



FOUNDERS HALL

# Spring 2023

## Table of Contents

Message From Grace 3

Registration Information 4

Academic Program 5 - 12

Dance Program 13

On The Road 20 - 21

Social and Seminar Programs 21- 22

Art Program 23 - 25

Hobby and Sports Program 26 - 30

Technology Program 31

# 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](mailto:foundershall@founders-hall.org)  
Web: [www.founders-hall.org](http://www.founders-hall.org)  
Facebook: Founders Hall Ridgefield  
Instagram: [founders\\_hall\\_ridgefield](https://www.instagram.com/founders_hall_ridgefield)  
Twitter: FoundersHallCT  
LinkedIn: 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 Ruggles  
Nick and Anita Donofrio  
The Leir Foundation  
Union Savings Bank Foundation

### Art Program:

Anna-Maria and Stephen Kellen  
Foundation

### Fitness Program:

Barker Welfare Foundation  
Nuvance Health  
The Paul and Johanna Laszig Trust

### Hobby & Sports Program:

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

### On the Road Program

Ridgefield Professional Office Complex

### Social Program:

Azama Care  
Books on the Common  
Cascades Senior Living and Bethel  
Health Care  
Chipman, Mazzucco, Emerson LLC  
Comfort Keepers  
Constellation  
The Greens at Cannondale and  
Wilton Meadows  
Ridgefield Station  
Spring Village at Danbury

## 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.**

Dear Members,

Our Spring 2023 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 2023 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.

## 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. Members must submit a signed Founders Hall COVID-19 waiver.
3. If you test positive for the virus, please inform Grace immediately.
4. 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 at the front desk when entering the building.
- The first time you visit Founders Hall for an event or class, you must submit your signed waiver.

# FOUNDERS HALL SPRING 2023

## Registration

You can register and pay for semester programs online or by mail. Registrations are due by Tuesday, March 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 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 - 19 and mail with payment.

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

**Spring semester programs begin on Monday, March 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, March 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.

## Academic Program

*The Academic Program is generously sponsored by  
Rudy Ruggles, Nick and Anita Donofrio,  
The Leir Foundation and Union Savings Bank Foundation*

### Adventures in Poetry with Ira Joe

There is poetry in the world. In all of us: in each of us. Our Friday gatherings will present three or four poems. We'll read the poem. We'll unpack it. And we'll invite the poem into your mind and into your heart. A poem is sound, song, wisdom, delight. A poem affects you. From the page to the ear to the heart. To savor. To remember.

Friday 10:30AM-12:00PM

Instructor: Ira Joe Fisher

First Class: April 14

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

### American Mansions, Museums and Monuments

#### ~ In-Person and on Zoom

In this new course, we will be taking a close look at America's architectural heritage from the historic early days of our nation to the newer achievements of recent decades. We will explore the best of our museums, historic sites, impressive monuments, and noteworthy homes across the nation. Special attention will be paid to sites in Connecticut and Washington, DC.

Class will not meet May 31.

Instructor: Toni McKeen

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

Section 2 Wednesday 1:00-2:30PM

First Class: March 29

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

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



## FOUNDERS HALL SPRING 2023

### 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 May 29.

Monday 9:00-10:30AM

Instructor: Lisetta Farris

First Class: March 27

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

### Italian: Continuing ~ In-Person

For those who have taken Beginners Italian or have a prior knowledge of the language, the emphasis will be on speaking, with some focus on grammar, reading and writing. This is a good class 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 29.

