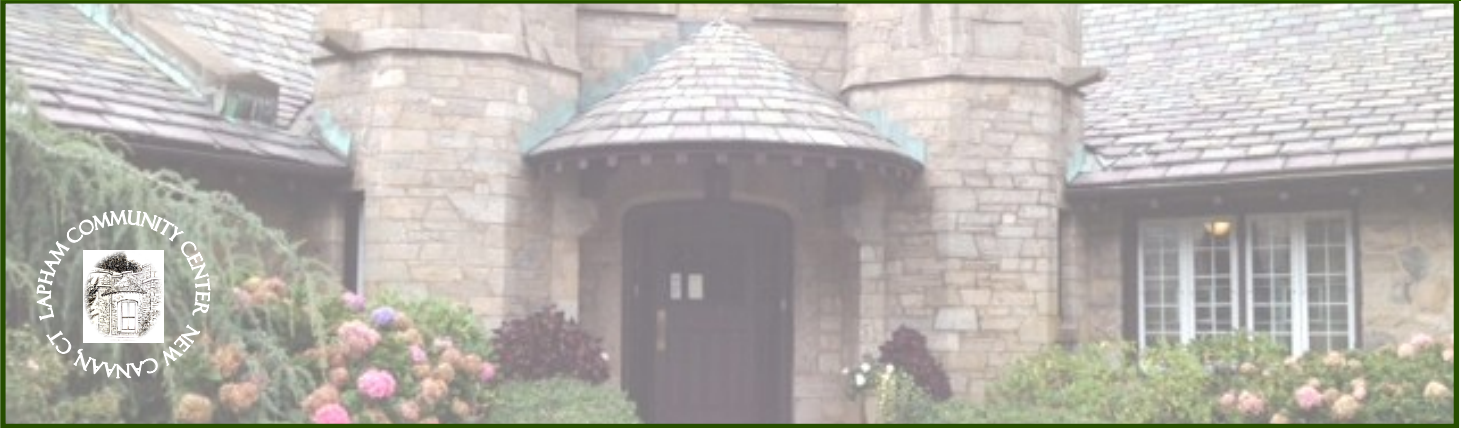


Lapham Community Center Summer 2026



Celebrate America's 250th

Join us for these special programs as we continue to commemorate the 250th anniversary of the founding of the United States.



Foundations of Freedom: Triad of Documents with Mark Albertson Wednesday, June 24, 5 p.m., free Dinner and dessert will be served

Join Mark for a presentation on the first three documents of the Continental Congress: Articles of Association, 1774; Causes and Necessity of Taking up Arms, 1776 and The Unanimous Declaration of the United Thirteen States of America, 1776.

An Afternoon at the Movies: 1776 Wednesday, July 1, 4 p.m., free Followed by pizza, salad and cookies

Join us for this lively and energetic historical musical drama which premiered in 1972. In the days leading up to July 4, 1776, Continental Congressmen John Adams and Benjamin Franklin coerce Thomas Jefferson into writing the Declaration of Independence. Large portions of spoken and sung dialogue are taken directly from the letters and memoirs of the actual participants.

A Fond Farewell to Aggie!

Wednesday, May 27, 1 p.m.

Please join us as we raise a glass and bid adieu to our Aggie, as she leaves Lapham on June 8th after fifteen years, in order to take on her new role as "Glamma" to her first grandchild! Stop by and share a toast, a memory, and a hug with Aggie, as she prepares for her next exciting adventure! Treats and bubbly served. Please feel free to bring photographs and memorabilia to commemorate this auspicious occasion! See you all there, as we wish her all the best!



Summer Hours: Mondays, Tuesdays, Wednesdays*, Thursdays, 8:30 a.m. - 4:30 p.m.
Fridays, May 29 - September 4, 8:30 a.m. - 1 p.m.
Wednesdays*, June 3 - July 1, 8:30 a.m. - 7 p.m.
Closed: May 25, June 19, July 3, September 7

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

We are located in Waveny Park, 677 South Avenue, New Canaan CT 06840

Phone: 203-594-3620 Email: Laphamcenter@newcanaanct.gov

Revised edition 5.26.2026

Special Events

Maintaining Safe Exercise Habits As We Age With Nicholas Rutigliano, DPT, ATC

Tuesday, June 2, 10 a.m., free



Join Nick for tips on building and maintaining healthy, safe exercise habits as we age, including the importance of correct movement patterns and body awareness. Breakfast treats and coffee will be served.

