



**Summer 2023**



## Lapham Center – Come for class, stay for community

### Summer Hours

Monday	8:30 am - 4 pm
Tuesday	8:30 am - 4 pm
Wednesday	8:30 am - 7 pm
Thursday	8:30 am - 4 pm
Friday	8:30 am - 1 pm

### New Website and Registration Information!

To register for our programs please create an account on our new website, MyRec. If you need help creating an account or registering for programs, please stop by Lapham and we will help you create your account.

MyRec is for all New Canaan Dept. of Recreation and Lapham Center programs.

You may use the link below to access the log-in page.



## Pizza and the Pops A preview of Norwalk Symphony's Pops in the Park Concert

**Wednesday, May 31, lunch noon; program 12:30pm, free**

Jonathan Yates, Music Director and Conductor, will discuss and play pieces from this season's chosen theme, "A Night in Hollywood," featuring music from film and television classics. Sandra Miklave, Executive Director of the Norwalk Symphony will share information about the symphony's Pops in the Park program.

**(The New Canaan Pops in the Park concert featuring the Norwalk Symphony will be held at Waveny Park, Sunday, June 11, 6pm - 8pm)**



## Indian Cooking With Akansha Kohli

**Friday, May 19, 11am, free**

Akansha takes us through the process of preparing, cooking, and enjoying the classic Indian dish tikka masala (butter chicken). Immerse yourself in the scents and tastes of India in this fun and interactive class.

**Please register for summer programs through our NEW registration website:**

<https://www.newcanaan.info/departments/recreation/index.php>

**Lapham will be closed for the following date: June 19, July 4, and September 4**

Phone: 203-594-3620

Cell: 203-970-5458

Email: [Laphamcenter@newcanaanct.gov](mailto:Laphamcenter@newcanaanct.gov)

## Special Events



### Wednesday Night Dinners on our Patio

June 7 - August 23, 5pm - 7pm

**Kick-off party June 7 with pizza on the patio!**

Plan a perfect summer evening at Waveny Park.

Bring your dinner and enjoy the atmosphere and the company!

After dinner attend the summer concert on the lawn at Waveny Mansion.

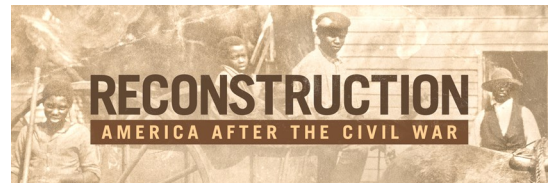
### AARP Driver Safety Course

**Monday, June 5, 9am - 1pm, \$20 for AARP members; \$25 for non-members**

The AARP Smart Driver™ course will help you refresh your driving skills. Learn more about driver safety strategies, accident avoidance, and defensive driving. Completion of the course may help you save on your auto insurance! Space is limited; registration required. Checks payable at door.

### Post-Civil War Reconstruction With Art Gottlieb

**Tuesday, June 13, 10am, \$10**



Art Gottlieb will discuss this often overlooked but critical period of American history. Essential in understanding the social and political environments of both the 20<sup>th</sup> century and the beginning of the 21<sup>st</sup>, a specific focus will be placed on the 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup> Amendments to the United States Constitution.



### The Kimono: The Art of the Japanese Dressing

**Presented by The Japan Society of Fairfield County**

**Wednesday, June 14, 1pm, free**

Discover the rich history and evolution of the kimono, the traditional Japanese robe. Learn about its cultural significance, various styles, and forms for particular cultural occasions. A few lucky volunteers will be able to try on a vintage kimono during a dressing demonstration!



## Everyday Vitality

Thursday, June 22, 1pm, free

Enhance your health and peace of mind with Qigong Vitality Movements. Alleviate a wide range of symptoms including anxiety and depression, joint pain, metabolism function and much more. Qigong is literally translated as “energy exercise.” Qigong practice strengthens your own personal feeling of vitality. Join

Jacques Depardieu, National Board Certified in acupuncture and Chinese herbs, who has been in continuous practice for 23 years, to learn more about this powerful healing modality.

## Lawrence of Arabia with Stephen Johnson

Monday, June 26, 11am, free

Over a hundred years have passed since his famous desert campaigns, yet Lawrence still commands our attention. “*Lawrence: A Distant Look Back*” will examine many of the faces, places, and contributing factors that helped create the legend. Join Steve Johnson as we travel in the footsteps of one of history's most colorful characters.



## What I Wish I Knew Before I Retired

Wednesday, June 28, lunch 12:30pm, program 1pm, free

A lunch and learn program sponsored by Staying Put in New Canaan

Retirement investment strategy can be complicated and confusing. Join lawyer and investment counsel, Julie Jason, JD, LLM, to get insights into how to make the process more enjoyable and less stressful. Learn how to avoid common pitfalls and discover how to manage a portfolio that will last a lifetime!

