Winter 2022

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INTRODUCTION

Information
Office Hours: Monday - Friday, 8:00AM-5:00PM
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

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
The Leir Foundation

Art Program:
The Anna-Maria and Stephen Kellen Foundation

Fitness Program:
Barker Welfare Foundation
The Paul and Johanna Laszig Trust
Ridgefield Parks and Recreation

Hobby & Sports Program:
Ridgefield Parks and Recreation
Ridgefield Thrift Shop
The Wadsworth Russell Lewis Trust Fund

Social Program:
The Greens at Cannondale and Wilton Meadows
Keystone Place at Wooster Heights
Ridgefield Crossings

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

Programs are subject to change and/or cancellation.

Dear Members,
Our Winter 2022 Semester will consist of in-person classes, Zoom classes, and a few hybrid classes. Please remember that these classes are only for Founders Hall members.

If the pandemic situation requires it, we will pivot to Zoom programs.
Registration for Winter 2022 is similar to previous years, with an online option and a mail-in option. The online option saves significant staff resources so I hope you will try that if you haven’t before.

Members attending Founders Hall in-person must submit a waiver and show proof of vaccination. Read the following for more details on the requirements for In-Person attendance at Founders Hall.

In-Person Attendance Information
Our goal is to keep Founders Hall members, instructors and staff healthy while gathering in-person and enjoying each other’s company. To achieve that, each of us plays an important role. Abiding by these expectations and rules is necessary to keep our community safe and to make our in-person programs successful. These rules apply to classes, events, and drop-in visits.

The Rules:
1. If you don’t feel well, please stay home.
2. All attending members must show proof of COVID-19 vaccination.
3. Members must submit a signed Founders Hall COVID-19 waiver.
4. If you test positive for the virus, please inform Grace immediately.
5. Seating will be set up for social distancing. Please don’t move chairs.

What to Expect When You Arrive:
• All members must complete the check-in process prior to entering the building.
• The first time you visit Founders Hall for an event or class, you must submit your signed waiver and show proof of vaccination.
Registration
You can register and pay for semester programs online or by mail. Registrations are due by Monday, December 6 at 4:30PM.

How to Register Online
Log into your Community Pass account and simply follow the prompts to review the programs, make your choices and complete the registration. You can securely pay electronically (with a small processing fee added to the total) or you can choose to pay by check.

If you have NOT activated a Community Pass account, please email Tracy Dubin (tracy@founders-hall.org). She will send you a log-in user name and password so you can take advantage of online registration for Winter semester.

If you don't use email or would like some guidance in using online registration, please call Tracy or Grace for help.

If you prefer to use paper
Complete the form on pages 15 - 18 and mail with payment.

Whether You Register Online or On Paper
Winter semester programs begin on Monday, January 3. Programs are subject to change and/or cancellation. If you have registered for a Zoom class, you will receive a link for that class the evening before class meets.

If more people are interested in a class than there are available spaces, we will use a random lottery to assign places. All PAID registrations received by 4:30PM on Monday, December 6 will be included in any necessary lotteries. If there is not space for you in a class, we will notify you and refund your payment.

No news is good news. You will not hear from us if we are able to enroll you as requested.

Registrations are non-transferrable. We do keep waiting lists for those who wish to join a filled class.

Academic Program
The Academic Program is generously sponsored by Rudy and Sally Ruggles, Nick and Anita Donofrio and The Leir Foundation

Book Discussion ~ In-Person
Join your friends, new and old, for an in-person monthly book discussion. Books are available through Ridgefield Library and/or Hoopla, one of the Library’s e-content services (link on Library website). Copies of the books may be available at the Front Desk at Founders Hall.

January 13    The Weight of Ink by Rachel Kadish
February 10   Margaret the First by Danielle Dutton
March 10      The Exiles by Christina Baker Kline

Thursday 3:00-4:30PM
Facilitator: Staff members of Ridgefield Library

No Charge

Classical Wisdom: Seneca, Ethical Letters ~ On Zoom

Letter XVI
Every hour of the day countless situations arise that call for advice, and for that advice we have to look to philosophy.

Philosopher, statesman, orator, adviser to Emperors, such were among the remarkably diverse talents of Lucius Annaeus Seneca (c.4BCE-C65). Above all, however, he was a natural writer and a kind of confidant or mentor to his legion of readers, inviting them to think about the ordinary predicaments of daily life arising from the human condition. In keeping with Stoic tradition, his advice was eminently concise, sensible, candid, often witty, and situated within his vision of humans as members of a universal community of mankind. Forty letters of counsel to his young friend, Lucilius, have been included for their general interest in our common text, Seneca: Letters from a Stoic, Penguin Classics, ISBN 13:978-0-140-44210-6. Please read the ‘Introduction’ and Letters II, III, V, VI, VII & VIII before our first meeting.

