



SUMMER 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

Healthcare Fraud Prevention

Wednesday, June 1, 1 p.m.

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

Important Registration Notice

Summer Registration will begin Wednesday, May 11. The Summer Newsletter, which was not mailed, is available at the Center and on our website at www.laphamcenter.org.

If you want to be emailed when the Newsletter is available online, send your email address to laphamcenter@newcanaanct.gov.

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.

Patriotic Party

Wednesday, June 8, noon, \$5

Flag Day! Fourth of July! Join us for a festive summer lunch followed by a performance by our Ukulele classes.

Please sign up by Friday, June 3.

Sing-a-Long

Wednesday, June 22, 1:30 p.m., Free

Uncle Zac and the Lapham Lapaleles (members of our Ukulele class) want to hold a sing-a-long playing the many songs they've learned. If it works out, they will do this Monthly starting in the fall.

Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins, so it's good for your brain and your body as well as your soul. And you don't even have to be a good singer to reap the benefits!

Summer Bingo

Wed., July 13, 1 p.m., pizza at noon, \$5

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

Reserve your spot by Friday, July 8, and let us know if you also want pizza.



FREE MEDICARE COUNSELING and MORE

Tuesdays, June 7 and July 12,

Wednesdays, June 29 and July 27

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, or are wondering if they have the right medigap policy, find this a particularly valuable service.

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

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.

AARP Driver Safety Program -

Tuesday, July 19, \$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. AARP members pay \$15; non-members pay \$20. Call 203-594-3620 to register.

fine arts and crafts

Acrylic Painting Techniques and More

9 Thursdays, June 2-July 28, 10-12, \$72

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. People who took Althea's Portrait classes should take this one in the summer.

Watercolor with Regina Custer

8 Fridays, June 3-July 22, 10-12, \$80

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**.

art history

The Private Life of a Masterpiece

Tuesdays, June 7-August 30, 1 p.m., Free

We will continue this series which discusses the stories behind famous works of art, not just how they came to be but also how they influenced other artists.

book groups

Literary Ladies Book Club

Wednesdays, 1 p.m., Free

May 18: *A Man Called Ove*, by F. Backman

June 15: *The Little Paris Bookshop*, by Nina George

July 20: *The Aviator's Wife*, by M. Benjamin

Aggie Aspinwall leads this popular book discussion.

Double Trouble with Rita Englund

Thursdays, June 9-30, 10 a.m., Free

Think "The Prince and the Pauper" and the movie "The Parent Trap"; this will be a light-hearted look at mistaken identity, identity switches and twins. Please start reading "Brat Farrar" by Josephine Tey. We will also read "The Impersonator" by Mary Miley. They say we all have a doppelganger . . .

Irish Authors Book Group

Wednesdays at 10 a.m. Free

June 15- *The Woman Who Walked Into Doors* by Roddy Doyle

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

computers and technology

Students Offer Technology Assistance

We are fortunate to have two NCHS Seniors interns at Lapham from May 16-June 14. Be sure to welcome **Regina Rivera** and **Ben Wells** when you see them here.

They were selected in part due to their outstanding tech skills. Part of their job will be to provide our participants with one-on-one technology help. They will also be filming some of our classes so that clips of classes will be available on our website.

If you would like to schedule a time to meet with one of the students, call us at 203-594-3620. They are adept with computers, cameras, cell phones, reading devices and tablets. They do not make home visits.

We will continue our regular one-on-one help after June 14. Call Aggie at 203-594-3620

Beginning iPad - Tuesday June 14, 2 p.m., \$10 – Pete Stair

Got an iPad? Bring it to this workshop, where we will show you how to navigate the world of apps and get all you can out of your iPad. This class is for the very beginner.

iCloud - Tuesday July 12, 2 p.m., \$10 – Pete Stair

The iCloud can be confusing. In this class Pete will explain it, give you tons of tips and tricks, and answer your questions. Limit 12 per class

Manage your Photos, 2 two-week sessions on Tuesdays, June 7 and 14, or July 19 and 26, 2 p.m., \$20 each session - Quentin Leo

This class is for advanced PC, Mac, iPhone, iPad, and/or Android users. Each student must be familiar with at least one of the mainstream photo management systems. Manage photos in the cloud using Google Photos, Dropbox, and/or iCloud from your computer or mobile device. Watch photos and video from your computer or mobile device on an HDTV. Photos are some of the most important files you'll ever create. We're taking more photos than ever — an estimated 900 billion photos will be uploaded to the web this year.

What to Buy/When to Buy Technology - Tuesday, June 21, 2-3 p.m., \$10 – Paul Pureka

We will offer some information and insight on what to buy Laptop vs. Desktop vs Tablet, cover where to research pricing, performance, and quality. Tell you the signs to look for to tell if it is time to buy new equipment.

Please make checks for these classes payable to Senior Center. All fees will be used to upgrade the equipment in the Computer Center.

