



FALL 2016 NEWSLETTER

Welcome to Lapham Center

This Fall Newsletter is being mailed town-wide as we have done every fall for years. Our other seasonal newsletters will be available on our website at www.laphamcenter.org and at the Center. Send us your email address if you want to know when the newsletter is posted.

For most classes you can register online or call us with a credit card. You can also mail the registration form on page 15. Registration starts now and will continue until classes are filled.

All adult New Canaan residents (not just seniors!) are welcome to take classes and participate in other activities at Lapham. There is no membership fee or requirement beyond town residency and the ability to participate.

There are many new and revamped classes being offered this fall—be sure to read all the newsletter and check them out!

Lapham Center Celebrates 20 Years!

Wednesday, September 14, 1:30 - 3 p.m.

You are invited to our 20th Birthday Party! First Selectman Mallozzi will recognize this significant achievement, we'll show "then and now" photos and videos, cut a very special Lapham Center cake, give tours, show off our art students' work and more. Come help us celebrate!



Behind the Smile During the Glamour Years of Aviation

Tuesday, September 20, 1:30 p.m., Free

The 1960's were a more innocent and glamorous time of air travel, when passengers dressed formally, smoking was permitted, and the captain allowed in-flight visits to the cockpit. But the other side to the flight attendant's profession was also hard, sometimes unglamorous and dangerous. Author/former flight attendant **Bobbi Phelps Wolverton** will share fascinating true tales including flying into Vietnam war zones, having babies born in flight, and harrowing landings in extreme weather.

Reimagine Your Travel Experiences

Thursday, September 29, 1-2 p.m., Free

When it comes to travel, it's all about the experience. Whether you are heading out by yourself or in a group, near or far, what can you do to curate more fun, greater happiness and a better sense of well being?

That's the challenge that Travel Blogger **Nina Lesiga** took on. She'll share insights and tips that will inspire new thinking about how to make trips exceptional.

Lapham Community Center
Senior Center
of New Canaan, Inc.

In Waveny Park

Mail: P.O. Box 83
New Canaan, CT 06840

203-594-3620

www.laphamcenter.org
director@laphamcenter.org

Medicare Annual Enrollment

October 15 – December 7

This is your once-a-year chance to select your Part D drug plan for 2017. The plan you had in 2016 might not be best for you next year. See page 12 to find out how to get a free appointment with one of our Medicare counselors.

Snow Policy

If New Canaan schools close for weather, we will close. If they delay, call Lapham after 8 a.m. or check our website to find out what classes will be held.

*There are no fees for special events unless lunch is included (\$5). **Please also let us know you are coming so we set up enough chairs and make sufficient handouts.***

Lapham Center 20th Anniversary
September 14 (see page 1)

Free MetLife Financial Seminars

"Ever wish your Required Minimum Distributions were not required right now?"

Wednesday, September 14 at 1:30 p.m.

Recent changes to the U.S. Treasury regulations now allow you to delay taking required minimum distributions (RMDs) until as late as age 85 for a portion of your IRA and qualified plan assets. Join us for a presentation where we discuss how to do that.

Bobby Bennett, CLTC and **Dave O'Sullivan, MBA** have more than 25 years' experience in investing and retirement planning.

"Tax Diversify Your Retirement Income"

Wednesday, September 28 at 1:30 p.m.

People must increasingly rely on personal savings and assets, so they need to consider how their savings vehicles will be affected by taxes. With proper planning, you can minimize the effect taxes will have on your retirement planning.

With over 25 years of experience, **Bobby Bennett, CLTC** and **Jim Murphy** specialize in retirement income strategies.

"Could your Healthcare Plan Cripple your Retirement Plan?"

Tuesday, October 18 at 10 a.m.

Do you have a retirement plan in place? Have you considered what an extended care event could do to that plan? And, what consequences that would have for your family? Come learn how to plan for this.

Bobby Bennett, CLTC and **Paul Collard, CLTC** are both certified in Long Term Care planning. Paul has dedicated his entire career to extended care planning.

Succession Planning for Individuals

Wednesday, September 21, 10:30 a.m., Free

David Van Buskirk, Assistant VP and Business Development Officer at First County Bank in Norwalk, and **Agnieszka Maciejewski**, Branch Manager in New Canaan, will bring a Trust Officer from the Bank and a local attorney. They will cover the legal issues and explain the formulation of a viable plan for succession for individuals.

DAR Genealogy Workshop

Thursday, September 29, 1 p.m., Free

Have you ever wondered whether you have an ancestor who fought in the Revolutionary War? The Daughters of the American Revolution will present a workshop on today's DAR, and will give you tips and strategies for a successful application. New Canaan DAR Regent, **Lisa Melland**, and Registrar and professional genealogist, **Kathleen Tesluk**, will offer a short presentation followed by hands-on help with finding your own connection to the American Revolution.

Probate Judge William Osterndorf

Wednesday, October 5, 11 a.m., Free

Meet Judge of Probate William Osterndorf who presides over the combined Darien - New Canaan Probate Court in Darien. Judge Osterndorf will explain probate, talk about services available in his office and answer your questions.

Hands on New Canaan

With New Canaan Volunteer Ambulance Corps

Thursday, October 6, noon, Free

Approximately 300,000 people annually suffer sudden cardiac arrest outside a hospital setting. Less than one in four receives CPR. Studies show survival rates fall 10% each minute without CPR. Hands-Only CPR has been shown to double or even triple a victim's chances of survival. Learning the techniques that may allow you to save a life takes only 15 minutes. AED training also included. Please register; limited to 20.

