



Winter 2024 - 2025

Lapham's Annual Holiday Crafts Fair Benefitting Local Charities

December 2 - 5,
10:00 a.m. - 2:00 p.m.,
Shop for one-of-a-kind
handmade holiday gifts,
decorations, and more.

Hours of Operation

M - Th, 8 - 4:30

Friday, 8 - 2

Closed

December 25, 26, 27
January 1, 20
February 17

Weather Closures

If New Canaan schools
close for inclement
weather, we will also
be closed.



Exchange Club Holiday Party at Waveny House

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

Enjoy a festive lunch catered by Walter Stewart's Market, hosted and sponsored by the Exchange Club of New Canaan. Music by Dom Cardamone. Gifts and a special visit included! Space is limited; reserve early, so you don't miss this treasured holiday event.

Reservations are required; deadline December 7th. Call 203-594-3620.

Holiday Dinner and Show

Friday, December 6, 5:30 p.m., \$20.00

5:30 p.m., Holiday Dinner at Lapham

7 p.m., Christmas show at the Power House

In this hilarious Christmas classic, a couple struggling to put on a church Christmas pageant is faced with casting the Herdman kids – probably the most inventively awful kids in history. You won't believe the mayhem – and the fun – when the Herdmans collide head-on with the story of Christmas! The heartwarming story teaches valuable lessons about compassion, acceptance, and the true meaning of the holiday season. Only 20 tickets available.



New Offerings!

Skating Lessons for Adults

Thursdays, January 16, 23, 30, February 6, 12:15 p.m. - 1 p.m.

Last fifteen minutes of lesson is free skating time.

\$120 per session (Skates will be provided for those who need them.)

These group lessons for older adults will focus on mastering skating fundamentals in a relaxed, social setting. Depending on the skill level, lessons may focus on starting and stopping, changing direction, crossovers, and other skills. Instructors will work with each participant based on his or her skill and comfort level; all participants should be comfortable moving across the ice without support. The rink will be closed to other skaters during this time. Class size is limited to ten with a minimum of four students. **Lesson policies:** We will offer one makeup lesson per session for cancellations due to inclement weather. If we need to cancel a class, we will notify Lapham via email at least one hour prior to the lesson start time. Please note all skaters must wear helmets for the duration of each lesson. Neither the instructors nor the rink staff are permitted to assist skaters in putting on helmets and/or skates.

Seasonal passes available: Adults \$190 and Seniors (65+) \$140

Seasonal passes are not required to register for skating lessons.



Meditation Class

8 Wednesdays, January 8 - February 26, 9 a.m. - 9:45 a.m., free

Meditation is a practical tool that recharges, settles and soothes, while enhancing the feeling of deep peace that occurs when the mind is silent. It is about finding the silence that's buried beneath the chattering and noise in our minds and making that silence a part of our lives, because it is from this field of pure potential that we get our bursts of inspiration, our most intuitive thoughts and our deepest sense of connection to the universe .

Instructor: Indra Keliuotis LCSW, MBA, certified Meditation Facilitator, Licensed Psychotherapist and Certified Life Coach.



AARP Foundation Tax-Aide At Lapham

10 Wednesdays, February 5 - April 9, 10 a.m. - 3 p.m.

By appointment only

IRS trained and certified AARP Tax Counselors will provide free, income tax preparation, with a focus on adults aged 50+ with a low to moderate income. AARP membership is NOT required. Since 1968, Tax-Aide has helped over 80 million taxpayers receive all the credits and deductions to which they're entitled. The AARP volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code.

By appointment only. Information about scheduling appointments will be available in mid-January.

For more information, please call (203) 674-9336.

Special Events

Contemporary Tiny Homes: An Innovative Approach

Lunch and Learn

Wednesday, December 4, noon, free



Join Adam Michaud from Contemporary Tiny Homes for an exciting discussion on the benefits of building an accessory dwelling unit (ADU) on your property. Contemporary Tiny Homes is a full-service ADU construction company based in Norwalk, CT. Their ADU experts manage everything from project planning to construction. Learn how to enhance your property and lifestyle with an in-law suite, a cozy guesthouse or a personal retreat, right in your own backyard!

