



**Summer 2024**



## **Lapham Community Center: Come for class; stay for community**

**Registration is required for all activities. Early registration is recommended as classes and events fill up quickly.**

### **Hours of Operation**

**M/Th: 8:30 - 4:00**

**Tu/W: 8:30 - 7:00**

**F: 8:30 - 1:00**

**Select weekend hours offered as well!**

### **Closed:**

**June 19**

**July 4**

**September 2**

**Be sure to read our weekly emails for added programs and updates on scheduled activities.**

### **Game Night FUNdraiser for Lapham**

**Wednesday, June 26, 5 p.m. - 8 p.m., \$15 per person**

You won't want to miss this evening of games, appetizers, libations and great company, all for an excellent cause. Meet old friends and make new ones over a game of Mahjongg, canasta, Scrabble, Banana-grams, bridge, pinochle, cribbage, billiards & more.

### **Commemorating the 80th Anniversary of D-Day: Dinner and Presentation with Mark Albertson**

**Wednesday, June 5, 5 p.m., free**

Eighty years ago on June 6, 1944, more than 156,000 Allied troops stormed the beaches of Normandy, for the grand invasion of northwest Europe. This heroic strike changed the face of modern history. Enjoy a complimentary dinner while learning more about this valiant historic moment.

### **Sip and Paint Class with Pinot's Palette**

**Wednesday, June 12, 5 p.m., free**

Join us for a fun evening of painting and wine. You don't have to be Rembrandt to take home your own masterpiece. Relax, enjoy, and be inspired with Aggie and friends.

**Weather Closures:** If New Canaan schools close for inclement weather, we will close.

For delayed openings, call Lapham after 8:30 am. We communicate by email if there is a change in the schedule.

Lapham Community Center P.O. Box 83 New Canaan, CT 06840

Phone: 203-594-3620 Email: [Laphamcenter@newcanaanct.gov](mailto:Laphamcenter@newcanaanct.gov)

## Extended hours with free events funded by a State Grant!

### **Tuesday Evening Programs and Classes, free**

#### **June 4, 4 p.m. - 6 p.m., Introduction to Canasta, with Geri Rhoades**

Curious about Canasta but not sure you want to commit to a full class? Come learn what everyone is raving about. In these two hours you'll learn enough basics to decide if you want to continue playing.

#### **June 11, 5 p.m. - 7 p.m., Beginning Needlepoint with Aggie**

Aggie is here to help you learn how to needlepoint.

#### **June 18, 25, July 2, 4 p.m. - 6 p.m., Beginning Canasta with Geri Rhoades,**

Learn how to play this fun, popular game. Geri will show you how to meld, talon, make canastas and go out to win the game. Limit 8.

#### **July 9 - August 13, 4 p.m. - 6 p.m., Canasta, Supervised Play at night with Geri Rhoades**

Canasta strategy on steroids. You'll play and Geri will be your angel on your shoulder; challenging you to think more strategically. You'll make moves you never thought of! Limit 12.

#### **June 11 - August 13, 5 p.m. - 7 p.m., Sip and Stitch with Aggie**

Aggie's here to help you with your stitch, bring along your needlepoint, knitting or crocheting.

### **Wednesday Night Specials, free**

#### **June 5, 5 p.m. - 7 p.m., Dinner and D-Day Program with Mark Albertson**

See page 1 for more information

#### **June 12, 5 p.m. - 7 p.m., Sip and Paint with Aggie**

A fun evening of painting and wine! No prior experience required.

#### **June 26, 5 p.m. - 8 p.m., FUNdraiser for Lapham Center**

See page 1 for more information

#### **July 10 - August 7, 5 p.m. - 7 p.m., Dinner on the Patio**

Bring your own dinner before heading over to the concert at Waveny. Drinks and good cheer are on us!

#### **July 10 - August 7, 6 p.m. - 8 p.m., Supervised Mahjongg**

All levels welcome to play.

### **Select Saturdays, 10 a.m. to noon, free**

#### **June 15, Canasta for Two with Geri Rhoades**

Sometimes you just can't find a table of 4. This class has been specially designed by Geri to make 2-person canasta fun and challenging. Registration for pairs is required. At least one partner must be familiar with canasta basics. Limit 12.

