



WINTER 2017-18 NEWSLETTER

Welcome to Lapham Center

The Winter 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. You can also mail the registration form on page 15. Registration starts now and will continue until classes are filled.

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 winter—be sure to read all of the newsletter and check them out!



Exchange Club Christmas Party Wednesday, December 13, 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 8 at 203-594-3620.

Cooking the Rainbow: Delicious Vegan Fruit & Veggie Pies Tuesday, December 5, 10-noon, \$50

Let's make some spectacular holiday dishes to wow our guests and discover how delicious and healthy plant-based cooking can be. For our debut cooking demo at Lapham, we'll showcase two eye-popping holiday pies: a savory **Harvest Veggie Pie** and a tasty **Pear Fig Kabocha Pie**.

You'll learn several plant-based culinary methods and how to work with ingredients that may be new to you. You'll discover how delicious and easy it is to create beautiful dishes that help restore our health as we enjoy every mouthful. You'll taste as we go, sample the food and get recipes.

Cathy Katin-Grazzini is a Plant-Based Culinary Medicine Educator and Chef who works with **Dr. Larry Leibowitz**.

Please register with a check payable to Senior Center. *See more cooking classes on page 2.*

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

Medicare Part D Annual Enrollment

Your once-a-year chance to select your Part D drug plan for 2018 ends December 7. The plan you had in 2017 might not be best for you next year. Call 203-594-3620 NOW to get a free appointment with one of our trained Medicare counselors who can help you make a decision and enroll in a new plan if advised.

Lapham Holidays

December 25

January 1

January 15

February 19

Lunch and Learns with Staying Put in New Canaan

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

Staying Safe Behind the Wheel - It's Not Your Age That Counts, It's Your Health,

Thursday, February 1, Lunch 12:30, Program 1 p.m., Free

Director of Member Resources for Staying Put, **Kathy Collins**, will provide tips to help you maintain safe driving practices as you age. All registered attendees will get a copy of AAA's *Drivers 65 Plus: Check Your Performance, a Self-Rating Tool with Facts and Suggestions for Safe Driving*.

Huh? Do I Really Need my Hearing Checked? Tuesday, Feb. 20,

Lunch at 1 p.m., Program 1:30, Free

Dr. Andrew Parker of **Parker Ear, Nose and Throat** in Norwalk will discuss hearing loss and the importance of having your hearing checked. Staff from Dr. Parker's office will do hearing screenings and clean and check your hearing aid if you have one.

Phil Ives, who is an active volunteer with Staying Put, will tell you about getting his hearing checked and the difference it has made in his life.

AARP Driver Safety Program

Tuesday, January 9 or February 27, 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.

Let's Get Cooking: Plant-based Cooking Classes and Sampling with Cathy Katin-Grazzini,

Plant-Based Culinary Medicine Educator & Chef, 3 Weds., 10-noon, \$60/class, \$150/series

Cathy, who works with Dr. Larry Leibowitz, uses whole foods with no dairy, gluten, nuts or oils. Please register with a check payable to Senior Center.

January 10: Learn about the health benefits of cooking with moist heat and create three healthy winter soups: classic Tuscan **Zuppa di Magro alla Contadina** chock full of creamy cannellini, kale, potatoes and tomatoes, **Shorabat Adas**, a lemony red lentil-spinach soup, scented with cumin and Aleppo pepper, and **Kabu Miso**, a fragrant, healing Japanese soup with radishes, Japanese green, tofu, carrots and shitake.

January 17: Sauté and stirfry with no added oils or fats starting with a tasty **Brinjal Curry** using a homemade curry spice blend added to dainty Indian eggplants, tomatoes and onions, and a traditional **Chinese Stirfry** of Asian mushrooms, baby bok choy, broccoli, and bell peppers cooked with Shaoxing sherry and finished with a sauce of fermented black beans, black vinegar and fermented soy sauce.

January 24: Use plant-based sauces and dressings to bring plant-based dishes alive! Cathy will cook a creamy, **cheesy white sauce**, and serve it over a medley of roasted kabocha squash, red and yellow beets and Swiss chard, **mayo** in a tasty potato salad with haricot verts and roasted cherry tomatoes, and a classic **tomato sauce** in a zesty puttanesca over whole grain pasta.



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. We will first take people who want the whole period 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 cannot drop in on a similar class on a different day. You also cannot “give” a class to a friend.