Gingerbread House Decorating

Thursday, December 5, 1 p.m., free

Hosted by Clever and Crafty's Tricia McDermott

Celebrate the season with festive crafts. We will be decorating gingerbread houses. No need to bring anything but your creativity and good cheer! Coffee and cookies will be provided. Limited space; please call early to reserve your spot: 203-594-3620.



Holiday Movie and Hot Cocoa: *Love Actually*

Friday, December 13, noon

Love Actually - Follows the lives of eight very different couples dealing with love and life in various, loosely interrelated tales set during a frantic month before Christmas in London, England. 2h 15m.

New Canaan High School Madrigals A Holiday Performance

December 18, 1 p.m., free

Come and celebrate the holidays with the festive music of the NCHS Madrigals! This extraordinarily talented group of singers is sure to delight, as they perform a variety of seasonal songs. This is an opportunity you will NOT want to miss, so register now! Light refreshments will be served.



Watch Out for These Upcoming Events

Monday, March 17, St. Patrick's Day Irish Dancers

Irish Poetry with Ned

Special Events, continued

Advances in the Diagnosis and Treatment of Heart and Vascular Disease

Presented by

Michael Argenziano, MD, FACS, Cardiac Surgeon, Stamford Health

Monday, January 13, 11 a.m., free

Dr. Argenziano will discuss current technology for less invasive treatment options, including minimally invasive surgery and catheter-based procedures. Also the importance of early diagnosis of coronary and valve disease, and the ease of testing, including calcium score, stress tests, and echocardiograms.

Take Action to Protect Your Online and Financial Security with Allison Donaldson

**Wednesday, January 15, 12:30 p.m., lunch; program to follow, free
A Lunch and Learn Event**

Incidents of fraud and identity theft are on the rise, so we've compiled a helpful list of action items you can implement now, in order to safeguard your personal and financial information.

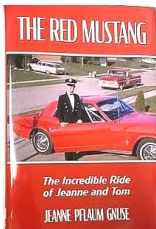


The Red Mustang: the Incredible Ride of Jeanne and Tom Gnuse

Lunch and Learn with Staying Put

Thursday, January 30, noon, free

A memoir chronicling Jeanne's life and partnership with Tom, detailing their challenges, and triumphs in journey with Tourette's syndrome.



Winter Bingo with a Valentine's Theme

Wednesday, February 5, 1 p.m., free

Bingo and prizes with a Valentine's Day theme.

Don't miss out on the fun. Reserve your spot early.

I ♥ BINGO!

Transitioning from Hospital to Subacute Care: Key Questions and Essential Information

Wednesday, February 19, noon, lunch and learn, free

Know what to expect, what questions to ask and what information to gather to ensure a smooth transition when being discharged from a hospital to a skilled nursing facility for rehab.

Presented by Kathy Collins, LMSW.

Community Chats and Services

Life Reimagined

Thursdays, December 19, January 16, February 20, 1 p.m., free

Purposeful living promotes happiness, better sleep, longevity, a healthier heart and reduces the risk of Alzheimer's and other diseases. Hosts Marcy Rand, LMSW, Director, New Canaan's Human Services Department, and Robin Rockafellow, LCSW, will lead an informal and friendly group discussion of who we were, who we are, and the creative ways to explore our interests, abilities, knowledge, and activities in connection with the community around us.

Health Talks with Shannon and Ellen

Fridays, January 10, February 14, 11 a.m. - noon, free

Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. Topics will be announced in our eblasts.

Conversation and Coffee with a Cop

Coming in February, date to be determined.

Join New Canaan Police Department's Community Impact Officer for coffee and a chat.

Blood Sugar & Blood Pressure Clinics

Wednesdays, December 4 - February 26, 12:30 p.m., free

(no clinics December 25, January 1)

Ellen Samai from New Canaan's Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing.

Ask the Attorney with Nedder and Associates, by appointment

Thursdays, December 12, January 9 and February 13, 2 p.m. - 4 p.m., free

An attorney from Nedder and Associates, LLC will be available for a free, private, fifteen-minute consultations to answer your legal or financial questions. Please call 203-594-3620 to schedule your appointment.

