



# Winter 2016-17 Newsletter

## Welcome to Lapham Center

This Winter Newsletter is posted on our website at [www.laphamcenter.org](http://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 around Monday, November 7, 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, even those that are free.

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.

## Exchange Club Christmas Party

Wednesday, December 14, 11:30 a.m.

Enjoy a festive lunch with members of the New Canaan Exchange Club who have been hosting this annual event for decades at Waveny House.

After lunch **Dale Griffa** and his talented choral groups from St. Luke's School will sing a variety of holiday and other songs. This is always one of our favorite programs!

You must make a reservation by Friday, December 9 at 203-594-3620.

## Crafts Fair to Benefit Local Charities

December 6-8, 9-3

Our annual Holiday Fair has raised thousands of dollars for the New Canaan Food Pantry, Getabout, Library and VFW. It is a wonderful place to buy handmade baby gifts, Christmas decorations, hand knit hats, sweaters, mittens and more.

If you can knit, paint, sew, or crochet for the Fair, please call Lyn at 203-594-3620.

## Winter Bingo and Pizza

Wednesday, January 18, Pizza (\$5) at noon, Bingo at 1 p.m.

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

Please reserve your spot by Friday, January 13, (203-594-3620) and let us know if you will be coming for pizza, salad and dessert at noon.

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](http://www.laphamcenter.org)  
[director@laphamcenter.org](mailto:director@laphamcenter.org)

## Medicare Annual Enrollment

October 15 – December 7

This is your once-a-year chance to select your Part D drug plan for 2017. The plan you had in 2016 might not be best for you next year. See page 3 to find out how to get a free appointment with one of our Medicare counselors.

## Snow Policy

If New Canaan schools close for weather, we will close. If they delay, call Lapham after 8 a.m. or check our website to find out what classes will be held.

### 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

11 Thurs., Dec. 1-15 & Jan. 5-Feb. 23, 10-12, \$88

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

11 Thurs., Dec. 1-15 & Jan. 5-Feb. 23,  
12:30-2:30, \$88

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.

### Pen and Watercolor with Regina Custer

11 Fridays, Dec. 2-16 & Jan. 6-Feb. 24,  
10-12, \$110

Pen and watercolor is a lot of fun. You don't have to be perfect at drawing to enjoy this class. Light washes of watercolor are layered over a simple or detailed line drawing. You will learn exciting techniques to create texture and shading in a variety of subjects! Supply list available at sign up.

### 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

6 Mondays, 2-3 p.m., Jan. 9-Feb. 27, 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.

### 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!).

### Lapham Center Holidays

Closed December 26 and January 2  
(no classes Dec. 22-Jan. 2, building open)

January 16—MLK Birthday

February 20—President's Day



### FREE MEDICARE COUNSELING and MORE

Tuesdays, Dec. 13, Jan. 10 and Feb. 14, and Wednesdays, Jan. 25 and Feb. 22

**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. People getting ready to go on Medicare find this session especially useful. All programs are offered free of charge to New Canaan residents and Town employees. Call 203-594-3620 to schedule your appointment. *No drop-ins please.*

### Medicare's Part D Annual Enrollment Period: October 15 – December 7

This is your once-a-year chance to reevaluate and perhaps change your prescription drug plan for 2017. Your prescription needs may have changed and, as we have learned in the past, the prescription drug plans take this opportunity to make significant changes to their rules, formularies and pricing. The plan that was best for you this year might not be best for you next year. The only way to know is to use Medicare's Prescription Drug Plan Finder located at [Medicare.gov](http://Medicare.gov) on the internet. Our counselors will be happy to run this program for you. Just call 203-594-3620 after October 1st and schedule a one hour meeting.

Last year our Counselors met with 472 people; 185 of those people changed their plans saving a total of \$348,245!

## exercise

Lapham's Winter Schedule: No classes starting December 22 through January 2.

Lapham is closed Monday December 26, January 2, January 16, and February 20.

### NIA or Cardio Core Dance - Leslie, 9 Mondays, Dec. 5 - Feb. 27, 8:30 a.m., \$54

Nia (Neuromuscular Integrative Action) and Cardio Core Dance are fun cross-training programs that provide a non-impact aerobic workout to revitalize the body, mind, and spirit! They utilize movements from dance, martial arts and healing arts to develop endurance, flexibility, balance, and strength. All levels are welcome.