#### **June 29, July 27 and August 3, Supervised Mahjongg**

Join Aggie for some Saturday Mahjongg fun. Registrants must know how to play. If possible, players will be placed with others of the same skill level.

#### **July 13, Canasta: Supervised Play on Saturday with Geri**

Geri will be the angel on your shoulder; encouraging you to think more strategically. Limit 12.

## Special Events and Fun with NCHS Interns

### Welcome to Gian Karimnejad and Olivia Shizari

**May 21 - June 7, 1 p.m. - 3 p.m.**

Please join us in welcoming this year's interns! Lapham is lucky to have two New Canaan High School Seniors to assist with programs. Gian Karimnejad is an outdoorsman, passionate about fishing! Olivia Shizari, who will be attending Villanova in the fall, is an avid baker, traveler, and nature enthusiast.

### Summer Bingo and Sundaes with the Interns, \$10

**Thursday, May 30, 1 p.m.**

Come and enjoy BINGO, prizes, and ice cream with our summer interns. Make your own sundaes!

### Cooking with Olivia

**Tuesday, June 4, 1 p.m., free**

Join NCHS Senior and Lapham Intern for a baking demonstration that is sure to leave you inspired and delighted. Olivia Shizari is an avid and talented baker, and she is eager to share her skills with Lapham.

### Go Fish! The Joys of Fishing:

### A Presentations by Gian

**Thursday, June 6, 1 p.m., free**

Whether you are a fishing aficionado or a fish out of water on the water, this is the presentation for you! Gian Karimnejad, NCHS Senior and Lapham Intern, will be discussing his passion for America's other favorite pastime: fishing!

### Tech Help with the Interns

**Wednesdays, May 22, 29 and June 5, 1 p.m. - 3 p.m., free**

Need help navigating social media? Want to learn more about helpful apps? Hope to improve your device's performance? Call to make a fifteen-minute appointment with our NCHS interns for help with these and other tech issues.

## Special Events

### The Importance of Social Connection with Dr. Raquel Harrison

**Wednesday, May 29, 1 p.m., free**

One of the main components of physical and emotional well-being is social connection. This interactive discussion will offer methods and techniques to help improve and expand social connections in the post-Covid era. Dr. Raquel Harrison, M.D., is an Emergency Physician and lifestyle medicine advocate.

### Introduction to American Sign Language with Allyson, Jackson and Gavin Mahoney

**Tuesday, June 4, 4 p.m., free**



Increase your awareness and knowledge of deaf culture and gain confidence in the very basics of sign language. You'll be introduced to the finger spelling alphabet, common phrases and basic vocabulary in American Sign Language. Presented by Bram Speech and Language Consultants, which has been supporting the speech and hearing handicapped population since 2001!

## Special Events

### Pacific Fury: WWII Naval Battles and Atomic Trials

**Tuesdays, June 4, 11, 18, 25, 10 a.m., free**

Art Gottlieb returns to delve into the history of famous naval battles and stories of the Pacific Theatre of World War II. See page 8 for more details.

**June 4** - Guadalcanal and the Battle of Savo Island

**June 11** - Battle of Leyte Gulf

**June 18** - JFK and PT-109

**June 25** - Operation Crossroads



### Movie: *Oppenheimer*

**Tuesday, June 18, 12:30 p.m., free**

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Winner of 7 Academy Awards in 2024 including Best Picture, Director and Actor. 3h, 7m. There will be a fifteen-minute intermission halfway through the showing.

### Strategies for Maintaining Safe Driving Skills

**Tuesday, June 25, noon, free**

**Lunch and Learn**



As we age, changes in vision, hearing, reaction time and cognitive function can affect driving ability. Keeping skills sharp is essential to reduce the risk of accidents and ensure safety on the road. This presentation will review strategies to maintain safe driving skills and discuss signs that indicate when to consider giving up driving. Presented by Shannon Vallerie and Kathy Collins.



