



FOUNDERS HALL

Spring 2017

Table of Contents

Introduction 2 - 3

Calendar 4 - 5

Academic Program 6 - 12

Art Program 13 - 17

Dance 17

Registration Form 19 - 23

On the Road Program 26 - 27

General Program 28 - 29

Hobby and Sports Program 30 - 34

Technology Program 35 - 36

Fitness and Yoga Program 37 - 39

INTRODUCTION

Information

Hours: Monday / Wednesday / Friday, 8:30AM-4:30PM
Tuesday / Thursday, 8:30AM-8:30PM
Address: 193 Danbury Road, Ridgefield CT, 06877
Phone: 203-431-7000
Email: foundershall@founders-hall.org
Web: www.founders-hall.org
Facebook: Founders Hall Ridgefield

Registration

The Founders Hall Spring Semester begins on Monday, March 27. Most classes are offered in a ten-week semester system. **Fitness classes** are offered on a monthly basis instead of as part of the semester system so that they may run continuously throughout the year. Registration for fitness classes for 2017 opened October 18, 2016. Please call regarding available spaces.

Please complete the form on pages 19-23 of this book and return it to Founders Hall with payment. If you are signing up with another person, please indicate this on your registration forms noting which class or trip you are attending together.

If more people are interested in a class than there are available spaces, we will use a random lottery to assign places. **All registrations received by 4:30pm on Monday, March 13** will be included in any necessary lotteries. If there is not space for you in a class, we will call you and refund your payment.

No news is good news. You will not hear from us if we were able to enroll you as requested. We will look forward to seeing you at the first class.

Closing and Cancellation

Founders Hall closings for inclement weather will be posted on:
www.founders-hall.org
Facebook: Founders Hall Ridgefield
WFSB (channel 3)
WTNH (channel 8)

Programs are subject to change and/or cancellation.

INTRODUCTION

Sponsors

Our special thanks to the generous sponsors who help us keep class and program fees at a minimum:

Academic Program:	Rudy and Sally Ruggles Nick and Anita Donofrio Philip and Christine Lodewick
Fitness Program:	Paul and Johanna Laszig Trust Barker Welfare Foundation
Fundraising Events	Fairfield County Bank
Hobby & Sport Program:	Ridgefield Parks and Recreation The Wadsworth Russell Lewis Trust Fund
Social Events:	Bethel Health Care/ The Cascades Books on the Common The Greens at Cannondale and Wilton Meadows Laurel Ridge Health Care Center Rehab by RVNA Western Connecticut Health Network
On the Road Program:	Ridgefield Professional Office Complex

Program Fees

Do you know that even with the help of sponsors, the program fees you pay cover just a small portion of what our programs actually cost to provide? We hope you'll consider making a donation to Founders Hall this year to help cover the difference.

SPRING 2017 CALENDAR

- February 24.....Seminar: Important Documents
- March 3Distinguished Speaker: Jack Sanders
on Wicked Ridgefield
- March 9Book Discussion: The Marriage of Opposites
- March 10Taste of Salt and Jazz
sponsored by Laurel Ridge Health Care
- March 13New Member Coffee
- March 13Spring Semester Registrations Due
- March 21Trip: Guggenheim Museum
- March 24Seminar: Handling Difficult Conversations
- March 27Spring Semester Begins
- March 31Seminar: Is Privacy Dead?
- April 7.....Tea Shop Tea
sponsored by Laurel Ridge Health Care
- April 12.....Antique Appraisal and Gold Sale Day
- April 13.....Book Discussion: News of the World
- April 14.....Founders Hall Closed for Good Friday
- April 20.....Volunteer Luncheon
*sponsored by The Greens at Cannondale and
Wilton Meadows*
- April 21.....Seminar: 2017 Updates in Estate Planning
and Elder Law
- April 28.....Trip: Wadsworth Atheneum
- May 11.....Book Discussion: The Golden Age

SPRING 2017 CALENDAR

- May 12.....Geography Bee Tea
sponsored by Rehab by RVNA
- May 16.....Founders Hall Annual Meeting
- May 17.....Trip: Mamma Mia! at WBT
- May 22.....Trip: Foxwoods Casino
- May 24.....Fitness Day
sponsored by Western Connecticut Health Network
- May 29.....Founders Hall Closed for Memorial Day
- June 4.....Battle of the Chefs
sponsored by Fairfield County Bank
- June 6.....New Member Coffee
- June 6.....Summer Semester Registrations Due
- June 8.....Book Discussion: Some Luck
- June 9.....Books of Summer Tea
sponsored by Books on the Common
- June 13.....Trip: Chihuly at New York Botanical Garden
- June 19.....Summer Semester Begins

FOUNDERS HALL SPRING 2017

Academic Program

*The Academic Program is generously sponsored by
Rudy and Sally Ruggles,
Nick and Anita Donofrio
and Philip and Christine Lodewick*

AARP Smart Driver Course

Founders Hall sponsors this course, which will familiarize drivers with new traffic laws and regulations, new roadways, changes and updates on cars, safety procedures and tips, and adapting to driving as you get older. These four-hour classes, held at Ridgefield Crossings, are scheduled for March 21 and May 16, 2017. Check with your auto insurance company, as rates may be reduced after completion of the course. Because New York State mandates a six-hour course and Connecticut mandates a four-hour course, NY residents must check with their insurance company regarding approval before enrolling for any of the Ridgefield classes. Call William Van Hall at (203) 748-2344 for registration and more information.

An Adventure in the Holy Land, Sicily, and Malta

In this course, we will “walk” the Holy Land covering the most important sites in Jerusalem for Christians, Jews, Armenians, and Muslims, including the Holy Sepulchre, Masada, and the Rock of the Dome. Then off to fascinating Sicily where we will circle the island visiting their most interesting towns including Palermo, Piazza Armerina, and Taormina, then end our “tour” on the historic island of Malta. Class will not meet May 24.

Instructor: Toni McKeen	First Class: March 29
Section 1 Wednesday 10:30AM-12:00PM	Fee: \$30/\$36NR (10 Sessions)
Section 2 Wednesday 1:15-2:45PM	Fee: \$30/\$36NR (10 Sessions)

FOUNDERS HALL SPRING 2017

The Art of Writing

Calling all writers! Come join a phenomenal group of your peers in this class. Whether you are a novice or advanced writer, interested in fiction, memoir, or poetry, there is something here for you. Members of the group will write, revise, share their work and have fun in a supportive environment. Each week, the instructor will offer in-class writing opportunities, prompts and ideas for take-home writing, and lead constructive critiques. Class will not meet April 11 or May 16.

Tuesday 10:30AM-12:00PM	First Class: March 28
Instructor: Cheryl Panosian Haddad	Fee: \$30/\$36NR (10 Sessions)

Book Discussion

Join your friends, new and old, for a monthly book discussion. Books may be available at the front desk.

