



SPRING 2016 NEWSLETTER

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

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. We only follow the school schedule for weather closings.

Important Notice

The Summer Newsletter will not be mailed. It will only be available on our website and for pick up at Lapham Center. When the newsletter is ready, we will email you with the link to our website. Everyone who is active here will be able to pick up a newsletter during the second week in May. Please send your email address to director@laphamcenter.org.

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

Peace and Serenity: Promoting Calm within your Lifestyle

Wed., May 18, 11 a.m., Free



Anne Pelisson, MS, CTRS, Certified Yoga Instructor, Reiki Practitioner, and Supervisor of Waveny's Adult Day Program, will share proven techniques that you can use to bring more calm and balance into your life.

Discussion will touch upon helpful tools like meditation, breathing exercises, outlook, and mindfulness to help you become more present and focused.

Everything You Wanted to Know About WWII But Were Afraid to Ask

Friday, March 4, 1 p.m., Free



History class was never like this! **Dr. Peter Bales**, Professor of History at Queensborough College and a professional stand-up comedian, will present his version of WWII history. Laugh and learn at the same time!

Peter Bales has appeared as a stand-up comedian at countless comedy clubs, corporate functions, and colleges across the country as well as on a variety of networks including Comedy Central, Lifetime, MTV, VH-1, FOX, A&E, and SiriusXM.

This program was organized by **Staying Put**. Reservations are requested at 203-594-3620. Don't wait to sign up, his last show here sold out!

Yale Mammogram Van at Lapham

Tuesday, April 12

appointments at 203-594-3620

Get your mammogram at Yale-New Haven Hospital's digital mammography van. You must be aged 40+ with no known breast problems and no mammogram for at least one year.

Cutting the Cord with Laurie Iffland

Tuesday, May 24, 2 p.m., Free

Cable television is expensive. The service costs money, as does the electricity that powers your cable box and TV. Learn the basics of Cutting the Cord and enjoying TV on your own time and at your own pace! Librarian Laurie Iffland will discuss many options for streaming TV over the web and allowing you to ditch the cable companies!

*There are no fees for special events unless indicated or lunch is included (\$5). Please make lunch reservations by the Friday before the event (203-594-3620). **Please also let us know you are coming so we set up enough chairs and request sufficient handouts.***

St. Patrick's Lunch

Wednesday, March 16, noon, \$5
Corned beef, cabbage, potatoes and green dessert followed by music played by pianist Bob Rissolo who boasts "millions of happy ears!"

Hands-Only CPR

with New Canaan Volunteer Ambulance Corps
Thursday, March 17, noon, Free
Approximately 300,000 people annually suffer sudden cardiac arrest outside a hospital setting. Less than one in four receives CPR from a bystander. Studies show survival rates fall 10% each minute without CPR before emergency medical assistance. Hands-Only CPR has been shown to double or triple chances of survival.

Learning the techniques that may allow you to save a life by performing Hands-Only CPR takes only 15 minutes. AED training also included. Please register; limited to 20

Healing Touch

Tuesday, April 5, by appt., Free
Healing Touch can reduce stress, calm anxiety and depression, reduce pain, strengthen immune systems, support cancer care, enhance post-op recovery, and ease chronic conditions.

New Canaan resident **Debera Prosek**, BS, CHTP, CHHC, a Certified Healing Touch Practitioner, has volunteered in the Greenwich Hospital Healing Touch Program for years. Call 203-594-3620 to schedule an appointment.

AARP Driver Safety Program -

Tuesday, March 8 or May 24, \$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. AARP members pay \$15; non-members pay \$20. Please write your date of birth on the check and your AARP membership number, if applicable.

White Elephant Bingo

Wednesday, April 13, 1 p.m., pizza at noon, \$5
Aggie and a surprise caller will call a variety of games with strange and wonderful prizes. If you got a Christmas gift that you haven't used, please donate it as a bingo prize. Reserve your spot by Monday, April 11, and let us know if you will also come for pizza.