Understanding Your Smartphone Buttons - Made Simple Presented by Andrew Wind, Tech Coach

A Lunch and Learn Program

Wednesday, June 3, 12:30 p.m., free

Confused by the buttons on your phone? You're not alone, and this session is designed to change that. Join Andrew Wind for a hands-on, easy-to-follow workshop that breaks down exactly what the buttons on your smartphone do and how to use them with confidence in everyday life. From turning your phone on and off, adjusting the volume, and using the silent mode, to taking photos, activating Siri, and understanding the emergency features, this session covers the essentials in a clear and practical way. Both Apple and Android users welcome! Andrew specializes in helping adults feel more comfortable with technology through simple explanations, real-life examples, and step-by-step guidance. You'll not only learn what each button does, but when and why to use it.



New Canaan Land Trust Presents: The History of the Grupe House With Robin Bates-Mason

A Lunch and Learn Program

Thursday, June 4, noon, free



Discover the history of Grupe House, the historic headquarters of the New Canaan Land Trust at 1124 Valley Road. Originally built in 1805, the home later belonged to the Grupe family beginning in 1850 and to the Browne family in the 20th century. Over more than two centuries, this farmhouse has witnessed the changing landscape and history of New Canaan, while remaining one of the town's oldest surviving homes. Join us to learn more about the house, the families who lived there, and the Land Trust's vision for preserving its future. Lunch provided by New Canaan Land Trust.

Canasta Tournament Modern American Canasta Rules Meld of Five Saturday, June 6, 9:30 a.m. - 1 p.m., \$20.00

Come Celebrate our Canasta Community. Prizes, beverages and snacks!



Special Events

**A Visit to “The Dome” to View “Stars of the Pharaohs”
New Canaan High School Planetarium and Theater:
Introduction by NCPS Superintendent, Dr. Bryan Luizzi
Advanced registration required**

Tuesday, June 9, 1 p.m. - 2 p.m., free

Travel to ancient Egypt to see how science was used to tell time, make a workable calendar, and align huge buildings. You’ll learn about the connection the ancient Egyptians felt to the stars and various astronomical phenomena. We will meet in the high school’s main lobby **promptly** at 12:45 p.m.!

**Muscle Matters 101 with Mike Bacon
Thursday, June 11, 1 p.m., free**

Join the always-energetic Mike for a lively presentation of safe and effective exercise concepts to build strength and preserve muscle.



**Listening to Women’s Financial Concerns
A Conversation with Hillary McGrail**

Tuesday, June 16, 10 a.m., free

What concerns do women face, regarding their finances? What particular issues do women need to consider in planning for their economic security? Join Hillary McGrail for a Q&A session designed to help tackle financial questions and align financial plans with personal goals and values. Gain confidence with the knowledge that you can take responsibility and determine your financial future.

Hillary has over two decades of experience in the financial industry. As a Senior Relationship Manager at King Financial Network (KFN), she plays a pivotal role in guiding prospective clients through a comprehensive wealth management experience. Breakfast treats and coffee will be served.

Rock ‘n’ Roll Memories: The Music of Montserrat with Alan Sharpe

A Lunch and Learn Program

Tuesday, June 16, 12:30 p.m., free

Back by popular demand, Alan returns to discuss the impact and legacy of rock music’s greatest moments. This interactive presentation will highlight the Music for Montserrat, a benefit concert held in 1997, featuring celebrated American and British artists. You won’t want to miss it, so register now!

Please see page 8 for information on Alan’s future sessions, scheduled for June 23rd and 30th.

**Keeping Track of Your Online Subscriptions
With Kathy Collins**

Wednesday, June 17, 1 p.m., free

Many of us are signed up for multiple online services—from streaming platforms to cloud storage to apps. Without proper tracking, subscriptions can slip through the cracks, leading to unexpected charges or unused services. This presentation will discuss how to keep track of your subscriptions, how to review your active and expired subscriptions, and how to cancel subscriptions you no longer use.

Special Events



Candle Making with Karry Wilson

Thursday, June 18, 2 p.m., \$25

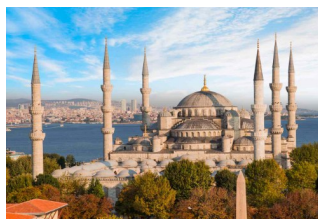
Who doesn't love the warm glow and soft scent of a luxurious candle? Come in and share an afternoon with friends, learning about the art of candle making! Pour your own candle, and enjoy treats and games. Karry Wilson, of the Riverfield House in Westport, will supervise this fun and engaging experience. All registrants will receive one of Karry's original candle creations, as well. Look for her line of candles and specialty products at Walter Stewart's market!