April 13	<u>News of the World</u> by Paulette Giles
May 11	<u>The Golden Age</u> by Joan London
June 8	<u>Some Luck</u> by Jane Smiley

Thursday 3:00-4:30PM	
Facilitator: Mary Rindfleisch of Ridgefield Library	No Charge

British Film III

Bob Klaeger, chair of Media and Communication Arts at Pace University and a 22-year Ridgefield resident, returns with six more British films. He reports that a sense of irony is still required. The selections are: *The Titfield Thunderbolt* (they invented the railroad and won't let anyone forget it), *Tunes of Glory*, *Antonia's Line* (dissembler that he is, this is a Dutch movie {a Dutch movie!} and best foreign film 1994), *Miss Pettigrew Lives for a Day*, two more he refuses to be pinned down on!

Tuesday 1:00-4:00PM	First class: March 28
Facilitator: Robert Klaeger	Fee: \$30/\$36NR (6 Sessions)

Current Events

Share your thoughts on a variety of current event topics in an informal discussion format. Personal participation is encouraged in this interactive group. Class will not meet May 24.

Wednesday 10:00-11:30AM	First class: March 29
Facilitator: Bob Murphy	Fee: \$12/\$15NR (9 Sessions)

FOUNDERS HALL SPRING 2017

Academic Program (continued)

French: Beginner Continuing 1

This is a continuation of French Beginners for those who completed the initial class. Barron's Learn French the Fun and Fast Way by Elisabeth Bourquin Leete will be used for the class and may be ordered for \$24 using the registration form. Class will not meet April 14.

Friday 9:00 - 11:00AM

First class: March 31

Instructor: Françoise Lampe

Fee: \$30/\$36NR (6 Sessions)

French: Beginner Continuing 2

This is a continuation of French Beginners for those who completed the initial classes.

Tuesday 1:30 - 3:30PM

First class: March 28

Instructor: Françoise Lampe

Fee: \$30/\$36NR (6 Sessions)

French: Advanced Beginners to Intermediate

This class is for those with prior knowledge of the language. The emphasis will be on speaking and expanding vocabulary. The course will also build on the basic framework of French grammar and reinforce sentence structure and pronunciation. Class will not meet April 14.

Friday 1:00 - 3:00PM

First class: March 31

Instructor: Françoise Lampe

Fee: \$30/\$36NR (6 Sessions)

Great Books, Great Discussions

Enthusiastic readers will use the Shared Inquiry method for discussion of Imperfect Ideal: Utopian and Dystopian Visions (\$26). The selections in this anthology illustrate the best and worst of what can happen when we attempt to mold the complex communities in which we live into our vision of a perfect state. Books are available through the registration form or through www.store.greatbooks.org. Please read "A Framework for Utopia" by Robert Nozick for the first class meeting. Class will not meet April 12.

Wednesday 12:30 - 2:00PM

First class: March 29

Facilitator: Brenda Chapman

Fee: \$30/\$36NR (10 Sessions)

FOUNDERS HALL SPRING 2017

Hercule Poirot: The Dandified Detective

After 20 years of writing 33 novels, one play and over 50 short stories featuring Hercule Poirot, Agatha Christie, the acknowledged Queen of Mystery, lamented, "Why, why, why did I ever invent this detestable, bombastic, tiresome little creature?" Plainly, she rued the day she created the diminutive detective and his overweening ego, obsession with symmetry, fastidious mannerisms and incessant carrying on about his little gray cells. But her vast legion of fans around the world raised a clamor of protest. We too are not ready to part company just yet with the exasperating but lovable "Belgian Brainbox." Indeed, this time around we will sharpen our understanding of him by introducing his direct opposite in the art of detection, Miss Marple. We invite you to join in the fun of pitting our own deductive powers against those of this famous and long-lived master of reasoning. Our common text will be Poirot Investigates (available through the registration form for \$11). Please read "The Disappearance of Mr. Davenheim" before our first meeting. Class limit of 30. Class will not meet April 14.

Friday 10:45AM-12:15PM

First Class: March 31

Instructor: Howard Jacobs

Fee: \$12/\$15NR (8 Sessions)

History: The Greatest Generation

Please join us as we read The Greatest Generation by Tom Brokaw. The Washington Times put it like this, "Mr. Brokaw has composed a sweeping tribute to Americans who saved the world: the citizen heroes and heroines who, during World War II, put themselves on the line." The Wall Street Journal says the book is about, "a generation not given to preening though it had in fact accomplished the monumental." I think it is going to be a lot of fun. Come on down. The book for the class, The Greatest Generation by Tom Brokaw, may be ordered for \$15 using the registration form. Class will not meet April 12.

Wednesday 3:15-4:30PM

First Class: March 29

Instructor: Mike Settanni

Fee: \$30/\$36NR (10 Sessions)

International Affairs

Join this group to discuss issues of international impact and importance. The issues to be discussed will be selected by course members from a list of important issues presented at the first meeting. Most weeks, a volunteer member of the group will provide subject background and questions to help initiate discussion. Class format and topics will be decided at the first meeting. Class will not meet May 29.

Monday 10:30AM -12:00PM

First Class: March 27

Facilitators: Bill Monti and Tim Williams

Fee: \$12/\$15NR (10 Sessions)

FOUNDERS HALL SPRING 2017

Academic Program (continued)

Investments Discussion

Designed to be an interactive discussion of investment topics, this ongoing series of seminars will provide helpful information on investment resources and review general investment principles. In addition, discussion will be focused on current developments and their direct impact on stock, bond, mutual fund and other investment vehicles. Your thoughts and questions will be welcomed. Some elementary level of investment knowledge is helpful. Class will not meet May 16.

Tuesday 10:00-11:30AM

First Class: March 28

Facilitators: D. Campbell, A. Levine

Fee: \$12/\$15NR (9 Sessions)

Italian: Beginners Continuing

This continuing class is for those with knowledge of Italian. The emphasis will be on speaking, but there will be some focus on grammar, reading and writing.

Monday 8:30-10:00AM

First Class: March 27

Instructor: Rita Schaffer

Fee: \$30/\$36NR (8 Sessions)

Italian: Continuing

These classes are for those who have taken Beginners Italian or have a prior knowledge of the language. The emphasis will be on speaking, but there will be some focus on grammar, reading and writing. This is a good class for those planning a trip to Italy or for those who just want to experience the beauty of the Italian language.

Level 3 Thursday 10:00-11:30AM

First Class: March 30

Level 4 Monday 10:00-11:30AM

First Class: March 27

Instructor: Rita Schaffer

Fee: \$30/\$36NR (8 Sessions)

Spanish: Continuing Intermediate

Continue with development of conversational skills, grammar, expanding vocabulary, culture, pronunciation and fun. Class requires a minimum of six students. Class will not meet April 14.