### Parkinson's Fitness - Carolyn, 9 Mondays Dec. 5 - Feb. 27, 2:45 p.m., \$90

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, 9 Wednesdays, Dec 14 - Feb.15, 8:30 a.m., \$54

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 - Melinda, 11 Wednesdays, Dec 7 - Feb.15, 10:40 a.m., \$66

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.

Melinda Zupaniotis is a personal trainer and group fitness instructor whose passion lies in Senior Fitness and helping people live their most fun and active lives, regardless of age.

## cardio + strength \* chair fitness \* muscles in motion

### Cardio Plus Strength – Debbie (No classes Dec. 19 through 30)

11 Tues., Dec. 6-Feb.28, 12:05 p.m., \$66, or 11 Fridays, Dec. 2-Feb. 24, 9:45 a.m., \$66

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 (No classes Dec. 19 through 30)

11 Tuesdays, Dec. 6 – Feb.28, 11 a.m., \$66, or 11 Thursdays, Dec. 1 - Feb. 23, 12:05 p.m., \$66  
11 Fridays, Dec. 2-Feb. 24, 11 a.m., \$66

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 (No classes Dec. 19 through 30)

8 Mon., Dec. 5 - Feb. 27, 3 p.m., \$48, or 11 Thurs., Dec. 1 - Feb. 23, 11 a.m., \$66

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, Dec. 2 - Feb. 24, 12:05 p.m., \$66

9 Mondays, Dec. 5 - Feb. 27 12:30, \$54

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, Dec. 2 - Feb. 24, 11 a.m., \$66

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

9 Mon., Sept. Dec. 5 - Feb. 27, 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.

## pilates-on-the-ball and mat exercises with joyce

11 Tuesdays, Dec. 6 – Feb.28, 9:55 a.m., \$66, Intermediate (no class Dec. 20 and 27 and Jan. 3)

11 Thursdays, Dec. 1 - Feb. 23, 9:55 a.m., \$66, Intermediate (no class Dec. 22 and 29)

11 Thursdays, Dec. 1 - Feb. 23, 11 a.m., \$66, Beginners (no class Dec. 22 and 29)

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** - 9 Mondays, Dec. 5 - Feb. 27, 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. Proper breathing techniques promote health in all body systems. This is a chair-based yoga.

### **Align & Flow Yoga**, 9 Mondays, Dec. 5 - Feb. 27, 9:45 a.m., \$108 - **Susan**

This system of Hatha Yoga utilizes principles of alignment that, when learned and practiced, allow for ease of movement on and off the mat. Practicing yoga becomes an art form as the alignment principles provide the basis for a deeper opening of the mind, body and heart. Bring a mat.

### **Qigong** - 9 Mondays, Dec. 5 - Feb. 27, 11 a.m., \$54- **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**

11 Tuesdays, Dec. 6–Feb.28, \$110 or 11 Thursdays, Dec. 1 - Feb. 23, \$110

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**, 8 Tuesdays, Jan. 10 - Feb 28, – **Wendy**

Beginners - 1:30-2:15 p.m., Intermediates - 2-3 p.m. \$48

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.

### **NEW: Qigong + Tai Chi** - 10 Wednesdays, Dec 7—Feb.15, 9:35 a.m., \$60- **Lucy**

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.

Lucy Gao is a certified Qigong/Tai Chi instructor who graduated from the Institute of Integral Qigong and Tai Chi. She is currently working as an assistant teacher with Master Wang Feng-Ming, an internationally recognized master and successor of Chen Style Tai Chi.

### **NEW: Beginning Yoga** - 11 Fridays, Dec. 2 - Feb. 24, 8:30-9:45 a.m., \$110 - **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- Mary

8 Fridays, Jan. 6-Feb. 24, 11 a.m.-1 p.m., \$80

This class is for those returning to bridge after years away and /or those with fundamental skills who wish to improve. Duplicate scoring, the guideline of 20, and modern approaches to overcalls, advances, take out doubles and more will be covered.

. Space is limited to 12.

### Intermediate Bridge - Judie

8 Weds., Jan.4–Feb. 22, 12:45 - 2:45, \$80 OR

8 Thursdays, Jan 5-Feb 23, 12:45 - 2:45, \$80

This winter we will concentrate on some Declarer Play techniques. Topics will include the finesse (simple, double, deep), playing a cross-ruff, and card combinations.

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

### Duplicate Bridge - Lisette

8 Tues., Jan. 10–Feb. 28, 12:30 - 2:30, \$80

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.

