



celebrating
20
years!

FOUNDERS HALL

Spring 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:

Anna-Maria and Stephen Kellen Foundation

Fitness Program:

Barker Welfare Foundation
The Paul and Johanna Laszig Trust
Nuvance Health
Ridgefield Parks and Recreation

Hobby & Sports Program:

Ridgefield Parks and Recreation
Ridgefield Thrift Shop
The Wadsworth Russell Lewis Trust Fund

Social Program:

Books on the Common
The Greens at Cannondale and Wilton Meadows
Keystone Place at Wooster Heights
RVNAhealth
Spring Village at Danbury

Closing and Cancellation

Closings for inclement weather will be posted on www.founders-hall.org.

Programs are subject to change and/or cancellation.

Dear Members,

Our Spring 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 Spring 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.

FOUNDERS HALL SPRING 2022

Registration

You can register and pay for semester programs online or by mail. Registrations are due by Monday, March 28 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 Spring 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

Spring semester programs begin on Monday, April 11. 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, March 28** 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*

Adventures in Poetry ~ In-Person

Poetry resides in each of us. In *all* of us. Our Friday gatherings will encounter three poems. We'll invite the poem into your mind. Into your heart. A poem is the sounds its words make. A poem is the effect it has upon you. From the page to the ear to the heart. To savor. To remember.

Friday 10:00-11:30AM

First Class: April 22

Instructor: Ira Joe Fisher

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

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.

April 14 The Lamplighters by Emma Stonex

May 12 Gingerbread by Helen Oyeyemi

June 9 Disappearing Earth by Julia Phillips

Thursday 3:00-4:30PM

Facilitator: Staff members of Ridgefield Library

No Charge

FOUNDERS HALL SPRING 2022

British Romanticism ~ In-Person

This course will provide a happy joyride through selected works by William Blake, Samuel Taylor Coleridge, William Wordsworth, Percy Bysshe Shelley, George Gordon, Lord Byron, Mary Shelley, and John Keats. We will careen merrily through the qualities that define the Romantic Movement and the characteristics of Romanticism and other philosophies which characterize the work of these writers. While also refreshing and honing our ability to read and analyze poetry, we will have the chance to explore an early example of the novel. Our goal will be to gain appreciation for and greater understanding of this significant, passionate and influential literary movement.

Texts of the poems are available online at poetryfoundation.org. For study and to use during class, it is recommended that you print copies for yourself. Any poems not available on this site will be provided. Likewise, Dover books is a great resource for inexpensive editions of selected works by all the poets except Blake, although beautiful facsimile editions of Blake's *Songs of Innocence* and *Songs of Experience* are also offered. A copy of *Frankenstein* by Mary Shelley will have to be purchased, borrowed from the library, or found on your own bookshelves. This in-person only class is limited to 20 participants.

Thursday 3:00 - 4:30PM

First Class: April 14

Instructor: Maggie Seligman

Fee: \$30/\$36NR (10 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. Class will not meet May 25.

Wednesday 10:00-11:30AM

First class: April 13

Facilitator: Bill Monti

Fee: \$15/\$18NR (10 Sessions)

FOUNDERS HALL SPRING 2022

Ethical Issues for 21st Century America ~ On Zoom

For every complex problem there is an answer that is clear, simple - and wrong.

H.L. Mencken, 1920

Arguably, the most insidious and perplexing of our nation's host of current social problems is the inexorable drift toward a deeply polarized society and the attendant risk of a quick-fix culture. Peter Singer, a widely acclaimed and accessible voice for applied philosophy, frames our nation's intensifying social disconnectedness as a fundamentally ethical issue adversely affecting the good we can do for the less fortunate among us. In his book, 'Ethics in the Real World: 82 Brief Essays on Things That Matter,' - and our common text - he casts the collective search for counteraction as an obligatory moral dialogue among the educated citizenry living in a democratic society. Before our first meeting, please read the *Introduction*, *Afterword* and the first set of essays under the title *Big Questions*.