Friday 11:15AM-12:45PM

First Class: March 31

Instructor: Maria Cinta Lowe

Fee: \$30/\$36NR (8 Sessions)

FOUNDERS HALL SPRING 2017

Music & Greek Drama

'Athens was the first democracy in the history of the world. Its institutions allowed and even demanded a freedom of thought and discussion which was the best possible soil for the growth of new ideas, new forms of action and achievement.'

Bernard M.W. Knox, Head of Classics, Yale University

The arts were paramount in ancient Greece. Music, dance and, above all, theatre represent some of the greatest pinnacles of Greek civilization. Following on from his series of lectures on 'Music and Mythology,' Michael Lankester examines the great dramas of ancient Greece and Rome. In particular, the plays of Sophocles, Euripides, Aeschylus and Aristophanes have been inspirational to composers from Monteverdi to Mozart, and from Henry Purcell to Richard Strauss.

1. The Return of Ulysses - Monteverdi & Dallapiccola
2. Dido & Aeneas - Purcell
3. Alceste - Gluck, Lully & Handel
4. La Clemenza di Tito - Mozart
5. The Orestia - Handel & Taneyev
6. Medea - Cherubini
7. Elektra - Strauss
8. Oedipus Rex - Stravinsky
9. The Bacchae - Hans Werner Henze

Instructor: Michael Lankester

First class: April 27

Section 1 Thursday 10:45AM-12:15PM

Fee: \$30/\$36NR (9 Sessions)

Section 2 Thursday 1:00-2:30PM

Fee: \$30/\$36NR (9 Sessions)

Writing Workshop

Whether you are a new or seasoned writer, come and enjoy the company of classmates who will help you take your writing to a new level. Each week write something of your choice - short story, essay, memoir, poetry - and read it in a friendly environment and receive constructive feedback. Everyone stands to gain as we sharpen our writing skills. The class will be limited to 14 participants. Class will not meet May 29.

Monday 2:00-4:30PM

First Class: March 27

Moderator: Anton Deiters and Ray Morse

Fee: \$30/\$36NR (9 Sessions)

FOUNDERS HALL SPRING 2017

Evening Academic Program

Great Decisions

Developed by the Foreign Policy Association in 1954, the Great Decisions program is the oldest and largest grassroots world affairs educational program of its kind in the country. It is designed to bring citizens of all ages together in a study group to learn more about and exchange views on foreign policy issues of vital interest to our country. The program provides a common set of materials in the form of a briefing book of readings about the selected topics and a related video featuring subject experts in order to help participants reach informed opinions on policy options. In addition, time will also be set aside during each meeting for discussion of immediate international events. The cost of the briefing book is included in the fee.

Tuesday 6:30 -8:30PM

First Class: March 28

Facilitator: John Somma and Joel Third

Fee: \$30/\$36NR (8 Sessions)

Piotr Ilyitch Tchaikowsky: 1840 - 1893

"You will not deny my musical capacities and also that it is the only thing I am good at; if so, it is understandable that I must give up everything else to develop the germ that God has planted in me."

So wrote the 23-year-old Tchaikowsky when he was still employed as a junior clerk at the Ministry of Justice in St. Petersburg. That he went on to become one of the most successful composers ever is common knowledge and the enormous popularity of his music has never faded. Yet, in spite of the one-hundred-and-twenty-four years that have elapsed since his death, controversies continue to swirl about the composer and the man. This series of lectures examines the often tumultuous life of Tchaikowsky, from his earliest days as a student at the School of Jurisprudence, through his disastrous marriage, his failed attempt to take his own life, and his extraordinary relationship with Nadezhda von Meck, to the strange circumstances of his death at the age of fifty-three. In addition to looking at the more popular symphonies, ballets and operas, Michael Lankester examines many of Tchaikowsky's lesser-known works, from his never-performed student compositions to the massive 'Manfred' Symphony.

1. The Russian Five

4. A New Beginning

2. Winter Dreams

5. International Triumph

3. The Years of Crisis

6. Symphonie Pathétique

Thursday 6:30-8:00PM

First Class: May 18

Instructor: Michael Lankester

Fee: \$30/\$36NR (6 Sessions)

FOUNDERS HALL SPRING 2017

Art Program

Basic Drawing

This is a basic drawing class for beginning artists, artists who haven't had pencil in hand for years, or artists who have always wanted to take a crack at drawing. Martha believes we're all artists and has created the class as a series of exercises designed to experience drawing as a skill-set and to teach students how to really see. The emphasis is on process far more than product. (We're not going to the Louvre to hang our art, folks, but you'll likely be delighted with the process.)

Tuesday 12:30 -2:30PM

First class: March 28

Instructor: Martha Talburt

Fee: \$40/\$48NR (10 Sessions)

Beginning Portraiture

In this class, Martha builds a bridge from basic drawing skills to the more specific art of drawing portraits. Students study facial anatomy, from the skull outward - including facial features and their placement and how to create the effect of light and shadow on the face. Completion of the *Basic Drawing* class is a prerequisite for this course. Class will not meet May 29.

Monday 11:30AM-1:30PM

First Class: March 27

Instructor: Martha Talburt

Fee: \$40/\$48NR (10 Sessions)

Drawing with Colored Pencils 1

The class introduces students to this marvelous medium with the jewel-like colors. Martha calls the careful and methodical approach required for colored pencils "meditative." Students are taught basic color theory along with specific ways to handle the pencils - varied strokes and color mixing methods, including layering, scumbling and burnishing. The course is recommended for the committed art student who has taken Martha's basic drawing class and is interested in augmenting class work with work at home. Half of the introductory class sessions are general. The second half focuses on colored pencil portraiture. Please bring a box (minimum of 48) of PRISMACOLOR SOFTCORE PENCILS - Martha finds these pencils easiest to use and the most satisfying. Class will not meet May 29.

Monday 9:00-11:00AM

First Class: March 27

Instructor: Martha Talburt

Fee: \$40/\$48NR (10 Sessions)

FOUNDERS HALL SPRING 2017

Art Program (continued)

Drawing with Colored Pencils 2

This is an advanced class wherein students should be knowledgeable both in drawing portraits and in the use of colored pencils, as the primary focus is on portraiture. The prerequisite is COLORED PENCILS 1. Class exercises are consistently challenging - designed to help students see better, feel more deeply about their subjects, and render their compositions more proficiently and empathically. Further work at home is often required. Class will not meet May 29.

Monday 2:30-4:30PM First Class: March 27
Instructor: Martha Talburt Fee: \$40/\$48NR (10 Sessions)

Life Drawing

Students work each week from a new, live model. Class is unstructured. During the last half-hour, we will critique our work. Prerequisite is at least the basic drawing and portraiture classes from Martha or have a strong drawing background from other sources. Sixteen students is the maximum for this class. A model fee, based on the number of students in class, will be collected at the first class.