Monday 10:30AM-12:00PM

Instructor: Lisetta Farris

First Class: March 27

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

### Meditation and the Simple Pleasure of Meeting ~ In-Person

Life is a series of encounters. We constantly meet our companions and neighbors, strangers, pets, and every morning we greet a new day. But how are we as these encounters unfold? In this class, we will look at how presence and awareness enrich the simple process of meeting. Often, we view meditation as an aid with stress and challenges. But the simple practice of mindfulness-awareness nurtures our best qualities, too. In previous classes, we explored how mindfulness can bring out contentment, despite life's ups and downs. This Spring, we'll explore meditation in the context of meeting others, look at how it impacts our encounters, and how it can enable more pleasure and even joy in simple meetings. The class will present the basics of mindfulness meditation, encourage daily practice, and include discussion and guided practice. Newcomers to meditation are welcome!

Friday 9:00AM - 10:30AM

Friday 11:00AM - 12:30PM

Instructor: Peter Bancel

First Class: April 21

First Class: April 21

Fee: \$20/\$24NR (5 Sessions)

## FOUNDERS HALL SPRING 2023

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

#### Intimate Letters: A Journey Through Letters and (mostly) Chamber Music

*'If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.'* - Albert Einstein

*'After playing Chopin, I feel as if I had been weeping over sins that I had never committed, and mourning over tragedies that were not my own.'* - Oscar Wilde

From Mozart's letters to his wife, Constanze, to the Heiligenstadt Testament of Beethoven; from Tchaikovsky's letters to his brother and Nadezhda von Meck, to the music of Gilbert and Sullivan and the letters of Groucho Marx, Michael Lankester explores the innermost connections between composer's correspondence and the music that resulted. Just think of some of the composition's titles - *Sonata Appassionata* by Beethoven, *Voces Intime* by Sibelius, *Chanson de Matin* and *Chanson de Nuit* by Elgar, Schoenberg's *Transfigured Night*, *The Maiden and Nightingale* by Granados, Messaien's *Quartet For the End of Time*, and Janacek's *String Quartet No.2 Intimate Letter*. Chamber music is, perhaps, the most private and personal of musical forms.

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

Section 2 Thursday 1:00-2:30PM

Instructor: Michael Lankester

First Class: March 30

First Class: March 30

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

### Short Story Masterpieces ~ In-Person

Enthusiastic readers will use the Shared Inquiry method for a text-based discussion of 40 Short Stories, sixth edition, edited by Beverly Lawn. This anthology includes classic works by authors Hawthorne, Poe, Joyce, Woolf, Chekhov, Cheever, Baldwin, O'Connor, Oates, Atwood, Walker, and many others. The book is available through the registration form for \$42.

Wednesday 1:00 - 2:30PM

Instructor: Louise Hazebrouck

First Class: March 29

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

## FOUNDERS HALL SPRING 2023

### Spanish Refresher ~ In-Person

These classes are for those who have taken Spanish previously 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. Spanish is Fun Book 2, second edition will be used for the class. It is available through the registration form for \$34.

Wednesday 1:00-2:30PM

First Class: March 29

Instructor: Steve Rome

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

### Town and Country: Works by Edith Wharton ~ In-Person

Born into a prominent and wealthy New York family herself, Edith Wharton was an especially insightful and informed writer whose fiction often depicts the rich and aspiring rich in New York during the Gilded Age. Indeed, her better known 'town' novels and stories focus on these Old New York families and the societal codes and unspoken rules that shaped them. But Wharton also lived for a time in a house she designed and decorated herself called The Mount, in Lenox, Massachusetts, and the individuals who inhabited the rural and isolated communities of the area likewise fed her imagination. In this course, we will read representative works of both 'town' and 'country.' All address Wharton's recurrent themes of conformity, social codes, forbidden love, and the yearnings of individuals to break free from societal constraints and expectations. It is hoped that reading these works will enhance understanding and appreciation of this brilliant and versatile writer.

Works will include:

'Bewitched' (short story to be read for first class. Copies will be available for pick up at Founders Hall the week of March 20th)

*Ethan Frome*

*Summer*

*Age of Innocence*

Class will not meet May 29. Class size is limited to 20.

