

FOUNDERS

FORUM

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OCTOBER 2018

A Message from Grace

Fitness Registration for 2019 opens at 8 AM on Tuesday, October 16. In-person registration is required if you wish to take a fitness class next year. Come in, enjoy a cup of coffee and some bagels, and then let us know which class you are interested in and which months you'll be attending.

We hope you will respond generously to our recent letter requesting your financial support. Another great opportunity to support Founders Hall is at our Gold Sale on October 3.

Laurie Christiansen has been spreading the word about Founders Hall for the last ten years. She has done a spectacular job keeping our members and donors informed about all that happens here at Founders Hall. She has always done this so quietly you may not have noticed the many hours and great attention to detail that went into every piece. We are particularly grateful for the incredible Impact Reports she created each year. We are excited to wish her well in her new retirement but will certainly miss her at Founders Hall. Many thanks, Laurie, for raising the bar on our communications effort. You will always be a treasured part of Founders Hall.

HIGHLIGHTS

- Oct. 1 Trip: Resorts World Casino
- 2 & 3 TOURNAMENT: Bocce
- 3 FUND-RAISING EVENT: Gold Sale
- 4 O.W.L.S.
RVNA Blood Pressure Screen
- 5 SEMINAR*: Manzanar
- 10 TRIP: Westport Playhouse
BOOK DISCUSSION: EMMA
- 12 TASTING: Seeds We Love *Laurel Ridge Health Care Center*
- 15 RVNA Flu Clinic
- 16 2019 Fitness Registration
- 17 SEMINAR*: Intro to Meditation
- 18 Oktoberfest *On the Mend Medical Supplies and Equipment, Ridge Crest at Meadow Ridge*
- 19 SEMINAR*: Lock It Up! Protecting Your Prescription Meds
- 26 SEMINAR*: A Taste of Change
- 30 & 31 TOURNAMENT: Billards
* Union Savings Bank Foundation

SHOP at the Founders Hall festival and boutique for unique wreaths, garlands, swags, holiday gifts, décor and more!

NOVEMBER
17th ~ 18th
10 AM to 4 PM

FREE ADMISSION!
www.founders-hall.org

OPENING COCKTAIL PARTY
Friday, Nov. 16th, 7 pm
Tickets: \$60, on sale in October

203-431-7000
193 DANBURY RD.
RIDGEFIELD

Looking for Wreath Fest Volunteers

Can you help before, during or after the Wreath Festival? Please contact Kimberly.

Would you design a wreath? Buy a wreath for \$25, decorate it and donate it to our 2018 Wreath Festival. Please see Tracy for details.

Thank you!



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
M/W/F: 8:30 am - 4:30 pm Tu/Th: 8:30 am - 8:30 pm

SEMINARS

MANZANAR INTERNMENT CAMP, Friday, Oct. 5, 1 pm

In 1942, the U. S. government ordered more than 110,000 men, women, and children to leave their homes and detained them in remote, military-style camps. Manzanar War Relocation Center was one of ten camps where Japanese-American citizens and resident Japanese aliens were incarcerated during World War II. Darla and Ben Shaw, who spent a summer volunteering at Manzanar National Historic Site, will discuss what camp life was like and the after-effects of internment.



A BRIEF INTRODUCTION TO MEDITATION, Wednesday, Oct. 17, 9 am

According to author Ed Merck, "As we age, our inner landscape is where the action is and meditation helps us activate... empathy, compassion, and long-term memory. Meditation is also your best bet for reducing stress and staying focused." Learn about meditation from Merck, a former software entrepreneur and chief financial officer, who retired at 63, set sail and began his journey into life's remaining chapters. He is currently a life-transition coach.



LOCK IT UP! PROTECTING YOUR PRESCRIPTION MEDS, Friday, Oct. 19, 1 pm

First Selectman Rudy Marconi and Ridgefield Police Captain Jeff Kreitz, along with members of the Ridgefield Prevention Council, will discuss the opioid epidemic, how the profile of heroin addicts has changed, and the importance of locking up prescription drugs. They will also distribute up to 138 free lock boxes.



A TASTE OF CHANGE, Friday, Oct. 26, 1 pm

Using her knowledge of Dutch customs and food history, food historian Peter G. Rose will discuss how cookbooks, dating as far back as the late 17th century and ranging to the 20th century, show continued identification with forebears, but also gradual assimilation. Photographs of pages in cookbooks as well as 17th-century paintings will illustrate the talk. Please bring old family cookbooks/recipe boxes for a discussion of the importance of saving such items.



