



# FALL 2011 NEWSLETTER

## *In this Issue*

Arts/Crafts	4
Cooking	5
Exercise/Dance/Yoga	6-7
Games	8
Health/Wellness	10
History/Art History	10
Languages	11
Movies	14
Special Programs	2-3
Trips	12

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

## Welcome to Lapham Center

Get out your calendar and start reading because we're back with more don't-miss programs and classes than ever! Then register ASAP as there are always classes that fill early.

Please use the registration form on page 15. If there are oversubscribed classes, we will hold a lottery on Sept. 1st. Registration will continue until classes are filled.

All adult New Canaan residents (not just seniors!) are welcome to participate in classes and programs at Lapham. There is no membership fee or requirement beyond town residency and the ability to participate.

Spend a few minutes checking out our fall activities - we hope you'll find new interests and new friends at Lapham!

## IMPORTANT MEDICARE NEWS !!

see page 12

Nancy Pennington retired in August after 14 years here - we will all miss her:

*All of you who grace this wonderful Center have shown me extraordinary thoughtfulness over the years, and I will never forget all the kind words, laughter and joy my tenure here has given me.*

Thank you.  
Nancy P.

*Somehow I know, we'll meet again  
Not sure quite where and I don't know  
just when  
You're in my heart so until then  
Wanna smile, wanna cry  
Saying goodbye*

(Muppet Fozzie Bear)

## Roots of Islamic Fundamentalism with Dr. Marilyn Walker

Thursday, October 6, 7 p.m. refreshments and tours, 7:30 p.m. lecture

Dr. Marilyn Higbee Walker, a specialist in the history of Islam and comparative religion, will discuss the origins of Islamic fundamentalism. With roots in the modernization efforts of the late 19th and early 20th centuries in the Ottoman Empire and elsewhere, Islamic fundamentalism continues today to be closely tied to its political and economic context.

Dr. Walker taught many very popular classes here until she moved to New York State a few years ago. We are delighted to have her back if only for one evening.

Please call to let us know if you are coming so we set up for enough people.

*There are no fees for special events unless lunch is included (\$4). Please make lunch reservations by the Friday before the event (203-594-3620). **Please also let us know you are coming so we set up enough chairs and make sufficient handouts.***

### **Welcome Back Party**

Wednesday, September 7, 11:30 a.m., \$4

Our first Senior Center lunch of the season will be held at **Waveny House**.

After lunch Darien pianist **Bob Rissolo**, who claims "thousands of happy ears" will tell you stories and play the songs you love.

Please make reservations by Friday, August 26 at 203-594-3620.

### **Identity Theft and Bank Accounts**

Wednesday, Sept. 14, 1 p.m., Free

Bank of New Canaan Vice President and Branch Manager **Gail Donovan** will be speaking on the topic of Preventing Identity Theft and what you can do to keep your bank accounts protected. She will also tell you what documents you need to hold on to and when you can shred others.

Speaking of shredding, the Bank of New Canaan is also sponsoring a Shred Day at the Bank at 208 Elm Street on Saturday, September 17th from 9 to noon and at their Stamford First Bank, during the same hours, at 612 Bedford Street on September 24th.

### **Should Food Be Your Medicine?**

Thursday, Sept. 22, 1-2 p.m., Free

Hippocrates said, "Let food be your medicine." 2500 years later is he still right – should food be your medicine?

**Penny Klatell** is a registered nurse (BS, Skidmore) with an MA and PhD (NYU), a nutrition counselor (Institute for Integrative Nutrition/Teachers College), and a certified life, health, and wellness coach. She is a speaker and author who helps her clients manage their weight and develop healthy eating habits. You can read her blog at: <http://MyFoodMAPS.com>.

See page 9 to see a description of Penny's two classes, *What Should I Eat?* and *No Bulges For The Holidays – Or After*.

### **The New Paradigm of Retirement Thinking Wants, Needs, and Your Retirement Dollars**

Tuesday, September 27, 1 p.m., Free

**Jeffrey Eichner**, Financial Adviser for the Strategic Financial Group LLC in NYC will discuss

- Sources of Retirement Income: Then & Now
- Challenges Retirees Face
- Meeting "Wants" and "Needs" in Retirement
- Guaranteed Lifetime Income Annuities

### **Speech Difficulties and More**

Wednesday, October 5, 1:30 p.m.

Do you know someone with language, speech, or swallowing difficulties following stroke or other neurological injury or disease? Aphasia, dysarthria, apraxia, dysphagia? Most people have never heard of these disorders until they know someone who has one of them.

Find out more about these disorders and learn tips to make communication easier with **Marion Leaman**, MS CCC-SLP, a Speech Language Pathologist with 20 years experience working with adults with communication disorders. She is Director of "The TalkSpot" in Westport, where she specializes in long-term support and programming for people who have aphasia after a stroke and in intensive speech treatment for people with Parkinson's Disease.

### **Twelfth Night or What You Will**

Thursday, October 6, 10 a.m., Free

**Emily Bryan**, Managing Director of Shakespeare on the Sound, led a well-received discussion of *Much Ado about Nothing* here in June. She is coming back to discuss Shakespeare's comedy, *Twelfth Night*, which will be at the Westport Playhouse Oct. 11 - November 5.

Dr. Bryan received her PhD from Northwestern in English, her BA from Harvard and an MA in Shakespeare Studies while on a Fulbright in Stratford-Upon-Avon at the Shakespeare Institute.