More History of New Canaan and Surrounding Area with Keith Simpson

July 8, 12:30 p.m., free

A Lunch and Learn Program sponsored by Staying Put in New Canaan

Local historian and landscape architect Keith Simpson provides in-depth insights into New Canaan's development, focusing on its evolution from 18th-century rural roots to a modern suburb—highlighting the impact of the Lapham family and Waveny Park, the creation of the Merritt Parkway, and the town's architectural and landscape history.



Take a Trip to Istanbul with Marc Wollin

Wednesday, July 15, 1 p.m., free

Marc Wollin returns by popular demand to take us on a tour of Istanbul! Come and experience the culture and history of this ancient city through the breathtaking photography of its people, architecture and landscape.

Medicare Basics and How To Use Medicare.gov

Presented by Kathy Collins, CHOICES Certified Medicare Counselor

Thursday, July 16, 11 a.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 and learn how to use the Medicare website, Medicare.gov.

Sweet 250: A Celebration of American Desserts

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



Celebrate classic American desserts! Bring your favorite homemade treat—or simply come to sample a variety of desserts. We look forward to sharing sweets and recipes and voting for the crowd favorite. From apple pie to s'mores bars to peach cobbler and more, you're sure to have a fun summer afternoon. Wearing red, white and blue is encouraged. Bring your patriotism and your sweet tooth!

Special Events

Heirlooms and the Stories Behind Them with Kelly Daniel of Modern Day Bids and Gail Sheffler of Your Life Well Told

Thursday, July 23, 10 a.m. - 11:30 a.m., free

What's it worth? And perhaps more importantly...what's the story behind it? That pocket watch...those tiny Limoges boxes....the painting that always hung in your parents' home. Some treasures carry monetary value. Others carry family history. The lucky ones carry both. Join us for a special workshop led by appraisal expert, Kelly Daniel, and family chronicler, Gail Sheffler.

Here's how it works: Bring **one** object you hope to pass on someday. Kelly will offer an approximate appraisal of its monetary value, and Gail will help you capture the story behind it, so that future generations can understand why it mattered. Without the back story, even treasured heirlooms can wind up at the White Elephant table at May Fair. Advance registration required, limited to 20 attendees.



A Summer Afternoon Tea with Treats

Wednesday, July 29, 2 p.m., free

We hope to see you at teatime for a relaxing (but highly civilized!) afternoon with friends, both old and new. Raise a cup — and that pinkie finger — as we enjoy a variety of teas and treats!



Creating Sugar Scrubs and Body Butters - Good, Clean Fun!

Tuesday, August 4, 2 p.m., \$20

Feeling indulgent? Treat yourself — and your skin — to an afternoon concocting luxurious, spa-worthy products that will smooth, invigorate, and hydrate. Karry Wilson, of Riverfield House in Westport, will demonstrate how to create these lush products, and everyone will take home their own original scrub and butter to use in their private “spa” at home! Spots are limited, so register now!



Make Your Own Ice Cream Sundae or Cone

Thursday, August 6, 1 p.m. - 2 p.m., free

There is no better way to spend a hot afternoon than enjoying this old-fashioned summer-time classic! Choose your favorite flavors, pile on the toppings, drizzle with sauces and create your very own cone or sundae masterpiece! Bon appetit!



Community Chats and Services



Chat and Breakfast with NCPD Officer Roy Adams

Tuesday, July 21, 10 a.m., free

Join Office Roy for an interactive and informative chat about concerns and happenings in town. Breakfast, coffee, and juice will be served.



Caregiver Spouse Support Group facilitated by Marcy Rand, LCSW

Tuesdays, June 2 - August 18, 11:30 a.m. - 12:30 p.m., free

The group is open to anyone caring for a spouse. 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, June 18 and August 20, (no meeting in July) 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.

Blood Sugar & Blood Pressure Clinic

1st and 3rd Wednesdays of each month, June 3 - August 19, 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 4, 18, July 9, 23, August 6, 27, 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.

Diabetes Self-Management Program

Fridays, May 22 - July 24, 12:30 p.m., (no classes June 19, July 3), free

Above age 60 and have diabetes or pre-diabetes? You are eligible to join an evidence-based 8-week long program at-no-cost. Sponsored by Monitor My Health and Southwestern CT Agency on Aging. This instructor led course will provide you with information on nutrition and wellness, how to thrive with diabetes and how to prevent diabetes complications. Attendance for all classes is strongly encouraged. Class size limited to 12.