This course will be conducted virtually; accordingly registration will be limited to 23 participants.

Friday 10:00 -11:30AM
Facilitator: Howard Jacobs
Fee: $15/$18NR (8 Sessions)
**Current Events ~ In-Person**

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: January 5  
Facilitator: Bill Monti  
Fee: $15/$18NR (10 Sessions)

**Film - Eight Spy Movies ~ In-Person and on Zoom**

Bob Klaeger returns with eight Spy movies. He begins with Marlene Dietrich facing a firing squad in Dishonored (1931) and ends with Benedict Cumberbatch, with mustache, undercover in Moscow in The Courier (2021). In between are six familiar (Bond!), and not so familiar (An Englishman Abroad). Trench coats optional.

Due to technical requirements, all Zoom attendees will tune in from 1-4 PM on Mondays.

**In-Person Class:**
- **Section 1:** Tuesday 10:00AM-1:00PM  
  First Class: January 4
- **Section 2:** Tuesday 1:30-4:30PM  
  First Class: January 4

**Zoom Class:**
- **Monday** 1:00-4:00PM  
  First Class: January 3
- **Instructor:** Robert Klaeger  
  Fee: $30/$36NR (8 Sessions)

**French Intermediate ~ On Zoom**

This class is for those who have taken French Intermediate with Françoise. It is also appropriate for anyone with two years of high school French. The emphasis will be on developing good communication skills, reinforcing grammar and building vocabulary.

This class will use the book: Communication Progressive du Français - Niveau intermediaire - 2e édition by Claire Miquel (green cover).

**Tuesday** 3:00-4:30PM  
First class: January 4
- **Instructor:** Françoise Lampe  
  Fee: $30/$36NR (8 Sessions)

**French Advanced ~ On Zoom**

This class is for those with prior knowledge of the language or with the equivalent of three or four years of high school French. The emphasis will be on improving speaking fluency and expanding vocabulary. This will be achieved through discussion of current events and reading of news articles and selected French literary works. The course will also build on the basic framework of French grammar and reinforce sentence structure and pronunciation.

**Friday** 3:00-4:30PM  
First class: January 7
- **Instructor:** Françoise Lampe  
  Fee: $30/$36NR (8 Sessions)

**Great Decisions ~ In-Person**

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.

**Monday** 10:30AM -12:30PM  
First Class: January 17
- **Facilitators:** George Eggleston & Janet Andersen  
  Fee: $35/$42NR (8 Sessions)

**History: Countdown 1945 ~ In-Person**

Come join us as we read Countdown 1945: The Extraordinary Story of the Atomic Bomb and the 116 Days That Changed the World by Chris Wallace (available via the registration form for $15). The title alone should be enough to draw you in. These are some of people we will read about: Albert Einstein, J. Robert Oppenheimer, Harry Truman and George Marshall.

Should the United States have dropped the bomb on Japan? How will a rookie President of the US face this challenge? As stated on the jacket cover: Told with vigor, intelligence, and humanity, Countdown 1945 is the definitive account of one of the most significant moments in history. **Class will not meet February 23.**

**Wednesday** 3:15-4:30PM  
First Class: January 5
- **Instructor:** Mike Settanni  
  Fee: $30/$36NR (10 Sessions)
**Italian: Continuing ~ In-Person**

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. The Level 4 class is mainly for conversation, reading articles / books and of course some grammar. These are good classes for those planning a trip to Italy or for those who just want to experience the beauty of the Italian language.

- **Level 3**
  - Monday 10:30AM-12:00PM
  - First Class: January 3
  - Instructor: Lisetta Farris
  - Fee: $40/$48 NR (10 Sessions)
- **Level 4**
  - Monday 12:30-2:00PM
  - First Class: January 3
  - Instructor: Lisetta Farris
  - Fee: $40/$48 NR (10 Sessions)

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**Iconic Buildings Part 4 ~ In-Person and on Zoom**

Continuing to explore magnificent buildings, office skyscrapers, opera houses, monuments, and museums, we will travel about the world including Washington DC and NYC. We will take a close look at the buildings and learn about the interesting backstories of how they came to be...or almost didn’t!

- **Instructor:** Toni McKeen
- **Section 1**
  - Wednesday 10:00-11:30AM
  - Fee: $30/$36 NR (10 Sessions)
- **Section 2**
  - Wednesday 1:00-2:30PM
  - Fee: $30/$36 NR (10 Sessions)

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**Investments Discussion ~ In-Person**

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.