Please call to reserve a space so we have copies of the play for all.

**Probate Judge Michael P. Murray**

Wednesday, October 12, 1 p.m.

Meet the new Judge of Probate Michael Murray who presides over the combined New Canaan-Darien Probate Court located in Darien. Judge Murray will explain probate and talk about the services available in his office.

Judge Murray is a graduate of Fordham Law School who continues to work in the New Canaan office of Ivey, Barnum, and O'Mara on Locust Avenue.

**Has Technology Overwhelmed You?!**

Tues. and Wed., October 18 & 19, by appt.

Cell phones? Smart phones? PDAs? Digital cameras? Laptops? Do you have one? Do you know how to use it? Would you like to know what else you can do with these devices?

Make an appointment with the Service League of Boys (**SLOBs**), a group of young men from the High School who volunteer in our community, by calling 203-594-3620.

These young men are both patient and knowledgeable and you will enjoy the time you spend with them. So call now!

**Flower Arranging Demo**

Wednesday, October 26, 9:30 a.m., \$15

Just in time for the holidays, you can learn the tricks of making an attractive low centerpiece for your dining room table as well as a dramatic high arrangement. **Chris Falco, Gunilla Lawrie, Faith Kerchoff, Yvonne Hunkeler** and others who have worked on the Festival of Trees, Nature Center Christmas Market, and our own Fair last year, will show you how. The fees (payable to Senior Center) will be donated to a local charity.

**Halloween Bingo**

Wednesday, October 26, 1 p.m., \$4 (lunch)

**Aggie and Susan** from the Vine Cottage will be back with a variety of bingo games and Halloween-themed prizes.

Please reserve your spot by Friday, October 21 and let us know if you will also come for lunch at noon.

**Holiday Make-up**

Thurs., Nov. 3, 1 p.m., Free (must register)

Get ready for holiday parties and find out how to make the best of the make-up you already own. Linda Hurst will discuss how to use and where to buy make-up, as she demonstrates on one of the participants. Bring your own make-up and a small stand up mirror so you can try out her techniques.

**Linda Hurst** has been a Make-Up Artist in TV, film and theater for 30 years. She is also a facilitator and State Trainer in the American Cancer Society's "Look Good Feel Better" program, which offers make-up and wig advice to cancer patients. She does not sell products.

**Thanksgiving Lunch and SLS Concert**

Wednesday, Nov. 16, 11:30 a.m., \$4

**Susan Goodman** will cook a traditional Thanksgiving lunch which will be followed by our equally traditional concert featuring the talented singers from St. Luke's School. Music Department Chair **Dale Griffa** will bring the students to our luncheon for the 8th year!

Thanksgiving lunch is served at **Waveny House** and reservations are needed by Friday, November 11 at 203-594-3620.

**Lunch at Lapham**

Tuesdays and Wednesdays at noon, \$4  
Starting September 13 at Lapham

Lunch is served at noon sharp and we need reservations at least a day ahead at 203-594-3620.

Local caterer **Susan Goodman** cooks on Wednesdays, and on Tuesdays Lyn Bond rustles up lunch with the help of local shops. We still have cooking and serving assistance from church and synagogue volunteers including **Jenny Taraz** who coordinates the volunteers and helps Lyn every Tuesday.

## PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

Our classes are open to all adult New Canaan residents. People planning to take classes should sign up as soon as possible; lotteries for oversubscribed classes will be held at noon on *Thursday, Sept. 1*. Enrollment for all other courses will go on until classes are filled.

Registrations can be brought in or mailed to P.O. Box 83, New Canaan. Checks should be made payable to Town of New Canaan unless otherwise indicated. Please use the registration form on page 15. Please also register for classes that charge no fee. We can take telephone registrations for free classes only. Call us at 203-594-3620 if you have any questions.

People over age 60 pay a lower fee [under 60 fee indicated in brackets] for some classes. Scholarships are available by contacting Lyn Bond at 203-594-3620. We understand that some people may not be available to sign up for three months. In those cases we will try to let participants enroll by the month. Our policy will be to take people who want the whole period and then accommodate as many "part-timers" as possible. As always, fees will be pro-rated.

### AARP Driver Safety Program

Thurs. Sept. 29, 8:45 a.m.-1 p.m., \$12/\$14

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 \$12, if not, the cost is \$14. Bring your AARP card and driver's license with you to class.

### Crafts and Knitting

Crafts, most Wednesdays, 10 - noon, Free  
Knitting, most Thursdays, 10 - noon, Free  
Join **Lu Brown's** Wednesday crafts group or bring your knitting or crocheting projects (or learn to do it) on Thursdays.

### Drawing Plants and other Natural Forms

11 Tues., Sept. 20 - Nov. 29

1 - 3 p.m., \$99[\$121]

**Kathie Milligan** will teach you how to develop a natural, individual drawing style using forms from nature as your subject. You will use pencil, pen and ink, and charcoal in your explorations. New and returning students are welcome. Call for supply list.

## fine arts

### Acrylic Painting

11 Mons., 9/12 - 11/28, 10-noon, \$55[\$77]

Acrylic paints offer the ease of watercolor with the coverage of oil. Talented New Canaan artist, **Angela Burns**, will share her expertise in acrylics with anyone wishing to learn or improve their painting techniques. For a supply list call 594-3620.