Healthcare Fraud Prevention

Wednesday, October 12, 1 p.m., Free

The Senior Medicare Patrol empowers seniors to protect themselves from becoming victims of healthcare fraud through information and education on detecting Medicare fraud and billing errors. **Marie-Laurette Desrosiers** will discuss the program, the consequences and cost of fraud, and what you can do.

Halloween Bingo

Wednesday, October 19, 1 p.m., Free

Aggie and a surprise caller will call a variety of bingo games with fall-themed prizes.

Please reserve your spot by Friday, October 14 and let us know if you will also come for pizza at noon (\$5).

Thanksgiving Lunch at Lapham

Wednesday, Nov. 9, 11:30 a.m., \$5

Susan Goodman will cook a traditional Thanksgiving lunch with all the trimmings.

After lunch we will play Thanksgiving and American History Trivia so get your thinking caps on!

Reservations are needed by Friday, November 4 at 203-594-3620.

Lunch Program

Tuesdays at noon starting Sept. 13, \$5

Thanks to Waveny Care Center, we serve a choice of a hot or cold meal at noon on Tuesdays. Please call us for a reservation before 10 a.m. the Monday before.

**Crafts Fair to Benefit
Local Charities - Crafts Needed!**

Over the last few years volunteers created many beautiful items for our Holiday Fair which has raised thousands of dollars for the New Canaan Food Pantry, Getabout, Library and VFW.

They plan to do another Fair for local charities in early December. If you can knit, paint, sew, or crochet for the Fair, please call Lyn at 203-594-3620.

AARP Driver Safety Program

Tuesday, September 13

8:45 a.m.-1 p.m., \$15/\$20

AARP Driving Instructor, **Roger**

Colson, will lead a driving class that will give you valuable driving tips and a state-mandated reduction on your car insurance of at least 5% for two years.

To register send a check payable to AARP to the Senior Center, P.O. Box 83, New Canaan. If you are an AARP member, your cost is \$15, if not, the cost is \$20. Please write your date of birth on your check and your AARP membership number, if applicable.

Friday Coffee Hour

Fridays at 11 a.m. beginning Sept. 9, Free

Join **Melba Neville** for Health, Humor and History discussions along with coffee and goodies (sometimes homemade!).

Lapham Center Holidays

Labor Day, September 5

Columbus Day, October 10

Thanksgiving, November 24 and 25

Call the Getabout at 203-972-7433



The Getabout has been serving New Canaan seniors and those unable to drive for more than 30 years. This service can be used for most daily activities including banking, shopping, dining, hair appointments, community activities or doctor visits. Just call 24 hours ahead.

Four ways to register: online, by phone, by mail or in person

Fees for most of our classes are paid to Town of New Canaan and you can register for these classes on-line, by phone, mail or in person (use the form on page 15).

Senior Center trips and AARP still have to be paid for by check.

You must have a Recreation Department User Name and Password to use Online Registration. Call us at 203-594-3620 for a temporary User Name and Password.

We can also take telephone registrations for Town classes (you give us your credit card information over the phone) and for free classes.

fine arts and crafts

Acrylic Painting Techniques and More

10 Thursdays, Sept. 15-Nov. 17, 10-12, \$80

This is a fun course for beginners and those who want to improve their painting techniques. **Althea Ericsson** will guide you through the fundamentals of composition, color values, and perspective while you discuss other artists and how they achieve their style.

Portrait Class

10 Thurs., Sept. 15-Nov. 17, 12:30-2:30, \$80

Artist **Althea Ericsson** will teach the fundamentals of painting or drawing the human face. Composition, perspective, proportions, and the effect of light and dark will be explored.

You can use acrylics, pastels or pencil to create your portraits.

Knitting and Crochet

most Thursdays, 10 - noon, Free

Bring your knitting or crocheting projects or learn how to knit or crochet with **Lu Brown** and other talented stitchers on Thursdays. We have needles, hooks and yarn if you want to learn and a nice group of women to have coffee and chat.

Pen and Watercolor with Regina Custer

10 Fridays, Sept. 16-Nov. 18, 10-12, \$100

Pen and watercolor is a lot of fun. You don't have to be perfect at drawing to enjoy this class. Light washes of watercolor are layered over a simple or detailed line drawing. You will learn exciting techniques to create texture and shading in a variety of subjects! Supply list available at sign up.

NEW: Illustrating Food with Watercolor

4 Mondays, Oct, 17-Nov. 7, 10-12, \$40

Regina loves food and wonders what could be more exciting, healthier and less fattening than the fun of painting the forbidden foods we love or the really healthy foods we just don't get enough of! We'll paint from leafy greens, fruits and veggies to breads and cupcakes with whipped cream on top! Bon appetit! Supply list available at sign-up.

Crafty Tuesdays

most Tuesdays, 10-noon, Free

This group works on a variety of crafts, all of which are sold to benefit local charities.

Beginning Needlepoint on 4 Mondays, 2-3 p.m., October 17-November 7

Learn nine basic needlepoint stitches by completing a stitch sampler with the assistance of **Aggie Aspinwall** who teaches at The Enriched Stitch in Wilton. After learning these stitches you will be able to needlepoint a belt, stocking, pillow or whatever you like. The \$20 supply fee is payable to the instructor. Those working on other needlepoint projects who need a little help or who just like to stitch with others, are welcome to attend as well.

computers and technology

Tech Help from the Library

Laura Miller, Digital Services Librarian, and **Tina Kennedy**, Instruction and Reference Librarian, will be bringing their knowledge and passion for learning to Lapham Center on the first Tuesday of each month at 2 p.m. starting October 4. We will email topics and details - look forward to a knowledge-filled fall!