Tuesday 3:00-5:00PM First Class: March 28
Instructor: Martha Talburt Fee: \$40/\$48NR (10 Sessions)

Drawing: Studio Class

This is a non-structured class which has evolved into each student doing his or her own work, putting into practice what's been learned in Martha's other courses. Class members - all intermediate or advanced artists - choose from a full file of model photographs or something they bring from home to work on. Martha assists individuals in these efforts, moving through the classroom critiquing, demonstrating and always validating. Varied choice of drawing medium is encouraged. A major focus is on completed composition.

Tuesday 9:30-11:30AM First Class: March 28
Instructor: Martha Talburt Fee: \$40/\$48NR (10 Sessions)

Open Art Studio

Take advantage of this open time in the Art Studio to work on projects in progress or try something new.

Wednesday 9:00AM-1:00PM Fee: No Charge

FOUNDERS HALL SPRING 2017

Oil Painting

Beginners will learn oil painting techniques including how to choose and use equipment, mix colors, create light and shadow and prep a canvas or masonite. More experienced artists will cover dimension, tone, the importance of palettes, color mixing, textures and placement of subject matter. Canvas fee is \$3, payable in class.

Section 1 Wednesday 1:00-3:00PM First Class: March 29
Section 2 Wednesday 3:00-5:00PM First Class: March 29
Instructor: Bonnie Weber Fee: \$40/\$48NR (10 Sessions)

Watercolor Basics

This class will help you understand this delicate, luminous medium and develop your own style in the process. You will learn about paper, pigment, techniques, brushes, washes, textures and principles of composition and design. Class will meet March 30, April 6 and 27, May 4, 11, 18 and 25.

Thursday 10:00AM-12:00PM First Class: March 30
Instructor: Tina Phillips Fee: \$50/\$60NR (7 Sessions)

Watercolor Intermediate

You will gain further mastery of watercolor technique during this seven-week class with Tina. There will be set-ups, inspiration, demonstration and critique. Completion of a previous watercolor class and mastery of basic skills are required. Class will meet March 31, April 7 and 28, May 5, 12, 19 and 26.

Friday 10:00AM - 12:00PM First Class: March 31
Instructor: Tina Phillips Fee: \$50/\$60NR (7 Sessions)

Watercolor Advanced

This class is designed for those experienced in watercolor technique. Come with your own ideas and materials, or accept as much help, critiquing and inspiration from Tina as you want. This is a lively, independent, spirited group. Come paint! Class will meet March 30, April 6 and 27, May 4, 11, 18 and 25.

Thursday 1:00-3:00PM First Class: March 30
Instructor: Tina Phillips Fee: \$40/\$48NR (7 Sessions)

FOUNDERS HALL SPRING 2017

Art Program (continued)

Weaving Beyond the Basics

This class is for weavers with some experience, such as participation in *Woven Gifts*. We will explore numerous variations in weaving such as lace weaves, tapestry or color and texture. Bring your ideas, your favorite yarns and weave with friends. It is recommended that you have your own loom for this class. There are a few looms available to rent for \$20. Check with the instructor if you have questions about whether this class is for you. Class will not meet April 12.

Section 1 Wednesday 9:00 - 11:00AM First Class: March 29
Section 2 Wednesday 11:30AM - 1:30PM First Class: March 29
Instructor: Christine Wilkinson Fee: \$55/\$66NR (10 Sessions)

Evening Art Program

Acrylic Painting

This class is great for both beginning and returning acrylic painters. For beginners, there will be demonstrations on how to build a dynamic composition, work with palette knives, acrylic gel & paste, accentuate or eliminate brush strokes and effectively mix colors. More experienced painters will work on their own, further exploring this versatile, quick-drying media that can be used to create bold, textured colors as well as soft transparent hues that look like watercolors. Students of all levels may paint on a variety of surfaces including paper, canvas and wooden objects. Some knowledge and experience with drawing is helpful for this class. Canvas fee of \$3 is payable in class. Class will not meet April 11.

Tuesday 6:00 - 8:00PM First Class: March 28
Instructor: Jean Linville Fee: \$50/\$60NR (9 Sessions)

Watercolor: Beginner/ Again

For the beginning or "returning to" watercolor artist - this class will open your artist's eye to this beautiful and luminous medium. You will learn technique, composition and values while having fun learning to "let go" and let the medium do it. Class will meet March 30, April 6 and 27, May 4, 11, 18 and 25.

Thursday 6:00 - 8:00PM First Class: March 30
Instructor: Tina Phillips Fee: \$50/\$60NR (7 Sessions)

FOUNDERS HALL SPRING 2017

Workshop: Painting Therapy with Martha Talburt

Join Martha for an afternoon of self actualization and relaxation. We'll supply the paints and canvases - Martha will supply the inspiration. The workshop will be limited to 16 participants.

Friday 1:00-4:00PM
Instructor: Martha Talburt

Date: April 21
Fee: \$15/\$18NR (1 Session)

Dance Program

Line Dancing

Line dancing is alive and well! Join us to exercise and have fun. New dances will be taught. No experience nor partners are required. Class will not meet April 14.

Friday 2:30-3:30PM
Instructor: Lynne Flanders

First Class: March 31
Fee: \$20/\$24NR (6 Sessions)

Beginner Tap Dancing Continued

Learn the basic skills of tap dancing through music. Not only is this class great for learning tap routines, it is also a fun way to keep in shape.

Tuesday 3:00-4:00PM
Instructor: Karen Casagrande

First Class: March 28
Fee: \$30/\$36NR (10 Sessions)

Intermediate Tap Dancing

Continue to develop your tap dancing technique in this class with Karen.

Tuesday 2:00-3:00PM
Instructor: Karen Casagrande

First Class: March 28
Fee: \$30/\$36NR (10 Sessions)

Zumba Gold

Zumba Gold brings exciting Latin and international dance rhythms to beginners. The easy-to-follow dances include Cha Cha, Merengue, Salsa, Cumbia, Tango, Rumba, Belly Dance and even Rock and Roll! SO COME AND FEEL THE MUSIC! Great for the mind, body and soul, Zumba is fun, easy, different and effective. HAVE FUN AND STAY FIT!

Thursday 3:30-4:30PM
Instructor: Roxane Angotta

First Class: March 30
Fee: \$30/\$36NR (10 Sessions)

SPRING 2017 REGISTRATION

Here are the steps for registration:

1. Read the course book and select programs.
2. Complete the form on pages 19 – 23 indicating your contact information and the programs you want to take. If you are taking the class or trip with another person (or have a partner for Duplicate Bridge), please note that person's name next to the appropriate class.
3. Total your program fees. The payment for Ridgefield residents is the first amount. The payment for non-Ridgefield residents is the second amount designated as "NR."
4. Indicate your payment method:
 - Check, payable to Founders Hall. (You may submit one check for your entire registration.)
 - Cash (if you're hand-delivering your registration).
 - Credit card: Visa, MasterCard or American Express. We will add a 4% processing fee to the transaction.
5. **Mail or drop off your completed registration form and payment at Founders Hall so that it arrives by 4:30pm on Monday, March 13.**

Please note: If a class you've selected is oversubscribed, we will make every effort to add additional sections. If necessary, we will conduct a random lottery to determine places in oversubscribed classes. If we are not able to accommodate your selection, we will call you and refund your payment. You will not hear from us if we are able to accommodate your selections.

