



Spring 2017 Newsletter

Welcome to Lapham Center

This Spring Newsletter is posted on our website at www.laphamcenter.org and is available for pick up at the Center. Send us your email address if you want to get information on classes not in the newsletter or know when the newsletter is posted online.

Registration will start Monday, February 6, and will continue until classes are filled. For most classes you can register online or call us with a credit card. Please register for all activities, including free ones.

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.

**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

Annual St. Patrick's Day Lunch at Lapham

Wednesday March 15, noon, \$5

Corned beef, cabbage, carrots and potatoes - an Irish feast! Wear your green and enjoy a festive meal at Lapham .

After lunch Dom Cardamone, a pianist from Milford, will play a selection of Irish and other popular songs.

Don't wait to reserve as we can only take about 40 reservations: 203-594-3620.



Author Talk with Janet Barrett

Wednesday, March 29, 1:30 p.m., Free

When the U.S. Marine Fifth Regiment's Recoilless Rifle Platoon acquired a small Korean pony to haul ammunition up the steep hills to the front lines, what they got was a real-life hero. Reckless, the courageous and indomitable warhorse who stood with her buddies for two years during the Korean War, saved many lives, raised spirits, and won the love and respect of all who knew her. Hear her story from author Janet Barrett who said "from the moment she heard about Reckless, she knew she would write this book."

White Elephant Bingo and Pizza

Wednesday, April 19, Pizza (\$5) at noon, Bingo at 1 p.m.

Aggie and another Mystery Caller will call a variety of bingo games with spring-themed and donated prizes.

Please reserve your spot by Friday, April 7, (203-594-3620) and let us know if you will be coming for pizza, salad and dessert at noon.

Yale Mammogram Van at Lapham

Tuesday, April 18, 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 or implants, and no mammogram for at least one year. Women who are not insured but have a doctor can get a mammogram. Those who are uninsured without a doctor should call us. Bring your insurance/Medicare/Medicaid card to the appointment.

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.

Senior Center trips and AARP classes 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

13 Thurs., March 2-May 25, 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

13 Thurs., March 2-May 25, 12:30-2:30, \$104

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.

NEW: Drawing+ Painting class

8 Mondays, March 6-April 24, 9:30-11:30 \$64

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, imagination, and still lifes.

Instructor Eddie Nino guides budding or experienced artists toward unblocking creativity. Bring charcoal, pastels, colored pencils, graphite pencils, acrylics, or watercolors and paper or canvas.

Eddie Nino is a professional artist and art teacher whose accomplishments include private commissions, many solo and group shows, numerous awards from the tri-state area, and published artwork

NEW: Beyond Watercolor Technique

8 Fridays, March 10-May 5, 10-12, \$64

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.

Needlepoint

Mondays, 2-3 p.m., March 13-May 22, Free

Bring your work in progress to either get help from Aggie, who teaches at The Enriched Stitch in Wilton, or to simply work with other needlepointers. Each week Aggie will teach one new technique, such as layered stitching, applique and stumpwork.

People who are brand new to needlepoint should call ahead to arrange for a beginner's kit.

Knitting and Crochet

most Thursdays, 10 - noon, Free

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



FREE MEDICARE COUNSELING and MORE

Tuesdays, March 14, April 11 and May 9 and Wednesdays, March 29, April 26 and May 31

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.*

Lunch Program

Tuesdays at noon, \$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.

The Nurse is In!

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

Free BP checks are held most Thursdays with Town Community Nurse **Robin Boccuzzi**. First come first served!

Get a pink number at the front desk.

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.

exercise

NIA Cardio Dance - Leslie, 12 Mondays, March 6-May 22, 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 the healing arts. All levels are welcome!

Parkinson's Fitness - Carolyn, 12 Mondays, March 6-May 22, 2:45 p.m., \$120

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.

Essentrics - June, 14 Wednesdays, March 1 - May 31, 8:30 a.m., \$84

Essentrics is a full body, re-balancing, strengthening and flexibility program which is no-impact, weight-free and safe for all ages. The technique develops lean, strong and flexible muscles with immediate changes to your posture, mobility and vitality.