### Cancelled - Marathon Mahjongg Day!

Mahjongg is sweeping the nation! Come and see what all the buzz is about! Whether you are an old pro or a novice, join us at Lapham to enjoy this popular game. All are welcome; we will sort tables according to skill levels. Lunch and drinks will be provided.



## Special Events and Trips



### Summer Safety and Fire Prevention Wednesday July 17, 10 a.m., free

Join New Canaan firefighters for a friendly chat about how to enjoy a safe fire-free summer. Meet your local first responders, and learn basic fire prevention tips. This low-key and interactive chat is sure to enlighten and engage you.

### Intergenerational Bingo, Popsicles and Prizes at Lapham with Aggie & Miss Marie

**Thursday, July 18, 2 p.m. \$10 per person**

Join Aggie and Miss Marie, the New Canaan Library Children's Room librarian for an afternoon of games, treats and laughs! Get out of the heat and have some fun. Prizes for adults



### Summer Trips!

#### Mohonk Mountain House and Robibero Vineyard: Wine Tasting and Tour

**Tuesday, June 25, 8:30 a.m., \$225, limit 35**



Travel to this historic and beautiful landmark, nestled in the Hudson Valley. Trip includes round trip transportation, a formal buffet luncheon at the Mohonk Mountain House, free time to tour the grounds of this luxury resort, and a wine tasting at Robibero Winery. You will not want to miss this opportunity, so call now to reserve your place.

#### Cross Sound Cruise and Lighthouse Tour

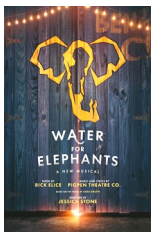
**Thursday, July 18, 9 a.m., \$120, limit 30**

Take in the sights from the water on a narrated boat tour. Experience the wonder and beauty of the Long Island Sound, while enjoying maritime history and architectural gems. First, you'll visit historic Mystic Village for lunch on your own and free time, then the bus will take you on a very short ride to New London where you will board the ferry. Fee includes bus trip and cruise. Bus departs from Lapham. Call to reserve now, as space is limited.



#### Water for Elephants: The Broadway Musical

**Wednesday, Sept. 4, 11:30 a.m., \$245, limit 30**



Witness the spectacle of this new musical, right in the heart of NYC's Theater District. See what *The New York Times* calls, "stunning, emotional and gorgeously imaginative." Cost includes travel, bagged lunch, and ticket. Space is limited, so call now to reserve your spot.

**Payment Information** Your spot is only guaranteed when payment is received. Make your reservation ASAP! Please send a check, payable to Senior Center, to PO Box 83, New Canaan, CT 06840. or drop it off at Lapham Center. Call 203-594-3620 for more information. Space is limited.

## Art and Music



### Digital Photo Transfer on Wood

**Tuesdays, June 11, 18, 25, 10 a.m., \$30 (plus \$10 materials fee)**

Learn to transfer your personal photos onto Birch Plywood. Each participant will create one or more 8"x 8" digital works of art printed on wood. **Taught by Jeanne McDonagh**

### Acrylic Painting

**10 Thursdays, June 6 - August 15, 10 a.m., (No class July 4), \$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 welcome.**

### Woodcarving

**Mondays, June 10, 24, 12:30 p.m., free**

**Thursdays, June 6, 20, July 18, August 1, 15, 12:30 p.m., free**

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

### Life & Music of Brahms

**8 Mondays, June 3 - July 22, 2:30 p.m., free**

Professor Greenberg continues to lead us on an exploration of great composers with this session featuring Brahms. Join us to uncover the musical beauty, emotional depth, and dramatic scope that made this composer legendary.

### Masterpieces from The Met

**7 Tuesdays, June 4 - July 16, 1 p.m., free**

No other museum covers the history of humanity and its achievements as thoroughly as The Metropolitan Museum of Art in New York City. This series highlights some of the museum's masterpieces.

### Ukulele Lessons with Uncle Zac

**9 Wednesdays, June 5 - August 7, 1:30 p.m. (no classes June 19 or July 3), \$90**

**Uncle Zac**, the "Uke guy," teaches a variety of chords, techniques, and songs. This class is for those who have experience playing a ukulele.