Julie Jason, JD, LLM, is the founder of Jackson, Grant Investment Advisers, Inc., a fiduciary only-and-always boutique serving high-net-worth families since 1992.

## What is CBD and what are its health benefits?

Tuesday, July 11, 12:30pm, lunch and presentation, free

What is CBD? What does it do to the body? What are the positive effects of using CBD? These and other questions will be addressed by Paul Borde, owner of Primabee, in an information session on CBD. A lunch and learn sponsored by Staying Put in New Canaan.



## Summer Bingo and Pizza

Wednesday, July 12, 4pm, \$10



Come yourself or bring a child, grandchild, or neighbor along to enjoy an afternoon of fun and games. Prizes for adults and kids of all ages!

## Art History



### Art of The American West Fact & Fiction; Reality and Myth

7 Tuesdays, May 9 - June 20, 1pm, free

Tom Davies & Nick Ranieri are collaborating again to benefit all of us!

This video series explores the American West in Art

The American West inspired artists to portray its breathtaking landscape, abundant wildlife, and the adventures and lives of its people.

### Western Wrap-up Party!

Tuesday, June 20, 2pm - 4pm, \$10 per person

Join us for western style light-fare!

### Art History on Screen

5 Tuesdays, June 27 - August 1, 1pm, free

This film series will present the biographies and the works of various artists, including Munch, Kahlo, Bosch, Dali and American Impressionists.

## Art Classes

### The Art of Drawing

6 Wednesdays, May 31 - July 5, 10am, \$72

Offering a comprehensive foundation in drawing, introducing concepts using live demonstrations and examples from modern and historic works of art. Each class will start with a demonstration and individual attention will be given to each student. Whether you're new to drawing or an experienced artist, this class is sure to challenge and excite you. **Instructor: Jeanne McDonagh**

### Acrylic Painting

7 Thursdays, June 1 - July 13,

11am - 1pm, \$84

Strengthen your painting fundamentals as you take your artwork to the next level with instruction by Althea Ericsson. 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.**

### Folk Art Woodcarving

Thursdays, June 1, 15, 29, July 13, 27,  
August 10, 24, 12:30pm, free

New Canaan resident **Dennis Taylor** offers a series of woodcarving sessions for those who want to explore this time-honored craft.

### Crafts with Aggie

4 Wednesdays, 5pm - 7pm, free

June 7 - Beginning Needlepoint  
June 21 - Beginning Jewelry making  
July 5 - Christmas in July crafting  
July 19 - Watercolor

## Entertainment & Games

### Summer Movies on Wednesdays, 2pm, free

**June 7 - The Quiet Girl**, 1h 35m. Set in rural Ireland in 1981. A quiet, neglected girl is sent away from her dysfunctional family to live with foster parents for the summer. She blossoms in their care, but in this house where there are meant to be no secrets, she discovers one. IMBd rating 7.7.

**June 14 - Reggie**, 1h 44m. Following the story of baseball megastar Reggie Jackson as he contemplates his legacy as one of the first iconic black athletes, a pioneer in the fight for dignity, respect and a seat at the table. IMBd rating 7.1.

**June 21 - Till**, 2h 10m. Based on the true story of Mamie Till-Bradley, an educator and activist who pursued justice after the murder of her 14-year-old son Emmett in August 1955. IMBD rating 7.1.

**June 28 - Wildflower**, 1h 45m. A girl navigates life with two neuro-divergent parents and an extended family that can't quite agree on the best way to help them. IMBd rating 7.5.

Check our e-blasts for movie listings for July and August.

### Learn American Mah Jongg in one class, free

Saturday, June 10, 10am - noon

or Wednesday, June 14, 6pm - 8pm

Learn how to play this fun and easy game! We will show you how set up and start the game, choose a hand, brush up on the rules of the game, offer tips, and, finally, begin a supervised game of Mah Jongg.

### Supervised Play with Mike Hess

4 Mondays, June 5, 12, 26, July 17, 10am - 2pm, \$60 (no class July 3)

This class is intended for Intermediate/Advanced players and/or Duplicate tournament competitors. Providing an opportunity to focus on actual play of the hand and defensive strategy, modern bidding and playing techniques. **Mike** has been teaching bridge for 30+ years, is a Diamond Life Master, and has earned over 5,000 master points. He authors the "Ask the Expert" column for *Kibitzer Magazine*.

#### Chess with Chess Champion Nate Moor

Tuesdays and Thursdays, 9am - 2pm, free

Learn to play or test your skills with a champion! **By appointment only; call 203-594-3620 to schedule a one-hour session.**

#### Board & Lawn Games

Wednesday, 10am

Banana-grams

Thursday & Friday noon - 2pm

Monopoly, Corn hole, Scrabble, Giant Jenga, Parcheesi, Trivia Pursuit, Pictionary, & more !