Dance Fitness - Ginger, 13 Wednesdays, March 1 - May 31, (no class April 12), 10:40 a.m., \$78

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.

Ginger Corbett is a personal trainer and Zumba Gold instructor in Darien.

cardio + strength * chair fitness * muscles in motion

Cardio Plus Strength – Debbie

13 Tues., March 7-May 30, 12:05 p.m., \$78, or 12 Fridays, March 3-May 26, 9:45 a.m., \$72
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.

Chair Fitness – Debbie

13 Tues., March 7-May 30, 11 a.m., \$78, or 13 Thurs., March 2-May 25, 12:05 p.m., \$78
12 Fridays, March 3-May 26, 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 6-May 22, 3 p.m., \$72, or 13 Thurs., March 2-May 25, 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.

arthritis and balance exercises with ellen

Moving with Arthritis

12 Fridays, March 3-May 26, 12:30 p.m., \$72

12 Mondays, March 6-May 22, 12:30, \$72

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!"

12 Fridays, March 3-May 26, 11 a.m., \$72
(no class April 28)

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

12 Mondays, March 6-May 22, 1:45 p.m., \$72

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

13 Tues., March 7-May 30, 9:55 a.m., \$78, Intermediate

13 Thursdays, March 2-May 25, 9:55 a.m., \$78, Intermediate

13 Thursdays, March 2-May 25, 11 a.m., \$104, 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 - 12 Mondays, March 6-May 22, 9:45-11 a.m. \$120 - **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, 12 Mondays, March 6-May 22, 9:45 a.m., \$144 - **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 - 12 Mondays, March 6-May 22, 11 a.m., \$72- **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

13 Tues., March 7-May 30, \$130 or 13 Thurs., March 2-May 25, \$130

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, 13 Tues., March 7-May 30, – **Wendy**

Beginners - 1:30-2:15 p.m., Intermediates - 2-3 p.m. \$78

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.

Qigong + Tai Chi - 14 Wednesdays, March 1 - May 31, 9:35 a.m., \$84- **Lucy**

NEW: 12 Fridays, March 3-May 26, 1:15 p.m., \$72

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.

Beginning Yoga - 12 Fridays, March 3-May 26, 8:30-9:45 a.m., \$120 - **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.

games

Bridge Refresher 2 - Mary

8 Fridays, March 10-May 5, 11 a.m.-1 p.m., \$80

In this class you will continue to develop and deepen basic skills with increasing focus on not only bidding the hand you are dealt but also playing it well too! Play bridge and have fun in an environment that is both challenging and supportive.

Space is limited to 12.

Intermediate Bridge - Judie

Elements of Defense

4 Wed., March 8-29, 10-12 or 12:45-2:45, \$40

Defense is, perhaps, the most difficult part of the game of bridge. Taking an active role in trying to defeat the declarer makes time at the bridge table a lot more fun. We'll explore effective opening leads, defensive signals, the defensive hold-up, etc.

Reaching Optimal Contract after Minor Suit Openings

4 Wed., April 5-26, 10-12 or 12:45-2:45, \$40

Minor suit openings necessitate bidding exploration in order to find the best strain and level of the final contract. We'll learn proper minor suit openings, initial responses, rebids, how to find major suit fits, when to play in NT contracts and when playing in the minor is preferable.

Disturbing Opponents No Trump

2 Wed., May 17 & 24, 10-12 or 12:45-2:45, \$20

When the opponents open the bidding with 1NT, it is more difficult to enter the bidding. DONT (disturbing opponent's NT) is an effective tool. We'll learn how and when to use this tool.

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

POOL

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

Duplicate Bridge - Lisette

12 Tues., March 7-May 23, 12:30-2:30, \$120

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.

Some classes will meet in our Computer Center for online bridge.

Bananagrams

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

Beginning Mah Jongg

3 Wednesdays, March 8-22, 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 Tournament - Friday, April 21,
10-12:30, \$5

(sign up by April 19)

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.



