



FALL 2017 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 classes being offered this fall—be sure to read all of the newsletter and check them out!

Sentimental Journey: The Best-Loved Hits of The '40s

Wed., October 4, 1:30 p.m. (Lunch at 1 p.m.), Free

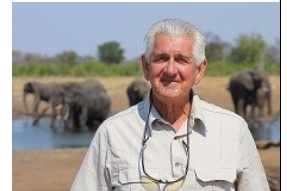
Remember Artie Shaw, Andrews Sisters, Pied Pipers, the Dorsey brothers, Peggy Lee, Jo Stafford, Frank and Bing? **Gary Theroux**, an Emmy-nominated radio personality, author, actor, educator, producer, scriptwriter and musicologist, will play and discuss the landmark hits of the 1940s. You'll hear the sounds that defined an era, the stories behind the songs and the musicians who made them great. You'll find the presentation funny, moving, ear-opening and insightful.

This Lunch-and-Learn is co-sponsored with **Staying Put in New Canaan**; please reserve by October 2 at 203-594-3620.

Animal Behavior with Les de Villiers

Wed., October 18, 1:30 p.m. (Lunch at 1 p.m.), Free

After years of safaris and with the help of numerous stills and videos of wildlife recorded by him, Les de Villiers takes a look at natural animal behavior in the wild, parks, circuses and zoos. He asks the question: Are we smart enough to know how smart animals are? You will be fascinated and surprised at what he found by following lions, leopards, elephants, hyenas and numerous other creatures in Africa's safari country.



Dr. de Villiers is the author of several books on economics, politics, conservation and travel including *The South African Travel Guide* and *Safari Guide*. For several years he has been arranging customized safaris for clients in the U.S. together with a team of carefully selected associates in Africa.

This Lunch-and-Learn is co-sponsored with **Staying Put**; please reserve by Monday, October 16 at 203-594-3620.

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 2018. The plan you had in 2017 might not be best for you next year. See page 12 to find out how to get a free appointment with one of our trained Medicare counselors.

Lapham Holidays

Labor Day, September 4
Columbus Day, October 9

Thanksgiving,
November 23 and 24

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.

Welcome Back Safari Party

Wednesday, September 6, noon, \$5

Susan Goodman will cook a special lunch to kick off our fall program.

After lunch, **Richard Sheridan** will show photos from his photographic safari to three of the major national parks in Zimbabwe, including images of a live zebra birth and shots of the elusive white rhino. His safari included walking with the "ele's" and canoeing with Africa's most dangerous animal.

Cholesterol Screening at Lapham

Monday, September 11, see page 9

The Importance of Being Earnest:

A Dramatic Reading With Stephanie Stiles

Starts Wednesday, September 26, see page 13

Staying Put Lunch and Learns

Please reserve at 203-594-3620.

Staying Put Safely in Your Home

Tuesday, September 12, noon, Free

Nicola Holzberger, R.N., Director of Member Services at Staying Put, will give you tips on easy changes you can make in your home so you can safely stay put.

For Your Eyes Only

Thursday, September 28, noon, Free

Dr. Maria Pribis of Stamford Ophthalmology will discuss age-related eye issues.

Alexa, Echo and other Smart Speakers

Thursday, November 2, noon, Free

Need help remembering to take your meds? Add to your shopping list as you are walking around your house? Check on the weather before going out? **Aggie Aspinwall** will tell you how Smart speakers can help you do and remember many things. You might just want to put one on your holiday gift wish list.

The Musicals You Forgot To Remember

Tuesdays, 1-4 p.m., Free

September 12 - *Kiss Me Kate*

starring Katherine Grayson and Howard Keel

October 10 - *Showboat*

starring Katherine Grayson and Howard Keel

November 14 - *Yankee Doodle Dandy*

starring James Cagney

Join film enthusiast, **Pete Stair**, for screenings of the films you forgot to remember. Films will be shown on the big screen, often with sub-titles. After each showing, there will be time for remembrances and commentary.

