

FOUNDERS *F*ORUM

celebrating
20
years!

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Making the Best of Every Day

DECEMBER 2022

A Message from Grace:

It's been a fun year at Founders Hall! Many thanks to the Couris and the Goldstones for making this wonderful center a reality.

The building will be closed December 26th through January 2nd during this very quiet time of year at Founders Hall. Some Fitness classes will take place on Zoom, and links will be sent to these members. Happy holidays from everyone at Founders Hall!

HIGHLIGHTS

- DEC 2 **NUTCRACKER TEA**
SPONSORED BY KEYSTONE PLACE AT WOOSTER HEIGHTS
- DEC 8 **HOLIDAY PARTIES**
SPONSORED BY THE GREENS AT WILTON MEADOWS, COHEN & WOLF, AND CONSTELLATION HEALTH SERVICES
- DEC 9-18 **LIGHT FIGHT**
- DEC 26-JAN 2 **CLOSED FOR HOLIDAYS**

HAPPENINGS



NUTCRACKER TEA

Friday, December 2 at 2:00pm

Founders Hall Singers, along with members of the Ridgefield Chorale, led by Daniela Sikora, will be opening the show with holiday songs. Then students from Ridgefield School of Dance will perform a selection of dances from their production of The Nutcracker. Tea and sweets will be served.

Sponsored by:



Keystone Place
at Wooster Heights
A Life Fulfilling Retirement Community



HOLIDAY PARTIES

December 8 at 3:00pm and 6:00pm

Enjoy a variety of festive entertainment, holiday fare and the opportunity to celebrate the season among friends. We will have two sessions: 3:00-5:00pm, and 6:00-8:00pm. Please sign up at the front desk by December 1st.

Sponsored by:



Founders Hall is a Donor-Supported Education and Recreation Center for Individuals Age 60 and Older

193 Danbury Road, Ridgefield, CT 06877 • 203.431.7000 • www.founders-hall.org • facebook: Founders Hall Ridgefield
Monday-Friday 8:30 am - 4:30 pm

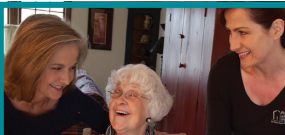
UPCOMING EVENTS

LAST CHANCE FOR MEDICARE OPEN ENROLLMENT - *Closes December 7th*

Ridgefield Social Services is kindly offering free prescription coverage reviews to Founders Hall members right here in our Media Room on the following days/times:

Tuesday, November 29th 9:00am-noon
 Thursday, December 1st 9:00am-noon
 Tuesday, December 6th 9:00am-noon

Feel free to drop in, and be sure to bring your Medicare ID card as well as your list of medications with frequency.



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THREE SPECIAL PROGRAMS COMING IN DECEMBER

There is NO fee for these special classes, but be sure to register ASAP via Community Pass, or by filling out a form at the Front Desk.

MEDITATION CLASS

Meditation goes back thousands of years and refers to a variety of practices that focus on mind and body integration, calm the mind, and enhance overall well-being. National Institutes of Health studies have investigated how meditation helps people manage anxiety, stress, depression, pain, weight gain and sleep quality. What do Clint Eastwood, Bill Gates, Michael Jordan, Paul McCartney, Arnold Schwarzenegger, Jerry Seinfeld and Ringo Starr have in common? All these highly accomplished people have spoken and written about the success they have derived from daily meditation. Join us Wednesday, December 7th at 10:30am-12:00pm to learn these discipline and mental training practices.

WINTER SOLSTICE PRESENTATION

“Something told the wild geese it was time to go.” Michael Lankester is offering a lovely presentation celebrating the Winter Solstice at 10:30am and 1:00pm on Wednesday, December 21st. Space is limited in person; Zoom is also available.

SPECIAL FILM CLASS PRESENTATION

Professor Robert Klaeger, TWS, will lead a special presentation and discussion on Topsy Turvy, starring Jim Broadbent, Allan Corduner, Timothy Spall and Lesley Manville. It is a brilliant story of temperamental, egotistic, individualistic, and plainly ornery creative theater people coming together to produce the show. Join us Tuesday, December 13th at 1:30pm (snow date Thursday, December 15th; second section to be added if needed). In person only; no Zoom.

New Members

(as of November 14)

Adele Annesi	Maureen Kelly
Charles Casarella	Marilyn Lipman
Richard Danzig	Steven Lipman
Nick Gill	Maria Lombardi
Paula Gill	Bruce Maguire
Russell Greenberg	Dorene Murdoch
Lynda Hanley	Linda Neslage
Dianne Hanley	Dan O'Brien
Don Hazen	Measi O'Rourke
Pat Henry	Charles Ross
Stanley Henry	Marcie Samartino
Pat Hoffkins	Joan Wexelbaun

Welcome!