Lapham Center Holidays

Closed Good Friday, April 14

Memorial Day, May 29

history and art history

Jihad! - Mark Albertson

8 Mondays, May 15-July 10, 10:30 a.m., \$80

Jihad is an Arabic term meaning struggle. For the Muslim that struggle is of an internal nature; an effort by which the individual attempts to rid the self of those impediments which compromise their becoming one with their religion. Waging that struggle justifies the essence of Islam, which is surrender to God.

The popular notion of Jihad held by many non-believers is that of Holy War. This series will be a progression of sessions which will seek to peel away the confusion, misconceptions and propaganda which hamper a proper conception of not only what is construed as the Jihadi movement, but hopefully foster a better understanding of one of the globe's most fascinating yet misunderstood religions

⌘ Great Artists of the Italian Renaissance

6 Tuesdays, March 7-April 11, 1 p.m., Free

We will finish Professor William Kloss's artist-centered survey of Italian artists. We will begin with Urbino and Mantegna and then move onto several weeks of Venice and its most celebrated artists including Bellini, Giorgione and Titian.

⌘ From Monet to Van Gogh: A History of Impressionism

12 Tuesdays, April 18-July 11, 1 p.m., Free

They appeared in a period of upheaval. They saw the rebuilding of Paris, the rise of industrialism, the ruin of the Franco-Prussian war. They displayed their shocking works in a series of exhibitions from 1874 to 1886. And by the 1890s, this "loose coalition" of artists who rebelled against the formality of the French Academy had created the most famous artistic movement in history. "They" were the Impressionists, and **Professor Richard Brettell** from the U. of Texas, Dallas is your expert curator and guide to a movement that created a new, intensely personal vision of the world.

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

music

Ukulele Lessons

14 Wednesdays, March 1-May 30,

1:30-2:30 p.m., \$112

Uncle Zac, the "uke guy," a local ukulele performer and teacher who has played the uke for 50 years, will teach a players class for those who have some experience playing a ukelele. 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.



Spring Chorus

12 Tues., March 7-May 23,

10:30-11:30 a.m., Free

Sing! Sing! Sing! No need to read music or even be able to sing! Just have fun in this group directed by **Merrill Collins** from Arts for Healing.

The Fabulous, the Fantasies, and the Fairy Tales: Operas One Should Know Better, Part II

6 Weds., March 15-April 19, 1:30 - 3:30, \$60

Dr. Jerry Schulster will sample some wonderful works just outside of the standard repertory. Included are Weber's *Der Freischütz*, Wagner's *Lohengrin*, Humperdinck's *Hänsel und Gretel*, Rimsky Korsakov's *The Legend of the Invisible City of Kitezh*, Dvořák's *Rusalka*, and Richard Strauss's *Die Frau ohne Schatten*, sometimes other works by these composers.

⌘ The 30 Greatest Orchestral Works

9 Thursdays, March 2-April 27, 1:45 p.m., Free

Great Courses favorite **Professor Robert Greenberg** of San Francisco Performances will finish his grand tour of the symphonic pieces he counts as being among the very greatest ever written with symphonies from Rachmaninoff, Debussy, Stravinsky, Copland and Shostakovich.

⌘ Haydn: His Life and Music

8 Thursdays, May 4-June 22, 1:45 p.m., Free

The music of Franz Joseph Haydn (1732-1809) is technically superb, widely imitated, and rich in quality and quantity. **Professor Robert Greenberg** will discuss Haydn's life, music and cultural influences as well as play his music.

languages

We are currently offering classes in French, Italian and Spanish which will end in June. Anyone who has some experience in any of those languages is welcome to try a class and see if it works for them. We generally only offer Beginning classes in the Fall.

We also have the possibility of offering a class in **Chinese**. This would be closer to a Travel Chinese class and would include information on culture, history, places to visit as well as an intro to Mandarin Chinese. Call us at 203-594-3620 if you are interested.

trips

We need a check payable to Senior Center to reserve your space on a trip. We have to make deposits at least two months ahead so if you want to go, don't wait to sign up! Questions? Call Lyn or Aggie at 203-594-3620.