Free Medicare Counseling

Thursdays, December 12, January 2, 16, February 6, 20, by appointment, free

Dick Neville, a CHOICES certified Medicare counselor, provides free, objective, person-centered assistance about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Sessions are offered free of charge to New Canaan residents and Town employees. Call 203-594-3620 to schedule appointment. No drop-ins please. Certified counselors have completed a comprehensive training program on Medicare administered by the Department of Aging and Disability Services State Unit on Aging.

AARP Foundation Tax-Aide At Lapham

By appointment only (see page 2 for more details)

Art and Music

Acrylic Painting

11 Thursdays, December 5 - February 27, 10 a.m. - noon, \$110 (no classes December 26, January 2)
Althea Ericsson will help you strengthen your painting fundamentals as you take your artwork to the next level. She will guide you through the fundamentals of composition, portraiture, color values, and perspective, while you discuss other artists and their styles. **All levels are welcome.**

The Art of Drawing

8 Wednesdays, January 8 - February 26, 10 a.m., \$80 (plus Materials Fee \$10.00)

This course offers a comprehensive foundation in drawing both for beginners and for those who wish to further enhance their drawing skills. You will learn how to see and measure space using proportions and relationships to articulate form, using still lifes and figure drawing to learn and use the concepts of line, value and gesture when drawing from observation or personal photos. Every class will start with a demonstration, and individual attention will be given to each student. **Taught by Jeanne McDonough**

Sit and Stitch with Aggie

Mondays, 2 p.m., free

Stuck on a stitch? Want to add dimension to your work? Join **Aggie** for lessons and tips on the best ways to embellish your project.



Woodcarving

Mondays, 12:30 p.m., free

Join **Dennis Taylor** to explore this time-honored craft. Dennis will help you learn to carve actual projects, explain basic wood cuts, tools and safety tips.



Ukulele Lessons with Uncle Zac and Louis

11 Wednesdays, December 11 - March 5

Beginners, 12:30 p.m., \$100, Players, 1:30 p.m., \$100

Uncle Zac and Louis, the "Uke guys", teach a variety of chords, techniques, and songs. **The beginner class** is for students with little or no experience with a ukulele. If you need a uke, Uncle Zac will bring one for you to borrow. **The player class** is for those who have some experience with a ukulele. Please note, December 4th is a make-up class for one missed in the fall.

Games

Beginning Mahjongg

Session 1, January 6 and 7, 9:30 a.m. - 11 a.m.

Session 2, February 3 and 4, 9:30 a.m. - 11 a.m.

\$60 per session

Mahjongg is an ancient Chinese game that is enjoying renewed popularity. Join Aggie to learn how to play this fun social game.

Drop in Mahjongg

Thursdays, 1 p.m. - 3 p.m., free

Once you've learned to play, or if you know how to play and are looking for a game, just stop by Lapham on Thursdays from 1-3 either Aggie or Kathy will have a game going.

Open Sanctioned Bridge Game Tuesdays with Tom Hunter

Drop-in, Tuesdays, 12:30 p.m. - 3:30 p.m. - Two options for Tuesday games

\$15 per session (3 hour drop-in game, prior registration is not required)

Two for one special, play more bridge. Pay a card fee, get a free play for a future game. One free play per player, get 'em while they're hot.

Newplicate! Duplicate bridge for newer players. The Tuesday bridge game includes a newplicate section. Which means that players with less than 20 masterpoints may ask the director questions. Can I open this hand? Should I keep bidding? Come join the fun.

Supervised Play with Mary

8 Tuesdays, January 7 - February 25, 10 a.m. - noon, \$104

This class is intended for Intermediate players and/or duplicate tournament competitors.

Mary will provide opportunities to focus on actual play of the hand and defensive strategy, modern bidding and playing techniques.

Beginning Bridge 2.0 with Mike Hess

8 Fridays, January 10 - February 28, 10 a.m. - noon, \$120

Bridge is a great social game that is also excellent for keeping one's mind in shape. In this class we will introduce you to the fun of bridge as it is played now. This is a class for students who have finished Mike's beginning bridge class and those who haven't played in many years and feel they need a refresher. This class will continue to cover the basics with more practice playing hands. Limited to 12.