This course will be conducted virtually; registration is limited to 20 participants.

Friday 10:00 -11:30AM

First Class: April 22

Facilitator: Howard Jacobs

Fee: \$15/\$18NR (8 Sessions)

Film - Robbery: The Heist Movie ~ In-Person and on Zoom

Bob Klaeger presents 10 movies that involve relieving institutions (mainly) of valuables, mainly cash, but also gold bars, and in one case a large room full of diamonds. Oh yeah, there are some guys (nice guys, you'll root for them) in pursuit of 50,000 cases of Scotch. Something goes wrong with the plan in most cases, and the fun is in the suspense of seeing if the crew gets away with it.

Robbers range from true professionals (The Asphalt Jungle and Ocean's 11 - yes, there are two VERY different versions of Ocean's 11), to a bunch of Scots fishermen (Whiskey Galore), to two elderly gentlemen who reside in a seedy London residential hotel (The Lavender Hill Mob). I hope you can join us.

Due to technical requirements, all Zoom attendees will tune in from 1-4 PM on Mondays. Class will not meet Tuesday, May 10 or Monday, May 30.

In-Person Class:

Section 1: Tuesday 10:00AM-1:00PM

First Class: April 12

Section 2: Tuesday 1:30-4:30PM

First Class: April 12

Zoom Class:

Monday 1:00-4:00PM

First Class: April 11

Instructor: Robert Klaeger

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

FOUNDERS HALL SPRING 2022

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.

Tuesday 3:00-4:30PM

Instructor: Françoise Lampe

First class: April 12

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

Instructor: Françoise Lampe

First class: April 22

Fee: \$30/\$36NR (5 Sessions)

Discover THE ALL-NEW RIDGEFIELD STATION

Offering residents enriching everyday experiences aimed at **promoting independence, inspiring curiosity and encouraging connection** with others. Featuring EnrichedLIFE experiences and adventures, award-winning brain healthy cuisine and a renown memory support neighborhood featuring evidence-based programming for those with Alzheimers and dementia.



Ridgefield Station

A SENIOR LIVING RESIDENCE (SLR)

**Independent & Assisted Living
Compass Memory Support**

55 Old Quarry Rd, Ridgefield, CT
203-403-0990 • RidgefieldSLR.com

FOUNDERS HALL SPRING 2022

History: Leadership in Turbulent Times ~ In-Person

Come join us as we try to answer these questions: Are leaders born or made? Where does ambition come from? How does adversity affect the growth of leadership? Does the leader make the times or do the times make the leader?

Reading Leadership in Turbulent Times by Doris Kearns Goodwin, we will examine the four presidents she has studied most closely - Abraham Lincoln, Theodore Roosevelt, Franklin D. Roosevelt, and Lyndon B. Johnson - to show how they recognized leadership qualities within themselves and were recognized as leaders by others. All these men shared a fierce ambition and a deep-seated resilience that enabled them to surmount uncommon hardship. The book is available via the registration form for \$16.

Wednesday 3:15-4:30PM

Instructor: Mike Settanni

First Class: April 20

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

Iconic Buildings ~ In-Person and on Zoom

This semester we will cover a range of buildings from magnificent private homes to skyscrapers including the Art Deco designed Woolworth Building and its famous architect Cass Gilbert. We will be visiting historic monuments in Washington DC and New York City, and locally, the modern work of Philip Johnson. Class will not meet May 25.

Instructor: Toni McKeen

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

Section 2 Wednesday 1:00-2:30PM

First Class: April 13

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

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

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

Facilitators: Charlie Taney and Arthur Levine

First Class: April 19

Fee: \$15/\$18NR (9 Sessions)

FOUNDERS HALL SPRING 2022

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: April 11

Instructor: Lisetta Farris

Fee: \$40/\$48NR (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. Class will not meet May 30.