UNRAVELING MEDICARE, Thursday, Nov. 1, 1:30 pm

Medicare open enrollment runs from October 15th through December 7th. With that in mind, come learn how a quick review of your Medicare prescription plan by a specially-trained counselor could save you hundreds of dollars and assure that you have complete coverage. Last year, these volunteer counselors saved Ridgefielders over \$134,000 in prescription coverage costs. Karen Gaudian of Ridgefield Social Services will explain the review process and tell you more about Medicare, Medicare Advantage plans, prescription plans, and supplemental coverage.



YOUNGER NEXT YEAR, Friday, Nov. 2, 1 pm

Chris Crowley co-wrote (with the late NYC internist and Columbia Medical School Professor, Henry S. Lodge, M.D.) the New York Times - bestselling book series, *Younger Next Year*, which have sold over two million copies in 23 languages. The books have been called 'The Boomers' Bible' and 'The Best Thing Ever Written' about fitness and wellness for those over 40. Come learn about the program that can help stave off 70% of the normal decay associated with aging (weakness, sore joints, apathy) and eliminate over 50% of all illness and potential injuries.



October at the Movies

- mon** **Chappaquiddick** **2 pm**
 In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up after the crash.
2018, Jason Clarke, Kate Mara PG-13, 107 mins.
- 1**
- fri** **A Matter of Life & Death** **2:30 pm**
 A British wartime aviator who cheats death must argue for his life before a celestial court.
1946, David Niven, Kim Hunter NR, 104 mins.
- 5**
- mon** **Lean on Pete** **2 pm**
 Passing his teen years largely neglected, Charley Thompson finds a part-time job with a slightly shady horse trainer and develops a strong bond with a worn-out racehorse.
2017, Charlie Plummer, Steve Buscemi R, 161 mins.
- 8**
- mon** **The Leisure Seeker** **2 pm**
 A runaway couple go on an unforgettable journey in the faithful old RV they call, 'the Leisure Seeker.'
2017, Helen Mirren, Donald Sutherland R, 112 mins.
- 15**
- fri** **Bird on a Wire** **2:30 pm**
 An old flame discovers her ex-boyfriend from the past is a relocated FBI informant out to stop the bad guys.
1990, Mel Gibson, Goldie Hawn PG-13, 110 mins.
- 19**
- mon** **Jane** **2 pm**
 This documentary about the life and work of the renowned primatology scientist, Jane Goodall, focuses especially on her research about chimpanzees.
2017, Jane Goodall PG, 90 mins.
- 22**
- fri** **Manna from Heaven** **2:30 pm**
 What happens when you get a "gift from God" (a financial windfall) but, many years later, find out it was just a loan that's due immediately.
2002, Cloris Leachman, Shirley Jones PG, 119 mins.
- 26**
- mon** **The Birds** **2 pm**
 A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people.
1963, Rod Taylor, Tippi Hendron PG-13, 119 mins.
- 29**

Please note that the schedule could change based on availability.

Join Us!

Bingo	Fridays*	1 - 3 pm
Bocce	Tues./Thurs.	9:30 - 11:30 am
Canasta	Thursdays	1:15 - 4:15 pm
Chess	Mondays	1:30 - 4:30 pm
Gardeners	Third Friday	1:30 - 3 pm
Mexican Train Dominoes	Wednesdays	2:30 - 4:30 pm
Needlework	Thursdays	12 - 1:45 pm
Pinocle	Thursdays	2:30 - 4:30 pm
Quilting	Tuesdays	2 - 4 pm
Rug Hooking	Wednesdays	1:30 - 4 pm
Scrabble	Thursdays	1:15 - 3:15 pm
Walking	Mon./Wed.	8:20 am
Weaving	Wednesdays	10 am - 12 pm
Wood Carving	Mondays	1:30 - 4 pm

*except Oct. 12

CHIPMAN MAZZUCCO

ATTORNEYS AT LAW

Richard S. Land
Alyson R. Marcucio
 Elder Law
 Estate Planning
 Probate

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Tournaments

BOCCE

Tues. & Wed., Oct. 2 & 3
9 am - 3 pm, \$8/\$10 NR



BILLIARDS



Tues. & Wed., Oct. 30 & 31
10 am - 3 pm, \$8/\$10 NR

Lunch will be provided on both
Tuesdays. Please sign up at
front desk.

