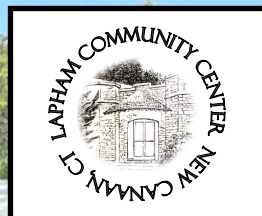


**Summer 2025**



Lapham is open to New Canaan residents, age 21 and older. Your home for education, exercise, events, entertainment, and more! Join us for events during our extended summer hours!

#### **Summer 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. - 1 p.m.**

**Select Sat.**

**10 a.m. - noon**

**Closed**

**June 19**

**July 4**

**September 1**

## **An Evening with Writer-Director Claire Ayoub Dinner, Movie and Conversation**

**Wednesday, June 4, 5 p.m., free**

Join us for dinner, a screening of *Empire Waist*, and conversation with New Canaan's own Claire Ayoub. *Empire Waist* is a heartfelt comedy about teens learning to love their bodies through fashion design and friendship. Claire will discuss the film after the viewing. Registration required.



## **Fraud Prevention Bingo With Breakfast Treats and Coffee**

**Wednesday, June 11, 10 a.m. - 11:30 a.m., free**



It's Bingo, only better! Have fun while learning to protect your financial information and avoid banking scams and fraud! The game is played like regular Bingo except each number is associated with a tip or bit of info on issues related to fraud. Hosted by Kathleen Titsworth, Connecticut Department of Banking.

Lapham Center is located in Waveny Park. Phone: 203-594-3620. Email: [Laphamcenter@newcanaanct.gov](mailto:Laphamcenter@newcanaanct.gov).

Mailing address: 77 Main Street, New Canaan, CT 06840

## Select Evenings & Select Saturday Mornings



### So Many Ways to Play Mahjongg!



#### Beginning American Mahjongg

Tuesday, June 10 & Wednesday, June 11

5 p.m. - 7 p.m., \$60

Mahjongg, an ancient Chinese game, is enjoying renewed popularity. Join Aggie to learn how to play this fun and social game. Must be able to attend both classes.

#### Mahjongg - Open Play

Wednesday nights thru July 30, 5 p.m. - 7 p.m., free, (no MJ June 4 or July 2)

We will have beginner and more advanced tables. Come when you can, stay as long as you like. Bring your dinner and eat here; we will have ice tea and lemonade available. Meet other Mahjongg players! The only way to get better is to play, so come enjoy the game and the company!

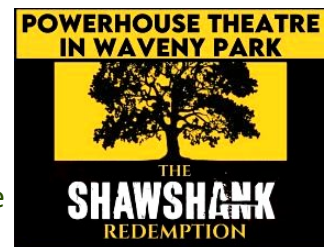
#### Saturday Morning Mahjongg

June 7, 10 a.m. - noon, Open Mahjongg play, free

### *The Shawshank Redemption* - Dinner and a Show

Friday, June 13, 5 p.m., \$30

Enjoy dinner and a night of live theater without leaving town! Have dinner at Lapham, then go to the Powerhouse Theater. Enjoy New Canaan Town Players performing this special production of *The Shawshank Redemption*, based on the novella by Stephen King. The show, adapted from the acclaimed film for the stage, offers a story of resilience and hope that triumph over despair.



### Pizza, Salad, and Dessert on the Patio

Wednesday, July 9, 4:30 p.m., \$5

Enjoy an evening with your Lapham friends. We'll supply the pizza and soft drinks; you supply the good cheer! Registration required.



## Special Events



### **Flavors Around the World - India With Chef Nita of Golden Bites Kitchen May 22, 11 a.m. - 1 p.m., \$60**



Join us for a fun, interactive cooking class. Explore traditional Indian cooking methods and vibrant, flavorful dishes. Learn to create a hearty and aromatic spinach and paneer curry (featuring India's beloved fresh cheese) and make fresh naan from scratch. Dive into essential techniques for crafting authentic flavors, so you can easily recreate these dishes at home. After cooking, savor the meal we've prepared. Bring an apron if you plan to be actively involved in the cooking fun!

Nita, founder of Golden Bites Kitchen, is a local mom passionate about sharing wholesome, nutritious recipes with the community. Through her work, she blends her love for cooking with a mission to make healthy eating accessible and enjoyable for all, no matter your age or skill level in the kitchen.