Art Underground and Lunch by the Hudson - Wednesday, March 8, \$30



Ride the train to NYC with **Pete Stair**, a licensed NYC Sightseeing Guide, where he will take you on a tour of some of NYC's most hidden public art. After leaving New Canaan, you will be inside or underground for the entire tour. Following several stops in the subway system viewing some remarkable art, you will walk thru the newly-opened Oculus (the World Trade Center transportation hub) and Westfield Center to lunch at Brookfield Place, formerly known as the Winter Garden. You will return to New Canaan without ever going outside.

A Slice of Brooklyn Chocolate Tour, Wednesday, April 26, leave Lapham at 7:30 a.m., \$100

Some of the finest traditional and artisanal chocolates in the world are now being made in Brooklyn. Those of you who went on the Slice of Brooklyn Pizza Tour or Brooklyn Neighborhoods Tour know that this company will know where the best chocolates are! You will begin at *Jacques Torres*, star of PBS's *Dessert Circus with Jacques Torres*, and then go to *The Chocolate Room* in Park Slope, *Raaka Chocolates* in Red Hook, and *Li-Lac Chocolates* in Industry City that started making chocolate in the 1920s. You will hear how they make chocolate, what their specialties are and who are the chocolate makers as well as the stories about their neighborhoods. You will also stop at a pier in Red Hook for what Tony says is the best view of the Statue of Liberty.

Lunch will be pizza and soda from another Brooklyn institution, Grimaldi's Pizzeria under the Brooklyn Bridge.

Oheka Castle - Tuesday, June 6, \$110 (limited to 30), leave Lapham at 10:15 a.m.

Almost a century ago, financier and philanthropist Otto Kahn built Oheka Castle on the highest point on Long Island in Cold Spring Harbor, for an estimated cost of \$11 million (\$110 million in today's currency). At that time the French-style chateau was, and still is today, the second-largest private residence in America. During the Gilded Age of the 1920s, Kahn used the 127-room estate as a summer home where he hosted lavish parties and regularly entertained royalty, heads of state, and Hollywood stars.

You will tour the house and garden and hear the stories of the house and the people who lived there. Lunch will be after the tour around 1:30 p.m. .



technology

Free Tech Help from the Library

Laura Miller, Digital Services Librarian, and **Tina Kennedy**, Instruction and Reference Librarian, bring their knowledge and passion for learning to Lapham Center on the first Tuesday of each month at 2 p.m. In these sessions they will help you find the best apps and podcasts.

Health/Fitness Apps- March 7, 2 p.m.

Health Apps can help you keep track of your steps, weight, food intake, calories, exercise, and sleep. Some will set your exercise/steps to music, or remind you to get up and move. Many people find that health apps motivate them to move more and eat less.

Travel Apps– April 4, 2 p.m.

These apps can help you find the best and most affordable flights, hotels and rental cars, know whether your bag is on the plane and when it will arrive on the carousel, get a ride with Uber or local transport, and give you maps with information on restaurants, museums, store and more.

Podcasts, May 2, 2 p.m.

Podcasts are free audio programs distributed over the Internet. You can download them and listen to them as you please, essentially creating a radio station focused entirely on the topics you want to hear. There are podcasts out there covering almost any topic that you can imagine: TV, cars, comedy, gardening, cooking, crime, politics, classical music, finances, retirement and many more!

Free Teen Tech Help

We will be fortunate to have a NCHS Senior Intern at Lapham from May 15-June 9.

Part of their job will be to provide our participants with one-on-one technology help. If you would like to schedule a time to meet with the student, call us at 203-594-3620. He or she will be adept with computers, cameras, cell phones, reading devices, and all things digital.

NEW: How do I?...One-on-One Tech Help Sessions

Call 203-594-3620 to set up an appointment with one of our capable techies. We request a donation of \$20.

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.



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. Email or call if your email isn't working.

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.

book groups & other good stuff

NEW: Visiting Washington Square: An Exploration of Henry James' Beloved Classic
6 Thursdays, March 16-April 27 (no April 13),
12:15-1:30, Free

Please join us as we get acquainted with Henry James' most rousing short novel, *Washington Square*. Throughout this six-week course, we will be examining the structure, style, and story of the novel, as we move toward a clearer understanding of the meaning and significance of the work and its enduring influence today. Our informal weekly discussions invite all participants to share their ideas and insights into this eminent author's work.