### NEW: Beginning Acrylic Painting

6 Thurs., Sept. 22-Oct. 27, 10-12, \$36[\$48]

This is a fun course for beginners.

**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.

### Intermediate Watercolor with Regina Custer

11 Fridays, 9/9 - 11/18, 10-noon, \$99[\$121]

Regina is a talented painter with many devoted students. She teaches by demonstration and individual instruction.

### NEW: Writer's Workshop

Tues., Sept. 20, Oct. 18, and Nov. 15, 1 p.m., \$15

Many older people have family history or lore that they'd like to record for future generations. Or they may want to write about art, politics, travel, or gardening

**Magdalen Livesey** is an editor and writer who has run writing workshops at senior centers in Wilton and Norwalk.



Cooking classes are held on Mondays beginning at 10 a.m. Most will run two to three hours depending on the teacher. Each class will include recipes and ample tastings. Classes are set up and run by volunteers Jill Ernst, Barbara Tarrant and Eva Wingate who make a lot of work look easy!

You can sign up for single classes or combine any three for a package rate. If you are age 60+, one class is \$45; three classes are \$120. If you are age 59 or younger, one class is \$55; three classes are \$150. Please make these checks payable to Senior Center, PO Box 83, New Canaan or use the form on page 15.

## cooking classes

### **Monday, September 19 - Blue Lemon, Westport, Chef/Owner Bryan Malcarney**

Seared Squid with Ginger Lime Vinaigrette  
Seared Scallops Risotto with Mushrooms and Asparagus  
Profiteroles with Chocolate Sauce

### **Monday, October 3 - Susan Goodman Catering, Caterer Susan Goodman**

Former owner of a popular English Tea Room in Darien, Susan has catered many tea parties and will demonstrate several tasty and simple sweet and savory tea delights, such as Watercress, Cucumber, and Chutney Chicken salad sandwiches, as well as home baked date and nut bread with cream cheese. You will learn what can be made ahead and baked fresh and hot moments before serving with superb lemon curds, fruit butters and jams. All foods will be served with freshly brewed teas and clotted cream.

### **Monday, October 17 - Hiroko Shida, Caterer and Japanese Cooking Instructor**

"Sukiyaki" Beef Hot-pot  
Cucumber and Crab "Sunomono" Salad  
Marinated Tomato Salad "Zakuro" style  
"Dashimaki" Rolled Japanese Omelette  
"Miso" Soup

### **Monday, October 24 - Stamford Yacht Club, Chef Quint Smith**

Baked Butternut Squash and Apple Soup with Spiced Garbanzo Beans  
Herb Glazed Salmon Salad  
spinach, grilled peaches, red onion and prosciutto with tarragon vinaigrette  
Key Lime Tart with vanilla bean and coconut meringue, raspberry and mango coulis'

### **Monday, October 31 - Suman Govindan, private Indian cooking instructor in New Canaan**

Meat kabobs with cilantro and mint chutney  
Egg Curry (people always come back for more!)  
Rice with Peas  
Cucumber Raita  
Firni (ricotta based dessert)

## aerobitone \* chair aerobics \* osteo strength

### Aerobitone – Debbie

13 Tues., Sept. 6 – Nov. 29, 12:05 p.m., \$78

11 Fri., Sept. 9 – Nov. 18, 9:45 a.m., \$66

Aerobitone combines cardiovascular training with muscle conditioning by using one or two lb. hand-held weights during the course of the exercise. Balance is included in the workout. The class ends with 15 minutes of stretching. Bring a mat.

### Chair Aerobics – Debbie

13 Tues., Sept. 6 – Nov. 29, 11 a.m., \$78

11 Thurs., Sept. 8 – Nov. 17, 12:05 p.m., \$66

11 Fri., Sept. 9 – Nov. 18, 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.

### Osteo Strength - Debbie

11 Thurs., Sept. 8 – Nov. 17, 11 a.m., \$66

Osteo Strength uses hand-held weights to strengthen muscles that protect bones and joints. Both standing exercises and mat work are included. The class ends with stretching all muscles involved. Bring a mat.

## zumba®

**Zumba®** 10 Fri., Sept. 16 – Nov. 18, 8:30 a.m., \$60

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

## pilates-based mat exercise

### Pilates-Based Mat Exercise – Joyce

13 Tues., Sept. 6 – Nov. 29, 9:55 a.m., \$78

11 Thurs., Sept. 8 – Nov. 17, 9:55 a.m., \$66, Int.

11 Thurs., Sept. 8 – Nov. 17, 11 a.m., \$66, Beg.

Pilates Based Mat Exercise uses floor exercises performed with specific breathing patterns to strengthen abdominal and lower back muscles, increase flexibility, and improve body alignment. Take the beginning class if you are new to Pilates. Please bring a mat and a Pilates fitness circle if you have one.



Joyce is a certified Pink Ribbon Program Specialist.

This Pilates program is designed for post operative breast cancer survivors and helps regain strength and mobility to those areas affected by surgery. Please call 203-594-3620 to let us know if you'd be interested in this class. If we have interest, we'll set one up starting in November.