### **Prehab Before Rehab - Preparing for Surgery the Smart Way Presented by Nicholas Rutigliano, DPT, ATC**

**Tuesday, June 3, 10 a.m. - 11 a.m., free**



This presentation will help participants prepare their bodies for surgery with specific exercises and strategies to optimize recovery. Prehab plays a role in reducing pre-surgical risk factors, optimizing functional capacity and promoting faster recovery post surgery. Nicholas is a resident of New Canaan and on staff at Yale New Haven Health at Greenwich Hospital. Breakfast treats and coffee will be served.



### **Tech and Intergenerational Connection Presented by Cooper Young and George Geist (Your handbook on tech and how to better communicate through social media with every generation.)**

**Thursday, June 5, 11 a.m., free**

Join Cooper Young and George Geist for an engaging and supportive tutorial on platforms such as SnapChat, Instagram, Facebook, text and email as well as tips for online safety, the latest on platform moderation policies and updates on AI. This presentation will help you become more comfortable using technology to stay connected with your children and grandchildren. Cooper and George are the founders of GoodKid Tech, dedicated to improving intergenerational connections through technology. Breakfast treats and coffee will be served.



## Special Events

### **Pain Management: An Integrative Medicine Approach Presented by Marc Brodsky, MD**

**Monday, June 9, 11 a.m., free**



Dr. Brodsky will discuss non-drug approaches to relieving chronic pain, how diet and evidence-based dietary supplements may contribute to a holistic pain management treatment plan and how to manage supplements and drugs in combination in pain management. Marc Brodsky, MD, is Medical Director of the Center for Integrative Medicine and Wellness at Stamford Health, Board Certified in Pain Medicine and an Assistant Clinical Professor of Medicine at Columbia University.

### **Stay Safe, Play Smart: Pickleball Tips for Injury-Free Fun Presented by Carl M. Cirino, MD**

**Monday, June 16, 11 a.m., free**



Playing pickleball is a great way to stay active and boost both your physical and mental health—but like any sport, it comes with its fair share of bumps and bruises. In fact, pickleball's rising popularity among older adults has also led to a rise in injuries. According to a government database tracking sports-related injuries from 2000 to 2022, the highest number of fractures occurred among pickleball players aged 60-69. Don't let injury take you off the court. Join Dr. Cirino as he shares expert tips to help you stay injury-free and safe while enjoying the game you love. Dr. Cirino is a sports medicine surgeon at the Hospital for Special Surgery. Coffee and breakfast treats will be served.



### **The Amazing Benefits of Regular Exercise Presented by Rob Fryer**

**Wednesday, June 18, 12:30 p.m., lunch and learn, free**

With the right sort of guidance, it is never too late to start a modest exercise program and elevate one's quality of life. Learn about the science behind the importance of exercise for physical and mental health as one ages. Rob, a New Canaan resident, is the author of *Running for your Life: Exploring the Amazing Benefits of Regular Exercise*. Lunch and learn sponsored by Staying Put in New Canaan.

## Special Events



### **Safe and Sound: Home Modifications for Aging in Place Presented by Kevin Finn**

**A lunch and learn**

**June 25, 12:30 p.m., free**

As we age, our homes can present new challenges and hazards that impact safety, mobility and independence. This presentation explores practical, affordable and effective modifications and assistive devices that can make our homes safer and more comfortable as we age. From reducing fall risks to enhancing accessibility and incorporating smart technology. Looking to make your home more livable? Don't miss this presentation. Kevin Finn is the founder of Accessible Answers, a Certified Aging in Place Specialist. Lunch sponsored by Staying Put in New Canaan.

### **The Price is Right: Lapham Version Come on Down...To Lapham!**

**Tuesday, July 8, 2 p.m., \$5**

Join us for a Price is Right style game. Test your guessing skills and cheer on your friends, and enjoy a lively afternoon of laughs and prizes. Light refreshments will be served.



### **Breakfast Treats and Chat with Nancy Geary The New Canaan Museum and Historical Society**

**Wednesday, July 9, 10 a.m., free**

Nancy Geary, Executive Director of the New Canaan Museum & Historical Society, will give an update on what is happening at this institution. Founded in 1889, the New Canaan Museum is the oldest of its kind in Fairfield County. In recent years, the campus has been transformed. Come learn about the Museum's new mission, the opening of the Jim Bach Special Collections Museum, the development of the Center for the Study of the Silvermine Group of Artists, the acquisition of the St. Michael's Lutheran Church property, recent and upcoming exhibitions and programs, and much more.

