

Lapham Community Center Spring 2026



Celebrate St. Patrick's Day with an Irish Dance Performance by the Anam Cara Students

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

Our favorite Irish dancers return to help us celebrate St. Patrick's Day in style. Enjoy Irish treats while being awed and entertained by these talented young performers. Call to register: 203-594-3620.



Revolutionary Connecticut presented by the Connecticut Museum of Culture and History

Monday, May 4, 11 a.m., free

What did the American Revolution mean to the people of Connecticut? This engaging presentation will draw from the Museum's rich collection of artifacts and documents to tell the story of the struggle for American independence through the eyes of ordinary citizens, and discuss the various ways Connecticut residents have commemorated our independence over the past 250 years. Coffee and treats will be served.



Upcoming Trip: *The Great Gatsby* on Broadway

Thursday, April 16, bus departs from Lapham at 11:30; 2 p.m. matinee, \$240

Take a trip to the Jazz Age with this spectacular new Broadway performance. "This production is a big, bold, Broadway version of *The Great Gatsby*. It's thrilling to see these indelible characters and iconic moments from the novel come to life on stage. This stage production honors the novel and its history while also speaking to today's audiences." Roundtrip transportation via deluxe coach bus. Bus leaves from Lapham lot **promptly** at 11:30 a.m. Reservation confirmed upon receipt of payment by check made payable to Senior Center of New Canaan. **Fee covers bus ride, box lunch, and ticket.**

Hours: Mondays - Thursdays 8:30 a.m. - 4:30 p.m.; Fridays 8:30 a.m. - 2 p.m.
Wednesday, April 1 - May 27, 8:30 a.m. - 7 p.m.; Select Saturdays 10 a.m. - noon.

Closed: April 3 and May 25

Lapham Community Center, Waveny Park, 677 South Avenue, New Canaan CT 06840
Phone: 203-594-3620 Email: Laphamcenter@newcanaanct.gov

Lapham Community Center is open to all New Canaan residents, aged 21 and older.

Revised Edition 3/19/2026

Special Events

Cooking North Indian Cuisine with Nita

Tuesday, March 10, 11 a.m., \$60

Explore the bold and vibrant tastes of North Indian cuisine as we prepare *Chole*, a flavorful chickpea curry simmered with tomatoes, onions, and spices, paired with soft, puffed *Bhature*, a deep-fried bread made from flour and yogurt. We will also make *Paneer Tikka*, cubes of Indian cheese marinated in spiced yogurt and grilled until golden. Your instructor, **Nita**, is the founder of **Golden Bites Kitchen** and a local mom passionate about sharing wholesome, nutritious recipes with the community.

Vaccines: Effectiveness, Safety and Side Effects with Harrison Pierce, M.D. and Shannon Vallerie

Tuesday, March 10, noon, free

A lunch and learn sponsored by Staying Put in New Canaan

Join Dr. Pierce and Shannon Vallerie from the New Canaan Health Department for a presentation exploring diseases and vaccinations. We will discuss how vaccines work, their effectiveness and adverse reactions.



Eat Well - Live Well With Mike Bacon

Thursday, March 12, 1 p.m., free

Join Mike for a presentation of simple eating ideas to promote vitality. Healthy eating means a focus on the major food groups and the recommended daily serving size for each. Mike will present tips to help make healthy eating choices easier.

New Canaan Charter with Kathleen Corbet

Wednesday, March 18, 1 p.m., free

The Town Charter of New Canaan outlines the governance structure and procedures for our Town: specifically, how responsibilities are distributed, decisions are made and accountability enforced. Join Kathleen Corbet, Chair of the Charter Revision Commission, to hear what potential revisions are being discussed. **Kathleen Corbet**, a 30-year New Canaan resident, has previously served on the Board of Selectmen, Town Council, and Board of Finance.



Ways of Listening: The Consoling Beauty of Music Presented by David Stein

Monday, March 23, 1 p.m. free

Some of the most beautiful music written is also intensely sorrowful. Join David Stein as we listen to the masterpieces of Beethoven, Mozart and others in which composers encounter their grief and shape it into musical experiences. Using performance clips and illustrations at the keyboard David will explore what we can understand and harvest from their music.

Medicare and You - Medicare Basics and How To Use Medicare.gov

Presented by Kathy Collins, CHOICES Certified Medicare Counselor

Wednesday, March 25, 1 p.m., free

This presentation is for Medicare beneficiaries, caregivers, and individuals approaching retirement who want to gain a better understanding of their Medicare coverage options.