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 – Debbie

7 Tuesdays, June 7-July 26, 12:05 p.m., \$42 (no class July 19)

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

7 Tuesdays, June 7-July 26, 11 a.m., \$42 (no class July 19)

8 Thursdays, June 2-July 28, 12:05 p.m., \$48 (no class July 21)

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

8 Thursdays, June 2-July 28, 11 a.m., \$48 (no class July 21)

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

10 Tuesdays, June 7-August 9, \$100, 11 Thursdays, June 2-August 11, \$110

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. Bring a mat to class.

Align & Flow Yoga, Open Level Class, 9 Mondays, June 6-August 8, 9:45 a.m., \$108 - Suzan

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.

parkinson's fitness training - new day

7 Mondays, June 6-July 25, 3-4 p.m., \$70

Carolyn Cole 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.

pilates-on-the-ball exercise with joyce

9 Tuesdays, June 7-August 9, 9:55 a.m., \$54, Intermediate (no class June 21)

10 Thursdays, June 2-August 11, 9:55 a.m., \$60, Intermediate (no class June 23)

10 Thursdays, June 2-August 11, 11 a.m., \$60, Beginners (no class June 23)

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. Intermediate students should bring a ball and a mat.

fit for life with mike

9 Mondays, June 6-August 8, 1:45 p.m., \$54

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.

new: essentrics

11 Wed., June 1-August 10, 9:15 a.m., \$66

June Bird will be teaching Essentrics, a full body, re-balancing, strengthening and flexibility program. It is no-impact, weight-free and safe for all ages. It helps to unlock tight muscles and decompresses the joints, leading to maximum range of movement, pain relief and injury prevention.

chair yoga with suzan

11 Wed., June 1-August 10, 10:30 a.m., \$110

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

9 Mondays, June 6-August 8, 12:30 p.m., \$54

10 Fridays, June 3-August 12, 12:05 p.m., \$60
(no class Friday, July 1)

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.

Our Arthritis Instructor, Ellen, who is also an Aqua Fitness Instructor, will be teaching Waterworks Exercise in the newly heated Waveny Pool. Two classes/week for 8 weeks costs \$80; the classes start June 3 or July 11. Call Steve Dayton at 203-594-3608 for more information.

nia with leslie

9 Mondays, June 6-August 8, 8:30 a.m., \$54

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

9 Mondays, June 6-August 8, 11 a.m., \$54

11 Fridays, June 3-August 12, 10:50 a.m., \$66

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

8 Tuesdays, June 7-July 26, 1:30-2:30 p.m., \$48

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

Play of the Hand with Mary

5 Wednesdays, June 1-29, 10-noon, \$50

Mary will emphasize "play of the hand" including considerations for the all important first lead of the hand. There will be some hands tailored for learning and some free play with continued emphasis on rubber scoring.

Intermediate Bridge with Judie

8 Wednesdays, June 8 -July 27, 1-3 p.m., \$80

We will continue investigating possible slams using the Gerber Convention for four weeks. Then we will discuss Declarer Play issues (trump management, communicating with Dummy, Trick #1 decisions, etc.).

Advanced Bridge: Reaching Slam Contracts

8 Wed., June 8 -July 27, 10:30-12:30 , \$80

Judie will cover Jacoby 2NT, Splinter bids, Quantitative bids, Gerber and 1430 Keycard. Limit 16.

Summer Duplicate Bridge with Lisette

4 Tues., June 7-28, 12:30-2:30, \$40

Active duplicate bridge games. This session will be focused on play, bidding the hands and practicing good duplicate etiquette as well as scoring. The hands will be randomly dealt by attendees with a few chosen interesting hands. This session is to encourage players to become proficient in scoring, think about defensive play, and speed up play.

health and wellness

Free Hearing Aid Clinics and Hearing Screenings

Tuesdays, June 21 and July 19, 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.

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:

June 2 - **Safety Awareness and Emergency Preparedness**

Melody will talk about what should be in your first aid kit, what to do in an emergency, file of life forms and more

July 7 - **Ice Cream Social**

Come for the fun and have your health questions answered. Melody will tell you about services offered by her agency.

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!

music

Ukulele Lessons

8 Wed., June 1-July 27, 1:30-2:30 p.m., \$80
(no class July 6)

Uncle Zac, the "uke guy", a local ukulele performer and teacher who has played the uke for over 45 years, will teach a summer session for those with some experience. You will learn to play a variety of songs and Uncle Zac will rent you a uke for \$10 if you don't have one.

⌘ A Musical Journey

Thursdays, June 2-August 25, 1:45 p.m., Free
This series, which we haven't shown before, takes the viewer on sight-seeing expeditions to famous locations in Europe. Appropriate classical music enhances the experience and makes each journey "a pleasure for the eyes and ears".