## Games

### **\*\* NEW \*\* Open Sanctioned Bridge Games \*\* NEW \*\***

**8 Thursdays, June 6 - August 1, 3 p.m. - 6 p.m., \$120 (3 hour game) (no game July 4)**

We are very excited to have Tom Hunter hosting Open Sanctioned Bridge Games at Lapham! Tom, a former Wall Streeter, learned bridge at a young age from his grandmother, and his love for the game has continued ever since. He is an American Contract Bridge League certified teacher and director, and a local boy — confessing that he graduated from Staples High School more years ago than he'd care to admit!

### **Advanced Beginners Bridge with Mike Hess**

**6 Fridays, May 17 - June 28, 10:00 a.m. - noon, \$90 (no class May 24)**

Bridge is a great social game that is also excellent for keeping one's mind in shape. In this class we will introduce you to the fun of bridge as it is played now. This is a class for students who have finished Mike's beginning bridge class and those who haven't played in many years and feel they need a refresher. This class will continue to cover the basics with more practice playing hands. Limited to 12.

### **Intermediate Bridge with Mike Hess**

**6 Mondays, May 13 - June 24, 10:00 a.m. - noon, \$90 (no class May 27)**

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. **Mike** has been teaching bridge for 30+ years, is a Diamond Life Master, and has earned over 5,000 master points. He authors the "Ask the Expert" column for *Kibitzer Magazine*, by the Connecticut Bridge Association.

## **Canasta Classes**

**Tuesday, June 4, 4 p.m. - 6 p.m.** Introduction to Canasta, limit 12.

**Saturday, June 15, 10 a.m. - 12 p.m.** Canasta for two, limit 12.

**Tuesday, June 18, 25, July 2, 4 p.m. - 6 p.m.,** Beginner's canasta, limit 8.

**Saturday, July 13, 10 a.m. - 12 p.m.,** Canasta, Supervised play on Saturday, limit 16.

**Tuesdays, July 9 - August 6, 4 - 7 p.m.** Canasta, Supervised play at night, limit 16.

## **Beginning Mahjongg, \$30 per session**

**Session 1: June 10 & 11, 9:15 a.m. - 11:15 a.m.**

**Session 2: July 24 & 25, 9:15 a.m. - 11:15 a.m. (new dates)**

**Session 3: August 7 & 8, 1 p.m. - 3 p.m.**

Join Aggie to learn how to play this fun, social game. The class covers the rules, tile identification and basic strategies, followed by hands-on practice to reinforce learning.

## **Supervised Mahjongg - Play any (or all!) sessions**

**Wednesdays, July 10 - August 7, 6 p.m. - 8 p.m. And Thursdays, June 6 - August 8, 1 p.m. - 3 p.m.  
and Fridays, June 7 - August 2, 10 a.m., free**

Beginners and experienced players welcome. Attend as many of these sessions as you like.

## **Billiards with Mike Bacon**

**Wednesdays, June 5 - August 14, 2 p.m., free**

If you're looking to have fun, learn to play pool, or just play a game, stop by for a lesson or game with Mike!

## History

### **Pacific Fury: WWII Naval Battles and Atomic Trials**

**4 Tuesdays, June 4, 11, 18, 25, 10 a.m., free**

Art Gottlieb returns to delve into the history of famous naval battles and stories of the Pacific Theatre of World War II. Come to any or all of the discussions.

#### **June 4 - Guadalcanal and the Battle of Savo Island**

Except for Pearl Harbor, The Battle of Savo Island was the worst naval defeat in American history. Using the element of surprise and superior nighttime tactics, The Japanese Navy delivered a crushing blow to allied forces guarding the approaches to Guadalcanal, an area soon to be known as “Ironbottom Sound”.

#### **June 11 - Battle of Leyte Gulf**

The largest naval battle of all time, fought over the course of three days and over thousands of square miles of ocean, The Battle for Leyte Gulf marked the end of the once mighty Imperial Japanese Navy as an effective fighting force and paved the way for the American recapture of the Philippines.

