



Summer 2017 Newsletter

Welcome to Lapham Center

This Summer 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 programs not in the newsletter or know when the newsletter is posted online.

Registration will start Monday, May 8, 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.

See you this summer!

**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

The Rodgers and Hammerstein Era, Reinventing Musical Theater: A Talk with Musical Examples - Marc Courtade

Wednesday, July 12, 6:30 p.m.

From 1943 to 1959, Richard Rodgers and Oscar Hammerstein II changed the structure of Musical Theater. Beginning with *Oklahoma!* in 1943, they not only brought a fresh model to the Musical Comedy format, integrating music and dance into the plot, but also captured an idealized American image. Using musical examples, Mr. Courtade will explore several Broadway Musicals and analyze their similarities and differences in styles and reflections of American culture.

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

Art America—160 Years in the Making

Wednesday, June 7, 11 a.m., \$5 donation requested

The New Canaan Historical Society's ambitious new exhibit features 50 American paintings and bronze sculptures spanning over a century and a half. The show's curator, **Thomas Davies**, will lead our tour of works of art from the 19th Century Hudson River School, Tonalism, Impressionism, the American West and more. Drawn from a private collection, many of these works have never been exhibited before.

Please reserve at 203-594-3620.

Summer Party

Wednesday, June 7, noon, \$5

We'll have a picnic lunch and our NCHS student interns, Ryan Russo and Brendan O'Halloran, will lead a variety of trivia and other games after lunch.

Reserve by Friday, June 2 at 203-594-3620.

Summer Skin Care

Wednesday, June 21 at noon, Free

Join us for a lunch-and-learn sponsored by Staying Put in New Canaan. **Dr. Maritza Perez**, of Advanced Dermaesthetics in New Canaan will provide screenings on visible body parts and discuss skin care and summer safety tips. Reserve your space by calling Lapham at 203-594-3620.

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.

arts and crafts

Acrylic Painting Techniques and More

12 Thurs., June 1-August 17, 10-12, \$96

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 will resume in the fall.

NEW: Drawing+ Painting class

6 Mondays, June 19-July 31, 9:30–11:30 \$48
(no class Monday, July 3)

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.

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.

Beyond Watercolor Technique

6 Fridays, June 23-July 28, 10-12, \$48

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

Eddie Nino is the instructor.

Crafty Tuesdays

most Tuesdays, 10-noon, Free

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

Knitting and Crochet

most Thursdays, 10 - noon, Free

Bring your knitting or crocheting projects 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.

book groups

NEW: A Garden of Murders

Thursdays, June 1-July 27, 10 a.m., Free

Dig into mysteries which take place in and around the garden with mystery aficionado, **Rita Englund**. Main authors will be Susan Wittig Albert, John Sherwood, Rosemary Harris and Cynthia Riggs and others as recommended.

Rita will also continue her **Creative Writing** class on those days at 11 a.m.

Irish Authors Book Group with Ned Monaghan

Wednesdays at 10 a.m. Free

June 21: *Room* by Emma Donoghue

Literary Ladies Book Club

3rd Wednesday, 1 p.m., Free

May 17: *Commonwealth* by Ann Patchett

June 21: *The Summer Before the War*
by Helen Simonson

July 19: *1984* George Orwell

New book group members are always welcome!

exercise

Cardio Plus Strength – Debbie, 7 Tuesdays, June 6-July 25, 12:05 p.m., \$42

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, 7 Tuesdays, June 6-July 25, 11 a.m., \$42

9 Thursdays, June 1-July 27, 12:05 p.m., \$54

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, 9 Thursdays, June 1-July 27, 11 a.m., \$54

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.

Moving with Arthritis - Ellen, 11 Fridays, June 2-August 11, 11:55 a.m., \$66

12 Mondays, June 5-August 14, 12:30 p.m., \$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!", 11 Fridays, June 2-August 11, 11 a.m., \$66

This program is designed to decrease the risk of falling and improve upper and lower body strength. We will use muscles that support the spine which are crucial to overall balance and alignment. Chairs will be used for support.