Technology Help

Use the emails below to schedule an appointment for one-on-one tech help; if you can't email, call Aggie or Lyn at 203-594-3620. *We request a donation of \$20.*

The PC Doctor - pcdoctor@laphamcenter.org

Having a problem with your PC or tablet? Want advice on buying a new computer? Have PC repair questions? Let one of our experienced volunteers help you resolve the issue or guide you to your answer.

The Mac Tutor - mactutor@laphamcenter.org

We have some help if you own an Apple product! **Marylou Wilkinson** will give you a hand with the software or set up.

Lapham Center has free wi-fi. Drop in anytime with your laptop or other device.

exercise

NIA or Cardio Core Dance - Leslie, 11 Mondays, Sept. 12 - Nov. 28, 8:30 a.m., \$66

Nia (**N**euromuscular **I**ntegrative **A**ction) and Cardio Core Dance are fun cross-training programs that provide a non-impact aerobic workout to revitalize the body, mind, and spirit! They utilize movements from dance, martial arts and healing arts to develop endurance, flexibility, balance, and strength. All levels are welcome.

Parkinson's Fitness - Carolyn, 11 Mondays, Sept. 12-Nov. 28, 2:45 p.m., \$110

Carolyn is a Parkinson's Specific Fitness Trainer whose students generally experience less pain, increase their stride, re-establish muscle memory, shuffle less, develop greater balance, walk longer distances and stand for longer periods of time, pain-free. Check out Carolyn's presentations on Balance and Parkinson's Fitness on page 9.

Essentrics - June Bird, 10 Wednesdays, Sept. 14-Nov. 16, 8:30 a.m., \$60

This is a full body, re-balancing, strengthening and flexibility program which is no-impact, weight-free and safe for all ages. It helps to unlock tight muscles and decompress the joints, leading to maximum range of movement, pain relief and injury prevention.

NEW: Dance Fitness - Melinda, 10 Wednesdays, Sept. 14-Nov. 16, 10:30 a.m., \$60

Move to the beat of popular songs from Motown to current hits! Easy-to-follow choreography and high energy instruction will have you tapping your toes and having so much fun that you will forget that you're working out! Perfect for the beginner and challenging for the advanced.

Melinda Zupaniotis is a personal trainer and group fitness instructor whose passion lies in Senior Fitness and helping people live their most fun and active lives, regardless of age.

cardio + strength * chair fitness * muscles in motion

Updated: Cardio Plus Strength – Debbie

11 Tuesdays, Sept. 13– Nov. 22, 12:05 p.m., \$66 or 11 Fridays, Sept. 9 – Nov. 18, 9:45 a.m., \$66
C+S offers thirty minutes of moderate intensity cardiovascular training followed by strength training using hand-held weights. We will finish off with flexibility work. Weights provided.

Updated: Chair Fitness – Debbie

11 Tuesdays, Sept. 13– Nov. 22, 11 a.m., \$72, 11 Thursdays, Sept. 8– Nov. 17, 12:05 p.m., \$66
11 Fridays, September 9 – November 18, 11 a.m., \$66
Chair Aerobics consists of cardiovascular training, muscle conditioning and stretching while seated in a chair. Standing exercises are included using the chair for balance. New music.

Updated: Muscles in Motion - Debbie

11 Mon., Sept. 12-Nov. 28, 3 p.m., \$66 or 11 Thursdays, Sept. 8 – Nov. 17, 11 a.m., \$66
Muscles in Motion stimulates, strengthens and tones muscles, which protect bones and joints, and enables better posture. Standing and seated exercises along with mat work are included. The class ends with stretching all muscles involved. New music.

arthritis and balance exercises with ellen

Moving with Arthritis

11 Fridays, Sept. 9–Nov. 18, 12:05 p.m., \$66
11 Mon., Sept. 12-Nov. 28, 12:30, \$66
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. You will leave class feeling renewed.

Balance & Posture:

"You don't have to fall!"

11 Fridays, Sept. 9–Nov. 18, 11 a.m., \$66
This program is designed to decrease the risk of falling and improve upper and lower body strength. We will use our muscles that support the spine which are crucial to overall balance and alignment. Chairs will be used for support.

fit for life with mike

11 Mon., Sept. 12-Nov. 28, 1:45-2:45 pm, \$66

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 will integrate elements of sports conditioning, yoga and Pilates. It is a dynamic program, yet it is safe and every aspect is scalable to almost any fitness level.

pilates-on-the-ball and mat exercises with joyce

11 Tuesdays, Sept. 13– Nov. 22, 9:55 a.m., \$66, Intermediate,
11 Thursdays, Sept. 8 – Nov. 17, 9:55 a.m., \$66, Intermediate
11 Thursdays, Sept. 8 – Nov. 17, 11 a.m., \$66, Beginners

Pilates-on-the-ball Exercises improve your balance and strengthen your core. A combination of mat Pilates and stability ball (Swiss ball) exercises performed with specific breathing patterns to strengthen the core muscles such as the abdominals, back, and hips. You will improve your flexibility, balance, and posture. Take a beginner mat class (no ball) if you are new to Pilates; bring a mat.

qigong, tai chi and yoga

Gentle Yoga for Every Body - 11 Mondays, Sept. 12-Nov. 28, 9:45-11 a.m. \$110 - **Suzan**

Yoga offers participants a gentle, full-body stretch and, through self-awareness, fosters improvements in posture, while increasing balance, flexibility, strength and stamina. Yoga is also known to decrease stress, muscle tension, and blood pressure. Proper breathing techniques promote health in all body systems. This is a chair-based yoga.