- **Tuesday** 10:00-11:30AM
  - First Class: January 4
  - Facilitators: Charlie Taney and Arthur Levine
  - Fee: $15/$18 NR (10 Sessions)

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**Italian: Beginners Continuing ~ In-Person**

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** 9:00-10:30AM
  - First Class: January 3
  - Instructor: Lisetta Farris
  - Fee: $40/$48 NR (10 Sessions)

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**Music with Michael Lankester: The Art of Good Conduct ~ In-Person and on Zoom**

‘All manner of singular body movements ... As a sforzando occurred he tore his arms, previously crossed upon his breast, with great vehemence asunder. At the piano he crouched down lower and lower to show the degree of softness. If a crescendo entered he gradually rose again and at a forte jumped into the air.’

- On Beethoven Conducting by Ludwig Spohr

‘The art of conducting consists in knowing when to stop conducting and just let the orchestra play.’

- Herbert von Karajan

‘Music can name the unnameable and communicate the unknowable.’

- Leonard Bernstein

Over the years I have often been asked if I would consider a series on the subject of conductors and conducting. I have hesitated in the past because I thought that simply comparing and contrasting different conductor’s interpretations of the same music would be insufficiently interesting and perhaps not even discernible, given the infinite subtleties involved. But now, I think I know how to do it. From Guido di Arezzo to Carlo Maria Giulini, Mozart to Mengelberg, Bach to Bernstein, and so many more, I shall attempt to examine the very nature of conducting, the technique, the personalities involved, the specialists, the pitfalls, and the towering performances that continue to resonate to the present day.

- **Section 1**
  - Thursday 10:30AM-12:00PM
  - First Class: January 6
  - Instructor: Michael Lankester
  - Fee: $30/$36 NR (10 Sessions)
- **Section 2**
  - Thursday 1:00-2:30PM
  - First Class: January 6
  - Instructor: Michael Lankester
  - Fee: $30/$36 NR (10 Sessions)
The Struggle for Racial Justice  ~ In-Person
This course is designed to initiate a discourse on why a country founded on the most basic principles of human rights continues to struggle with the issue of racial justice. We will start with a review of the real history of Reconstruction, not the one you were taught in high school. Next up will be a discussion of Jim Crow Laws and the subsequent battle for civil rights in the 1960’s, followed by the law-and-order reaction of the late 1970’s and 1980’s and finally into the current call for racial justice, The Black Lives Matter Movement. Each week, the moderator, will present material from a range of historians and writers, such as Eric Foner, John Meacham, W.E.B. Du Bois, James Baldwin and Ta-Nehisi Coates. Poems, letters, plays and song lyrics will be utilized to provide a cultural context to the discussions. Federal legislation, Supreme Court decisions, and a wealth of empirical data will also be considered. Class is limited to 25 participants. In addition to eight Mondays, class will meet on Fridays January 21 and January 28.
Monday and some Fridays 1:00 -2:30PM  First Class: January 3
Moderator: Tom McIntyre Fee: $15/$18NR  (10 Sessions)

Writing: A Shared Experience  ~ In-Person
This collegial group of writers meets weekly to share short pieces of prose and poetry. The aim is to improve writing through the constructive criticism of fellow members of the group.
Tuesday 10:00AM-12:00PM  First Class: January 4
Class Directed Fee:$30/$36NR  (10 Sessions)

Shelley's Children: Drama of Social Conscience  ~ In-Person
In ‘A Defence of Poetry,’ Percy Bysshe Shelley wrote that ‘poets are the unacknowledged legislators of the world.’ In this course, we will see how this view of authors and their work resonates within both serious and comical plays by five important 20th-century playwrights. Racism; the dangers, responsibilities, and ethical questions raised by advances in technology; Big Business and the environment; fearmongering as a weapon in politics and society; ostracism and otherness are some of the themes we’ll encounter, issues which continue to challenge us in the present day. During class, we will have a chance to read aloud and otherwise interpret scenes from the plays (no thespian experience necessary!) as well as to engage in lively discussion of the texts. Be assured that, despite the content of the plays, the class will not become a forum for political or social debate.
We will read, in order, R.U.R by Karel Capek (Penguin Classics edition), The Madwoman of Chaillot by Jean Giraudoux (Dramatist’s Play Service, Inc. edition), The Crucible by Arthur Miller, Orpheus Descending by Tennessee Williams, A Raisin in the Sun by Lorraine Hansberry. This in-person only class is limited to 20 participants.
Thursday 3:00 - 4:30PM  First Class: January 6
Instructor: Maggie Seligman Fee: $30/$36NR  (10 Sessions)