If you have questions or need assistance with completing the registration form, please contact Grace or Tracy.

Founders Hall SPRING 2017 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

		Sign me up	Course Fee		Book Fee
<u>Academic Courses</u>			Ridgefield	Non-Ridgefield	
An Adventure in the Holy Land					
Section 1 10:30AM	<input type="checkbox"/>		\$30		\$36
Section 2 1:15PM	<input type="checkbox"/>		\$30		\$36
Art of Writing	<input type="checkbox"/>		\$30		\$36
British Film III	<input type="checkbox"/>		\$30		\$36
Current Events	<input type="checkbox"/>		\$12		\$15
French Beginner Continuing 1	<input type="checkbox"/>		\$30	\$36	<input type="checkbox"/> \$24
French Beginner Continuing 2	<input type="checkbox"/>		\$30	\$36	<input type="checkbox"/> \$24
French Adv Beginners/Intermediate	<input type="checkbox"/>		\$30	\$36	
Great Books	<input type="checkbox"/>		\$30	\$36	<input type="checkbox"/> \$26
Hercule Poirot	<input type="checkbox"/>		\$12	\$15	<input type="checkbox"/> \$11
History: Greatest Generation	<input type="checkbox"/>		\$30	\$36	<input type="checkbox"/> \$15
International Affairs	<input type="checkbox"/>		\$12	\$15	
Investments Discussion	<input type="checkbox"/>		\$12	\$15	
Italian: Beginners Continuing	<input type="checkbox"/>		\$30	\$36	
Continuing Italian 3	<input type="checkbox"/>		\$30	\$36	
Continuing Italian 4	<input type="checkbox"/>		\$30	\$36	

	Sign me up	Course Fee		Loom Fee
		Ridgefield	Non-Ridgefield	
<u>Academic Courses (continued)</u>				
Music and Greek Drama				
Section 1 10:45AM	<input type="checkbox"/>	\$30	\$36	
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36	
Spanish Continuing Intermediate	<input type="checkbox"/>	\$30	\$36	
Writing Workshop	<input type="checkbox"/>	\$30	\$36	

<u>Evening Academic Courses</u>				
Great Decisions	<input type="checkbox"/>	\$30	\$36	
Piotr Ilyitch Tchaikowsky	<input type="checkbox"/>	\$30	\$36	

Art Courses

Basic Drawing	<input type="checkbox"/>	\$40	\$48	
Beginning Portraiture	<input type="checkbox"/>	\$40	\$48	
Drawing with Colored Pencils 1	<input type="checkbox"/>	\$40	\$48	
Drawing with Colored Pencils 2	<input type="checkbox"/>	\$40	\$48	
Life Drawing	<input type="checkbox"/>	\$40	\$48	
Drawing: Studio Class	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 1 1:00	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 2 3:00	<input type="checkbox"/>	\$40	\$48	
Watercolor Basics	<input type="checkbox"/>	\$50	\$60	
Watercolor Intermediate	<input type="checkbox"/>	\$50	\$60	
Watercolor Advanced	<input type="checkbox"/>	\$40	\$48	
Weaving Beyond the Basics				
Wednesday 9:00-11:00	<input type="checkbox"/>	\$55	\$66	<input type="checkbox"/> \$20
Wednesday 11:30-1:30	<input type="checkbox"/>	\$55	\$66	<input type="checkbox"/> \$20
Workshop: Painting Therapy	<input type="checkbox"/>	\$15	\$18	

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Evening Art Courses</u>			
Acrylic Painting	<input type="checkbox"/>	\$50	\$60
Beginner/Again Watercolor	<input type="checkbox"/>	\$50	\$60

Dance Courses

Line Dancing	<input type="checkbox"/>	\$20	\$24
Beginner Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36
Intermediate Tap Dancing	<input type="checkbox"/>	\$30	\$36
Zumba Gold	<input type="checkbox"/>	\$30	\$36

On the Road Trips

Wadsworth Atheneum	<input type="checkbox"/>	\$60	\$72
Mamma Mia! at WBT	<input type="checkbox"/>	\$80	\$96
Foxwoods Casino	<input type="checkbox"/>	\$30	\$36
Chihuly at NYBG	<input type="checkbox"/>	\$80	\$96

Special Events

Annual Meeting	<input type="checkbox"/>	no fee	
Health and Fitness Day	<input type="checkbox"/>	no fee	

Hobby and Sports Courses

Basketball Clinic	<input type="checkbox"/>	\$30	\$36
Bridge - Assisted Play	<input type="checkbox"/>	No fee	
Bridge Play and Analyze	<input type="checkbox"/>	\$30	\$36
Comedy	<input type="checkbox"/>	\$30	\$36
Cooking with Chef Jehan			
Thursday	<input type="checkbox"/>	\$12	\$15
Friday	<input type="checkbox"/>	\$12	\$15
Duplicate Bridge			
Monday	<input type="checkbox"/>	\$15	\$18
Partner (if any): _____			
Friday	<input type="checkbox"/>	\$15	\$18
Partner (if any): _____			

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<u>Hobby and Sports Courses</u>				
Genealogy				
Adv Beg Genealogy Monday	<input type="checkbox"/>	\$40	\$48	
Adv Beg Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Continuing Genealogy Tuesday	<input type="checkbox"/>	\$40	\$48	
Intermediate Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Book Project Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Advanced Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
2017 Calendar Year Database Fee	<input type="checkbox"/>			\$20
Knitting and Crocheting	<input type="checkbox"/>	\$30	\$36	
Piano Lessons				
Beginner	<input type="checkbox"/>	\$30	\$36	
Beginner Repeat	<input type="checkbox"/>	\$60	\$70	
Intermediate Beginner	<input type="checkbox"/>	\$60	\$70	
Advanced Beginner	<input type="checkbox"/>	\$60	\$70	
Pickleball Beginning	<input type="checkbox"/>	\$30	\$36	
Pickleball Ladder Play	<input type="checkbox"/>	\$30	\$36	
Quilt or Sew	<input type="checkbox"/>	\$40	\$48	

Evening Hobby and Sports Courses

Cooking with Chef Jehan	<input type="checkbox"/>	\$12	\$15	
Sanctioned Duplicate Bridge To register, email dlthornton@sbcglobal.net				

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Technology Courses</u>			
Intro to Computer	<input type="checkbox"/>	\$30	\$36
Microsoft Excel	<input type="checkbox"/>	\$15	\$18
Photoshop Level 2	<input type="checkbox"/>	\$30	\$36
Photoshop Advanced	<input type="checkbox"/>	\$30	\$36
<u>Evening Technology Courses</u>			
Photoshop Level 3	<input type="checkbox"/>	\$30	\$36

Before you register, consider this...