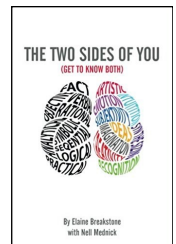
Future films include: *Scrooge*, *On The Town*, *Singing in the Rain*, *Gigi*, *An American in Paris* and *Stars & Stripes Forever*

The Two Sides of You

by Elaine Breakstone with Nell Mednick

Thursday, September 21, 1:30 p.m.

Elaine will help you discover the two sides of your brain, the right creative side, and the left logical side. Her book highlights bi-hemispheric people, who are successful at tapping into both sides of the brain. It also offers a test to see which side you favor as well as helpful exercises to help you make each side work harder.



Coyotes and Foxes and Bears—Oh My!

Wednesday, Sept. 27, 11 a.m., Free

Animal Control Officer **Allison Halm** will discuss the wildlife that is increasingly inhabiting our parks and yards. She will discuss the behavior and habits of these animals as well as what we all need to know to safely co-exist.

Lunch Program

Tuesdays at noon starting Sept. 19, \$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.

Tune-Up Your Finances for the New Year

Monday, October 2, 10 a.m.

Judy Havard of YHB Investment

Advisors will discuss strategies for gathering and organizing your financial information. She will include how to review that information on a combined basis to make sure your affairs are in order and that a clear investment strategy, true to your needs, goals and risk tolerance, is in place.

Judy is a Chartered Financial Analyst with over 30 years of investment experience.

SHARE's Pink and Teal Seminar

Tuesday, October 3, 1 p.m.

Arlene Matlick and **Andrea Herzberg**,

healthy breast and ovarian cancer survivors, will discuss their stories, symptoms, risks, when to see a doctor, ways to decrease risk, screening, and treatment. You will learn how to become an empowered patient, what friends and relatives can do to help, and what information and services SHARE offers. Inspiration guaranteed!

SHARE is a non-profit that provides dedicated, experienced support for women facing breast and ovarian cancers. Their free services include telephone support, support groups, educational programs, and advocacy activities.

Bingo

Wednesday, October 11, 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 6 and let us know if you will also come for pizza at noon (\$5).

Understanding Thyroid Problems—the Basics

Tuesday, October 17, see page 9.

Free Memory Screenings

Tuesday, October 24, see page 9

Hands Only CPR

with New Canaan Volunteer Ambulance Corps
Thursday, October 26, noon, Free
Approximately 300,000 people annually suffer sudden cardiac arrest outside a hospital setting. 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.

Tracing your Family History

Monday, November 6, 1 p.m., Free

Every family has a unique story to share.

In this introductory workshop, find out how to trace your family history through census and other public records. Learn about on-line resources and the Family Tree maker software program that helps keep it all organized. This class will be led by New Canaan native **Susan Bergen** who has been on the trail of 'long lost relatives' for over thirty years.

Thanksgiving Lunch at Lapham

Wednesday, Nov. 8, 11:30 a.m., \$5

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

After lunch **Tommy and Cuz** will be back to sing and play your favorite songs.

Reservations are needed by Friday, November 3 at 203-594-3620.

**AARP Driver Safety Program**

Tuesday, September 26 or November 14, 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.

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

11 Thurs., Sept. 14-Nov. 30, 10-12, \$88

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

11 Thurs., Sept. 14-Nov. 30, 12:30-2:30, \$88

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.

Drawing + Painting

11 Mon., Sept. 11-Nov. 27, 9:30-11:30, \$88

Instructor **Eddie Nino** will awaken your creative instincts while working with a group of kindred spirits. In this class, students improve their drawing and painting skills while exploring paint application methods and drawing techniques working from personal imagery. He will guide budding or experienced artists toward unblocking creativity. Bring charcoal, pastels, colored pencils, graphite pencils, acrylics, or watercolors and paper or canvas.

Beyond Watercolor Technique

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

Improve your watercolor skills while polishing your drawing and artistic abilities. This class will focus on teaching every student how to refine artwork using watercolor as a vehicle. Frequent lectures, demonstrations, and one-on-one critiques will help the student create more personal and unique artworks whether painting a landscape, still life, or portrait.

Eddie Nino is the instructor.