Adventures in Poetry  ~ In-Person
Poetry rides on the pulse. It simply asks to be invited from the heart to the mind. Simply to be read and pondered. It need not baffle, it need only be delight or thought or poignance. Usually all three. We will read and we will hear the poem. And ask it into our thoughts. We’ll take the poem from dusty shelf to brightened day. To enjoy. To remember.
Friday 10:00-11:30AM  First Class: January 7
Instructor: Ira Joe Fisher Fee: $30/$36NR  (10 Sessions)

Writing Workshop  ~ In-Person
‘We each have a story to tell. It needs to be told; it wants out. Discover your story in this writing workshop where each participant is both a teacher and a pupil. The process is joyful and rewarding, as we hone our skills and learn.’ Each week, write something of your choice within two pages - an essay, memoir, poem, short story - read it in a friendly environment, and receive constructive feedback focused on clarity, grammar, punctuation, and organization of the piece. Everyone stands to gain as we sharpen our writing skills. The class will be limited to 11.
Monday 2:00-4:30PM  First Class: January 3
Moderator: Anton Deiters Fee:$15/$18NR  (8 Sessions)
**Dance Program**

**Tap Dancing Continued ~ In-Person**
Continue to develop your tap dancing technique in this class with Karen.

- **Tuesday** 2:00-3:00PM
- **First Class:** January 4
- **Instructor:** Karen Casagrande
- **Fee:** $30/$36NR (10 Sessions)

**Zumba Gold ~ On Zoom**
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! Great for the mind, body and soul, Zumba is fun, easy, different and effective. HAVE FUN AND STAY FIT!

- **Thursday** 9:30-10:30AM
- **First Class:** January 6
- **Instructor:** Roxane Angotta
- **Fee:** $30/$36NR (10 Sessions)

**Technology Program**

**iPhone Beyond Beginner to Intermediate**
This is a beyond beginner to intermediate class introducing many iPhone functions. General topics include: Where to get help, Contacts, Phone, Camera, Calendars, Photos and Albums, Security, iCloud and Backups, the Internet, FaceTime, Email, Apps and Texting. This class ONLY covers Apple phones and not any other brand/manufacturers’ devices. You must have an iPhone model 6S or higher. Also, you must be on a current version of the Operating System. Any version that starts with a ‘14’ or higher will be fine. Because this is a beyond beginner/intermediate class we assume you already understand and can use some of the basic phone functions: how to use the phone and add contacts, send an email and take pictures with the camera. If you do not know how to do these basic functions, this class might prove too challenging.

- **Wednesday** 10:30AM-12:00PM
- **First Class:** January 26
- **Instructor:** Michele Schor
- **Fee:** $30/$36NR (8 Sessions)

**Photoshop Level 2 ~ In-Person**
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 Photoshop is a prerequisite for this class.

- **Tuesday** 11:30AM-1:00PM
- **First Class:** January 4
- **Instructor:** Toni McKeen
- **Fee:** $30/$36NR (10 Sessions)

**Photoshop Level 3 ~ In-Person**
This class continues from Photoshop Level 2 by mastering some of the more creative tools and great special effects possible with the program. Students must have taken Photoshop Levels 1 and 2 as a requirement for this class.

- **Tuesday** 10:00-11:30AM
- **First Class:** January 4
- **Instructor:** Toni McKeen
- **Fee:** $30/$36NR (10 Sessions)

**Open Tech Lab**
Need help with computer classes or electronic devices? A volunteer will be in the Computer Lab on many Fridays from 2-4PM to answer questions and assist you.

- **Fridays** 2:00-4:00PM
- **No fee.**
Here are the steps for paper registration:
1. Read the course book and select programs.
2. Complete the form on pages 15 – 18 indicating your contact information and the programs you want to take.
3. If registering for more than one person, please indicate, with initial or name, who is taking which class(es).
4. 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.”
5. Indicate your payment method:
   • Check, payable to Founders Hall. You may submit one check for your entire registration.
   • Credit card: Visa, MasterCard, Discover or American Express. We will add a 4% processing fee to the transaction.
6. Mail your completed registration form and payment so that it arrives at Founders Hall by 4:30pm on Monday, December 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. Please note: only paid registrations will be included in any lottery.

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

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<th>Course Fee Non-Ridgefield</th>
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<td>How to Draw Shadows and Light</td>
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## Hobby and Sports Courses

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## Dance Courses

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## Technology Courses

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## Genealogy

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E-mail debsslam@gmail.com.
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<td>Piano Lessons</td>
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<td>Beginner Repeat</td>
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**Fitness Classes**

Please call Tracy Dubin regarding availability and registration.

