



celebrating  
20  
years!

FOUNDERS HALL

# Summer 2022

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# INTRODUCTION

## Information

Hours: Monday - Friday, 8:30AM-4:30PM  
Address: 193 Danbury Road, Ridgefield CT, 06877  
Phone: 203-431-7000  
Email: [foundershall@founders-hall.org](mailto:foundershall@founders-hall.org)  
Web: [www.founders-hall.org](http://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:**

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### **Hobby & Sports Program:**

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

### **Social Program:**

Books on the Common  
Fairfield County Bank  
The Greens at Cannondale and Wilton Meadows  
Keystone Place at Wooster Heights  
Meals on Wheels of Ridgefield  
Ridgefield Crossings  
Right at Home

Dear Members,

Our Summer 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 Summer 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 SUMMER 2022

## Registration

You can register and pay for semester programs online or by mail. Registrations are due by Tuesday, June 14 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 Summer 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 13 - 16 and mail with payment.

### *Whether You Register Online or On Paper*

**Summer semester programs begin on Monday, June 27.** 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 Tuesday, June 14** 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.

## Closing and Cancellation

Closings for inclement weather will be posted on [www.founders-hall.org](http://www.founders-hall.org).

**Programs are subject to change and/or cancellation.**

## 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.

June 9            Disappearing Earth by Julia Phillips

July 14          The Secret Chord by Geraldine Brooks

August 11       Autumn by Ali Smith

September 8    The Underground Railroad by Colson Whitehead

Thursday 3:00-4:30PM

Facilitator: Staff members of Ridgefield Library

No Charge

### **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: June 29

Facilitator: Bill Monti

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

## FOUNDERS HALL SUMMER 2022

### The Children's Hour - Four Notable Novels ~ In-Person

Are children inherently innocent or are they capable of duplicity and manipulation? In a threatening world of troubled adults, is it up to young people to look after themselves? These are but two questions among many that will be considered as we examine the ways in which children and adolescents are depicted in four notable novels. Works will include:

*The Turn of the Screw* by Henry James (Oxford World Classics; Oxford University Press) [\$6]

*Lord of the Flies* by William Golding (Mass-market paperback) [\$9]

*Ellen Foster* by Kaye Gibbons (Algonquin books; Vintage Books) [\$13]

*The House on Mango Street* by Sandra Cisneros (Vintage Books) [\$10]

This in-person only class is limited to 20 participants.

Books are available through the registration form.

Wednesday 3:00-4:30PM

First Class: June 29

Instructor: Maggie Seligman

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

### Dealers Choice with Toni McKeen ~ In-Person and on Zoom

Summer is all about having fun and taking the time to learn and try new things. With that as our guidebook, this class will cover a diverse set of interesting and unusual topics. We will learn about several famed, beautiful gemstones, experience the history of shoes through the centuries, take a closer look at some classic movies, and explore the life and treasures of King Tut. We will also delve into the interesting back stories and origins of some popular games and toys... along with other surprises, trivia and interesting topics Toni has in store for you.

Wednesday 10:00-11:30AM

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

Instructor: Toni McKeen

First Class: June 29

## FOUNDERS HALL SUMMER 2022

### Film - All At Sea ~ In-Person and on Zoom

Bob Klaeger returns with Tales of the Sea. At least they are movies about water. Klaeger's favorite Bogart performance is *The Caine Mutiny*. Robert Redford is the only actor in *All is Lost*, and he only speaks one word - guess which one. Sean Connery is brilliant in *The Hunt for the Red October*. Klaeger's favorite Henry Fonda role is *Mister Roberts*. We must see Charles Laughton and Clark Gable go after each other in *Mutiny on the Bounty*. The best Titanic movie is *A Night to Remember*, the story told on a very human scale.

Due to technical requirements, all Zoom attendees will tune in from 1-4 PM on Mondays. **The Zoom class will not meet Monday, July 4.**

In-Person Class:

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

First Class: June 28

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

First Class: June 28

Zoom Class:

Monday 1:00-4:00PM

First Class: June 27

Instructor: Robert Klaeger

Fee: \$30/\$36NR(9/10 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. Class will not meet August 2.