### Bananagrams

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

### POOL

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

## health and wellness

### NEW: Total Brain Health Memory Course,

8 Tues., 2/7-3/28, 1:30, \$20

(includes workbook)

Dr. Cynthia Green is a nationally recognized expert and author on memory fitness and brain health. Thanks to a grant from the *New Canaan Human Services Commission*, we are now able to offer her Total Brain Health Memory course. This series of one hour classes provides effective memory strategies which are grounded in science and have been tested in her clinics.

Checks payable to Senior Center.

### 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!



### 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.

### AARP Driver Safety Program

Tuesday, December 6 or January 24

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.

## history and art history

### ⌘ Turning Points in Middle Eastern History

18 Thursdays, Jan. 12-May 11,  
9:30-11:30 a.m., \$20

This course offers you a penetrating look at the fascinating and remarkable past of this storied part of the world. Taught by professorial lecturer and Middle East expert Eamonn Gearon of Johns Hopkins University, these lectures unfurl a breathtaking panorama of history, exploring a 1,300-year window from the rise of the warrior prophet Muhammad to the fall of the Ottoman Empire after World War I. The history you'll discover here is as dazzling as anything in the Arabian Nights, and is all the more astonishing for being the true story of the Middle East. Our own esteemed volunteer, **Ladd Seton**, will lead the discussion after the showings.

### Iraq, A History, Part 1 - Mark Albertson

8 Mondays, Jan. 9-March 13, 10 a.m., \$80

Iraq as a modern nation is a recent addition to the family of nations. This tortured nation is the product of the infamous Sykes/Picot Agreement of 1916, where the British and French forged the borders of modern Iraq.

London and Paris pursued their colonial agendas in the Near East in expectation of the collapse of the Ottoman Empire. Such agendas came at the expense of the indigenous peoples living in there. This series will trace the evolution of one of the most storied epics in human history, proceeding with Ancient Iraq, Islamic Iraq, Ottoman Iraq, British Iraq, American Iraq and culminating with the current tragic aftermath.

### ⌘ Great Artists of the Italian Renaissance

11 Tuesdays, 12/6-20 & 1/10-2/28, 1 p.m., Free

The supreme works created in Florence, Rome, Venice, and other Italian cities during the Renaissance by such masters as da Vinci, Botticelli, Michelangelo, Raphael, and Titian have never been equaled and have established a canon of beauty that pervades Western culture to this day. Professor William Kloss is your guide through this visual feast in an artist-centered survey that explores hundreds of paintings and sculptures by scores of artists.

## music

### Ukulele Lessons

10 Wednesdays, Dec 7 - Feb.15, \$80  
1:30-2:30 Players

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.

A Beginners class will be offered in the spring.

### German Operas in the 20th Century

3 Weds., January 4-18, 1:30 - 3:30, \$60

Join **Jerry Schulster** for the next in our winter series of German opera. He'll be discussing and playing the works of 20th century composers such as Lehar, Weill, Berg, Strauss, Schoenberg, Korngold and others. Some of the operas are Kurt Weill's *Die Dreigroschenoper*, Alban Berg's *Lulu*, Richard Strauss's *Aegyptische Helena*, and Arnold Schoenberg's *Moses und Aron*.

### ⌘ The 30 Greatest Orchestral Works

11 Thurs, Dec. 1-15 & Jan. 5-Feb. 23,  
1:45 p.m., Free

We will continue with Great Courses favorite Professor Robert Greenberg of San Francisco Performances who will take you on a grand tour of the symphonic pieces he counts, as being among the very greatest ever Written. Symphonies from Schubert, Mendelssohn, Schumann and Brahms will be among the first discussed and played.

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



## languages

**French Conversation** 18 Mon. Jan. 9 – May 22, 10:30-noon, \$216 (no class Jan. 16, Feb.20)

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 2** 18 Wednesdays, Jan.,11 – May 24, 9 -10 a.m., \$216 (no class Feb. 22, Apr 12)

This course is for students with no 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** 18 Tues., Jan.10 - May 23, 9-10:30 a.m., \$252 (no class Feb.21, April 11)

This course 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** 18 Tues., Jan. 10 - May 23, 10:30-noon, \$252 (no class Feb.21, April 11)

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** 18 Monday Jan. 9 – May 22, 9-10 a.m., \$180 (no class Jan. 16, Feb.20)

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.**



**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.



## 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.:

#### Library Road Show - December 6, 2 p.m.

Learn more about the types of resources the library has to offer, including our most popular digital resources for ebooks, music, and video streaming.