Cholesterol Screening at Lapham

Monday, May 9, 8:30-11:30 a.m., \$30
It is important to get your blood cholesterol checked and take steps to lower it if it is high. High cholesterol affects over 65 million Americans. It can be a serious condition as it increases the risk for heart disease, yet has no symptoms. Research indicates that lowering cholesterol levels lessens the risk for developing heart disease and reduces the chance of having a heart attack or stroke.

Visiting Nurse & Hospice of Fairfield County will be performing screenings which include total cholesterol, HDL, LDL, triglycerides and glucose, blood pressure, body mass index calculation and a health counseling session with RN. Fasting is recommended.

Cost is \$30.00, cash or check. Call 203-594-3620 to schedule your appointment.



FREE MEDICARE COUNSELING and MORE

Tuesdays, March 8, April 12, May 10, and
Wednesdays, March 30, April 27, May 25

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. All programs are offered free of charge to New Canaan residents and Town employees. Those who are new to Medicare find this a particularly valuable service. Call 203-594-3620 to schedule your appointment. *No drop-ins, please.*

Creative Writing with Rita Englund

13 Thurs. March 3-May 26, 11 a.m., Free

No matter where your interests lie, be it fiction, memoir, or poetry, you can improve the quality of your writing. Hone your skills on the ideas and exercises offered in this small group. Feedback and suggestions are given in a constructive spirit with an aim toward creating clarity, focus and a readable style.

New writers are always welcomed!

Ask the Attorney

call 203-594-3620 for appointment

Attorney **Michael Nedder** of Nedder and Associates, LLC or one of his attorneys will answer your questions about powers of attorney, trusts, wills, guardianships, living wills, IRA custodianships, and more.

They come to Lapham Center one Tuesday a month 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.

Bananagrams and Brain Games

Mondays and Wednesdays at 10 a.m., Free

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

March 8 - Eastern South America

April 12 and May 10 - TBA

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

Friday Coffee Hour

Fridays at 11 a.m., Free

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

book groups**Literary Ladies Book Club**

Wednesdays, 1 p.m., Free

Mar. 16– *Bel Canto* by Ann Patchett

April 20 – *The Secret Chord* by G. Brooks

May 18 - TBA

Aggie Aspinwall leads this popular book discussion.

Irish Authors Book Group

Wednesdays at 10 a.m. Free

Mar. 16–*Reading in the Dark* by Seamus Deane

April 20 – *Amongst Women* by John McGahern

May 18 - *Testimonies* by Patrick O'Brian

Join **Ned Monaghan** and his group to read authors you may not yet know and have insightful discussions (with a brogue).

Considering Othello:**A Study of Shakespeare's Tragedy**

6 Thurs., March 24-May 19, 12:15-1:30, Free

(no class April 14)

Please join us as we explore Shakespeare's immortal classic, *Othello*. Considered, arguably, "the most painfully exciting and the most terrible" of Shakespeare's tragedies, this drama will provide our first foray into his masterpieces.

Our informal weekly discussions invite all participants to come and share their insights into this beloved yet disturbing tale of passion, race, power, and truth. Stephanie Stiles, novelist and former British literature professor, will guide discussions.

Classic Murder with Rita Englund

13 Thurs. March 3-May 26, 10 a.m., Free

Explore the golden age of mysteries! We will be reading the works of Agatha Christie, Dorothy L. Sayers, Edmund Crispin, Ngaio Marsh and others, and delving a bit into the authors' lives .

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

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 will continue until all classes are filled.

Please register for free programs as well as classes. 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 semester 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 also cannot drop in on a similar class on a different day. And, you cannot "give" your class to a friend. People who are new to a class are welcome to try one class for free; please call first to make sure there is space in the class. Call Aggie at 203-594-3620 for information about scholarships.

fine arts and crafts

Acrylic Painting Techniques and More

13 Thurs., March 3-,May 26 10-12, \$104

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

6 Thursdays, April 7-May 12, 12:30-2:30, \$48

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.