Intermediate Bridge with Mike Hess

6 Mondays, January 6 - February 24, 10 a.m. - noon, \$90 (no classes January 20, February 17)

For Intermediate or Advanced Beginner players. Providing an opportunity to focus on actual play of the hand with additional focus on defensive strategies and modern bidding.



Billiards for Everyone with Mike Bacon

Wednesdays, 2 p.m. - 4 p.m., free

If you're looking to have some fun, learn to play pool, or just play a game, join Mike on Wednesdays.

History

Art Colonies of Connecticut the Cradle of Impressionism

3 Wednesdays, December 4 - 18, 11 a.m., free

In this three-part series, Tom Davies delves into the crucial role Connecticut played in shaping Impressionism into a uniquely American movement, blending it with the natural beauty and character of the Northeast. The series traces the origins of Impressionism and tells the stories of young American art students who journeyed to Europe to study, paint, and immerse themselves in the vibrant art colonies there. Inspired by their experiences abroad, these artists returned home, determined to recreate the art colony atmosphere in Connecticut. The state became home to six renowned art colonies—Cos Cob, Silvermine, Westport, Old Lyme, Mystic, and Kent in the Northwest Litchfield Hills—more than any other state in the country. The series will feature a selection of representative works from each of these colonies, showcasing their artistic legacy.



Turning Points in Middle Eastern History cont'd

5 Thursdays, December 5 - January 16, 9:15 a.m., free

(no classes December 25, and January 1)

The Middle East's complexities and historical background are often overlooked in media coverage, leaving the real story untold. Discussion led by **Ned Monaghan**.



The Middle East in the 20th Century

10 Thursdays, January 23 - March 27, 9:15 a.m., \$20

It is impossible to understand our world today without understanding the last 100 years of Middle Eastern history. Yet, the history of the region in the 20th century is so varied and complex that it defies easy explanations. Shifting borders, governmental overthrows, ethnic and nationalist tensions, and political and economic forces on the world stage all had a hand in shaping the course of Middle Eastern history. Ultimately, the story of this region—and its impact on the world—is one of people searching for self-determination, from the stumbling alliances after the fall of the Ottoman Empire to the Arab Spring uprisings.

Discussion led by **Ned Monaghan**

History, continued

Empire of Reason with Mark Albertson

Part 1: Herald of a New World Order The European Theater

8 Mondays, January 6 - March 10, 10:30 a.m. (no classes January 20, February 17) \$80

Tale of the Tape: This course will showcase Man's greatest industrialized, corporatized, commercialized war: World War II . . . an exercise in Total War. The focus will be on 1943-1945 — the period where it becomes plain to all who are cognizant, that Europeans will no longer dominate the globe. Their time is rapidly coming to a conclusion, giving way to two new major world powers: the United States and the Soviet Union, whose conflict began, not in 1939, but in 1914 with the first World War.

Art Gottlieb's History Discussions

The Court Marshal of Billy Mitchell

January 07, 10 a.m. - 11 a.m., free

After serving with distinction in France during WW I, Billy Mitchell became an outspoken advocate of Air Power. He was Courts martialled in 1925 for insubordination after accusing military leaders of traitorous actions and a dereliction of effective leadership.

Neville Chamberlain and Appeasement

January 14, 10 a.m. – 11 a.m., free

As Prime Minister of Great Britain during the 1930's, Neville Chamberlain desperately hoped to avoid conflict with Nazi Germany. Remembered for his pre-war negotiations with Hitler, Chamberlain's tragic legacy is one of naïve appeasement.

Operation Barbarossa

February 11, 10 a.m. – 11:00 a.m., free

As the Blitzkrieg raged in France, Hitler was already planning to fulfill his promise laid out in Mein Kampf, the forceful conquest of new living space for Germany in the East. On June 22, 1941, betraying a non-aggression pact with Stalin, the Germans attacked Russia with 3 million soldiers, 3,350 tanks and 2,000 aircraft.