Returning in the fall

Health Talks with Shannon and Ellen
Ask the Attorney with Nedder and Associates

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.



Crafty Tuesdays with Faith Kerchoff

Tuesdays, 9:30 a.m., free

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

The Art of Drawing

Wednesdays, June 3 - 24, 10 a.m. - noon, \$40

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. Taught by Jeanne McDonagh.

Acrylic Painting

Thursdays, June 4 - August 13, 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.

Summer Fun with Deb

Summer Cotton Canvas Tote Bag Craft

Wednesday, June 3, 2 p.m., \$5



Using attractive, summery fabrics, we'll create a fun, foldable tote bag, perfect for Summer books, a snack, farmers market visits, etc. Class limited to ten.

Beach Hut Craft

Wednesday, July 15, 2 p.m., \$5

Using wood supplies, paint and accessories, we'll create a 5-inch traditional Dorset beach hut to display on a book shelf or knick-knack table. Class limited to ten.

Ukulele Lessons with Lewis

Wednesdays, June 10 - August 12, 12:30 p.m., \$100

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



Art and Music Appreciation

Art Appreciation - Art and Architecture

Tuesdays, June 2 - July 28, 1 p.m. free

June 2 – Five Beautiful Buildings that Changed Architecture, 50 minutes

In this presentation we will look at five of the greatest and most influential buildings in Western architecture from the Greeks to the 20th century.

June 9 – The History of London in Seven Buildings, 52 minutes

Let's explore 1,000 years of London's history through some of its world-famous structures.

June 16 - The Art of Architecture: The Most Famous Museums and Galleries, 52 minutes

The world's greatest museums and galleries are shrines protecting human heritage. Which of these treasures immediately attracts our attention because of their architecture, design and construction?

June 23 - The Art of Architecture: The Top Ten City Squares, 52 minutes

Whether circular, rectangular or freeform, some of the world's most famous cities are easily recognizable by their famous city squares, plazas and piazzas.

June 30 - The Edge of the Possible: The Story of Utzon and the Sydney Opera House, 56 Minutes

This program tells the story of the design and construction of the Sydney Opera House.

July 7 - The Art of Architecture: The Most Amazing Bridges, 52 minutes

Each of the featured bridges is in some way unique, varying in architecture, construction and geography.

July 14 - Building a Palace, 52 minutes

A 17th-century treasure, the Chateau of Vaux-le-Vicomte, is one of the biggest private properties in France. This program will explore the construction project and architectural prowess of the builders who would go on to work on Versailles.

July 21 - Adventures in Architecture: Power, 45 minutes

Dan Cruickshank leads us on an exploration of buildings as gigantic statements of power having led to some of the most impressive structures on the planet. The fantasies of dictators, kings, sultans, warriors and the ruling classes are explored here.

July 28 - Adventures in Architecture: Monaco, 52 minutes

Built on a cliff more than 60 meters high, the Prince's Palace dominates Monaco and overlooks the sea. The construction started in 1215 and is still in progress today.

Music Appreciation

Rock 'n' Roll: Music, Moments and Memories with Alan Sharpe, continued

3 Tuesdays, June 16 - June 30, 12:30 p.m., free

Join Alan for another nostalgic look back at the music that defined an era. Listen and learn about the great artists of the generation, and rediscover their classic hits while hearing some of their new and unknown songs. The first session, a lunch and learn program, will focus on the 1997 benefit concert, The Music of Montserrat (see p.3 for details); subsequent sessions will focus on the life and work of Roy Orbison and the music of the Eagles. Come and enjoy the sounds of your youth! You're sure to leave each session with a smile and a soundtrack of new memories.

Art and Music Appreciation

Music Appreciation: The History of Classical Music

Mondays, June 1 - July 20, 2:30 p.m. free

June 1 – The Early Romantics, 47 minutes

Romanticism marched into the future while looking to an idealized past. As composers thought to capture this duality, they wrestled with the question of how truthful beauty really is and how beautiful the truth can be.

June 8 - The High Romantics, 49 minutes

In the War of the Romances, composers who sought to define their emerging national folk cultures in music also formed into two camps that disputed Beethoven's legacy: should composers conserve his brilliant forms or extend his innovative spirit?

June 15 - The Late Romantics and Early Moderns, 60 minutes

As the beautiful Romantic era came to a close, composers pushed beyond traditional musical structure to discover beauty and truth in musical expression, even without formal tonality. Russia and America emerged as new fields for modern composers.

