



Winter 2025 - 2026



Exchange Club Holiday Party at Waveny House

Wednesday, December 10, 11:30 a.m., free

Enjoy a festive lunch catered by Walter Stewart's Market, hosted and sponsored by the Exchange Club of New Canaan. Gifts and a special visit included! Space is limited; reserve early, so you don't miss this treasured holiday event with live festive music!

Reservations are required; deadline December 7th. Call 203-594-3620.

Holiday Craft Fair

December 2 - 4, 10 a.m. - 2 p.m.



Stop by our holiday sale for one-of-a-kind handmade holiday gifts, decorations, treats, and more. Find the perfect thing for even the hardest to buy for!

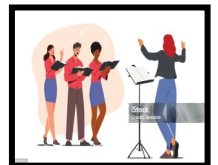
Proceeds support local charities; good for yourself and for your community!

NCHS Madrigals

A Holiday Performance

Monday, December 22, 11 a.m., free

Celebrate the holidays with the festive music of the NCHS Madrigals! This extraordinarily talented group of singers is sure to delight, as they perform a variety of seasonal songs. Light refreshments will be served.



Hours

M - Th, 8:30 a.m. - 4:30 p.m.

Fri. 8:30 a.m. - 2 p.m.

Closed

December 25, 26

January 1, 19

February 16

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

Lapham Community Center, Waveny Park, 677 South Avenue, New Canaan CT 06840

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

Lapham Center is open to ALL New Canaan residents, aged 21 and older

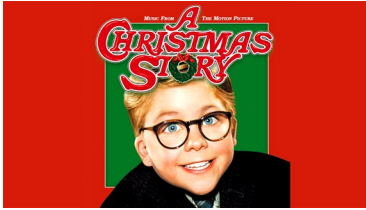
Special Events

Gingerbread House Decorating

Thursday, December 4, 1 p.m., free

Hosted by Tricia McDermott of Clever and Crafty

Celebrate the season with festive crafts. We will be decorating gingerbread houses! No need to bring anything but your creativity and good cheer! Coffee and cookies will be provided. Limited space; please call early to reserve your spot: 203-594-3620.



A Christmas Story Holiday Movie and Hot Cocoa

Wednesday, December 17, 11 a.m., free

Join us for this fun Christmas classic, and enjoy some coffee, cocoa, cookies and company. Based on the humorous writings of author Jean Shepherd, this beloved holiday movie follows the wintry exploits of youngster Ralphie Parker, his brother and friends in the weeks leading up to Christmas Day. Guaranteed to warm your heart and leave you in the Christmas Spirit.

Travel Together: Planning for Multi-Generational and Group Vacations with Travel Guru, Beth Dwyer

Tuesday, January 13, 2:00 p.m., free

Planning a multi-generational trip can feel overwhelming, but it doesn't have to be! Join **Beth Dwyer, of Bespoke Destinations, LLC** to explore a variety of popular options for multigeneration and group vacations—including cruising, guided group tours, African safaris, villa stays, and custom bucket-list adventures. Whether you're hoping to bring the whole family together or planning a memorable getaway with friends, you'll discover practical tips, inspiring ideas, and strategies to make group travel smooth, enjoyable, and stress-free. Come with your ideas and questions!

Beth Dwyer, a New Canaan resident for more than 30 years, launched her travel business in 2019, inspired by her passion for travel and exploring the world. She grew up traveling with her extended family and continues the tradition with her own family. With a lifetime of experience, Beth knows how to create journeys everyone will enjoy.



Game Time with Mike Bacon: Name That Face!

Wednesday, January 14, noon, free



Mike returns as emcee of our newest game: Name That Face! Guaranteed to bring a smile to *your* face, as you test your recall and identify famous world leaders, authors, entertainers, scientists and others in this fast-paced contest. Don't miss this opportunity to share laughs and knowledge with your friends at Lapham. You might even learn a new name or two. Lunch will be served.

Special Events

It's Teatime!

Tuesday, January 20, 2:30 p.m., free

Get out of the cold and enjoy an old-fashioned tea with friends. A variety of teas, sandwiches and treats will be served. No pearls or white gloves necessary! See you at teatime!



Tech Workshops

With Cooper Young and George Geist of Good Kid Tech

Thursdays, January 29, February 12, February 26, March 26, 2 p.m., free

We are very excited to welcome back experts, Cooper and George, for several helpful tech discussions! Each program will begin with a fifteen-minute presentation on a tech-related topic, such as A.I. or cyber security, followed by time to answer your personal tech questions.



