

FOUNDERS FORUM

VOLUME VIII ISSUE 9

SEPTEMBER 2010



FOUNDERS HALL

A Donor Supported Recreation and Education Center for Seniors

193 Danbury Road, Ridgefield, CT 06877

(203) 431-7000 FAX: (203) 431-7001

Monday - Friday 8:30-4:30

E-mail: foundershall@founders-hall.org

Facebook Page: Founders Hall Ridgefield

Visit us at: www.founders-hall.org

SEPTEMBER HIGHLIGHTS

September 6	<i>Closed for Labor Day</i>	
September 9	Pickleball Demo/Lesson	1:15 pm
	Book Discussion: <i>The Space Between Us</i>	2:30 pm
September 10	Pickleball Demo/Lesson	1:15 pm
	Fashion Show Tea	2 pm
September 13	Fall Semester classes begin	
September 17	Speaker: Christopher Kukk	10:30 am
September 20	On the Road: The Big E	9:00 am
September 22	Sarah's Wine Bar Fundraising Event	5 - 6:30 pm
September 24	Seminar: Can You Hear Me Now?	11:00 am
September 27	On the Road: Maine and Quebec City	7:30 am
September 30	Speaker: Gerald Steichen, RSO	1:00 pm

MESSAGE FROM GRACE

Pencils are sharpened and lessons are planned for the start of Fall Semester. We are so fortunate to have talented, caring instructors who provide exceptional programs for our members. Staff will be hosting a special evening of recognition for these tremendous folks later this month.

Our Distinguished Speaker Series welcomes Christopher Kukk on September 17th. His perspective on China's economy and environment will surely be interesting.

What's new in audiology? Find out at our September 24th seminar with Wendy Wallach-Delucia and Jocelyn Dore from Advanced Audiology.

In addition to a full complement of classes and speakers, there are a number of special events planned for September. Learn about Pickleball at the demonstrations on September 9th or 10th. Members and relations will be strutting their stuff in style at the Fashion Show Tea on September 10th. Sarah's Wine Bar will host an event in support of Founders Hall on Wednesday, September 22nd. We hope many of our members will join in the fun of the wine tasting. Payment is made at the door.

DISTINGUISHED SPEAKER SERIES

Christopher Kukk, Ph.D.
Director of Honors Program and
Associate Professor of
Political Science at WCSU
Friday, September 17th
10:30 am

***The Dragon's Life-Blood:
 China's Economy & Environment***

Foreign policy expert Chris Kukk will focus on how China is trying to balance its drive for high economic growth with its relatively new emphasis on environmental protection. Before entering academia, Kukk was a counter-intelligence agent for the U.S. Army and a research associate at Cambridge Energy Research Associates. This Fulbright Scholar is a frequent guest analyst of U.S. politics and foreign policy for the Associated Press, NPR and The Economist.

Gerald Steichen
Music Director,
Ridgefield Symphony Orchestra
Thursday, September 30th
1 pm



Learn about the music and the masters from the maestro! Steichen will give an entertaining preview of the RSO's October 2nd concert, *Musical Masters*, which will feature a world premiere by composer Edmund Cionek, as well as pieces by Tchaikovsky, Schubert and Prokofiev.

WEDNESDAY, SEPTEMBER 1

8:30 AEROBICS
 9:20 AEROBICS 1
 10:10 AEROBICS 2
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 1:00 OIL PAINTING
 1:00 STRENGTH/ BALANCE 2
 2:15 STRETCH AND FLEX
 2:30 MEXICAN TRAIN
 DOMINOES
 3:30 CORE

THURSDAY, SEPTEMBER 2

8:30 YOGA 1
 9:30 AQUACIZE
 9:30 MAH JONGG
 9:45 YOGA 2
 11:00 YOGA SEATED
 12:00 TAI CHI
 2:30 PINOCHLE
 3:00 WII

FRIDAY, SEPTEMBER 3

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 10:10 AEROBICS 2
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 12:00 BINGO
 1:00 STRENGTH/ BALANCE 2
 2:00 MOVIE: ENTRAPMENT