Level 3 Monday 10:30AM-12:00PM

First Class: April 11

Level 4 Monday 12:30-2:00PM

First Class: April 11

Instructor: Lisetta Farris

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

Music with Michael Lankester ~ In-Person and on Zoom

Indian Summer

Late Flowering Passions

There is an intriguing phenomenon in music and in all the arts - an extraordinary burst of creative genius late in life when a composer, artist, poet, author, scientist, etc, produces not only their greatest works but also a magical change of style. Edward Saïd, in his final book, called it "Late Style"; metaphorically speaking it is known as an 'Indian Summer'. Whether it is Jean Philippe Rameau writing his last opera at the age of seventy-seven, or Mozart's 'Magic Flute' written in the last year of his life at age 35, the result is the same. Michelangelo's 'Last Judgement', Monet's Water Lilies, Jane Eyre's 'Wuthering Heights', James Joyce's 'Finnegans Wake', Oscar Wilde's 'The Picture of Dorian Gray', Beethoven's Late String Quartets, Verdi's 'Otello' and 'Falstaff', Mahler's unfinished Tenth Symphony, Glenn Gould's last recordings, Fermat's Last Theorem, or Einstein's searching for a Unified Theory of the Universe, the list is endless...

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

First Class: April 14

Section 2 Thursday 1:00-2:30PM

First Class: April 14

Instructor: Michael Lankester

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

FOUNDERS HALL SPRING 2022

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. Class will not meet May 30.

Monday 1:00 -2:30PM

First Class: April 11

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. Class will not meet May 10.

Tuesday 10:00AM-12:00PM

First Class: April 12

Class Directed

Fee:\$15/\$18NR (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. Class will not meet May 30.

Monday 2:00-4:30PM

First Class: April 11

Moderator: Anton Deiters

Fee:\$15/\$18NR (8 Sessions)

FOUNDERS HALL SPRING 2022

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: April 12

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: April 14

Instructor: Roxane Angotta

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

Technology Program

iPhone Beyond Beginner to Intermediate ~ In-Person

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 '15' 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.

Class will meet April 4, 8, 11, 18, 22, 25 and May 2 and 6.

Mon/Fri 12:30-2:00PM

First Class: April 4

Instructor: Michele Schor

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

FOUNDERS HALL SPRING 2022

Technology Program (continued)

Photoshop Elements Beginners ~ In-Person

Come and begin to master the amazing Photoshop Elements Program. With a step by step approach, you will learn to use the tools in the Tool Box and some fun tricks to enhance your older photos and to improve your less than perfect newer ones. Photos will be provided for practice in class. You do not need to own the program. This course is a requirement for the advanced levels of Photoshop.

Tuesday 2:30-4:00PM

First Class: April 12

Instructor: Toni McKeen

Fee: \$30/\$36NR (10 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 1:00-2:30PM

First Class: April 12

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 10:30AM-12:00PM

First Class: April 12

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.

SPRING 2022 REGISTRATION

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, March 28.

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.

Founders Hall SPRING 2022 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

	Sign me up	Course Fee	Book Fee
<u>Academic Courses</u>		Ridgefield	Non-Ridgefield
Adventures in Poetry	<input type="checkbox"/>	\$30	\$36
Book Discussion	<input type="checkbox"/>	no fee	
British Romanticism	<input type="checkbox"/>	\$30	\$36
Current Events	<input type="checkbox"/>	\$15	\$18
Ethical Issues for 21st Century	<input type="checkbox"/>	\$15	\$18
Film: Robbery			
Zoom only Monday 1:00-4:00	<input type="checkbox"/>	\$30	\$36
In-person			
Tuesday 10:00-1:00	<input type="checkbox"/>	\$30	\$36
Tuesday 1:30-4:30	<input type="checkbox"/>	\$30	\$36
French Intermediate	<input type="checkbox"/>	\$30	\$36
French Advanced	<input type="checkbox"/>	\$30	\$36
History: Leadership in Turbulent	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$16
Iconic Buildings In-Person			
Section 1 at FH Wed 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 at FH Wed 1:00	<input type="checkbox"/>	\$30	\$36