Demystifying AI - From Hype to Daily Impact

with Malcolm deMayo, Former Global VP for Financial Services, NVIDIA

Wednesday, February 4, noon, free

A Lunch and Learn Program

This AI presentation will demystify artificial intelligence by defining AI in plain language, exploring its main forms—from classic machine learning to cutting-edge large language and agentic models—and tracing its evolution and practical uses both in enterprise and daily life. Attendees will discover how AI is transforming industries and why the global race toward Artificial General Intelligence (AGI) matters. The discussion will also address the ethical, social, and existential questions that make headlines, including concerns about control and societal risk. No technical background is needed—bring your curiosity and questions, and leave confident and informed enough to engage thoughtfully with AI in your daily lives.

Malcolm deMayo recently retired from his position as Global Vice President for Financial Services at NVIDIA. A New Canaan resident for more than thirty years, he enjoys sharing insights from his extensive career and looks forward to connecting with friends and neighbors in the Lapham Community.



Flower Arranging with Juliet Howe of Twigs Design

Tuesday, February 10, 11 a.m., \$50.00



Spend a cozy winter morning creating beautiful, sustainable floral arrangements with New Canaan local, Juliet Howe, founder of **Twigs Design**. In this hands-on workshop, Juliet will guide you through eco-friendly, approachable floral design techniques, sharing some of her favorite tips and creative strategies as you craft your own unique arrangement. Containers and choice of fresh flowers will be provided. Participants are asked to bring clippers, if possible.

Juliet Howe, founder of **Twigs Design**, has lived and gardened in New Canaan, CT, since 2003. Juliet creates custom seasonal containers for doorsteps, patios and pools, provides floral designs for events, and teaches classes in floral arranging.

Special Events



Valentine's Bingo

Friday, February 13, 11 a.m., free
Bingo and prizes with a Valentine's Day theme.

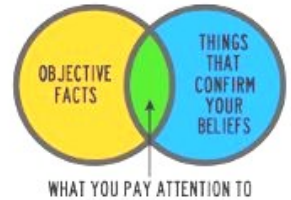


Brain Bugs - Recognizing Cognitive Biases And Building Healthier Thinking Habits

Wednesday, February 18, 10:30 a.m., free

Join **Gabriel Corredor**, founder of **Evergreen Daytime Senior Care**, for an engaging presentation on how confirmation bias, the spotlight effect, and loss of aversion quietly influence our decisions - and how understanding them can help us think more clearly, act more confidently, and connect more effectively.

Evergreen serves the "forgotten middle" — older adults who wish to stay living at home as long as possible — offering back-to-back engaging activities, chef-prepared meals, and light care in a warm, social environment that helps families keep loved ones thriving at home. Coffee and treats will be served.



Understanding Hospital and Subacute Evaluations: Purpose, Process and Patient Benefits

Thursday, February 19, 11 a.m., free

Ever wonder why hospitals and subacute care facilities conduct so many tests and evaluations? Join Kathy Collins to learn about the purpose behind these assessments, how they help ensure safety, guide treatment and support recovery.

How to Use My Rec with Kathy Collins

Tuesday, February 24, 11 a.m., free

Don't let MyRec ruin your day. If you've used MyRec to register for a program at Lapham only to find out when you come to the program that you were not registered, this talk is for you. Join Kathy to learn how to use this system to register for all your Lapham programs and activities. We'll review Step-by-step how to create an account, browse programs, add choices to your account, register and receive confirmation.

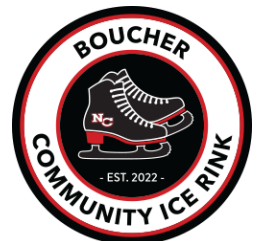
Skating Lessons for Adults

4 Wednesdays, January 7 - 28, 2:15 - 3:00 p.m., \$125.00

Last fifteen minutes of lesson is free skating time.

(Skates will be provided for those who need them.)