**MONDAY, SEPTEMBER 6
CLOSED FOR LABOR DAY****TUESDAY, SEPTEMBER 7**

8:30 YOGA 1
 9:30 AQUACIZE
 9:45 YOGA 2
 11:00 YOGA SEATED
 12:00 TAI CHI

WEDNESDAY, SEPTEMBER 8

8:30 AEROBICS
 9:20 AEROBICS 1
 10:10 AEROBICS 2
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 1:00 STRENGTH/ BALANCE 2
 2:15 STRETCH AND FLEX
 2:30 MEXICAN TRAIN
 DOMINOES
 3:30 CORE

Book Discussion

with Mary Rindfleisch
 of the Ridgefield Library

Thursday, September 9**2:30 - 4:00 pm**

The Space Between Us
 by
 Thrity Umrigar

THURSDAY, SEPTEMBER 9**HAPPY NEW YEAR**

8:30 YOGA 1
 9:30 AQUACIZE
 9:30 MAH JONGG
 9:45 YOGA 2
 11:00 YOGA SEATED
 12:00 TAI CHI
 1:15 PICKLEBALL DEMO
 2:30 BOOK DISCUSSION: THE
 SPACE BETWEEN US
 2:30 PINOCHLE

FRIDAY, SEPTEMBER 10

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 10:10 AEROBICS 2
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 1:00 STRENGTH/ BALANCE 2
 1:15 PICKLEBALL DEMO
 2:00 **FASHION SHOW TEA**

*Fall Semester classes
 begin on September 13th!*

MONDAY, SEPTEMBER 13

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 10:00 BEGINNERS ITALIAN
 10:00 DUPLICATE BRIDGE
 10:10 AEROBICS 2
 10:30 GLOBAL ISSUES
 11:00 I CAN DRAW
 11:00 STRENGTH/ BALANCE 1
 11:30 UNDERSTANDING MUSIC
 12:00 STRENGTH/ BALANCE BEG
 12:15 MOVIE MEMORIES
 12:30 FOUNDERS HALL SINGERS
 1:00 INTRO TO COMPUTER
 1:00 STRENGTH/ BALANCE 2
 1:00 WRITING WORKSHOP
 2:00 DRAWING: BASICS/ FACES
 2:15 STRETCH AND FLEX
 2:00 MOVIE: GHOST
 3:30 CORE

TUESDAY, SEPTEMBER 14

8:30 YOGA 1
 9:30 AQUACIZE
 9:30 WORD LEVEL 3
 9:45 YOGA 2
 10:00 BRIDGE - ASSISTED PLAY
 10:00 DRAWING: FACES ETC.
 10:00 INVESTMENTS DISCUSSION
 10:00 QUILT OR SEW
 10:30 ART OF WRITING
 11:00 YOGA SEATED
 12:00 TAI CHI
 12:15 KNIT AND CROCHET
 12:30 BASIC PHOTOSHOP 2
 1:00 INTERMEDIATE TAP DANCE
 1:30 WOODCARVING GROUP
 2:00 BEGINNING TAP DANCE
 2:00 DRAWING FACES
 2:00 NEW PHOTOSHOP 8
 2:00 QUILTING GROUP
 2:50 ZUMBA GOLD

WEDNESDAY, SEPTEMBER 15

8:30 AEROBICS
 9:20 AEROBICS 1
 10:00 BRIDGE: BID & PLAN
 10:00 CURRENT EVENTS
 10:10 AEROBICS 2
 10:30 SPANISH BEGINNER
 10:30 TREASURES OF TUSCANY I
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 12:15 BRIDGE BEGINNING
 1:00 OIL PAINTING
 1:00 SPANISH CONVERSATION
 1:00 STRENGTH/ BALANCE 2
 1:00 TREASURES OF TUSCANY II
 1:30 RUGHOOKING GROUP
 2:15 STRETCH AND FLEX
 2:30 MEXICAN TRAIN DOMINOES
 3:15 HISTORY: BEN FRANKLIN
 3:30 CORE