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

Creative Writing with Rita Englund
8 Thursdays, March 2-April 20, 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.

Irish Authors Book Group
Wednesdays at 10 a.m. Free

Feb. 15: *Felicia's Journey* by William Trevor
March 15: *Butcher Boy* by Patrick McCabe
April 19: *Master and Commander* by O'Brien
May 17: TBA

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

Literary Ladies Book Club
3rd Wednesday, 1 p.m., Free

Feb. 15: *South of Superior* by Ellen Airgood
Mar. 15: *Euphoria* by Lily King
April 12: *A Gentleman in Moscow* by A. Towles
May 17: *Commonwealth* by Ann Patchett

Aggie Aspinwall leads this popular book discussion.

AARP Driver Safety Program

Tuesday, March 7 or April 18, 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.

Cholesterol Screening at Lapham

Monday, May 8, 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 (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 (please do drink water, black coffee or tea in the morning).

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

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

March 14 - Singapore

April 11 - Polynesia

May 9 - China

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 discussions along with coffee and goodies (sometimes homemade!).

free wednesday films at 1 p.m.

Bridget Jones's Baby - Mar. 1 (7.0), 104 minutes
Renée Zellweger, Gemma Jones, Jim Broadbent
Bridget's life is interrupted when she finds herself pregnant and is only 50% sure who the father is

Greater - March 8 (8.2), 130 minutes
Christopher Severio, Neal McDonough
inspirational story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football

Snowden - March 22 (7.4), 130 min.
Joseph Gordon-Levitt, Shailene Woodley
NSA's illegal surveillance techniques are leaked to the public by one of the agency's employees

The Light Between Oceans—Mar. 29 (7.2), 96 min.
Michael Fassbender, Alicia Vikander
lighthouse keeper and his wife raise a baby they rescue from a drifting rowboat

The Queen of Katwe - April 5 (7.3), 124 minutes
Madina Nalwanga, David Oyelowo, Lupita Nyong'o
Ugandan girl sees her world rapidly change after being introduced to the game of chess

A Man Called Ove - April 12 (7.6), 116 min.
ill-tempered, isolated retiree develops an unlikely friendship with his boisterous new neighbors

Hell or High Water - April 26 (7.8), 102 min.
divorced father and his ex-con brother resort to a desperate scheme to save their family's ranch

Marguerite - May 3 (7.0), 129 minutes
Catherine Frot, André Marcon, Michel Fau
Paris 1920s: wealthy woman loves to sing for her friends . . . although she's not a good singer.

Anthropoid - May 10 (7.3), 120 minutes
the extraordinary true story of Operation Anthropoid, the WWII mission to assassinate SS General Reinhard Heydrich, third in command after Hitler

Loving - May 17 (7.3), 98 min.
Ruth Negga, Joel Edgerton, Will Dalton
true story of interracial couple who fought discrimination to the Supreme Court

The Choice - May 24 (6.5), 111 minutes
Benjamin Walker, Teresa Palmer
based on Nicholas Sparks novel in which two unlikely lovers spark a romantic relationship

My Love, Don't Cross That River - May 31 (7.9),
Korean documentary about couple who have lived together for 76 years

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 von Trapp Family – Mar. 3 (6.6), 98 minutes
Eliza Bennett, Lauryn Canny, Yvonne Catterfeld
eldest daughter of the well-known musical family, pursues her musical career in the United States

Sully - Mar. 10 (7.2), 96 min.
Tom Hanks, Aaron Eckhart, Laura Linney
story of the American pilot who became a hero after landing his damaged plane on the Hudson River

Deepwater Horizon – Mar. 17 (7.5), 107 min.
Mark Wahlberg, Kurt Russell
dramatization of the April 2010 disaster when the offshore drilling rig, Deepwater Horizon, exploded and created the worst oil spill in U.S. history

When Elephants Were Young-Mar. 24 (7.9), 90 min
William Shatner narrates this story of a young man and his young elephant living together in Thailand

Harry & Snowman - March 31, (8.6), 84 minutes
documentary about immigrant Harry DeLeyer and the plow horse he rescued from slaughter