Monday 3:00-4:30PM

First Class: March 27

Instructor: Maggie Seligman

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

## FOUNDERS HALL SPRING 2023

### We the People: Part 2 ~ In-Person

*This program is a continuation of the Winter 2023 'We the People.' Completion of that course is required. This second semester we will cover the Bill of Rights and other key amendments.*

The first three words of the preamble to the U.S. Constitution immediately differentiate this document from all those declarations of rights that had come before it. Who were the men, that are now referred to as the Framers of the Constitution? What were their main concerns and how do they echo today in our lives, over 230 years later? Why did they pick our form of government? Why even before the ink was dry on the main Seven Articles of the Constitution, did they feel the need to add the first ten amendments, known today as the Bill of Rights? What were the driving forces behind future important amendments?

We reviewed the main body of the original seven articles with an eye toward their interpretation then and now. We investigated the rather arcane institution known as the electoral college and the rules of the Senate, which are nowhere in the constitution.

During Spring semester, we will review some of the key rights bestowed in the U.S. Constitution such as freedom of speech, freedom of religion, the right to bear arms, and the right to due process and equal protection under the law. And, observe how the application of those rights has changed over time.

The goal of our journey is not to develop a cadre of Constitutional scholars but to fulfill Thomas Jefferson's famous challenge "...a well-informed electorate is a prerequisite to democracy."

Monday 1:00-2:30PM

First Class: March 27

Instructor: Tom McIntyre

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



**CARE Patrol**  
Your Partner In Senior Care Solutions

**Navigating the Transition to Senior Care?**

#### Our Local Experts Are Here to Help.

We help families find the right care solution for their loved ones at no cost. As your trusted partner, we review the history of each care provider, generate a recommended list of care options based on your needs and resources and facilitate the transition process.

[CarePatrol.com](http://CarePatrol.com)

#### Let Us Help. We Are Your Trusted Partner.



CarePatrol of Connecticut

**CHRIS CURRAN,**  
Senior Advisor  
[ccurran@carepatrol.com](mailto:ccurran@carepatrol.com)

o: 203-448-1474

Follow Us: [f](#) [t](#) [i](#) [c](#)

## FOUNDERS HALL SPRING 2023

### 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 April 25.

Tuesday 10:00AM-12:00PM

Class Directed

First Class: March 28

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 29.

Monday 2:00-4:30PM

Moderator: Anton Deiters

First Class: March 27

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



JDIN US FDR A

## Garden Party Fundraiser

THURSDAY, JUNE 15<sup>TH</sup>

3:00-5:00pm

PERFORMANCE BY PAMME JDNES  
FRDM RIDGEFIELD THEATER BARN

FDDD, DRINK, RAFFLES, FUN!

\$50/person

NDN-MEMBER GUESTS WELCDME

Generously sponsored by:



Ridgefield Station  
A SENIOR LIVING RESIDENCE / SLR

## FOUNDERS HALL SPRING 2023

### Dance Program

#### Flamenco ~ In-Person

Have you ever wanted to know more about Flamenco, the beautiful art form that hails from Southern Spain? Well, come learn by doing! We will start off by reviewing what we learned in Intro to Flamenco: the basic arm and foot elements in the 4-count Tangos rhythm. Then we will move on to the more complex 12-count rhythms - the true heart and soul of flamenco. The course will conclude with the Sevillanas, a folk dance performed all over Southern Spain in the ferie (festivals) during April every year. No dance experience necessary – just a love of learning something new. Ole! Class will not meet April 7, April 14 or May 12.

Friday 2:05-2:50PM

Instructor: Nikki Nuut

First Class: March 31

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

#### Tap Dancing Beginners ~ In-Person

Learn the basics of tap dancing through music. Not only is this class great for learning tap routines, it is also a fun way to keep in shape.

Tuesday 3:00-4:00PM

Instructor: Karen Casagrande

First Class: March 28

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

#### Tap Dancing Continued ~ In-Person

Continue to develop your tap dancing technique in this class with Karen.

