



WINTER 2011 NEWSLETTER

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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

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.

Registration begins now and continues until all programs are filled. If there are oversubscribed classes, we will hold a lottery on November 22.

Phone reservations can be taken for free programs; we can also take credit cards over the phone for Town classes.

Please make a reservation for all classes and programs so we are able to have adequate chairs and handouts.

Check out all our activities -we hope you'll find new interests and new friends at Lapham!



Annual Exchange Club Christmas Party

Wednesday, Dec. 7, 11:30 a.m.

See page 2.

Crafts Fair for Local Charities

December 6-8, 9-4, at Lapham

Silk & Dried Flower Arrangements
Christmas Decorations
Hand Knit Scarves, Mittens, Hats
and Baby Items
American Girl Doll clothes

Our last Fair raised \$4,000 for the Food Pantry. If you can donate a hand made item, please call us.

Snow Policy

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



Managing Retirement Wealth - Julie Jason Thursday, December 1, 10 a.m., Free

Julie Jason is a personal money manager who began her career as a securities lawyer on Wall Street thirty years ago. She is founder of Jackson, Grant Investment Advisers, Inc., of Stamford, Connecticut, an SEC-registered investment adviser.

Julie writes and lectures on investment topics. She has spoken at many major organizations and conferences and has been quoted for her views on retirement investing in a number of publications, including Business Week, Money Magazine, and New York Times, and she has appeared on NBC Nightly News, CNBC, and NPR among others. Her award-winning investor education column appears every Sunday in the Business Sections of the Stamford Advocate, Greenwich Time, Danbury News Times, and Connecticut Post.

She will discuss her new book, Managing Retirement Wealth: An Expert Guide to Personal Portfolio Management in Good Times and Bad, which helps readers deal with the uncertainty of the markets so that they can anticipate, not react to market-moving event.

Please call to reserve a seat in this program.

*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.***

Annual Exchange Club Christmas Party at Waveny Castle

Wednesday, Dec. 7, 11:30 a.m.

*Plan to spend a special day with members of the **Exchange Club**, our traditional Christmas Party hosts. **Susan Goodman** will cook a festive lunch with the help of many church volunteers. Santa will visit, and we will have Christmas music. Please make a reservation by December 1 at 203-594-3620. New Canaan residents only, please.*

Holiday Bingo

Wednesday, December 14, 1 p.m., \$4 (lunch)

Those girls from the Vine Cottage will be back with a variety of bingo games and Christmas-themed prizes.

Please reserve your spot by Friday, December 9 and let us know if you will also come for lunch at noon.

Herbal Supplements

Wednesday, January 11, 1 p.m., Free

Some studies estimate that 60% of patients do not reveal herbal supplement use to their health care providers because these patients view these products as "natural and safe" or fear that their choices will be rejected.

Patrick Corbett is a clinical pharmacist at Norwalk Hospital who also works in the hospital's Integrative Medicine Department as an herbal/supplement pharmacist. He will discuss safe herbal and supplement use and answer your questions about supplements and medications.

Holiday Hours

Lapham Center will generally be open over the holidays - call before you come just to make sure. There will, however, be no classes from December 19-January 2.

Has Technology Overwhelmed You?!

Tues. and Wed., January 31 & February 1, after school, by appointment

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!

Leap Year Bingo

Wednesday, February 29, 1 p.m., \$4 (lunch)

It only comes once every four years so we are turning the prizes over to you. Please check your closets and drawers for small, new gifts that you don't want but someone else may enjoy - something in the \$5 - \$10 range, please.

Drop it off by February 24th so we know how many prizes we also have to buy.

Reserve your spot by Friday, February 9 and let us know if you will also come for lunch at noon.

Lunch at Lapham

Tuesdays and Wednesdays at noon, \$4

Lunch is served at noon sharp and we need reservations at least a day ahead at 203-594-3620. Please call if you cannot come.

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.



LAST CALL FOR PART D ASSISTANCE

Open enrollment for Medicare Part D Drug Plans ends December 7. If you have not read everything your current Plan has mailed you, then you need to make an appointment with one of our trained counselors. They will run the computer comparison between what your Plan covered in 2011 to what will be covered in 2012.

Every year hundreds of New Canaanites have saved thousands of dollars by taking advantage of this free service.

Call 203-594-3620 now!

FREE MEDICARE COUNSELING and MORE

Tuesdays, December 13, January 12 and February 14, 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.