Tuesday 10:00-11:30AM

First Class: June 28

Facilitators: Charlie Taney and Arthur Levine

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

## FOUNDERS HALL SUMMER 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. Class will not meet July 4.

Monday 9:00-10:30AM  
Instructor: Lisetta Farris

First Class: June 27  
Fee: \$40/\$48NR (8 Sessions)

## FOUNDERS HALL SUMMER 2022

### 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 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 July 4.

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

First Class: June 27

Level 4 Monday 12:00-1:30PM

First Class: June 27

Instructor: Lisetta Farris

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

### Music with Michael Lankester ~ In-Person and on Zoom



*'If this nation is to be wise and strong, if we are to achieve our destiny, then we need more new ideas .... Libraries should be open to all - except the censor. Let us welcome controversial authors. For the Bill of Rights is the guardian of our security as well as our liberty.'*

~ John F. Kennedy

*'What is freedom of expression? Without the freedom to offend, it ceases to exist.'*

~ Salman Rushdie

From the Bible and Shakespeare to Ernest Hemingway and James Joyce, from Michelangelo to Rodin, and from Handel to George Gershwin, artists have suffered from attempts to banish them. Palestrina, Bach, Mozart, Wagner, Rimsky Korsakov, Richard Strauss, Debussy, Shostakovich and Benjamin Britten are just a few of the names that have faced the censor. In this series Michael Lankester explores the historical and controversial world of attempts to silence the artist.

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

First Class: June 30

Section 2 Thursday 1:00-2:30PM

First Class: June 30

Instructor: Michael Lankester

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

JOIN US FOR A

## Garden Party Fundraiser

CELEBRATING 20 YEARS AT FOUNDERS HALL  
THURSDAY, JUNE 23rd  
3:00-5:00pm

PERFORMANCE BY BRYAN PERRI,  
DANIEL LEVINE AND KATIE DIAMOND  
FOOD, DRINK, RAFFLES, FUN!

\$50/person  
NON-MEMBER GUESTS WELCOME

Generously sponsored by:

## FOUNDERS HALL SUMMER 2022

### 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. Please bring a short piece to the first meeting. The class will be limited to 11. Class will not meet July 4.

Monday 2:00-4:30PM

First Class: June 27

Facilitators: Eileen Riggs and Joanie Streets

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

### **Dance Program**

#### Zumba Gold ~ On Zoom

Zumba Gold brings exciting Latin and international dance rhythms to beginners. The easy-to-follow dances include the 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: June 30

Instructor: Roxane Angotta

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



## FOUNDERS HALL SUMMER 2022

### **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 not meet July 4.

Monday 10:30AM-12:00PM

First Class: June 27

Instructor: Michele Schor

Fee: \$30/\$36NR (8 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. Feel free to call to confirm a volunteer will be on hand.

Fridays 2:00-4:00PM

No fee.

#### Google Docs ~ In-Person

Google Docs is a free, cloud-based application for creating, editing, and sharing word processing, spreadsheets and presentations. Files can be accessed from any computer with an internet connection. This is part of a comprehensive package of on-line applications offered by and associated with Google. The basics will be covered. To access Google Docs, you will need to set up a free gmail account BEFORE coming to class.

Tuesday 10:00-11:30AM

First Class: June 28

Instructor: Anita Vallee

Fee: \$30/\$36NR (7 Sessions)

## SUMMER 2022 REGISTRATION

Here are the steps for paper registration:

1. Read the course book and select programs.
2. Complete the form on pages 13 – 16 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 Tuesday, June 14.**

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 SUMMER 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
Book Discussion	<input type="checkbox"/>		no fee	
The Children’s Hour	<input type="checkbox"/>		\$30	\$36
Book: The Turn of the Screw	<input type="checkbox"/>			\$ 6
Book: Lord of the Flies	<input type="checkbox"/>			\$ 9
Book: Ellen Foster	<input type="checkbox"/>			\$13
Book: The House on Mango St.	<input type="checkbox"/>			\$10
Current Events	<input type="checkbox"/>		\$15	\$18
Dealers Choice				
Zoom	<input type="checkbox"/>		\$30	\$36
In-Person	<input type="checkbox"/>		\$30	\$36
Film: All At Sea				
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