Tuesday 2:00-3:00PM

Instructor: Karen Casagrande

First Class: March 28

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

#### Zumba Gold ~ On Zoom to start, then hybrid

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! Class will meet on Zoom only through April 20. It will be a hybrid class April 27 through June 1.

Thursday 3:30-4:30PM

Instructor: Roxane Angotta

First Class: March 30

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

# SPRING 2023 REGISTRATION

Here are the steps for paper registration:

1. Read the course book and select programs.
2. Complete the form on pages 15 – 19 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.
6. **Mail your completed registration form and payment so that it arrives at Founders Hall by 4:30pm on Tuesday, March 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 SPRING 2023 Registration Form

Member ID Number \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

		Sign me up	Course Fee	Book Fee
<b><u>Academic Courses</u></b>				
			Ridgefield	Non-Ridgefield
Adventures in Poetry with Ira Joe	<input type="checkbox"/>		\$30	\$36
American Mansions and Museums 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
American Mansions and Museums Zoom Only				
Section 1 Zoom Wed 10:30	<input type="checkbox"/>		\$30	\$36
Section 2 Zoom Wed 1:00	<input type="checkbox"/>		\$30	\$36
Book Discussion	<input type="checkbox"/>		no fee	
Current Events	<input type="checkbox"/>		\$15	\$18
Film: Journalism ~ In-Person				
Monday 1:00-4:00	<input type="checkbox"/>		\$30	\$36
Tuesday 10:00-1:00	<input type="checkbox"/>		\$30	\$36
Tuesday 1:30-4:30	<input type="checkbox"/>		\$30	\$36
Global Issues	<input type="checkbox"/>		\$15	\$18
History: Sam Houston	<input type="checkbox"/>		\$30	\$36 <input type="checkbox"/> \$24
Investments Discussion	<input type="checkbox"/>		\$10	\$11

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
Italian: Beginners Continuing	<input type="checkbox"/>	\$40	\$48	
Italian: Continuing	<input type="checkbox"/>	\$40	\$48	
Meditation 9:00	<input type="checkbox"/>	\$20	\$24	
Meditation 11:00	<input type="checkbox"/>	\$20	\$24	
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	
Short Story Masterpieces	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$42
Spanish Refresher	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$34
Town and Country	<input type="checkbox"/>	\$30	\$36	
We the People - Part 2	<input type="checkbox"/>	\$15	\$18	
Writing: A Shared Experience	<input type="checkbox"/>	\$15	\$18	
Writing Workshop	<input type="checkbox"/>	\$15	\$18	

### Dance Courses

Flamenco	<input type="checkbox"/>	\$30	\$36	
Tap Dancing Beginning	<input type="checkbox"/>	\$30	\$36	
Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36	
Zumba Gold	<input type="checkbox"/>	\$30	\$36	

### On the Road Trips

Culinary Institute	<input type="checkbox"/>	\$110	\$130	
Gypsy at Goodspeed	<input type="checkbox"/>	\$145	\$175	
Whitney Museum	<input type="checkbox"/>	\$75	\$90	

### Special Events

Casino Night	<input type="checkbox"/>	\$10	\$12
Founders Hall Annual Meeting	<input type="checkbox"/>	No Fee	
Fitness Day	<input type="checkbox"/>	No Fee	
Social Bridge Tournament	<input type="checkbox"/>	\$8	\$10

Partner: \_\_\_\_\_

**Garden Party Fundraiser**  \$50 per person

Guest(s) names: \_\_\_\_\_

### Art Courses

Drawing Basics	<input type="checkbox"/>	\$40	\$48
Drawing on Black Paper	<input type="checkbox"/>	\$40	\$48
Drawing Silverpoint	<input type="checkbox"/>	\$40	\$48
Drawing Studio Workshop	<input type="checkbox"/>	\$10	\$12
Drawing Supervised Study	<input type="checkbox"/>	\$40	\$48
Life Drawing	<input type="checkbox"/>	\$35	\$42
Mind Maps	<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
Watercolor Begin Again	<input type="checkbox"/>	\$40	\$48
Watercolor Inter/Adv 10:30	<input type="checkbox"/>	\$40	\$48
Watercolor Inter/Adv 1:30	<input type="checkbox"/>	\$40	\$48