**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. 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, Discover or American Express)
  - A 4% processing fee will be added to the transaction.

Card number: ________________________
Exp. date: __________  cvc: ________  Zip Code ________

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**Founders Hall Winter 2022**

**Seminar Series**

Death, Taxes and the Probate Fee: Some Things in Life We Can’t Avoid - How to Make the Probate Process Simpler
Ann Fowler-Cruz  Friday, February 18  1:00PM

Birds on the Brink: What Is Happening and What We Should Do About It
Ben Oko  Friday, February 25  1:00PM

**Special Events**

**Billiards Singles Tournament**
$8/$10NR  Wed. & Thur., Feb. 2 & 3  10:00AM

**Tastings and Teas**

**Chili Tasting**
Sponsored by Ridgefield Crossings  Friday, January 14  2:00-3:30PM

**Jazz Tea**
Sponsored by Ridgefield Crossings  Friday, February 11  2:00-3:30PM

**Maple Syrup Tasting**
Sponsored by Keystone Place at Wooster Heights  Friday, March 11  2:00-3:30PM

**New Member Welcome Coffees**
Sponsored by The Greens at Cannondale and Wilton Meadows  Tuesday, March 15  10:30-11:30AM
Art Program

Sponsored by the Anna-Maria and Stephen Kellen Foundation

Continuous Line Scribble Drawing ~ In-Person
The amusing challenge of Scribble Art is to create a finished drawing using only one continuous line - generally without lifting the drawing implement (ballpoint pen, thin-line marker, gel pen, pencil, etc.) off the paper until the work of art is complete.

In this course, we will explore different types of linework, a variety of tools, backgrounds and colors, and even combine two or more tools and/or colors to create truly unique sketches of any chosen subject. It’s often best to work quickly while holding the pen or pencil loosely to create the most dramatic effects. So, let’s loosen up a little, shall we?

Class participants will be limited to 8.
Tuesday 10:30AM - 12:00PM First Class: January 11
Instructor: Moki Kokoris Fee: $40/$48NR (8 Sessions)

How to Draw Shadows and Light (Glow) - Colored Pencils ~ In-Person
Knowing where and how to add either shadows or light-glow to your subject or scene can make your drawings much more striking and dramatic. In this course, students will learn the fundamental methods of adding definition, contrast and emphasis to their colored pencil art.

We will cover both the forms of shadows based on the type and angle of the light source, and their effects on the surface upon which the shadows are cast.

As we progress, the class will explore the differences between edge-light and backlighting and glow intensity. We will also study the subtle values created by moonlight, candlelight or artificial light, and how they affect tints and colors.

Each of these nuances generates its individual emotional response in the observer of the artwork.

Class participants will be limited to 8.
Tuesday 3:00 - 4:30PM First Class: January 11
Instructor: Moki Kokoris Fee: $40/$48NR (8 Sessions)

Monochromatic Drawing and Beyond - Colored Pencils ~ In-Person
Monochrome art is generally produced using a single color, though tonal variations are created through shades or tints, and sometimes textures.

Analogous color ‘families’ appear adjacent to one another on the color wheel, i.e. blue, blue-green, and green, or orange, orange-yellow, and yellow. Because there is little contrast between analogous hues, the artist must rely much more on value and saturation.

Students will experiment with a narrow range of color choices (no more than four separate hues), and will be challenged to produce the same work of art in two forms: one monochromatic, and the other using analogous colors.

Class participants will be limited to 8.
Tuesday 1:00 - 2:30PM First Class: January 11
Instructor: Moki Kokoris Fee: $40/$48NR (8 Sessions)

Drawing Studio Workshop ~ In-Person
This studio time affords an opportunity to work with like-minded colored pencil artists.

Monday 2:30-4:30PM First Class: January 3
Instructor: Open Session Fee: $10/$12NR (10 Sessions)

Life Drawing ~ In-Person
Students work each week from a live model. Models are organized by the group. During the last half-hour, peers will critique each others work. A model fee, based on the number of students in the workshop, will be collected at the first class.

Wednesday 10:00AM-12:00PM First class: January 5
Instructor: Donatella Gagliano Fee: $40/$48NR (10 Sessions)
**Oil Painting Section 1 ~ In-Person**
For experienced or beginner artists, this course will cover painting techniques, color mixing, composition and painting styles as well as varied painting subjects - still life, landscape, portrait and figures. The art studio atmosphere is coupled with art direction and guidance and freedom to experience new things. Canvas fee is $3.