Stamps, Coins & Paper Currency Club

Tuesdays at 1 p.m., Free

Jan. 10 - Coats of Arms on Stamps and Coins

Feb. 14 - Odd-Shaped and Geometric Shaped Stamps and Coins

March 13 - Stamps and Coins of Defunct Countries and Regimes

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

Email director@laphamcenter.org if you'd like to get the monthly announcement or a copy of our "Notes for Non-Collectors."

NEW: Needlepoint Group

Thursday, January 19, 1 p.m.

We have had a request for a needlepoint group to meet on a regular basis for instruction and companionship - something like our Knitting Group that meets on Thursday mornings. If this interests you, please attend this organizational meeting or let us know you want more information.

book groups

All Lapham Book Groups welcome new members any time. Books are usually available in the NC Library.

Literary Ladies Book Group

Wednesdays, 1 p.m., Free

December 15 (day change):
Dressmaker of Khair Khana by
Gayle Tzemach Lemmon

January 11: A Tennessee Journal by Francine Thomas Howard

February 8: TBA

Susan Klehm, RN and Aggie Aspinwall lead the discussion.

James Joyce Book Group

Wednesdays at 10 a.m.

Dec. 21, Jan. 18 and

Feb. 15, Free

Ned Monaghan, has been sharing his passion for James Joyce reading and discussing *Ulysses* one chapter-per-month. In December the group will be reading Chapter 12. If you purchase the book, buy the Gabler Edition.

Exploding Book Group

2nd Tuesdays at 2 p.m.

December 13: Angelina's Bachelors by Brian O'Reilly

January 11: Lost in Shangri-La by Mitchell Zuckoss

February 8: Caleb's Crossing by Geraldine Brooks

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

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 Tuesday, November 22. 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 also register for classes that charge no fee. We can take telephone registrations for free classes and for Town classes if you are paying by credit card. 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. Jan. 19, 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

6 Tues., Jan. 17-Feb. 21, 1-3 p.m., \$80

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

8 Mons., Dec. 5-Feb. 27, 10-noon, \$48[\$64]

Acrylic paints offer the ease of water-color 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., Jan. 19-Feb. 23, 10-12, \$42[\$54]

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, 12/2 - 2/24, 10-noon, \$99[\$121]

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

Writer's Workshop

Tues., Jan. 17 and Feb. 21, 1 p.m., \$10

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.

languages

French 1 7 Fri., Jan. 13 – Feb. 24, 10:30 -11:30 a.m., \$49 [\$63]

This class is a continuation of the one that began in September. 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 8 Tues., Jan. 10 – Feb. 28, 10:30 -11:30 a.m., \$56 [\$72]

This is a class 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.

French Note: There is a French Club that meets at Lapham on Mondays at 12:30 for the purpose of giving its members the opportunity to speak and read in French. This is for people who are proficient in speaking French. There are no fees and French speakers are welcome to try it.

Beginning Italian 8 Tues., Jan. 10 – Feb. 28, 9 -10 a.m., \$72

This course is for students with a beginning 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 8 Tues., Jan. 10 – Feb. 28, 10:15 –11:45 a.m., \$100

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 6 Mon., Jan. 9 – Feb. 27, 9 -10 a.m., \$54

This stress-free class is for those who know a little Spanish 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, Hispanic education, health-care, art and culture. Text: *Saludos*.

Spanish Conversation 6 Mon., Jan. 9 – Feb. 27, 10:15-11:45 a.m., \$66

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.

aerobitone * chair aerobics * osteo strength

Aerobitone – Debbie

11 Tues., Dec. 6 – Feb. 28, 12:05 p.m., \$66

11 Fri., Dec. 2 – Feb. 24, 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

11 Tues., Dec. 6 – Feb. 28, 11 a.m., \$66

11 Thurs., Dec. 1 – Feb. 23, 12:05 p.m., \$66

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

Chair Aerobics consists of cardiovascular training, muscle conditioning and stretching while seated in a chair. Standing exercises are included using the chair for balance.

Strength Training - Debbie

11 Thurs., Dec. 1 – Feb. 23, 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® gold

Zumba® Gold 6 Fri., Jan. 20 - Feb. 24, 8:30 a.m., \$42

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

11 Tues., Dec. 6 – Feb. 28, 9:55 a.m., \$66

11 Thurs., Dec. 1 – Feb. 23, 9:55 a.m., \$66, Int.

11 Thurs., Dec. 1 – Feb. 23, 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.

No classes

December 19-January 2 , January 16, February 20

yoga

Beginning Amrit Yoga - Fran

11 Wed., Dec. 7 – Feb. 29, 10:30 a.m., \$110

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

11 Tues., Dec. 6 – Feb. 28, \$110

11 Thurs., Dec. 1 – Feb. 23, \$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

8 Mon., Dec. 5 – Feb. 27, 9:45 a.m., \$72, Int.

11 Wed., Dec. 7 – Feb. 29, 9 a.m., \$99, Int.

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.