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
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
Writing Workshop	<input type="checkbox"/>	\$15	\$18

### Dance Courses

Zumba Gold  \$30 \$36

### Technology Courses

iPhone Beyond Beg/Intermed  \$30 \$36

Google Docs  \$30 \$36

### Special Events

**Garden Party Fundraiser**  \$50 per person  
 Guest(s) names: \_\_\_\_\_

Independence Day Picnic  \$10 \$12

### Art Courses

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
Design Your Ex Libris	<input type="checkbox"/>	\$40	\$48	
Drawing Shiny Things	<input type="checkbox"/>	\$40	\$48	
Drawing Studio Workshop	<input type="checkbox"/>	\$10	\$12	
Life Drawing	<input type="checkbox"/>	\$40	\$48	
Oil Painting	<input type="checkbox"/>	\$40	\$48	
Watercolor 10:30	<input type="checkbox"/>	\$40	\$48	
Watercolor 1:30	<input type="checkbox"/>	\$40	\$48	

### Hobby and Sports Courses

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
Cooking Tuesday, August 2	<input type="checkbox"/>	\$12	\$15	
Cooking Wednesday, August 3	<input type="checkbox"/>	\$12	\$15	
Duplicate Bridge				
Monday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
Friday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
ACBL Sanctioned Duplicate Bridge				E-mail debsslam@gmail.com.
Knitting and Crocheting	<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 SUMMER 2022

## Seminar Series

### Meditation

Peter Bancel	Friday, June 17	1:00PM
will be repeated	Wednesday, June 22	10:00AM

### Unravelling the Mysteries of Cryptocurrency and the Coming Digital World

John Patrick	Friday, July 15	1:00PM
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### Technology Today

Steve Fox	Friday, August 5	1:00PM
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### Social Security Programs: An Overview

Benjamin Rhodes	Friday, August 19	1:00PM
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## Special Events

### Garden Party Fundraiser

	Thursday, June 23	<b>\$50 per person</b> 3PM-5PM
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### Independence Day Picnic

*Sponsored by Fairfield County Bank, Meals on Wheels of Ridgefield, Ridgefield Crossings and Right at Home*

Friday, July 1	12PM-2PM	\$10/\$12NR
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## Tastings and Teas

### Books of Summer Tea

	Friday, June 10	2:00-3:30PM
<i>Sponsored by Books on the Common and Keystone Place at Wooster Heights</i>		

### Honey Tasting

	Friday, July 8	2:00-3:30PM
<i>Sponsored by Ridgefield Crossings</i>		

### Sundae Tea

	Friday, August 12	2:00-3:30PM
<i>Sponsored by The Greens of Cannondale and Wilton Meadows</i>		

## New Member Welcome Coffees

*Sponsored by The Greens at Cannondale and Wilton Meadows*

Tuesday, June 14	10:30-11:30AM
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Tuesday, August 30	10:30-11:30AM
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## FOUNDERS HALL SUMMER 2022

### Art Program

*Sponsored by the Anna-Maria and Stephen Kellen Foundation*

#### **Design Your Own Ex Libris (Graphic Design) ~ In-Person**

Lay claim to your own personal book collection or library by designing your own EX LIBRIS! More graphic design than drawing, participants will be guided through the history, styles and examples of bookplates of the past, and then encouraged to create their own version.

An EX LIBRIS ('from the library of'), more commonly known as a bookplate, is a small illustrated label or stamp that is used to identify books in a private or personal library. These bookplates typically bear the name, monogram, motto, coat-of-arms, crest, badge or any motif that relates to the owner of the book. Likely originating in Germany, the earliest known ex libris dates back to the middle of the 15th century.

Class participants will be limited to 8.