These group lessons for older adults will focus on mastering skating fundamentals in a relaxed, social setting. Depending on the skill level, lessons may focus on starting and stopping, changing direction, crossovers, and other skills. Instructors will work with each participant based on his or her skill and comfort level; all participants should be comfortable moving across the ice without support. The rink will be closed to other skaters during this time. Class size is limited to ten with a minimum of four students. **Lesson policies:** We will offer one makeup lesson per session for cancellations due to inclement weather. If we need to cancel a class, we will notify Lapham via email at least one hour prior to the lesson start time. Please note all skaters must wear helmets for the duration of each lesson. Neither the instructors nor the rink staff are permitted to assist skaters in putting on helmets and/or skates.



Community Chats and Services

Life Reimagined

Thursdays, December 18, January 15, February 19, 1 p.m., free

Purposeful living promotes happiness, better sleep, 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, will 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

Fridays, January 9, February 13, 11 a.m. - noon, free

Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. These engaging discussions will help improve your mood and your health! Topics will be announced in our eblasts. Please register in advance.

Blood Sugar & Blood Pressure Clinics

**Second and Fourth Wednesdays, January 14, 28, February 11, 25, 12:30 p.m., free
(no clinics in December)**

Ellen Samai 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.

Please note: December 10 clinic has been cancelled.



Ask the Attorney with Nedder and Associates, by appointment

Thursdays, December 11, January 8, February 12, 2 p.m. - 4 p.m., free

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

Free Medicare Counseling

Second and fourth Thursdays, December 11, January 8, 22, February 12, 26, by appointment, free

Dick Neville is a CHOICES certified Medicare counselor providing 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. Sessions are offered free of charge to New Canaan residents and Town employees. Call 203-594-3620 to schedule an appointment. No drop-ins please. Certified counselors have completed a comprehensive training program on Medicare administered by the Department of Aging and Disability Services State Unit on Aging.

Art and Music

Acrylic Painting

10 Thursdays, December 11 - February 26, 10 a.m. - noon, \$100

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.**

The Joy of Drawing

8 Wednesdays, January 7 - February 25, 10 a.m., \$80 (plus \$10 materials fee)

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 implement the concepts of line, value and gesture when drawing from observation or personal photos. Every class will start with a demonstration, and individual attention will be given to each student. **Taught by Jeanne McDonagh**

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.

No Classes Dec. 29, Jan. 19, Feb. 16



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.

No Classes Dec. 29, Jan. 19, Feb. 16

Clever and Crafty with Tricia

Quilling Snowflakes

Thursday, January 15, 1 p.m. - 2 p.m., free, limited to 15

Felt Needling Penguins

Thursday, February 12, 1 p.m. - 2 p.m., free, limited to 15



Ukulele Lessons with Lewis

10 Wednesdays, December 3 – February 18, 12:30 p.m., \$100
(no classes Dec. 24, and 31)

Lewis teach a variety of chords, techniques, and songs. **This** class is for those who have some experience with a ukulele.

Cooking

January: Everyday Indian Cooking – Simple & Wholesome

Tuesday, January 13, 11 a.m., \$60

Dishes: *Poha (Spiced Flattened Rice), Beetroot Stir-Fry, Okra Stir-Fry, Chapati (Whole Wheat Flatbread)*

Start the year by learning how to prepare light, flavorful Indian meals that are perfect for everyday cooking. We will make *Poha*, a comforting dish made from flattened rice with onions, curry leaves, and peanuts — a favorite Indian breakfast or light meal. We will also make colorful vegetable stir-fries with beetroot and okra, and finish with soft, homemade *Chapatis*.

Skills you'll learn:

- Tempering spices for authentic Indian flavor
 - Sautéing vegetables for texture and color
 - Kneading and rolling chapatis
 - Creating balanced vegetarian dishes with simple ingredient
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February: South Indian Breakfast & Sweet Delights

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

Dishes: *Idli (Steamed Rice Cakes), Sambar (Lentil Vegetable Stew), Coconut Chutney, Carrot Halwa (Warm Carrot Dessert)*

Experience the comforting flavors of South India with this breakfast-themed class!

We will learn to make *Idli*, soft and fluffy steamed rice cakes, served with a hearty lentil stew (*Sambar*) and fresh *Coconut Chutney*. To end on a sweet note, we will prepare *Carrot Halwa*, a traditional dessert made by slow-cooking grated carrots in milk, ghee, and sugar.

Skills you'll learn:

- Fermenting batter for perfect idlis
 - Making authentic sambar from scratch
 - Blending and seasoning chutneys
 - Preparing traditional Indian desserts
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March: North Indian Favorites – Rich & Flavorful

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

Dishes: *Chole Bhature (Spiced Chickpeas with Fried Bread), Paneer Tikka (Grilled Marinated Cheese)*

Explore the bold and vibrant tastes of North Indian cuisine.