THURSDAY, SEPTEMBER 16

8:30 GENEALOGY BOOK
 8:30 YOGA 1
 9:00 OPEN ART LAB
 9:30 AQUACIZE
 9:30 PIANO ADVANCED BEGIN
 9:30 MAH JONGG
 9:45 YOGA 2
 10:00 OPERA APPRECIATION
 10:30 GENEALOGY ADVANCED
 11:00 YOGA SEATED
 11:15 PIANO - BEGINNER
 12:00 NEEDLEWORK GROUP
 12:00 TAI CHI
 12:30 GENEALOGY INTERMED
 1:15 BELLY DANCING
 1:15 PICKLEBALL
 2:00 WATERCOLOR ADVANCED
 2:30 GENEALOGY ADVAN BEGIN
 2:30 ZUMBA GOLD
 2:30 PINOCHLE
 3:00 WII

FRIDAY, SEPTEMBER 17

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 9:30 FOUNDERS HALL BAND
 10:00 DUPLICATE BRIDGE
 10:00 OPEN COMPUTER LAB
 10:00 SPANISH - INTERMEDIATE
 10:00 WATERCOLOR BEGINNER
 10:10 AEROBICS 2
 10:30 **SPEAKER: CHRIS KUKK**
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 12:00 BINGO
 1:00 STRENGTH/ BALANCE 2
 1:00 WATERCOLOR INTERMED
 2:00 LINE DANCING
 2:00 MOVIE: AN INCONVENIENT TRUTH

MONDAY, SEPTEMBER 20

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:00 **ON THE ROAD: THE BIG E**
 9:20 AEROBICS 1
 10:00 BEGINNERS ITALIAN
 10:00 DUPLICATE BRIDGE
 10:10 AEROBICS 2
 10:30 GLOBAL ISSUES
 11:00 I CAN DRAW
 11:00 STRENGTH/ BALANCE 1
 11:30 UNDERSTANDING MUSIC
 12:00 STRENGTH/ BALANCE BEG
 12:15 MOVIE MEMORIES
 12:30 FOUNDERS HALL SINGERS
 1:00 INTRO TO COMPUTER
 1:00 STRENGTH/ BALANCE 2
 1:00 WRITING WORKSHOP
 2:00 DRAWING: BASICS/ FACES
 2:00 MOVIE: MR. DEEDS
 2:15 STRETCH AND FLEX
 3:30 CORE

TUESDAY, SEPTEMBER 21

8:30 YOGA 1
 9:30 AQUACIZE
 9:30 WORD LEVEL 3
 9:45 YOGA 2
 10:00 BRIDGE - ASSISTED PLAY
 10:00 DRAWING: FACES ETC.
 10:00 INVESTMENTS DISCUSSION
 10:00 QUILT OR SEW
 10:30 ART OF WRITING
 11:00 YOGA SEATED
 12:00 TAI CHI
 12:15 KNIT AND CROCHET
 12:30 BASIC PHOTOSHOP 2
 1:00 INTERMEDIATE TAP DANCING
 1:30 WOODCARVING GROUP
 2:00 BEGINNING TAP DANCE
 2:00 DRAWING FACES
 2:00 NEW PHOTOSHOP 8
 2:00 QUILTING GROUP
 2:50 ZUMBA GOLD

WEDNESDAY, SEPTEMBER 22

8:30 AEROBICS
 9:20 AEROBICS 1
 10:00 BRIDGE: BID & PLAN
 10:00 CURRENT EVENTS
 10:10 AEROBICS 2
 10:30 SPANISH - BEGINNER
 10:30 TREASURES OF TUSCANY I
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 12:15 BRIDGE BEGINNING
 1:00 OIL PAINTING
 1:00 SPANISH - CONVERSATION
 1:00 STRENGTH/ BALANCE 2
 1:00 TREASURES OF TUSCANY II
 1:30 RUGHOOKING GROUP
 2:15 STRETCH AND FLEX
 2:30 MEXICAN TRAIN DOMINOES
 3:15 HISTORY: BEN FRANKLIN
 3:30 CORE
 5:00 **FUNDRAISER AT SARAH'S WINE BAR**

