



SPRING 2018 NEWSLETTER

Welcome to Lapham Center

The 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 know when the newsletter is posted.

For most classes you can register online or call us with a credit card. Registration starts now and will continue until classes are filled. We ask that you register for ALL activities, even the 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.

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

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

Orientalism in American Art and the Silvermine Art Colony

A Gallery Talk by Art Collector Tom Davies

Wednesday, March 7, 1:30 p.m., \$5 suggested donation

This exhibit celebrates the period, beginning in the 1840s, when artists and explorers from America traveled through the Sahara, Arabia and India to paint from life what was unique to them. The Silvermine artists were similarly drawn to paint and capture the character, nature and culture of this land. The European and American artists who ventured into this often-forbidden world were called the Orientalists.

This show was conceived by art historian Edward Vollmer, who co-curated it with museum consultant Susan Gunn-Bromley and local collector Tom Davies. The show includes paintings and etchings, but also furniture, decorative arts, textiles and jewelry.

Mr. Davies, who loaned many paintings to the exhibit, will discuss the paintings and the impact Orientalism had on American culture.

Please register at 203-594-3620. The group will meet at the New Canaan Historical Society.

Lerner and Loewe's *My Fair Lady* with Marc Courtade

Wednesday, May 23, 10:30-noon, \$5



Marc will focus on what many regard as one of the finest musicals ever created, Alan Jay Lerner and Frederick Loewe's *My Fair Lady*. The original production opened in 1956, and its recording remains a best seller. Loewe wrote the music, and Lerner wrote the book and lyrics. We will look, listen and see many examples from the original Broadway production, featuring Rex Harrison, Julie Andrews and Stanley

Holloway, in celebration of the current Broadway revival.

Marc Courtade is Executive Director at the Huntington Arts Council and a frequent lecturer specializing in talks on Great Performers, Broadway Musicals and Opera.

Please register in advance at 203-594-3620; you can pay at the door with cash or check to Senior Center.

Lapham Holidays: Friday, March 30 and Monday, May 28

Healthy Living for your Brain and Body - Wednesday, March 7, 1:30-2:30 p.m., Free

For centuries we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

This program will be presented by Shanon Jordan, SW Regional Director, Alzheimer's Association, CT Chapter.

Safe Tea, Wednesday, March 14, 2 p.m., Free

Angela DeLeon from People's Bank and members of the New Canaan Police Department will discuss common crimes against older adults along with how to protect yourself from becoming a victim of new and emerging crime trends in New Canaan and surrounding areas.

Tea and light refreshments will be served. Please register at 203-594-3620.

A Healthier You with Visiting Nurse & Hospice of Fairfield County

Katherine Lasberg, JD, BSN, RN, Community Health Coordinator for VN&H, will come monthly on a Wednesday at 10 a.m. to discuss a health/wellness topic:

March 14: **Sleep Smart**: To sleep or not to sleep? That is the question! Explore the benefits of getting a good night's sleep, common triggers that interfere with your sleep patterns and hear about some simple tips that will help you get the rest your body needs.

April 18: **Arthritis—Staying Strong**: Learn about the different arthritic diseases, treatments, and lifestyle changes that can help you manage your arthritis. Find out how an anti-inflammatory diet, exercise, staying connected, and rest and relaxation can help you manage your symptoms.

May 9: **High Blood Pressure**: What does a diagnosis of high blood pressure mean for your everyday life? Find out how to better manage your blood pressure through diet, exercise, medication and regular blood pressure checks.

St. Patrick's Lunch - Wednesday, March 14, noon, \$5

Enjoy a true Irish lunch with corned beef, potatoes and cabbage followed by Irish Trivia and Name that Tune.

Wear your green and make a reservation by Friday, March 9 at 203-594-3620.

**Bingo and Lunch**, Wednesday, April 4, Lunch noon \$5, Bingo 1 p.m., Free

Aggie and a surprise caller will call a variety of bingo games with spring-themed prizes. Please reserve your spot by Monday, April 2 and let us know if you are also coming for lunch.