Although your class fee may be just \$30, it actually costs Founders Hall \$90 to provide that class to you. How can we offer such a discount? Because members like you donate to Founders Hall in addition to paying program fees. If you have not yet made a donation this year, why not send one in with your registration? That's the ONLY way we can continue to offer low-cost, life-long learning.

Payment

Total Program Fees: \$_____

Donation: \$_____

Total Enclosed: \$_____

Payment Method

Check enclosed payable to Founders Hall
You may submit one check for your entire registration.

Cash (hand-delivered)

Credit Card (Visa, Mastercard or American Express)
A 4% processing fee will be added to the transaction.

Card number: _____

Exp. date: _____ cvc: _____



FOUNDERS CIRCLE

ANONYMOUS	JULIENNE DANIELS	WILLIAM OSGOOD
JOAN ANTKIW*	LIZ GOLDSTONE	JOANNE PATRICK
STEPHEN ANTKIW	STEVEN GOLDSTONE	JOHN PATRICK
ROSE M. ANTONUCCI*	MARYANN GRIERSON	CAROL M. PERINE
THERESA BACH	PETER GRIERSON	CANDACE PLECHAVICIUS
LEE V. BLUM	EMELIE HOWARD	MARY LAURA PRITCHARD
JOAN BUBERT	CLAUDIA KELLY	TOM PRITCHARD
JIM CHRISTIANO	JAMES KELLY	BARBARA SCHNEIDER*
JEANNE COOK	ALINE LAWRENCE*	HELENE TAYLOR
ELAINE COURI	DOLORES MACNEILL	ALAYNE VLACHOS
JOHN COURI	MARGARET McEACHERN	<i>*in grateful memory</i>
JACK DANIELS*	BEVERLY OSGOOD	

Founders Circle is a legacy society comprised of passionate people who are leaving a bequest to Founders Hall in their wills. These legacy gifts allow us to maintain and improve our beautiful building, expand programming to meet the needs of an evolving membership, and develop initiatives that will carry Founders Hall forward for future generations.

To join Founders Circle, simply name Founders Hall as a beneficiary in your will specifying either a dollar amount or a percentage of the remaining estate after all expenses are paid. You can also make Founders Hall a beneficiary of a life insurance policy, trust, 401(k), or IRA.

You don't need great wealth to leave a bequest. It is the commitment you are making, not the amount of the gift that is so important. Simply tell us you have made arrangements for a gift to Founders Hall (no need to specify any details) and we will include you as a member of Founders Circle.

The Battle Returns



**SUNDAY
JUNE 4
4 - 7PM
at FOUNDERS HALL**

Watch three fabulous chefs
as they match sharp knives
and quick wits in this
mouth-watering,
soul satisfying,
culinary showdown.

BATTLE of the Chefs

TO BENEFIT FOUNDERS HALL



Fairfield County Bank

TICKETS

General: \$100

Chef's Table: \$500

www.founders-hall.org

or call 203.431.7000

in late-April

FOUNDERS HALL 193 Danbury Road, Ridgefield, CT

FOUNDERS HALL SPRING 2017

On the Road Program

The following trips will depart from Pond's Edge Executive Park, 901 Ethan Allen Highway (Route 7). The executive park is south of the intersection of Routes 35 and 7.

Please enter through the south entrance, which is near Ace Tire and across the street from Ridgefield Self-Storage. There is a sign that says "Medical and Professional Park" at the entrance. Founders Hall staff will direct you to a parking spot from there.

The bus will leave promptly at the assigned time. We are not able to wait for any late arrivals, no exceptions.

Fine Art and Flowers at the Wadsworth Atheneum

Celebrate spring at the Wadsworth Atheneum's Fine Art & Flowers exhibit. Floral arrangements and garden designs inspired by masterworks from the permanent collection are showcased throughout the galleries. Florists, garden clubs, and interior designers from throughout New England participate in this highly anticipated event, creating floral works of art for visitors to enjoy. The fee includes lunch in the museum café.

Friday, April 28 9:30AM-4:00PM Fee: \$60/\$72NR

Mamma Mia! at Westchester Broadway Theater

Based on the songs of the Swedish pop group ABBA, Mama Mia! is set on the Greek island of Kalokairi. A 20-year-old woman named Sophie wants to have a traditional wedding and hopes her father will walk her down the aisle, but there's one problem: she has no idea who her father is! With help from her mother's journal, she narrows the possibilities down to three men, and hilarity ensues as they all claim her as their child. Featuring all the hits you know and love, like "Dancing Queen", "Thank You for the Music", and, of course, "Mamma Mia!", this show will have you singing and dancing in the aisles.

Wednesday, May 17 9:45AM-5:00PM Fee: \$80/\$96NR

FOUNDERS HALL SPRING 2017

Foxwoods Casino

This trip includes transportation and coupons for food and gambling. Be sure to check out the Tanger Outlets at Foxwoods.

Monday, May 22 8:00AM-6:00PM Fee: \$30/\$36NR

Chihuly Exhibit at New York Botanical Garden/Lunch on Arthur Avenue

Breathtaking works of art by world-renowned artist Dale Chihuly will be on view at NYBG in his first major garden exhibition in more than ten years in New York. CHIHULY will showcase approximately 20 installations and include drawings and early works that reveal the evolution and development of Chihuly's artistic process during his celebrated career. After a guided tour of the exhibit we will have lunch at Emilia's on Arthur Avenue with time for shopping after.

Tuesday, June 13 8:30AM-5:30PM Fee: \$80/\$96NR

A minimum of 40 registrants is required for each trip.

REHAB BY RVNA

hands·on care...

REHAB by
rYna
PHYSICAL, OCCUPATIONAL
& SPEECH THERAPY

Whether you need out-patient physical, occupational or speech therapy, our therapists will help you return to the things you love.

27 Governor Street | Ridgefield, Connecticut
ridgefieldvna.org | 203.438.RVNA (7862)

Rehab by RVNA is a subsidiary of RVNA

FOUNDERS HALL SPRING 2017

Seminar Series

Is Privacy Dead?