Artists will be responsible for cleaning shared equipment both before and after use.

Wednesday 1:30 - 3:00PM  
Instructor: Bonnie Weber  
Fee: $40/$48NR (10 Sessions)

**Oil Painting Section 2 ~ In-Person**
For experienced or beginner artists, this course will cover painting techniques, color mixing, composition and painting styles as well as varied painting subjects - still life, landscape, portrait and figures. The art studio atmosphere is coupled with art direction and guidance and freedom to experience new things. Canvas fee is $3.

Artists will be responsible for cleaning shared equipment both before and after use.

Wednesday 3:15 - 4:45PM  
Instructor: Bonnie Weber  
Fee: $40/$48NR (10 Sessions)

**Intermediate to Advanced Watercolor ~ In-Person**
This class is for experienced watercolorists. Tina will provide a demonstration of a technique, then assist with application of it in a group painting session. As always, the 2 hour class time may be used for your own personal painting.

Artists will be responsible for cleaning shared equipment both before and after use.

Section 1  
Thursday 10:30AM - 12:30PM  
First Class: January 6  
Instructor: Tina Phillips  
Fee: $40/$48NR (6 Sessions)

Section 2  
Thursday 1:30 - 3:30PM  
First Class: January 6  
Instructor: Tina Phillips  
Fee: $40/$48NR (6 Sessions)

**Basketball for Fun Clinic ~ In-Person**
Want to feel like a kid again? Then consider joining the men and women of the “Seniors on the Ball” basketball team. Why join? It’s a fun way to work on your balance, coordination and flexibility. We exercise, do drills and yes, the last 20 minutes or so of the session, we play a controlled, senior type of basketball on a reduced size court. As an added bonus, you will get to know some of the nicest people in Founders. No experience necessary, just a fun loving spirit. Team members are in their 70s, 80s, no one in their 90s yet. **Class will not meet February 23.**

Wednesday 1:15-2:15PM  
First Class: January 5  
Coaches: JoAnn Cali and Jim Arcuri  
Fee: $35/$42NR (10 Sessions)

**Bridge: Beginners With Experience/Skills ~ In-Person**
This class is intended for two groups of students: 1) as a continuation for those who have recently taken a True Beginners class at Founders Hall or elsewhere and 2) a refresher for those who have played bridge before but feel “rusty” about their current skill level.

The class will be based on 5 card Majors, Standard American and will continue to employ the Beginners textbook : *Bridge for Everyone* by Crisfield, available through the registration form for $20.

Thursday 9:30-10:30AM  
First class: January 6  
Instructor: Mike Hess  
Fee: $30/$36NR (10 Sessions)

**Founders Hall Singers ~ In-Person**
This singing group meets once a week to work on a variety of music. New members are welcome. **The group will not meet January 17 or February 21.**

Director: Daniela Sikora  
Monday 12:30-1:30PM  
No Charge
Bridge Intermediate / Advanced ~ In-Person
This class is for experienced players who want to improve their bidding, declarer play, and defense to the next level. We’ll focus on 2/1 Game Force, supplemented by Standard American bidding based on five-card majors and will cover important basic conventions, like Blackwood, Stayman, and transfers. Then we’ll build upon that knowledge and learn more about competitive conventions, like Michaels, Splinters, Jacoby 2NT, Negative Doubles, Roman Key Card Blackwood and New Minor Forcing. The class will also cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. Comprised of short classroom lectures followed by the bidding and play of real bridge hands, this class is for players who are ready for more complex play. Recommended texts: Bridge for Everyone, D. W. Crisfield ($20), and 25 Bridge Conventions You Should Know, Seagram and Smith ($16) are both available through the registration form.
Thursday 11:00AM-12:00PM  First class: January 6
Instructor: Mike Hess
Fee: $30/$36NR (10 Sessions)

Drop-in Groups ~ In-Person
Gardeners (March-Oct) third Friday 1:00-2:30PM Jack Hughes
Quilting Group Tuesdays 2:00-4:00PM
Rug Hooking Wednesdays 1:30-4:00PM
Weaving Wednesdays 10:00AM-12:00PM Sandy Hurd

Duplicate Bridge ~ In-Person
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.
Section 1 Monday 10:00AM-12:30PM First Class: January 3
Section 2 Friday 10:00AM-12:30PM First Class: January 7
Director: Bob Kimerling
Fee: $15/$18NR (10 Sessions)