We will prepare *Chole*, a flavorful chickpea curry simmered with tomatoes, onions, and spices, paired with soft, puffed *Bhature*, a deep-fried bread made from flour and yogurt. We will also make *Paneer Tikka*, cubes of Indian cheese marinated in spiced yogurt and grilled until golden.

Skills you'll learn:

- Marinating and grilling for smoky flavors
- Deep-frying bread to light, fluffy perfection
- Layering spices for rich, aromatic curries
- Balancing tangy, spicy, and creamy elements

Your instructor, **Nita, is the founder of Golden Bites Kitchen** and 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.

Games

Supervised Play with Mary

8 Tuesdays, January 13 - March 10, 10 a.m. - noon, \$96 (no class TBA)

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



True Beginning Bridge Part 2 with Mary

8 Tuesday January 13 - March 10, 1 p.m. - 3 p.m., \$120 (no class TBA)

This class is for Students who have finished Mary's Beg. Bridge class and for those who know how to play but need a refresher. This class will continue to cover the basics with more practice playing hands. Limited to 12.

One-Time Intermediate and Advanced Bridge Classes with Mike Hess

November 24, Defense, 10 a.m., \$15

December 1, Lebensohl : Handling Opponent's Interference over no trump openers, 10 a.m., \$15

Beginning Bridge Part 2 with Mike Hess

4 Fridays, November 21 - December 19 , 10 a.m. - noon, \$80 (no class Nov. 28)

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 Bidding and Play of the Hand with Mike Hess

6 Mondays, January 5 - February 23, 10 a.m. - noon, \$90 (no classes Jan. 19, Feb. 16)

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

Introduction to New Canaan Men's Club Bridge

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

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! 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. You do not have to be a member of the Men's Club to play.

No registration required. Just show up and play!

Games



Beginning American Mahjongg

Session 1, December 8, 9, 9:30 - 11 a.m. \$60

Session 2, January 12, 13, 14, 9:30 a.m. - 11 a.m. \$90

Session 3, February 9, 10, 11, 9:30 a.m. - 11 a.m., \$90

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

Open Play Mahjongg

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

Fridays, 10 a.m. - noon, free

Once you've learned to play, or if you know how to play and are looking for a game, just stop by Lapham during open play time.

Mahjongg Strategy class: How to pick a Hand

Wednesday, January 28, noon, free

Join Aggie in learning how to choose a hand and make the Charleston work for you.

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.



History

The World of Churchill with Mark Albertson

8 Mondays, December 8 - February 9, 10:30 a.m. - noon, \$80 (no classes Dec. 29 and Jan. 19)

Much of this course about Winston Churchill is told by the man himself—conveyed through his own writings. The era, 1874 to 1965, is a period of rapid change in government, economy, society, innovation and, of course, war. Churchill will stand front and center, playing a decisive role in this cataclysmic evolution of man and his world. Monarchy dies; replaced by Marxism, Fascism, Nazism, unbridled militarism, Democracy, and Republicanism; yet, the Great Game for empire continues unabated, and man continues his quest for resources, territories and strategic domination.

Food: A Cultural Culinary History Cont'd

18 Tuesdays, December 2 - April 8, 9:15 a.m., free

The drive to obtain food has been a major catalyst across all of history, from prehistoric times to the present. In fact, civilization itself began in the quest for food. Humanity's transition to agriculture was not only the greatest social revolution in history, but it directly produced the structures and institutions we call "civilization." In 36 fascinating lectures, this Great Course series by award-winning Professor Albala, puts this extraordinary subject on the table; you'll travel the world discovering fascinating food lore and culture of all regions and eras - an eye-opening lesson in history as well as a unique window into what we eat today. Discussion led by **Ken Hecht**.

History

War, Peace and Power: Diplomatic History of Europe 1500 - 2000 (continued)

Thursdays, December 4 – January 29, 9:15 a.m., free

For much of the past five centuries, the history of the European continent has been a history of chaos, its civilization thrown into turmoil by ferocious wars or bitter religious conflicts - sometimes in combination - that have made and remade borders, created and eliminated entire nations, and left a legacy that is still influencing our world. This course explores the evolution of European diplomatic relations, focusing on how states interacted during periods of both conflict and peace; examining the interplay of war, peace and the pursuit of power in shaping Europe's political landscape. Discussion led by Ned Monaghan.