## Community Chats & Services



### **Coffee and Treats with Officer Roy Adams New Canaan Police Dept. Community Impact Officer**

**Tuesday, July 1, 10 a.m., free**

Join Officer Adams for coffee and a chat. If you're Interested in learning more about the newly renovated police station, community programs, have other questions or just want to say hello, we hope you'll stop by and say hello.

### **Life Reimagined**

**Thursday, July 17, 1 p.m., free (no meetings in June or August)**

Purposeful living promotes happiness, longevity, a healthier heart and reduces the risk of Alzheimer's and other diseases. Hosts Marcy Rand, LMSW, 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**

**Friday, June 13 and July 11, 11 a.m. - noon, free (no meeting in August)**

Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. Topics will be announced in our eblasts.

### **Blood Sugar & Blood Pressure Clinics**

**Wednesdays, 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.

### **Free Medicare Counseling**

**Thursdays, June 12, 26, July 10, 24, August 7, by appointment, free**

Dick Neville, a CHOICES certified Medicare counselor, provides free, objective, person-centered assistance 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 appointment.

Ask the Attorney with Nedder and Associates will return in September.

## Art & Music



### Painting, Drawing, and Coloring with Aggie

**Mondays, June 9 - July 14, 9:00 a.m. - 11:00 a.m., free**

Bring your own projects or use some of our (limited) supplies to have fun and find inspiration!

### Crafting with Aggie

**Tuesdays, June 10 - July 15, 9:00 a.m. - 11:00 a.m., free**

Meet with like-minded artists and crafters! Bring a project or use some of our (limited) supplies to have fun and find inspiration!

### Acrylic Painting

**9 Thursdays, June 5 - August 7, 10 a.m. - noon, \$90 (no class June 19)**

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 Summer Fun

**Thursday, June 12, 1 p.m., free**

Join in the fun as we turn oyster shells into unique pieces of art.



### 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.

### 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



### Crafty Tuesdays

**Tuesdays, 9:30 a.m., free**

This group works on a variety of crafts, including Landmark Ornaments, to be sold to benefit local charities.



### Ukulele Lessons with Uncle Zac and Lewis

**Wednesdays, June 4 - July 30, 1:30 p.m., \$90**

**Uncle Zac** and **Louis**, the "Uke guys", teach a variety of chords, techniques, and songs. For those with some experience playing the ukulele. If you would like to take a beginner class let us know.

## Art & Music Appreciation

### Art Appreciation Waterscape

#### For Life.... For Art

5 Tuesdays, June 10 - July 8, 1:00 p.m.

Water is essential to life. From microscopic bacteria to the great Blue Whale, all living things depend on it. When the land is deprived of water, vegetation withers, crops fail, and fertile ground turns to desert. After all, no real estate agent advertises “desert-front” property—only “oceanfront” property.

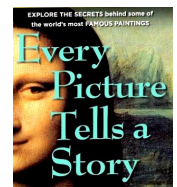
This five-part series, *Waterscapes: For Life; For Art*, created by Tom Davies, explores the vital role water plays in both nature and art. In a landscape painting, winding rivers guide the viewer’s eye, shaping the composition as the artist intended. While land, rocks, and trees remain still, water brings movement to an otherwise static scene. Raging streams, thundering waterfalls, and crashing ocean waves display water’s raw, destructive force. In contrast, serene lakes and quiet ponds act as nature’s mirrors, reflecting the sky and surroundings while evoking calm and reinforcing our connection to the earth.

Delve into the many ways artists use water to elevate their work. With nearly 700 images gathered from every U.S. state, this series showcases the challenge and beauty of capturing water in motion—a subject that never stands still and never waits for the artist to catch up.

### Art Appreciation - Every Picture Tells a Story

Tuesdays, July 15 - August 5, 1:00 p.m., free

Art critic, Waldemar Januszczak, exposes long-held secrets behind eight masterpieces of European paintings. Each episode runs about 24 minutes.