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

9 Mondays, December 4-18 and January 8-February 26, 9:30–11:30, \$90

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 10.

Mixed Media—Ins and Outs

9 Mondays, December 4-18 and January 8-February 26, noon-2 p.m., \$108

Bring in your favorite photograph or set up a still life and use the medium of your choice. Acrylics, charcoal, pastels, colored pencils, watercolors...we will cover them all! Every week artist **Eddie Nino** will focus on a medium, an artist, or a specific approach, which will allow you to improve your craft as well as find ways to express your inner self.

Demonstrations, group critiques, and one-on-one assessments will give you the necessary confidence to work on your own and trouble shoot accordingly.

Class limited to 7.

Acrylic Painting Techniques and More

11 Thursdays, December 7-21 and January 4-February 22, 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.

Art Studio Time

Fridays, 9-noon, Free

The art room will be open for anyone who wants quiet time to paint. No oils, please.

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

Laura Miller, Digital Services Librarian and **Eliana Baldino**, Instruction and Reference Librarian, are offering these programs at Lapham Center.

Want to get rid of STUFF? - Tuesday, January 16, 2 p.m., Free

If you have old furniture, clothes, accessories, housewares or used electronics just collecting dust, why not turn them into cash? Learn how to use some of the most popular selling sites including eBay, Craigslist, facebook and Amazon. Some of the sites are local so you don't even have to deal with mailing. The class will include best-practice tips.

Streaming Free Music - Tuesday, February 6, 2 p.m., Free

Whether your favorite music is country, 50's rock n roll, Gregorian chant or show tunes, there is a place where you can listen to your favorites for free. We've entered a whole new era of musical enjoyment thanks to digital technology. Listening to music via a computer or mobile device is as easy as the press of a button. In most cases, songs and albums are played directly from the streaming site itself, without needing to download additional software. You will also learn about Hoopla, the New Canaan Library's source of digital music.

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.

Lapham Center has free wi-fi. Drop in anytime with your laptop or other device.

exercise

For Men Only - Ellen, 9 Mondays, Dec.4-18 and January 8-February 26, 11:05 a.m., \$54

Physical fitness is important for senior men to help them maintain muscle tone, stamina, flexibility and balance. Strength, flexibility and stretching exercises will also improve the games you love like golf, tennis and paddleball.

Dance Fitness + Weights - Ginger, 12 Wed., Dec. 6-20 and Jan. 3-Feb. 28, 10:30 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

11 Tues., 12/5-19 and 1/9-2/27, 12:05 p.m., \$66 or 12 Fridays, 12/1-22 and 1/5-2/23, 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

11 Tues., 12/5-19 and 1/9-2/27, 11 a.m., \$66 or 11 Thurs., 12/7-21 and 1/4-2/22, 12:05 p.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

11 Thursdays, Dec. 7–21 and Jan. 4-Feb. 22, 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, 12/1-15 and 1/5-2/23, noon, \$66
9 Mon., 12/4-18 and 1/8-2/26, noon, \$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 Fri., 12/1-15 and 1/5-2/23, 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.

fit for life with mike

9 Mondays, December 4-18 and January 8-February 26, 1:45-2:45 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 and off-the-ball with joyce

11 Tues., December 5-19 and January 9-February 27, 9:55 a.m., \$66, Intermediate, Ball
11 Thursdays, December 7-21 and January 4-February 22, 9:55 a.m., \$66, Intermediate, No Ball
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. The No Ball class is suitable for beginners and intermediate students; bring a mat. Students should bring a ball (if applicable) and a mat.

qigong, tai chi, feldenkrais and yoga

Gentle Yoga for Every Body, 9 Mon., Dec. 4-18 and Jan. 8-Feb. 26, 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, Open Level Class

9 Mon., Dec. 4-18 and Jan. 8-Feb. 26, 9:45 –11 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 Mon., Dec. 4-18 and Jan. 8-Feb. 26, 11:05 a.m., \$54 - **Bill**

Qigong practice combines the benefits of meditation with gentle stretching and mindful movement. With regular practice, Qigong helps heal injuries, boosts the immune system, reduces stress and pain, improves concentration and induces a greater sense of joy and well being.

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

11 Tues., Dec. 5-19 & Jan. 9-Feb. 27, \$110 or 11 Thurs., Dec. 7-21 & Jan. 4-Feb. 22 , \$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, 10 Tuesdays, December 12-19 and January 9-February 27 – **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.