### Billiards for Everyone

Wednesdays, 2pm - 7pm

If you're looking to have some fun, learn to play pool, all are welcome. We will run a tournament at the end of May.

## History

### The 20th Anniversary of America's Invasion of Iraq

5 Mondays, June 5 - July 17, 10:30am, \$50 (no classes June 19 & July 3)

On March 19, 2003, American and British forces invaded Iraq. While the campaign resulted in the speedy defeat of Saddam's armed forces it created a protracted conflict and counterinsurgency against a variety of Sunni, Shia and Jihadist groups that continues today. The end result will be another American political defeat, akin to that of Vietnam; and, what will follow in Afghanistan. The Iraq debacle will lead to a more assertive Iran (due in part to the advent of Shia leadership in Iraq), causing a decline in the decades-long Saudi-American relationship and an attempt by China to fill the developing political and strategic void. **Taught by Mark Albertson**



### The American West History, Myth, and Legacy

12 Wednesday, June 7 - August 23,  
10:30am, free

The legendary people and events we associate with the Wild West - the last stand at the Alamo, the exploits of Calamity Jane, the hardships of the Oregon Trail - are even more fascinating once the historical realities have been separated from the myths. Designed to shine a light on the American frontier, this lecture series is a way for you to experience the grit and grandeur of an epic period in American history. Professor Allitt uncovers new historical angles and perspectives about events and themes ranging from the Lewis and Clark expedition to the Indian Removal Act, to the creation America's first national parks.

### Exploring Your Family History With Gail Junion-Metz

6 Tuesdays, June 6 - July 18 (no class July 4)  
10:30am - noon, \$60

Have you ever wondered who your ancestors are? Or already done some research but want to find more about them? If so, this course is for you! Learn how to use online tools to research relatives and create a family tree using the free website, FamilySearch. The course will show you how to search for your ancestor's records, create a your family tree, and how to add photos, documents, and stories to your tree.

**Gail Junion-Metz** has been teaching online genealogy for 20 years. Her goal is to make finding your ancestors fascinating and above all fun!

### The Rise of Rome

Discussion led by Ned Monaghan & Pete Stair

12 Thursdays, May 4 - July 27, 9:15am, free (no class June 29)

**The Roman Empire: From Augustus to the Fall of Rome** traces the breathtaking history from the empire's foundation to its Golden Age in the 2nd century CE through a series of ever-worsening crises until the empire's ultimate collapse. The lecture series offers a chance to experience a new history of Rome, incorporating the latest historical insights that challenge our previous notions of the empire's decline.

## Languages

### Intermediate French

**4 Thursday, June 1 - June 22, 10:45am, \$60**

If you're looking for practical lessons that will help you get results and feel great about your progress, then this class is for you! Learn the basics of French from a French native at a realistic pace in a very relaxed and supportive environment. Must have some French Language knowledge Taught by **Georgia Lehnert**.

### French Conversation

**6 Mondays, June 5 - July 24, 10:30am, \$90 (no classes June 19, July 3)**

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 provides students with enjoyable cultural quizzes. Taught by **Nell Mednick**

### Spanish Conversation

**6 Mondays, June 5 - July 24, 12:30 p.m., \$90 (no classes June 19, July 3)**

This class is for those who have a working knowledge of the Spanish Language, can converse, and are able to read and write in Spanish. The instructor will facilitate conversation, and add to your vocabulary, and grammar. She includes articles, cultural quizzes and more. Taught by **Nell Mednick**.

### Language Meet-ups: Informal Discussion Groups for All!

Italian Wednesdays at 9am

Spanish Tuesdays, 10am

French Mondays, 12:30pm

## Music

### Broadway: The American Musical

**6 Mondays May 15, - July 10, 2:30pm, free (no class June 19, July 3)**

A six-part PBS documentary series chronicling the Broadway musical throughout the 20th century!

### Ukulele Lessons with Uncle Zac & Lew

**11 Wednesdays, June 7 - August 16, \$110**

**Beginners, noon - 1pm Players, 1pm - 2pm**

**The beginner class** is for students with little or no experience with a ukulele. If you need a uke, Uncle Zac will bring one for you to borrow.

**The player class** is for those who have some experience with a ukulele.



## Physical Fitness

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

**10 Mondays, June 5 - August 14, noon, \$90**

This class is 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.

### **Men's ONLY Yoga**

**8 Monday, May 8 - July 17, 2:30pm, \$72 (no classes May 29, June 19, July 3)**

**11 Wednesday May 10 - July 19, 2:30pm \$99**

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.