Crafty Tuesdays

most Tuesdays, 10 - noon, Free

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

Intermediate Watercolor with Regina Custer

12 Fridays, March 4-May 27, 10-12, \$120

Paint whatever you like while learning the many techniques of watercolor. Whether you are a beginner or more advanced painter there is always something new to learn. Regina demonstrates techniques and works individually with each student. All levels welcome.

Knitting and Crochet

Knitting, most Thursdays, 10 - noon, Free
Bring your knitting or crocheting projects (or learn to do it) on Thursdays with **Lu Brown**.

Needlepoint Techniques

Mondays, March 21-April 25, 2 p.m., Free
Bring your work in progress to either get help from Aggie or simply work with other needlepointers. Each week Aggie will teach one new technique such as turkey work, beading, and ribbon work.

Color Me Happy, Color Me Calm

Tuesdays at 1 p.m. , Free
The latest craze is coloring for adults, something that might not sound crazy when you discover how relaxing it is. These coloring books for adults feature cities, botanicals, mandalas, animals and stained glass.

We have a group of ladies who have learned they love to color. Join them and see if you do to. We supply books, pens, markers, etc

Reading Magnifier Available for Use

We have had a donation of an Optelec Clear View + HD reading magnifier which is installed in our Coffee Room. This machine, which is very easy to use, will magnify your book, newspaper, notecards, needlework and more. Stop by to try it out. It will take less than a minute to learn how to use it.

computers and technology

Tech Classes - Tuesdays, 2-3 p.m., Free

Here's a chance to learn to better use your computer, tablet or smart phone with **Librarian Laurie Iffland**. You must register for all tech programs. Space is limited to 12.

March 8: **Accessing Reliable Medical Information**

March 15: **Online Banking**

March 22: **Online Shopping**

March 29: **Google Maps and Google Earth**

April 5: **Google+**

April 12: * **Facetime**: Connecting with Family and Friends

April 26: **Skype**: Connecting with Family and Friends

May 3: * **iPhone, Intermediate**

May 10: **iPad, Intermediate**

May 17: **Uber**

May 24: **Cutting the Cord**: explore online alternatives to cable for TV viewing

* You must have at least an iPhone 5, iPad 3 or up, for these classes

One-on-One Tech Help Sessions by appointment

One of our capable techies will work with you and answer your questions with the idea of helping you learn how to better use the devices you own. Bring your laptop, ereader, tablet, smart phone - you get the idea! For example, you might learn to text, set up voicemail, watch television, download free books or whatever you want to do.

Call 203-594-3620 to set up a 1/2 hour appointment. We request a donation of \$20.

If your computer is not working, please see the PC Doctor below.

HELP!! Our webmasters, who post Lapham newsletters online, could use some help just four times a year for several hours. If you know Word, you would be of great assistance—many hands make for light labor! Call Aggie at 203-594-3620 to find out more.

Technology Help

Use the emails below to schedule an appointment for 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.

cardio plus * chair aerobics * muscles in motion

Cardio Plus Strength (formerly Aerobitone) – Debbie

14 Tuesdays, March 1-May 31, 12:05 p.m., \$84

12 Fridays, March 4-May 27, 9:45 a.m., \$72

C+S offers thirty minutes of moderate intensity cardiovascular training followed by strength training using hand-held weights. Flexibility work follows. Weights provided. Please bring a mat.

Chair Aerobics – Debbie

14 Tuesdays, March 1-May 31, 11 a.m., \$84

13 Thursdays, March 3-May 26, 12:05 p.m., \$78

12 Fridays, March 4-May 27, 11 a.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 Mondays, March 7-May 23, 3 p.m., \$72

13 Thursdays, March 3-May 26, 11 a.m., \$78

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. Bring a mat.

yoga

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

14 Tuesdays, March 1-May 31, \$140

13 Thursdays, March 3-May 26, \$130

Amrit Yoga revitalizes the body, calms the mind, and enhances self-awareness bringing you into a state of harmony and balance. A sequence of postures gradually and gently stretch and strengthen the entire body. Yoga relieves chronic conditions which cause physical tension, emotional stress and stress related illness. Bone density, spinal posture and balance are improved. Precise breathing techniques enhance the flow of energy to the areas of your body most in need of rejuvenation and healing. Bring a mat to class.