Please note: The American Revolution class previously listed for the winter session will begin February 5. Thank you. Sorry for any inconvenience.

The Great Tours: Germany and Austria

12 Wednesdays, January 7 - March 25, 10 a.m. - 11:30 a.m., free

Germany and Austria are treasure troves of European culture, and both countries offer enthralling and memorable destinations for travelers. This lecture series will immerse you in these two unforgettable nations, visiting extraordinary sites from Roman fortresses, majestic cathedrals, and medieval cityscapes with resplendent castles and palaces to modern wonders of industry and futuristic urban planning. The series will also highlight some of the world's most beloved cities, which brim with local traditions, iconic beers and foods, and the unique culture of the Teutonic world.

Art Gottlieb's History Discussions

Tuesdays, January 20, 27, February 17 and 24, 11 a.m., free

January 20: General George Patton and General Omar Bradley

This program will highlight the backgrounds, lives, and military careers of these well-known but very different, American Generals.

January 27: General Eisenhower and Field Marshall Montgomery

This program will discuss the background of the collaborative yet tense relationship of these two powerful figures of the European and Mediterranean theatres of WWII

February 17: General Douglas MacArthur and the Korean War

Having achieved legendary status for his lead role in the Pacific Theatre during World War II and as the de-facto leader of occupied Japan afterwards, the redoubtable General Douglas MacArthur was the logical choice to lead United Nations coalition forces at the outbreak of the Korean War. Although keen as a wartime strategic leader, MacArthur's goals ran afoul of President Truman's leading to the five-star general's abrupt and highly sensationalized dismissal.

February 24: General Creighton Abrams

Having served in WW II and the Korean War, General Abrams is best remembered as General Westmoreland's successor as Commander of Military Operations in Vietnam from 1968 to 1972.

Languages

Intermediate French: 11 Wednesdays, December 3 - February 25, 11 a.m., \$165 (No classes Dec. 24, 31)

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

French Conversation: 10 Mondays, December 1 - February 23, 10:30 a.m., \$165 (no classes Dec. 29, Jan. 19, Feb. 16)

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. **This course is taught by Nell Mednick.**



Beg. Italian Part 2 : 11 Tuesdays, December 2- February 24, 9 a.m., \$220 (no classes Dec. 23, 30)

For students that have taken her fall Beg. class or have some Italian and want to start on their learning journey again. Students will learn to speak, understand write and read simple Italian using examples from everyday life. It will provide students with a basic foundation in the Italian language and grammar.

Italian Conversation: 11 Tuesdays, December 2 - February 24, 10 a.m., \$220 (no classes Dec. 23, 30)

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

Intermediate Italian: 11 Wednesdays, 3- February 25, 9 a.m., \$220 (no classes Dec. 24, 31)

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 class are taught by Edda Gusman

***The Ultimate Italian Textbook* is used; copies are available for sale, if needed.**

Literary Corner

Lapham Reads

Thursdays, January 22 , February 26, 1 p.m., free



January 22: *The Almost Sisters* by Joshilyn Jackson

Set in the modern day South, *The Almost Sisters*, tells the story of Leia Birch Briggs, a comic book artist who returns to her small Alabama hometown to help her grandmother. While there, Leia uncovers a hidden family secret dating back to the Civil War that forces her to re-evaluate her family and herself.

February 26: *Forget Me Not* by Stacy Willingham

Investigative journalist Claire Campbell has spent twenty-two years haunted by her sister Natalie's murder. She has not returned to her hometown in fifteen years, but when her ailing mother needs her help, Claire is forced to return. What begins as a reluctant homecoming soon pulls Claire back into the dark, dangerous past she's tried to escape.



World History Book Group

Discussion led by Ken Hecht

Tuesdays, December 16 January 27 February 24, 2:30 p.m., free

December 16: *The Art Spy* by Michelle Young

Based on troves of previously undiscovered documents, *The Art Spy* chronicles the brave actions of the key Resistance spy in the heart of the Nazi's art looting headquarters in the French capital. A veritable female Monuments Man, Volland has, until now, been written out of the annals. While Hitler was amassing stolen art for his future Führermuseum, Volland, his undercover adversary, secretly worked to stop him. She came face to face with Reichsmarschall Hermann Göring, passed crucial information to the Resistance network, and faced death during the last hours of Liberation Day.