Crafty Tuesdays

most Tuesdays, 10-noon, Free

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

Knitting and Crochet

most Thursdays, 10 - noon, Free

Bring your knitting or crocheting projects and have fun chatting and working with other talented stitchers on Thursdays. We have needles, hooks and yarn if you want to learn to knit or crochet.

Crafts Fair to Benefit Local Charities - Crafts Needed!

Our annual Holiday Fair has raised thousands of dollars for the New Canaan Food Pantry, Getabout, Library and VFW.

We 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.

Needlepoint on Mondays, 2-3 p.m., starting September 18-November 13, Free

Aggie Aspinwall who teaches at The Enriched Stitch in Wilton will teach stitches and techniques, such as turkeywork, ribbonwork and beading. Those working on needlepoint projects who need a little help or who just like to stitch with others, are welcome to attend.

computers and technology

Tech Help from the Library

Laura Miller, Digital Services Librarian, and **Tina Kennedy**, Instruction and Reference Librarian, are offering these programs at Lapham Center:

Trustworthy sources... News and Information - Tuesday, September 19, at 2 p.m.

Fake news is a type of yellow journalism that consists of deliberate misinformation or hoaxes spread via traditional print and broadcast news media or online social media. Find out where to get good information and which sources to avoid.

Understanding the Digital Library - Tuesday, October 3, at 2 p.m.

Learn how to use the digital assets of the New Canaan Library, from eBooks, movies, and magazines to databases, newspapers and Lynda.com, which offers 4,500+ courses in a wide range of topics, including business skills, photography, music production, graphic design, and web development, all taught by recognized industry experts. We'll also discuss Mango, a new database featuring interactive lessons that will make learning a new language fun and effective!

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 - pdoctor@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

NEW: For Men Only - Ellen, 11 Mondays, Sept. 11-Nov. 27, 11:05 a.m., \$66

Physical fitness is important for senior men to help them maintain muscle tone, stamina, flexibility and balance. Strength, flexibility and stretching exercises will also improve the games you love like golf, tennis and paddleball.

NEW: The Feldenkrais Method® - Cathy Paine, 12 Tuesdays, Sept. 12-Nov. 28, 1:10 p.m., \$84

Learn to relieve pain, reduce stress, and move with greater comfort, ease, and fluidity. Movements are gentle and deceptively simple, yet they will challenge you to question your assumptions and change your perceptions of your own abilities. Bring your own mat.

Dance Fitness - Ginger, 11 Wednesdays, September 13-November 29, 10:30 a.m., \$66

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! Class ends with 15 minutes of strength, core and balance training—this class covers it all! Perfect for the beginner and challenging for the advanced.

cardio + strength * chair fitness * muscles in motion

Cardio Plus Strength – Debbie

11 Tuesdays, Sept. 12– Nov. 28, 12:05 p.m., \$66 or 11 Fridays, Sept. 8 – Nov. 17, 10 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.

Debbie will not teach Tuesday, November 21

Chair Fitness – Debbie

11 Tuesdays, Sept. 12–Nov. 28, 11 a.m., or \$66, 12 Thursdays, Sept. 7– Nov. 30 , 12:05 p.m., \$72
Chair Aerobics consists of cardiovascular training, muscle conditioning and stretching while seated in a chair. Standing exercises are included using the chair for balance.

Muscles in Motion - Debbie

12 Thursdays, Sept. 7– Nov. 30, 11 a.m., \$72

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.

arthritis and balance exercises with ellen

Moving with Arthritis

11 Fridays, Sept. 8–Nov. 17, noon, \$66
11 Mon., September 11–November 27, noon, \$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. 8–Nov. 17, 11:05 a.m., \$66
This program is designed to decrease the risk of falling and improve upper and lower body strength. Balance exercises will strengthen the 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 Mondays, September 11–November 27, 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 and off-the-ball with joyce

12 Tuesdays, Sept. 12– Nov. 28, 9:55 a.m., \$72, Intermediate

12 Thursdays, Sept. 7– Nov. 30 , 9:55 a.m., \$72, Intermediate

8 Thursdays, Sept. 14 – Nov. 2, 11 a.m., \$48, Pilates - No Ball

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 the core muscles such as the abdominals, back, and hips. You will improve your flexibility, balance, and posture. The No Ball class is suitable for beginners and intermediate students; bring a mat. Intermediate students should bring a ball and a mat.

