



FOUNDERS HALL

Summer 2017

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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 Summer Semester begins on Monday, June 19. 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 14-16 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 Tuesday, June 6** 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
On the Road Program:	Ridgefield Professional Office Complex
Seminar Speakers:	Union Savings Bank
Social Events:	Books on the Common Fairfield County Bank First Light Home Care Laurel Ridge Health Care Center Ridgefield Crossings

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.

SUMMER 2017 CALENDAR

- 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 16.....Seminar: The Mongolia Incident: The Letters of a
WWI Nurse
- June 19.....Summer Semester Begins
- June 30.....Independence Picnic
*sponsored by Fairfield County Bank and
Ridgefield Crossings*
- July 3.....Founders Hall Closed for Independence Day
- July 4.....Founders Hall Closed for Independence Day
- July 7.....Seminar: Honduras
- July 10.....Trip: Opus 40
- July 13.....Book Discussion: Miss Emily
- July 14.....Soft Cheese Tasting
sponsored by Laurel Ridge Health Care
- July 26.....Trip: Annie at WBT
- August 10.....Book Discussion: A Gentleman in Moscow
- August 11.....Sundae Tea
sponsored by Laurel Ridge Health Care
- August 15.....Trip: New Britain Museum Trip
- August 25.....Seminar: Bhutan

SUMMER 2017 CALENDAR

- August 28.....New Member Coffee
- August 28.....Fall Semester Registrations Due
- September 1Fashion Show Tea
sponsored by First Light Home Care
- September 4Founders Hall Closed for Labor Day
- September 11Fall Semester Begins



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.

Entertainment
Open Bar
Food
Fun

TICKETS
General: \$100
Chef's Table: \$500

www.founders-hall.org
or call 203.431.7000

BATTLE of the Chefs
TO BENEFIT FOUNDERS HALL

Fairfield County Bank

FOUNDERS HALL 193 Danbury Road, Ridgefield, CT

FOUNDERS HALL SUMMER 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 July 18, September 19 and November 2, 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.

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 July 4 or August 15.

Tuesday 10:30AM-12:00PM

First Class: June 20

Instructor: Cheryl Panosian Haddad

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

FOUNDERS HALL SUMMER 2017

Beautiful Amalfi Coast

Let's spend the summer together "visiting" the Amalfi Coast via a virtual tour. If you have been there, it is a wonderful way to relive those fond memories. If not, it is an easy way to experience its beauty. Even Italians from other areas readily admit that the Amalfi Coast is the most beautiful area of Italy. Driving along the curving Amalfi Drive, we will visit the famous towns along the coast, including Sorrento, Amalfi, Capri, Positano, and Ravello as well as the ruins of Pompeii and Herculaneum. Along with the sights, we will learn about the favorite traditional foods of the area, the origins of pizza, the manufacture of handmade papers and the ceramic factories for which the area is famous, as well as celebrate some of their festivals. Toni will include some special details and photos from her daughter's wedding in Italy. Limoncello, anyone?

Instructor: Toni McKeen

First Class: June 21

Section 1 Wednesday 10:30AM-12:00PM

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

Section 2 Wednesday 1:15-2:45PM

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.

June 8 Some Luck by Jane Smiley

July 13 Miss Emily by Nuala O'Connor

August 10 A Gentleman in Moscow by Amor Towles

Thursday 3:00-4:30PM

Facilitator: Mary Rindfleisch of Ridgefield Library

No Charge

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.

Wednesday 10:00-11:30AM

First class: June 21

Facilitator: Bill Monti

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

FOUNDERS HALL SUMMER 2017

Academic Program (continued)

New World

From the folk music and primitive paintings of the early settlers, through the comfortable domesticity of the worlds created by Antonin Dvořak and Mary Cassatt, through the controversial and often strident innovations of John Cage, Leonard Bernstein, Jackson Pollock and Andy Warhol in the 20th century, to the younger composers of today, this series looks at the parallel development of music and art in America.