Align & Flow Yoga, Open Level Class, 12 Mondays, March 7-May 23, 9:45 a.m., \$108 - 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. Susan will work with all levels. Bring a mat.

pilates-based mat exercise with joyce

14 Tuesdays, March 1-May 31, 9:55 a.m., \$84, Intermediate

13 Thursdays, March 3-May 26, 9:55 a.m., \$78, Intermediate

13 Thursdays, March 3-May 26, 11 a.m., \$78, Beginners

Pilates-based Mat Exercises uses floor 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 class if you are new to Pilates; bring a mat. Intermediate students should bring a mat and a fitness circle if you have one.

fit for life with mike

12 Mondays, March 7-May 23, 1:45 \$72

This class focuses on upper, lower and ab 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.

parkinson's fitness training

12 Tuesdays, March 8-May 24, 1-2 p.m., \$120

Carolyn Cole is a Parkinson's Specific Fitness Trainer. People in her classes 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.

chair yoga with suzan

13 Wed., March 2-May 25, 10:30 a.m., \$130

Chair 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 scientifically known to decrease stress, muscle tension, and blood pressure. Proper breathing techniques and meditation promote health in all body systems and create feelings of peace, joy and tranquility.

arthritis exercise with ellen

12 Mondays, March 7-May 23, 12:30 p.m., \$72

11 Fridays, March 4-May 27, 12:05 p.m., \$66
(no class Friday, May 13)

The Arthritis Foundation Exercise Program is a low-impact physical activity routine proven to reduce pain and decrease stiffness. Classes can be taken standing or sitting and will help you have less pain, stronger joints and muscles, better sleep, increased energy, and improved overall outlook.

nia with leslie

12 Mondays, March 7-May 23, 8:30 a.m., \$72

Dance Your Body! Free Your Mind! Let Your Spirit Soar! Nia is the total body fitness experience that invites you to move your body, your way. Movements in Nia are influenced by the form and precision of the martial arts, the playfulness and spontaneity of the dance arts, and the awareness and compassion of healing arts, like yoga. All levels are welcome!

qigong with bill

12 Mondays, March 7-May 23, 9:45 a.m., 11 a.m., \$72

12 Fridays, March 4-May 27, 10:50 a.m., \$72

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, which can be done either standing or sitting, benefits everyone.

tai chi with wendy

14 Tuesdays, March 1-May 31, \$84

Beginners from 1:30-2:15, Intermediates from 2-3 p.m.

Tai Chi's slow meditative motions can reduce heart rate and blood pressure; increase stamina, balance, leg strength and vital energy. It may also reduce anxiety and depression, improve cardiovascular fitness, flexibility and muscle tone, reduce falls, improve sleep quality, relieve chronic pain, and increase feelings of well-being. Class includes meditation.

games

Social/Rubber Bridge - Mary

8 Wednesdays, March 2-April 27, 10-12 , \$80
(no class March 30)

This class is for those who wish to play social/rubber bridge. Participants will learn how to score their games so they can continue to play when not in class. There will be a brief lesson offered at the beginning of each class - topics to be decided in the first meeting. Come, have fun, and build your skills too!

Intermediate Bridge - Judie

8 Wed., March 2-April 27, 12:30-2:30, \$80
(no class April 6)

Blackwood and Gerber are conventions used to ask for controls on the way to possible slam contracts. Four classes will be devoted to these conventions. Four classes will be devoted to declarer play in which the emphasis will be on lines of play rather than on bidding.

Limit: 22

Duplicate Bridge - Lisette

12 Tues., March 1-May 17, 12:30-2:30, \$120

This class is for people who have taken our New to Duplicate class or who are beginning duplicate players. Lisette will be reinforcing some of the beginner-intermediate basics such as keeping good game scores, individual scoring, bidding and moving. Most 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.