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
Iconic Buildings Zoom Only			
Section 1 Zoom Wed 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 Zoom Wed 1:00	<input type="checkbox"/>	\$30	\$36
Investments Discussion	<input type="checkbox"/>	\$15	\$18
Italian: Beginners Continuing	<input type="checkbox"/>	\$40	\$48
Italian: Continuing 3	<input type="checkbox"/>	\$40	\$48
Italian: Continuing 4	<input type="checkbox"/>	\$40	\$48
Music With Michael Lankester In Person			
Section 1 at FH Thursday 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 at FH Thursday 1:00	<input type="checkbox"/>	\$30	\$36
Music With Michael Lankester Zoom Only			
Section 1 Zoom Thursday 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 Zoom Thursday 1:00	<input type="checkbox"/>	\$30	\$36
Struggle for Racial Justice	<input type="checkbox"/>	\$15	\$18
Writing: A Shared Experience	<input type="checkbox"/>	\$15	\$18
Writing Workshop	<input type="checkbox"/>	\$15	\$18
<u>Dance Courses</u>			
Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36
Zumba Gold	<input type="checkbox"/>	\$30	\$36
<u>Technology Courses</u>			
iPhone Beyond Beg/Intermed	<input type="checkbox"/>	\$30	\$36
Photoshop Beginners	<input type="checkbox"/>	\$30	\$36
Photoshop Level 2	<input type="checkbox"/>	\$30	\$36
Photoshop Level 3	<input type="checkbox"/>	\$30	\$36
<u>Special Events</u>			
Founders Hall Annual Meeting	<input type="checkbox"/>	no fee	
Fitness Day	<input type="checkbox"/>	no fee	
Garden Party Fundraiser	<input type="checkbox"/>	\$50	
Guest(s) names: _____			

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<u>Art Courses</u>				
Botanical Art: Colored Pencils	<input type="checkbox"/>	\$40	\$48	
Drawing with Colored Pencils Basics	<input type="checkbox"/>	\$40	\$48	
Introduction to Mosaic Art	<input type="checkbox"/>	\$40	\$48	
Drawing Studio Workshop	<input type="checkbox"/>	\$10	\$12	
Life Drawing	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 1 1:30	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 2 3:15	<input type="checkbox"/>	\$40	\$48	
<u>Hobby and Sports Courses</u>				
Basketball Clinic	<input type="checkbox"/>	\$35	\$42	
Bridge Beginners with Experience	<input type="checkbox"/>	\$30	\$36	
Bridge Intermediate/Advanced	<input type="checkbox"/>	\$30	\$36	
Book: Bridge For Everyone	<input type="checkbox"/>			<input type="checkbox"/> \$20
Book: 25 Conventions...	<input type="checkbox"/>			<input type="checkbox"/> \$16
Duplicate Bridge				
Monday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
Friday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
ACBL Sanctioned Duplicate Bridge				E-mail debsslam@gmail.com.
<u>Genealogy</u>				
Adv. Beginning Genealogy 11:30	<input type="checkbox"/>	\$40	\$48	
Intermediate Genealogy 9:30	<input type="checkbox"/>	\$40	\$48	
Advanced Genealogy 2:30	<input type="checkbox"/>	\$40	\$48	
2022 Calendar Year Database Fee	<input type="checkbox"/>			\$20
Genealogy Book Project 10:30	<input type="checkbox"/>	\$40	\$48	
Knitting and Crocheting	<input type="checkbox"/>	\$30	\$36	
Learn to Play Backgammon	<input type="checkbox"/>	\$5	\$6	
Learn to Play Mah Jongg	<input type="checkbox"/>	\$5	\$6	

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
Learn to Play Pinochle	<input type="checkbox"/>	\$5	\$6
Learn to Play Rummikub	<input type="checkbox"/>	\$5	\$6
Piano Lessons			
Beginner	<input type="checkbox"/>	\$30	\$36
Beginner Repeat	<input type="checkbox"/>	\$60	\$70
Advanced Beginner	<input type="checkbox"/>	\$60	\$70
Pickleball Beginning	<input type="checkbox"/>	\$20	\$24
Pickleball Continuing	<input type="checkbox"/>	\$20	\$24
Pickleball Ladder Play	<input type="checkbox"/>	\$30	\$36