1. The Plymouth Settlers - Psalmody, Folk Song & Primitivism
2. The Age of Romanticism - Dvořak, MacDowell & Gottschalk
3. The Mavericks - Charles Ives & George Crumb
4. Appalachian Spring - Aaron Copland
5. The Jazz Age - Scott Joplin & George Gershwin
6. The Age of Anxiety - Leonard Bernstein, André Previn, Randall Thomson & George Antheil
7. New Horizons - Roy Harris, Carl Ruggles, John Cage, George Crumb
8. Today - Phillip Glass, John Adams, John Harbison, Leonardo Balada

Please note: class will not meet July 13.

Instructor: Michael Lankester

First class: July 6

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

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

Section 2 Thursday 1:00-2:30PM

Fee: \$30/\$36NR (8 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.

Monday 2:00-4:30PM

First Class: July 17

Moderator: Anton Deiters

Fee:\$25/\$30NR (7 Sessions)

FOUNDERS HALL SUMMER 2017

Evening Academic Program

Brahms

"He is not polished enough for the drawing room; he is not fiery enough for the concert hall; for the countryside he is not primitive enough; and not cosmopolitan enough for the town. He is, however, a true colossus who treads this earth...."

Joseph Joachim

"It is his fresh mind, his exuberant imagination, gloriously gifted nature, the noble heart, and the depth of feeling, that I love in him..."

Clara Schumann

"I have finally realised whose music moves me to the core - Johannes Brahms!"

Lorin Maazel

1. The Hamburg Years - Introduction to Joachim & The First Tours
2. 'The Young Eagle' - Robert & Clara Schumann
3. Return to Hamburg - The Orchestral Serenades
4. Vienna (1) - Choral Conductor & The Rift with Wagner
5. Vienna (2) - Variations on The St. Anthony Chorale & Eine Deutsches Requiem
6. Leipzig - Symphony No.1
7. Meiningen - Master of Song, Violin Concerto & Symphony No.2
8. Vienna (3) - Symphony No.3
9. Vienna (4) - Clara Schumann and Symphony No.4

Please note: class will not meet July 13.

Thursday 6:30-8:00PM

First Class: July 6

Instructor: Michael Lankester

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

FOUNDERS HALL SUMMER 2017

Evening Academic Program (continued)

Blood Pressure and Heart Rate: Making Sense of the Numbers

This educational session will discuss how the heart and vascular system works, describe the significance of the blood pressure and pulse readings, and explain ways to maintain a healthy blood pressure (i.e. diet, exercise, stress management, and medications commonly used for blood pressure management).

Tuesday 6:30-8:00PM

First Class: June 20

Instructor: Monica Sousa

No Fee (1 Session)

Tips for Overall Healthy Heart

This educational session will review how the heart works and how you can influence how well it works. Healthy eating, weight management, physical activity and other general tips will be discussed to help you stay heart healthy.

Tuesday 6:30-8:00PM

First Class: June 27

Instructor: Monica Sousa

No Fee (1 Session)

FOUNDERS HALL SUMMER 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.

A minimum of 40 registrants is required for each trip.

Opus 40

During a period of 37 years, Harvey Fite, one of the founders of the Bard College Fine Arts Department, created a monumental 6½-acre bluestone sculpture. Constructed by this one man, Opus 40 is a labyrinthine world of finely fitted stone, swirling with ramps and terraces constructed around pools and trees and fountains, rising out of bedrock a half mile deep. We will tour the sculpture park and meet Harvey's son for a talk on his father's work. Then we will enjoy an Italian buffet lunch at Sue's Restaurant in Saugerties.