Thank you to our donors

From October 18 ~ November 14

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A Tax-Favorable Way to Give

If you are 72 or older, and have a traditional IRA, simple IRA or retirement plan account, you are required to take a minimum distribution each year, which is subject to income tax. A provision of the tax law allows you to transfer a charitable contribution directly from the IRA to Founders Hall without paying any income tax on that distribution. This is called a "qualified charitable distribution" or QCD, and could mean tax savings for you.

QCD's are also eligible for those taxpayers who are at least 70 1/2 years old on the day of distribution.

Please check with your financial advisor for details.

Our socially distant fundraiser is back!



Founders Hall-iday
LIGHT FIGHT

a community decorating contest

to benefit **FOUNDERS HALL**

December 9th-18th

Sign up today to decorate your home's exterior
with holiday lights.

The public will view the lights from their vehicles and vote
for their favorite(s) with a donation to Founders Hall.

founders-hall.org

December at the Movies



Selections may change based on availability.

fri **Uncharted**

2:00pm

9 Street-smart thief Nathan Drake is recruited by treasure hunter Victor “Sully” Sullivan to recover a fortune lost by Ferdinand Magellan 500 years ago. What starts as a heist job for the duo becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Moncada, who believes he and his family are the rightful heirs. If Nate and Sully can decipher the clues and solve one of the world’s oldest mysteries, they stand to find \$5 billion in treasure and perhaps even Nate’s long-lost brother...but only if they can work together.

2022, Tom Holland, Mark Wahlberg, Antonio Banderas

PG-13

1hr. 56 mins.

fri **Ruthless People**

2:00 pm

16 A millionaire planning to murder his shrewish wife thinks his prayers have been answered when she’s abducted: He simply refuses to pay the ransom. Appalled, the kidnappers and scorned wife team up to retaliate, setting off a string of mishaps.

1986, Danny Devito, Bette Midler, Judge Reingold

R

1 hr. 33 mins.

fri **The Nutcracker**

2:00 pm

23 The American Ballet Theatre performs Tchaikovsky’s classic Christmas ballet, “The Nutcracker Suite.” Young Clara (Gelsey Kirkland) falls fast asleep on Christmas Eve and dreams of fantastic and whimsical characters, including the Mouse King (Marcos Paredes) and the dashing Prince (Mikhail Baryshnikov). Stunning set designs and costumes mark this 1977 production, which also stars Alexander Minz as Drosselmeyer.

1977, Mikhail Baryshnikov, Gelsey Kirkland, Alexander Minz

NR

1 hr. 18 mins.

HAPPY HOLIDAYS!

WOULD YOU LIKE TO HAVE A POSITIVE
IMPACT ON YOUR FELLOW MEMBERS? PLEASE
REMEMBER US IN YOUR YEAR-END GIVING.



EVERY GIFT IS IMPORTANT, AND DONATIONS
ARE TAX-DEDUCTIBLE.

Please note: Our staff works very hard to plan events that are enjoyable for our members. So it is very disheartening to have food disappear that we were planning to use. If there is food to share, we will put it out for members to help themselves. If baked goods are not out on the table in the dining room, they are not for sharing. Please respect that the kitchen is for staff only and feel free to use the mini fridge in the dining room if you’d like to bring food from home.



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2002-2022: Founders Hall 20th Anniversary Spotlight

As our twentieth anniversary celebration comes to a close, we are looking forward to the future and as such, are currently conducting strategic planning sessions.

Our staff works very hard every day to serve our members, and they each bring a different perspective. Enjoy 20 of our favorite things about Founders Hall, in the order of how long they've been with us!

Kate Fitzpatrick, Communications Manager

Joined the staff in September 2022

- The very warm welcome I continue to receive!
- The variety of music from the Fitness classes and friendly banter from the Billiards room!

Nikki Nuut, Social Events & Volunteer Manager

Joined the staff in November, 2021

- How generously our members contribute their time and talents to this community!
- The gorgeous chandelier and staircase – that gives me a good workout!

Jane Frankenberg, Front Desk

Joined the staff in 2016

- The great parties and fundraisers - such fun!
- How a lot of the members have led very interesting lives!

Kim Petruzzelli, Front Desk

Joined the staff in 2015

- Hearing laughter throughout the building!
- Developing friendships with the members!

Cindy Nesbitt, Director of Development

Joined the staff in 2015

- How welcoming tenured members are to new members!
- When the building is buzzing with activity
- Learning the backgrounds and talents of our members!

Lee Rossetter, Finance

Joined the staff in 2010

- Seeing friendships develop between members!
- Changing lives of seniors new to Ridgefield with opportunities to get involved and meet new people!

Tracy Dubin, Programs

Joined the staff in 2006

- We have the best instructors around!
- Helping members find classes they'll love!

Sandy Staples, Front Desk

Joined the staff in 2006

- Seeing folks coming in eager to learn! An inspiration for me!
- The variety of interests that are on display each and every day – here's to life-long learning!

Grace Weber, Executive Director

Joined the staff in 2003

- Amazing members - love those stories!
- Inspiring instructors sharing their passion with remarkable patience!
- Awesome staff mates!