Special Events



International Landscapes and Cultures With Mike Tomashefsky

Tuesday, April 7, 11 a.m., free

Travel the world with Mike. Learn about the history, culture, and architecture of the rich lands he has visited and photographed, including Europe, the Middle East, Polynesia, Central America, and the Caribbean.

Hearing Aids: More Than Just Better Hearing

Presented by Robert Katz and Lori Pokladowski of AVI New England

Wednesday, April 8, 1 p.m., free

Hearing loss is highly treatable, and addressing it early is essential. Left untreated, hearing loss has been linked to cognitive decline, increased risk of dementia, social isolation, depression and balance issues. Join Robert Katz and Lori Pokladowski to explore ways to amplify your life through better hearing.

Intergenerational Spring Bingo is Back!

Presented by the New Canaan Police Department & Lapham Center

With Special Guest NC Police Dept. Officer Castro

Wednesday, April 8, 2 p.m. - 3:30 p.m., free



Spring break is here, and what better way to spend a fun-filled afternoon than coming to SPR-INGO! Come yourself or bring along a child, grandchild, or neighbor to enjoy an afternoon of fun and games. Snacks will be provided. Prizes for all ages!



Name that Brand with Mike Bacon

Thursday, April 9, 1 p.m., free

Test your recall and have some fun with this fast paced identification game of big company LOGOs.

New Canaan before New Canaan with Keith Simpson

Tuesday, April 14, 12:30 p.m., free

A lunch and learn sponsored by Staying Put in New Canaan

Local historian and landscape architect Keith Simpson provides in-depth insights into New Canaan's development, covering the period from the early 1600's to 1801 when the Town became an incorporated Town in Connecticut.



Special Events

New Canaan Nature Center: Past, Present, and Future with Bill Flynn, Executive Director

Monday, April 20, 11 a.m., free

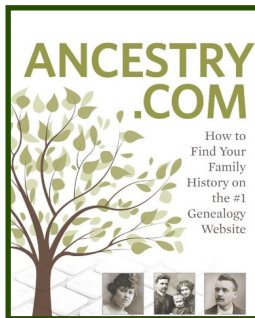


What better way to celebrate Earth Week, than by learning about this hidden gem, nestled right here in our town. Bill Flynn, the Executive Director of the Nature Center, will share his enthusiasm for the natural world around us, with a presentation about all the ways in which the Nature Center has supported the local environment and the flora and fauna that inhabit it. This lively interactive discussion will include a Q&A — as well as a visit from a live animal or two from the Center! You will not want to miss this, so reserve your spot now.

Caring and Support for Your Loved Ones

Wednesday, April 22, 10 a.m. free

Designed to be practical, and relevant to today's aging families—especially those navigating the growing gap between independence, affordability, and long-term care options. This presentation is co-led by experienced professionals in caregiving, healthcare advocacy, case management, insurance planning, and day-time senior care, and is grounded in both professional expertise and lived caregiver experience. The panel will discuss: how seniors can maintain dignity, social connection, and purpose while caregivers regain peace of mind, five essential resources every caregiver should know, the role of healthcare advocacy in reducing stress, confusion, and preventable crises, the caregiver dilemma facing millions of middle-income families who don't qualify for Medicaid and other related topics.



Genealogy Using Ancestry.com presented by Gail Junion-Metz

Wednesday, April 22, 1 p.m., free

Who are your ancestors? Where did they come from? What are your origins? Find out everything you wanted to know about your rich history with Gail's help. Learn how to navigate Ancestry.com, in order to unlock the story of your family. Space is limited, early registration encouraged.

Chess, Chats and Tech an Afternoon with Saint Luke's Students (including Saint Luke's Veterans Club)

Thursday, April 30, 2 - 4 pm, free

Join students from Saint Luke's for an afternoon of fun, sharing and learning. Students will be on-hand to play chess, chat and provide tech support. If you are a veteran we hope you plan to attend, as Saint Luke's Veterans Club comprised of students who have an interest in hearing veterans' stories and in honoring those who served will be attending and look forward to connecting with you. Beverages and treats will be served.

Special Events

Planet New Canaan's Fix-It Café

Saturday, May 2, 10 a.m., by appointment only, free

Planet New Canaan is hosting a "Fix-It Café" to repair, rather than discard, household items. Featuring repair stations for lamps, small appliances, electronics, small furniture, bikes, and clothing; providing free, expert, volunteer-led repairs. Items Accepted: Small electronics/lamps, small furniture, bicycles, sewing/clothing, and guitar restringing.

Advance registration is required. You may register at: www.Planetnewcanaan.org/events

Let's Take a Trip to Spain with Marc Wollin

Wednesday, May 6, 1 p.m., free

Join us for a tour of Spain and experience its culture and history with breathtaking photos of Moorish, Gothic and Gaudi architecture and stunning natural landscapes. Presented by Marc Wollin.