**July 15:** Ep. 1: Mr. and Mrs. Andrews by Thomas Gainsborough & Ep. 2: The Anatomy Lesson of Dr. Tulp by Rembrandt

**July 22:** Ep. 3: The Tempest by Giorgione & Ep. 4: The Birth of Venus by Botticelli

**July 29:** Ep. 5: Boy Bitten by a Lizard by Caravaggio & Ep. 6: Mona Lisa by da Vinci

**August 5:** Ep. 7: Le Dejeuner sur l’herbe by Manet and Ep. 8: The Arnolfini Marriage by Jan van Eyck



### Music Appreciation - Beethoven’s Piano Sonatas

11 Mondays, June 2 - August 11, 2:30 p.m., free

Beethoven’s 32 piano sonatas stand as a singular body of work in keyboard literature. Taken together, they reveal their composer’s compositional and artistic development of the genre, from the terse and powerful first sonata of 1795 to the revolutionary sonata of 1818. This Great Course presents a chronologically-based, in-depth analysis of all Beethoven’s sonatas. Each lecture is 45 minutes. The series is comprised of 24 lectures. Lectures 1 - 11 will be presented in the summer, lectures 12 - 24 will be presented in the fall.



## Games

### Bridge for True Beginners with Mike

**8 Fridays, May 23 - July 18, 10 a.m. - noon, (no class July 4), \$120**

This class is designed for absolute beginners with no prior experience needed. You'll learn the basics of bridge, including rules, terminology, bidding, play of hand and scoring. Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Diamond Life Master with over 5,500 master-points. Mike has won pair and team events at the club, sectional, regional and national levels.

### Supervised play with Mike

**8 Mondays, June 9 - July 28, 10 a.m. - noon, \$120**

Mike's primary focus will be supervising bidding and play based on "shuffle and deal" hands created in class. A great opportunity to put into practice what you've learned. Mike will answer questions as they arise. Based on your suggestions, Mike will provide a 20 minute lecture from 10-10:20. For example, several students have recently asked that he cover Inverted Minor Responses. Mike will discuss this in the first class. Future topics may be suggested by the students, or we can skip the 20 minute lecture entirely on any given Monday.

### Everything Mahjongg

#### Beginning Mahjongg

**Session 1, June 2 and 3, 9:30 - 11 a.m.**

**Session 2, June 30 and July 1, 9:30 - 11 a.m.**

**\$60 per session**

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

#### Mahjongg Practice and Play Online

**Thursday, June 5, 2 p.m., free**

Learn how and where to play online to get used to the new card, learn best practices and improve your game.

#### Mahjongg Strategy Class: Making Order Out of Chaos

**Thursday, June 26, 2 p.m., free**

If you missed this class in May, you won't want to miss it this time. Think you have nothing in your hand? Join Aggie and learn how to make the most of the tiles you get and not give Mahjongg to your opponents.

### Billiards with Mike Bacon

**Wednesdays thru August 6, 2 p.m. - 4 p.m., free**

Stop by to learn to play or for a game or two.

### Rummikub Time!

**Wednesdays, June 4 - 25, 2 p.m., free**

Stop by for a few rounds of this engaging and social game!

## History & Science

### The Other Side of History: Daily Life in the Ancient World Continues

Tuesdays, June 3 - July 22, 9:15 a.m., free

This series continues from the spring session. Discussion led by Ken Hecht.

### How to Survive in Space

6 Tuesdays, July 8 - August 12, 9:15 a.m., free



Space is out to kill you. The vacuum of space is the least of your worries, though, since just getting there requires surviving explosions powerful enough to escape Earth's gravity—the rocket launch. Once you arrive, you will be weightless, which has its own array of health risks. Space is also saturated with radiation, including high-energy cosmic rays that can penetrate the hull of any spacecraft. Returning to Earth isn't just a launch in reverse. This time, you must survive reentry temperatures hot enough to melt steel.

Yet for all the perils of spaceflight, over 600 people have made the trip. Drawing on the hard-won insights of NASA astronauts and space researchers, this exciting 12-lecture course is taught by a veteran biomedical space researcher. In **How to Survive in Space**, you will learn about the dangers and inconveniences astronauts face while in space and what it takes to survive. Discussion led by Ken Hecht.

### The U.S. Constitution through History

Thursdays, thru July 24, 9:15 a.m.

(Class continues from spring semester, no class July 3)



The U.S. Constitution has defined the rules of American government for over 200 years. This Great Courses series offers a comprehensive survey of the Constitution, and its role in American politics and culture. To understand the United States today, we must understand how it has shaped and been shaped by this founding document that Americans have so long revered. Discussion led by **Ned Monaghan**.