Duplicate Bridge Online: ACBL Sanctioned Duplicate Bridge ~ ONLINE
NOW AVAILABLE: ONLINE Virtual ACBL Sanctioned Duplicate Bridge where players may earn masterpoints (currently earned at 150%). ALL PLAYERS, OF ALL ABILITIES, ARE WELCOME.
Founders Hall Virtual Duplicate Bridge Club is now online at Bridgebase Online (BBO). It is perfect for anyone wishing to play bridge for master points from home (yes, in your pjs!). And, these games support Founders Hall. Games are held online every Thursday afternoon at 4:00pm. We play 18 boards (paying full MPs+ an extra 50%) in 6 rounds and the game provides fun for about two hours. These games cost $6.00 per player.
Please email Director Debbie Thornton to get started (you will want to get an ACBL# for $8.00) and she will need to help you get set up on BBO. She is also available for tutorials to help you with the first steps to online bridge, which is a great deal of fun. After that, you will be able to sign up online at www.bridgebase.com/v3/ any time up to two hours before game time.
You can reach Debbie Thornton at: debsslam@gmail.com.
Thursday 4:00-6:00PM  On-going
Director: Debbie Thornton
Fee per game: $6 paid online

Genealogy ~ In-Person
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.
Completion of Beginning Genealogy is a prerequisite for the following classes. Please check with Toni regarding correct class placement.
Advanced Beginning Genealogy Thursday 11:30AM-1:30PM
Intermediate Genealogy Thursday 9:30-11:30AM
Advanced Genealogy Thursday 2:30-4:30PM
Instructor: Toni McKeen First Class: January 6
Fee: $40/$48NR (10 Sessions)
Annual Database Fee: $20 - required from all students registering for a Winter Semester class.
**Genealogy Book Project ~ In-Person**
This class is for those genealogists who want to “put some flesh on an ancestor” going beyond a birth, marriage and death record of that relative. As well as for those who have books in progress. With step by step help and lots of guidelines, you will produce a book you will be proud of and your family will love to read.
*Monday 10:30AM-12:00PM*
*Instructor: Toni McKeen*
*Fee: $40/$48NR (10 Sessions)*
*First Class: January 3*

**Knitting and Crocheting ~ In-Person**
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.
*Tuesday 1:15-3:15PM*
*Instructor: Jo Ann Brown*
*Fee: $30/$36NR (10 Sessions)*
*First Class: January 4*

**Piano Lessons ~ In-Person**
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 9:30-11:00AM*
*Fee: $60/$70NR (10 Sessions)*
*Adv. Beginner  *Thursday 11:00AM-12:15PM*
*Fee: $60/$70NR (10 Sessions)*
*Instructor: Ed Kadziewicz*
*First Class: January 6*
*Fee to repeat Beginning Piano Class: $60/$70NR*

**Pickleball - Beginners ~ In-Person**
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. **Class will not meet February 17 or 24.**
*Thursday 12:00-1:15PM*
*Instructor: Tom McIntyre*
*Fee: $20/$24NR (6 Sessions)*
*First Class: January 13*

**Pickleball - Continuing ~ In-Person**
This class is intended for those who have been through the beginners class and wish to further their skill level. Class will meet at the Parks and Recreation Center gym. **Class will not meet February 17 or 24.**
*Thursday 1:15-2:30PM*
*Instructor: Tom McIntyre*
*Fee: $20/$24NR (6 Sessions)*
*First Class: January 13*

**Pickleball: Ladder Play ~ In-Person**
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 similarly skilled players. Class meets at Parks and Recreation Center gym. **Class will not meet February 18 or 25.**
*Friday 12:00-2:30PM*
*Instructor: Tom McIntyre*
*Fee: $30/$36NR (8 Sessions)*
*First Class: January 7*
Founders Hall Fitness Jan-April 2022

Fitness Program

Sponsored by The Paul and Johanna Laszig Fund, Ridgefield Parks and Recreation and Barker Welfare Foundation

To check on availability and to register, please call Tracy at (203) 431-7000 or email her at tracy@founders-hall.org.

Aerobics ~ In-person
A low–impact exercise program offered for muscle conditioning and increased body strength.
Section 1: Mon./Wed./Fri.  9:00-9:55AM   Class is on-going
Instructor: Susan Neumann   Fee: $35/$42NR per month

Aerobics ~ On Zoom
A low–impact exercise program offered for muscle conditioning and increased body strength.
Section 1: Mon./Wed./Fri.  10:30-11:25AM   Class is on-going
Instructor: Susan Neumann   Fee: $35/$42NR per month

Aquacize ~ In-Person
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 ~ In-person and On Zoom
Pilates approach will be used in this core strengthening program. Stretching and use of hand weights will strengthen the overall body as well as improve flexibility and balance.
Mon./Wed.  3:00-4:00PM   Class is on-going
Instructor: Lindy Olszewski   Fee: $30/$36NR per month