#### Lightening Round Social Media - January 10, 2 p.m.

Facebook, Snapchat, Twitter and more. Tina and Laura will take ten minutes to explain each of the various social media platforms. Your grandchildren will be impressed!

#### Photo Management, February 7, 2 p.m.

Too many photos on your PC, tablet or phone? Come in and learn how to organize, move and delete them.

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

Call to set up a 1/2 hour appointments on one Tuesday or Wednesday afternoon each month

One of our capable techies will work with you and answer your questions with the idea of helping you learn how to better use the devices you own. Bring your laptop, ereader, tablet, smart phone - you get the idea! For example, you might learn to text, set up voicemail, watch television, download free books or whatever you want to do. *We request a donation of \$20.*

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

### 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](mailto: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](mailto: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.

### LAST CALL: Holidays at Hill-Stead Museum

Tuesday, November 29, \$95

You will have a guided tour of this beautiful museum, known for its impressive collection of Impressionists, which will be decorated for Christmas. Lunch will be at Apricots, a cozy pub on the Farmington River serving "inventive New American eats".

Call 203-594-3620 ASAP if you are interested.



## book groups & other good stuff

### Irish Authors Book Group

Wednesdays at 10 a.m. Free

Nov. 16: *The Lonely Passion of Judith Hearne*  
by Brian Moore

Dec. 14: *Transatlantic* by Colum McCann

Jan. 18: TBA

Feb. 15: TBA

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

### Literary Ladies Book Club

3rd Wednesday, 1 p.m., Free

Dec. 21: *Underground Railroad* by Colson Whitehead

Jan. 18: *My Antonia* by Willa Cather

Feb. 15: TBA

**Aggie Aspinwall** leads this popular book discussion.

### War Is Murder

8 Thursdays, Jan. 5-Feb. 23, 10 a.m., Free

Concentrating on mysteries set in and around World War I and World War II, our main authors will be Jacqueline Winspear (the Maisie Dobbs series) and Charles Todd (the Bess Crawford and Ian Rutledge series). We will also look into John Lawton, Susan Ella MacNeal, and miscellaneous others (plus maybe a different war or two). Leader **Rita Englund** will provide a list of other readings.

All are welcome for interesting opinions and discussions.

### Creative Writing with Rita Englund

8 Thursdays, Jan. 5-Feb. 23, 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.

### Traveling to the Lighthouse:

An exploration of Virginia Woolf's beloved novel  
6 Thursdays, Jan. 12-Feb. 16, 12:15-1:30, Free

Please come and join us as we read – or reread – Virginia Woolf's renowned classic, *To the Lighthouse*. Throughout this six-week course, we will be examining the novel's complex structure, style, and story, as we determine the work's meaning and significance in contemporary society.

Our informal weekly discussions will 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.

### Being Mortal:

#### *Medicine and What Matters in the End*

Wednesday, November 16, 12:30-2 p.m., Free

Staying Put has arranged for a free screening and discussion of the PBS Frontline film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them.

**Donna Simone**, Assistant Director, Staying Put in New Canaan and **Kathy Collins**, Member Services, will lead the discussion.

Refreshments will be served.

Call 203-966-7762 to reserve a spot.

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

### Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

January 10 - Scandinavia

February 14 - Australia + New Zealand

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

**free wednesday films at 1 p.m.**

**Genius** - Dec. 7 (6.5), 104 minutes  
Colin Firth, Jude Law, Nicole Kidman  
chronicle of Max Perkins's time as an editor at Scribner, where he worked with Thomas Wolfe, Ernest Hemingway, and F. Scott Fitzgerald

**Me Before You** - December 21 (7.5), 110 minutes  
Sam Claflin, Emilia Clarke  
girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of

**Miracles from Heaven** - January 4 (6.9), 109 min.  
Jennifer Garner, Kylie Rogers, Martin Henderson  
girl suffering from a rare digestive disorder finds herself miraculously cured after surviving an accident

**Café Society** - January 11 (6.9), 96 minutes  
Jesse Eisenberg, Kristen Stewart, Steve Carell  
Woody Allen conjures up a 1930s world to tell a deeply romantic tale of dreams that never die

**Captain Fantastic** - January 25 (8.1), 122 minutes  
Viggo Mortensen, Frank Langella  
deep in the forests of the Pacific Northwest, a father raising his six kids with a rigorous physical and intellectual education is forced to leave his paradise.