Monday, July 10

8:30AM-5:00PM

Fee: \$65/\$78NR

Annie at the Westchester Broadway Theatre

One of the world's best-loved musicals and winner of seven Tony Awards returns to the WBT! Annie is a spunky Depression-era orphan determined to find her parents, who abandoned her years ago on the doorstep of a New York City orphanage run by the cruel, embittered Miss Hannigan. In adventure after fun-filled adventure, Annie foils Miss Hannigan's evil plots, befriends President Franklin Delano Roosevelt and finds a new family and home in billionaire Oliver Warbucks, his secretary Grace Farrell, and a lovable mutt named Sandy. Includes unforgettable songs such as "It's the Hard-Knock Life," "Easy Street," "I Don't Need Anything But You," and "Tomorrow."

Wednesday, July 26

9:45AM-5:00PM

Fee: \$80/\$96NR

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FOUNDERS HALL SUMMER 2017

On the Road Program (continued)

California Dreaming and Gallery of the Louvre at New Britain Museum of Art

In the post-war Los Angeles of the early 1950s, where the movie industry dominated the cultural landscape like a colossus, a stirring began in the visual arts that was to define a uniquely original, and uniquely American contribution to the painting and sculpture of the past 65 years. California Dreaming at the New Britain Museum of American Art will present more than 100 important works from 1952 to the present by Ed Moses, Billy Al Bengston, and Ed Ruscha. Their work defines an epoch in American painting. This exhibit will shine a long overdue spotlight on their collective achievement. We will also see Samuel F.B. Morse's monumental painting Gallery of the Louvre (1831-1833), and see a film about its extensive conservation treatment in 2010. Created in Paris and New York, Gallery of the Louvre was Morse's masterwork and the result of his studies in Europe.

Tuesday, August 15

9:15AM-5:00PM

Fee: \$60/\$72NR

Technology Program

Microsoft Word

Learn the extensive capabilities of Microsoft Word in this nine-week class. Formatting (including bullets, borders and shading), headers and footers, WordArt, SmartArt, clip art, personal letters, newsletters, watermarks, tables and more will be covered. This class will be taught using Windows 7 operating system and Microsoft Word 2010. Class will not meet July 4.

Tuesday 9:30-11:00AM

First class: June 27

Instructor: Anita Vallee

Fee: \$30/\$36NR (9 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 Friday afternoons to answer questions and assist you. This program is free of charge.

SUMMER 2017 REGISTRATION

Here are the steps for registration:

1. Read the course book and select programs.
2. Complete the form on pages 14 – 16 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 Tuesday, June 6.**

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.

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.

Founders Hall

SUMMER 2017 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

Academic Courses

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
Art of Writing	<input type="checkbox"/>	\$30	\$36
Beautiful Amalfi Coast			
Section 1 10:30AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:15PM	<input type="checkbox"/>	\$30	\$36
Current Events	<input type="checkbox"/>	\$12	\$15
New World			
Section 1 10:45AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36
Writing Workshop	<input type="checkbox"/>	\$25	\$30

Evening Academic Courses

Brahms	<input type="checkbox"/>	\$30	\$36
Heart Numbers	<input type="checkbox"/>	No fee	
Heart Tips	<input type="checkbox"/>	No fee	

Sign me up

Course Fee

Art Courses

		Ridgefield	Non-Ridgefield
Carved Dimensional Paintings	<input type="checkbox"/>	\$50	\$60
En Plein Air: Local Landscapes	<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 Beg / Intermediate	<input type="checkbox"/>	\$40	\$48
Watercolor Intermediate / Advanced	<input type="checkbox"/>	\$40	\$48
Artists' Choice	<input type="checkbox"/>	\$40	\$48

Evening Art Courses

Sculptural Artists Books	<input type="checkbox"/>	\$40	\$48
Watercolor Beginning/Intermediate	<input type="checkbox"/>	\$40	\$48