Trivia Night with host Mike Bacon

Appetizers, drinks and prizes

Wednesday, May 6, 5 p.m. - 7 p.m., free



Guaranteed to be a fun night with the ever-energetic Mike Bacon! Test your knowledge and have some fun! You might even win a prize! Categories: Geography, History (including New Canaan), Entertainment, People and Sports.. This is an evening you won't want to miss, so register now.

Rhyme and Recitation with Ned: A Festive Celebration of American Independence

Tuesday, May 12, 10 a.m., free

Our resident orator and raconteur, Ned Monaghan, will regale us with some of the finest poetry and prose from our country's two hundred and fifty year history. Commemorate the birth of the United States with this engaging recitation that is sure to make you proud and happy to be an American!



Hamilton, the movie

Wednesday, May 13, 4 p.m. - 7:30 p.m., free



See the spectacle that changed Broadway forever! This innovative, energetic musical will intrigue and delight you. Lin-Manuel Miranda's award-winning show blends hip-hop, R&B, pop, and traditional show tunes to tell the story of American Founding Father Alexander Hamilton and his experiences. Pizza, salad and cookies will be served. Fifteen minute intermission at 5:30 p.m. 2 h 59 m.

Sip and Paint

Thursday, May 21, 5 pm - 7 pm, \$20

You don't need to be Picasso to enjoy this low-key evening of art, wine, and good cheer! Unleash your inner artist and have some fun! Space is limited, so register now. Led by Tricia from Clever and Crafty.



Special Events

A Visit to “The Dome”: New Canaan High School’s Planetarium and Theater

Date and Time to be announced

Community Chats and Services



Caregiver Support Group facilitated by Marcy Rand, LCSW

Tuesdays, April 7 - May 26, 11:30 a.m. - 12:30 p.m., free

The group is open to anyone caring for a loved one. Caregiving can be both meaningful and challenging – this group provides a safe, welcoming space to share experiences, gain emotional support, and learn some practical coping strategies. Participants will have the opportunity to connect with others who share the caregiving journey while still prioritizing self care.

Life Reimagined

3rd Thursday of the month, March 19, April 16, May 21, 1 p.m., free

Purposeful living promotes happiness, longevity, a healthier heart and reduces the risk of Alzheimer’s and other diseases. Hosts Marcy Rand, LCSW, Director, New Canaan’s Human Services Department, and Robin Rockafellow, LCSW, lead an informal and friendly group discussion of who we were, who we are, and the creative ways to explore our interests, abilities, knowledge, and activities in connection with the community around us.

Health Talks with Shannon and Ellen

2nd Friday of each month, March 13, April 10, May 8, 11 a.m. - noon, free

Join Shannon and Ellen from the Health Department for conversation on various health topics.

Blood Sugar & Blood Pressure Clinic

1st and 3rd Wednesdays of each month, March 4 - May 20, 12:30 p.m., free

Ellen Samai, RN, from New Canaan’s Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing.

Ask the Attorney with Nedder and Associates, by appointment

Thursday, May 7, 2 p.m. - 4 p.m., free

An attorney from Nedder and Associates, LLC will be available for a free, private, fifteen-minute consultations to answer your legal or financial questions. Please call 203-594-3620 to schedule your appointment.

Free Medicare Counseling

Thursdays, March 5, 19, April 2, 16, May 7, 21, by appointment, free

A CHOICES certified Medicare counselor, provides free, objective, information about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Available to New Canaan residents and Town employees. Call 203-594-3620 to schedule an appointment.

Art and Music

Woodcarving

Mondays, 12:30 p.m., free

Join Dennis Taylor to explore this time-honored craft. Dennis will help you learn to carve actual projects, explain basic wood cuts, tools and safety tips.

Sit and Stitch with Aggie

Mondays, 2 p.m., free

Stuck on a stitch? Want to add dimension to your work? Join Aggie for lessons and tips on the best ways to embellish your project, and use decorative stitches.

iPhone Photo Editing

3 Tuesdays, March 10, 17, 24, 1 p.m. - 3 p.m., \$30

Learn to edit photos and use photo apps

In this class Jeanne will show you how to use the iPhone Camera settings and editing tools and several of the Photo Apps such as Snapseed, Manual Camera, and Chat GPT will be demonstrated. Learn how to use these applications to enhance your photography skills.