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 _____

FOUNDERS HALL SPRING 2022

Seminar Series

Boost Your Brain Health by Eating Well

Ridgefield Station Friday, April 29 1:00PM

Go For Broke:

Japanese Americans in the US Military During World War II

Nancy Beck Friday, May 20 1:00PM

Performance

Tri-County Musicians

Joshua Auerbach and Colleagues Friday, April 22 1:00PM

Founders Hall Singers Concert Monday, June 6 1:00PM

Special Events

Founders Hall Annual Meeting Tuesday, May 10 11:30AM

Fitness Day Wednesday, May 25 9AM-1:30PM

Sponsored by Nuance Health

Garden Party Fundraiser Thursday, June 23 3PM-5PM

Tastings and Teas

Luau Tea Friday, April 8 2:00-3:30PM

Sponsored by Spring Village at Danbury

Game Show Tea Friday, May 13 2:00-3:30PM

Sponsored by RVNAhealth

Books of Summer Tea Friday, June 10 2:00-3:30PM

Sponsored by Books on the Common and Keystone Place at Wooster Heights

New Member Welcome Coffees

Sponsored by The Greens at Cannondale and Wilton Meadows

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

Tuesday, June 14 10:30-11:30AM

FOUNDERS HALL SPRING 2022

Art Program

Sponsored by the Anna-Maria and Stephen Kellen Foundation

Botanical Art - Colored Pencil Drawing ~ In-Person

Botanical art is a wonderful way to combine art, science, and nature. With its rather strict guidelines that blend scientific accuracy with aesthetic beauty, this art form conveys an intimate knowledge of the subject, through which both artist and viewer alike can appreciate the wonders of the simplest leaf to the most complex flower. Students will be guided through creating their own stylistic works of art or detailed formal scientific reference illustrations depicting a plant's seasonal evolution, and perhaps the occasional pollinator as part of the composition.

For this intermediate to advanced class, participants will be limited to 8.

Tuesday 1:00 - 2:30PM

First Class: April 12

Instructor: Moki Kokoris

Fee: \$40/\$48NR (8 Sessions)

Drawing with Colored Pencils - The Basics ~ In-Person

In this beginner-to-intermediate course, students will be introduced to the fundamental principles and techniques of drawing with colored pencils, including terminology, color basics, blending of two or more colors, layering, gradients, shading, and linework styles. We'll also cover the differences between types of colored pencils, how each can be used for optimal results, as well as how to choose proper colors for drawing on white vs toned or black paper. Time-permitting, students will learn how to draw objects of different materials and textures such as metal, wood, glass, etc.

Students who have them should bring their own colored pencil sets.

Class participants will be limited to 8.

Tuesday 10:30AM - 12:00PM

First Class: April 12

Instructor: Moki Kokoris

Fee: \$40/\$48NR (8 Sessions)

FOUNDERS HALL SPRING 2022

Introduction to Mosaic Art ~ In-Person

Mosaics are assemblages composed of tesserae (small pieces of glass, stone, or other nature-based materials). These fragments are arranged into patterns, pictures, and other decorative designs that are held together by adhesive and/or grout. In this course, we will travel through the history of mosaics, a different period and style per session (Mesopotamian, Ancient Greek, Roman, Byzantine, Islamic, even Modernist Gaudi and Art Deco), and each student will be encouraged to draw (and color) their own version of that week's decorative pattern or picture. During the last two classes, students will work with tesserae of colored paper (or upcycled material of their choosing), cut to desired size, and glued to a canvas or board as a finished work of art.

Class participants will be limited to 8.

Tuesday 3:00 - 4:30PM

First Class: April 12

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. Class will not meet May 30.