Tuesday 10:30AM-12:00PM

Instructor: Moki Kokoris

First Class: July 12

Fee: \$40/\$48NR (6 Sessions)

#### **Drawing Shiny Things - Colored Pencil Drawing ~ In-Person**

In this course for artists with intermediate+ colored pencil experience, students will learn how to draw glass and metal objects, along with their reflections, refraction and translucence, and gemstones of both faceted and cabochon forms, with their iridescent and glint qualities. We will work on white, various toned, and black paper.

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

Class participants will be limited to 8.

Tuesday 1:00-2:30PM

Instructor: Moki Kokoris

First Class: July 12

Fee: \$40/\$48NR (6 Sessions)

## FOUNDERS HALL SUMMER 2022

#### **Drawing Studio Workshop ~ In-Person**

This studio time affords an opportunity to work with like-minded colored pencil artists. Class will not meet on July 4.

Monday 2:30-4:30PM

Instructor: Open Session

First Class: June 27

Fee: \$10/\$12NR (9 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

Instructor: Donatella Gagliano

First class: June 29

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

#### **Oil Painting ~ 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 as well as freedom to experience new things. Canvas fee is \$3.

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

Wednesday 1:30-3:30PM

Instructor: Bonnie Weber

First Class: June 29

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

## FOUNDERS HALL SUMMER 2022

### 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.

Please note: class will not meet August 4.

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

First Class: June 30

Section 2 Thursday 1:30-3:30PM

First Class: June 30

Instructor: Tina Phillips

Fee: \$40/\$48NR (6 Sessions)



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We are proud that Ridge Crest, the Skilled Nursing and Rehabilitation neighborhood at Meadow Ridge, has been rated among the best by U.S. News & World Report for the third consecutive year.

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## FOUNDERS HALL SUMMER 2022

### Hobby and Sports Program

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

### 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.

Class will not meet July 21.

Thursday 9:30-10:30AM

First class: June 30

Instructor: Mike Hess

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

### Bridge Intermediate / Advanced ~ In-Person

This class is for experienced players who want to improve their bidding, declarer play, and take their 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. Class will not meet July 21.

Thursday 11:00AM-12:00PM

First class: June 30

Instructor: Mike Hess

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

## FOUNDERS HALL SUMMER 2022

### Cooking with the Staff: Fresh for Summer ~ In-Person

Nikki and Grace will share recipes, tips and techniques.

Section 1: Tuesday, August 2	11:00AM-1:00PM
Section 2: Wednesday, August 3	11:00AM-1:00PM
Instructor: Founders Hall Staff	Fee: \$12/\$15NR (1 Session)

### Drop-in Groups ~ In-Person

Gardeners (Mar-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 July 1 or July 4.

Section 1	Monday	10:00AM-12:30PM	First Class: June 27
Section 2	Friday	10:00AM-12:30PM	First Class: July 8
Director: Bob Kimerling			Fee: \$15/\$18NR (10 Sessions)

## FOUNDERS HALL SUMMER 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](http://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](http://www.bridgebase.com) any time up to two hours before game time.

You can reach Debbie Thornton at: [debsslam@gmail.com](mailto:debsslam@gmail.com).

Thursday 4:00-6:00PM	On-going
Director: Debbie Thornton	Fee per game: \$6 paid online

### 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: June 28
Instructor: Jo Ann Brown	Fee: \$30/\$36NR (10 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](mailto: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 ~ In-Person and On Zoom**

Bil 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.

Mon./Fri. 8:30-9:15AM

Class is on-going

Instructor: Bil Mikulewicz

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

### **Tai Chi Intermediate ~ In-Person and On Zoom**

For continuing students, Mari and Lou 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.

Mon./Fri. 9:15-10:00AM

Class is on-going

Instructor: Mari Lewis and Lou Mendyk

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

### **Tai Chi Advanced ~ In-Person and On Zoom**

Advanced students will continue their study and practice of the long form of the Yang Style Tai Chi Chuan.

Tues./Thurs. 12:00-1:00PM

Class is on-going

Instructor: Mari Lewis and Lou Mendyk

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./Thurs. 11:10-11:55AM

Class is on-going

Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.)

Fee: \$30/\$36NR per month

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