### Hobby and Sports Courses

Basketball Clinic	<input type="checkbox"/>	\$35	\$42
Bridge Assisted Play	<input type="checkbox"/>	no fee	
Bridge Beginners 2.0	<input type="checkbox"/>	\$30	\$36
Book: Bridge For Everyone	<input type="checkbox"/>		<input type="checkbox"/> \$20
Bridge Intermediate/Advanced	<input type="checkbox"/>	\$30	\$36
Book: 25 Conventions...	<input type="checkbox"/>		<input type="checkbox"/> \$16
Cooking Tuesday, March 28	<input type="checkbox"/>	\$12	\$15
Cooking Wednesday, March 29	<input type="checkbox"/>	\$12	\$15

	Sign me up	Course Fee	Database
		Ridgefield	Non-Ridgefield

### Duplicate Bridge

Monday  \$15 \$18

Partner (if any): \_\_\_\_\_

Friday  \$15 \$18

Partner (if any): \_\_\_\_\_

ACBL Sanctioned Duplicate Bridge E-mail [debsslam@gmail.com](mailto:debsslam@gmail.com).

### Genealogy

Adv Beg Genealogy Tues 2:30  \$40 \$48

Adv Beg Genealogy Thur 11:30  \$40 \$48

Intermediate Genealogy 9:30  \$40 \$48

Advanced Genealogy 2:30  \$40 \$48

2023 Calendar Year Database Fee  \$20

Genealogy Book Project 10:00  \$40 \$48

Founders Hall Singers  No fee

Knitting and Crocheting  \$30 \$36

### Piano Lessons

Beginner  \$30 \$36

Beginner Repeat  \$60 \$70

Advanced Beginner  \$60 \$70

Pickleball Beginning  \$30 \$36

Pickleball Continuing  \$30 \$36

Pickleball Ladder Play  \$30 \$36

Quilt and Sew  \$40 \$48

### Technology Courses

Google Docs  \$30 \$36

Photoshop Beginning  \$30 \$36

Photoshop Workshop  \$30 \$36

**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)

Card number: \_\_\_\_\_

Exp. date: \_\_\_\_\_ cvc: \_\_\_\_\_ Zip Code \_\_\_\_\_

## FOUNDERS HALL SPRING 2023

### On the Road Program

The following trips will depart from Pond's Edge Executive Park, 901 Ethan Allen Highway (Route 7). The executive park is south of the intersection of Routes 35 and 7. Please enter through the south entrance, which is near Ace Tire and across the street from Ridgefield Self-Storage. There is a sign that says 'Medical and Professional Park' at the entrance. Founders Hall staff will direct you to a parking spot from there.

You must have pre-arranged transportation to and from the bus.

**The bus will leave promptly at the assigned time. We are not able to wait for any late arrivals, no exceptions. Masks are required when getting on and off the bus. Once seated, they may be removed.**

#### The Culinary Institute of America

Experience a lovely lunch prepared by the talented young chefs at the Culinary Institute's American Bounty Restaurant. There is a set menu of a chopped salad with grilled potato (appetizer), roasted pork loin with Merlot sauce (entree) and vanilla bean cheesecake (dessert). A vegetarian entree may be requested but we will not know what it is ahead of time.

Following lunch we will enjoy the *CIA Experience*, where you interact with students for videos and a Q and A to learn about their training.