Battle of Stalingrad

February 18, 10 a.m. – 11 a.m., free

Ill equipped for the brutal Russian winter at Stalingrad, encircled by Soviet Armies, and with retreat not allowed by Hitler, German forces faced annihilation. By January of 1943, 195,000 freezing German soldiers surrendered to Soviet troops. Of these, only 6,000 interned in Russian POW camps would survive the war.

The Other Side of History: Daily Life in the Ancient World

12 Tuesdays, January 21 - April 8, 9:15 a.m., free

This series goes beyond the abstract dates and figures, kings and queens, and battles and wars that make up so many historical accounts. Over the course of 48 richly detailed lectures, Professor Robert Garland of Colgate University covers the breadth and depth of human history from the perspective of the so-called ordinary people, from its earliest beginnings through the Middle Ages. You'll gain new insights into what daily life was like in Neanderthal caves, ancient Egypt, Persia, Greece, Rome, and medieval Britain. Discussion led by **Ken Hecht**.

Languages

Intermediate French: 11 Wednesdays, December 4 - February 26, 11 a.m., \$132

If you have a good knowledge of French or want to brush-up on the French you once learned, this class is for you. Learn from a French native at a realistic pace in a very relaxed and supportive environment. **Taught by Georgia Lehnert. No classes December 25, January 1)**

French Conversation: 10 Mondays, December 2 - February 24, 10:30 a.m., \$165

(no classes December 30, January 20, February 17)

This is a continuation class for those who have already acquired basic skills in French. Madame will start with an article from a French daily like *Le Figaro* or *Le Point*, along with a vocabulary sheet of words or expressions. She facilitates conversations about a variety of topics and says all her students enjoy her cultural quizzes.

Spanish Conversation: 10 Mondays, December 2 - February 24, 12:30 p.m., \$165

(no classes December 30, January 20, February 17)

This class is for those who have a working knowledge of the Spanish Language, can converse, read and write in Spanish. The instructor will facilitate conversation, and add to your vocabulary, and grammar. She includes articles, cultural quizzes and more.

These courses are taught by Nell Mednick.

Beg. Italian Part 2 : 11 Tuesdays, December 3 - February 25, 9 a.m., \$132 (no classes December 24, 31)

For students that have taken her fall Beg. class or have some Italian and want to start on their learning journey again. 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.

Italian Conversation: 11 Tuesdays, December 3 - February 25, 10 a.m., \$165 (no classes December 24, 31)

This class is for students who are 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, grammar, and comprehension. In addition, this class will be reading novels in Italian and brief news articles and short stories.

Inter. Italian: 11 Wednesdays, December 4 - February 26, 9 a.m., \$165(no classes December 25, Jan 1)

This class is for students with a good knowledge of Italian. Students will speak, understand, write, and read simple Italian, using examples from everyday life. Class will build on the basic foundation of Italian language and grammar. Incorporated in the class will be readings of brief news articles and short stories.

Italian 2.0: 11 Wednesdays, December 4 - February 26, 10:45 a.m., \$132(no classes December 25, Jan 1)

This class is for beginning students who want to learn some Italian, vocabulary, culture, and how to communicate while traveling through Italy.

Italian class are taught by Edda Gusman

***The Ultimate Italian Textbook* is used; copies are available for sale, if needed.**

Literary Corner

The Whodunnit Book Group

Thursdays, December 5, January 30, February 27, 1 p.m., free



December 5 - *The Spy Coast* by Tess Gerritsen

A retired CIA operative, living a quiet life in a small Maine town, must confront the haunting secrets of her past when they threaten to unravel her new life and put everyone she loves at risk.

January 30 - *Ordinary Grace* by William Kent Krueger

In the summer of 1961, the mysterious death of a young woman shatters the peace of a small Minnesota town, sending 13-year-old Frank Drum on a journey to uncover the truth—a journey that will expose buried secrets and change his life forever.