## yoga

### Beginning Amrit Yoga - Fran

12 Wed., Sept. 7 – Nov. 30, 10:30 a.m., \$120  
(no class Nov. 23)

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

13 Tues., Sept. 6 – Nov. 29, \$130  
11 Thurs., Sept. 8 – Nov. 17, \$110

Amrit Yoga is a practice that revitalizes the body, calms the mind, and deepens self-awareness. It brings the body, mind, and spirit into a state of harmony and balance. A sequence of yoga postures stretches and strengthens the entire body, releasing the chronic tension that so often dulls vitality. Energy naturally flows to the areas of your body most in need of rejuvenation and healing. Beginning yoga will also have components of Yoga Nidra. You leave feeling balanced and energized to resume life. Bring a mat to class.

### Anusara Yoga - Nancy

11 Mon., 9/12 – 11/28, 9:45 a.m., \$94, Int.  
12 Wed., 9/7 – 11/30, 9 a.m., \$102, Int.  
(no class Nov. 23)

Anusara yoga is a form of Hatha Yoga which utilizes a system of Universal Principles of Alignment combined with a heart oriented and uplifting philosophy. Anusara is a Sanskrit word that means to flow with grace. Bring a mat to class.

### NEW: Lunchtime Yoga - Nancy

8 Mons., Sept. 12 - Nov. 7  
12:30 p.m., \$56

Learn the basics of Anusara yoga postures, stretches and breathing techniques on your lunch hour! Bring a mat.

## dance

### Leslie's Cardio Dance

11 Mon., Sept. 12 – Nov. 28, 8:30 a.m., \$66

NIA Cardio Dance draws from dance, martial and healing arts to create purposeful movement that helps students develop endurance, flexibility, balance and strength. It encourages students at varying levels of fitness and is a great cardio workout. Class will end with weight strengthening. Bring 1 or 2 lb weights to class.

### *Lapham Center Holidays*

**Labor Day, Sept. 5**

**Columbus Day, Oct. 10**

**Thanksgiving, Nov. 24 & 25**

♀♂ **Men and women alike are welcome in all of Lapham's classes.** ♀♂

## t'ai chi

### T'ai Chi – Wendy

12 Tues., Sept. 6 – Nov. 29, \$65

Beginners from 1:30 - 2:15 p.m., Intermediates from 2 - 3 p.m.  
(no class September 20)

Tai Chi's slow meditative motions can reduce one's heart rate and blood pressure; increase stamina, balance, leg strength and vital energy. According to the Mayo Clinic, you may also reduce anxiety and depression, improve cardiovascular fitness, flexibility and muscle strength, reduce falls, improve sleep quality, relieve chronic pain, and increase overall feelings of well-being. And doctors recommend it!



## games

### Duplicate Bridge – Greer

12 Tues., Sept. 6 – Nov. 29, 9:30-11:30 a.m., \$72[\$96] (no class Nov. 22)

This class is for intermediate and advanced duplicate bridge players. Class will consist of a short lecture with questions/answers, followed by supervised play using prepared hands. These hands will support and reinforce the theme of the lesson. We will discuss some of the advanced conventions and treatments used by strong duplicate players, but there will be more emphasis on the development of bridge logic skills in play and defense as well as bidding.

### Social (Kitchen) Bridge - Greer

12 Wed., Sept. 7 – Nov. 30, 9:30-11:30 a.m., \$72[\$96] (no class Nov. 23)

This class is for those who have a basic knowledge of bridge and want to upgrade their game. We will review the fundamentals of bidding, declarer play, and defense, then move on to explore modern bidding techniques, including the most popular conventions such as Jacoby transfers, weak 2-bids, unusual no trump, Drury, Michaels, and many others. Each week will start with a lecture/dialogue, followed by supervised play, using prepared hands that illustrate the theme of each lesson. Each table will play the same hands and group analysis with questions and answers will follow. Class will be limited to 16 players so weekly attendance is recommended.

*Jim Greer is an American Contract Bridge League Diamond Life Master.*

### Beginning Mah Jongg

Wed., Oct. 5 -19, 9:30 – 11:30 a.m., Free



Mah Jongg is an ancient Chinese game that is enjoying huge renewed popularity. **Joan Allocca**, who has taught Mah Jongg for years, will introduce you to this exciting tile game. To register call 203-594-3620.

### Bridge for Very Beginners

12 Thurs., 9/15 -12/8, noon - 2 p.m., \$72[\$96]

ACBL Clubs Fundamentals of Bidding - Book 1 is for very beginning bridge players or those who haven't played since college!

### ACBL Bridge Hearts (Defense)

12 Thurs., 9/15 -12/8, 9:30-11:30 a.m. \$72[\$96]

This class is the third in the ACBL series; our students who took ACBL Book 1 and 2 last year should sign up for this class. Other people who play with basic conventions are welcome to try this class on September 15.

*Dr. Richard Olson is an American Contract Bridge League Life Master who has taught at Lapham Center for many years. Books are purchased from the teacher directly.*

### The Basics of Poker

2 Thurs., Oct. 27 & Nov. 3,  
2 - 4 p.m., Free



Learn the basics of this fun game with **George Perkins** and **Bob Dalury**. They'll teach you five and seven card stud, draw poker, Chicago and a couple of wild card games.

## health & wellness

### Balance Awareness

7 Mon., Sept. 12 – Oct. 31, \$42  
11:15 - 12:15 p.m.

Are you concerned about your balance, have balance issues, or are recovering from a balance problem? Jemetta will teach you exercises that will improve your strength, flexibility and joint range-of-motion. You will learn the causes of balance problems and be able to practice challenges to the balance systems in a safe and comfortable environment.

