pace in a very relaxed and supportive environment. **Taught by Georgia Lehnert.**

French Conversation: 12 Mondays, March 3 - May 19, 10:30 a.m., $165

This is a continuation class for those who have already acquired basic skills in French. Madame will start with an article from a French daily like > &] Ð r L Œ Ÿ W }] v š ng with a vocabulary sheet of words or expressions. She facilitates conversations about a variety of topics and says all her students enjoy her cultural quizzes.

Spanish Conversation: 12 Mondays, March 3 - May 19, 12:15 p.m., $165

This class is for those who have a working knowledge of the Spanish Language, can converse, read and write in Spanish. The instructor will facilitate conversation, and add to your vocabulary, and grammar. She includes articles, cultural quizzes and more.

These courses are taught by Nell Mednick.

Beginning Italian Continued: 13 Tuesdays, March 4 - May 27, 9 a.m., $195

For students that have taken the previous semester's beginning class or have some Italian and want to continue on their learning journey. Students will learn to speak, understand write and read simple Italian using examples from everyday life. It will provide students with a basic foundation in the Italian language and grammar.

Italian Conversation: 13 Tuesdays, March 4 - May 27, 10 a.m., $195

This class is for students who are able to read, write, and understand in present, past, and future tenses. If you want to improve your Italian through conversation, grammar, and comprehension, this class if for you. In addition, this class will be reading novels in Italian and brief news articles and short stories.

Intermediate Italian: 13 Wednesdays, March 5 - May 28, 9 a.m., $195

This class is for students with a good knowledge of Italian. Students will speak, understand, write, and read simple Italian, using examples from everyday life. Class will build on the basic foundation of Italian language and grammar. Incorporated in the class will be readings of brief news articles and short stories.

Italian 2.0: 11 Wednesdays, March 5 - May 28, 10:45 a.m., $156

This class is for beginning students who want to learn some Italian, vocabulary, culture, and how to communicate while traveling through Italy.

Italian classes are taught by Edda Gusman

The textbook used for all classes: d Z h o Ÿ u š /š o] v Œ Ÿ } v] l X **Copies are available for purchase.**

Literary Corner

Shakespeare in Mixed Media:
An Immersive Experience with *Twelfth Night*

5 Mondays, 10 a.m. - noon, March 24 - April 28, (no class April 14),free

In this five-week course, we will be examining various versions and interpretations of Shakespeare's most beloved comedy – a story of adventure, disguise, and, of course, love! We'll begin by reading the play aloud – no acting skill required! – and forming our own interpretations. Then, in subsequent sessions, we will view several well-regarded film versions of the play. We may also look at select excerpts and scenes, in order to draw further comparisons. This blended course combines literature, film appreciation, and theater studies into one fun, hybrid experience. All participants are invited (but not required!) to participate in readings, share their insights, and eat some popcorn!

Poetry in Motion: A Fun Exploration of Verse (Zoom only)

11 Tuesdays, March 4 - May 20, 9:45 a.m., (no class April 15), free

If you are a lover of poetry — or simply curious to find out a little bit more about it — then join us for our informal weekly discussions! Explore the poetry of different eras, cultures, and perspectives, with an aim toward discovering the most profound and enduring elements of the human condition — all in a fun and low-key environment. All are welcome!

The Age of Innocence by Edith Wharton

8 Thursdays, March 13 - May 8, 11 a.m. - 12:15 p.m., (no class April 17), free

Join us to read - or reread - this renowned work by one of America's greatest novelists. d Z P } (/ v v } r v , a masterpiece of romance and intrigue set in the splendor of New York's Gilded Age, chronicles the journey of Newland Archer, as he navigates the competing forces of self and society in his attempt to live an authentic life. Our informal discussion will invite all participants to share their ideas and insights into the Pulitzer Prize winning novel of desire and despair.

Stephanie Stiles, novelist and former British literature professor, will guide the above discussions.

The Whodunnit Book Group

4th Thursday of every month, 1 p.m., free

March 27 - d Z Y µ v • } (**by** Œ] u **Benedict**

London, 1930. The five greatest women crime writers have banded together to form a secret society with a single goal: to solve an actual murder.

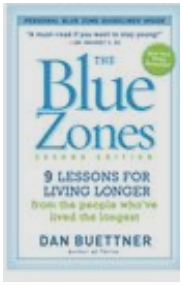
April 24 - E] P Z š d Œ] **by** š **Chester**] •

Set in Paris in the autumn of 1945, this historical mystery follows Fen Churche, who arrives in Paris to visit her godmother. When her godmother is murdered, Fen sets out to investigate the crime and discovers her godmother's involvement in the Resistance during the war .