NEW: Qigong + Tai Chi - Lucy

12 Wednesdays, December 6-20 and January 3-February 28, 9-10:15 a.m., \$108
or 11 Fridays, December 1-15 and January 5-February 23, 1:15-2:30 p.m., \$99

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®, 11 Tues., 12/5-19 and 1/9-2/27, 1:10 p.m., \$77 - **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.

games

Beginners Bridge, Part 2 - Mary

8 Fridays, Jan. 12-March 2, 11 a.m.-1 p.m., \$80

This class is for those who completed the first beginner series of eight classes in the fall. And for those players who wish to learn or review the following: the use of the Stayman Convention and Jacoby Transfers; Jacoby 2NT; opening hands with a high point count and making appropriate responses to these openings. We will continue playing hands and reviewing them.

Continuing Duplicate Bridge: Duplicate Play, Etiquette and Scoring- Lisette

10 Tues., Dec. 5-12 and Jan. 9-Feb. 27, 12:30-2:30, \$100

We will review different ways of opening a hand, standard common conventions as well as lesser known conventions. Intro to 2/1. Each class will focus on one topic and play hands organized to address the topic. Students are welcome to bring in their questions and hands with which they have had difficulty. This class will involve a lot of play.

Intermediate Bridge - Judie

6 Wednesdays, 6 classes TBD

between Jan. 10 and Feb. 28, 12:30-2:30, \$60

The main focus of this session will be Strong Opening Bids and Slam Bidding. Strong No Trump openers, the 2 Club artificial opener, Blackwood, Gerber and Quantitative NT bids will be covered and reinforced by playing pre-constructed hands that illustrate the material.

Limit: 16

Bingo

Wednesday, January 17,

Lunch noon, Bingo 1 p.m., Free

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

Please reserve your spot by Friday, January 12 and let us know if you will also come for soup and sandwich at noon (\$5).

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

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., Dec. 19, Jan. 16 by appt.

Also see Feb. 20 program on page 12

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.



FREE MEDICARE COUNSELING

Tuesdays, Dec. 12, Jan. 9 and Feb. 13, and Wednesdays, Jan. 24 and Feb. 21

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.

Remember Med D Open Enrollment ends December 7—call for an appointment now!

history and art history

European Civil War - Mark Albertson

8 Mondays, Jan. 8-March 12, 10:30, \$80

WW I, the War to End All Wars and the Great War have all been used to describe the 1914-1918 conflict. In reality, it was a European Civil War for it was fought for European Issues - Colonialism, the Great Battleship Race, regal competition among families who, in many instances, were associated through a tangled web of marriages of convenience. Yet . . . change was in the wind.

This course will trace this progression of change, beginning with the Renaissance to the fiction of Versailles with stops at The Industrial Revolution; Capitalism, Nationalism; rise of the Modern State; rise of Italy and Germany; impending decline of the European colonial powers and the rise of America.

⌘ NEW: Exhibition on Screen

Tuesdays Jan. 9-30, 1:15 p.m., Free

Filmed for cinema at the world's biggest art exhibitions and on location, this groundbreaking series allows art lovers worldwide to enjoy, marvel and delight at the works of some of history's greatest ever painters.

In this series you will see an exhibit of Leonardo da Vinci at London's National Gallery, Manet at The Royal Academy of Arts, Munch at National Museum and the Munch Museum, and Vermeer at National Gallery, London.

⌘ NEW: Renaissance Unchained

Tuesdays, February 6-27, 1:15 p.m., Free

Waldemar Januszczak challenges the traditional notion of the Renaissance having fixed origins in Italy and showcases the ingenuity in both technique and ideas behind great artists such as Van Eyck, Memling, Van der Weyden, Cranach, Riemenschneider and Durer.

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.

Dec. 12 - *Scrooge* - Finney

Jan. 9 - *On The Town* - Kelly/Sinatra

Feb. 13 - *Singin' in the Rain* - Kelly/Reynolds

Ukulele Lessons - Players

10 Wednesdays, December 6-13 and

January 10-February 28, 1:30-2:30, \$80

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.

⌘ The 23 Greatest Solo Piano Works

12 Thurs, Dec. 7-21 and Jan. 4-March 1,
1:45 p.m., Free

Great Courses favorite Professor Robert Greenberg of San Francisco Performances returns with an in-depth exploration of the solo piano works he considers to be among the most exceptional landmarks in the literature. The 23 works you'll hear represent the selections of an internationally respected composer and music historian, carefully chosen to highlight the most significant compositional and pianistic achievements in the solo piano repertoire.