*Jemetta Hunt is a retired physical education teacher who has taught exercise classes at Lapham for over 13 years.*

### Live Well

6 Wednesdays, Sept. 14 - Oct. 19,  
9:30 a.m. to noon, Free

Live Well brings good news for older adults dealing with any chronic health condition. Participants who have arthritis, diabetes, high blood pressure, anxiety, depression, heart and lung disease, asthma or chronic pain will:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

Live Well is a series of six workshops facilitated by two specially trained volunteer leaders, one of which is New Canaan resident and nurse practitioner, **Nadine Seltzer**. Workshops cover new topics each week with opportunities for interaction and problem solving.

### You Can!/Brain Games

Mondays at 9:30 a.m. beginning Sept. 19  
Wednesdays at 9:30 a.m. beginning Sept. 21

Come for a group walk at 9 a.m. and then stay for a health discussion with **Lyn Bond** on Mondays, and games to stretch your brain on Wednesdays with **Susan Klehm, RN**, from Human Services.

Both programs are free. No class 11/23.

### Meditation - Fran

4 Tues., Sept. 27–Oct. 18, 1:30–2:30 p.m., \$26

Meditation can decrease stress, improve your mood, and boost immune function. Also, people who are less stressed can often remember more. Mindfulness is a type of meditation that essentially involves focusing your mind on the present. When this class is finished, you will be able to practice it at any time, anywhere.

### What Should I Eat?

4 Thursdays, Sept. 29–Oct. 20, 1-2:15, \$50

- How can I tell if what I feel is real (physical) hunger or head (emotional) hunger – and what to do about it
- How to figure out what food is best for you: one size and one “diet” does not fit all
- Shop, shop, shop – there’s more to the market than the perimeter: some clues for healthy shopping, snacking, and dining
- Eat well when you eat out: tips for interpreting menus and getting the food you want in restaurants

### No Bulges For The Holidays – Or After How to Happily and Healthfully Eat Your Way Through The Holidays And Beyond

3 Thursdays, Oct. 27–Nov. 10, 1-2:15, \$35

- How can I eat healthily at Gram’s Thanksgiving dinner and all the holiday open houses?
- Home for the holidays without excess pounds: menus that keep you happy and healthy and still include holiday favorites and traditions
- Swaps and Substitutions: share your recipes and see if we can swap out some ingredients to lighten them up and still keep them tasting great

*Check out Nutritionist Penny Klatell’s Food as Medicine program on page 2.*

### Cholesterol Screening at Lapham

Friday, Sept. 30, 8:30–11:30 a.m., \$25

Have your cholesterol checked by nurses from **Nursing & Home Care**. *Cholesterol screening is by appointment; call 203-594-3620 to schedule.*

The procedure is a simple finger stick and results are obtained in seven minutes. You will receive a complete lipid panel (total cholesterol, HDL, LDL, triglycerides), glucose, blood pressure, BMI calculation and health counseling by an RN. It is ideal, but not necessary, to fast 12 hours prior to the test (please do drink water, black coffee or tea in the morning).

The cost is \$25 payable by cash or check; no insurance accepted. Anyone having difficulty paying for the screening can contact Lyn Bond at 203-594-3620.

## health & wellness cont.

### Memory Screening

Tuesday, November 15, by appointment, Free

National Memory Screening Day is an Alzheimer's Foundation effort to promote early detection of Alzheimer's disease and related illnesses, and to encourage appropriate intervention. Memory screenings make sense for anyone concerned about memory loss, or those with a family history.

Nurses from **N.C. Department of Human Services** will administer a questionnaire that will take about 15 minutes. Call 203-594-3620 to make an appointment.

### Yale Mammogram Van

Wednesday, November 30, by appointment

**Yale-New Haven Hospital's** digital mammography van comes right to Lapham. Call now to be sure you get an appointment, 203-594-3620.

### Free Blood Pressure Checks

Thursdays from 10:30 to 11:30 a.m.

### Jackie Mola and Susan Klehm

return on September 8 to take BP on a first come, first served basis.

## art history and history

### The Private Life of a Masterpiece

12 Tuesdays, Sept. 13-Nov. 29, 1 p.m., Free

This highly-rated BBC art documentary series tells the stories behind great works of art. Each episode focuses on one important work of art, showing the development of the piece, the history of the artist, good overview of other works by the artist, great historical background to put the work in context, and demonstrations of the working process of the artist. We will begin with Renaissance painters Sandro Botticelli, Paolo Uccello, Leonardo da Vinci and Piero della Francesca.

⌘ **Foundations of Western Civilization I**  
Thursdays Sept. 8 - Dec. 1, 9:30-11:30, \$12  
(this fee will be used to purchase future programs)

Discover the evolution of Western civilization from its humble beginnings in the great river valleys of Iraq and Egypt to the dawn of the modern world. This broad, sweeping series unfolds the fascinating story of how the global reach of the West came to exist, what makes it distinctive, and its possible future.

Your instructor is Thomas F. X. Noble, Professor of History at the University of Notre Dame. **Ladd Seton**, who earned a Masters in American Studies in retirement, leads a discussion after the lecture.