January 27: *The Big Oyster* by Mark Kurlansky

Award-winning author Mark Kurlansky tells the remarkable story of New York by following the trajectory of one of its most fascinating inhabitants—the oyster. For centuries, New York was famous for this particular shell-fish, which until the early 1900s played such a dominant a role in the city's life that the abundant bivalves were Gotham's most celebrated export, a staple food for all classes, and a natural filtration system for the city's congested waterways.

February 24: *An Edible History of Humanity* by Tom Standage

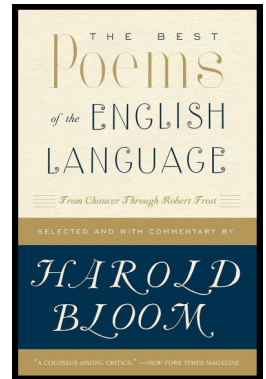
More than simply sustenance, food historically has been a kind of technology, changing the course of human progress by helping to build empires, promote industrialization, and decide the outcomes of wars. Tom Standage draws on archaeology, anthropology, and economics to reveal how food has helped shape and transform societies around the world, from the emergence of farming in China by 7500 B.C. to the use of sugar cane and corn to make ethanol today. *An Edible History of Humanity* is a fully satisfying account of human history.

Literary Corner, continued

Readings in Poetry: *The Best Poems of the English Language from Chaucer through Robert Frost* by Harold Bloom (Zoom only)

7 Tuesdays, January 20 - March 17, 9:45 a.m., free (no class February 17)

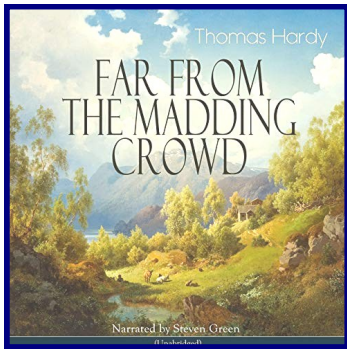
Join us for a fun and lively discussion of Harold Bloom's carefully curated collection of the finest poetry in English. Each week, we will read and share our thoughts on select works, as we move through the anthology, more or less chronologically. Expand or renew that joy in verse and rhyme, and give it a try! Texts can be purchased; however, links for online selections will be sent, if preferred. Steph Stiles, novelist and former British literature professor, will guide discussions.



Great Works of World Literature: *Far from the Madding Crowd* By Thomas Hardy

7 Thursdays, January 15 - March 12, 11 a.m. - 12:15 p.m. (no class Feb. 19)

Enter the world of Hardy's rural Wessex in the novel considered his "warmest and sunniest." Ranked as one of the top ten greatest love stories of all time, the tale chronicles the joys, sorrows, and passions of the "woman farmer," Bathsheba Everdene, as she learns to understand both herself and her place in the constraining society of early Victorian England. Our informal discussions will invite all participants to share their ideas and insights into this classic novel of heartbreak, forgiveness, and self-acceptance. Stephanie Stiles, novelist and former British literature professor, will guide discussions.

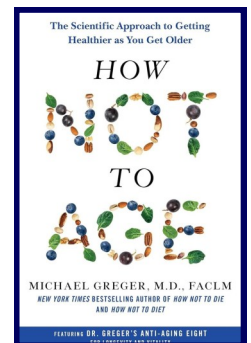


How Not to Age

A Fit for Life Book Talk with Mike Bacon

4 Thursdays, January 8 - 29, 1 p.m. - 2 p.m., free

We will review and discuss all of the most promising anti-aging strategies. Dr Greger outlines the best evidence-based methods to preserve body function. When Dr. Michael Greger, founder of NutritionFacts.org, dove into the top peer-reviewed anti-aging medical research, he realized that diet could regulate every one of the most promising strategies for combating the effects of aging. In *How Not to Age*, the internationally renowned physician and nutritionist breaks down the science of aging and chronic illness and explains how to help avoid the diseases most commonly encountered in our journeys through life.



Movies

Winter Drop in Movies

***Thelma*, Friday, January 16, 11 a.m., free**

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her .