The Art of Drawing

8 Wednesdays, April 1 - May 27, 10 a.m., (no class April 15), \$80, plus materials fee \$10

This course offers a comprehensive foundation in drawing both for beginners and for those who wish to further enhance their drawing skills. You will learn how to see and measure space using proportions and relationships to articulate form, using still lifes and figure drawing to learn and use the concepts of line, value and gesture when drawing from observation or personal photos. At the end of the class we will have an exhibit of your artwork. Taught by Jeanne McDonagh.

Acrylic Painting

11 Thursdays, March 19 - May 28, 10 a.m. - noon, \$110

Althea Ericsson will help you strengthen your painting fundamentals as you take your artwork to the next level. She will guide you through the fundamentals of composition, portraiture, color values, and perspective, while you discuss other artists and their styles. All levels are welcome.

Clever and Crafty with Tricia

Shamrock Felting

Thursday, March 5, 1 p.m., free



Get in the spirit of St. Patrick's Day with this festive craft. Learn to design felt shamrocks to celebrate your inner Irish! Erin go bragh!

Patriotic Door Decor

Thursday, May 28, 1 p.m., free

Celebrate America's birthday in style! Design door hangings to help commemorate 250 years of our nation's rich history.



Ukulele Lessons with Lewis

11 Wednesdays, March 11 - May 27, 12:30 p.m., (no class May 13) \$110

Lewis teaches a variety of chords, techniques and songs. For those with some experience playing the ukulele.



Art Appreciation

Art Appreciation

Tuesdays, March 3 - May 26, 1 p.m. free (no classes March 31, April 7, 14, 21)

March 3 – Vincent Van Gogh: His Art and Life – 48 minutes

In this lecture, art historian Matthew Palczynski will explore how Van Gogh's thoughtful work and letters reveal why he is one of the most psychologically minded artists in the pantheon.

March 10 – Marc Chagall: An Artful Life – 50 minutes

Throughout Chagall's long career, his work retained a kind of youthful exuberance—one of the many reasons his imagery is so beloved. His scenes reflect the many important historical and artistic moments he experienced. Presented by Matthew Palczynski, art historian and educator.

March 17 – Frida Kahlo: Love, Pain and Painting – 53 minutes

Art historian Jane Oneail explores Kahlo's artwork and biography, including the devastating trolley accident Kahlo survived as a teen and its decades-long impact on her health.

March 24 – Norman Rockwell: Painting America's Stories – 52 minutes

Rockwell chronicled middle-class life in the twentieth century. His work focused on shared experiences and relatable themes and helped shape the way Americans understood the American experience. In this program Jane Oneail will discuss the artist, his life and many of his popular paintings that tell the stories of American Life.

April 28 – Paul Cezanne: The Father of Modern Art– 54 minutes

With his portraits, still-lives and landscapes, Cezanne's work bridged the gap between impressionism and the pioneering developments in the School of Paris during the early 20th century. Presented by art historian Matthew Palczynski.

May 5 and May 12 - DaVinci 1h 42m – An Evening with Leonardo Da Vinci

What creates and drives a genius? Why are some geniuses universal in their ability and other focused on a single discipline or interest? This class will investigate the most remarkable genius produced by the Italian Renaissance, Leonardo Da Vinci. Join Kenneth Bartlett, Professor of History and Renaissance studies at the University of Toronto to learn more about many of Da Vinci's major accomplishments.

May 19 – Masterpieces of Art that Changed all the Rules – 1h 2m

This class will examine a small number of extraordinary objects drawn from the Western tradition, including paintings, sculpture and architecture, originating from different countries and spanning more than two millennia. Presenter Denis Budd teaches at Columbia University.

May 26 - Edward Hopper: An American Love Story – 53 m

Discover the secrets behind Hopper's most iconic and enigmatic works. See how his marriage to artist Josephine Hopper shaped his art. A PBS American Masters presentation.

Music Appreciation

Music Appreciation

Mondays, March 2 - May 18, 2:30 p.m., free

March 2 - The Music of Frederic Chopin, The Poet of the Piano – 53 minutes

The modern piano became a major solo concert instrument in the 1830s because of advances in piano construction and the extraordinary invention of the modern piano technique by two friends and occasional rivals: Franz Liszt and Frederic Chopin. This presentation will concentrate on Chopin's musical gifts, and the nature of the pianistic revolution Liszt and Chopin created. Presenter, Orin Grossman, is a Professor at Fairfield University and renowned-internationally for his knowledge of music.

March 9 - The Musical Genius of Mozart – 49 minutes

Using live music and video clips from operas, as well as from the film Amadeus, Professor Craig Wright, Yale University Department of Music, will explore the enormous diversity of Mozart's music. At the same time, by examining color photographs of his autograph manuscripts and draft sketches, we will witness Mozart's attention to the smallest detail.