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

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.

languages

French Conversation 6 Mondays, Jan 8 - Feb 26, 10:30-noon, \$84

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 6 Mondays Jan. 8 - Feb 26 10:15-11:15 \$99 or 8 Wednesdays, January 3- Feb 28 (no class Feb 21) 9 -10 a.m., \$132

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 7 Tues., January 9 - Feb. 27, (no class Feb 20) 9-10:30 a.m., \$126

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 7 Tues., January 9 - Feb. 27, (no class Feb 20) 10:30-noon, \$175

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.

Intro to Spanish 2 8 Tues., January 9 - Feb. 27, 9-10 a.m., \$112

This class is for those are new to the language or those who would like a refresher. Emphasis is on developing conversational skills, travel, shopping, and dining. Aspects of the Spanish culture will be interwoven and compared with the United States.

Teacher: Bob Dalury. Text: *Saludos*

Spanish: Conversation 6 Mondays, Jan 8 - Feb 26, 9-10 a.m., \$84

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 - January 30, 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.

book groups & other good stuff

Creative Writing with Rita Englund

9 Thursdays, Dec. 7-14 and
Jan. 11-Feb. 22, 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 welcome!

Investigating Crime and Punishment: An exploration of Dostoevsky's classic

8 Thurs., Jan. 11-March 8, 12:15-1:30 p.m.
(no class February 22), Free

Join us as we read – or reread – the novel Dostoevsky himself described as the “psychological report of a crime.” Throughout this eight-week course, we will be examining the haunting tale of Raskolnikov, the choices he makes, and the consequences of his actions. Our informal weekly discussions invite all participants to share their ideas and insights into this enigmatic work.

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

Literary Ladies Book Club

3rd Wednesday, 2 p.m., Free

Dec. 20: *Red Tails in Love* by Marie Winn

Jan. 17: *A Piece of the World* by Christina Baker Klein

Feb. 21: *Strength in What Remains* by Tracy Kidder

Aggie Aspinwall leads this popular book discussion.

Irish Authors Book Group

Wednesdays at 10 a.m. Free

Dec. 20: *Good Behaviour* by Molly Keane

Jan. 17: *The Barracks* by McGahern

Feb. 21: *Nora Webster* by Toibin

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

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

January 9 - Australia and New Zealand

February 13 - China

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

Friday Coffee Hour

Fridays at 11 a.m. Free

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

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

December 14 and then every other Thursday starting January 4 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 gradually shook off the shackles of British rule.

This segment of the series will feature Yeats, the Irish Renaissance, Synge and Joyce.



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

free wednesday films at 1 p.m.**Megan Leavey** - December 6 (7.5), 120 min.

Kate Mara, Ramon Rodriguez, Tom Felton
true story of a young Marine whose unique bond with her military combat dog saved many lives in Iraq

The Glass Castle - December 20 (7.9), 124 minutes

Brie Larson, Woody Harrelson, Naomi Watts
young girl comes of age in a dysfunctional family of nonconformist nomads

Sweet Bean - January 3 (7.4), 113 minutes

pancake stall manager meets an odd but sympathetic elderly woman looking for work. . . her homemade bean jelly convinces him to hire her

A Quiet Passion – January 10 (6.8), 125 min.

Emma Bell, Sara Vertongen, Rose Williams
story of American poet Emily Dickinson from her early days to her later years as a reclusive artist

Frantz - January 24 (7.5), 113 minutes

Pierre Niney, Paula Beer, Ernst Stötzner true-life In the aftermath of WWI, a young German who grieves the death of her fiancé in France meets a mysterious Frenchman who visits the fiancé's grave

The Past - Jan. 31 (7.8), 130 minutes

Iranian man deserts his French wife and her two children to return to his homeland

Great American Scenic Railroads – Feb. 7, 114 m.

the Canadian Rockies have never been captured so beautifully as you ride through the vistas of Lake Louise and Banff on VIA's famous Canadian

It Happened One Night – Feb. 14 (8.2),

Claudette Colbert, Clark Gable
classic comedy about an antagonistic couple determined to teach each other about life

Obit - Feb. 21 (7.4) 93 minutes

a first-ever glimpse into the daily rituals, joys and existential angst of the Times obit writers, as they chronicle life after death on the front lines of history

Papa Hemingway in Cuba - Feb. 28 (6,3) 110 min.

in 1959, a young journalist ventures to Havana to meet his idol, the legendary Ernest Hemingway who helped him find his literary voice, while the Cuban Revolution comes to a boil around them

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 Monster Calls** - December 1 (7.5), 108 minutes

Lewis MacDougall, Sigourney Weaver
boy seeks the help of a tree monster to cope with his single mother's terminal illness

Eero Saarinen: The Architect who Saw the Future

- December 8 (7.0), 70 minutes
explores the life of the renowned architect whose visionary buildings include the St. Louis' Gateway Arch

Joyeux Noel –Dec. 15 (7.1), 114 min.