Beginning Mah Jongg

3 Fridays, March 4-18, 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.

health and wellness

Wellness Seminars with Melody

Melody Matheny Orpen, RN, BSN
Community Health Coordinator for Visiting Nurse & Hospice of Fairfield County will present the following free talks on Thursdays at 10:30:

March 3 - **Diabetes - are you too sweet?**
signs, symptoms and general info about diabetes, helpful tips including diet choices, glucose screening for those who want it

April 7 - **Health Care Decisions - it's your choice!**

aspects of health care—preventive, acute care, chronic care, palliative and hospice care; making your own choices at each time of life for the conditions you are facing; what to do when it becomes too much; importance of advance directives and letting your family know what you want and who will speak for you

May 5 - **Stroke Awareness - time counts!**
risk of stroke, prevention, signs and symptoms, aftercare

The Nurse is In!

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

Stop by any Thursday to have your BP checked by Town Community Nurse **Robin Boccuzzi**. Pick up a pink number at the front desk; first come first served!

Free Hearing Aid Clinics and Hearing Screenings

Tues., March 15, April 19 May 17, by appt.

Staff from Parker Ear Nose & Throat in Norwalk come monthly to offer free hearing screenings and to check and clean hearing aids, change batteries and answer questions. Call 203-594-3620 to make an appointment for either service.

See also **Yale Mammogram Van** on front page, **Cholesterol Screening, Hands-Only CPR** and **Healing Touch** on page 2.

history and art history

⌘ **The Dark Ages: An Age of Light**

4 Tuesdays, March 1-22, 1 p.m., Free

British art critic Waldemar Januszczak looks at the art and architecture of the Dark Ages that shows it to be an age of enlightenment.

⌘ **Understanding Art: Impressionism**

6 Tuesdays, March 29-May 3, 1 p.m., Free

Waldemar Januszczak reveals that Impressionism didn't always enjoy the widespread popularity it has today. In their time, impressionists were artistic rebels who threw out the rules set by Paris's prestigious art salons.

⌘ **The Story of Women and Art**

3 Tuesdays, May 10-24, 1 p.m., Free

Professor Amanda Vickery escorts us on a tour through four centuries of Western art featuring extraordinary women artists.

⌘ **NEW: A History of Eastern Europe**

12 Thurs., April 7-June 23, 9:30-11:30, \$20

Taught by Professor Vejas Gabriel Liulevicius, an award-winning professor at the University of Tennessee, these insightful lectures offer a sweeping 1,000-year history of Eastern Europe with a particular focus on the region's modern history. You'll observe waves of migration and invasion, watch empires rise and fall, witness wars and their deadly consequences—and come away with a comprehensive knowledge of one of the world's most fascinating places. **Ladd Seton** will show the lectures, and lead the discussion.

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

8 Mondays, May 16-July 18, 10:30, \$80

This course will trace that evolution of the Grand Republic from its colonial roots to its present status as a Corporate State. It will chart this transformation politically, economically, militarily, and socially. This is the first of a two-part study, spanning the American Revolution to April 6, 1917, when Congress codified America as a Global Power.

music

Ukulele Lessons

13 Wed., March 2-May 25, \$130

12:15-1:15 Players; 1:30-2:30 Beginners

Uncle Zac, the "uke guy", a local ukulele performer and teacher who has played the uke for over 45 years, will teach two levels of uke classes. Those with some experience should take the earlier class and those who are new to the ukulele the 1:30 class. You will learn to play a variety of songs. Uncle Zac will rent you a uke for \$10 for the session if you don't have one.

⌘ **Pianist Glenn Gould**

13 Thursdays, March 3-May 26, 1:45 p.m., Free

Pianist Glenn Gould taped more than 19 hours of TV specials, concert performances, interviews and discussions that make it possible to discover what Gould always considered some of his most significant and original life's work, most of which has not been seen since it was first telecast.

