



Lapham Community Center and Senior Center of New Canaan, Inc.

in Waveny Park
Mailing Address:
P.O. Box 83, New Canaan, CT 06840
203-594-3620
Web site: www.laphamcenter.org
E-Mail: director@laphamcenter.org

SUMMER 2010

WELCOME TO LAPHAM CENTER

All adult New Canaan residents are welcome to participate in classes and programs at Lapham. There are no membership fees or requirements beyond town residency and the ability to participate.

Please take a few minutes to check out all our classes and programs. If you have any questions, call Nancy or Lyn at 203-594-3620.

Living Wills, Powers of Attorney, Health Care Agents and more

Wednesday, June 2, 1 p.m., free

Attorney Sam Starks, an estate planning and elder law attorney in Stamford, will discuss commonly used advance directives.

An advance directive is a legal document through which you may provide your directions or express your preferences concerning your medical care and/or appoint someone to act on your behalf. Physicians and others use them when you are unable to make or communicate your decisions about your medical treatment. Advance directives are prepared before any condition or circumstance occurs that causes you to be unable to actively make a decision about your medical care.

Copies of the Connecticut Advance Directives, which you can later fill out and have notarized, will be provided.

Please register so we have a set for you.

Memories of WWII

Thursdays, July 8 and 29 at 10:30 a.m.

We are going to participate in the Library's Summer Reading Project that will have a WWII theme. Our Exploding Book Group will talk about It Happened in Italy by Elizabeth Bettina on July 13. Ms. Bettina will be discussing that book on Thursday, June 10 at the Library at 7:30 p.m. The Library will use her signature statement, "If you are not indifferent, things can be different", which they hope will open the eyes of people of all ages, in order to use history as a tool for preventing horrors that happened during WWII from occurring in the future.

On July 8 and 29 Cynde Lahey, Assistant Director of the Library, and students from the High School will be at Lapham for an open discussion about WWII. They will be interested in hearing the memories of both soldiers and civilians and will be taping anyone who is willing to be taped as part of an oral history project.

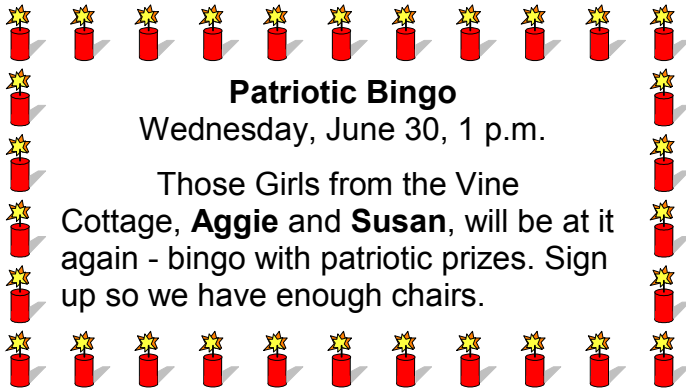
The Library hopes to have eight weekly talks by other authors who have written books about WWII and weekly showings of movies produced in the 1940's. We will have copies of the Summer Reading List at Lapham and you will have a chance to write reviews and possibly win a prize if you do.

This should be an interesting project for our whole Town. Please let us know if you can come for the discussion on either July 8 or 29.

Watch for our Fall Newsletter in early to mid-August. We mail it to everyone in town but if you haven't seen yours by August 16, give us a call at 203-594-3620. If you are traveling, you can read it online at www.laphamcenter.org.

summer programs

If you plan to attend any of these programs, please make a reservation at 203-594-3620 so we have adequate handouts and chairs. If you have lunch in conjunction with a program, you will need to make a reservation a day ahead and pay \$4 for lunch on the day.



Patriotic Bingo

Wednesday, June 30, 1 p.m.

Those Girls from the Vine Cottage, **Aggie** and **Susan**, will be at it again - bingo with patriotic prizes. Sign up so we have enough chairs.

Art History and Music DVDs

History of European Art will continue on Tuesdays at 1 p.m. through June 22. Dr. Kloss will be discussing the Impressionists, Seurat, Matisse, Cubism, Kandinsky, Picasso and more.