March 16 - Mozart's Many Mysteries – 48 minutes

Mozart is certainly one of the most famous composers who ever lives. Although Mozart's remarkable life has been well documented, many aspects of Mozart's life remain mysterious to us today. Gil Harel, Musicologist and music theorist, will plunge deeper into Mozart's life.

March 23 - Ways of Listening: The Consoling Beauty of Music – Live Presentation by David Stein

David Stein returns for another fabulous musical experience. Some of the most beautiful music written is also intensely sorrowful. In this program we will listen to the masterpieces of Beethoven, Mozart and others in which composers encounter their grief and shape it into a musical experience.

March 30 and April 6 - In Search of Haydn – 2h 22m (Part 1 - 70 minutes) Part 2 – 72 minutes)

A biographical account of Haydn's life, including breath-taking performances by some of the world's most celebrated musicians.

April 13 - J.S. Bach and the Quest for Musical Perfection – 51 minutes

Bach is synonymous with musical genius and his works are used as a blueprint in studying harmony in conservatory and college classrooms around the globe. He pursued his signature, complex style in a time when audiences were craving simplicity. During this program Professor Gil Harel will analyze selected works of Bach and discuss the legacy of a composer who continues to inspire listeners.

April 20 and 27 - In Search of Chopin – 2h 19m (Part 1 - 80 minutes) (Part 2 – 79 minutes)

This documentary includes performances by world-class musicians and interviewing respected historians and musicologists providing insights into Fryderyk Chopin, the man and his musical genius.

May 4 - Brahms: Piano Quartet in G Minor, Op. 25 – 41 minutes

As the prelude to a fateful episode in the life of Johannes Brahms, explore the 19th-century Hungarian nationalist movement against Austrian domination. Witness how Brahms's meeting with the Hungarian refugee and violinist Eduard Remenyl ignited the composer's longtime love affair with Hungarian gypsy music, epitomized in his G Minor Piano Quartet.

May 11 and 18 - Wagner and Me – 88 minutes (Part 1 - 45 minutes) (Part 2 – 43 minutes)

Actor and writer Stephen Fry explores his passion for the world's most controversial composer, but can he salvage Wagner's music from its dark associations with anti-Semitism and Hitler.

Games



Supervised Play with Mary

8 Tuesdays, March 31 - May 26, 10 a.m. - noon, (no class April 14), \$120

This class is intended for Intermediate players and/or duplicate tournament competitors. Mary will provide opportunities to focus on actual play of the hand and defensive strategy, modern bidding and playing techniques. Limited to 12.

Intermediate Bidding and Play of the Hand with Mike Hess

8 Mondays, March 16 - May 4, 10 a.m. - noon, \$120

For Intermediate/Advanced players and/or Duplicate tournament competitors. Providing an opportunity to focus on actual play of the hand with additional focus on defensive strategies and modern bidding.

Introduction to New Canaan Men's Club Bridge with Les Kurian

Mondays, 9:30 a.m. - 10:00 a.m., free

Join us for a review of bidding and conventions used in New Canaan Men's Club bridge play.

Open Bridge with the New Canaan Men's Club with Les and Phil

All Are Welcome

Mondays and Wednesdays 10 a.m. and Fridays, 11:30 a.m., free

All are welcome to join in the fun and friendly bridge games! You do not have to be a member of the Men's Club to play. Les Kurian and Phil Evensen will provide supervision and guidance for all skill levels. Whether you're an experienced player or completely new to the game, you are welcome to join.



Rummikub Open Play

Wednesdays, March 11 - May 27, 2 p.m., free

Stop by for a few rounds of this engaging and social game! Meet up with old friends, or make new ones, while playing the game everyone is talking about!

Billiards for Everyone with Mike Bacon

Wednesdays, 2 p.m. - 4 p.m., free

If you're looking to have some fun, learn to play pool, or just play a game, join Mike on Wednesdays.



Breakfast BINGO

Friday, May 22, 10 a.m., \$10

Calling all Bingo players to join Aggie, Kathy and Steph for breakfast goodies, beverages, Bingo and spring--themed prizes.



Games



Drop in Mahjongg, free

Players - Wednesdays, April 1 - May 27, 5 p.m. - 7 p.m.

Beginners - Thursdays, March 5 - May 28, 2 p.m. - 4 p.m.

If you already know how to play come by for drop-in Mahjongg.

Beginning American Mahjongg (choose session 1 or 2)

Session 1: April 6, 7 and 8, 9:30 a.m. - 11 a.m.