qigong, tai chi and yoga

Gentle Yoga for Every Body, 11 Mon., September 11-November 27, 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. 11-Nov. 27, 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 Mondays, September 11-November 27, 11:05 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

12 Tuesdays, Sept. 12–Nov. 28, \$120 or 12 Thursdays, Sept. 7– Nov. 30 , \$120

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, 9 Tuesdays, October 3–Nov. 28 – **Wendy**

Beginners - 1:45-2:30 p.m., Intermediates - 2:15-3:15 p.m. \$54

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 - Lucy

10 Wed., Sept. 13-Nov. 15, 9-10:15 a.m., \$90 or 11 Fri., Sept. 8-Nov. 17, 1:15-2:30p.m., \$99

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.

NEW: Beginning Yoga - 11 Fridays, Sept. 8–Nov. 17, 8:45-9:55 a.m., \$110 - Joyce

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.

*There will be no Exercise classes on Monday, October 9 or
on Wednesday, November 22-Friday, November 24.*

games

Beginning Bridge, Part 1 - Mary

8 Fridays, Sept. 15-Nov. 3, 11 a.m.-1 p.m., \$80

Bridge is a great social game that is also excellent for keeping one's mind in shape. **Mary Watson**, who has taught Beginning Bridge at Lapham for three years, 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. Limited to 12.

Continuing Duplicate Bridge: Duplicate Play, Etiquette and Scoring- Lisette

10 Tues., Sept. 19-Nov. 28, 12:30-2:30, \$100

We will review different ways of opening a hand, standard common conventions as well as lesser known conventions. Intro to 2/1. Each class will focus on one topic and play hands organized to address the topic. Students are welcome to bring in their questions and hands that they have had difficulty with. There will be an intro to playing on Bridgebase online. This class will involve a lot of play.

Intermediate Bridge - Judie

10 Wednesdays 12:45 - 2:45, Sept. 27-Dec. 13 (no class Nov. 15 and Nov. 22), \$100

Defense is the most difficult and most frequently played part of the game of bridge. During the first seven weeks, we'll go through the basic rules for opening leads and defensive signals to learn/reinforce our skills, then spend some time on making a defensive plan. Students should obtain a copy of Audrey Grant's "Defense in the 21st Century" prior to the first class.

The final three weeks will cover Negative Doubles - a valuable tool in competitive auctions.

Practice through pre-dealt hands will reinforce and add to information covered in class. Limit: 18

Bananagrams

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

Social Bridge - Eric

6 Wednesdays, October 4 - Nov. 8, 9-11, \$60

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.

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 Wednesdays, Sept. 13-27, 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 Wednesdays, October 4-18, 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 more strategy.



Mah Jongg Tournament - Thursday, October 19, 10-12:30, \$5 (sign up by 10/17, 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 2017 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 2017 card.

health and wellness

Cholesterol Screening at Lapham

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

Call 203-594-3620 to schedule an appointment to have your cholesterol checked by nurses from **Visiting Nurse & Hospice of Fairfield County**.

The procedure is a simple finger stick and results are obtained in approximately seven to nine minutes. You will receive a complete lipid panel (HDL, LDL, total cholesterol, 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 (do drink water, black coffee or tea in the morning).

The cost is \$30 payable by cash or check; no insurance accepted but VNH can give you a receipt for your insurance company, for reimbursement. Check with your company however, VNH is not responsible if they will not cover this, but most do.

Understanding Thyroid Problems—the Basics

Tuesday, October 17, 1:30 p.m., Free

The thyroid regulates your body's temperature, metabolism, and heartbeat. Things can start to go wrong when your thyroid is under- or over-active.

Dr. Mark Wasserman, Medical Director of AFC Urgent Care in Norwalk, will discuss the symptoms of thyroid problems and what you can do about them.