Align & Flow Yoga, Open Level Class, 11 Mondays, Sept. 12-Nov. 28, 9:45 a.m., \$132 - **Susan**

This system of Hatha Yoga utilizes principles of alignment that, when learned and practiced, allow for ease of movement on and off the mat. Practicing yoga becomes an art form as the alignment principles provide the basis for a deeper opening of the mind, body and heart. Bring a mat.

Qigong - 11 Mon., Sept. 12-Nov. 28, 11 a.m., \$66 - **Bill**

Qigong (Chi Kong) is a Chinese system of exercise designed to improve health, increase vitality enhance mental focus and reduce stress. A typical class includes rhythmic, gentle movements, deep breathing, meditation and self-massage. Qigong can be done either standing or sitting, and benefits everyone.

Intermediate Amrit Yoga 8:30 - 9:45 a.m. - **Suzan**

11 Tuesdays, Sept. 13 – Nov. 22, \$110 or 11 Thursdays, Sept. 8 – Nov. 17, \$110

Amrit Yoga revitalizes the body, calms the mind, and deepens self-awareness bringing the body, mind, and spirit into a state of harmony and balance. A sequence of yoga postures stretches and strengthens the entire body releasing chronic tension. Energy then flows to the areas of your body most in need of rejuvenation and healing. Bring a mat to class.

Yang-Style Tai Chi Chuan, 11 Tuesdays, Sept. 13 – Nov. 29 – **Wendy**

(no class September 20) Beginners - 1:30-2:15 p.m., Intermediates - 2-3 p.m. \$66

Wendy Moore is a fifth generation teacher in the direct lineage of the founder of the Yang Style Tai Chi Chuan. She was sanctioned to teach in 1989 by the late Grand Master Min Pai.

Modern medical research has shown that, properly practiced, Tai Chi's slow meditative motions can reduce heart rate and blood pressure, and increase stamina, balance, leg strength and vital energy. You will also learn a profoundly deep breathing and no-thought meditation.

NEW: Qigong + Tai Chi - 10 Wednesdays, Sept. 14-Nov. 16, 9:35-10:35 a.m., \$60- **Lucy**

Students will learn a beautiful Tai Chi form and also practice 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.

Lucy Gao is a certified Qigong/Tai Chi instructor who graduated from the Institute of Integral Qigong and Tai Chi. She is currently working as an assistant teacher with Master Wang Feng-Ming, an internationally recognized master and successor of Chen Style Tai Chi.

NEW: Beginning Yoga - 11 Fridays, Sept. 9–Nov. 18, 8:30-9:45 a.m., \$110 - **Joyce**

Joyce Generoso, our long-time Pilates instructor, completed 200 hours of training to become a registered Yoga teacher. Yoga stretches and strengthens your body. It teaches you to mindfully move and connect with your breath, which leads you to be mindful and present in your daily life. Happiness, peace and calm already have a place within you. Yoga is a journey to finding that place, both on and off the mat. Bring a mat, two yoga blocks, and a blanket to class.

games

Social Bridge - Eric

6 Wednesdays, October 5 - Nov. 16, 9-11, \$60
No class November 9

This class is for those who have a basic knowledge of bridge and want to upgrade their game. Eric will review the fundamentals of bidding, declarer play and defense and then move on to explore modern bidding techniques.

Beginning Bridge, Part 1 - Mary

8 Fridays, Sept. 23-Nov. 11, 11 a.m.-1 p.m., \$80

Bridge is a great social game that can be played on many levels, each of them a good mental workout. **Mary Watson**, who has taught bridge to college students and assisted in teaching duplicate bridge, will introduce you to the fun of bridge as it is played now. This is a class for beginners and those who haven't played in many years. Space is limited to 12.

Intermediate Bridge - Judie

9 Wednesdays, Sept. 7-Nov. 16,
10 a.m.-noon OR 12:30-2:30 p.m., \$90
(no class October 5 and 12)

Overcalls and Advances (including the cue bid), Takeout Doubles and Advances (including the cue bid), and Negative Doubles. Competition affects the bidding process. When our Opponents make a bid, the usual requirements for bidding change. Overcalls, Takeout Doubles, and Negative Doubles are three tools that enable us to move forward in a competitive auction without bidding too high. We will learn when each is appropriate and how to use each of them correctly.

Each class is limited to 16. *You may only attend the class you sign up for.*

Duplicate Bridge - Lisette

10 Tues., Sept. 20-Nov. 22, 12:30-2:30, \$100

This class is for the moderately experienced social bridge player who wants to get to the next level of playing. We will move deeper into the complexities of bidding, bidding conventions, play, revaluing your hand, keeping score, defending, and opening lead philosophy. Most of class time will be spent at the card table, where you can ask questions, analyze alternative playing and bidding strategies (both offensive and defensive), and have an all-around good time.

POOL

Our pool tables have been re-felted, balanced and shined. Call us at 203-594-3620 if you want to play pool.

Beginning Mah Jongg

3 Mondays, Sept. 12-26, 9-noon, \$45

Mah Jongg is an ancient Chinese game that is enjoying renewed popularity. **Joan Allocca**, who has taught Mah Jongg for years, will introduce you to this exciting tile game.

Mah Jongg Strategies

3 Fridays, Sept. 16-30, 9-noon, \$45

This is a class for those who want more time to play under Joan Allocca's guidance, those who haven't played in a while, or those who have been playing and now want to learn a little more strategy.

Bananagrams

Most Mondays and Wednesdays
at 10 a.m., Free

Mah Jongg Tournament - Friday, October 7, 10-12:30, \$5 (sign up by 10/5, please)

Test your Mah Jongg skills against your friends and meet other Mah Jongg players. We will follow the National Mah Jongg League rules on the 2016 card but the emphasis will be on having a good time. All levels are welcome. We will keep score and prizes will be awarded.