Beginning Tuesday, June 29, at 1 p.m. we will show these beautiful Artist's Specials:

June 29: *Goya Awakened in a Dream*

July 6: *Mary Cassatt, American Impressionist*

July 13: *Monet, Shadow and Light*

July 20: *Winslow Homer, an American Original*

July 27: *Degas and the Dancer*

Haydn - His Life and Music with Dr. Robert Greenberg will run Tuesdays, May 25-July 13 at 2:15 p.m., and *Beethoven's String Quartets* will continue on Thurs. at 1:30 p.m. through June 17.

If you have missed any music or art lecture, call Lyn and she will show it on any Thursday at 1:30 after June 17.

The Teaching Company DVDs feature outstanding college professors teaching their favorite subjects. Drop in any time to watch one.



Lapham Center will be closed on Monday, July 5

Stamp Club

Tuesday, June 8, 1 p.m., free

Anyone with an interest in stamps is welcome to attend these meetings. Call 203-594-3620 and leave your name and address to receive the monthly flyer.

Lapham Garden Walk

Wed., June 23, 11 a.m. (rain date June 30)

Take a walk around the Lapham Garden with one of our hard-working volunteers. You'll get some gardening tips, find out what the plants are and have a chance to just admire and ask questions. Please sign up to let us know you are coming.

Book Groups

Lapham has two active Book Groups that always welcome new members. Books are available at New Canaan Library.



Exploding Book Group with Cynde Lahey

2nd Tuesdays at 2 p.m.

June 8 - Charity Girl by Michael Lowenthal

July 13 - It Happened in Italy by Elizabeth Bettina

Literary Ladies with Aggie Aspinwall and Susan Klehm

Second Wednesdays, 1 p.m.

June 9: The Girl with the Dragon Tattoo by Steig Larson

July 14: The Postmistress by Sarah Blake

Aug 11: The Lost Summer of Louisa May Alcott by Kelly O'Connor McNeas

Summer Lunch

From June 1 to July 28, we will only serve lunch on Wednesdays at noon. Tuesday lunch will resume Sept. 7. Call 203-594-3620 to reserve by Monday at noon. Lunch is \$4.

You are welcome to bring lunch to Lapham anytime. The dining room is generally available and there are tables and chairs on the patio. We have cold sodas for \$.50 and you are welcome to keep your lunch in our refrigerator.

classes for summer 2010

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 *Friday, May 14*. 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. Please also register for classes that charge no fee. We can only take telephone registrations for free classes. Call Nancy or Lyn 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. See Nancy for details.

fine arts

Acrylic Painting

7 Mons., June 7 - July 26, 10 - noon, \$35[\$49]

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, please call 203-594-3620.

Crafts, Knitting and Crochet

Crafts, most Wednesdays, 10-noon, Free
Knitting, most Thursdays, 10-noon, Free

All of **Lu Brown's** gals have a lot of fun. Join her on Wednesdays to work on a variety of craft projects, or come on Thursdays to learn to knit or crochet or just knit along with the others.

Intermediate Watercolor with Regina Custer

9 Fri., June 4 - July 30, 10-noon, \$81[\$99]

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

games

Duplicate Bridge - Greer

9 Tues., June 1 – July 27, 9:30-11:30 a.m., \$54
[\$72]

This class is for intermediate duplicate players actively competing in tournaments. Class will include instruction and a short game.

Social Bridge - Greer

9 Weds., June 2 – July 28, 9:30-11:30 a.m., \$54
[\$72]

If you played bridge many years ago, this is a good class for you. Instruction will include basics as well as conventions review.

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

Play Bridge at Lapham

Hosting a bridge game? Bring your group to Lapham. We've got the parking, the air-conditioning, and the coffee! Just give us a call at 203-594-3620 to reserve one of our many tables.



classes fill quickly - avoid disappointment - register early

dance and exercise

Aerobitone - Debbie

8 Fri., June 4 – July 30, 9:45 a.m., \$48

Aerobitone is low-impact, lower-intensity aerobics combined with muscle conditioning and 15 minutes of stretching on a mat. You need 1 or 2 lb. weights. *(no class 7/9)*

Chair Aerobics – Debbie

(No classes July 6, 8, or 9)

8 Tues., June 1 – July 27, 11 a.m., \$48

8 Thurs., June 3 – July 29, 12:05 p.m., \$48

8 Fri., June 4 – July 30, 11 a.m., \$48

Chair Aerobics is a class for anyone who likes to strength-train at a less intense level; recommended for fighting osteoporosis and arthritis. Bring 1 or 2 lb. weights to class.