Richard Frisch Friday, March 31 1:00PM

2017 Updates in Estate Planning and Elder Law

Ann Fowler-Cruz Friday, April 21 1:00PM

Hearing Technology

Mike Gravitz & Barbara Nagot Friday, April 28 1:00PM

Travelogue: Greenland

Ben and Darla Shaw Friday, May 5 1:00PM

The Fine Art of DeCluttering

Deirdre Dolan Nesline Friday, May 19 1:00PM

Fundraising Events

Antique Appraisal and Gold Sale Day

Wednesday, April 12 12:00PM

Battle of the Chefs

Sponsored by Fairfield County Bank Sunday, June 4 4:00-7:00PM

FOUNDERS HALL SPRING 2017

Tastings and Teas

Taste of Salt and Jazz Friday, March 10 2:00-3:30PM
Sponsored by Laurel Ridge Health Care

Tea Shop Tea Friday, April 7 2:00-3:30PM
Sponsored by Laurel Ridge Health Care

Geography Bee Tea Friday, May 12 2:00-3:30PM
Sponsored by Rehab by RVNA

Books of Summer Tea Friday, June 9 2:00-3:30PM
Sponsored by Books on the Common

New Member Coffees

Monday, March 13 10:30-11:30AM

Tuesday, June 6 10:30-11:30AM

Special Events

Annual Meeting Tuesday, May 16 11:30AM

Health and Fitness Day Wednesday, May 24 9:00AM
Sponsored by Western Connecticut Health Network

FOUNDERS HALL SPRING 2017

Hobby and Sports Program

*The Hobby and Sports Program is sponsored by
The Wadsworth Russell Lewis Trust Fund and
Ridgefield Parks and Recreation*

Basketball for Fun Clinic

BASKETBALL? FOR YOU? ARE WE KIDDING? No, and neither are the seniors who are already taking part in our unique exercise program. Why don't you join us, using the moves used in basketball to keep yourself fit and limber, but without the running. Of course, if you feel so good after our class that you want to run to Stop & Shop and back, that's up to you. Class will meet at Ridgefield Parks and Rec. Class will not meet on April 12.

Wednesday 1:15-2:15PM First class: March 29
Coaches: JoAnn Cali and Jim Arcuri Fee: \$30/\$36NR (10 Sessions)

Bridge: Assisted Play

Experienced players will be available to assist play and answer questions.

Tuesday 10:00AM-12:00PM First Class: March 28
Coaches: J. Clark, D. Thornton, C. Vazzana No Charge

Bridge: Play and Analyze

This class is designed for bridge players who wish to improve all aspects of their game. Random, computer-generated hands will be played simultaneously by all students followed by in-depth discussions of bidding, offense and defensive play. Relevant new conventions will be discussed. No class May 24.

Wednesday 10:00AM-12:00PM First class: March 29
Instructor: Debbie Thornton Fee: \$30/\$36NR (8 Sessions)

FOUNDERS HALL SPRING 2017

Comedy: Learning Stand Up

Find your funny! This stand-up comedy workshop for absolute beginners will help you develop a 3-5 minute monologue to perform at a graduation show at Founders Hall in front of your family and friends. Each class will consist of comedy instruction and practice performance and critique in a friendly helpful environment. Instructor Barry Schaffer is the self-proclaimed World's Funniest Actuary (ret.) and unofficial Lewisboro Town Punster. Class will be limited to 12.

Thursday 2:30 - 4:00PM First Class: March 30
Instructor: Barry Schaffer Fee: \$30/\$36NR(9 sessions)

Cooking with Chef Jehan De Noüe

Chef Jehan returns to demonstrate recipes and share cooking tips and techniques.

Section 1: Thursday, May 4 11:00AM-1:00PM
Section 2: Friday, May 5 11:00AM-1:00PM
Instructor: Chef Jehan De Noüe Fee: \$12/\$15NR (1 Session)

Duplicate Bridge

Enjoy bridge playing the same hands as other pairs (duplicate). This approach will challenge your skill regardless of 'luck of the deal.' If you are registering with a partner, please include your partner's name on the registration form. This class is limited to 62 participants. Pre-requisite for Duplicate Bridge is proficiency with duplicate bridge rules and play. Assisted Bridge on Tuesdays affords an opportunity to learn the mechanics and etiquette of Duplicate Bridge. Class will not meet April 14.

Section 1 Monday 10:00AM-12:30PM First Class: March 27
Section 2 Friday 10:00AM-12:30PM First Class: March 31
Directors: Debbie Thornton and Bob Kimerling Fee: \$15/\$18NR (10 Sessions)

Drop-in Groups

Chess	Mondays	1:30-4:30PM	
Gardeners	third Friday	1:00-2:30PM	Jack Hughes
Needlework Group	Thursdays	12:00-1:45PM	
Quilting Group	Tuesdays	2:00-4:00PM	
Rughooking	Wednesdays	1:30-4:00PM	Ethel Eckhaus
Woodcarving	Mondays	1:30-4:00PM	Jim Callahan

FOUNDERS HALL SPRING 2017

Hobby and Sports Program (continued)

Founders Hall Band

The Founders Hall Band is open to any person, with any type of instrument, who is willing to learn music. The group meets on Friday mornings in the Living Room. For music, contact Darla Shaw, Band Manager.

Band Director: Bill Palmer Friday 9:30-11:30AM No Charge

Founders Hall Singers

This singing group meets once a week to work on a variety of music. New members are welcome. The group will not meet May 29.

Director: Daniela Sikora Monday 12:30-1:45PM No Charge

Genealogy

Gathering information about one's family is one of America's biggest hobbies. The various course levels range from the basics of census and immigration research through more advanced research techniques, and finally putting it all together in a wonderful book with documents, photos and stories.

Please note: Completion of Beginning Genealogy is a prerequisite for these classes. Please check with Toni regarding correct class placement

Advanced Beginner Genealogy	Monday	9:30-11:30AM
Advanced Beginner Genealogy	Thursday	10:30AM-12:30PM
Continuing Genealogy	Tuesday	11:30AM-1:30PM
Intermediate Genealogy	Thursday	2:30-4:30PM
Book Project Genealogy	Thursday	8:30-10:30AM
Advanced Genealogy	Thursday	12:30-2:30PM

Instructor: Toni McKeen First Class week of March 27
 Fee: \$40/\$48NR (10 Sessions)

2017 Calendar Year Database Fee: \$20

FOUNDERS HALL SPRING 2017

Knitting and Crocheting

Work on the project of your choice, meet other knitters and crocheters, be inspired by your classmates' projects, troubleshoot problems, get important hints and tips along with a discount at a local store. You can learn a new skill or technique, cure your "finishing phobia," bring a "show and share" or start from the beginning. This is a large class, so bring ample patience. Class will not meet May 16.

Tuesday 12:15-2:15PM First Class: March 28
 Instructor: Jo Ann Brown Fee: \$30/\$36NR (10 Sessions)

Piano Lessons

These classes are limited to seven students. Schedule is subject to change.

Beginner*	Thursday 12:15-1:15PM	Fee: \$30/\$36NR (10 Sessions)
Int. Beginner	Thursday 11:00AM-12:15PM	Fee: \$60/\$70NR (10 Sessions)
Adv. Beginner	Thursday 9:30-11:00AM	Fee: \$60/\$70NR (10 Sessions)
Instructor: Ed Kadziewicz		First Class: March 30

*Fee to repeat Beginning Piano Class: \$60/\$70NR

Pickleball - Beginners

Pickleball is a blend of tennis, badminton and ping pong. Pickleball is a great way to meet new people and play a game that is right for a variety of skill levels and ages. It is a fun, easy sport to learn! Come swing a paddle with us and enjoy one of the fastest growing sports in America. Class will meet at the Parks and Recreation Center gym. No class April 13.