February 27 - *Fool Me Once* by Harlen Coben

Maya is a former military pilot with PTSD. Her husband, Joe, was recently murdered. After his funeral, Maya sees footage on her nanny cam that appears to show Joe interacting with their young daughter, Lily. As Maya tries to uncover the truth, she learns dark secrets about her husband's past and uncovers a dangerous conspiracy.

World History Book Group

Discussion led by Ken Hecht

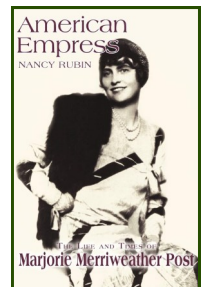
Tuesdays, December 17, January 21, February 25, 2:30 p.m., free

December 17 - *Christmas Past: The Fascinating Stories Behind our Favorite Holiday's Traditions* by Brian Earl

Christmas Past: The Fascinating Stories Behind Our Favorite Holiday's Traditions reveals the surprising, quirky, mysterious, and sometimes horrifying stories behind the most wonderful time of the year. With 26 short chapters, it's a festive, digestible Advent calendar of a book.

January 21 - *American Empress* by Nancy Rubin

American Empress, a sweeping history of the dramatic life of heiress Marjorie Post, daughter of breakfast-cereal magnate C. W. Post. As a young girl growing up in the Midwest, Marjorie glued cereal boxes in her father's barn, later she became a board member of his company, wed a diplomat and by late middle age was widely acknowledged as the unofficial "Queen of Washington, D.C."



February 25 - *Perilous Question: Reform or Revolution? Britain on the Brink, 1832* by Antonia Fraser

A dazzling re-creation of the tempestuous two-year period in Britain's history leading up to the passing of the Great Reform Bill in 1832, a narrative which at times reads like a political thriller. The question was: Could a rotten system reform itself in time? On June 7, 1832, the date of the extremely reluctant royal assent by William IV to the Great Reform Bill, it did.

Literary Corner, continued

Poetry in Motion: A Fun Exploration of Verse (Zoom only)

Tuesdays, January 14 - March 25, 9:45 a.m., free (no class February 18)

If you are a lover of poetry — or simply curious to find out a little bit more about it — then join us for our informal weekly discussions! Explore the poetry of different eras, cultures, and perspectives, with an aim toward discovering the most profound and enduring elements of the human condition — all in a fun and low-key environment. All are welcome!

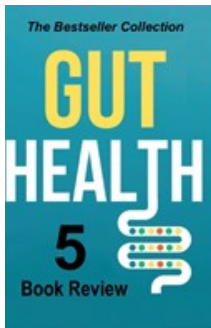
Great Works of World Literature:

Ivan Turgenev's *Fathers and Sons*

7 Thursdays, January 16 - March 6, 11 a.m. - 12:15 p.m. (no class February 20)

Come and join us as we read this masterpiece of generational conflict, lost faith, and ultimate redemption. Considered by Henry James to be the most prominent Russian novelist, Turgenev tells the evocative story of Arkady and Bazarov, two university friends in tsarist Russia, whose disillusionment with tradition and authority leads them on a search for meaning and value in the world they have inherited. Our informal discussions will invite all participants to share their ideas and insights into this classic novel of the clash of generations.

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



Gut Health

A Fit for Life Book Talk with Mike Bacon

4 Thursdays, January 9 - 30, 1 p.m. - 2 p.m., free

Our digestive system is home to trillions of microorganisms collectively known as the gut microbiome. Join Mike as he shares the latest research on gut microbiome and its crucial role in our health and well-being from his summary of five books: *GUT*, *Fiber Fueled*, *The Good Gut*, *The Microbiome Solution* and *The Mind-Gut Connection*.

Movies - French Films

French Films:

Homage à Leslie Caron

3 Wednesdays, January 8 - 22, 1 p.m., free

January 8 - *GIGI*

Directed by Vicente Minnelli, *Gigi* holds a prominent position as one of the finest Leslie Caron films. This charming romantic comedy features Maurice Chevalier and Louis Jourdan in 1900 Paris.

January 15 - *An American in Paris*

This film is an ode to love and the enchanting city of Paris. Directed by Vicente Minnelli, Leslie Caron and Gene Kelly perform magnificent dance sequences.