Fall and Injury Prevention - Thursday, April 26, 10:30 a.m., Free

Suzanne Cleary, Director of Rehabilitation Services at Waveny, and **Stacey Zajac**, Waveny Home Health's Rehabilitation Supervisor, will discuss who is at risk, the causes of falls, and how to safeguard yourself and your home. They will also demonstrate some simple exercises that will improve your balance and how to safely and effectively get up after a fall.

Lunch and Learns with Staying Put in New Canaan

Please call 203-594-3620 to register at least two days before the program.

Write Your Own Obit, Wednesday, April 11, Lunch noon, Program immediately after, Free

Write the obituary you would like to see in the paper - you're the one who would do it best! **Pat Stoddard**, who serves on Staying Puts' Advisory Council, will give you resources that will help you write it and then inspire you to actually do it. Read some obits before class and bring one that you particularly like or one you thought was incomplete.

Chronic Pain and Exercise - date/time to be announced - call 203-594-3620 to get more info

Common sense tells us to take it easy when we feel pain. That's the wise course of action if the pain is caused by an injury such as an ankle sprain or muscle tear. For people suffering chronic pain, however, it appears that the opposite is true. Learn why a regular program of physical activity can help keep chronic pain under control and enable chronic pain sufferers to resume the daily activities that pain has prevented. Program will be presented by an ONS physician.

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

Our classes are open to all adult New Canaan residents. You can register 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. 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.

fine arts and crafts

Drawing + Painting

12 Mondays, Mar. 5-May 21, 9:30–11:30, \$120

Instructor **Eddie Nino** will awaken your creative instincts while you work with a group of kindred spirits. In this class, you will improve your drawing and painting skills by working from both the still life and portrait references. Eddie will guide budding or experienced artists toward a thorough understanding of the ABC's of drawing and painting, which will let the student create more true to life personal artwork.

Class limited to 9.

Acrylic Painting Techniques and More

14 Thursdays, March 1-May 31, 10-12, \$112

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.

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.

Needlepoint

most Mondays, 2-3 p.m., 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

Eliana Baldino, Instruction and Reference Librarian and **Anthony Marrocolla**, Assistant Manager of Public Services, are offering these programs at Lapham Center:

Online Crafting - Tuesday, April 17, 2 p.m., Free

Craft websites, like Craftsy, Pinterest or Ravelry, have ideas, photos, patterns and tutorials, often free. Others, like Etsy or Artfire, offer one of a kind items made by talented crafters for sale. These websites will inspire you to take up a new hobby or upgrade your skills.

Password Management - Tuesday, May 15, 2 p.m., Free

You need a password for your bank, stores, doctor, gym, etc. etc. Learn how to write a good password or passphrase, where to store them (and not store them), how and when to change them, what to do when you forget a password, and what password generators or password management sites you may want to use.

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.

Free Teen Tech Help - late May to mid-June

Our NCHS Senior Interns will help you with your computer, camera, cell phone, or reading device. Call 203-594-3620 for an appointment.

Lapham Center has free Wi-Fi. Drop in anytime with your laptop or other device.

exercise

For Men Only - Ellen, 11 Mondays, Mar. 5-May 21 (no class April 20), 11:05 a.m., \$66

Physical exercise is important to senior men to help maintain muscle strength, stamina, joint health, flexibility and balance. You will use weights, practice balance and do stretching exercises to improve the games you love to play like golf, tennis and paddleball. .

Dance, Balance and Strength - Ginger, 13 Wed., March 7-May 30, 10:30 a.m., \$78

NEW: 12 Mondays, Mar. 5-May 21, 8:40-9:40 a.m., \$72

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

13 Tues., March 6-May 29, 12:05 p.m., \$78 or 12 Fridays, March 2-May 25, 10 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 6-May 29, 11 a.m., \$78 or 14 Thursdays, March 1-May 31, 12:05 p.m., \$84

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

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

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, March 2-May 25, noon, \$66

11 Mondays, Mar. 5-May 21, 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, March 2-May 25, 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.