Fit for Life with Mike, 8 Mondays, June 5-July 31, 1:45 p.m., \$48 (no class July 3)

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

9 Tuesdays, June 6-August 15, 9:55 a.m., \$54, Intermediate (no class July 4 and 25)

11 Thursdays, June 1-August 17, 9:55 a.m., \$66, Intermediate (no class July 27)

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.

Dance Fitness - Ginger, 9 Wed., June 7-August 9, 10:30 a.m., \$54

(Note: one class in June will not be held—TBA)

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.

qigong, tai chi and yoga

Gentle Yoga for Every Body - 9 Mondays, June 5-July 31, 9:45-11 a.m. \$90 - **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. This is a chair-based yoga.

Align & Flow Yoga, 10 Mondays, June 5-August 14 (no class July 3), 9:45 a.m., \$120 - **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 - 8 Mondays, June 5-July 31, 11 a.m., \$48- **Bill** (no class July 3)

Qigong is an ancient Chinese health care system that integrates gentle movements, breathing techniques and focused intention. The regular practice of Qigong strengthens the body, boosts the immune system, calms the mind, and builds better balance and concentration.

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

7 Tuesdays, June 6-July 25, \$70 or 9 Thursdays, June 1-July 27, \$90

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.

Intermediate Yang-Style Tai Chi Chuan, 7 Tuesdays, June 6-July 25, 2-3 p.m. \$42- **Wendy**

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 practice profoundly deep breathing exercises and no-thought meditation.

Qigong + Tai Chi - 10 Wednesdays, June 7-August 9, 9:20 a.m., \$60- **Lucy**

9 Fridays, June 9-August 11, 1:15 p.m., \$54 (no class June 30)

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 - 10 Fridays, June 2-August 18, 8:30-9:45 a.m. (no class July 28) , \$100 - **Joyce**

Yoga stretches and strengthens your body. It teaches you to mindfully move and connect with your breath, which leads you to be present in your daily life. Happiness and calm already have a place within you; yoga is a journey to find that place. Bring a mat, two yoga blocks, and a blanket.

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

Please register for all classes, even free ones. That way, if there is a change in the program, we can let you know. Also we will have enough chairs and handouts for everyone.

history and art history

NEW: Nazi Revolution, 1919-1934 - Mark Albertson

4 Tuesdays, June 6-27, 10 a.m., \$40

From the demise of Imperial Germany to the Night of the Long Knives, this course will chronicle the Nazi Revolution. Covered will be the Versailles Treaty; the 1919 Spartakus rising in Berlin, led by Karl Liebknecht and Rosa Luxemburg; General Hans von Seeckt and the roots of Blitzkrieg; the Freikorps; the inimitable Ernst Rohm and the S.A.; the 1923 Munich Putsch; Mein Kampf; origins and organization of the Nazi Party; Adolf Hitler; and the Night of the Long Knives.

⌘ **From Monet to Van Gogh:**

A History of Impressionism, Part II

Tuesdays through July 18, 1 p.m., Free

We will continue this series with Degas, Cassatt, Manet, Gauguin, Van Gogh and Toulouse-Lautrec. **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.

⌘ **Picasso & Braque go to the Movies**

Tuesday, July 25, 1 p.m., Free

Explores the relationship between fine art and early cinema as seen in the works of cubists Pablo Picasso and Georges Braque

⌘ **The Rape of Europa** (117 minutes)

Tuesday, August 1, 1 p.m., Free

Documentary about Nazi Germany's WWII plundering of Europe's great works of art and Allied efforts to minimize the damage.

⌘ **Islamic Art** (90 minutes)

Tuesday, August 8, 1 p.m., Free

Documentary of stunning breadth and beauty transports viewers over nine countries and across 1,400 years of cultural history to reveal the astonishing riches of Muslim arts, crafts, and architecture.