He attended the University of Medicine and Dentistry of New Jersey, and did his residency at Stamford Hospital. He is certified by the American Board of Internal Medicine.

Free Hearing Aid Clinics and Hearing Screenings

Tues., Sept. 19, Oct. 17 & Nov. 21, by appt.

Staff from **Parker Ear Nose & Throat** in Norwalk do hearing screenings as well as 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.

Free Memory Screenings

Tuesday, October 24,

by appointment (203-594-3620)

As part of the Alzheimer's Association's National Memory Screening Program, qualified healthcare professionals offer free, confidential memory screenings as well as follow up resources and information about dementia and successful aging.

Community Nurse **Robin Boccuzzi** will administer the screenings.

The Nurse is In!

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

Free BP checks will resume September 7 with Town Community Nurse **Robin Boccuzzi**. Pick up a pink number at the front desk; first come first served!

VOLUNTEER OPPORTUNITIES

If you have an interest or skill that you would like to share, please give us a call. We also have these opportunities:

*We are looking for an **experienced knitter** to sit with the Thursday morning Knitting Group (mostly to help newbies get started and help more experienced knitters with any questions they have).*

*Is there anyone willing to **teach chess**?*

*There are people interested in a **Singing Group**—we need a director and an accompanist.*

*Interested in philosophy? Ethics? Some Senior Centers have started **Socrates Cafés**, "gatherings around the world where people from different backgrounds get together and exchange thoughtful ideas and experiences while embracing the central theme of Socratizing; the idea that we learn more when we question and question with others".*

Call Lyn or Aggie at 203-594-3620 if you are interested.

history and art history

⌘ An Economic History of the World since 1400, Part I

12 Thursdays, Sept. 14-Dec. 7, 9:30 a.m., \$20

These lectures illustrate the fascinating links between economics and history, revealing how the production, consumption, and exchange of goods has influenced (and been influenced by) historical events and trends, including the Black Death, the Age of Exploration, the invention of the printing press, the Industrial Revolution, the European colonization of Africa, the collapse of the Soviet Union, the rise of China and India, and the birth of personal computing. Our own knowledgeable volunteer, **Ladd Seton**, will lead the discussion after the showings.

Russia - Mark Albertson

8 Mondays, Sept. 11 - Nov. 6, 10:30, \$80

George Kennan once observed, that whether it be Czarist Russia, Stalinist Russia, Khrushchev's Soviet Union, Brezhnev's Soviet Union or Putin's Russia, Russia is Russia - an intriguing assessment by America's renowned Sovietologist and foreign policy guru. This series will chronicle Russia, beginning pre-Romanov Russia, the Romanovs, Bolsheviks, Stalin, the Cold War and ending with Putin and the perpetuation of Authoritarianism.

⌘ NEW: Art of the Heist

14 Tues., Sept. 19 - Dec. 19, 1:15 p.m., Free

This thrilling documentary unlocks gallery doors to chronicle history's most notorious art thefts—from nabbing the Mona Lisa out of the Louvre in broad daylight to the yet unsolved theft at Boston's Isabella Stewart Gardner Museum. In candid interviews, the thieves who stole the art and the investigators who chased them share insights into crimes committed in galleries, tombs and mansions from Egypt to Sweden.

music

Ukulele Lessons

10 Wednesdays, Sept. 13-Nov. 15, \$80
12:30-1:30 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.

Opera on Film!

6 Weds., Oct. 4-Nov. 8, 1:30-3:30, \$72

Dr. Jerry Schulster will play and discuss operas filmed by renowned directors, including Bergman, Weigl, Zeffirelli, Ponnelle, and more. Operas in this first series will include *The Magic Flute*, *Eugene Onegin*, *La Boheme*, *Tosca*, and others TBA.

⌘ The 23 Greatest Solo Piano Works

12 Thurs, Sept. 7-Nov. 30, 1:45 p.m., Free

Great Courses favorite Professor Robert Greenberg of San Francisco Performances returns with an in-depth exploration of the solo piano works he considers to be among the most exceptional landmarks in the literature. The 23 works you'll hear represent the selections of an internationally respected composer and music historian, carefully chosen to highlight the most significant compositional and pianistic achievements in the solo piano repertoire.