In December 1914, an unofficial Christmas truce on the Western Front allows soldiers from opposing sides of WWI to gain insight into each other's lives

Becoming Warren Buffett - January 5 (7.6), 90 min.

The legendary investor started out as an ambitious, numbers-obsessed boy from Nebraska and ended up becoming one of the richest and most respected men in the world.

A Little Chaos - January 12 (6.5), 112 min.

Kate Winslet, Alan Rickman, Stanley Tucci
two talented landscape artists become romantically entangled while building a garden at Versailles

A Royal Night Out - January 19 (6.5), 97 minutes

Sarah Gadon, Bel Powley, Emily Watson
on V.E. Day in 1945, Princesses Elizabeth and Margaret are allowed out to join the celebrations

Miss You Already - January 26 (6.8), 112 minutes

Drew Barrymore, Toni Collette, Dominic Cooper
friendship between two life-long girlfriends is put to the test when one starts a family and the other falls ill

Rams - February 2, (7.3), 93 minutes

in a remote Icelandic farming valley, two brothers who haven't spoken in 40 years have to come together to save what's dearest to them - their sheep

Hot Coffee - February 9 (7.6), 88 minutes

beginning with the infamous case of the woman who sued McDonalds over spilled coffee, this film tears apart conventional wisdom about 'frivolous lawsuits'

A Map for Saturday - February 16 (7.9), 90 minutes

this film reveals a world of long-term, solo travel through the stories of trekkers on four continents

Impossible Dreamers - February 23 (8.9), 75 min.

inspirational documentary that follows a number of Senior Athletes, ranging from ages 60-94



Crafts Fair to Benefit Local Charities - December 5-7, 10-3

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, hostess gifts and more.

If you have something to donate to the Fair, please call Lyn at 203-594-3620.

NEW: Leela's Learn to Sew and Project Classes at the New Canaan Toy Store

Wednesdays, January 17, 24, 31 and February 7, 2-3:30 p.m., \$150 (materials included)

Calling all those who want to learn to sew on a machine.

In the first class you will learn the basics of operating a Brother sewing machine including making bobbins, threading the machine, learning about stitch lengths, and how to change stitch types. Then you will have time to practice to get a good feel for sewing on your own including sewing straight and curved lines. Leela will then help you create simple sewing projects such as a pillowcase, patchwork pillow and potholder.

This class will meet in the room in back of the Toy Store at 94 Park Street.

Class limited to 5.

Who Gets Grandma's Yellow Pie Plate?

Tuesday, January 23, 9 - noon, \$25 (includes workbook)

All of us will have to "downsize" our personal possessions someday. Attorney and genealogist **Nancy Malling** will guide you through the practicalities and emotions of passing on the collected stuff of a lifetime. It will help you develop a plan that will minimize dissension and maximize memories. This class consists of a short video, handouts, discussion and a workbook which can be completed at home.

Register with a check payable to Senior Center.

AARP Fraud Watch Network: The Con Artist Playbook

Thursday, January 25, 1 p.m., Free

AARP volunteer Pete Stair will discuss the psychology behind ID Theft, Frauds and Scams as well as recent data breaches and what you can do to protect yourself. Through actual footage of scammers, insights and advice, you'll walk away armed with the knowledge, tools and contacts you need to keep yourself and your family safe.

Induction Hearing Loop To Be Installed in Computer Center

Thanks to the generosity of the Senior Center, we will have an Induction or Hearing Loop installed in the Computer Center by December. This is an assistive listening system that takes a sound source and transfers it directly to a hearing aid without background noise. People who have hearing aids can use the system simply by switching their hearing aids to 'T-Coil'. There is no need for headsets or any other equipment.

There are classes being held in the Computer Center now and we will show many of the Wednesday and Friday movies there so more people can take advantage of this new technology.