THURSDAY, SEPTEMBER 23

8:30 GENEALOGY BOOK
 8:30 YOGA 1
 9:00 OPEN ART LAB
 9:30 AQUACIZE
 9:30 PIANO - ADVANCED BEGIN
 9:30 MAH JONGG
 9:30 OPERA APPRECIATION
 9:45 YOGA 2
 10:30 GENEALOGY ADVANCED
 11:00 YOGA SEATED
 11:15 PIANO - BEGINNER
 12:00 NEEDLEWORK GROUP
 12:00 TAI CHI
 12:30 GENEALOGY INTERMED
 1:15 BELLY DANCING
 1:15 PICKLEBALL
 2:00 WATERCOLOR ADVANCED
 2:30 GENEALOGY ADVAN BEGIN
 2:30 ZUMBA GOLD
 2:30 PINOCHLE
 3:00 WII

FRIDAY, SEPTEMBER 24

8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 9:30 FOUNDERS HALL BAND
 10:00 DUPLICATE BRIDGE
 10:00 OPEN COMPUTER LAB
 10:00 SPANISH - INTERMEDIATE
 10:00 WATERCOLOR BEGINNER
 10:10 AEROBICS 2
 11:00 **SEMINAR: CAN YOU HEAR ME NOW**
 11:00 STRENGTH/ BALANCE 1
 12:00 STRENGTH/ BALANCE BEG
 12:00 BINGO
 1:00 STRENGTH/ BALANCE 2
 1:00 WATERCOLOR INTERMEDIATE
 2:00 LINE DANCING
 2:00 MOVIE: SEABISCUIT

MONDAY, SEPTEMBER 27

7:30 **MAINE AND QUEBEC CITY**
 8:30 AEROBICS
 8:30 BEGINNING TAI CHI
 9:00 TAI CHI
 9:20 AEROBICS 1
 10:00 BEGINNERS ITALIAN
 10:00 DUPLICATE BRIDGE
 10:10 AEROBICS 2
 10:30 GLOBAL ISSUES
 11:00 I CAN DRAW
 11:00 STRENGTH/ BALANCE 1
 11:30 UNDERSTANDING MUSIC
 12:00 STRENGTH/ BALANCE BEG
 12:15 MOVIE MEMORIES
 12:30 FOUNDERS HALL SINGERS
 1:00 INTRO TO COMPUTER
 1:00 STRENGTH/ BALANCE 2
 1:00 WRITING WORKSHOP
 2:00 DRAWING: BASICS/ FACES
 2:00 MOVIE: CASABLANCA
 2:15 STRETCH AND FLEX
 3:30 CORE

TUESDAY, SEPTEMBER 28

8:30 YOGA 1
 9:30 AQUACIZE
 9:30 WORD LEVEL 3
 9:45 YOGA 2
 10:00 BRIDGE - ASSISTED PLAY
 10:00 DRAWING: FACES ETC.
 10:00 INVESTMENTS DISCUSSION
 10:00 QUILT OR SEW
 10:30 ART OF WRITING
 11:00 YOGA SEATED
 12:00 TAI CHI
 12:15 KNIT AND CROCHET
 12:30 BASIC PHOTOSHOP 2
 1:00 INTERMEDIATE TAP DANCING
 1:30 WOODCARVING GROUP
 2:00 BEGINNING TAP DANCE
 2:00 DRAWING FACES
 2:00 NEW PHOTOSHOP 8
 2:00 QUILTING GROUP
 2:50 ZUMBA GOLD

What is Pickleball?

Come find out!
Thurs., Sept. 9, 1pm
 or
Fri., Sept. 10, 1pm
 at
Parks & Rec. Gym



Pickleball (named for a dog, not a food!) is a fun blend of tennis, badminton and ping pong. It's a fun, easy sport to learn and a great way to meet new people. Learn all about it at these free, optional Pickleball demonstrations and give it a try. If you like Pickleball, join the class, which begins on September 16th.