#### **June 18 - JFK and PT-109**

Featuring the legend of a young Lieutenant John F. Kennedy and the PT 109, perhaps the best known story of the PT's, this story represents all sailors who fought around the Solomon Islands in speedy wooden craft known as “Patrol Torpedo Boats”.

#### **June 25 - Operation Crossroads**

The biggest news story of 1946, Operation Crossroads was the code name for the two post-war atomic bomb tests at Bikini Atoll in the Pacific. The post war politics surrounding this event, as well as the operations' societal and environmental impact have been subjects of enduring controversy.

### **Legislation of History/Legislation of Consent with Mark Albertson**

**5 Mondays, July 1 - 29, 10:30 a.m. - noon, \$80**

On February 2, 2023, Congress passed a Concurrent Resolution No. 9; by a vote of 328 to 86. Despite the fact the bill will not go to the President for his signature so as to become law, it is a statement. The legislation's title, “Denouncing the Horrors of Socialism.” The sponsor of the resolution was Representative Maria Elvira Salazar, Republican, 27<sup>th</sup> Congressional District in Florida, Miami area.

The body of H.CON.RES. 9 is comprised of thirteen points, all condemning Socialism as a doctrine of authoritarianism and mass murder. Americans, not familiar with Socialism and Marxism, leave themselves open to the most scandalous attempts at rewriting history for a preferred political alternative. To which H.CON.RES. 9 is a most egregious misrepresentation of history. And this is what this course is about, instructed by one who is not a Socialist or a Marxist. But as a historian, such concepts must be viewed and understood in as clear and objective a manner as possible.

### **The Rise and Fall of the British Empire (continued)**

**Thursdays, June 6 - August 8, 9:15 a.m., free**

This remarkable Great Course explores the extensive and robust history of the largest empire in the world, with fresh insights into a wide range of political, economic, technological, social, and more, integrating new knowledge about Britain, to better understand the background of current events in so many other countries that were once part of Britain's empire. Discussion led by Ned Monaghan.



## Languages

### **French Conversation: 8 Mondays, June 10 - July 29, 10:30 a.m., \$96**

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.**

### **Spanish Conversation: 8 Mondays, June 10 - July 29, 12:30 p.m., \$96**

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. **Taught by Nell Mednick.**

## Literary Corner

### **World Events, History and Culture Book Group with Ken Hecht**

**Tuesday, June 18, 2:30 p.m., free**

***Rogues' Gallery***

***The Secret Story of the Lust, Lies, Greed, and Betrayals That Made the Metropolitan Museum of Art***

The Metropolitan, Gross writes, “is a huge alchemical experiment, turning the worst of man’s attributes—extravagance, lust, gluttony, acquisitiveness, envy, avarice, greed, egotism, and pride—into the very best, transmuting deadly sins into priceless treasure.” The book covers the entire 138-year history of the Met, focusing on the museum’s most colorful characters. All are welcome to attend this book discussion group led by Ken Hecht. Ken has been leading book discussions on issues related to world events for more than 12 years.

### **Lapham Reads (aka the Whodunnit Book Group)**

**Thursday, June 27, 1 p.m., free**

***The Golden Gate* by Amy Chua**

In 1944, at the opulent Claremont Hotel in Berkeley, California, a presidential candidate is murdered while homicide detective Al Sullivan is enjoying a drink at the hotel bar. Detective Sullivan takes on the investigation, using the latest forensic technology of the day. Though the politician had many enemies, the clues seem to reveal a connection to the murder of a seven-year-old girl at the same hotel 10 years earlier.

**Thursday, July 25, 1 p.m., free**

***The Frozen River* by Ariel Lawhon**

Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard, a local midwife and healer, is summoned to examine the body. When a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the murder on her own. Inspired by the true story and diaries of midwife Martha Ballard.

**Thursday, August 22, 1 p.m., free**

***The Benevolent Society of Ill-Mannered Ladies* by Alison Goodman**

A high society amateur detective at the heart of Regency London uses her wits and invisibility as an ‘old maid’ to protect other women. The book is divided into three intertwined parts, each focusing on a different rescue mission, with one overarching plot tying all three stories together.