***Wicked*, Friday February 20, 11 a.m., free**

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

Art and Music Appreciation

Art Appreciation

Museum Masterpieces: The Met

9 Tuesdays, January 6 - February 24, 1 p.m., free

"Museum Masterpieces: The Metropolitan Museum of Art" is a Great Courses series taught by Professor Richard Brettell that explores the Met's extensive collections through 24 half-hour lectures. It serves as a comprehensive guide to the museum's various departments, highlighting key works and offering insights for appreciating art

Music Appreciation

In Search of the Great Composers

10 Mondays, January 5 - March 23, 2:30 p.m. - 3:15 p.m., free (no classes Jan. 20, Feb. 17)

These globally celebrated films each explore a great composers life through his work. The music, performed by prominent artists, is intertwined with the composers life and letters. Internationally celebrated documentary filmmaker Phil Grabsky travelled the world over several years to film first class performances, and interview musicians and historians of the highest regard. In Search of Mozart charts the composers life through his music with over 80 works featured. His letters reveal an extraordinary person, full of joy, passion, and sensitivity. Delving beneath the mythological image, In Search of Beethoven reveals new and endearing insights into this legendary composer. Fifty-five extraordinary performances capture the excellence of an array of world-class artists. In Search of Haydn is a visual and aural extravaganza offering a fresh interpretation of the pioneering music and the man. In Search of Chopin is the result of a four-year quest to make new discoveries about this musical genius.

Offerings for Spring

Watch Out for These Upcoming Events

St. Patrick's Day Irish Dancers

Patriotic Film Festival

Celebration of American Poetry with Ned Monaghan

Physical Fitness

Beginning Pilates with Joyce, all levels

11 Tuesdays, December 2- February 24, 8:30 a.m. \$110 (no classes Dec. 23, 30)

11 Thursdays, December 4- February 26, 8:30 a.m., \$110

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, December 2- February 24, 9:45 a.m., \$110 (no classes Dec. 23, 30)

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

11 Thursdays, December 4 - February 26, 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 abdominal, back, and hip muscles while improving balance and flexibility. This is the perfect blend for creating a long, lean, strong, flexible, and balanced body and mind. Limited to 15.

Muscles in Motion with Debbie - Intermediate

11 Tuesdays, December 2– February 24, 11:00 a.m. \$110 (no classes Dec. 23, 30)

10 Thursdays, December 11 - February 26, 11:00 a.m., \$100

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

Cardio Plus Strength with Debbie - Intermediate

11 Tuesdays, December 2 – February 24, noon, \$ 110 (no classes Dec. 23, 30)

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,

10 Thursdays, December 11 - February 26, noon, \$100

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!

Beginning Tai Chi with Deby Goldenberg

11 Wednesdays, December 3 - February 25, 10:30 a.m., \$55 (no classes Dec. 24, 31)

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. Open to all levels. Instructor, Deby, has taught Tai Chi for the past 15 years and is a 3rd degree black belt in martial arts.

Physical Fitness, continued

Fit for Life with Mike

10 Mondays, December 1 - February 23, noon, free (no classes Dec. 29, Jan. 19, Feb. 16)

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.

Balance & Posture for Fall Prevention with Ellen

9 Mondays, December 1 - February 23, 10 a.m., \$90 (no classes Dec. 15, 29, Jan. 19, Feb. 16)

This program is designed to decrease the risk of falling by practicing balance exercises. You will also improve upper and lower strength. Participants must be able to stand on one leg while holding onto a chair for support. Strength training with lightweights included.

Moving with Arthritis with Ellen

9 Mondays, December 1 - February 23, 11 a.m., \$90 (no classes Dec. 15, 29, Jan. 19, Feb. 16)

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, as you follow along. The exercises can be performed sitting or standing. Strength training with lightweights included.

Super Stretch with Steve - Preventing Pain and Improving Mobility

**10 Mondays, December 1 – February 23, 1:15 p.m., \$100
(no classes Dec. 29, Jan. 19, Feb. 16)**

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, December 1 – February 23, 2:30 p.m., \$100 (no classes Dec. 29, Jan. 19, Feb. 16)

11 Wednesdays, December 3 – February 25, 2:30 p.m., \$110 (no classes Dec 24, 31)

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

11 Wednesdays, December 3 - February 25, 1:30 p.m., \$110 (no classes Dec. 24, 31)

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.

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 all classes are filled.
- Please register for **all** activities, including free offerings.
- Due to high demand, registrations for special events may be limited to two per person, per semester, at the discretion of Lapham.
- 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 - Thursday 9 a.m. - 4 p.m. Friday till 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 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.

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