⌘ *These programs are from The Teaching Company, an organization that films America's top professors. These very high quality lectures will be shown on a big screen.*

## music

### Opera: Eastern Europe

6 Wed., Oct. 5-Nov. 9, 1:30 p.m., \$60

**Dr. Jerry Schulster's** "The Operas of Eastern Europe in the 19th and 20th Centuries," will feature major works from Poland, the Czech nations, and Hungary.

Jerry's teaching ability and enthusiasm for opera makes this a class that both newbies and long-time opera aficionados will enjoy. He discusses the operas and then plays them on CDs or DVDs.

### ⌘ Great Masters: Shostakovich, His Life & Music

8 Thurs., Sept. 22-Nov. 10, 1:30 p.m., Free

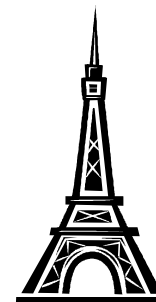
Discover the extraordinary life, times, and art of Dmitri Shostakovich (1906–1975), great musical master and flawed but faithful witness to the survival of the human spirit under totalitarianism.

This is the last in the Teaching Company's Great Composers series with Professor Robert Greenberg.

## languages

### **French 1** 8 Fri., Sept. 16 – Nov. 4, 10:30 -11:30 a.m., \$56 [\$72]

Whether you are planning a trip to France or just want to stretch your brain by learning a language, you will enjoy this no-stress class. Emphasis will be on developing the basic language skills needed for practical use and enjoyment. Correct pronunciation and speaking ability will be emphasized. Text: *French Made Simple: Learn to Speak and Understand French Quickly and Easily*.



### **French Conversation** 12 Tues., Sept. 13 – Nov. 29, 10:30 -11:30 a.m., \$84 [\$108]

This class is a continuation class from last year or for those people who have already acquired basic skills in French. We will continue to review and refine vocabulary and grammatical concepts, explore cultural issues, current events and traditions, with an emphasis on developing competence in speaking and listening. Text: *French Made Simple: Learn to Speak and Understand French Quickly and Easily*.

*Madame Esther Baldwin spent four years in France, three as an assistant teacher at a Catholic high school. She is presently tutoring children in French at public schools in Fairfield County and adults in Norwalk.*

### **Beginning Italian** 12 Tues., Sept. 13 – Nov. 29, 9 -10 a.m., \$108

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. Text: *Berlitz Deluxe Language Pack Italian*.

### **Italian Conversation** 12 Tues., Sept. 13 – Nov. 29, 10:15 –11:45 a.m., \$150

This course is for Lisetta's returning conversation students or those who have a working knowledge of Italian. The objective is for students to improve speaking, reading, and oral comprehension.

*Lisetta Malagoli was born and raised near Florence, Italy. She has taught Italian here for several years.*

### **Spanish is Fun - Introductory Class** 11 Mon., Sept. 12 – Nov. 28, 9 -10 a.m., \$99

An exposure to the ever-expanding use of Spanish. This stress-free class is for those who are new to the language or wish to refresh previous familiarity with Spanish. Learn greetings, introductions, vocabulary for traveling, shopping, dining, describing people and places. Aspects of Hispanic culture will be interwoven: family relationships, regional foods (the origin of "Tapas"?), differences in Hispanic Universities, health-care, art and culture. Text: *Saludos*.

### **Spanish Conversation** 11 Mon., Sept. 12 – Nov. 28, 10:15-11:45 a.m., \$121

This course will continue to focus on building confidence in conversing in Spanish. It will review useful vocabulary and grammar to encourage interchange of ideas using a wide range of authentic materials for discussion. Sessions will focus on Spanish conversation, both speaking and understanding. Textbook - various discussion materials.

*Bob Dalury will teach you Spanish for travel, business, or fun, whether you are new to the language, refreshing what you previously learned, or maintaining proficiency.*

***All language class prices are based on anticipated enrollment and are subject to change. Textbooks are an additional charge.***



# Medicare

## FREE MEDICARE COUNSELING and MORE

Tuesdays, September 13, October 11 and November 8, by appointment

Offered by Bill Emmons and Dick Neville, counselors trained by CHOICES, the State of Connecticut program which recruits and trains volunteers to provide Medicare educational programs in their communities. 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.*

### Welcome to Medicare

Wednesday, September 21, 10 a.m., Free

If you are turning 65 this year, you should attend this workshop with our Medicare counselors who will discuss enrollment procedures, Parts A and B, covered services, Medigap, Part D drug coverage and more.

### Medicare Part D (drug coverage) Update

Wednesday, September 28, 1:00 p.m.

Come to this group presentation to learn how this program works and what's new for the coming year.

*NOTE: The dates for the annual enrollment period have been moved forward to October 15 through December 7 this year. You must make any changes by December 7!*

### Medicare Part D Open Enrollment Assistance

This is your "once a year" chance to review and perhaps change your selection of a prescription drug plan. Drug plans often change significantly so the plan that was best for you this year, might not be best next year. You can find your best plan by using the computerized "Plan Finder" program found at *Medicare.gov*. Our counselors are ready to run this program and will enroll you in a new plan for 2012 if that is indicated. Call 203-594-3620 after October 1 for a one hour appointment.