Tuesday, May 2                      9:45AM-4:00PM                      Fee: \$110/\$130NR

#### Gypsy at Goodspeed Opera House

Here she is, world! Momma Rose, the ambitious stage mother determined to drive her daughters toward stardom, takes center stage in one of the most celebrated musicals of all time. The brassy masterpiece about vaudeville and burlesque features iconic tunes that conjure the joys and heartaches of show business: 'Eveything's Coming Up Roses,' 'Let Me Entertain You,' 'Together, Wherever We Go,' and more. The trip includes lunch at The Gelston House Restaurant before the show.

Wednesday, May 17                      9:30AM-6:30PM                      Fee: \$145/\$175NR

## FOUNDERS HALL SPRING 2023

### Whitney Museum

We will have a one-hour 'Stories and Highlights of the Museum' guided tour, featuring standout pieces from the Whitney's collections. There will be ample free time to explore the current exhibits, including *Jaune Quick-to-See Smith: Memory Map*, the first New York retrospective of Jaune Quick-to-See Smith (b 1940, citizen of the Confederated Salish and Kootenai Nation), an overdue but timely look at the work of a groundbreaking artist. Lunch is on your own, with options at the museum or nearby Chelsea Market.

Monday, June 5                      8:00AM-6:00PM                      Fee: \$75/\$90NR

### Seminar Series

#### **Travelogue: Kenya and Tanzania**

Linda Haines and Sandy Staples      Friday, March 31                      1:00PM

#### **Escher, Math and Art**

Vernon Beck                                      Friday, April 21                      1:00PM

#### **Poetry Reading: A Bridge Not A Wall**

Martha Talburt                                      Friday, April 28                      1:00PM

#### **The Coronation and the Crown Jewels**

Toni McKeen                                      Friday, May 5                      2:45PM

#### **Arts and Crafts of Japanese-Americans Interred During WWII**

Nancy Beck                                      Friday, May 19                      1:00PM

#### **Performance: Founders Hall Singers**

Monday, May 22                      1:00PM

#### **Protecting Your Finances**

Alyson Marcucio of Chipman, Mazzucco, Emerson LLC  
Friday, May 26                      1:00PM

## FOUNDERS HALL SPRING 2023

### Founders Fridays

**Game Show: Who Wants to Be a Millionaire** *Sponsored by Constellation*  
 Friday, April 14 2:00-3:30PM

**Cinco de Mayo** Friday, May 12 2:00-3:30PM  
*Sponsored by Cascades Senior Living and Bethel Health Care*

**Books of Summer Sampler** Friday, June 9 2:00-3:30PM  
*Sponsored by Books on the Common and Comfort Keepers*

### New Member Welcome Coffees

*Sponsored by The Greens at Cannondale and Wilton Meadows*

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

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

### Special Events

#### Casino Night

*Sponsored by Visiting Angels*

\$10/\$12NR Thursday, March 23 6:30PM

**Founders Hall Annual Meeting** Thursday, May 11 11:30AM

**Gold Sale Fundraiser** Wednesday, May 24 10AM-3:00PM

**Fitness Day** Wednesday, May 31 9AM-1:30PM  
*Sponsored by Nuance Health*

**Social Bridge Tournament**  
 \$8/\$10NR Wednesday, June 7 10:00AM-3:00PM

**Garden Party Fundraiser** **\$50 per person**  
*Sponsored by Ridgefield Station and Chipman, Mazzucco, Emmerson LLC*  
 Thursday, June 15 3PM-5PM

## FOUNDERS HALL SPRING 2023

### Art Program

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

#### Drawing Basics ~ In-Person

Come and spend a morning learning how to draw what you see and observe. In this course we will 'learn to look' by covering the fundamentals of shading, perspective and composition. Subjects will include basic forms, still life and simple landscape with an eye toward capturing the world around you. This class is a judgement-free zone designed with fun and creativity in mind. Let's draw!