Great Men, Great Singers, Great Operas

6 Wed., March 16-April 20, 1:30-3:30 p.m., \$60

Jerry Schulster, opera aficionado and opera critic for the *Greenwich Times* and *Stamford Advocate*, will play and discuss the power male opera roles including Otello from Verdi's *Otello*; Hans Sachs from Wagner's *Die Meistersinger von Numberg*, Don Giovanni from Mozart's *Don Giovanni*, and two TBA.

⌘ *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, March 7-May 23, 10:30-noon, \$180

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 *LeFigaro* or *LePoint*, 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.

Advanced Beginner Italian: 13 Tuesdays, March 1-May 31, (no class 4/12), 9-10:30 a.m., \$182

This course is for intermediate students who want to improve their knowledge in writing, speaking and understanding Italian with the use of everyday news from Italian newspapers and magazines, plus grammar lessons. Taught by Lisetta Malagoli.

Italian Conversation: 13 Tuesdays, March 1-May 31, (no class 4/12), 10:30-noon, \$182

This course is for Lisetta'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 Beginners 2: 14 Tuesdays, March 1-May 31, 9-10 a.m., \$140

This class is a continuation of the one that started in September. Emphasis will be on developing conversation skills: greeting people, shopping, dining and travel. Aspects of Spanish culture will be interwoven: family relationships, Hispanic Universities, health-care, and regional foods.

Taught by Bob Dalury. Text: "Saludos"

Spanish Intermediate 2: 12 Mondays, March 7-May 23, 9-10 a.m., \$120

This course will strengthen conversation skills by learning how to communicate in typical situations: introducing yourself and others, discussing current topics, asking for directions, ordering food in restaurants and understanding the ever-increasing use of the language.

Taught by Bob Dalury. Text: "Situaciones"

All language class prices are based on anticipated enrollment and are subject to change. Textbooks are an additional charge. If you are not sure of your level, you can take a class for free to determine where you belong. Call Aggie at 203-594-3620 to set it up.

Lapham Center Holidays

Good Friday, March 25 and Memorial Day, Monday, May 30

Hot Topics in Estate Planning Today - Wednesday, April 27, 10 a.m., Free

A panel of local experts will address recent tax changes and issues related to trust and estate planning in Connecticut today.

Stephen Napier is an attorney with Ivey, Barnum & O'Mara, LLC. He specializes in the areas of estate and tax planning and administration. He will be discussing recent changes in CT tax laws and their impact on your estate planning. **Bobby Bennett**, an insurance specialist with New York Life concentrating on Life, Long-term care and Disability insurance, will discuss utilizing life insurance in estate planning. **Patrick Tucci**, an investment adviser and President of Harbor Hills Investment Management, will discuss investment outlook and strategies.

free wednesday films at 1 p.m.

The Age of Adaline - March 2, (7.2), 122 minutes
Blake Lively, Michiel Huisman, Harrison Ford
young woman, born at the turn of the 20th century,
is rendered ageless after an accident

The Man from U.N.C.L.E.- March 9 (7.4), 116 min.
Henry Cavill, Armie Hammer, Alicia Vikander
CIA agent and KGB operative participate in a joint
mission against a mysterious criminal organization

Going Clear: Scientology & the Prison of Belief-
March 23 (8.1), 119 minutes
documentary about the inner-workings of the
Church of Scientology

A Walk in the Woods - March 30, (7.3), 104 min.
Robert Redford, Nick Nolte, Emma Thompson
comedy in which two old friends decide to
reconnect by hiking the Appalachian Trail

Bridge of Spies - April 6, (8.0), 141 minutes
Tom Hanks, Mark Rylance, Alan Alda
during the Cold War, an American lawyer is
recruited to defend an arrested Soviet spy

Testament of Youth- April 20 (7.3), 129 minutes
Alicia Vikander, Kit Harington, Taron Egerton
British woman recalls coming of age during WWI

He Named Me Malala - April 27 (6.2), 80 minutes
Taliban attacks Pakistani schoolgirl, Malala
Yousafzai, for speaking out on girls' education

The Martian - May 4, (8.0), 144 minutes
Matt Damon, Jessica Chastain, Kristen Wiig
astronaut, presumed dead after a fierce storm,
finds himself stranded and alone on Mars

The Jinx: Life and Deaths of Robert Durst, (8.9)
3 Wednesdays, May 11-25, 120 minutes
examines the complicated life of reclusive real
estate icon, Robert Durst, the key suspect in
a series of unsolved crimes

Movies at Lapham

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

free friday films at 1 p.m.