WEDNESDAY, SEPTEMBER 29

8:30	AEROBICS
9:20	AEROBICS 1
10:00	BRIDGE: BID & PLAN
10:00	CURRENT EVENTS
10:10	AEROBICS 2
10:30	SPANISH - BEGINNER
10:30	TREASURES OF TUSCANY I
11:00	STRENGTH/ BALANCE 1
12:00	STRENGTH/ BALANCE BEG
12:15	BRIDGE BEGINNING
1:00	OIL PAINTING
1:00	SPANISH - CONVERSATION
1:00	STRENGTH/ BALANCE 2
1:00	TREASURES OF TUSCANY II
1:30	RUGHOOKING GROUP
2:15	STRETCH AND FLEX
2:30	MEXICAN TRAIN DOMINOES
3:15	HISTORY: BEN FRANKLIN
3:30	CORE

THURSDAY, SEPTEMBER 30

8:30	GENEALOGY BOOK
8:30	YOGA 1
9:00	OPEN ART LAB
9:30	AQUACIZE
9:30	PIANO - ADVANCED BEGIN
9:30	MAH JONGG
9:30	OPERA APPRECIATION
9:45	YOGA 2
10:30	GENEALOGY ADVANCED
11:00	COOKING WITH STAFF
11:00	YOGA SEATED
11:15	PIANO - BEGINNER
12:00	NEEDLEWORK GROUP
12:00	TAI CHI
12:30	GENEALOGY INTERMED
1:00	SPEAKER: GERALD STEICHEN, RSO
1:15	BELLY DANCING
1:15	PICKLEBALL
2:00	WATERCOLOR ADVANCED
2:30	GENEALOGY ADVAN BEGIN
2:30	ZUMBA GOLD
2:30	PINOCHLE
3:00	WII

Welcome To Our Newest Members as of August 16th

Marsha Albats
 Joyce Alfieri
 Debbie Aubry
 Catherine Becker
 Harry Blumfield
 Angelina Casey
 Peggy Dow
 Barbara Kaplan
 Michael Kaplan
 Marion King
 Sheila Lowenstein
 Morton Lowenstein
 Jill Maciejowski
 Susan Malitz
 Lori Marks
 Louise Massie
 Awanda McHone
 George Orlan
 Anna Palaio
 Peggy Sheridan
 Jan Siegel
 Jane Strigler
 James White
 Jane Wilson
 Breeda Winston

Fashion Show Tea Friday, September 10th

2 - 3:30 pm

Join our members and their extended families as they model fashions from:



Parker East Dry Goods
 Butterflies and Zebras
 Tiger Sports
 Ridgefield Ski and Sport
 The Rugged Bear

Entertainment provided by members of the Founders Hall Band.

Can You Hear Me Now? Friday, September 24th

11 am

Wendy Wallach-Delucia and Jocelyn Dore of Advanced Audiology and Hearing Aid Services will discuss:



Types of hearing problems
 How hearing affects enjoyment of life
 Current technology and features
 The truth about better hearing
 Realistic expectations
 The best process for getting help

SEPTEMBER AT THE MOVIES

Fri., Sept. 3 2:00 pm Entrapment (1999)
When a retired thief (Sean Connery) is implicated in the theft of a priceless painting, an insurance investigator (Catherine Zeta-Jones) sets a trap to catch her suspect.
PG-13 113 min.

Mon., Sept. 13 2:00 pm Ghost (1990)
Sam (Patrick Swayze) and Molly (Demi Moore) see their romance shattered when a street thug kills Sam during a mugging. But love endures beyond the grave. Whoopi Goldberg co-stars as a sassy pseudo psychic.
PG-13 126 min.

Fri., Sept. 17 2:00 pm An Inconvenient Truth (2006)
Former Vice President Al Gore wages a passionate campaign for the environment in this Oscar-winning documentary.
PG-13 96 min.