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

games

Intermediate Bridge -- Honing our Skills- **Judie**

8 Wednesdays, June 7 - Aug 2 (no class 6/21), 12:45 - 2:45 p.m., \$80, Limit 18

Each week we will play pre-dealt hands that incorporate Bidding and Declarer Play principles previously learned. Areas of weakness will be addressed as they become evident.

Beginning Mah Jongg

3 Wednesdays, June 7-21, 9–noon, \$45

Mah Jongg is an ancient

Chinese game that is enjoying renewed popularity in New Canaan and elsewhere. **Joan Allocca**, who has taught Mah Jongg for years, will introduce you to this exciting tile game.



Bananagrams

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

Summer Lunch and Bingo

Wednesday, July 19, Lunch (\$5) at noon,
Bingo at 1 p.m.

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

Please reserve your spot by Friday, July 14, (203-594-3620) and let us know if you will also be coming for salad, wraps and dessert.

music

⌘ **Haydn: His Life and Music**

Thursdays through July 13, 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.

technology

Free Teen Tech Help

Learn to use the technology you have. Our two summer interns, Ryan Russo and Brendan O'Halloran from NCHS, will be here through June 9 and can help you with PCs, tablets, cameras, cell phones, laptops, reading devices and all things digital.

Schedule a time to meet with a student by calling 203-594-3620.

They will also be offering three classes:

Streaming: Tuesday, May 23, 1-2 p.m., Free

Learn about the different devices used to stream TV, Movies, and Podcasts: Roku, Apple TV, Amazon Prime, and others.

Fantasy Sports Leagues . . . Want to join a team?: Tuesday, May 30, 1-2 p.m., Free
Fantasy sports are a type of online game where participants assemble imaginary or virtual teams of real players of a professional sport. These teams compete based on the statistical performance of those players' performances in actual games. It's a fun way to follow a sport you love and be a part of a team!

Be your own Tech Support: Tuesday, June 6, 1-2 p.m., Free

Ryan and Brandon will show you easy steps to correct common problems.

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 how 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.

Hearing Aid and Hearing Screening Clinics

3rd Tuesdays by appointment (203-594-3620)

Staff from Parker Ear Nose & Throat in Norwalk come monthly to clean and check hearing aids, change batteries, conduct hearing tests and answer questions. Call for an appointment.

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. You will have a 15 minute appointment on a Tuesday afternoon. This is a great opportunity to get your legal questions answered at no charge.

free wednesday films at 1 p.m.**Fences** - June 14 (7.4), 139 minutes

Denzel Washington, Viola Davis

working-class African-American father raises his family and comes to terms with his life in the 1950s

20th Century Women - June 21 (7.6), 119 min.

Annette Bening, Elle Fanning, Greta Gerwig

story of three women who explore love and freedom in Southern California during the late 1970s

Patriot's Day - June 28 (7.5), 133 minutesMark Wahlberg, Michelle Monaghan, J.K. Simmons
story of the 2013 Boston Marathon bombing including the manhunt to find the terrorists responsible**Hacksaw Ridge** - July 5 (8.2), 139 minutesAndrew Garfield, Sam Worthington, Luke Bracey
true story of army medic and conscientious objector Desmond Doss who, during WWII, saved 75 men without firing or carrying a gun**Lion** - July 19 (7.6), 116 min.

Dev Patel, Nicole Kidman, Rooney Mara

5 year-old gets lost on a train miles away from home and family. At 25 he sets out to find his lost family and finally return to his first home.