Pilates-Based Mat Exercise – Joyce

(no classes week of July 19)

6 Mon., June 7 – July 26, **10:15 a.m.**, \$36, Beg.

8 Tues., June 1 – July 27, 9:55 a.m., \$48, Int.

8 Thurs., June 3 – July 29, 9:55 a.m., \$48, Int.

8 Thurs., June 3 – July 29, 11 a.m., \$48, 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 first if you are new to Pilates. Please bring a mat and, if you have one, a Pilates fitness circle.

NIA Cardio Dance - Leslie

7 Mon., June 7 – July 26, 9 a.m., \$42

9 Fri., June 4 – July 30, 8:30 a.m., \$54

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 some mat (or chair) and weight strengthening. Bring 1 or 2 lb weights to Monday class and a mat to Friday class.

Tai Chi – Wendy

8 Tues., June 1 – July 20, 1:30 p.m., \$32

The slow graceful movements of authentic **Tai Chi Chuan** can reduce one's heart rate and blood pressure, strengthen the internal organs, and increase stamina, balance, muscle tone and vital energy. It is meditation in motion.

Cardio Strength - Debbie

8 Tues., June 1 – July 27, 12:05 p.m., \$48

Cardio Strength is 20 minutes of low Impact cardio conditioning followed by and muscle and bone strengthening workout. Bring hand weights and mat. *(no class 7/6)*

Osteo Strength - Debbie

8 Thurs., June 3 – July 29, 11 a.m., \$48

Osteo Strength uses hand-held weights for a total body workout and better bone health. Bring hand weights and a mat. *(no class 7/8)*

Amrit Yoga - Fran

8 Wed., June 9 – July 28, 10:30 a.m., \$68, Beg.
(no class June 2)

9 Tues., June 1 – July 27, 8:30 a.m., \$77, Int.

9 Thurs., June 3 – July 29, 8:30 a.m., \$77, Int.

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 balanced sequence of yoga postures, suitable to all body types, 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, energized to resume life. Bring a mat to class.

Anusara Yoga - Nancy

8 Wed., June 9 – July 28, 9 a.m., \$68
(no class June 2)

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.



*All Lapham Center Classes
are co-educational!*



health & wellness

Balance Awareness

7 Mons., June 7 - July 26, 11:30-12:30, \$42

Are you concerned about your balance, have balance issues, or are recovering from a balance problem? **Jemetta Hunt** 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 is a retired physical education teacher who has taught exercise classes in area centers for over ten years.



Free Medicare Counseling and more
Wed., June 9 or Tues. July 13, by appointment

Bill Emmons and **Dick Neville** are trained Medicare counselors who offer free individual counseling on Medicare Part D, Medicare, Medigap, etc. Call 203-594-3620 to schedule your appointment. *No drop-ins please.*

Health Fair

Wednesday, June 23, 11a.m.-3 p.m.
at the New Canaan Y

There will be a Health Fair at the YMCA during the afternoon of June 23. As of our press time, the following services were planned to be offered by Stamford Hospital:

- Non-fasting cholesterol and glucose testing
- Cardiac risk assessment
- Pulmonary function testing
- Facial Skin Analysis
- Podiatry screening
- Ask the Doctor
- Varicosity screening
- PSA blood tests
- Take home goodies and educational materials

The Fair is being planned by Staying Put and the New Canaan YMCA with services offered by Stamford Hospital along with other wellness professionals.

Free Summer Blood Pressure Clinics
Thurs., June 3 - July 29, 10:30 to 11:30 a.m.

Volunteer Nurse **Jackie Mola** will help you track your blood pressure and will answer your health questions. No reservation needed: first come, first served. No August BP clinics, Jackie will return on September 9.

Challenge your Brain -
see **Gray Matters** on page 8



Keep Your Feet Fit!

Friday, June 11, noon, free

As the weather gets warmer and toes peek out of shoes once again, our attention is turned to our feet! **Dr. Andrew Rice** of Fairfield County Foot Surgeons will be the guest speaker at a bring-your-own-lunch talk about healthy feet.

Dr. Rice is going to talk about what you can do to keep your feet working to their maximum potential. He will discuss common symptoms and treatment, essential foot care, what to expect as you age and how to avoid problems with your beloved feet. There will be time for questions and answers.