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

Don't know which class to take? You can try a class for free if there is space in the class. Check with Aggie or Lyn at 203-594-3620.

languages

French Conversation 12 Mondays, Sept. 11-Dec. 4, 10:30-noon, \$168

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. 13–Dec. 6 (no class Nov. 22), 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. 12-Dec. 5 (no class Nov. 7 or 21), 9-10:30 a.m., \$154

This class 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. 12-Dec. 5 (no class Nov. 7 or 21), 10:30-noon, \$165

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.

Intro to Spanish 12 Tuesdays, Sept. 12-Dec. 5, (no class Nov. 21), 9-10 a.m., \$120

This class is for those are new to the language or those who would like a refresher. Emphasis is on developing conversational skills, travel, shopping, and dining. Aspects of the Spanish culture will be interwoven and compared with the United States.

Teacher: Bob Dalury. Text: *Saludos*

Spanish: Conversation 12 Mon., Sept. 11-Dec. 11, (no class Nov. 20), 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. 12, October 10 and Nov. 14, and Wednesdays, Sept. 27, October 25 and Nov. 29

Dick Neville is a Medicare counselor trained by CHOICES, the State of Connecticut program which recruits and trains volunteers to provide Medicare education in their communities. If you are turning 65, he can help you negotiate enrolling in Medicare, a supplemental plan and Part D. He can also help if you have issues with or 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.

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 2018. 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 426 people; 184 of those people changed their plans, saving a total of \$125,617!

day trips



Day Trip - One World Observatory, New York - Wednesday, Sept. 20, \$55

We will take the train to New York City, subway to Fulton Street and then walk with New York City Guide **Pete Stair** thru the Oculus, Westfield Center and on to the 102nd floor at the top of One World Observatory. Lunch will be on your own at Brookfield Center at the Winter Garden. Your fee includes train, subway and observatory entrance. Limit: 14 people.

Fall Trip to Stonington and Mystick Village—Thursday, October 12, \$89

Just ten minutes from the Mystic drawbridge lies Stonington Borough, called "the most beautiful seaside village in New England." You will tour the Captain Palmer House, a 16 room Victorian mansion majestically sited on a high ground overlooking Stonington harbor and The Old Lighthouse Museum, oldest museum lighthouse in the country. Lunch will be at the Steak Loft in Mystick Village and you will have time to visit some of the shops.

Your fee for the bus trips includes round-trip coach, all admissions and tours, lunch and driver's tip. We need a check payable to Senior Center to reserve your space.

Bus to the Metropolitan Museum - Dec. 5, leave Waveny 9:15 a.m., return ~4:15 p.m., \$40

Get into the holiday spirit by visiting the Met's iconic Christmas Tree and Baroque Creche. Or check out some of the special exhibits: *Frederic Remington; Rodin; Leonardo to Matisse: Master Drawings from the Lehman Collection; David Hockney; Michelangelo: Divine Draftsman to Designer*, or even the special exhibit of baseball cards from the Burdick Collection.

Your fee is only for the bus and driver's tip. We expect to arrive at the Museum at around 10:20 a.m. and leave at 3 p.m. If you plan to go elsewhere, please be back at the Museum in time for departure. We need a check payable to Senior Center to reserve your space.



book groups & other good stuff

Georgia on my Mind with Rita Englund

8 Thursdays, Sept. 14-Nov. 2, 10 a.m., Free
Georgia O'Keeffe had her first solo exhibit one hundred years ago. We will celebrate her life, explore her art, and admire her individuality. Please start reading "Georgia" by Dawn Tripp (a novelization of her relationship with Alfred Steiglitz) or familiarizing yourself with some of her paintings before the first class.

Creative Writing with Rita Englund

8 Thursdays, Sept. 14-Nov. 2, 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 welcome!

Raising Great Expectations: an exploration of Charles Dickens's classic

6 Thurs., Sept. 14-Oct. 26, 12:15-1:30 p.m.
(no class September 21)

Please join us as we read – or reread – the novel *Time* declared one of Dickens's greatest works. Throughout this course, we will be examining the haunting tale of the aspirant, Pip – the world he inhabits, the characters he encounters, and the dreams he cultivates. Our informal weekly discussions invite all participants to share their ideas and insights into this beloved author's work. **Stephanie Stiles**, novelist and former British literature professor, will guide discussions.