May 22 - ^ ‰ } } v (µ o } (**by** Œ **Hall** Œ

When a former colleague of three retired teachers dies, they suspect foul play and embark on an amateur investigation to uncover the truth.

Literary Corner, continued



The Blue Zones
A Fit for Life Book Talk with Mike Bacon

4 Thursdays, April 3 - 24, 1 p.m. - 2 p.m.

Join Mike to review the insights that favor longevity while collectively formulating our own individual action plans of everyday habits which have been proven to improve the quality of a long life.

World History Book Group
Discussion led by Ken Hecht

4th Tuesday of every month, March 25, April 22, and May 27, 2:30 p.m., free

March 25 - t] š Z t] v P • >] l **by Michael Korda**

Michael Korda recreates the intensity of the Battle of Britain, taking the reader back to the summer of 1940, and into the air with British and German pilots, into the chaotic fighter command control rooms and bombed radar stations, and into the offices of world leaders whose decisions in the summer and fall of 1940 affected the course of world history.

April 22 -] • u Œ l W d Z D v v **by A.J.P. Taylor** v

An informative biography of the man who unified the independent Germanic states into one nation. Providing readers with an evaluation of Bismarck's motives and methods, focusing on the chancellor's rise to power in the 1860s and his removal from office in 1890.

May 27 - '] o W , } Á E Á ‰ } Œ š [• uZ] Ž ‹ Œš] Ž **by Deborah Davis**

Newport is the legendary and beautiful home of American aristocracy and the sheltered super-rich, many who have lived and summered in Newport since the nineteenth century. Explore the fascinating heritage of the Newport elite, showing the evolution of a town intent on living in its own world.

Movies

Fridays at noon, March 7 – May 16, free, (no movie April 18)

March 7 - Number 24, 1h 51m. A young Norwegian man joins the resistance against the Nazis.

March 14 - Heart of Champions, 1h 59m. An Army vet takes over coaching a dysfunctional Ivy League rowing team.

March 21 - Grace of Monaco, 1h 43m. Grace Kelly considers returning to Hollywood but a political dispute between Monaco and France forces her to make a difficult choice.

March 28 - Before and After, 1h 48m. The lives of a family are shaken when their son becomes the prime suspect in the death of a local teen girl.

April 4 - Sinatra in Palm Springs, 1h 29m. Explores Sinatra's deep attachment to Palm Springs.

April 11 - A Haunting in Venice, 1h 44m. Celebrated sleuth, Hercule Poirot, comes out of retirement to solve a murder mystery.

April 25 - Housewife, 49, 1h 33m. The life of a downtrodden wife and mother improves dramatically when she volunteers during the war.

May 2 - Toast, 1h 36m. Based on the autographical novel by chef Nigel Slater.

May 9 - Crazy About Tiffany §, 1h 27m. A rare glimpse at the most iconic luxury jeweler in the world.

May 16 - Burren Girl, 57 m. A Minnesota woman searches for the place and people her immigrant grandmother left behind.

Physical Fitness

Chair Dance Yoga with Letty Rivera

8 Tuesdays, March 11 - April 29, 2 p.m., $80

A combination of seated and standing dance movements and yoga positions. Beneficial for people of all fitness levels, including those with limited mobility. Instructor, Letty Rivera, is a graduate of the Yoga Vista Academy's Chair Yoga Dance Training Program and teaches in Fairfield County.

Beginning Tai Chi with Deby Goldenberg

9 Wednesdays, March 12 - May 21, 10:30 a.m., $90, (no class April 2, May 14)

Open to all levels. Each class begins with a short, seated grounding meditation and breathe work to enhance the benefits of Tai Chi. Strengthen your body, mind, spirit, balance and mood with this ancient healing practice. Instructor, Deby, has taught Tai Chi for the past 15 years and is a 3rd degree black belt in martial arts.

Balance and Posture for Fall Prevention with Ellen

10 Mondays, March 3 - May 19, 10 a.m., $90 (No class March 17 and a date to be determined)

This program is designed to decrease the risk of falling and improve upper and lower body strength. You must be able to stand on one foot with the support of a chair. Strength training with light weights included.

Moving with Arthritis with Ellen

10 Mondays, March 3 - May 19, 11 a.m., $90 (no class March 17 and a date to be determined)

This Arthritis Foundation program is proven to reduce the pain and stiffness associated with arthritis. Ellen will demonstrate exercises for every joint in the body from head to toe. The exercises can be performed sitting or standing. Strength training with light weights included.

Super Stretch - Preventing Pain and Improving Mobility ***Note Late Start Date *

9 Mondays, March 24 - May 19, 1:15 p.m., $80

Designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball during the hour long class. The last ten to fifteen minutes is spent stretching all the muscles worked during class. Most of the class will be done on the floor with mats.