Mr. Church - April 7 (7.7), 104 min.
Eddie Murphy, Britt Robertson, Natascha McElhone
a unique friendship develops when a little girl and her dying mother hire a talented cook, Henry Church

Love, Rosie - April 21 (7.2), 80 min.
Lily Collins, Sam Claflin, Christian Cooke
New York heiress dreams of becoming an opera singer, despite having a terrible singing voice

Without a Home - April 28 (7.7), 97 min.
young woman's desire to understand the homeless epidemic in LA takes her on a four year journey into the lives of several homeless individuals

The Eagle Huntress - May 5 (7.6), 87 minutes
follows Aisholpan, a 13-year-old girl, as she trains to become the first female in twelve generations of her Kazakh family to become an eagle hunter

Hello, My Name is Doris - May 12, (6.7), 95 min.
Sally Field, Max Greenfield, Tyne Daly
self-help seminar inspires a sixty-something woman to romantically pursue her younger co-worker

Dark Horse - May 19 (7.4), 85 minutes
inspirational true story of friends from a working men's club who decide to take on the elite 'sport of kings' and breed themselves a racehorse

Gleason - May 26 (8.3), 110 minutes
inspirational documentary about Steve Gleason, a former professional football player who makes a video diary for his son after he is diagnosed with ALS

check out these special programs!

All are welcome to any of the programs below, but please register by calling 203-594-3620.

Predicting Your Longevity - March 16, 10:30 a.m., Free

Want to live the happiest and healthiest life possible? **Marilyn Fuller**, RN, BSN, MN is a Nutrition and Health Coach as well as a Case Manager for Visiting Nurse and Hospice of Fairfield County. She will discuss using lifestyle tools that will enable you to identify areas in your life that can affect how long and how well you will live. Marilyn will talk about finding balance in your life, making optimal food and lifestyle choices and other simple changes that may help you gain more time in your hourglass.

Determining When Your Loved One Needs Homecare and Who Will Pay for It

- Thursday, March 23, 11 a.m., Free

Staff from Waveny Visiting Nurses and Companion Care will talk about what to look for when your loved ones begin to fail physically and mentally and when you should consider getting help at home. They will also discuss what Medicare, long-term care and other insurance will or will not pay.

Get Your Affairs in Order - Thursday, March 30, 2 p.m., Free

John Lesko, Director of Advance Planning for the Hoyt Funeral Homes, along with **Tom Cicalese**, owner, will discuss pre-planning a funeral or cremation to ensure that your wishes are carried out and so that your family doesn't have to make difficult decisions at an upsetting time. You will also have an opportunity to ask questions.

Resources for Seniors in New Canaan - Wednesday, April 5, 12 - 1 p.m. Lunch included, Free

Join us for lunch and an informal conversation on the resources available to Seniors in New Canaan. Learn something new and share your thoughts on what other services would be useful. Presented by Staying Put in New Canaan and Lapham; please RSVP to 203-594-3620.

Hands on New Canaan with New Canaan Volunteer Ambulance Corps Thurs., April 27, 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.

Feathers with Phil - Wednesday, May 3, 12 - 1:30 p.m., Lunch included, Free

Bird lovers will enjoy this fun, informative discussion about birds with fellow bird watcher **Phil Ives**. After the program we'll take a walk outside with Phil as our guide and try to spot some of our Waveny bird residents. Presented by Staying Put in New Canaan; please RSVP to 203-594-3620.

Downsizing Your Home, Tuesday, May 16, 10 a.m., Free

54% of people who are moving in 2017 will be going to a smaller home! Are you one of them? It is said we spend the first half of our lives accumulating things and the second half getting rid of them! We will discuss how to tackle whole house organizing when we need to look at everything we own. There is a manageable method to complete this process one step at a time. This workshop will help you be ready for the moving truck or ready to enjoy a less cluttered home!

Susan Lovallo is a CPA, Certified Professional Organizer and the owner of Clutter Solutions, LLC, a local company that focuses on organizing homes, offices, time and finances for individuals, families and businesses, as well as training in Quicken and QuickBooks.