Mon., Sept. 20 2:00 pm Mr. Deeds (2002)
A man (Adam Sandler) is living a humble life in a tiny town when he inherits controlling interest in a massive media corporation and starts injecting his small-town values into the company's various sectors -- with hilarious results.
PG-13 96 min.

Fri., Sept. 24 2:00 pm Seabiscuit (2003)
A colt becomes a winning thoroughbred at the hands of its owner (Jeff Bridges), its unorthodox trainer (Chris Cooper) and its jockey, a half-blind ex-prizefighter (Toby McGuire).
PG-13 141 min.

Mon., Sept. 27 2:00 pm Casablanca (1942)
In this Oscar-winning classic, an American ex-patriot (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II. He never expects the woman who broke his heart (Ingrid Bergman) to walk through his door on the chance that he'll help her and her fugitive husband to escape to America.
PG 102 min.

LET'S PLAY

Get together to play the following games:

Bingo Fridays 12:00-3:00 pm
September 3, 17, 24

Mah Jongg Thursdays 9:30 am-12:00 pm
September 2, 9, 16, 23, 30

Mexican Train Dominoes Wednesdays 2:30-4:30 pm
September 1, 8, 15, 22, 29

Pinochle Thursdays 2:30-4:30 pm
September 2, 9, 16, 23, 30

Wii Thursdays 3:00-4:30 pm
September 2, 16, 23, 30

Library News

Stop by the FH living room and check out our renovated lending library!

Special thanks to May Fesman for her many hours of volunteerism in our library. Thank you to our new library volunteer group, Alison Doucet, Vivien Medieros, Alice Nell, Irene Scala and Elaine Canavan for updating our collections.



For one week only, September 20 - 24th, we will accept donations of hard cover and trade paperback books. We are sorry that we cannot accept mass-market paperbacks. See the library display in the lobby for examples of trade paperbacks.



*We gratefully acknowledge
Auntie G's for sponsoring our movies.*

Wine Tasting
at Sarah's Wine Bar
with Cellar XV
to benefit
Founders Hall!

Wed., Sept. 22nd
5 - 6:30 pm
Cost: \$10

(payable at Sarah's Wine Bar)

Sarah's Wine Bar will donate all admission fees to Founders Hall, and Cellar XV will donate 10% of the price of the wine it sells. Please come to try new wines, mingle with friends and support FH.

Bocce Tourney

Wed. Oct. 6
Thurs. Oct. 7
10 am - 4 pm



Cost: \$7/\$8 nr
Open to players of all skill levels. Includes a light lunch on Wednesday and trophies for first place!
Please sign up by September 29th.

Flu Clinic

Thurs., Oct. 14
10 am - noon

Fri., Oct. 15
1 - 3 pm



By appointment only.

Call or stop by the front desk to make your appointment.

DONORS FROM JULY 15 TO AUGUST 16

Thank you for making a difference!

Kay Ables
Joyce and Paul Alfieri
Anonymous
Lucian Bielicki
Gladys Brogan
Eileen Brooking
Rudolph and Cay Caicedo
Chevron Humankind Matching Gift Program
Susan Cole
Mary Lou and Joe Costa
Louise and Walter Dages
Danbury Hospital
Joseph Ellis
Dr. and Mrs. William Fitzgerald
Marion Freer
Jane Ann Gair
Jean Gwynne
Mr. and Mrs. William Jordan Jr.
Elizabeth Kemp

Margaret Q. Knoche
Mrs. Connie LaBarbera
Michael and Eva Lynn Langan
Nilda and Arnold Leichtman
William and Marianne Loomis
Mr. and Mrs. Mike MacIntyre
Toni Maiolo
Anne Morrisroe
Noreen O'Mara
Pitney Bowes
Michael E. Powers
Virginia B. Price
Susan and Walter Richter
Claire F. Sloan
Joann L. Spence
Patricia Stephens
Catherine F. Stevens
Marjorie Tango
Helene Taylor