Hobby and Sports Courses

ACBL Sanctioned Duplicate Bridge		Contact Tracy to register	
Bridge - Assisted Play	<input type="checkbox"/>	No fee	
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): _____			
Knitting and Crocheting	<input type="checkbox"/>	\$30	\$36
Learn to Play			
Canasta	<input type="checkbox"/>	\$5	\$6
Hand and Foot	<input type="checkbox"/>	\$5	\$6
Mah Jongg	<input type="checkbox"/>	\$5	\$6
Mexican Train Dominoes	<input type="checkbox"/>	\$5	\$6
Pinochle	<input type="checkbox"/>	\$5	\$6
Scrabble	<input type="checkbox"/>	\$5	\$6
Quilt or Sew	<input type="checkbox"/>	\$40	\$48

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Evening Hobby & Sports Courses</u>			
Cooking with Chef Jehan	<input type="checkbox"/>	\$12	\$15

<u>Technology Course</u>			
Microsoft Word	<input type="checkbox"/>	\$30	\$36

<u>On the Road Trips</u>			
Opus 40	<input type="checkbox"/>	\$65	\$78
Annie! at WBT	<input type="checkbox"/>	\$80	\$96
New Britain Museum	<input type="checkbox"/>	\$60	\$72

<u>Special Events</u>			
Independence Picnic	<input type="checkbox"/>	\$10	\$12

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 HALL SUMMER 2017

Art Program

Carved Dimensional Paintings

This class is a combination of relief carving and painting with acrylics. Balsa foam, which carves like butter and paints like wood, will be used to create a relief carving. Once the carving is complete, it will be sealed and painted with acrylic paints, creating a dimensional painting. These techniques can be applied to all subject matters and are suitable for both beginning and experienced carvers and painters. A variety of relief carving and acrylic painting techniques will be demonstrated in each class. If you choose to do a second carved painting there will be an additional material fee of \$15 for 9"x12"x1" balsa foam.

Class will meet on June 19, July 10, 17, 24, 31 and August 7.
 Monday 12:15 - 2:15PM First Class: June 19
 Instructor: Jean Linville Fee: \$50/\$60NR (6 Sessions)

En Plein Air: Exploring Local Landscapes

This class will take place primarily outdoors at a variety of locations. Rainy or excessive heat days will be spent in the art studio developing field sketches into finished drawings and/or paintings. We will meet each week at Founders Hall to carpool to a variety of locations including The Hickories, Mamasasco Lake, and any other locations that the class wants to explore, such as Weir Farm or the grounds of the Hammond Museum. Students are free to use their favorite portable media such as pencil, colored pencil, pastels or watercolors in the field. In the studio, field sketches can be refined or used as inspiration for new artworks created with any media including acrylic paint. Topics covered in the field will include atmospheric and linear perspective, how to frame and compose a landscape and techniques for capturing the essence of sky, land and water. The first class, June 19th, will meet in the art studio at Founders Hall and then move outdoors.

Class will meet on June 19, July 10, 17, 24, 31 and August 7.
 Monday 2:30 - 4:30PM First Class: June 19
 Instructor: Jean Linville Fee: \$40/\$48NR (6 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 SUMMER 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: June 21
Section 2	Wednesday 3:00-5:00PM	First Class: June 21
Instructor: Bonnie Weber		Fee: \$40/\$48NR (10 Sessions)

Watercolor Beginning/Intermediate

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.

Thursday 10:00AM-12:00PM	First Class: June 22
Instructor: Tina Phillips	Fee: \$40/\$48NR (6 Sessions)

Watercolor Intermediate/Advanced

There will be a “Summer Subject” or “Still Life” to paint. Or you can bring your own inspiration.

Thursday 1:00-3:00PM	First Class: June 22
Instructor: Tina Phillips	Fee: \$40/\$48NR (6 Sessions)

Artists Choice of Summer Painting

Tina will introduce a different painting medium each week (such as fabric paint, floor cloths, acrylic on canvas, silk painting, mixed media). Or you may work on your own pieces.