June 22 - The Americans, 51 minutes

While composers around the world were drawing inspiration from their folk legends and histories, American composers developed jazz and musical theater into classical art music that captured the heart of the American spirit.

June 29 - Concert Performance by Hyperion Knight, 55 minutes

Enjoy pieces from Chopin, Liszt, Schuman, Brahms, Tchaikovsky, Rachmaninoff, Debussy, Joplin, Kern and Gershwin.

July 6 - The Development of Music, 31 minutes

From the time that Pythagoras discovered the mathematical ratios of harmonic scales, it took the greatest minds over two thousand years to tune the major and minor keys. Pope Gregory I, Charlemagne, Sir Isaac Newton and others contributed to the advancement of the science of music building to the crescendo of Baroque operas.

The Baroque Era: Bach, Handel and Vivaldi, 33 minutes

The Baroque saw the emergence of musical genius in composition and virtuosity of performance. Significant pieces discussed include Vivaldi's Four Seasons, Handel's Messiah and Bach's Brandenburg Concertos.

July 13 - The Classical Period: Haydn and Mozart, 31 minutes

The Classical Period synthesized opposing Rococo elements into a classic style and explored the capabilities of each instrument by giving each a crucial role in compositions.

The Classical Period : Beethoven and Schubert, 40 minutes

The late Classical Period led the way to the Romantic Era as composers revolutionized the expression of musical possibilities within the classical structure. Significant pieces of the period include Beethoven's Fur Elise.

July 20 - Concert Performance by Hyperion Knight, 49 minutes

Enjoy pieces by Bach, Mozart, Schubert, Beethoven and others.

Games

Building Bridge Skills with Mike Hess

Register for one, two, or all three
Mondays, 10 a.m. - noon, \$20 per class

June 1 - Defense

The hows and whys of defense including attitude, count and suit preference.

June 8 - Slam Bidding

How to reach your slams. Mike will cover control bidding as well as Roman Key Card Blackwood and Gerber.

June 15 - Lebensohl

Welcome to the most exotic convention in bridge. This topic will cover how to compete when your opponents over call your one no trump opening bid.



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.

Open Play Mahjongg, free

Wednesdays, June 3 - July 1, 5 p.m. - 7 p.m.

Thursdays, June 4 - August 13, 2:30 p.m. - 4 p.m. (new start time!)

If you already know how to play Mahjongg, join us for some Mahjongg fun.
All levels welcome.



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.

Rummikub Open Play

Wednesdays, thru August 12, 2 p.m., free

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

History, Travel and Science

Fascism: Yesterday and Today

6 Mondays, June 15 - July 20, 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.



Life on the Home Front During WWII Presented by Art Gottlieb

Tuesdays, June 30, July 14, 21, 28, 11 a.m., free

This four-part series will highlight several critical events that were impactful on Americans at home during the Second World War.

June 30 - Liberty Ships

July 14 - Women at War

July 21 - Manzanar

July 28 - The Best Years of Our Lives

Great Castles of Europe (continued)

Tuesdays, June 2 - 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.



The Great Tours of Ancient Egypt (continued)

Wednesdays, June 3 - July 22, 10 a.m., free



The Great Tours: A Guided Tour of Ancient Egypt is a series from The Great Courses led by Egyptologist Melinda Hartwig. It features virtual tours of major sites—Giza, Luxor, Abu Simbel, and museums in Cairo—focusing on art, architecture, and history. This course takes you deep inside the tombs, temples, palaces, and dwellings of the ancient Egyptians. Discussion led by Ken Hecht.

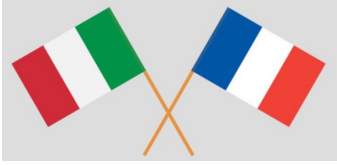
Big History: The Big Bang, Life on Earth and the Rise of Humanity

Thursdays, June 4 - August 13, 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 the beginning 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 fall session. Discussion led by Ned Monaghan.



Language Meet-Ups



Summer Conversations

Join new friends and old, while keeping up your language skills. These fun, informal groups will meet weekly to discuss cultural and current events.

French Conversation

5 Thursdays, July 2 - 30, 11 a.m., free

Facilitator, Christine Haley, is a native Parisienne and former art historian for the Metropolitan Museum of Art.

Italian Conversation

Details to follow. Please call Lapham at 203-594-3620 for more information.