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free
September 12 - Austria
October 10 - Hungary
November 14 - Greece
Anyone with an interest collecting stamps or money is welcome to attend these meetings.

The Importance of Being Earnest: A Dramatic Reading

with Stephanie Stiles
3 Wednesdays, Sept. 27-Oct. 11, 11-noon, Free
Come join us as we all take a part in reading aloud Oscar Wilde's most beloved comedy, *The Importance of Being Earnest*. Participants need not have any dramatic training – just a love of literature, fun, and the oral tradition. Each week, the group will read and discuss one act of this "trivial comedy for serious people" – and, though not required, participation is strongly encouraged! Stephanie Stiles, novelist and former British literature professor, will guide discussions.

Literary Ladies Book Club

3rd Wednesday, 2 p.m., Free

Sept. 20: *The Girls of Atomic City* by Denise Kiernan

Oct. 18: *The Lantern* by Deborah Lawrenson

Nov. 15: *Brave Companions* by David McCullough

Aggie Aspinwall leads this popular book discussion.

Irish Authors Book Group

Wednesdays at 10 a.m. Free

Sept. 20: *The Van* by Roddy Doyle

Oct. 18: *Full Tilt: By Bicycle to India* by Dervla Murphy

Nov. 15: *The Guards* by Bruen

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

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

Friday Coffee Hour

Fridays at 11 a.m. beginning Sept. 8, Free
Join **Melba Neville** for Health, Humor and History discussions along with coffee and goodies (sometimes homemade!).

free wednesday films at 1 p.m.

Miss Sloane - September 13 (7.3), 132 minutes
Jessica Chastain, Mark Strong, Gugu Mbatha-Raw
the most formidable lobbyist in D.C. takes on the
most powerful opponent of her career

To Walk Invisible - September 20 (7.5), 120 min.
Finn Atkins, Charlie Murphy, Chloe Pirrie
chronicle of the Brontë sisters' battle to overcome
obstacles and publish their novels

Paterson - September 27 (7.5), 118 minutes
Adam Driver, Golshifteh Farahani
story of a bus driver and a quiet observation of the
triumphs and defeats of daily life

Passengers- October 25 (7.0), 116 min.
Jennifer Lawrence, Chris Pratt, Michael Sheen
spacecraft traveling to a distant colony planet has a
malfunction in its sleep chambers
waking two passengers 90 years early

Lost City of Z - Nov. 1(7.1), 141 minutes
Charlie Hunnam, Robert Pattinson, Sienna Miller
true-life drama, centering on British explorer Col.
Percival Fawcett, who disappeared while searching
for a mysterious city in the Amazon in the 1920

Going in Style - Nov. 8 (6.8), 96 minutes
Morgan Freeman, Alan Arkin, Michael Caine
lifelong buddies decide to step off the straight-and-
narrow for the first time in their lives when their
pension fund becomes a corporate casualty

A United Kingdom - Nov. 15 (6.8), 111 minutes
David Oyelowo, Rosamund Pike, Tom Felton
true story of the king of Botswana's marriage to a
white woman which put his kingdom into turmoil

Being Poirot - Nov. 22, (8.6), 50 min.
after 25 years of playing Hercule Poirot, British
actor David Suchet explores the enduring appeal of
his most legendary character

Gifted - Nov. 29 (7.8), 101 minutes
Chris Evans, McKenna Grace, Lindsay Duncan
a single man raising his child prodigy niece, is drawn
into a custody battle with his mother

Movies at Lapham

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

free friday films at 1 p.m.