January 22 - *Fanny*

This film is an adaptation of the Marcel Pagnol stage trilogy *Fanny*, *Marius* and *César*. Set in Marseilles, *Fanny* is a complex love story starring Maurice Chevalier, Leslie Caron and Horst Buchholz.

Movies

Winter Movie Classics

Fridays at noon, free

December 13, *Love Actually* - Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England. 2h 15m.

January 10, *Roman Holiday* - A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. 1h 58m.

January 17, *Arsenic and Old Lace* - Mortimer Brewster, a Brooklyn writer of books on the futility of marriage, risks his reputation after he decides to tie the knot. Things grow complicated when he learns that his beloved maiden aunts Abby and Martha are serial murderers. 1h 58m.

(Check our eblasts for future movie listings!)

Art and Music Appreciation

Art Appreciation

9 Tuesdays, January 7 - February 25, 1 p.m., free

January 7, 14, 21 - *The Private Life of a Masterpiece: Impressionism and Post Impressionists*

Revolutionary in their conception, and iconic years after their execution, each have their own compelling stories: Renoir's "Dance at the Moulin de la Galette, Van Gogh's "The Sunflowers" and Geroge Seurat's "A Sunday on Lad Grande Jatte 1884.

January 28, February 4, 11 - *Art of France*

Historian Andrew Graham-Dixon takes us on a visual journey through French Art history revealing how art emerged from a struggle between tradition and revolution, from Versailles to the French Revolution and national collapse in 1870 and 1871, to the rise of impressionism and existentialism.

February 18, 25, March 4 - *Art of Spain*

Historian Andrew Graham-Dixon travels from southern to northern Spain exploring art from beautiful Moorish palaces and mosques around 1000 years ago to modern Spanish architecture.

Music Appreciation

10 Mondays, January 6 - March 24, 2:30 p.m. - 3:15 p.m., free (no classes January 20, February 17)

January 6, 13 - *Robert and Clara Schumann*

Continuing the series on the music of Robert and Clara Schumann. the Schumanns - brilliant, gifted, troubled, and unique in the history of music.

January 27 - March 24 - *Liszt*

Musically, Franz Liszt (1811–1886) is one of the most written about but least understood composers of the 19th century. Liszt's character was "a continual alternation between scandal and apotheosis." "Scandal and apotheosis?" What could that possibly mean? Join music professor Robert Greenberg for these lectures, and go on a fascinating journey in search of the truth about both.

Physical Fitness

Beginning Pilates with Joyce, all levels

10 Tuesdays, December 3 - February 18, 8:30 a.m. \$100 (no classes December 24, 31, February 25)

10 Thursdays, December 5 - February 20, 8:30 a.m., \$100 (no classes December 26 January 2, February 27)

We will use flex bands, small balls, and a fitness circle. The purpose of props is to stimulate the body and make exercise more challenging, accessible, and successful. This class is suitable for beginning and intermediate students. Limited to 15.

Pilates-on-the-Ball with Joyce, advanced

10 Tuesdays, December 3 - February 18 9:45 a.m., \$100 (no classes December 24, 31, February 25)

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 abdominal, back, and hip muscles. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion with Joyce, intermediate

10 Thursdays, December 5 - February 20, 9:45 a.m., \$100

(no classes December 26 January 2, February 27)

This perfect combination of yoga and Pilates will improve your balance and strengthen your core. Yoga promotes bone health, increases flexibility and range of motion, and reduces stress. Pilates strengthens abdominal, back, and hip muscles while improving balance and flexibility. This is the perfect blend for creating a long, lean, strong, flexible, and balanced body and mind. Limited to 15.

Muscles in Motion with Debbie - Intermediate

11 Tuesdays, December 3 – February 25, 11:00 a.m. \$90 (no classes December 24, 31)

11 Thursdays, December 5 - February 27, 11:00 a.m., \$90 (no classes December 26, January 2)

Understand the practice of using mind and body (the neuromuscular junction) to create strong, toned, flexible bodies. Learn proper body movements to lift, bend, and carry without compromising an aging spine –our lifeline!