New Canaan Men § Club - Men § only Yoga with Steve

12 Mondays, March 3 - May 19, 2:30 p.m., $120

13 Wednesdays, March 5 - May 28, 2:30 p.m., $120

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. Focusing on alignment and purposeful movements to improve strength, flexibility, and balance. Yoga helps to decrease stress on your joints and avoid preventable injury when playing golf, tennis, pickle ball or other sports.

Qigong with Steve

13 Wednesdays, March 5 - May 28, 1:30 p.m., $130

Students will learn a series of slow, dance-like Qigong movements which will help increase stamina and vitality, reduce stress, enhance the immune system, improve balance, and aid cardiovascular, respiratory, circulatory, and digestive functions. Students at all levels will benefit from this practice.

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Physical Fitness

Fit for Life with Mike

12 Mondays, March 3 - May 19, noon, free

This class focuses on upper, lower, and core muscle strength while emphasizing posture and balance. Participants use their own body weight and stretch bands in a power circuit of exercises. It is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

Beginning Pilates with Joyce, all levels

13 Tuesdays, March 4 - May 27, 8:30 a.m., $130

13 Thursdays, March 6 - May 29, 8:30 a.m., $120

We will use flex bands, small balls, and a fitness circle. The purpose of props is to stimulate the body and make exercise more challenging, accessible, and successful. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on–the-Ball with Joyce, advanced

13 Tuesdays, March 4 - May 27, 9:45 a.m., $120

Pilates-on-the-ball exercises improve your balance and strengthen your core. A combination of mat Pilates and stability ball (Swiss ball) exercises are performed with specific breathing patterns to strengthen abdominal, back, and hip muscles. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

13 Thursdays, March 6 - May 29, 9:45 a.m., $120

This perfect combination of yoga and Pilates will improve your balance and strengthen your core. Yoga promotes bone health, increases flexibility and range of motion, and reduces stress. Pilates strengthens abdominal, back, and hip muscles while improving balance and flexibility. Limited to 15.

Muscles in Motion with Debbie - Intermediate

13 Tuesdays, March 4 - May 27, 11:00 a.m. $130

13 Thursdays, March 6 - May 29, 11:00 a.m., $120

Understand the practice of using mind and body (the neuromuscular junction) to create strong, toned, flexible bodies. Learn proper body movements to lift, bend, and carry without compromising an aging spine –our lifeline!

Cardio Plus Strength with Debbie - Intermediate

13 Tuesdays, March 4 - May 27, noon, $130

Move, dance, and mingle as you strengthen your heart, increase range of motion, and strengthen bones. Thirty minutes of continuous moderate intensity cardiovascular training will be followed by weight training and flexibility exercises. Emphasis given to proper body alignment for a healthier spine.

Chair Fitness with Debbie - All levels,

13 Thursdays, March 6 - May 29, noon, $120

It's never too late to exercise! Strengthen your heart, muscles and bones and increase the range of motion of your joints – all while seated in a chair. It's fun and engaging!

General Information

Registration

- You must have an account in MyRec to register for our programs. If you need assistance creating your account, call us at 203-594-3620.
- Registration will continue until classes are full.
- Please register for **all** activities, including free offerings.
- We cannot enroll you in a class or program until payment is received.
- Early registration for free, special events and programs is limited to three, per person.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships.

Registering online is quick, safe and easy once you have created an account in MyRec
https://newcanaanct.myrec.com/info/household/login.aspx

To register by phone call 203-594-3620, Monday - Thursday 9 a.m. - 4 p.m., Friday 9 a.m. - 2 p.m.

Payment

- Payment by credit card is preferred, we do not accept AMEX or cash for classes.
- For classes and special events checks are also accepted, make checks payable to: Town of New Canaan
- For trips make checks payable to: Senior Center of New Canaan
- Please bring checks to Lapham or mail checks to: Lapham Center, c/o New Canaan Town Hall, 77 Main Street, New Canaan, CT 06840**.**

Refunds

- If a class is cancelled for the semester, you will receive a full refund in the original form of payment.
- You may cancel a registration prior to the start of class to receive a refund less a $5 processing fee.
- No discounts or pro-rating will be given for any classes, programs or events.
- There will be no refunds for trips.
- Withdrawals due to medical issues, as they occur, will be reviewed on a case by case basis.

Reserving Space at Lapham

- New Canaan based groups may reserve space at Lapham for book groups, luncheons and more.
- If your group is interested in reserving space at Lapham, please call 203-594-3620 for more information.

Errors and Omissions

- While we strive for accuracy and reliability, we acknowledge that errors or omissions may occur. Please notify us if you spot an error or believe something is missing. Thank you for your understanding and support.

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