The Zookeeper's Wife - Sept. 8 (7.3), 127 min.
Jessica Chastain, Johan Heldenbergh, Daniel Brühl
account of keepers of the Warsaw Zoo who helped
save hundreds of people and animals during WWII

Their Finest - Sept. 15 (6.9), 117 minutes
Gemma Arterton, Sam Claflin, Bill Nighy
newly appointed scriptwriter for propaganda films,
joins the cast and crew of a major production while
the Blitz rages around them

The Red Turtle - Sept. 22 (7.5), 80 minutes
man shipwrecked on a deserted island encounters a
red turtle, which changes his life

Things to Come -Sept. 29 (7.1), 102 minutes
Isabelle Huppert, André Marcon, Roman Kolinka
philosophy teacher soldiers through the death of her
mother, getting fired from her job, and dealing with a
husband who is cheating on her

Wadjda - October 6 (7.6), 98 minutes
enterprising Saudi girl enters a Koran recitation com-
petition as a way to raise money to buy a bicycle

The Castle - October 13 (7.7), 85 minutes
working-class Australian family fights city hall after
being told they must vacate their beloved family
home to allow for airport construction

Cave of Forgotten Dreams - Oct. 20 (7.4), 90 min.
writer/director Werner Herzog films inside the
Chauvet caves of Southern France and captures the
oldest known pictorial creations of humanity

City of Gold - October 27 (7.2), 96 minutes
documentary about Pulitzer Prize-winning food critic
Jonathan Gold exploring the culinary culture of L.A.

Before the Flood - November 3 (8.4), 96 minutes
a look at how climate change affects our environ-
ment and what society can do to prevent the demise
of endangered species and ecosystems

Summer Hours - Nov. 10, (7.3), 103 minutes
Juliette Binoche, Charles Berling, Jérémie Rénier
the divergent paths of three adult siblings collide
when their mother, an heiress, dies suddenly

My Life as a Zucchini - Nov. 17 (7.8), 70 minutes
after losing his mother, a young boy is sent to a
foster home with other orphans his age where he
begins to learn the meaning of trust and true love

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. Registration for courses will go on until all 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. You also 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 minus a \$5.00 processing fee. If you cancel after class starts, you will get a credit, minus a \$5.00 processing fee, that can be applied to future classes. Staff must be notified; credits will be issued only for classes occurring after notification.

Trip refunds (minus a \$5.00 processing fee) 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 trips 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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In This Issue

Arts & Crafts - page 4
Book Groups - page 13
Computers and Tech Help - page 5
Exercise & Yoga - pages 5 - 7
Games - page 8
Health & Wellness - page 9
History & Art History - page 10
Languages - page 11
Medicare - page 12
Movies - page 14
Music - page 10
Special Programs - pages 1-3
Trips - page 12

check out these new programs!

Collecting Stories: 400 Paintings, 400 Stories, Wednesday, September 20, 1 p.m., Free
Tom Davies, whose show *Art America—160 Years in the Making* was a huge success at the Historical Society this summer, will bring slides of some of the works of art he has collected and tell you the stories of the paintings, the artists and his forty years of finding and buying art. His program, which will be based on his book, Collecting Stories, “reveals many nuggets of information about the artists, the eras in which they worked and the individual paintings.” Mr. Davies has a passion for art, what he calls an “art gene” which he shared with his father and his sons. He’s also a wonderful storyteller—don’t miss it!

The Irish Identity: Independence, History, and Literature with Ned Monaghan

every other Thursday starting September 7 at 10 a.m., Free

Ned will show a half-hour segment of this highly-rated Great Courses series and then lead a discussion. The videos feature Dr. Marc C. Conner, Professor of English at Washington and Lee U., who will discuss the monumental occurrences and artistic events that rocked the world in the late 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule. He will interweave stories of the major Irish authors and poets with descriptions of the periods of Irish history that these men and women lived through and how their world affected them and their work.

Flower Arranging Workshop, Wed., Sept. 20, 10:30 a.m., \$10 cash (reservation required)

In this hands-on class you will learn how to mix garden flowers and greens with those from the store, and use simple design principles to arrange a beautiful centerpiece.

Bring an apron, container, pruner (if you have one) and bag to carry your work home.

Patricia Gutierrez is a New Canaan resident and owner of Patina Floral Design. A native of Peru, Patricia studied floral design at the NY Botanical Garden and American School of Flower Design in New York.