Ellen will not be teaching Friday, April 20 or Monday, April 23.

fit for life with mike

12 Mondays, Mar. 5-May 21, 1:45-2:45 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 with joyce

13 Tues., March 6-May 29, 9:55 a.m., \$78, Intermediate

Joyce's Thursday class is now **Yoga Fusion**—see next page

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. Students should bring a ball and a mat.

qigong, tai chi, feldenkrais and yoga

Gentle Yoga for Men and Women, 12 Mondays, March 5-May 21, 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, Open Level Class- **Susan**

11 Mondays, March 5-May 21 (no class April 16), 9:45 –11 a.m., \$132

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.

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

13 Tues., March 6-May 29, \$130 or 14 Thursdays, March 1-May 31, \$140

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 6-May 29 – **Wendy**

2:15-3:15 p.m. \$60

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. Anyone who is new to Tai Chi should talk to Aggie or Lyn.

Qigong + Tai Chi - Lucy

13 Wed., March 7-May 30, 9-10:15 a.m., \$117

or 12 Fridays, March 2-May 25, 8:40-9:55 a.m., \$108 NEW TIME

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.

The Feldenkrais Method®, 13 Tues., March 6-May 29, 1:10 p.m., \$91 - **Cathy**

Learn to move with greater comfort, ease, and fluidity. Movements are gentle and deceptively simple, and will challenge you to question your assumptions about "correct" movement as well as your perceptions of your own abilities. Bring your own mat.

NEW: Yoga Fusion - Joyce

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

This perfect combination of Yoga and Pilates will improve your balance and strengthen your core. Yoga promotes bone health, increases flexibility and range of motion, and reduces stress. Pilates strengthens abdominal, back and hip muscles while improving balance and flexibility. This is the perfect blend for creating a long, lean, strong, flexible and balanced body and mind. Suitable for beginning and intermediate students.

games

Duplicate Bridge: - Lisette

12 Tues., March 6-May 22, 12:30-2:30, \$120

We will spend Spring `reviewing commonly used conventions, starting with 1NT Stayman Blackwood. Each week we will review a convention with responses, play and scoring. This class is for the intermediate bridge player who wants reinforcement of commonly used conventions and point counts. *This is a fast-paced class with a lot of play.* Limit 12.

Intermediate Bridge - Judie, \$80

8 Wed., 3/7-3/14, 4/4-4/18, 5/2-5/16, 12:45-2:45
Negative Doubles / Declarer Play Techniques

This session will begin with Negative Doubles—a valuable bidding tool in competitive auctions. The remaining classes will focus on the play of the hand. Topics may include some basic card combinations, choosing the best line of play and trick #1 decisions.

Pre-constructed hands will be played to reinforce and add to information presented.

Limit: 18

Beginners Bridge, Part 3 - Mary

8 Fridays, March 16-May 11, 11 a.m.-1 p.m., \$80

We will continue to build fundamental bridge skills including play of the hand techniques and more ways to use doubling including negative doubles. Class members can also request a review of conventions or playing techniques.

This class is for those who took the fall and winter classes or for those with bridge knowledge who want to improve their play.

NEW: Supervised Bridge Play- Mary & Lisette

10 Tuesdays, March 6-May 8, 10-12, \$100

This class is for the bridge player who wants assistance with bidding, play of the hand and scoring using bidding boxes. Some hands will be pre-dealt, others randomly. A brief Bridge tip may be done at the beginning of the class, but the class is dedicated to play.

Beginning Mah Jongg - Joan

3 Wed., March 21-April 4, 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 Refresher

Wednesdays, April 11, 9-noon, \$15

This is a class for those who want more time to play under Joan's guidance and those who haven't played in a while.



POOL

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

health

The Nurse is In!

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

Town Community Nurse **Robin**

Boccuzzi does BP checks and health counseling. Pick up a pink number at the front desk; first come first served!