RVNA FLU CLINIC



Monday, Oct. 15
1:30 - 3:30 pm

Please make an appointment at
the front desk.

Book Discussion

Thursday, Oct. 11
3 pm

To the Bright Edge of the World



by Eowyn Ivey
facilitated by Ridgefield
Library staff



TASTING
SEEDS WE LOVE

Friday, Oct. 12
2 pm.

Laurel Ridge
Health Care Center



THURSDAY, OCT. 18
5:30 - 7:30 PM
\$8/\$10 NR

Ricky Fenton & The Kenny Lee Band
German fare, beer.
Bring your own stein!



Registration for 2019 fitness
classes opens at 8 am on
Tuesday, Oct. 16.
You must register in-person.

Welcome!

New Members (as of Sept. 10)

Janet Andersen	Peggy Anne Holmes	Janet O'Loughlin
Cynthia Bamback	Helga Iaropoli	John O'Loughlin
Lyn Beardsley	Joseph Iaropoli	Carla Palmer
Rose Bonanno	Irene Juthnas	Martha Rajaratnam
John Bradley	Tina Kasten	Martha Rhodes
Sally Brunner	Barry Kay	Lee Saltz
Nancy Clifford	Anne Marie Kettler	Paul Sembrat
Raffelina Carrier	Ursula Lombardi	Sharon Slocum
Lynn Eichner-Lang	Carmen Lund	Donna Smith
Louis Feeney	Susan Margolis	Chris Spiro
Carl Forcheski	Dianne Mazzullo	Anne Testa
James Graham	Mary Beth McGarvey	Joan Vilasi
Catherine Hagan	Donna Montalto	Joseph Vilasi
Mary Henwood	Dale Morgan	David Wilcox
Hubert Holmes	John Moscone	

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Founders Hall, a 501(c)3 public charity incorporated under the name Founders Hall Foundation, Inc., was established by the Couri and Goldstone families. The Foundation has an agreement with the town of Ridgefield to lease the land and run Founders Hall through 2022, with the option for future extensions. With continued support from generous people like you, the Foundation will run Founders Hall for generations to come.

FOUNDERS
CIRCLE

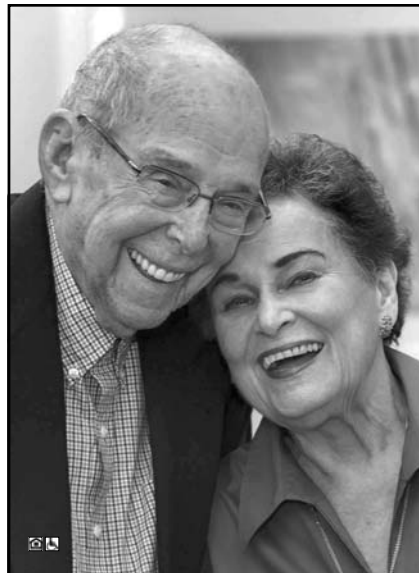


ANONYMOUS (2)
JOAN ANTKIW*
STEPHEN ANTKIW
ROSE M. ANTONUCCI *
THERESA BACH
BONNIE BARRETT
LORI BERISFORD
JOHN BERISFORD
LEE V. BLUM
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DOLORES MACNEILL
JANET GEBBIA MANNUCCIA
SAL MANNUCCIA
MARGARET MCEACHERN
CINDY NESBITT
BEVERLY OSGOOD
BILL OSGOOD
JOANNE PATRICK
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CAROL M. PERINE
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MARY LAURA PRITCHARD
TOM PRITCHARD
BOBBIE SCHNEIDER *
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TED SEIBERT
HELENE TAYLOR
KATHERINE A. VAN DEN AMEELE
EDWARD W. VAN DEN AMEELE
ALAYNE VLACHOS
JANET OAKLEY WALLACE
WILLIAM L. WALLACE *

**in grateful memory*

Thank you donors! (from Aug. 4 through Sept. 7, 2018)

Kay Ables	Laurel and Joseph Carey	Judy Farneti
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Gold Sale

Wednesday, Oct. 3, noon - 4 pm

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An appraiser from American Gold & Diamond Buyers will be here to evaluate your unwanted gold, silver and diamond jewelry and watches and offer you a price based on current market values. If you sell, you will receive cash; Founders Hall will receive a portion of the total proceeds. Please bring valid identification.

donors from August 4 through September 7, 2018 (cont'd)

Sandra Henry	Martha Levites	Ursula and Kenneth Olsen	Eudes and Manny Silva
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