Friday 10:00AM - 12:00PM	First Class: June 23
Instructor: Tina Phillips	Fee: \$40/\$48NR (6 Sessions)

FOUNDERS HALL SUMMER 2017

Evening Art Program

Sculptural Artists’ Books for Travelers

Explore the wonderfully diverse and creative world of artists’ books as you learn how to construct a hand-bound book that will include text, images and a shadowbox area that can hold small three-dimensional objects. Gather up your travel journal, photos, maps, tickets and other small mementoes from your trips and come and learn a variety of techniques to incorporate them into a unique artist’s book. Book construction, pamphlet stitch, stab and hinge binding as well as techniques for building an interior shadow box will all be demonstrated. The materials fee is included.

Class will meet on June 20, July 11, 18, 25, August 1, 22.

Tuesday 6:00 - 8:00PM	First Class: June 20
Instructor: Jean Linville	Fee: \$40/\$48NR (6 Sessions)

Watercolor: Beginner/ Intermediate

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.

Thursday 6:00 - 8:00PM	First Class: June 22
Instructor: Tina Phillips	Fee: \$40/\$48NR (6 Sessions)

FOUNDERS HALL SUMMER 2017

Seminar Series

*The Seminar Series is generously sponsored by
Union Savings Bank*

The Mongolia Incident: The Letters of a WWI Nurse

Vernon Beck Friday, June 16 1:00PM

Honduras

Dr. Nancy Sutera Friday, July 7 1:00PM

Bhutan

Mari and Ian Lewis Friday, August 25 1:00PM



FOUNDERS CIRCLE

These forward-thinking and caring individuals are linking their legacy with Founders Hall by leaving a bequest in their wills. Ensuring future donations helps both this generation and the next. For that, we are extremely grateful.

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

FOUNDERS HALL SUMMER 2017

Tastings and Teas

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

Soft Cheese Tasting Friday, July 14 2:00-3:30PM
Sponsored by Laurel Ridge Health Care

Sundae Tea Friday, August 11 2:00-3:30PM
Sponsored by Laurel Ridge Health Care

Fashion Show Tea Friday, September 1 2:00-3:30PM
Sponsored by First Light Home Care

New Member Coffees

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

Monday, August 28 10:30-11:30AM

Special Events

Independence Picnic

Sponsored by Fairfield County Bank and Ridgefield Crossings
Friday, June 30 12:00-2:00PM \$10/\$12NR

Fundraising Event

Battle of the Chefs Sunday, June 4 4:00-7:00PM
Sponsored by Fairfield County Bank

For ticket and sponsorship information, see Cindy Nesbitt.

FOUNDERS HALL SUMMER 2017

Hobby and Sports Program

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

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.

Founders Hall members may secure a reserved spot in each week's game by contacting Tracy by phone (203/431-7000) or email (tracy@founders-hall.org). If you have pre-registered, please inform Tracy immediately if you become unable to play. Reservations will be held until 3:15PM 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 3:30-6:30PM

Director: Debbie Thornton

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

Bridge: Assisted Play

Experienced players will be available to assist play and answer questions. Class will not meet July 4.

Tuesday 10:00AM-12:00PM

First Class: June 20

Coaches: J. Clark, D. Thornton, C. Vazzana

No Charge

Cooking with Chef Jehan De Noüe

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

Section 1: Thursday, August 3

11:00AM-1:00PM

Section 2: Friday, August 4

11:00AM-1:00PM

Instructor: Chef Jehan De Noüe

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

FOUNDERS HALL SUMMER 2017

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 July 3.

Section 1 Monday 10:00AM-12:30PM First Class: June 19

Section 2 Friday 10:00AM-12:30PM First Class: June 23

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 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

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 July 4

Tuesday 12:15-2:15PM

First Class: June 20

Instructor: Jo Ann Brown

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

FOUNDERS HALL SUMMER 2017

Hobby and Sports Program (continued)

Learn to Play

Learn the basics and enjoy playing these classic games.