## trips

### Litchfield and More Fall Foliage

Tuesday, October 18, \$78



Your day begins with a fall foliage train ride on the historic Naugatuck Railroad through the scenic Naugatuck Valley. You will then

travel to the Litchfield Saltwater Grille for lunch, and then to the Litchfield Museum where you will have an opportunity to see the Museum and shop in downtown Litchfield. The Museum's featured exhibit, *Goods for Sale! Cash, Credit, and Trade in Litchfield, 1790-1850*, shows off the high end furniture, clocks, jewelry, leather goods, musical instruments, and silver that were produced in Litchfield in its heyday.

### Fairy Tale Christmas at Lyndhurst Castle

Wednesday, December 7, \$72

Celebrate the season with a guided tour of Lyndhurst Castle's lavishly decorated rooms.



Do a little Christmas shopping in the gift shop and then have lunch at Sunset Cove Restaurant in the Washington Irving Boat Club on the Hudson River. A guided tour of Union Church's stained glass windows by Chagall and Matisse follows.

*Trip fees include round-trip coach, lunch, all tours and admissions, and a driver's tip. We need a check, payable to Senior Center, to confirm your reservation. If you pay for a trip and then cannot go, we will make every effort to sell your ticket if there is a waiting list. You are also welcome to sell or give your ticket away; just please let us know who will be going on the trip.*

## book groups & other good stuff

**Literary Ladies Book Group**  
Wednesdays, 1 p.m., Free

September 14: *English Tea Murder* by Leslie Meier

October 12 and November 9:  
TBA

**Susan Klehm, RN**  
and **Aggie Aspinwall** from  
New Canaan Human  
Services lead this popular  
monthly book discussion.

**James Joyce Book Group**  
Wednesdays at 10 a.m. Sept.  
21, Oct. 19 and Nov. 16, Free

**Ned Monaghan**,  
voracious reader of Irish  
authors, has been sharing his  
passion for James Joyce  
reading and discussing  
*Ulysses* one chapter-per-  
month. In September the  
group will be reading Chapter  
10. If you purchase the book,  
buy the Gabler Edition.

**Exploding Book Group**  
2nd Tuesdays at 2 p.m.

September 13: *The Girl Who  
Fell from the Sky* by Heidi W.  
Darrow

October 11: *Breaking Night*  
by Liz Murray

November 8: TBA

Librarian **Cynde  
Lahey**, from the New  
Canaan Library leads this free  
discussion.



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

**Stamps, Coins & Paper Currency Club**  
Tuesdays at 1 p.m., Free

Sept. 13 - Hot Air Balloons and Dirigibles  
Eurozone Currency

Oct. 11 - Local Service Stamps  
British Currency

Nov. 8 - Sailing Ships on Stamps  
British Colonial Currency

Anyone with an interest in stamps or money is welcome to attend these meetings organized by **Fred Chang**, **Ruth Wolsch** and **Marion Hazlehurst**.

Email us at [director@laphamcenter.org](mailto:director@laphamcenter.org) if you'd like to get the monthly announcement or copy of our "Notes for Non-Collectors."

**Crafts Fair to Benefit  
Local Charities - Crafts Needed!**

Last year volunteers created many beautiful items for our Holiday Fair which raised over \$4,000 for the New Canaan Food Bank.

They plan to do it another Fair for more charities December 6-8. If you can knit, paint, sew, or crochet for the Fair, please call Lyn at 594-3620.

Also, watch for the fall and holiday arrangements that will be on sale at Lapham in October and November. And check the flower arranging workshop on page 3.

### Try a Class for Free!!

Do some of our classes sound interesting? But you are not sure? If you would like to sit in on a class before you enroll, check with us. Any class that still has space is available for a "test flight." Just call ahead to make sure there will be a space for you.

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

**It's Kind of a Funny Story** -Sept. 7 (7.2), 101 min.  
**Shown at 1:30 p.m.** Keir Gilchrist  
 teenager shocks parents by checking into a  
 mental health clinic for a little R&R

**Race to Nowhere** – Sept. 14 (8.6), 85 minutes  
 documentary look at the pressures on today's stu-  
 dents, offering a view of lives packed with activities

**Made in Dagenham** - Sept. 21 (7.4), 115 minutes  
 1968 strike at the Ford plant in England, where  
 female workers walked out in protest

**Unstoppable** - Sept. 28 (6.9), 92 minutes  
 Denzel Washington, Chris Pine  
 runaway train carrying toxic chemicals pits an  
 engineer and his conductor in a race against time

**In the Loop** - Oct. 5 (7.5), 106 minutes  
 Peter Capaldi, James Gandolfini  
 “uncommonly funny political satire that blends Dr.  
 Strangelove with Spinal Tap for the Iraq war era”

**Win Win** - Oct 19 (7.9), 112 minutes  
 Paul Giamatti, Amy Ryan  
 comedy about a disheartened attorney moonlighting  
 as a high school wrestling coach and his star athlete

**Water for Elephants** - Nov. 2 (6.9), 122 minutes  
 Reese Witherspoon, Robert Pattinson  
 veterinary student abandons his studies after his  
 parents are killed and joins a traveling circus

**Ondine** - Nov. 9 (6.8), 111 minutes  
 Colin Farrell, Alicia Bachleda  
 Irish fisherman discovers a woman in his fishing net  
 who he believes to be a water nymph

**African Cats** - Nov. 16 at 1:30 (7.1), 89 minutes  
 nature documentary centered on two cat families  
 and how they teach their cubs the ways of the wild