Bring your card and let us know if you can also bring a Mah Jongg set.

health and wellness

Forgetfulness

Thursday, September 8, 10:30 a.m., Free

As we age, it's easy to be concerned when we experience those little memory lapses, when we forget a name, the location of simple items and directions. When should we be concerned about dementia? What exactly is dementia? And what can I do to prepare for the future if I do get diagnosed with dementia?

Melody Matheny Orpen RN BSN, Community Health Coordinator for Visiting Nurse and Hospice of Fairfield County will discuss what you can do to deal with forgetfulness

Cholesterol Screening at Lapham

Monday, Sept. 12, 8:30-11:30 a.m., \$30

Have your cholesterol checked by nurses from Visiting Nurse & Hospice of Fairfield County. *Cholesterol screening is by appointment; call 203-594-3620 to schedule.*

The procedure is a simple finger stick and results are obtained in seven minutes. You will receive a complete lipid panel (total cholesterol, HDL, LDL, triglycerides), glucose, blood pressure, BMI calculation and health counseling by an RN. It is ideal, but not necessary, to fast 12 hours prior to the test (please do drink water, black coffee or tea in the morning).

The cost is \$30 payable by cash or check; no insurance accepted.

Free Hearing Aid Clinics and Hearing Screenings

Tues., Sept. 20, Oct. 18 & Nov. 15, by appt.

Staff from Parker Ear Nose & Throat in Norwalk come monthly to do hearing screenings. They also check and clean hearing aids, change batteries and answer questions. Keeping your hearing aid in good shape will improve your hearing.

Call 203-594-3620 to make an appointment for either service.

Parkinson's Disease and Balance

Carolyn Cole, who is a Parkinson's Specific Fitness Trainer, is offering two workshops that will benefit most seniors, as well as those dealing with Parkinson's:

Parkinson's Fitness

Tuesday, September 13, 1:30 p.m., Free
Learn how to reduce, delay and even reverse the symptoms of Parkinson's disease.

How NOT to Fall

Tuesday, September 20, 1:30 p.m., Free
3 simple steps you can take to prevent injury.

Lower Leg Vein Ultrasound Demonstration

Thursday, September 22, 10:30 a.m., Free

How are your leg veins working? Do you suffer from any of these leg symptoms?

- Varicose veins, spider veins
- Aching, pain or throbbing
- Swollen ankles
- Heavy, tired legs
- Leg cramps or restless legs
- Itching or burning
- Pain while walking
- Bulging veins or skin color change

Staff from The Center for Vein Restoration will discuss the symptoms and treatments of vein disease and then do free lower leg ultrasounds.

What Your Doctor Won't Tell You About Getting Older

Date/Time to be announced

Dr. Mark Lachs, author of *What Your Doctor Won't Tell You About Getting Older* will be speaking at Lapham in a program arranged by Staying Put. We will send an email when the details are announced.

The Nurse is In!

Thursdays from 10:30 to 11:30 a.m.

Free BP checks will resume September 10 with Town Community Nurse **Robin Bocuzzi**. Pick up a pink number at the front desk; first come first served!

history and art history

⌘ **Italians Before Italy: Conflict and Competition in the Mediterranean**

12 Thursdays, Sept. 8-Dec. 8, 9:30-11:30 a.m.,
(no class 11/17 or 11/24) \$20

This course traces the development of the Italian city-states of the Middle Ages and the Renaissance, showing how the modern nation of Italy was forged out of the rivalries, allegiances, and traditions of a vibrant and diverse people. Esteemed Italian history professor Kenneth R. Bartlett from the University of Toronto will take you on a riveting tour of the peninsula, from the glittering canals of Venice to the lavish papal apartments and ancient ruins of Rome. Our own esteemed volunteer, **Ladd Seton**, will lead the discussion after the showings.

American Empire: Grand Republic to Corporate State, Part 2 - Mark Albertson

8 Mondays, Sept. 12 - Nov. 7, 10:30, \$80

Beginning with the Versailles Treaty, the grandest hoax ever perpetrated on modern man, this class traces the demise of the Grand Republic to advent of the Corporate State. Mark will explore topics such as the Great Depression; the New Deal; the Marshall Plan; McCarthyism; the military-industrial complex; the National Defense Act of 1947; Containment and the Soviet Union; the Lewis Powell Memo, the Manifesto of American Fascism; and, an analysis of the evolution of this unique experiment known as the United States.

⌘ **NEW: 1000 Masterworks**

10 Tuesdays, Sept. 13 - Nov. 15, 1 p.m., Free

Take a fascinating journey through the history of art and examine 50 masterpieces from the greatest museums in the world. Let well-known authors be your guide, explaining the greatest works of art and providing interesting interpretations and background information to every masterpiece. A deep insight into the most important genres will bring you closer to the most famous artists and will help you to see the works from Hopper, Gauguin or Warhol and many more with new eyes.

music

Ukulele Lessons

9 Wednesdays, Sept. 21-Nov. 16, \$72
12:15-1:15 Beginners; 1:30-2:30 Players

Uncle Zac, the "uke guy", a local ukulele performer and teacher who has played the uke for 50 years, will teach two levels of ukulele classes. Those who are new to the ukulele should take the earlier class and those with some experience the 1:30 class. You will learn to play a variety of songs and Uncle Zac can rent you a uke for the semester for \$10 if you don't have one.