Monday 10:00AM-12:00PM

First Class: March 27

Instructor: Madyn Gwynne

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

#### Drawing On Black Paper ~ In-Person

In this course, we will explore best methods of achieving the brightest and most vibrant colors in drawings on black paper, as well as how certain types of colored pencils behave on different types of paper. Individual topics covered will include: choosing what to draw, composing a scene with intense light and dark shadows for strong contrast, adjustment of colors for a desired outcome, layering, values, etc.

This course is better suited for artists who have rudimentary experience with colored pencils but all skill levels are welcome.

A supplies list will be sent to students. Class participants will be limited to 8.

Tuesday 10:30AM-12:00PM

First Class: March 28

Instructor: Moki Kokoris

Fee: \$40/\$48NR (9 Sessions)

#### Drawing With Silverpoint ~ In-Person

Referred to as 'silverpoint' until the 20th century, a variety of metals have been used to produce exquisitely detailed illustrations. In addition to silver, these included gold compounds, tin, antimony, bronze and lead. Each metal oxidizes and darkens to its own distinctive subtle hue. A metalpoint drawing is created with a stylus - a thin metal rod inserted into a holder - on a prepared surface.

A supplies list will be sent to students. Class participants will be limited to 8.

Tuesday 3:00-4:30PM

First Class: March 28

Instructor: Moki Kokoris

Fee: \$40/\$48NR (9 Sessions)

## FOUNDERS HALL SPRING 2023

### Drawing Studio Workshop ~ In-Person

This studio time affords an opportunity to work with like-minded colored pencil artists.

Monday 2:30-4:30PM  
Instructor: Open Session

First Class: March 27  
Fee: \$10/\$12NR (10 Sessions)

### Drawing: Supervised Study with Moki ~ In-Person

Independent supervised study for both colored Pencil and/or Graphite drawing and an occasional surprise 'Inspirational Seminar'\*.

You ask? We deliver! Individualized guidance for colored pencil drawing (from past courses: birds, botanicals, animals, etc.) and /or drawing with graphite. Assistance with composition, techniques, choosing paper colors, adding backgrounds, etc.

\*'Inspiration seminars' (i.e. silverpoint). The goal is to add kindling to the fire in your artistic bellies.

Thursday 2:00-3:30PM  
Instructor: Moki Kokoris

First Class: March 30  
Fee: \$40/\$48NR (9 Sessions)

### Life Drawing ~ In-Person

Students work each week from a live model. 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: March 29  
Fee: \$35/\$42NR (6 Sessions)

### Mind Maps ~ In-Person

#### Visual brainstorming illustrations (mixed media)

The term 'mind map' refers to a highly creative illustrative diagram that has a branch - or root-like structure - radiating from a focal image (theme) on the page, and uses lines, shapes and colors to show relationships, groupings and connections between ideas and images. The medium is less important. Mind maps can be sketchy in nature, organic in form, loose drawings or collages of different textures and materials. THINK OUT OF THE BOX. Have a brainstorm and show us what lurks inside your mind...if you dare.

Class participants will be limited to 8. Supplies will be discussed at the first class.

Tuesday 1:00-2:30PM  
Instructor: Moki Kokoris

First Class: March 28  
Fee: \$40/\$48NR (9 Sessions)

## FOUNDERS HALL SPRING 2023

### 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.

Wednesday 1:30-3:00PM  
Instructor: Bonnie Weber

First Class: March 29  
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.

Wednesday 3:15-4:45PM  
Instructor: Bonnie Weber

First Class: March 29  
Fee: \$40/\$48NR (10 Sessions)

### Watercolor: Begin Again ~ In-Person

Has it been a while since you painted? Do you want to get better at watercolor? Or, do you want to LEARN the art of watercolor? Tina will teach basic art techniques - composition, color, value, and texture which you will practice in each class. Or use this time to do your own thing! Just come paint!

Class is limited to 14. Priority will be given to those not enrolled in another watercolor class.

Class will not meet April 7.