Or Session 2: May 4, 5 and 6, 9:30 a.m. - 11 a.m.

\$90 per session

Mahjongg is an ancient Chinese game that is enjoying renewed popularity. Join Aggie to learn how to play this fun social game.

Mastering the New NMJL 2026 card

Saturday, May 2, 10 a.m. - noon, free

Aggie will start with an overview of the card including new hands, scoring and shifts in game dynamics. Learn how to adjust your strategy to incorporate the updated hands.

American Mahjongg for 2

Saturday, May 9, 10 a.m. - noon, free

Sometimes you just can't find a table of 4. This class is designed to make 2-person mahjongg fun and challenging. It is a great way to learn the new 2026 card. Limit 10.

History

Food: A Cultural Culinary History, Cont'd.

Tuesdays, March 3 - April 7, 9:15 a.m., free

Discover the significant role food has played throughout the ages in shaping communities and influencing civilization in this Great Course.. Discussion led by **Ken Hecht**.

Great Castles of Europe

Tuesdays, April 14 - June 30, 9:15 a.m., free

Great Castles of Europe offers a deep and unforgettable encounter with some of history's most remarkable buildings, and with the extraordinary human sagas that took place within their walls. Highlighting historically significant castles throughout Europe. Discussion led by Ken Hecht.



Big History: The Big Bang, Life on Earth and the Rise of Humanity

Thursdays, May 7 - May 28, 9:15 a.m., free

This Great Course series connects the universe's origins, evolution of life, and human development into a single cohesive story, emphasizing the emergence of complexity, from starts to modern civilization. Offering an interdisciplinary narrative spanning cosmology, geology and history. The 48-part lecture series hosted by David Christian will continue into the summer and fall sessions. Discussion led by Ned Monaghan.



History

America, Celebration 250 and Beyond (This is not your high school history class)

4 Tuesdays, March 31 - April 21, 1p.m., (April 14 at 1:30 p.m.) free

Tom Davies brings us this timely presentation as part of Lapham's programs celebrating America's 250th Anniversary. There will likely be more programs focusing on America's efforts to achieve independence. Perhaps Ken Burns "Revolutionary War" series being the most comprehensive. But all these tend to stop shortly after the hostilities ceased. This four part series continues into the 21st Century, in an unconventional manner, showing what America has done with the great promise of that Declaration. In addition to addressing those historic moments are unexpected things like "the candy bar wars, the last in his class figure that became an icon, and the woman most represented in public statues across the country, hint, she was only 17 years old." Oh, there will be an "unconventional" quiz at the end of the fourth episode, so pay attention.



Stalin's Revolution with Mark Albertson

8 Mondays, March 9 - April 27, 10:30 a.m., \$80

Joseph Stalin, one of the Big Three of World War II, played an instrumental role in shaping the modern world. This fascinating individual rose from the poor tanks of Georgia in Czarist Russia to become the unchallenged leader of the new nation he would build. This course will explain Stalin's use of State Capitalism to forge an industrialized Russia and to exhibit the fact that Soviet industrial production was one of the biggest secrets of the Allied victory in 1945.

The American Revolution Presented by Art Gottlieb

Tuesdays, March 31, April 21, 28, May 5 and 19, 11 a.m., free

This five-part series will explore the reasons why Englishmen living in British North America engaged in an armed rebellion against the most powerful political and military entity on earth, the British Empire, and against all odds, succeeded in their quest for independence.



March 31 - The French and Indian War - The war began over the specific issue of whether the upper Ohio River valley was a part of the British Empire or part of the French Empire. The governor and council of Virginia took the position that the lands of the upper Ohio were clearly included in the colony's 1609 charter.

April 21 - Taxation Without Representation - A 1760s - 1770s American colonial rallying cry protesting taxes imposed by the British Parliament, where colonists had no elected representatives.

April 28 - Thomas Paine's Common Sense - One of Thomas Paine's most influential works, advocating for American independence by championing republicanism, democracy and natural rights against monarchy and hereditary rule.

May 5 - The Declaration of Independence - The founding document of the thirteen united States of America, Justifying the independence of the colonies, citing colonial grievances against the king and asserting certain natural and legal rights.

May 19 - The Battle of Trenton - After crossing the Delaware River in a treacherous storm, General Washington's army defeated a garrison of Hessian mercenaries at Trenton, a small but pivotal Revolutionary War battle, boosting the morale of the Continental Army and revitalizing the Revolutionary cause.

Languages

Intermediate French: 9 Wednesdays, April 1 - May 27, 11 a.m., \$135

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: 9 Mondays, March 30 - June 1, 10:30 a.m., \$171

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 *Le Figaro* or *Le Point*, along 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. Taught by Nell Mednick.