Great Operas You Should Know Better

6 Weds., Oct. 5 - Nov. 9, 1:30 - 3:30, \$60

Join **Jerry Schulster** as he focuses on those quite respectable operas lying just below the surface of popularity. He will play and discuss Italian operas by Rossini, Bellini, Verdi, Puccini, Giordano, and Cilea. Operas in the spotlight include *Semiramide*, *I Puritani*, *La Forza del Destino*, *Andrea Chenier*, *Adrianna Lecouvreur*, and *La Fanciulla del West*, with additional selections from other operas by these composers. Performances, artists, and productions will be compared throughout.

⌘ **The 30 Greatest Orchestral Works**

10 Thurs, Sept. 15-Nov. 17, 1:45 p.m., Free

Great Courses favorite Professor Robert Greenberg of San Francisco Performances takes you on a grand tour of the symphonic pieces he counts, as a highly respected composer and music historian, as being among the very greatest ever written—inviting you to an in-depth contemplation of what makes these works so memorable, and why they live at the center of our musical culture.

⌘ *These programs are high-quality video lectures from The Teaching Company, BBC, PBS and other venues shown on a big screen.*

languages

French Conversation 12 Mondays, Sept. 12- Dec. 5, 10:30-noon, \$168 (No class 10/10)

This is a continuation class or for those people who have already acquired basic skills in French. Madame will start with an article from a French daily like *Le Figaro* or *Le Point*, mostly from the cultural section, along with a vocabulary sheet of words or expressions. She facilitates conversations about student's lives and says all her students enjoy her cultural quizzes.

Taught by Nell Mednick.

Beginning Italian 12 Wednesdays , Sept. 14 – Dec. 7 (no class Nov. 23), 9 -10 a.m., \$144

This course is for students with no previous knowledge of Italian. 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.

Taught by Lisetta Malagoli. Text: *Berlitz Deluxe Language Pack Italian*

Intermediate Italian 11 Tues., Sept. 13-Dec. 6 (no class Nov. 8 or 22), 9-10:30 a.m., \$154

This course is for students 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 while advancing grammar and comprehension.

Taught by Lisetta Malagoli. Text: *Berlitz Deluxe Language Pack Italian*

Italian Conversation 11 Tues., Sept. 13-Dec. 6 (no class Nov. 8 or 22), 10:30-noon, \$154

This course is for Lisette's returning conversation students or those with a working knowledge of Italian. The objective is for students to improve speaking, reading, and oral comprehension.

Taught by Lisetta Malagoli.

Spanish is Fun! 12 Tues., Sept. 13-Dec. 6, (no class Nov. 22), 9-10 a.m., \$120

Whether you are new to the language or wish to refresh your knowledge, this course will help you use Spanish here and abroad. We will focus on travel, shopping, restaurants, greetings, family relationships, education and health care.

Taught by Bob Dalury. Text: *Saludos*

Spanish: Conversation 12 Mon., Sept. 12-Dec. 12, (no class Nov. 21), 9-10 a.m., \$120

Participants will use Spanish creatively through lively speaking and listening activities. There will be discussion, debate, exchange of ideas and cross-cultural comparisons. Grammar reviews will be covered when necessary to develop comfort in the language.

Taught by Bob Dalury. Text: *Conversemos!*

All language class prices are based on anticipated enrollment and are subject to change.

Textbooks are an additional charge.

Ask the Attorney—call 203-594-3620 for appointment, Free

An attorney from Nedder and Associates, LLC in Darien will answer your questions about powers of attorney, trusts, wills, guardianships, living wills, IRA custodianships, and more.

They come to Lapham Center on a Tuesday for private consultations. Appointments are held to strictly 15 minutes. This is a great opportunity to get your legal or financial questions answered at no charge.



FREE MEDICARE COUNSELING and MORE

Tuesdays, Sept. 13, Oct. 11 and Nov. 8, and Wednesday, Sept. 28

Bill Emmons and **Dick Neville** are counselors trained by CHOICES, the State of Connecticut program which recruits and trains volunteers to provide Medicare education in their communities. People getting ready to go on Medicare find this session especially useful. All programs are offered free of charge to New Canaan residents and Town employees. Call 203-594-3620 to schedule your appointment. *No drop-ins please.*

Medicare's Part D Annual Enrollment Period: October 15 – December 7

This is your once-a-year chance to reevaluate and perhaps change your prescription drug plan for 2017. Your prescription needs may have changed and, as we have learned in the past, the prescription drug plans take this opportunity to make significant changes to their rules, formularies and pricing. The plan that was best for you this year might not be best for you next year. The only way to know is to use Medicare's Prescription Drug Plan Finder located at Medicare.gov on the internet. Our counselors will be happy to run this program for you. Just call 203-594-3620 after October 1st and schedule a one hour meeting.

Last year our Counselors met with 472 people; 185 of those people changed their plans saving a total of \$348,245!

day trips

Mohonk Mountain House, Thursday, October 13, \$125 - call 203-594-3620 for availability

Brooklyn Bridge Walk with Pete Stair, Wednesday, October 19, (rain date 10/20), \$30



Stroll over the Brooklyn Bridge and see beautiful Brooklyn Heights with NYC Tour Guide, Pete Stair.

Our group will take the train to NYC and the subway to the Bridge. You will walk the bridge, visit Jane's Carousel, lunch near Fulton Landing and then visit the Brooklyn Heights Promenade which has spectacular views of Manhattan. This is a gentle two mile walk with a few stairs to climb.

Don't wait to sign up; limit is 15. Your fee includes train fare and MetroCard; lunch is on your own.