Thursday 1:15-2:30PM First Class: March 30
 Instructors: Janice Pauly and Ted Seibert Fee: \$30/\$36NR (9 Sessions)

Pickleball: Ladder Play

Test your pickleball skills as part of an informal ladder league. Players registering for the session will be randomly placed on a ladder and grouped with three other players for matches to be played each Friday. Players move up and down the ladder based on their game results. A fun way to practice pickleball with groups of similarly skilled players. Class meets at Parks and Recreation Center gym. No class Apr. 14.

Friday 1:15-2:30PM First Class: March 31
 Instructors: Janice Pauly and Ted Seibert Fee: \$30/\$36NR (9 Sessions)

FOUNDERS HALL SPRING 2017

Hobby and Sports Program (continued)

Quilt or Sew

This class will be a combination of quilting and/or sewing. Continue your quilting journey or learn to use a sewing machine from the very start, read a pattern, begin to make garments or simple home decorating items or refresh your sewing skills. General sewing supplies needed for both mediums. Class is limited to 10 participants. No class May 16.

Tuesday 10:00AM-12:00PM

First Class: March 28

Instructor: Jo Ann Brown

Fee: \$40/\$48NR (10 Sessions)

Evening Hobby Program

Culinary Series

Cooking with Chef Jehan De Noüe: Chef Jehan returns to demonstrate recipes and share cooking tips and techniques.

Tuesday 6:00-8:00PM

Class date: May 2

Instructors: Chef Jehan De Noüe

Fee: \$12/\$15NR (1 Session)

ACBL Sanctioned Duplicate Bridge

In our fully sanctioned ACBL duplicate bridge game, players may earn masterpoints in full compliance with rules, regulations and protocol established by the American Contract Bridge League. Play is open to Founders Hall members and a guest.

As space is limited, Founders Hall members may secure a reserved spot in each week's game by emailing the director at dlthornton@sbcglobal.net until the Tuesday afternoon preceding the game. If you have pre-registered, please inform the director immediately if you become unable to play.

Reservations will be held until 5:45PM at which time spaces will be made available for walk-ins. Non-members are welcome to join us by following the same sign-in procedure and being advised there are seats available.

Payment will be collected at the door or see Tracy to pre-pay.

Thursday 6:00-9:00PM

Director: Debbie Thornton

Fee: \$11/\$13NR per game

FOUNDERS HALL SPRING 2017

Technology Program

Introduction to Computer

Designed for the novice who wishes to learn the fundamentals of computers, this introduction to computer systems and programs will include Microsoft Windows and Word and various other computer applications. This class will be taught using Windows 7 operating system and Microsoft Word 2010. Class will not meet May 29.

Monday 1:00-2:30PM

First class: March 27

Instructor: Carl Scala

Fee: \$30/\$36NR (10 Sessions)

Excel

Join this introductory Excel class to gain an understanding of a spreadsheet, learn to organize data in rows and columns, and perform mathematical calculations.

This data may be used to create charts and graphs. Microsoft Excel is part of the MS Office Suite. Math made easy!

Monday 3:00-4:30PM

First class: March 27

Instructor: Anita Vallee

Fee: \$15/\$18NR (4 Sessions)

Open Computer Lab

Need help? On Fridays from 10AM-12 noon, coaches will be on hand to answer questions and give additional assistance to computer class students. This program is free of charge.

Open Tech Lab

Need help with your electronic devices? A volunteer will be in the Computer Lab on Fridays from 2-3PM to answer questions and assist you. This program is free of charge.

FOUNDERS HALL SPRING 2017

Technology Program (continued)

Photoshop Elements 8 Level 2

Having learned to use many tools to enhance photos, in this class we will peel away the “mystery” of using layers. Students will also expand their skills by exploring the advanced use of gradients, working with text, hand coloring B/W photos, correcting color cast, and many other fun tricks. Completion of Beginning Level of Photoshop Elements 8 is a prerequisite for this class.

Tuesday 3:00-4:30PM

First Class: March 28

Instructor: Toni McKeen

Fee: \$30/\$36NR(10 sessions)

Photoshop Elements 8 Advanced Level

After completing the three levels of Photoshop Elements 8 and learning how to use the tools and tricks, you will now have the opportunity to master these techniques by practicing on your own photos with the help of the instructor. Bring your photos to class on a flash drive.

Prerequisites for class: Completion of all 3 levels of Photoshop 8.

Tuesday 1:30-3:00PM

First Class: March 28

Instructor: Toni McKeen

Fee: \$30/\$36NR(10 sessions)

Evening Technology Program

Photoshop Elements 8 Level 3

This class continues from Photoshop Level 2, working on mastery of some of the more creative tools and great special effects possible with the program.

Prerequisites for class: Completion of Beginning Level Photoshop Elements 8 and Photoshop Elements 8 Level 2.

Tuesday 7:00-8:30PM

First Class: March 28

Instructor: Toni McKeen

Fee: \$30/\$36NR(10 sessions)

2017 FITNESS PROGRAM

*The Fitness Program is sponsored by
The Paul and Johanna Laszig Trust and Barker Welfare Foundation*

Fitness classes are offered on a monthly basis. Registration for 2017 Fitness Classes opened October 18, 2016. Please call regarding availability of classes.

Aerobics

A low-impact exercise program offered throughout the year for muscle conditioning and increased body strength.

Section 1 Mon./Wed./Fri. 8:30-9:30AM

Section 2 Mon./Wed./Fri. 9:35-10:35AM

Instructor: S. Consentino, P. Crotty, S. Neumann Fee: \$35/\$42NR per month

Aquacize

This low-impact water exercise program uses flotation devices to improve joint flexibility, relieve pain and stiffness, and tone muscles.

Tues./Thurs. 9:30-10:30AM

Location: Parks & Recreation

Instructor: Parks & Rec Staff

Fee: \$35/\$42NR per month

Core

Pilates approach will be used in this core strengthening program. Stretching and use of free weights will strengthen the overall body as well as improve flexibility and balance. The class will use both mats and chairs.

Mon./Wed. 3:30-4:30PM

Instructor: Patti McEvoy Maloney

Fee: \$35/\$42NR per month

Stretch and Flex

This mostly-seated workout addresses the full body, focusing on flexibility and range of motion. This positive-attitude exercise approach incorporates lifting, reaching, stretching and breathing exercises, which can make even everyday activities easier.

Mon./Wed. 2:25-3:25PM

Instructor: Colleen Cugine

Fee: \$35/\$42NR per month

Founders Hall Foundation, Inc.
193 Danbury Rd.
Ridgefield, CT 06877

NONPROFIT ORG
U.S. Postage
PAID
Danbury, CT
Permit No. 2082

Printing Sponsored by
r•yna
RIDGEFIELD VISITING
NURSE ASSOCIATION