Lunchtime Yoga - Nancy

8 Mon., Dec. 5 – Feb. 27, 12:30 p.m., \$72

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

dance

Leslie's Cardio Dance

8 Mon., Dec. 5 – Feb. 27, 8:30 a.m., \$48

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.

gentle yoga

Gentle Yoga for Aches and Pains

6 Mondays, Jan. 9 - Feb. 27, 11:15-12:15, \$36

Certified Kripalu Yoga instructor April Chapin offers this class for people recovering from injuries or surgery, those dealing with ongoing conditions such as Arthritis, Fibromyalgia, Lyme Disease, Chronic Fatigue Syndrome and other kinds of chronic pain. She uses gentle, modified stretching, breathing exercises, and muscle strengthening as well as guided meditation and relaxation. Please bring a yoga mat and blanket.

t'ai chi

T'ai Chi – Wendy

11 Tues., Dec. 6 – Feb. 28, \$66

Beginners from 1:30 - 2:15 p.m., Intermediates from 2 - 3 p.m.

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

ACBL Intermediate Review Classes

Richard Olson will offer three review classes, that have never been taught here before, that will give useful tips to Intermediate Bridge Players.

Advancing Player I

Thursdays, Feb. 2 - 23, 9:30-11:30 a.m., \$40

Modern NT Bidding

Thursdays, March 1 - 22, 9:30-11:30 a.m., \$40

Major Suit Raises I

Thursdays, March 1 - 22, 9:30-11:30 a.m., \$40

ACBL Bridge Diamonds (Play)

12 Thurs., 2/2 -4/19, noon-2 p.m. \$72[\$96]

This class is the second in the ACBL series; our students who took ACBL Book 1 in the fall should sign up for this class. Other people who are beginning players are welcome to try this class.

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.

Bridge at Lapham

We have many bridge tables that are available for casual play as well as classes. If you would like to play at Lapham, just give us a call to make sure there is a table for your group. It's easy - the coffee is made and the parking is good.

Beginning Mah Jongg

Wed., Feb 8-22, 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.

health & wellness

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.

Susan Klehm, R.N. from the New Canaan Department of Human Services comes here every Thursday to take BP's on a first come, first served basis.

Pick up a number at the front desk.

Meditation - Fran

4 Tues., Jan. 17-Feb. 7, 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.

You Can! and Brain Games

Mondays at 9:30 a.m. , Free
Wednesdays at 9:30 a.m. , Free

Come for a group walk at 9 a.m., either or both days, and then stay for a health and wellness discussion with **Lyn**

Bond on Mondays, and games to stretch your brain on Wednesdays with **Susan**

Klehm, RN, from the Department of Human Services.



health & wellness

Cholesterol Screening at Lapham

Friday, January 27, 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.

computer help

The PC Doctor

pcdoctor@laphamcenter.org

Having a problem with your PC? Want advice on buying a new computer? Have PC repair questions? Let one of our experienced volunteers help you resolve the issue or guide you to your answer.

The 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.

The Mac Tutor

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.

art history and history

The Private Life of a Masterpiece

12 Tuesdays, Dec. 6 - Feb. 21, 1 p.m., Free

We will continue this very popular BBC art documentary series which 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, and demonstrations of the working process of the artist. We will start with Munch and then move into the impressionists and masterpieces of the 20th century.

NEW: History of the Samurai and Bushidō

4 Wednesdays, Jan. 18 - Feb. 8, 10 a.m., \$30

Bushidō, meaning "The Way of the Warrior", is a Japanese word which is used to describe a uniquely Japanese code of conduct and a way of the samurai life, loosely analogous to the concept of European chivalry. It originates from the samurai moral code and stresses frugality, loyalty, martial arts mastery, and honor unto death.



Fred Chang will lead the discussion about these fascinating people who practiced bushido from the 10th to the 19th century, including *Who Were the Samurai and What Was Bushido?*; a never-before-shown color film of 50 minutes narrated in English showing the crafting of a samurai sword; a photo travelogue to places in Japan detailing samurai history, samurai sword museums, castles and shrines; and in the last session, a showing of a feature-length samurai movie. Fred will also bring various authentic samurai items for show-and-tell.