## Movies

### Movies on Wednesdays at 2 pm, free

#### No movies June 5, 19 or July 3

**June 12 - *Quiz Lady*** 1h 39m. A game-show obsessed woman and her estranged sister work together to help cover their mother's gambling debts. IMDb 6.7/10.

**June 26 - *Scoop***, 1h 43m. Fictionalized but fact-based drama, Britain's Prince Andrew is interviewed live by a BBC journalist on the prime time show Newsnight - an ill-advised appearance. IMDb 6.6/10.

**July 10 - *Rock Hudson: All that heaven allowed***, 1h 44 m. Archival footage and interviews with close friends provide insight into the life and career of Rock Hudson "An illuminating account of a beloved icon's dual life, a vital piece of Hollywood history." Hollywood Reporter IMDb 7.3/10.

**July 17 - *Ordinary Angels***, 1h 57m. A struggling hairdresser finds a renewed sense of purpose after meeting a widowed father working hard to care for his two daughters. With his youngest critically ill, the woman single-handedly rallies a community to help. IMDb 7.5/10.

**July 24 - *The Boys in the Boat***, 2h 4m. During the Great Depression, members of the University of Washington rowing team compete for gold at the 1936 Olympics. IMDb 6.9/10.

**July 31 - *The Beautiful Game***, 2h, 4m. As an English football squad heads to Rome for the Homeless World Cup, their talented new player must let go of his past to be part of the team. IMDb 6.3/10.

**August 7 - *American Fiction***, 1h 57m. Monk is a frustrated novelist who's fed up with the establishment that profits from Black entertainment that relies on tired and offensive tropes. To prove his point, he uses a pen name to write an outlandish Black book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain. IMDb 7.6/10.

**August 14 - *Frida***, 1h 27m. An intimate journey through the life, mind and heart of iconic artist Frida Kahlo, told through her own words, drawn from her diary, letters, essays and interviews. IMDb 7.5.

**August 21 - *Wicked Little Letters***, 1h 40m. When Edith and fellow residents begin to receive wicked letters full of hilarious profanities, foul-mouthed Rose is charged with the crime. However, as the town's women investigate the crime themselves, they suspect that Rose may not be the culprit after all. Starring Olivia Coleman. IMDb 7.1/10.

**August 28 - *Yesterday***, 1h 56 m. A musician discovers he's the only person who remember The Beatles. By performing their greatest hits, he skyrockets to fame - but at what cost? IMDb 6.8/10.

## Outdoor Fun

### Walking for Wellness at Waveny

**Tuesdays, June 25 - August 13, 11 a.m., free**

Take a leisurely lap around the park with friends and enjoy the beauty of the season. We'll start at Lapham, circle the new outdoor fitness area planned for summer '24, and return to Lapham. Smell the flowers and experience some of New Canaan's bucolic charm!

### Patio and Lawn Games

**Tuesdays, June 25 - August 13, 12 p.m., free**

Bring along a friend or two and enjoy an impromptu game of Jenga, toss-across, cornhole or bocce, for some summer fun.

## Physical Fitness

### **Balance & Posture for Fall Prevention with Ellen**

**9 Mondays, June 3 - August 5, 10:00 a.m., \$90 (no class June 17)**

This program is designed to decrease the risk of falling and improve upper and lower body strength. Posture exercises will strengthen the muscles that support the spine and contribute to overall balance and alignment. 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**

**9 Mondays, June 3 - August 5, 11:00 a.m. - 11:45 a.m., \$90 (no class June 17)**

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. You will leave this 45 minute class feeling renewed and reinvigorated.

### **Fit for Life with Mike**

**11 Mondays, June 3 - August 12, 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. This class integrates elements of sports conditioning, yoga and Pilates. It is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

### **Super Stretch - Preventing Pain and Improving Mobility**

**11 Mondays, June 3 - August 12, 1:15 p.m., \$110**

**10 Wednesdays, June 5 - August 14, 1:30 p.m., \$100 (no class June 19)**

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**

**11 Mondays, June 3 - August 12, 2:30 p.m., \$110**

**10 Wednesdays, June 5 - August 14, 2:30 p.m., \$100 (no class June 19)**

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. This class will help you develop a better understanding of various yoga poses and how to move your body from one pose to the next. 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**

**10 Wednesdays, June 5 - August 14, 12:30 p.m., \$100 (no class June 19)**

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.