Free Hearing Aid Clinics and Hearing Screenings

Tues., March 20, April 17 and May 15

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.

health

Yale Mammogram Van at Lapham

Tues., April 24, 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.

history and art history

Russian Revolution 1905-45- Mark Albertson

8 Mondays, April 9-June 4, 10:30, \$80

This course traces one of the defining events of the 20th century . . . The Russian Revolution. The journey will commence with Marx's and Engel's Communist Manifesto, culminating with Stalin's Russia and the Soviets as one of two big winners of the Great War in 1945. Lenin, Trotsky, Stalin and others will be profiled along the way. Central will be the course of the Revolution, from 1905, through 1917, the Civil War, then Stalin's revolution. The objective is to foster a better of understanding of this cataclysmic political, economic and social transformation of a nation, in the course of which will move from a backward peasant economy to an atomic bomb.

⌘ World's Greatest Paintings

12 Tuesdays, March 6-May 22, 1 p.m., Free

Focusing on 65 masterpieces of Western painting, including key works by Giotto, Titian, Vermeer, Rembrandt, and Picasso, this course offers you a vivid encounter with genius, shining light on the unique technical, stylistic, and expressive achievements of each painting.

Professor William Kloss, independent art historian and scholar who lectures and writes about a wide range of European and American art, will be your guide.

music

The Musicals You Forgot to Remember

with Pete Stair, Tuesdays, 1-4 p.m., Free

Pete Stair will continue his popular program of playing the films and leading the discussion afterward.

March 6 - *Gigi* - Caron and Chevalier

April 10 - *An American in Paris* - Kelly and Caron

May 8 - *Stars and Stripes Forever* - Clifton Webb

Ukulele Lessons - Players

12 Wed., March 7-May 23, 1:30-2:30, \$96

Uncle Zac, the "uke guy", a local ukulele performer and teacher who has played the uke for 50 years, will teach you variety of chords, techniques and songs. This class is for those who have some experience with a ukulele. He will rent you a uke for the semester for \$10 if you don't have one.

Opera on Film, Part II: Great Comedies

6 Wed., March 14-April 18, 1:30-3:30, \$84

Dr. Jerry Schulster will play and discuss some of the great comic operas that have been made into movies. Operas in this series will include *Il Barbiere di Siviglia*, *Le Nozze di Figaro*, *Falstaff*, *Der Rosenkavalier* and two others TBA.

⌘ Thursday Classical Music ,1:45 p.m., Free

Discovery Orchestra with George M. Maull

3/15: *Vivaldi Four Seasons: Spring & Summer*

3/22: *Vivaldi Four Seasons: Fall & Winter*

3/29: Bach's Brandenburg Concerto #4

4/5: Discover Beethoven's Fifth
and

⌘ Masterpieces of Classical Music:

Schumann, Mendelssohn, Mozart, Strauss, Brahms
Thursdays, April 12-May 10

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

languages

French Conversation 10 Mondays, March 19 - May 21, 10:30-noon, \$140

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, Part 2 11 Mondays March 5 – May 21(no class April 9), 10:15-11:15 \$198 or 11 Wednesdays, March 7 - May 23(no class April 11) 9 -10 a.m., \$198

This course is for students who took Lisetta's fall class or who have some 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., March 6—May 22, (no class April 10), 9-10:30 a.m., \$198

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 Tuesdays, March 6—May 22(no class April 10), 10:30-noon, \$275

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

Taught by Lisetta Malagoli.

Spanish: Conversation 12 Mondays, March 5 - May 21, 9-10 a.m., \$168

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.***

AARP Driver Safety Program

Wednesday, April 4 or Tuesday, June 5, 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.



book groups & other good stuff

Creative Writing with Rita Englund

Thursdays, 11 a.m.-noon, 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!