"Don't cry because it's over. Smile because it happened." - Dr. Seuss

music

German Opera from Mozart to Schumann 4 Wed., Jan. 25-Feb. 15, 1:30 p.m., \$40

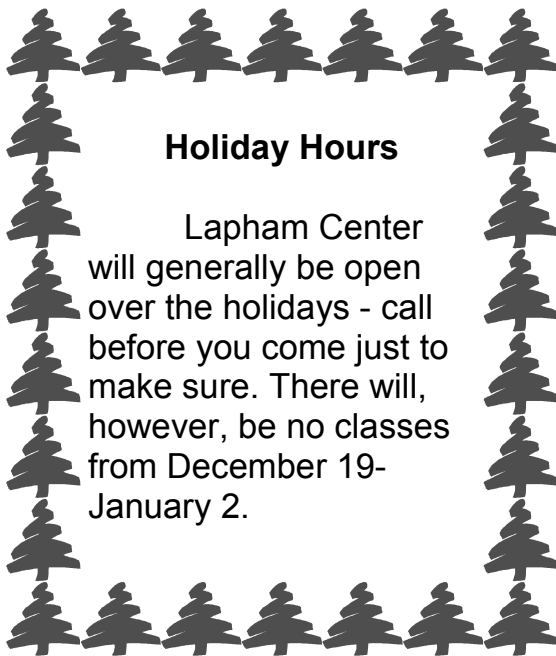
This class is **Dr. Jerry Schulster's** promised follow-up to last winter's short course. He will be discussing the operas of Beethoven, Schubert, Weber, Mendelssohn, Flotow, and Lortzing.

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 shows them on the big screen.

Understanding the Fundamentals of Music 16 Thurs., January 5 -April 19, 1:30 p.m., Free

Professor Robert Greenberg offers a spirited introduction to the language of music, teaching you what the parts of musical speech sound like using recorded examples, demonstrations at the piano and diagrams. By using the basic knowledge you will learn in this course, you will listen to music with new levels of understanding and appreciation.

This is a Teaching Company's course which will be shown on our big screen.



Holiday Hours

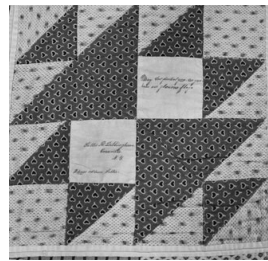
Lapham Center will generally be open over the holidays - call before you come just to make sure. There will, however, be no classes from December 19-January 2.

trips

The Civil War and Andrew Wyeth at the Wadsworth Atheneum

Thursday, April 19, 2012, \$75

The Wadsworth Atheneum is the oldest public art museum in the United States, with significant holdings of French and American Impressionist paintings, Hudson River School landscapes, modernist masterpieces and contemporary works, as well as extensive holdings in early American furniture and decorative arts.



The featured exhibits will be *Colts & Quilts: The Civil War Remembered*, an exhibition using costumes, decorative arts, and paintings to illustrate reactions to the war; and, *Andrew Wyeth: Looking Beyond*, a highly focused exhibition of 15-20 paintings, drawings and rarely seen preparatory studies.

Your day will include lunch at 11:30 at the Chowderpot IV in Hartford, a one hour docent-led tour of the featured exhibits, and time to check out other collections in the Museum or visit the Gift Shop.

The trip fee includes round-trip coach, lunch, tour, admission, 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.

Note: All trip buses will leave from Lapham Center. Please park in the new parking lot near the athletic fields.

free wednesday films at 1 p.m.**Rabbit Hole** - Dec. 7 (7.5), 91 min., **1:30 p.m.**

Nicole Kidman, Diane Wiest, Aaron Eckhardt
life for a happy couple is turned upside down after
their young son dies in an accident

The Lincoln Lawyer -Dec. 21(7.4), 119 minutes

Matthew McConaughey, Marisa Tomei
sleazy defense attorney has a crisis of conscience
when he represents a wealthy, crooked client

Mao's Last Dancer -Jan. 4 (7.2), 117 minutes
autobiography of Li Cunxin who at age 11 was taken
from his village to study ballet in Beijing

The Help - Jan. 11 (8.1) 146 minutes

Emma Stone, Viola Davis
aspiring author in 1960's writes a book about African
American maids and the families they work for

Through the Wormhole (8.8), 60 minutes each
hosted by Morgan Freeman, this series explores the
deepest mysteries of existence; if you like these,
we'll show more