Waveny Geriatric Assessments Speaker
Thursday, July 15th, 3 p.m.

Dr. Andrea Schaffner, Geriatrician at Waveny Care Center, will discuss what a Geriatric Assessment entails, who needs one, and the benefits of undergoing one. Common, but often complex medical issues in older adults, can often be managed to optimize quality of life if they are discovered early. Short and long-term goals for the individuals and family members are a part of the assessments.

A board-certified geriatrician with more than 25 years of experience in geriatrics, Dr. Schaffner was responsible for establishing Yale New Haven Hospital's geriatric assessment clinic in 1981.

These talks are part of the Healthy Aging Series presented by Staying Put in New Canaan and Lapham Center. They are free and open to the public.

day trips

King Tut at the Discovery Times Square Exposition and Lunch on the Bateaux

Tuesday, June 15, 2010, \$100*

Our May trip was postponed to June so there may be a few seats available. You will enjoy a gourmet lunch on the all-glass Bateaux while cruising New York Harbor. Then you will see the legendary treasures of King Tut at the new Discovery Times Square Exhibition Hall.

NEW: Bus to the Metropolitan Museum

Tuesday, July 13, \$30

(round-trip coach + driver's tip only)

Here's the easiest way to get to the Met. You park at Waveny and our bus will drop you off right in front of the Museum and pick you up three and one-half hours later.

Some of July's featured exhibits are:

American Woman: Fashioning a National Identity

Picasso in The Metropolitan Museum of Art

An Italian Journey: Drawings from the Tobey Collection, Correggio to Tiepolo

NEW:Goodspeed Opera House & Griswold Inn

Wednesday, October 13, \$100*

Enjoy the fall foliage while driving to the Griswold Inn in Essex, which opened its doors for business in 1776. After lunch in one of their historic, art-filled dining rooms, you will travel to Goodspeed Opera House to see "How to Succeed in Business Without Really Trying". A triumph of musical theatre with a happy and witty score that includes "The Company Way," "I Believe in You" and "Brotherhood of Man."

We need to buy tickets in May so please don't wait to sign up.

**Your fee includes round-trip coach, lunch, admissions, tickets, tours and driver's tip.*

Register for a trips by sending a check (separate checks, please) payable to "Senior Center" to PO Box 83, New Canaan, CT 06840.

Questions? Call Lyn or Nancy at 203-594-3620.

computer center

Our Computer Center features twelve computers and scanners that allow for a wide variety of applications. We have both Microsoft Office 2003 and 2007 loaded on the machines (these are versions of Word, Excel, Publisher, and Outlook).

And Lapham has a copy of the *Professor Teaches MS Microsoft Office 2007* which is a self-guided course on the 2007 version. If you have computer skills and want to update them to the newest version from Microsoft, this is perfect for you.

Call 203-594-3620 to check availability. The computer lab is available most days in the summer as we give our volunteer teachers the summer off!

*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 coaches. A donation of \$15 is appreciated at the time of your meeting.*

The PC Doctor

pcdoctor@laphamcenter.org

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

The Camera Assistant

cameraassistant@laphamcenter.org

Clancy Fautleroy will help you operate that new digital camera. He'll show you how to take good photos 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.

free wednesday films at 1 p.m.

(with Internet Movie Rating on a 10 scale)

Sherlock Holmes - June 2 (7.6), 100 min.

Robert Downey, Jr.; Jude Law

Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England

The Blind Side - June 9 (7.7), 129 min.

Sandra Bullock, Quintin Aaron, Tim McGraw

story of a homeless and traumatized boy who became an All American football player with the help of a caring woman and her family

Avatar - June 16 (8.5), 162 min.

paraplegic marine dispatched to the moon Pandora becomes torn between following his orders and protecting the world he feels is his home

The Young Victoria - June 23 (7.2), 105 min.

Emily Blunt, Rupert Friend, Miranda Richardson
dramatization of the turbulent first years of Queen Victoria's rule, and her romance with Prince Albert

Extraordinary Measures - July 7 (7.9), 110 min.

Harrison Ford, Brendan Fraser, Keri Russell
true story about the efforts of parents to find a researcher who might have a cure for their two children's rare genetic disorder

The Imaginarium of Doctor Parnassus -

July 14 (7.3) 122 min.

Christopher Plummer, Johnny Depp, Heath Ledger
traveling theater company gives its audience much more than they were expecting

Invictus - July 21 (7.5) 133 min.