*****New Start Time*** Beginning Italian Continued: 12 Tuesdays, March 10 - May 26, 8:30 a.m., \$228**

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: 12 Tuesdays, March 17 - May 26, 10 a.m., \$209

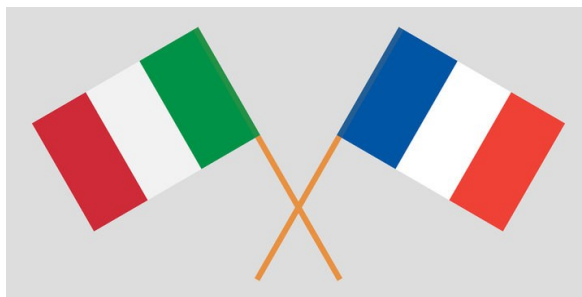
This class is for students who are able to read, write, and understand in present, past, and future tenses. If you want to improve your Italian through conversation, grammar, and comprehension, this class if for you. In addition, this class will be reading novels in Italian and brief news articles and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

Intermediate Italian: 11 Wednesdays, March 18 - May 27, 9 a.m., \$209

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 classes are taught by Edda Gusman.

The textbook used for all classes: *The Ultimate Italian Textbook*. Copies are available for purchase.



Literary Corner

Shakespeare in Mixed Media: An Immersive Experience with *Othello*

7 Mondays, 10 a.m. - noon, March 2 - April 20, (no class April 6), free

In this seven-week course, we will be examining various versions and interpretations of *Othello*, Shakespeare's "most gripping" tragedy of love, jealousy, and revenge. We'll begin by reading the play aloud – no acting skill necessary! – and forming our own interpretations of the work. Then, in subsequent sessions, we will view several well-regarded film versions of the play. We may also look at select excerpts and scenes. This blended course combines literature, film, and theater in one fun, hybrid experience. All participants are invited (but not required!) to participate in readings, share their insights, and eat some popcorn!

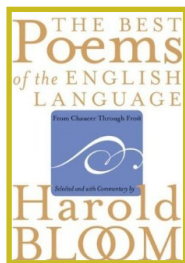
Readings in Poetry:

The Best Poems of the English Language: From Chaucer through Robert Frost

By Harold Bloom (via Zoom only)

9 Tuesdays, March 10 - May 5, 9:45 a.m., (no classes March 17, April 7), free

Join us for a fun and lively discussion of Harold Bloom's carefully curated collection of the finest poems in English. Each week, we will read and share our thoughts on select works, as we move through the a variety of ages, genres, and forms of poetry. Expand or renew that joy in verse and rhyme, and give it a try! Texts can be purchased; however, links for online selections will be sent, if preferred.



Great Works of Literature: *The Mayor of Casterbridge* by Thomas Hardy

8 Thursdays, March 12 - May 7, 11 a.m. - 12:15 p.m., (no class April 9), free

Join us as we read - or reread - this renowned work by one of England's most profound novelists. *The Mayor of Casterbridge*, a masterpiece of betrayal and redemption, chronicles the rise and fall of Michael Henchard, a "man of character," as he battles against the darkest forces of his nature and the world around him. Our informal discussion will invite all participants to share their ideas and insights into this tale of disgrace, desire, and despair.



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

Lapham Reads Mysteries and Thrillers Discussions led by Kathy Collins

4th Thursday of every month, March 26, April 23, May 28, 1 p.m., free

March 26 - *Forget Me Not* by Stacy Willingham

Investigative journalist Claire Campbell has spent twenty-two years haunted by her sister Natalie's murder. After fifteen years away, Claire is forced to return to her hometown to care for her ailing mother—pulling Claire back into the dark, dangerous past she has spent years trying to escape.

April 23 - *Guilty by Definition* by Susie Dent

Martha Thornhill returns home to Oxford England after a decade abroad. Newly hired as Senior Editor of Clarendon English Dictionary, Martha receives an anonymous letter that is not the usual lexicographical enquiry. The letter hints at secrets linked to the year Martha's brilliant older sister Charlie went missing.

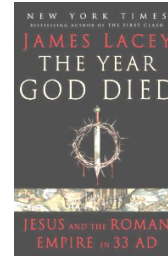
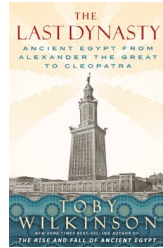
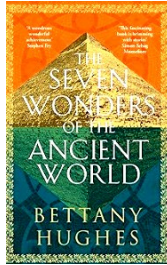
May 28 - *The In Crowd* by Charlotte Vassell

Detective Inspector Beauchamp is drawn into the exclusive world of wealth, title and power as he investigates two deaths that may be linked to the inner circle of London's high society. Winner of the Edgar award for best novel.