Is There a Creator? - Jan. 18**The Riddle of Black Holes** - Jan. 25**Seven Days in Utopia** - Feb. 1 (5.9), 106 minutes

Robert Duvall, Lucas Black
young golfer finds himself unexpectedly
stranded in Utopia, Texas

The Perfect Game - Feb. 8 (6.4), 118 minutes
true story about a group of boys from Mexico who
won the Little League World Series

Of Gods and Men - Feb. 15 (7.3), 122 minutes

Colin Farrell, Alicja Bachleda
a group of Trappist monks in Algeria
under threat by terrorists

Summer Hours - Feb. 22 (7.1), 103 min.

Juliette Binoche, Charles Berling
adult children witness the disappearance of child-
hood memories when they sell family belongings

*If you haven't seen a film at
Lapham, you should try it. 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!*

**free friday films at 1 p.m.****Buck** - Dec. 2 (7.1), 88 minutes

Buck Brannaman, Robert Redford
documentary about Buck Brannaman, a
"horse whisperer"

A Shine of Rainbows - Dec. 9 (7.0), 101 min.

Aiden Quinn, Connie Nielson
lonely orphan's life is transformed by extraordinary
woman who teaches him to conquer grief and dis-
cover the magic in nature and himself

Larry Crowne - Dec. 16 (6.0), 98 minutes

Julia Roberts, Tom Hanks
romantic comedy about a middle-aged man who
goes back to college after being downsized

Sarah's Key - Jan. 6 (7.3), 111 minutes

Kristen Scott Thomas, Aiden Quinn
journalist learns about young girl whose family was
torn apart in Paris during WWII

Midnight in Paris - Jan. 13 (8.0), 94 minutes

Owen Wilson, Rachel McAdams
Woody Allen's romantic comedy about a family
traveling to Paris for business.

Waste Land - Jan. 20 (7.8), 99 min.

this documentary is an emotional journey from the
world's largest landfill on the outskirts of Rio de
Janeiro to the heights of international art stardom

Cedar Rapids - Jan. 27 (6.4), 87 minutes

Ed Helms, John C. Reilly, Anne Heche
Tim Lippe has no idea what he's in for when he's
sent to his company's annual insurance convention

Illegal - Feb. 3 (6.8), 90 minutes

French film about young Russian woman who
lives illegally in Belgium with her son

Cherry Blossoms - Feb. 10 (7.5), 127 minutes
when a woman learns her husband is ill, she sug-
gests visiting their children without telling him why

The Wind Journeys - Feb. 17 (7.8), 120 min.

musician travels a great distance to return an
instrument to his elderly teacher

****Movie Chat****

Karen Korner is retiring as our Movie Chat
leader after four fun years. If you are a film buff
willing to lead a short discussion after your choice
of film, please get in touch with Lyn or Aggie - we'd
love to keep this program going.

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

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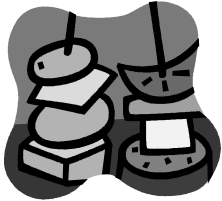
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classes fill quickly - register now!



Holiday Hors d'Oeuvres

Monday, December 5,
10 a.m., \$5

“Quick, easy and not the usual. Perfect for entertaining, with an emphasis on sophisticated simplicity and easy to obtain ingredients, this is a class that will especially appeal to those with busy lives”.

Emily Restifo is a realtor in town who loves to cook for her friends and family.

A Home for Unwanted Christmas Gifts

That tie that doesn't go with anything?
The box of candy you don't need to eat?
Please bring any new and unused items (\$5-10 range) you have sitting around the house and we will use them as prizes for Leap Year Bingo. By Feb. 24, please.

Soup, Soup. Beautiful Soup

Mon., Jan. 10 & 24, Feb. 7 & 28, 11 a.m., \$5

Jeanette Chen's Soup classes were all overbooked last year. She knows that nothing tastes better in winter than soup - warm, nutritious, filling and delicious - and everyone in her classes agreed with her.

Join Jeanette in cooking a pot of soup, then stay for lunch and take some home. Her recipes are quick and easy - you'll be inspired to go home and make a pot of soup.

Jeanette is a good cook who is concerned about the growing trend of seniors who stop cooking for themselves and end up eating processed foods. She knows that seniors who live alone often lose interest in cooking or just aren't well enough to cook for themselves.

Each Monday class will cost \$5. Please make checks payable to “Senior Center” and let us know which days you want to attend.