Morgan Freeman, Matt Damon

Nelson Mandela tries to unite the apartheid-torn land by enlisting the national rugby team on a mission to win the 1995 Rugby World Cup

The Song of Sparrows - July 28 (7.7), 96 min.

family film about an ostrich farmer who moves to the city to find a new job to support his family

If you haven't seen a film at Lapham, you should try one this summer. Our movies are shown on a ten foot screen using Blu-Ray technology whenever possible. Nearly all our films are shown with English sub-titles for those who have difficulty hearing. And we're free and have A/C!

7

free friday films at 1 p.m.

Up in the Air - June 4 (7.9), 105 min.

George Clooney, Vera Farmiga, Anna Kendrick
the story of a man ready to make a connection

An Education - June 11 (7.7), 100 min.

Carey Mulligan, Peter Sarsgaard
coming-of-age story about a teenage girl in 1960s suburban London, and how her life changes with the arrival of a playboy nearly twice her age

Valentino: The Last Emperor - June 18 (7.3), 96 m.

a documentary look at the life of legendary fashion designer Valentino

It's Complicated - June 25 (6.8), 120 min.

Meryl Streep, Alec Baldwin, Steve Martin
a couple reignite their relationship... the complicated fact is they're divorced and he's remarried

The Window - July 2 (6.9), 86 min.

beautiful Argentinean film about an 80-year-old who decides to secretly leave the house to take what might be a last walk in his fields

The Lovely Bones - July 9 (6.7), 121 min.

Mark Wahlberg, Rachel Weisz, Stanley Tucci
young girl who has been murdered and watches over her family - and her killer - from heaven

Crazy Heart - July 16 (7.5), 112 min.

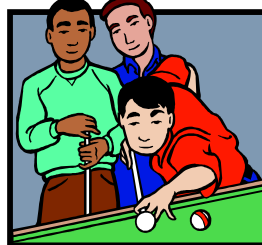
Jeff Bridges, Maggie Gyllenhaal
faded country music singer is forced to reassess his dysfunctional life during a doomed romance

Le Grand Voyage - July 23 (7.2), 108 min.

reluctant, Western-influenced son drives his old father across Europe in a broken-down car so he can make his pilgrimage to Mecca

Aaltra - July 30 (6.), 92 min.

"refreshingly original road-movie on wheelchairs" shot in black & white in Belgium



Play Pool

Did you have a misspent youth? It was fun, right?! If you didn't, there's still time to have a misspent adulthood!

Lapham Center has two professional pool tables that are available most days - give us a call at 203-594-3620 just to make sure.

Non-Profit Org.
U.S. Postage
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New Canaan, CT
Permit No. 113

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New: Gray Matters
Mondays and/or Wednesdays
at 10 a.m.,
June 2-July 14, \$10 per
participant



Susan Klehm, RN, from the Department of Human Services and **Lyn Bond** are teaming up for a summer of Brain Aerobics. Using a program developed at a Senior Center in Wisconsin, their goal is to encourage participants to realize the benefits of consistent mental exercise combined with physical activity and good nutrition.

Sessions will focus on nutrition, brain workings, humor, puzzles, optical illusions, creative art, left/right brain activities, listening as a brain enhancer, reminiscing exercises, word games, and memory building exercises.

You can come to either or both days. Participants are encouraged to take a walk in Waveny Park before or after class.

You Can! on Mondays and Brain Games on Wednesdays will not be held while Gray Matters is in session.

HEARTSafe Community
Wednesday, June 16, at 1 p.m.

If you suspected someone was having a heart attack, would you know what to do? Every year approximately 4,500 Connecticut residents die of sudden cardiac arrest. Most of these deaths occur outside of the hospital and away from advanced medical care, and usually in the presence of a family member or friend, often before the ambulance even arrives.

Key to improving an individual's chances is a series of actions known as the "Chain of Survival." In order to improve this chain of survival in New Canaan, many town buildings are being equipped with "publicly accessible" automatic external defibrillators (AED), such as the unit outside of the Douglass room here.

Gary St. Amann from the Connecticut Department of Public Health will be explaining the HEARTSafe Community initiative. You will learn what bystanders and professional responders alike can do to strengthen the "Chain of Survival," increasing everyone's likelihood of surviving sudden cardiac arrest.