Friday 10:30AM-12:30PM  
Instructor: Tina Phillips

First Class: March 31  
Fee: \$40/\$48NR (6 Sessions)

### Intermediate to Advanced Watercolor ~ In-Person

**This class is for experienced watercolorists only - with all their own equipment.** 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. Classes are limited to 14 students.

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

First Class: March 30

Section 2 Thursday 1:30-3:30PM

First Class: March 30

Instructor: Tina Phillips

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

## FOUNDERS HALL SPRING 2023

### 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. Class meets in the gym at Parks and Recreation.

Wednesday 1:15-2:15PM

First class: April 19

Coaches: JoAnn Cali and Jim Arcuri

Fee: \$35/\$42NR (8 Sessions)

#### **Bridge: Assisted Play**

Experienced players will be available to assist play and answer questions.

Wednesday 10:00AM-12:00PM

First Class: March 29

Coaches: J. Clark and D. Thornton

No Charge

#### **Bridge: Beginners 2.0 ~ 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: March 30

Instructor: Mike Hess

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

## FOUNDERS HALL SPRING 2023

#### **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: March 30

Instructor: Mike Hess

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

#### **Cooking with the Staff: Brunch ~ In-Person**

Nikki and Grace will share recipes, tips and techniques.

Section 1: Tuesday, March 28

11:00AM-1:00PM

Section 2: Wednesday, March 29

11:00AM-1:00PM

Instructor: Founders Hall Staff

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

#### **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 April 7 or May 29.

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

First Class: March 27

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

First Class: March 31

Director: Bob Kimerling

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



## FOUNDERS HALL SPRING 2023

### 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 12:15-1:15PM  
Instructor: Tom McIntyre

First Class: April 20  
Fee: \$30/\$36NR (8 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 1:30-2:30PM  
Instructor: Tom McIntyre

First Class: April 20  
Fee: \$30/\$36NR (8 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 12:15-2:30PM  
Instructor: Tom McIntyre

First Class: April 21  
Fee: \$30/\$36NR (8 Sessions)

### Quilting and Sewing ~ In-Person

This class will be a combination of quilting and/or sewing. Continue your quilting journey or learn to use a sewing machine from the very start, read a pattern, begin to make garments or simple home decorating items or refresh your sewing skills. General sewing supplies needed for both mediums. Class is limited to 10.

Tuesday 11:00AM-1:00PM  
Instructor: Jo Ann Brown

First Class: March 28  
Fee: \$40/\$48NR (10 Sessions)

## FOUNDERS HALL SPRING 2023

### Technology Program

#### Google Docs ~ In-Person

Google Docs is a free, user-friendly, cloud-based application for creating, editing, and sharing word processing documents. Files can be accessed from any computer with an internet connection. Google Sheets, a spreadsheet application, will be introduced. To access Google Docs and Sheets, you will need to set up a free gmail account BEFORE coming to class. Please bring your gmail password to log on to your gmail at Founders Hall.

Wednesday 3:00-4:30PM  
Instructor: Anita Vallee

First Class: March 29  
Fee: \$30/\$36NR (10 Sessions)

#### 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 1:00-2:30PM  
Instructor: Toni McKeen

First Class: March 28  
Fee: \$30/\$36NR (10 Sessions)

#### Photoshop Workshop ~ In-Person and on Zoom

This course is offered to those who have taken Photoshop 3. Now use your skills to work on your own photos with guided help.

Tuesday 10:30AM-12:00PM  
Instructor: Toni McKeen

First Class: March 28  
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. Please sign up at the front desk by 4:30 on the Thursday before attending. Fridays 2:00-4:00PM. No fee

Founders Hall Foundation, Inc.  
193 Danbury Rd.  
Ridgefield, CT 06877

NONPROFIT ORG  
U.S. Postage  
PAID  
Danbury, CT  
Permit No. 2082

Printing Sponsored by



*Ridgefield Station*

A SENIOR LIVING RESIDENCE (SLR)