The Beatles 8 Days a Week - July 26 (7.9), 137 m.

documentary featuring music, interviews, and stories of The Beatles' concerts from 1963 to 1966

Poldark, Season 2 - August 2-30 (8.4), 120 min.Aidan Turner, Eleanor Tomlinson, Heida Reed
Poldark, the drama that has become a cultural phenomenon, continues for a second season on the stunning beaches of Cornwall. It's 1790 and there is revolution in the air. Ross Poldark, the character redefined by the smoldering Aidan Turner, must fight for his freedom when George Warleggan tries to have him hanged as a revolutionary.**FREE MEDICARE COUNSELING and MORE**

Tuesdays, June 13 and July 11 and

Wednesdays, June 28 and July 26

Dick Neville is a trained Medicare

counselor who can help you with Medicare questions, including enrollment as well as coverage alternatives including supplement plans, Part D prescription plans and Part C advantage plans. 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.

free friday films at 1 p.m.**Sully** - June 2 (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**Jackie** - June 9 (7.0), 100 minutesNatalie Portman, Peter Sarsgaard, Greta Gerwig
following the assassination of JFK, Jackie fights through grief and trauma to regain her faith, console her children, and define her husband's legacy.**Hidden Figures** - June 16 (7.9),Kevin Costner, Octavia Spencer, Janelle Monáe
team of African-American women mathematicians served a vital role in NASA during the early years of the US space program**The Founder** - June 23 (7.2), 115 minutesMichael Keaton, Nick Offerman, John Carroll Lynch
story of Ray Kroc, a salesman who turned McDonald's into one of the biggest restaurants in the world**Allied** - June 30 (7.1), 124 minutesBrad Pitt, Marion Cotillard, Jared Harris
WWII drama of espionage and romance**The Hollars** - July 7 (6.5), 88 minutesSharlto Copley, Charlie Day, Richard Jenkins
man returns to his hometown after learning that his mother has fallen ill and is about to undergo surgery**The Dressmaker** - July 14 (7.1), 119 min.Kate Winslet, Judy Davis, Liam Hemsworth
glamorous woman returns to her small town and with her sewing machine exacts sweet revenge on those who did her wrong**Girl on the Train** - July 21 (7.2), 112 minutesEmily Blunt, Haley Bennett, Rebecca Ferguson
divorcee becomes entangled in a missing persons investigation that promises to send shockwaves throughout her life**La La Land** - July 28 (8.4), 128 minutesRyan Gosling, Emma Stone
jazz pianist falls for an aspiring actress in Los Angeles**Victoria** - August 4-25 (8.3), 120 minutes each
early life of Queen Victoria, from her ascension to the throne at the tender age of 18 to her courtship and marriage to Prince Albert**Movies at Lapham**

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

Check out these fun and interesting programs!

Queen Mary's Doll House at Windsor Castle - The Inspiration Behind Local Author's Children's Series

Tuesday, May 23, noon, lunch included, Free

New Canaan resident Gigi Priebe, who founded Stepping Stones Museum, has written a children's book, *The Adventures of Henry Whiskers*, about a small mouse who lives in the Doll-House. Built in the 1920s by England's finest artists and craftsmen, the miniature masterpiece has forty rooms, two working elevators, hot and cold running water, flushing toilets and electricity.

Gigi will bring a presentation showcasing the Doll House and talk about writing the book..

This program was arranged by Staying Put in New Canaan. All are welcome but reservations are necessary at 203-594-3620.

AARP Driver Safety Program

Tuesday, June 13 or July 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.

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!).

day trips

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

You will tour what was once the second largest private home in the US and its spectacular 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. *Call to see if seats are still available.*

Mannequins on the Runway, Haute Couture and Contemporary Designs of the 20th Century

Wednesday, June 14, 2 p.m., \$15

Babs White, who has been serving as the Darien Historical Society's costume curator for almost 50 years, will give us a tour of the exhibit. There are 19 mannequins wearing dresses designed by Dior, Pucci, Yves Saint Laurent, Adolfo, Caroline Herrera and more.

We will meet at the Darien Historical Society located at 45 Old Kings Highway North. Reservations are necessary at 203-594-3620. We need 10 for a tour so please register.

Fall Trip to Stonington, CT—Thursday, October 12, \$89

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

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