Canasta July 6 and 13 12:30PM
Instructors: Cookie Shapiro & Lisa Corso Fee: \$5/ \$6NR

Hand and Foot June 19 and 26 1:00PM
Instructors: Ben Cordova & Cindy Nesbitt Fee: \$5/ \$6NR

Mah Jongg June 21 & 28 1:00PM
Instructor: Grace Weber Fee: \$5/ \$6NR

Mexican Train Dominos July 12 & 19 12:30PM
Instructor: Tracy Dubin Fee: \$5/ \$6NR

Pinochle August 2 & 9 1:00PM
Instructor: Bob Moriarty Fee: \$5/ \$6NR

Scrabble August 17 & 24 12:30PM
Instructor: Lisa Corso Fee: \$5/ \$6NR

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 July 4.

Tuesday 10:00AM-12:00PM First Class: June 20
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: August 1
Instructors: Chef Jehan De Noüe Fee: \$12/\$15NR (1 Session)

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

2017 FITNESS PROGRAM

Strength and Balance

A challenging exercise program that uses free weights and other tools in standing, sitting and floor workout routines to strengthen abdominal and lower back muscles, increase flexibility and improve body alignment. Participants must be able to use floor mats.

Beginner*	Mon./Wed./Fri.	12:35-1:20PM
Adv. Beginner*	Mon./Wed./Fri.	11:45AM-12:30PM
Intermediate 1*	Mon./Wed./Fri.	10:45-11:40AM
Intermediate 2**	Mon./Wed./Fri.	1:25-2:20PM

*Instructor: Susan Consentino Fee: \$35/\$42NR per month

**Instructor: Patti McEvoy Maloney Fee: \$35/\$42NR per month

Tai Chi

This “soft” form of martial arts is considered a safe and effective isometric exercise. Tai Chi can help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

Beginner	Mon./Fri.	8:30-9:15AM	Fee: \$30/\$36NR per month
Advanced Beginner	Mon./Fri.	9:15-10:00AM	Fee: \$30/\$36NR per month
Intermediate	Tues./Thurs.	12:00-1:00PM	Fee: \$35/\$42NR per month

Instructor: Mari Lewis

Introduction to Tai Chi

This introduction class meets once a week and will focus on the basics of Tai Chi in a workshop-like format.

Wed. 8:30-9:30AM

Coach: Diane Kerner Fee: \$12/\$14NR per month

Seated Stretching & Relaxation

An easy (to moderate) approach to increase and improve flexibility and range of motion and posture. The program will include a combination of basic and gentle stretching, breath awareness and relaxation.

Tues./Thurs. 1:05-1:50PM

Instructor: Barbara Reidy Fee: \$30/\$36NR per month

2017 FITNESS PROGRAM

Seated Yoga

Stretching, breathing techniques and relaxation are the focus of this seated class.

Tues./Thurs. 11:05-11:50AM Fee: \$30/\$36NR per month

Instructors: Supriya Swerdlick Hermenze and Liz Wendel

Yoga and Relaxation

These classes include warming stretches, yoga postures and breathing techniques. Section 1 includes some intermediate level postures and longer holds and is suitable for students with some experience with postures. Section 2 combines slow and easy movements and is suitable for new students and those wanting a mellow practice.

Section 1: Moderate Level Tues. Liz / Thurs. Valerie 8:30-9:45AM

Section 2: Gentle Class Tues. Liz/ Thurs. Supriya 9:45-11:00AM

Instructors: Liz Wendel, Supriya Swerdlick Hermenze, Valerie Rich

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

Evening Fitness Program

Strength, Core and More

This class incorporates strength, flexibility, balance and core work. While working at a lively tempo, all-over toning will be achieved using multiple muscle groups followed by stretching. Weights, bands and small weighted balls will be incorporated for a full body workout.

Tues./Thur. 6:00-7:00PM

Instructor: Lindy Olszewski

Fee: \$40/\$48NR per month

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