### The Hebrew Prophets Presented by John Schultz

4 Thursdays, May 29 - June 26, 9 - 11 a.m., \$40,

(no class June 19)

A study of the Prophets of the Old Testament is interesting, if not even fascinating. Directly called and inspired by God, they were chosen to be His mouthpiece to the Israelite people. At times, miracles confirmed their divine calling and mission. There will be a two-hour class on each of the following: Isaiah, Jeremiah, Ezekiel and Daniel.

## History & Science, continued

### Classic Entertainers with Mark Albertson

**5 Mondays, June 30 - July 28, 10:30 a.m., \$50**

Step into the golden age of entertainment through the lives and work of iconic performers who shaped film, comedy and television. This course explores the timeless charm of Humphrey Bogart, the grit and charisma of Katherine Hepburn, the comedic brilliance of Laurel & Hardy, Abbott & Costello and the Marx Brothers, the legendary elegance of Olivia de Havilland and the dynamic showmanship of Jackie Gleason. We'll celebrate the artistry and enduring impact of these unforgettable stars.



### Connecticut Innovation and Industry Presented by Art Gottlieb

**Select Tuesdays, (June 10 at 10 a.m. all other Tuesdays at 11 a.m.), free**

This series highlights Connecticut's historic role in innovation and industry. Although many industries and corporations have relocated elsewhere, some remain, taking advantage of an educated workforce, energy resources and access to transportation and the sea.

#### **June 10, 10 a.m. - Colt Firearms**

This program will highlight the Colt Firearms Manufacturing Company. Headquartered in Hartford, Colt was founded by Samuel Colt in 1855 and became famous for its designs that became classics among the military and law enforcement from the Civil War Era to the present day.

#### **June 24, 11 a.m. - Sikorski Aircraft**

With its main production facility and administrative offices located in Stratford, this venerable company founded in 1923 by Igor Sikorski was an early supplier of multi-engine aircraft. During WWII, Sikorski Aircraft emerged as a leading innovator and major supplier of helicopters and continues to serve the needs of both military and civilian aviation markets today.

#### **July 15, 11 a.m. - Electric Boat Company**

The Electric Boat Division of General Dynamics has continuously built submarines for the United States Navy since delivering the first one in 1900. Its main facility lies on the Thames River in Groton Connecticut where the world's first atomic submarine, USS Nautilus, was launched.

#### **July 22, 11 a.m. - Pratt and Whitney**

Pratt and Whitney, headquartered in East Hartford, is now a subsidiary of United Technologies. Pratt and Whitney was a pioneer in the development of air-cooled radial engines for aircraft and continues to be a major worldwide supplier of engines and powerplants for military and commercial use.

#### **August 5, 11 a.m. - Norden Systems**

Bearing the name of its founder, Carl L. Norden, the company is best remembered for the top-secret bombsight used by the U.S. Army Air Forces during WWII. The highly classified Norden bombsight was a sophisticated mechanical analog computer used to aid in high-altitude precision bombing.

## Languages



### **French Conversation: 9 Mondays, June 2 - July 28, 10:30 a.m., \$135**

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.

### **Spanish Conversation: 9 Mondays, June 2 - July 28, 12:15 p.m., \$135**

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.**

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### **Italian Conversation: 4 Tuesdays, June 3 - 24, 10 a.m., \$80**

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 is for you. In addition, this class will be reading novels in Italian and brief news articles and short stories.

### **Italian Intermediate: 4 Wednesdays, June 4 - 25, 9 a.m., \$80**

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: 4 Wednesdays, June 4 - 25, 10:45 a.m., \$80**

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: *The Ultimate Italian Textbook*. Copies are available for purchase.**