Cardio Plus Strength with Debbie - Intermediate

11 Tuesdays, December 3 – February 25, noon, \$ 90 (no classes December 24, 31)

Move, dance, and mingle as you strengthen your heart, increase range of motion, and strengthen bones. Thirty minutes of continuous moderate intensity cardiovascular training will be followed by weight training and flexibility exercises. Emphasis given to proper body alignment for a healthier spine.

Chair Fitness with Debbie - All levels,

11 Thursdays, December 5 - February 27, noon, \$90 (no classes December 26 January 2)

It's never too late to exercise! Strengthen your heart, muscles and bones and increase the range of motion of your joints – all while seated in a chair. It's fun and engaging!

Two classes have been added to each session to make-up for fall cancellations.

Make-ups reflected in prices.

Physical Fitness, continued

Fit for Life with Mike

10 Mondays, December 2 - February 24, noon, free (no classes December 30, January 20, February 17)

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 is a dynamic and safe program, and every aspect is scalable to almost any fitness level.

Balance & Posture for Fall Prevention with Ellen

**9 Mondays, December 2 - February 24, 10 a.m., \$90
(no classes December 16, 30, January 20, February 17)**

This program is designed to decrease the risk of falling and improve upper and lower body strength. You must be able to stand on one foot with the support of a chair. Strength training with light weights included.

Moving with Arthritis with Ellen

**9 Mondays, December 2 - February 24, 11 a.m., \$90
(no classes December 16, 30, January 20, February 17)**

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. Strength training with light weights included.

Super Stretch - Preventing Pain and Improving Mobility

**10 Mondays, December 2 - February 24, 1:15 p.m., \$100
(no classes December 30, January 20, February 17)**

Designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball during the hour long class. The last ten to fifteen minutes is spent stretching all the muscles worked during class. Most of the class will be done on the floor with mats.

New Canaan Men's Club - Men's only Yoga with Steve

**10 Mondays, December 2 - February 24, 2:30 p.m., \$100 (no classes December 30, January 20, February 17)
11 Wednesdays, December 4 - February 26 2:30 p.m., \$110**

Yoga for men helps maintain muscle strength, stamina, joint health, flexibility and balance. This class will help you develop a better understanding of various yoga poses and how to move your body from one pose to the next. Focusing on alignment and purposeful movements to improve strength, flexibility, and balance. Yoga helps to decrease stress on your joints and avoid preventable injury when playing golf, tennis, pickle ball or other sports.

Qigong with Steve

11 Wednesdays, December 4 - February 26, 1:30 p.m., \$ 110

Students will learn 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, and digestive functions. Students at all levels will benefit from this practice.

General Information

Registration

- You must have an account in MyRec to register for our programs. If you need assistance creating your account, call us at 203-594-3620.
- Registration will continue until all classes are filled.
- Please register for **all** activities, including free offerings.
- We cannot enroll you in a class or program until payment is received.
- Call Aggie Aspinwall, 203-594-3620, to ask about scholarships.

Registering online is quick, safe and easy once you have created an account in MyRec:

<https://newcanaanct.myrec.com/info/household/login.aspx>

To register by phone call 203-594-3620, Monday - Thursday 9 a.m. - 4 p.m. Friday till 2 p.m.

Payment

- Payment by credit card is preferred, we do not accept AMEX or cash for classes.
- For classes and special events checks are also accepted, make checks payable to: Town of New Canaan
- For trips make checks payable to: Senior Center of New Canaan
- Please bring checks to Lapham or mail checks to: **Lapham Center, P.O. Box 83, New Canaan, CT 06840.**

Refunds

- If a class is cancelled for the semester, you will receive a full refund in the original form of payment.
- You may cancel a registration prior to the start of class to receive a refund less a \$5 processing fee.
- No discounts or pro-rating will be given for any classes, programs or events.
- There will be no refunds for trips.
- Withdrawals due to medical issues, as they occur, will be reviewed on a case by case basis.

Reserving Space at Lapham

- New Canaan based groups may reserve space at Lapham for book groups, luncheons and more.
- If your group is interested in reserving space at Lapham, please call 203-594-3620 for more information.

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