Monday 2:30-4:30PM

First Class: April 11

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: April 13

Instructor: Donatella Gagliano

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

FOUNDERS HALL SPRING 2022

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

First Class: April 13

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

First Class: April 13

Instructor: Bonnie Weber

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



JDIN US FDR A

Garden Party Fundraiser

CELEBRATING 20 YEARS AT FOUNDERS HALL
THURSDAY, JUNE 23rd
3:00-5:00pm
FDDDD, DRINK, RAFFLES, FUN!
\$50/person
NDN-MEMBER GUESTS WELCOME
Generously sponsored by:

Ridgefield Station
A SENIOR LIVING RESIDENCE (SLR)

FOUNDERS HALL SPRING 2022

Hobby and Sports Program

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

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.

Wednesday 1:15-2:15PM

First class: April 20

Coaches: JoAnn Cali and Jim Arcuri

Fee: \$35/\$42NR (9 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: April 14

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.

Director: Daniela Sikora

Monday 12:30-1:30PM

No Charge

FOUNDERS HALL SPRING 2022

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: April 14

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. Class will not meet May 30.

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

First Class: April 11

Section 2 Friday 10:00AM-12:30PM

First Class: April 22

Director: Bob Kimerling

Fee: \$15/\$18NR (10 Sessions)

FOUNDERS HALL SPRING 2022

Duplicate Bridge Online: ACBL Sanctioned Duplicate Bridge ~ ONLINE

ACBL Sanctioned Duplicate Bridge where players may earn masterpoints. Founders Hall Virtual Duplicate Bridge Club is now available online at www.bridgebase.com (BBO). It is perfect for anyone wishing to play bridge for master points from home (yes, in your pjs!). ALL PLAYERS, OF ALL ABILITIES, ARE WELCOME. Presently players may have 0-500MPs. This may change to 0-750MPs.

These games support Founders Hall and are held online every Thursday at 4:00pm. We play 18 boards (paying full ACBL MPs), and the game provides fun for about two hours. The cost is \$6.00 per player per game.

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 ACBL and 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, with your partner, at www.bridgebase.com 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: April 14

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

Annual Database Fee: \$20 - required from all students registering for a 2022 Genealogy class.

FOUNDERS HALL SPRING 2022

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. Class will not meet May 30.

Monday 10:30AM-12:00PM

First Class: April 11

Instructor: Toni McKeen

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

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

First Class: April 12

Instructor: Jo Ann Brown

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

Learn to Play ~ In-Person

Learn the basics and enjoy playing these classic games.

Backgammon Wed., April 27 and May 4

1:00-3:00PM

Instructor: Rochelle Hasson

Fee: \$5/ \$6NR

Mah Jongg Wed., April 27, May 4, 11, 18

9:30-11:30AM

Instructors: Grace Weber and Tracy Dubin

Fee: \$5/ \$6NR

Pinochle Monday, June 6 and 13

1:00-3:00PM

Instructor: Bob Moriarty

Fee: \$5/ \$6NR

Rummikub Wed., April 13 and 20

1:00-3:00PM

Instructors: Grace Weber and Tracy Dubin

Fee: \$5/ \$6NR

FOUNDERS HALL SPRING 2022

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)

Adv. Beginner Thursday 11:00AM-12:15PM Fee: \$60/\$70NR (10 Sessions)

Instructor: Ed Kadziewicz First Class: April 14

*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.

Thursday 12:00-1:15PM

First Class: April 21

Instructor: Tom McIntyre

Fee: \$20/\$24NR (6 Sessions)

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.

Thursday 1:15-2:30PM

First Class: April 21

Instructor: Tom McIntyre

Fee: \$20/\$24NR (6 Sessions)

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.

Friday 12:00-2:30PM

First Class: April 22

Instructor: Tom McIntyre

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

FOUNDERS HALL FITNESS 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

FOUNDERS HALL FITNESS 2022

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

FOUNDERS HALL FITNESS 2022

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

FOUNDERS HALL FITNESS 2022

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

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Ridgefield, CT 06877

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