Literary Ladies Book Club

3rd Wednesday, 2 p.m., Free

March 21: *The Lemon Tree* by Sandy Tolan
 April 18: *Breakfast with Buddha* by R. Merullo
 May 16: To Be Announced

Aggie Aspinwall leads this popular book discussion.

Irish Authors Book Group

Wednesdays at 10 a.m. Free

March 21: *Green Road* by Anne Enright
 April 18 and May 16: To be announced

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!

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

every other Thursday starting
 March 8 at 10 a.m., Free

Ned will show half-hour segments 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 shook off the shackles of British rule.

This segment of the series will feature the Abbey Theatre, Synge, Joyce. and WWI.

Stamps, Coins & Paper Currency Club

2nd Tuesday of the month at 1 p.m., Free

March 13 - Canada

April 10 - Mexico

May 8 - Australia & New Zealand

All collectors are welcome.

Friday Coffee Hour

Most Fridays at 11 a.m. Free

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



FREE MEDICARE COUNSELING

Tuesdays, March 13, April 10, and May 8
 Wednesdays, Mar. 28, April 25 and May 23

Dick Neville is a Medicare counselor trained by CHOICES, the State of Connecticut program which trains volunteers to provide Medicare education in their communities.

If you are turning 65, he can guide you through enrolling in Medicare, and choosing a Medicare supplement plan, and a Part D prescription drug plan and/or considering a Medicare Advantage Plan. He can also help if you have other questions about Medicare. These sessions are offered free of charge to New Canaan residents and Town employees.

Call 203-594-3620 to schedule your appointment. No drop-ins please.

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 a legal or financial question answered at no charge.

free wednesday films at 1 p.m.**Dealt** - March 7 (7.9), 85 min.

62 year old Richard Turner is one of the world's greatest card magicians, yet he is completely blind

Victoria & Abdul– March 21 (6.8), 111 minutes

Judi Dench, Ali Fazal, Tim Pigott-Smith
Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim

Aida's Secrets – March 28 (7.7), 90 min.

a web of family secrets unravels in this moving documentary following a family fractured by war

I Daniel Blake - April 11 (7.9), 100 minutes

Dave Johns, Hayley Squires, Sharon Percy
after a heart-attack, a 59-year-old carpenter must fight the bureaucracy in order to receive help

Welcome to Kutsher's: The Last Catskills**Resort**– April 18 (8.1), 72 m.

Kutsher's Country Club is the last Jewish resort in the Catskills - this documentary captures a last glimpse of a lost world that lasted over 100 years

Only the Brave – April 25 (8.0), 134 minutes

true story of the Granite Mountain Hotshots, elite fire-fighters who risk everything to protect a town

Good Fortune - May 2 (8.7), 96 minutes

rags-to-riches true story of billionaire businessman/philanthropist John Paul DeJoria

Kedi - May 9 (7.7) 79 min.

a profile of Istanbul and its unique people, seen through the eyes of the most mysterious and beloved animal humans have ever known, the cat

Goodbye Christopher Robin-May 16 (7.2), 107 m.

behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories

Hunt for the Wilderpeople - May 23 (7.9)

Sam Neill, Julian Dennison, Rima Te Wiata
national manhunt is ordered for a rebellious kid and his uncle who go missing in the New Zealand bush

August Wilson: The Ground on Which I Stand

May 30 (8.0), 86 minutes

explores the life and legacy of August Wilson, the playwright some call America's Shakespeare

Movies at Lapham

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

free friday films at 1 p.m.**Dunkirk** - March 2 (8.2), 106 minutes

Fionn Whitehead, Barry Keoghan, Mark Rylance
Allied soldiers are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Chicken People - March 9 (7.90), 83 min.

funny and uplifting look at the world of show chickens and the people who love them

The Mountain Between Us –Mar. 16 (6.3), 112 min.

Idris Elba, Kate Winslet, Beau Bridges
stranded after a plane crash, two strangers must forge a connection to survive

The Founders - March 23 (6.8), 85 min.

chronicles the founding 13 members of the LPGA as they overcame incredible odds in order to form the longest running women's sports organization

Marshall - April 6 (7.1), 118 min.