Walt Before Mickey - March 11, (7.0), 120 minutes
Jon Heder, Jodie Sweetin, David Henrie
based on the book "Walt Before Mickey", covers the
early years of Walt Disney's career

The Intern - March 18 (6.8), 92 min.
Robert De Niro, Anne Hathaway, Rene Russo
70 year-old man becomes a senior intern at an
online fashion site

Where Hope Grows - April 1 (7.0), 95 minutes
Kristoffer Polaha, David DeSanctis
Ex-baseball player is inspired and
invigorated by a young-man with Downs syndrome

Meru - April 8 (7.8), 87 minutes
Conrad Anker, Grace Chin, Jimmy Chin
three elite climbers struggle to climb Mount Meru in
the Himalayas

Infinitely Polar Bear - April 15, (7.0), 90 minutes
Mark Ruffalo, Zoe Saldana
manic-depressive father tries to win back his wife by
taking care of their two young, spirited daughters

That Sugar Film - April 22 (7.3), 90 minutes
Damon Gameau, Hugh Jackman, Richard Davies
an experiment to document the effects of a high
sugar diet on a healthy body

Learning to Drive - April 29, (6.4), 90 minutes
Patricia Clarkson, Ben Kingsley
as her marriage dissolves, a writer takes driving les-
sons from a Sikh instructor with marriage troubles

Winning: The Racing Life of Paul Newman -
May 6 (7.8) 83minutes
documentary about Paul Newman's racing career

Noble - May 13, (6.5), 100 min., true story
woman overcomes her harsh Irish childhood to
discover her destiny on the streets of Saigon

Hope & Glory - May 20 (7.4), 113 minutes
Sarah Miles, David Hayman, Sebastian Rice
a young boy living on the outskirts of London
experiences the exhilaration of World War II

Queen & Country - May 27 (6.3), 114 minutes
Callum Turner, Caleb Landry Jones, Pat Shortt
sequel to Hope & Glory in which the boy, now a
young man, joins the army and looks for love

Senior Center of New Canaan
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classes fill quickly - register now!



Anything Goes at Goodspeed Opera House

Wednesday, May 18, \$140

Bon voyage! Set sail on a "de-lovely" cruise through some of Cole Porter's most famous songs. A brassy nightclub singer, a starry-eyed stowaway and Public Enemy No. 13 are booked on a transatlantic luxury liner bound for romance and laughter. Hum along with an easy-to-love score packed with hits including "I Get a Kick Out of You," "You're the Top," "It's De-Lovely," and more!

Lunch will be at The Gelston House on the river.

Your fee includes round-trip coach, show tickets, lunch and driver's tip. We only have 30 tickets so we need a check ASAP payable to Senior Center. Call 203-594-3620 for more information.

Nieuw Amsterdam Walking Tour - Wednesday, June 1, \$30

European settlement in New York City began in 1625 with the founding of a Dutch fur trading post in Lower Manhattan, later called New Amsterdam (Dutch: Nieuw-Amsterdam).

New York Tour Guide **Pete Stair** will lead a two mile narrated stroll around Nieuw Amsterdam and Olde New York. You will then have lunch on your own on classic Stone Street, a little cobblestone street that some say was the first ever paved in NYC. It stretches no longer than a football field but has more restaurants and bars than some neighborhoods.

Limited to 15 people. Cost \$30 for provided train and subway tickets. Don't wait to sign up!