Holidays at Hill-Stead Museum, Tuesday, November 29, \$95

The Hill-Stead Museum is a Colonial Revival house and art museum in Farmington. It is best known for its French Impressionist masterpieces, architecture, and stately grounds. The house, which will be decorated for Christmas, is extensively furnished with paintings, prints, objets d'art, and fine furniture and rugs. Highlights of the collection include major paintings by Cassatt, Degas, Manet, Monet and Whistler. You will have a guided tour of the museum followed by time to visit the gift shop or see more art. Lunch will be at Apricots, a cozy pub on the



book groups & other good stuff

NEW: Book of Luke Bible Study

Weds., Sept. 14-Nov. 2, 9:30-10:30 a.m. Free
The Book of Luke will be the topic of this interactive non- denominational Bible study. Luke was a physician who documented the humanity of the Jesus Christ. **Linda Halpert**, who will lead the group, is a pastor and emergency medical technician. All are welcome; bring your Bible and a blank journal.

Irish Authors Book Group

Wednesdays at 10 a.m. Free

Sept. 21: *The Woman Who Walked into Doors*
by Roddy Doyle

Oct. 19: *Faithful Place* by Tana French

Nov.16: *The Lonely Passion of Judith Hearne*
by Brian Moore

Ned Monaghan and his group read and discuss books by Irish authors.

Literary Ladies Book Club

3rd Wednesday, 1 p.m., Free

Sept. 21: *Louisa* by Louisa Thomas

Oct. 26: *The Invisible Bridge* by Julie Orringer

Nov.16: *Dispatches from Pluto* by R. Grant

Aggie Aspinwall leads this popular book discussion.

King Richard III: Fiction and Fact

7 Thursdays, Sept. 15-Oct. 27, 10 a.m., Free

This class will be a multimedia exploration of fictional portrayals of Richard III and how they mesh with known facts (especially in light of new physical evidence from the 2012 dig in Leicester, England).

Please start reading "The Daughter of Time" by Josephine Tey, a fictional introduction to the mystery of the princes, Richard's nephews, in the Tower of London, before the first class. Leader **Rita Englund** will provide a list of other readings.

Our Book Groups welcome all readers; copies of books are often available at the New Canaan Library. Come!

"Madame Bovary, C'est Moi"

8 Thursdays, Sept. 22-Nov. 10, 12:15-1:30, Free
Join us as we explore Flaubert's most renowned work, *Madame Bovary*. This course will introduce – or reintroduce – you to the novel declared "a masterpiece" by Henry James and widely considered one of the greatest and earliest examples of literary realism.

Our informal weekly discussions invite all participants to share their ideas and insights into this hauntingly beautiful and enduring story.

Stephanie Stiles, a novelist and former British literature professor, will guide discussions.

Creative Writing with Rita Englund

7 Thursdays, Sept. 15-Oct. 27, 11 a.m., Free

We will each write according to our interests and then read our work to the group. Comments and critique will be done constructively and with civility. Rita will offer ideas, feedback, and writing exercises to improve skill in creating interest, focus, clarity and depth. New writers are enthusiastically welcomed.

NEW: Book Group Resources from Reader's Advisory Librarian, Laurie Iffland Tuesdays at 2 p.m.

September 27 - Explore the many ways in which the Library can help make your great book group even more efficient and enjoyable. Discover their many resources such as book suggestions and ordering enough copies to prepared book discussion packets.

October 18 - Get the buzz on new books that your book group can read in the coming months. Laurie will have the release dates and information on books by favorite authors.

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

September 13 - Canada

October 11 - Scandinavia

November 8 - Russia

Anyone with an interest collecting stamps or money is welcome to attend these meetings.

free wednesday films at 1 p.m.

Youth - Sept. 7 (7.4), 123 minutes
Michael Caine, Harvey Keitel, Rachel Weisz
Queen Elizabeth II invites retired orchestra
conductor to perform for Prince Philip's birthday

Suffragette - September 21 (6.9), 122 minutes
Carey Mulligan, Helena Bonham Carter
foot soldiers of the early feminist movement are
forced underground by an increasingly brutal State

The Lady in the Van - September 28 (6.8), 104 m.
Maggie Smith, Alex Jennings, Jim Broadbent
man forms an unexpected bond with a transient
woman living in her van parked in his driveway

Truth - October 5 (6.8), 125 minutes
Cate Blanchett, Robert Redford, Dennis Quaid
Newsroom drama detailing the 60 Minutes report
that cost anchor Dan Rather his careers

Carol - October 12 (7.3), 118 min.
Cate Blanchett, Rooney Mara, Sarah Paulson
aspiring photographer develops an intimate
relationship with an older woman

Concussion - October 26 (7.1), 123 minutes
Will Smith, Alec Baldwin, Albert Brooks
pathologist uncovers the truth about brain damage
in football players who suffer repeated concussions

Labyrinth of Lies - November 2 (7.3), 124 minutes
André Szymanski, Alexander Fehling
exposes the conspiracy of German institutions and
government branches to cover up the Nazi crimes

Eddie the Eagle - November 16 (7.6), 106 min.
Taron Egerton, Hugh Jackman, Tom Costello
story of the notoriously tenacious British underdog
ski jumper at the 1988 Winter Olympics

The von Trapp Family: A Life of Music -
November 23 (7.2), 98 minutes
Eliza Bennett, Lauryn Canny, Yvonne Catterfeld
eldest daughter of the well-known musical family,
pursues her musical career in the United States

Kumiko, the Treasure Hunter -Nov. 30 (6.6), 104 m.
Japanese woman discovers a hidden copy
of *Fargo* on VHS believing it to be a treasure map
indicating the location of a large case of money

Movies at Lapham

We show our films on a big screen with
subtitles whenever they are available.

free friday films at 1 p.m.