Chadwick Boseman, Josh Gad, Kate Hudson
young Thurgood Marshall, first African-American Supreme Court Justice, in an early case

Life Off Grid - April 13 (7.1), 86 minutes

documentary about Canadians who live off grid without a connection to electricity or natural gas

Stronger - April 20 (7.2), 112 minutes

Jake Gyllenhaal, Miranda Richardson
inspiring real life story of Jeff Bauman who survived the 2013 Boston Marathon bombing

The Words - April 27 (7.1), 102 minutes

Bradley Cooper, Dennis Quaid, Olivia Wilde
writer at the peak of literary success discovers the price he must pay for stealing another man's work

Losing Sight of Shore - May 4 (7.1), 92 minutes

four brave women row across the Pacific Ocean from America to Australia

Churchill - May 11 (6.4), 105 minutes

Brian Cox, Miranda Richardson, John Slattery
Churchill struggles with his severe reservations with Operation Overlord before the Normandy Invasion

Landline - May 18 (7.5), 103 min.

Matthew Aaron, Khalid Abour, Tom Arnold
man gives up his cell phone and wi-fi to try to return to a simpler time

Maudie - May 25 (7.9), 75 min.

Sally Hawkins, Ethan Hawke, Kari Matchett
arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist

Hands on New Canaan - Hands Only CPR

with New Canaan Volunteer Ambulance Corps Thursday, March 22, 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 at 203-594-3620; limited to 20.

day trips-call 203-594-3620 to register

Bus Trips

Downton Abbey: The Exhibit, Tuesday, March 20, \$110

During your self-guided tour you will walk through Mrs. Patmore's chaotic kitchen, get a glimpse into Lady Mary's bedroom and pretend you're a guest at the always dramatic Crawley family dinner in a new immersive experience that highlights the show's most recognizable sets, hundreds of props and more than 50 costumes worn by its actors. The result is an enchanting romp through the world of upstairs and downstairs life just before World War I.

Lunch will be at Mont Blanc 52. Your fee includes admission, lunch, bus and driver's tip.

Georgia O'Keeffe: Visions of Hawaii at NY Botanical Garden, Tues., June 12, 8:45 a.m., \$86

The NYBG will present this major exhibition exploring the artist's immersion in the Hawaiian Islands in 1939. Highlights include a stunning display of 20 of O'Keeffe's Hawai'i paintings—not seen together in New York since their debut in 1940. In the Conservatory, discover a lush flower show evoking the gardens and landscapes that inspired O'Keeffe.

Your fee includes admission, a 45 minute guided tour, round-trip coach and driver's tip. There will be free time at the garden; lunch in on your own at the café or grill.

Walking Tours with NYC Sightseeing Guide Pete Stair

Grand Central Terminal Tour and The Oyster Bar, Wednesday, April 4, \$25

You will take the train to NYC and then have a complete tour of New York's architectural marvel, Grand Central Terminal, with under a mile walking. Lunch follows, at your own cost, at the famous Oyster Bar. Your fee includes tour and round-trip transportation.

Central Park Tour and Tavern on the Green, Wednesday, May 30, \$30

You will take the train to NYC, the bus to the park, and then do a walking tour of the Central Park's Southern Section, about two mostly level miles. Lunch follows, at your own cost, at the world renowned, Tavern on the Green. Your fee includes tour and round-trip transportation.

Pete will meet travelers at the New Canaan train station where he will give you your train and metro tickets. Register with a check payable to Senior Center; tours are limited to 14. Details will be available after registration.

Our Night Sky: NCHS Planetarium Visit, Wednesday, May 2, 2:30 p.m., Free

See the night skies over New Canaan in the High School Planetarium. **Tim Haag**, NCHS Science Department Chair, will show you the constellations you can see in spring as well as those that are visible year-round.

Please register at 203-594-3620; details of where to meet will be given out then. Limited to 15.