**Welcome** - November 30 (7.5), 110 minutes  
 Iraqi teen sets off on an adventure-filled journey  
 across Europe to get to England to see his girlfriend

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

**Gasland** - Sept. 9 (7.9), 107 minutes  
 documentary about hydrofracking - the process  
 used to get natural gas out of the earth

**\*Another Year\*** - Sept. 16 (7.7), 129 minutes  
 Jim Broadbent, Lesley Manville  
 a look at the lives of a happily married couple and  
 their relationships with their family and friends

**The Adjustment Bureau** - Sept. 23 (6.5), 106 min.  
 Matt Damon, Emily Blunt  
 affair between a politician and a ballerina is affected  
 by mysterious forces keeping the lovers apart

**Trinity and Beyond: The Atomic Bomb Movie**  
 Sept. 30 (8.0), 92 minutes  
 documentary presenting mankind's most ambitious  
 effort at perfecting the means to its own annihilation

**Cairo Time** - Oct. 7 (6.7) 90 minutes  
 Patricia Clarkson, Alexander Siddig  
 romantic drama about a brief, unexpected love affair  
 that catches two people completely off-guard

**\*Adam\***- October 14 (7.2), 99 minutes  
 Hugh Dancy, Rose Byrne, Peter Gallagher  
 a lonely man with Asperger's Syndrome, develops a  
 relationship with his upstairs neighbor

**The Other Woman** - October 21 (6.2), 119 min.  
 Natalie Portman, Lisa Kudrow  
 comedy/drama that details the story of a woman's  
 difficult relationship with her stepson

**Jane Eyre** - October 28 (7.8), 120 minutes  
 Mia Wasikowska, Judi Dench, Michael Fassbender  
 Charlotte Bronte's Gothic novel comes to life

**Limitless** - November 4 (7.3), 105 min.  
 Bradley Cooper, Abbie Cornish, Robert DeNiro  
 action-thriller about a writer who takes a drug that  
 allows him to use 100 percent of his mind

**\*The Conspirator\*** - Nov. 11 (7.2), 122 minutes  
 Kevin Kline, Robin Wright, James McAvoy  
 film about the lone female charged as a  
 co-conspirator in the Abe Lincoln assassination trial

**Underwater Universe** - November 18 (7.5), 94 min.  
 documentary tracks the history and evolution of the  
 seven deadliest underwater zones on the planet

**\*\*Movie Chat\*\*****Another Year** - September 16**Adam** - October 14**The Conspirator** - November 11

Join movie buff **Karen Korner** and other film fans to talk about what's at the movies and what's  
 new on DVD. Find out what to see and what not to see!

## Computer/technology assistance

*We offer **one-on-one computer assistance** at Lapham Center. Please use the appropriate email address below to request an appointment. We'll get back to you with possible times and you will meet at Lapham Center for an hour with one of our computer experts. A donation of \$15 to the Senior Center is appreciated at the time of your meeting.*

**The PC Doctor** - [pcdoctor@laphamcenter.org](mailto:pcdoctor@laphamcenter.org)

Having a problem with your PC? Want advice on buying a new computer? Have PC repair questions? Let **Paul Pureka** help you resolve the issue or guide you to your answer.

**The Camera Assistant** - [cameraassistant@laphamcenter.org](mailto:cameraassistant@laphamcenter.org)

**Clancy Fautleroy** will show you how to take good photos with your digital camera which will make working with them on your computer much easier! You need to bring a camera with good batteries and the instruction booklet with you.

**NEW: The Mac Tutor** - [mactutor@laphamcenter.org](mailto:mactutor@laphamcenter.org)

We have some help if you own a Macintosh! **Mary Lou Wilkinson** will give you a hand with the Mac software or set up. Laptops only, please.

## class registration form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Class requests (add additional sheets if necessary):

\$ _____	\$ _____
\$ _____	\$ _____
\$ _____	\$ _____
\$ _____	\$ _____

- Checks for trips and cooking classes are payable to "Senior Center."
- Driver Safety checks are payable to "AARP."
- All other checks are payable to "Town of New Canaan."
- All registrations should be mailed or brought to Lapham Center (P.O. Box 83, New Canaan, CT 06840). We cannot put you in a class or program until payment is received.
- Also you can use this form just to get our quarterly mailings. Include your email address as we use email to let you know about new classes and trips and program changes.

Senior Center of New Canaan  
at Lapham Community Center  
P.O. Box 83  
New Canaan, CT 06840

Non-Profit Org.U.S.  
Postage  
P A I D  
New Canaan, CT  
Permit No. 113

**classes fill quickly - register now!**

*Great stuff at Lapham—CHECK IT out!*

*Zumba* page 6... **Western Civilization with Ladd** page 10

**Languages** page 11... *Great Artists* page 10... **Meditation** page 9

*Basics of Poker* page 8... **COOKING CLASSES** page 5

**Beginning Acrylics** page 4... **Beginning Mah Jongg** page 8... **Mac Tu-**  
**tor** page 15

*Opera: Eastern Europe* page 10... **Cholesterol Screening** page 9

**Should Food be Your Medicine?** page 2... **SLOB's tech help** page 3

**Medicare Part D Open Enrollment Assistance** page 12

... **Holiday Make-up** ... page 3

**YALE MAMMOGRAM VAN** page 9... *Writing Workshop* page 4

**Probate Judge Michael Murray** page 3...