Seated Stretching & Conditioning ~ In-person and On Zoom
An easy (to moderate) approach to increase and improve flexibility, strength and posture. The program will include a combination of gentle stretching, breath awareness and muscle and core strengthening.
Tues./Thurs.  1:05-1:50PM   Class is on-going
Instructor: Barbara Reidy   Fee: $30/$36NR per month

Strength and Balance 1 ~ In-Person
55-minute exercise program suitable for most levels improves body alignment and balance. Standing dance movement exercises combined with chair-seated hand-weights, abdominal strengthening exercises and flexibility stretches.
Mon./Wed./Fri.  11:00-11:55AM   Class is on-going
Instructors: Laura M. and Louise H.   Fee: $35/$42NR per month

Strength and Balance 2 ~ In-Person
This exercise program is a little faster paced and uses hand weights and other tools in standing and floor mat workout routines that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance. Participants in this class must be able to use floor mats.
Mon./Wed./Fri.  12:00-12:55PM   Class is on-going
Instructors: Laura M. and Louise H.   Fee: $35/$42NR per month

Strength and Balance Level 1 - Beginner with Susan ~ On Zoom
55-minute exercise program suitable for most levels improves body alignment and balance. Standing dance movement exercises combined with chair-seated hand-weights, abdominal strengthening exercises and flexibility stretches.
Mon./Wed./Fri.  10:00-10:55AM   Class is on-going
Instructor: Susan Consentino   Fee: $35/$42NR per month

Strength and Balance Level 2 - Intermediate with Susan ~ On Zoom
This exercise program is a little faster paced and uses hand weights and other tools in standing and floor mat workout routines that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance. Participants in this class must be able to use floor mats.
Mon./Wed./Fri.  11:00AM-12:00PM   Class is on-going
Instructor: Susan Consentino   Fee: $35/$42NR per month
Strength Core and More ~ In-person and On Zoom
This class incorporates strength, balance and core work. Total body toning will be achieved by using dumbbells, resistance bands and small weighted balls. Exercises will be done standing and on the floor with exercises on a mat.
Tues./Thurs. 5:00-6:00PM  Class is on-going
Instructor: Lindy Olszewski  Fee: $40/$48NR per month

Stretch and Flex ~ In-Person and On Zoom
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./Fri. 1:00-1:55PM  Class is on-going
Instructors: Laura M. and Louise H.  Fee: $35/$42NR per month

Tai Chi Beginner ~ On Zoom
Mari Lewis will teach the long form of the Yang Style Tai Chi Chuan. This ‘soft’ form of martial arts is considered a safe and effective isometric exercise. Tai Chi is known to help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.
Monday and Friday 8:30-9:30AM  Class is on-going
Instructor: Mari Lewis  Fee: $30/$36NR per month

Tai Chi Intermediate ~ On Zoom
For continuing students, Mari Lewis will teach the long form of the Yang Style Tai Chi Chuan. This ‘soft’ form of martial arts is considered a safe and effective isometric exercise. Tai Chi is known to help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.
Monday and Friday 9:30-10:30AM  Class is on-going
Instructor: Mari Lewis  Fee: $30/$36NR per month

Tai Chi Advanced ~ On Zoom
Mari’s continuing advanced students will continue their study and practice of the long form of the Yang Style Tai Chi Chuan.
Tues./Thurs. 10:00-11:00AM  Class is on-going
Instructor: Mari Lewis  Fee: $35/$42NR per month

Yoga and Relaxation Gentle ~ In-person and On Zoom
This class includes warming stretches, yoga postures and breathing techniques. It will combine slow and easy movements and is suitable for newer students and those wanting a mellow practice. Students will need to get up and down from floor mats.
Tues./Thurs. 9:50-11:00AM  Class is on-going
Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.)  Fee: $35/$42NR per month

Yoga and Relaxation Moderate ~ In-person and On Zoom
This class includes warming stretches, yoga postures and breathing techniques. This moderate class includes some intermediate level postures and longer holds and is suitable for students with some experience.
Tues./Thurs. 8:30-9:40AM  Class is on-going
Instructors: Liz W. (Tues.)/ Beverly L. (Thurs.)  Fee: $35/$42NR per month

Seated Yoga ~ In-person and On Zoom
Balancing mind and body through stretches, breath and relaxation techniques. Some standing is done using the chair as support. All levels are welcome.
Tues. Liz / Thurs. Supriya 11:10-11:55AM  Class is on-going
Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.)  Fee: $30/$36NR per month