My Big Fat Greek Wedding 2- Sept. 9 (6.3), 93 m.
Nia Vardalos, John Corbett, Michael Constantine
a family secret brings the beloved characters back
together for an even bigger and Greeker wedding

Requiem for the American Dream -
Sept. 16 (8.1), 73 min., documentary
Noam Chomsky traces a half century of policies
favoring the wealthy at the expense of the majority

Jesse Stone: Lost in Paradise -Sept. 23 (7.4), 86 m.
Tom Selleck, Kohl Sudduth, Gloria Reuben
Jesse investigates a serial killer in Boston and be-
comes concerned with a wayward teen in Paradise

Burnt - September 30 (6.6), 101 minutes
Bradley Cooper, Sienna Miller, Daniel Brühl
disgraced chef tries to redeem himself by starting a
restaurant that can gain three Michelin stars

The Syndrome - October 7 (9.1), 86 minutes
documentary focused on doctors who expose the
junk science behind the criminal justice crisis

99 Homes - October 14 (7.1), 112 minutes
Andrew Garfield, Michael Shannon, Laura Dern
father struggles to get back his foreclosed home by
working for the real estate broker who is the source
of his frustration

Eye in the Sky - October 21 (7.8), 104 minutes
Helen Mirren, Aaron Paul, Alan Rickman
military officer in Kenya, faces an international
dispute over the implications of modern warfare

The First Monday in May - Oct. 28 (7.5), 90 min.
documentary about The Metropolitan Museum's
most attended fashion exhibition in history, "China:
Through The Looking Glass"

Dolly Parton's Coat of Many Colors -
November 4 (8.2), 120 minutes
Alyvia Alyn Lind, Jennifer Nettles, Ricky Schroder
inspiring true story of living legend Dolly Parton's
remarkable upbringing

Garbo the Spy - Nov. 11, (7.4), 88 minutes
compelling account of Juan Pujol, an extraordinary
Spanish double agent during WWII who helped
change the course of history

Happy People - Nov. 18 (7.8), 90 minutes
documentary depicting the life and work of the trap-
pers of a village in the heart of the Siberian Taiga,
where daily life has changed little in over a century

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

Our classes are open to all adult New Canaan residents. People planning to take classes should sign up as soon as possible. Enrollment for all courses will go on until classes are filled.

Please use the registration form below for all classes including free programs. We can take registrations in person, by phone, online or by mail. Call 203-594-3620 if you have questions.

If you cannot sign up for three months, we will try to let you enroll by the month. We will first take people who want the whole period and then accommodate as many “part-timers” as possible. Fees will then be pro-rated. However, if you cannot come to a class one day, you cannot drop in on a similar class on a different day. And, you cannot “give” your class to a friend.

Call Aggie at 203-594-3620 for information about scholarships.

If we need to cancel a class, you will get a full refund. If you need to drop out of a class before it begins, you will get a refund. If you cancel after class starts, you will get a credit that can be applied to future classes. Staff must be notified; credits will be issued only for classes occurring after notification.

Trip refunds will be issued until deposits have been made to tour companies. At that point we will make every effort to sell your ticket to someone on the wait list, if applicable. If we are unable to sell your ticket, you can sell or give it away as long as you let us know who will be using your ticket.

Try a Class for Free!!

If you would like to sit in on a class before you enroll, check with us. Any class that still has space is available for a “test flight.” Just call ahead to make sure there will be a space for you.

class registration form

Name: _____ Phone: _____

Address: _____

Email: _____

Class requests (add additional sheets if necessary)

_____ \$ _____ \$ _____

_____ \$ _____ \$ _____

_____ \$ _____ \$ _____

- Checks for TBH Memory class, trips and computer programs are payable to “Senior Center.”
- Driver Safety checks are payable to “AARP.”
- All other checks are payable to “Town of New Canaan.”
- We cannot put you in a class or program until payment is received.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships
- Mail to PO Box 83, New Canaan, CT 06840

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

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check out these new classes!

NEW: The Science of Integrative Medicine, 6 Weds., Sept. 21-Oct. 26, 10 a.m., Free

At each class we will show two half-hour lectures on Integrative Medicine narrated by **Dr. Brent Bauer** from the Mayo Clinic. This course aims to present an unbiased and researched-based survey of the most widely used integrative medicine therapies including herbal supplements, hypnosis, acupuncture, massage, spinal manipulation, meditation, spirituality, yoga, and more. Dr. Bauer will also discuss simple lifestyle changes that can lead to improvement in your health.

After each video, **Robin Boccuzzi**, Community Nurse with the Town's Health and Human Services Department, will lead a short discussion and answer questions.

NEW: Memoirs for Moms: Writing and Recording those Special Moments

8 Wednesdays, September 21-November 9, 11-12:30, Class size: Limit 10, \$80

Got kids? Then you have stories to tell! Join us as we work together to develop our writing style, structure our stories, and preserve the experiences that make raising kids such an adventure. Whether you're a total novice or an old pro, this course will help you focus your skills and get those memories flowing. Our informal weekly workshops will include in-class exercises, (purely voluntary) shared reading, and gentle commentary, as well as optional take-home writing prompts. Stephanie Stiles, novelist and former Creative Writing professor, will guide workshops.

NEW: Total Brain Health Memory Course, 8 Tues., 10/11-11/29, 1:30, \$20 (includes workbook)

Dr. Cynthia Green is a nationally recognized expert and author on memory fitness and brain health. Thanks to a grant from the *New Canaan Human Services Commission*, we are now able to offer her Total Brain Health Memory course. This series of 16 one hour classes provides effective memory strategies which are grounded in science and have been tested in her clinics. The remaining eight classes will be offered after the holidays. Checks payable to Senior Center.