## Physical Fitness, continued

### **Beginning Pilates with Joyce, all levels**

**11 Tuesdays, June 4 - August 13, 8:30 a.m., \$110**

**10 Thursdays, June 6 - August 15, 8:30 a.m., \$100 (no class July 4)**

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**

**11 Tuesdays, June 4 - August 13, 9:45 a.m., \$110**

Pilates-on-the-ball is 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**

**10 Thursdays, June 6 - August 15, 9:45 a.m., \$100 (no class July 4)**

This class is the perfect blend of yoga and Pilates. 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**

**8 Tuesdays, June 11 - July 30, 11:00 a.m., \$80**

**7 Thursdays, June 13 - August 1, 11 a.m., \$60 (no class July 4)**

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**

**8 Tuesdays, June 11 - July 30, noon, \$80**

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 body alignment for a healthier spine.

### **Chair Fitness with Debbie - All levels**

**7 Thursdays, June 13 - August 1, noon, \$60 (no class July 4)**

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!

## Services and Community Chats

### Ask the Attorney with Nedder and Associates

**Thursdays, June 13, July 11, August 8, 2 p.m. - 4 p.m., free, by appointment only**

An attorney from Nedder and Associates, LLC of Darien will be available for free, private, fifteen-minute consultations to answer your legal or financial questions. Please call 203-594-3620 to schedule your appointment. No walk-ins.

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### Health Screenings Blood Pressure Clinics

**Mondays, June 10, 24, July 8, 22, August 5, 19, 11 a.m. - 12 p.m., free**

**Bethany Zaro, RN, MPH**, Director of Human Services, will provide blood pressure testing. Call 203-594-3620 to schedule an appointment.

### Blood Sugar Screenings

**Wednesdays, June 12, 26, July 10, 24, August 14, 28, 1 p.m. - 2 p.m., free**

Ellen Samai from New Canaan's Dept. of Health will provide blood sugar testing. Call 203-203-594-3620 to schedule an appointment.

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### Free Medicare Counseling

**Thursdays, June 6, 20, July 11, 25, August 1, 15, by appointment**

Dick Neville, a trained Medicare counselor, provides Medicare education. He can guide you through enrolling in Medicare, choosing a Medicare supplement plan and a Part D prescription drug plan, and give you info on Medicare Advantage Plans. He can also help if you have other questions about Medicare. No drop-ins please.

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### Conversation and Coffee with a Cop

**Thursday, July 11, 1 p.m. - 2 p.m., free**

Join Officer Nicole Vartuli, Community Impact Officer, to discuss a topic of interest to our community.

### Life Reimagined with hosts Marcy Rand and Robin Rockafellow

**Thursdays, June 20 and July 18, 1 p.m., free**

Hosts Marcy Rand, LCSW, Adult and Senior Service Coordinator for New Canaan's Human Services Department, and Robin Rockafellow, LCSW, host a discussion group exploring our interests, abilities, knowledge and activities in connection to the community around us. All are welcome to attend. Call 203-594-3620 to register.

### Health Talks with Shannon and Ellen

**Fridays, June 14 and July 12, 11 a.m. - noon, free**

Conversation and snacks with Shannon and Ellen from the Health Dept. June 14 they'll discuss Men's Health topics.



## General Information

### Registration

- Lapham uses the web-based program, MyRec, for registrations. 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 all classes are filled.
- Please register for **all** activities, including free offerings.
- We cannot enroll you in a class or program until payment is received.
- 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 - Friday, 9:00 a.m. - 4:00 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 Center or mail to: **Lapham Center, P.O. Box 83, New Canaan, CT 06840.**

### Refunds & Credits

- If a class is cancelled, 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.

### Groups using Lapham

*Many New Canaan residents use Lapham for book groups, games, luncheons, and more*

- All groups must fill out a facility use form.
- Lapham reserves the right to change the room at our discretion.
- If you are interested in using the facility during our hours of operation please call us 203-594-3620 for availability.

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