**The Finest Hours** - Feb. 1 (6.8), 117 min.  
Chris Pine, Holiday Grainger, Casey Affleck  
Coast Guard makes a daring rescue attempt off the coast of Cape Cod after an oil tanker is destroyed during a blizzard in 1952

**I Capture the Castle** - Feb. 8 (7.1), 113 min.  
Romola Garai, Rose Byrne, Bill Nighy  
love story set in 1930s England that follows an eccentric family, struggling to survive in a decaying English castle

**Where to Invade Next** - Feb. 15 (7.6), 120 min.  
to learn what the USA can learn from other nations, Michael Moore playfully "invades" them to see what they have to offer

**Second Mother** - Feb. 22 (7.9), 112 minutes  
when the estranged daughter of a hard-working live-in housekeeper suddenly appears, the unspoken class barriers that exist within the home in Sao Paulo are thrown into disarray

**Movies at Lapham**

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

**free friday films at 1 p.m.**

**A Ballerina's Tale** - Dec.2 (6.3), 93 minutes  
feature documentary on African American ballerina Misty Copeland

**A Brilliant Young Mind** - Dec. 9 (7.2), 111 min.  
Asa Butterfield, Rafe Spall, Sally Hawkins  
socially awkward teenage math prodigy finds new confidence and friendships when he lands a spot at the International Mathematics Olympiad

**The Bishop's Wife** - Dec. 16 (7.6), 109 min.  
Cary Grant, Loretta Young  
angel in human form helps a bishop build a cathedral and repair his fractured marriage

**Meet the Patels** - January 6 (7.2), 88 minutes  
Ravi Patel, Geeta Patel, Audrey Wauchope  
comedy in which Indian-American man who is about to turn 30 gets help from his family finding a wife

**45 Years** - January 13, (6.8), 95 minutes  
Charlotte Rampling, Tom Courtenay  
married couple receives shattering news that promises to forever change the course of their lives

**Money Monster** - January 20 (6.6), 98 min.  
George Clooney, Julia Roberts  
irate investor loses money and kidnaps a TV personality

**Florence Foster Jenkins** - Jan. 27 (7.1), 111 min.  
Meryl Streep, Hugh Grant  
New York heiress dreams of becoming an opera singer, despite having a terrible singing voice

**Mustang** - Feb. 3 (7.7), 97 min.  
when five Turkish orphan girls are seen innocently playing with boys, their scandalized guardians confine them while forced marriages are arranged

**Elvis & Nixon** - February 10 (6.5), 120 minutes  
Kevin Spacey, Michael Shannon  
untold true story behind the meeting between the King of Rock 'n Roll, and President Richard Nixon

**Oscar and Lucinda** - Feb. 17, (6.7), 88 minutes  
Cate Blanchette, Ralph Fiennes  
two eccentrics, one the rich owner of a glass-works, and one an emotionally damaged and fragile young minister are united by their obsession with gambling

**The End of the Affair** - Feb. 24 (7.2), 102 minutes  
Ralph Fiennes, Julianne Moore, Stephen Rea  
In England during WWII, an American writer and the bored wife of a British civil servant fall in love. Then she mysteriously ends the affair

Senior Center of New Canaan  
at Lapham Community Center  
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## check out these special programs!

**File of Life**, Wednesday, December 7, 2-4 p.m., Free (please let us know if you are coming)

**Sandra Graf**, VP at People's United Bank on Main Street will bring information about File of Life, a voluntary program designed to help local first responders to quickly obtain your medical history, support needs, and emergency contact information in an emergency. You fill out the card, put it in an a magnetic envelope and attach it to your refrigerator.

**First Selectman Rob Mallozzi** will also come with members of the Ambulance Corps, NCPD and NCFD. Stop by to find out more about the program and to pick up all the supplies.

### **MoveAbility/Feldenkrais: Movement Improvement with Cathy Paine**

Wednesday, January 18, 1:30 p.m., Free

Feldenkrais teaches you how to move and act in simpler, more efficient ways to improve your comfort, enjoyment and confidence. People who use Feldenkrais experience less pain and stress, improved posture and sleep, greater flexibility and power and an enhanced sense of well-being. Cathy will discuss and demonstrate some of her methods.

### **China Travelogue with Bill Wrenn**, Wednesday, January 25, 1:30 p.m., Free

Our Qigong teacher, Bill Wrenn, recently traveled to China for a Qigong retreat. He will share slides and stories from his visit to Beijing, Xian and two of China's sacred and scenic mountains.

*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.*