## Literary Corner

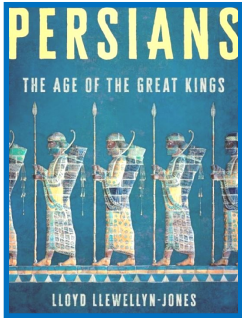
### World History Book Group

Discussion led by Ken Hecht

**Tuesdays, June 24, July 22, August 26, 2:30 p.m., free**

#### June 24 - **Persians: The Age of the Great Kings**

by Lloyd Llewellyn-Jones

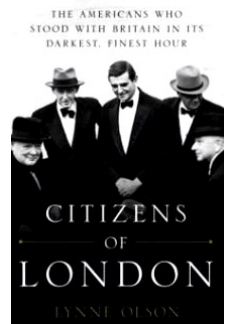


A stunning portrait of the magnificent splendor and enduring legacy of ancient Persia. Historian Lloyd Llewellyn-Jones tells the epic story of this dynasty and the world it ruled. Drawing on Iranian inscriptions, cuneiform tablets, art, and archaeology, he shows how the Achaemenid Persian Empire was the world's first superpower—one built, despite its imperial ambition, on cooperation and tolerance. This is the definitive history of the Achaemenid dynasty and its legacies in modern-day Iran, a book that completely reshapes our understanding of the ancient world.

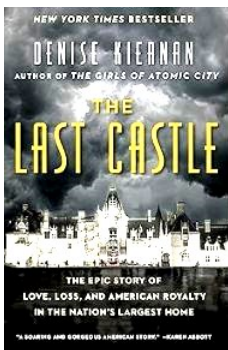
#### July 22 - **Citizens of London: The Americans Who Stood with Britain in Its Darkest, Finest Hour**

by Lynne Olson

Lynne Olson reveals the behind-the-scenes story of how the United States forged its war-time alliance with Britain, told from the perspective of three key American players in London: Edward R. Murrow, the head of CBS News in Europe; Averell Harriman, who ran FDR's Lend-Lease program in London; and John Gilbert Winant, the idealistic U.S. ambassador to Britain. Olson skillfully depicts the dramatic personal journeys of these men who, determined to save Britain from Hitler, helped convince a cautious Franklin Roosevelt and reluctant American public to back the British at a critical time.



#### August 26 - **The Last Castle: The Epic Story of Love, Loss, and American Royalty in the Nation's Largest Home, by Denise Kiernan**



The story of the Biltmore Mansion spans World Wars, the Jazz Age, the Depression, and generations of the famous Vanderbilt family, and features a captivating cast of real-life characters including F. Scott Fitzgerald, Thomas Wolfe, Teddy Roosevelt, John Singer Sargent, James Whistler, Henry James, and Edith Wharton. Built for George Washington Vanderbilt II between 1889 and 1895 it is the largest privately owned house in the United States. Upon their marriage, his wife, Edith Stuyvesant Dresser, became mistress of an estate nearly three times the size of Washington, DC and benefactress of the village and surrounding rural area. When fortunes shifted and changing times threatened her family, her home, and her community, it was up to Edith to save Biltmore—and secure the future of the region and her husband's legacy. This is the fascinating story of how the largest house in America flourished, faltered, and ultimately endured to this day.

Movies, Literature and Whodunnit Book Groups will return in the fall.

## Physical Fitness

### Fit for Life with Mike

**10 Mondays, June 2 - August 4, 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.

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### Balance and Posture for Fall Prevention with Ellen

**8 Mondays, June 2 - August 4 10 a.m., \$80 (no classes June 23 & July 21)**

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

**8 Mondays, June 2 - August 4, 11 a.m., \$80 (no classes June 23 & July 21)**

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.

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### Beginning Tai Chi with Deby Goldenberg

**10 Wednesdays, June 4 - August 6, 10:30 a.m., \$100**



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.

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### Super Stretch - Preventing Pain and Improving Mobility

**10 Mondays, June 2 - August 4, 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, June 2 - August 4, 2:30 p.m., \$100**

**10 Wednesdays, June 4 - August 6, 2:30 p.m., \$100**

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

**10 Wednesdays, June 4 - August 6, 1:30 p.m., \$100**

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

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

**10 Tuesdays, June 3 - August 5, 8:30 a.m., \$100**

**9 Thursdays, June 5 - August 7, 8:30 a.m., \$90 (no class June 19)**

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**

**10 Tuesdays, June 3 - August 5, 9:45 a.m., \$100**

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**

**9 Thursdays, June 5 - August 7, 9:45 a.m., \$90 (no class June 19)**

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**

**8 Tuesdays, June 10 - July 29, 11:00 a.m. \$80**

**7 Thursdays, June 12 - July 31, 11:00 a.m., \$70 (no class June 19)**

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 10 - July 29, 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 proper body alignment for a healthier spine.

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

**7 Thursdays, June 12 – July 31, noon, \$70 (no class June 19)**

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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