Literary Corner

Lapham Reads Mysteries and Thrillers

Discussions led by Kathy Collins

Thursday June 25, 1 p.m., free

June 25: *Marble Hall Murders* by Anthony Horowitz

While reading a manuscript for a new mystery, editor, Susan Ryeland, discovers a link between the manuscript's plot and a real-life, unsolved murder from twenty years ago—leading to a complex mystery and multiple suspects and motives.

World History Book Group

Discussion led by Ken Hecht

4th Tuesday of every month, June 23, July 28, and August 25, 2:30 p.m., free

June 23: *Precious: The History and Mystery of Gems Across Time* by Helen Molesworth

A renowned jewelry expert recounts her career working with nature's most extraordinary treasures—gemstones—and traces these rare jewels from ancient Egyptian records through the high-stakes auctions of today. Molesworth is an international authority hired to appraise the extraordinary jewelry of such clients as the British royal family. *Precious* is packed with inside stories about fabulous jewels associated with generations of celebrities, from Cleopatra (emerald) to Catherine, Princess of Wales (sapphire); from Marilyn Monroe (pearl) to Beyoncé (garnet); from Jackie O (pearl) to Lady Gaga (diamond) and more.

July 28: *Founding Mothers: Remembering the Ladies* by Cokie Roberts

Legendary journalist Cokie Roberts' New York Times bestseller, *Founding Mothers*, is an intimate and illuminating look at the fervently patriotic and passionate women whose tireless pursuits on behalf of their families—and their country—proved just as crucial to the forging of a new nation as the rebellion that established it. Drawing upon personal correspondence, private journals, and even favored recipes, Roberts reveals the often surprising stories of these fascinating women in the American Revolution, bringing to life the everyday trials and extraordinary triumphs of individuals like Abigail Adams, Mercy Otis Warren, Deborah Read Franklin, and others.

August 25, *A Pig in Provence* by Georgeanne Brennan

Thirty years ago, Georgeanne Brennan set out to realize the dream of a peaceful, rural existence in Provence. She and her husband, with their young daughter in tow, bought a small farmhouse with a little land, and a few goats and pigs and so began a life-affirming journey.

Physical Fitness

Balance and Posture for Fall Prevention with Ellen

Mondays, June 8 - August 10, 10 a.m., (no classes June 29 and July 27), \$80

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

Mondays, June 8 - August 10, 11 a.m., (no classes June 29 and July 27), \$80

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

Mondays, June 1 - August 10, 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.

Advanced Fit for Life with Mike

Thursdays, June 4 - August 13, 2:15 p.m., free

Participants must be capable of strenuous exercise and be able to get up from a sitting position on the floor without assistance. This class focuses on upper, lower, and core muscle strength.



Muscles in Motion

Tuesdays with Leigh, June 23 - August 11, 11 a.m., \$80

Thursdays with Linda, June 4 - August 13, 11 a.m., \$110

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 - Intermediate

Tuesdays with Leigh, June 23 - August 11, noon, \$80

Thursdays with Linda, June 4 - August 13, 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

Thursdays with Linda, June 4 - August 13, 1 p.m., \$110

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!

Physical Fitness

Super Stretch - Preventing Pain and Improving Mobility with Steve

Mondays, June 1 - August 10, 1:15 p.m., \$110

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

Mondays, June 1- August 10, 2:30 p.m., \$110

Wednesdays, June 3 - August 12, 2:30 p.m., \$110

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

Wednesdays, June 3 - August 12, 1:30 p.m., \$110

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.

Steve will have a sub for the first 3 weeks of classes for Qigong and Yoga.

Beginning Pilates with Joyce, all levels

Tuesdays, June 9 - August 11, 8:30 a.m., \$100

Thursdays, June 4 - August 13, 8:30 a.m., \$110

We will use flex bands, small balls, and fitness circles. The purpose of props is to add extra resistance, making muscles work harder. This helps with strengthening, toning, and improving muscle endurance. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on-the-Ball with Joyce, advanced

Tuesdays, June 9 - August 11, 9:45 a.m., \$100

Pilates-on-the-ball exercises strengthens core muscles, improves balance, enhances flexibility, protects joints, and keeps workouts engaging. Ball class makes exercises more challenging and fun. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

Thursdays, June 4 - August 13, 9:45 a.m., \$110

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 abdominals, back, and hip muscles while improving balance and flexibility. Limited to 15.

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 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
- Select programs may be available on a limited basis to non-residents for an additional fee.

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. If New Canaan Public Schools are on 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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