Literary Corner, continued

World History Book Group Discussion led by Ken Hecht

4th Tuesday of every month, March 24, April 28, and May 26, 2:30 p.m., free



March 24: **The Seven Wonders of the Ancient World: An Extraordinary New Journey Through History's Greatest Treasures** by Bettany Hughes

For millennia, the Seven Wonders of the Ancient World have been known for their aesthetic sublimity, ingenious engineering, and sheer, audacious magnitude: The Great Pyramids of Giza, the Hanging Gardens of Babylon, the Temple of Artemis, the Statue of Zeus, the Mausoleum of Halicarnassus, the Colossus of Rhodes, and the Lighthouse at Alexandria. Echoing down time, each of these persists in our imagination as an emblem of the glory of antiquity, but beneath the familiar images is a surprising, revelatory history. Guiding us through it is historian Bettany Hughes, who has traveled to each of the sites to uncover the latest archaeological discoveries and bring these monuments and the distinct cultures that built them back to breathtaking life.

April 28: **The Last Dynasty: Ancient Egypt from Alexander the Great to Cleopatra** by Toby Wilkinson

One of the world's leading Egyptologists tells the rich and fascinating story of ancient Egypt's last dynasty. Alexander the Great and Cleopatra may be two of the most famous figures from the ancient world, but the Egyptian era bookended by their lives—the Ptolemaic period (305–30 BC)—is little known. In *The Last Dynasty*, author Toby Wilkinson, unravels the incredible story of this turbulent era, bringing to life three centuries' worth of extraordinary moments and charismatic figures. The Ptolemies presided over the final flourishing of pharaonic civilization. Wilkinson describes the extraordinary cultural reach displayed at the height of their power: how they founded new cities, mined gold in the furthest reaches of Nubia; built spectacular new temples; and created a dazzling civilization that produced astonishing works of sculpture, architecture, and literature.

May 26: **The Year God Died: Jesus and the Roman Empire in 33 AD** by James Lacey

A groundbreaking account of how the Roman Empire shaped the life and death of Jesus, overturning centuries of historical beliefs around the world—from the New York Times bestselling author of *The First Clash*. In late 31 AD, after the Roman senators murdered Lucius Sejanus, the Roman Emperor Tiberius's closest confidant, the Empire was forever changed. If Sejanus had not been murdered, Jesus would never have been crucified. This profound connection between the lives of Sejanus and Jesus is the first of many revelations in this startling reexamination of the Roman world in which Jesus walked. With new evidence and meticulous research, Dr. James Lacey weaves a majestic and accurate description of who Jesus was. *The Year God Died* contradicts longstanding historical beliefs to reveal the most comprehensive and accurate view of the New Testament.

Physical Fitness

Balance and Posture for Fall Prevention with Ellen

10 Mondays, March 16 - June 1, 10 a.m., (no class March 30), \$90

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 16 - June 1, 11 a.m., (no class March 30), \$90

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.

Fit for Life with Mike

12 Mondays, March 2 - May 18, 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.



Super Stretch - Preventing Pain and Improving Mobility with Steve

10 Mondays, March 16 - May 18, 1:15 p.m., \$100

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's Club - Men's only Yoga with Steve

10 Mondays, March 16 - May 18, 2:30 p.m., \$100

13 Wednesdays, March 4 - May 27, 2:30 p.m., \$130

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 4 - May 27, 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.

Beginning Tai Chi with Deby Goldenberg

13 Wednesdays, March 11 - June 3, 10:30 a.m., \$65



Open to all levels. 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.

Physical Fitness

Beginning Pilates with Joyce, all levels

11 Tuesdays, March 24 - June 2, 8:30 a.m., \$110

13 Thursdays, March 5 - May 28, 8:30 a.m., \$130

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

12 Tuesdays, March 17 - June 2, 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 5 - May 28, 9:45 a.m., \$130

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

11 Tuesdays, March 17 - May 26, 11:00 a.m. \$110

13 Thursdays, March 5 - May 28, 11:00 a.m., \$130

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

11 Tuesdays, March 17 - May 26, noon, \$110

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 5 - May 28, noon, \$130

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 or in registering for activities, 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>

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.

Weather Closures and Delays

- If New Canaan public schools are closed for inclement weather, Lapham will be closed, as well. In the event of a delayed opening, Lapham will open at 9:30 a.m. All classes and events scheduled to begin before 9:30 a.m. will be cancelled.

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