### **NEW Qigong**

**8 Wednesdays, June 7-July 26, 11:30am \$80**

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, lymphatic, and digestive functions. Students at all levels will benefit from this practice.

**Classes taught by Steven Whitaker**

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

**10 Tuesdays, June 6 - August 15, 8:30am, \$90 (no class July 4)**

**11 Thursdays, June 1 - August 17, 8:30am, \$99 (no class July 27)**

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 6 - August 15, 9:45am, \$90 (no class July 4)**

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, June 1 - August 17, 9:45am, \$99 (no class July 27)**

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.



## Physical Fitness

### Balance & Posture for Fall Prevention with Ellen

**9 Mondays, June 5 – August 14, 10am, \$90 (no classes June 19, July 3)**

This program is designed to decrease the risk of falling and improve upper and lower body strength. Posture exercises will strengthen the muscles that support the spine and contribute to overall balance and alignment. Strength training with light weights included. Chairs will be used for support.

### Moving with Arthritis with Ellen

**9 Mondays, June 5 - August 14, 11am - 11:30am, \$45 (no classes June 19, July 3)**

Ease pain and stiffness with The Arthritis Foundation mini full body exercise program. Ellen will lead you through all the Arthritis Foundation joint exercises for you to practice at home. This program is designed to reduce inflammation and help you achieve more flexibility and range of motion.

#### Fit for Life with Mike

**10 Mondays, June 5 - August 14, 1:15pm, \$60  
(no class June 19)**

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. **Taught by Mike Bacon**

#### Gentle Chair Yoga with Beverly

**11 Wednesdays, June 7 - August 16, 9:30am, \$110**

This class will improve overall health and well-being. It will bring about higher levels of energy as well as better coordination, concentration and agility. Yoga is helpful in reducing pain, symptoms of chronic illness and the effects of long-term medication.. This class is also appropriate for beginners and those recovering from surgery. **Taught by Beverly Leighton**

### Muscles in Motion with Debbie - Intermediate

**8 Tuesdays, June 6 - August 1, 11am, \$81 (no class July 4)**

**10 Thursdays, June 1 - August 3, 11am, \$90**

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 6 - August 1, noon, \$81 (no class July 4)**

**10 Thursdays, June 1 - August 3, noon, \$90**

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, hybrid

**8 Tuesdays, June 6 - August 1, 1pm, \$81 (no class July 4)**

It's never too late to exercise! Strengthen your heart, muscles and bones and increase the range of motion of your joints – all while seated in a chair. It's fun and engaging!

**Yang Style Tai Chi Fundamentals, all levels CLASS IS FULL**

**5 Thursdays, June 1 - June 29, 1:30pm, \$75**

## Services

### Medicare Counseling, free

**Thursdays, June 8, 22, July 13, 27, August 10, 31, by appointment only**

**Dick Neville** is a Medicare counselor trained by CHOICES, the State of Connecticut program which trains volunteers to provide Medicare education in their communities. If you are turning 65, he can guide you through enrolling in Medicare, choosing a Medicare supplement plan and a Part D prescription drug plan, and understanding the Medicare Advantage Plan. He can also help if you have other questions about Medicare. These sessions are offered free of charge to New Canaan residents and Town employees. **Call 203-594-3620 to schedule your appointment. No drop-ins please.**

### Blood Pressure Clinic - Every Other Monday of Each Month

**Mondays, June 12, 26, July 10, 24, August 10, 11am - noon, free**

In-Person Blood Pressure Clinics with **Bethany Zaro, RN, MPH**, Director of Human Services.

**Call 203-594-3620 to schedule your appointment.**

### Tech Help with Beckett and James

**4 Tuesdays, May 16 - June 6,**

**12:30pm - 2pm, free**

Register online or call 203-594-3620 to schedule your one-on-one tech support appointment.

### Life Reimagined - 3rd Thursday of Each Month

**Thursdays, June 15, July 20, 1pm, free**

An informal and friendly discussion group led by Marcy Rand, Adult and Senior Service Coordinator and Robin Rockafellow, LCSW, to explore our interests, abilities, knowledge, and activities in connection to the community around us.

## Trips

### Culinary Institute of America Lunch and Tour

**Tuesday, May 23, \$140 per person**

Lunch at C.I.A's Caterina De' Medici ristorante with a pre fixe menu followed by a tour of C.I.A.

### Bateaux Boat Cruise of New York Harbor

**Thursday, June 29, \$145 per person**

Experience a buffet cruise on the East and Hudson Rivers while soaking in New York's skyline views. The cost covers transportation to and from the venue, lunch, the cruise and the priceless scenery!

**Space is limited; registration required. Please make check payable to the New Canaan Senior Center. Drop off or mail to Lapham Community Center, P.O. Box 83, New Canaan, CT 06840.**