Stamp Club

Tuesday, June 14, 1 p.m., Free

Topic: SE Asia. All collectors welcome!

free wednesday films at 1 p.m.**Steve Jobs** - June 1, (7.4), 122 minutes

Michael Fassbender, Kate Winslet, Seth Rogan
 story of Steve Jobs' ascension from college dropout
 into one of the most revered creative entrepreneurs
 of the 20th century

The 33 - June 15 (7.4), 127 minutes

Antonio Banderas, Juliette Binoche
 true story of a Chilean mine collapse which trapped
 33 miners underground for 69 days

Trumbo - June 22 (7.5), 124 minutes

Bryan Cranston, Helen Mirren
 career of 1940s screenwriter Dalton Trumbo comes
 to a crushing end when he and other Hollywood
 figures are blacklisted for their political beliefs

Spotlight - June 29, (8.2), 128 minutes

Mark Ruffalo, Michael Keaton, Rachel McAdam
 true story of how the Boston Globe uncovered the
 massive scandal of child molestation and cover-up
 within the local Catholic Archdiocese

Creed - July 6, (7.9), 133 minutes

Sylvester Stallone, Michael B. Jordan,
 Rocky Balboa serves as a trainer and mentor to the
 son of his late friend and former rival Apollo Creed

Spectre - July 20, (6.9), 148 minutes

Daniel Craig, Ralph Fiennes, Naomie Harris
 cryptic message from James Bond's past sends him
 on a trail to uncover a sinister organization

Just Let Go - July 27 (8.4), 106 minutes

Henry Ian Cusick, Brenda Vaccaro
 after surviving an accident that killed his family, man
 struggles to forgive the young man who caused it

Parade's End - (7.8), 90 minutes

5 weeks, August 3-31

Matt Damon, Jessica Chastain, Kristen Wiig
 WWI series revolving around a love triangle
 between a conservative English aristocrat, his mean
 socialite wife and a young suffragette

free friday films at 1 p.m.**Joy** - June 3, (6.6), 124 minutes

Jennifer Lawrence, Robert Di Niro, Bradley Cooper
 the story of Joy Mangano, who invented the self-
 wringing Miracle Mop which she sold on QVC

My All-American - June 10 (6.9), 118 minutes

Aaron Eckhart, Finn Wittrock, Robin Tunney
 football underdog faces his toughest challenge after
 leading his team to a championship season

Room - June 17 (8.4), 118 minutes

Brie Larson, Jacob Tremblay
 a boy and his mother make a thrilling discovery after
 escaping from the room he has known his entire life

In the Heart of the Sea - June 24 (7.0), 122 minutes

Chris Hemsworth, Benjamin Walker,
 a recounting of a whaling ship's sinking by a giant
 whale in 1820 which inspired *Moby-Dick*

Sherlock: The Abominable Bride - July 1 (7.1), 89 m.

Benedict Cumberbatch, Martin Freeman
 Sherlock and Watson travel back to Victorian
 England, solving the case of the Abominable Bride

Brooklyn - July 8 (7.6) 111 minutes

Saoirse Ronan, Jim Broadbent, Emory Cohen
 Irish immigrant lands in 1950s Brooklyn, where she
 quickly falls into a romance with a local

Frank vs. God - July 15 (8.0), 100 minutes

Henry Ian Cusick, Ever Carradine, Natalya Oliver
 after his house is destroyed by an "act of God," a
 hotshot lawyer decides to serve God...with a lawsuit

Everest - July 22 (7.1), 121 minutes

Jason Clarke, Thomas Wright, Ang Phula Sherpa
 climbing expedition on Mt. Everest is devastated
 by a severe snow storm

The Walk - July 29, (7.5), 123 minutes

in 1974, high-wire artist Philippe Petit walks between
 the World Trade Center towers

Poldark - (8.4), 115 minutes

4 weeks, August 5-26

Aidan Turner, Eleanor Tomlinson, Ruby Bentall
 It's 1783 and Ross Poldark returns from the
 American War of Independence to his beloved
 Cornwall to find his world in ruins: his father dead,
 the family mine long since closed, his house wrecked
 and his sweetheart pledged to marry his cousin. But
 Ross finds that hope and love can be found when
 you are least expecting it.

Movies at Lapham

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

Senior Center of New Canaan
at Lapham Community Center
P.O. Box 83
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day trips



Teddy Roosevelt's Sagamore Hill, Tuesday, July 12, \$95
Sagamore Hill in Oyster Bay, Long Island, was Teddy Roosevelt's home from 1885 until his death in 1919. You will tour his 23-room shingle-style, Queen Anne house which still has many of its original furnishings.

Lunch will be at the Canterbury Restaurant in Oyster Bay. Your fee includes round-trip coach, admission and tour, lunch and driver's tip. We only have a few tickets so we need a check ASAP payable to Senior Center. Call 203-594-3620 for more information.

Mohonk Mountain House, Thursday, October 13, \$125

You will travel to this Victorian castle resort that rises above Lake Mohonk, surrounded by carefully landscaped gardens and the pristine wilderness of the Catskills. You will have time to walk garden paths and view the foliage, hear a presentation of the hotel's history, and have a wonderful buffet lunch. If weather permits, you will then



go to Walkway Over the Hudson. At 212 feet tall and 1.28 miles long, it is the longest, elevated pedestrian bridge in the world. If the weather doesn't cooperate, you will have time to visit The Barn Museum at Mohonk which showcases Victorian-era carriages, antique farm and kitchen equipment, a 1929 Model A Ford Station Wagon, and much more. Your fee includes Day Pass and lunch at Mohonk, round-trip coach and driver's tip. Checks payable to Senior Center, please.