

FOUNDERS

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FORUM

FEBRUARY 2018

A Message from Grace:

If you're spending time this winter planning a summer getaway, be sure to come to our seminar on how to stay healthy while traveling. Or, let yourself be transported by listening to the beautiful poetry of member Michael Powers. Come join some fun and friendly competition at our Winter Olympics Tea or in the billiards tournament.

While you are at Founders Hall, please keep any valuables with you. I'm sorry to have to remind you that theft continues to be a problem both within Founders Hall and in the parking lot.

On a brighter note, February 14 is Valentine's Day, the perfect time to tell you how much you mean to me and the staff. We are so grateful for your presence here and for your support.

HIGHLIGHTS

- FEB. 1 O.W.L.S
RVNA Blood Pressure Screen
- 6 Billiards Tournament
- 7 Billiards Tournament
- 8 Book Discussion: Circle the Sun
- 9 WINTER OLYMPICS TEA *sponsored by The Greens at Cannondale/Wilton Meadows*
- 16 Seminar: Michael's Musings
- 23 SEMINAR: How to Stay Healthy While Traveling Abroad

SEMINARS

MICHAEL'S MUSINGS

Friday, Feb. 16, 1pm

Member and poet Michael E. Powers will read selections from his recently published book of poetry. The publisher describes his poetry as, "a celebration of faith and perseverance, of family and friends, of childhood joys, and the lessons of old age." Michael began writing poetry after retiring from an international marketing and sales career at IBM. In addition to reading poems, Michael will discuss his writing process and inspirations.



How to Stay Healthy While Traveling Abroad

Friday, Feb. 23, 1 pm

Traveling abroad can be one of life's great joys, but it can also expose you to different viruses and diseases that can threaten your health. To help you enjoy your travels to the fullest, April Rodriguez, RN, of Ridgefield Visiting Nurse Association, will explain how to avoid health problems while traveling. She will discuss pre-travel vaccines, insurance coverage for health and travel, climate and environmental considerations, as well as planning ahead for accommodations and safety. She will also share tips for traveling with medications and care during and after flying.



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



WINTER OLYMPICS TEA

Friday, Feb. 9, 2 pm

Join some friendly competition in table-top versions of winter sports and a high-spirited trivia challenge. Maybe you'll bring home the gold!



BILLIARDS SINGLES TOURNAMENT

Tues., & Wed., Feb. 6 & 7

10am, \$8/\$10 NR

Entry fee includes lunch on Tuesday and winner's trophy. Please sign up at the front desk.

Book Discussion

Circle the Sun by Paula McLain

Feb. 8, 3pm

facilitated by Mary Rindfleisch of the Ridgefield Library



IT'S FLU SEASON

Flu season is in full swing across the country, with more than 1,300 confirmed cases reported in Connecticut so far. According to the Centers for Disease Control (CDC), the highest hospitalization rates country-wide are among people 65 years and older followed by adults aged 50-64 years. Because the flu can be so devastating and vaccines don't cover all strains, we ask that you follow these CDC guidelines for prevention:



- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, please stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

To further help deter the spread of germs, we've placed disinfecting wipes in the computer and fitness rooms for you to clean equipment after you use it. Please take special precautions in the dining room. If you eat the communal snacks, please use a serving piece or napkin to take your share, and then enjoy it at a table over your own plate. When done, please dispose of your napkins and plates. **Thank you for your understanding and cooperation.**

New Members

(as of Jan. 15)

- James Bertoluzzi
- Marianne Collins
- Tammy Conley
- Christine Ferrarone
- Nina Gregory
- Ronald Gross
- Diane Hayes
- Gerald Hayes
- Miriam Hyams
- Marcia Kaferle
- John Kaferle
- Patsy Knoche
- Kathleen Nazarenko
- Marianne Pei
- Anne Rieschick
- Salvatore Rosati
- Diane Shannon
- William Shannon
- Marcia Simha

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February at the Movies

Movies may change based on availability.

- fri** **2** **A Man Called Ove** **2 pm**
 Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors.
2015, Rolf Lassgard, Bahar Pass PG-13, 116 mins.
- mon** **5** **Harry & Snowman** **2 pm**
 The story of immigrant Harry DeLeyer and the plow horse he rescued from slaughter.
2015, Harry DeLeyer, Harriett DeLeyer NR, 104 mins.
- mon** **12** **The Queen of Katwe** **2 pm**
 A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit.
2016, Madina Nalwanga, David Olelowo PG, 124 mins.
- fri** **16** **The Book of Henry** **3 pm**
 With instructions from her genius son's carefully crafted notebook, a single mother sets out to rescue a young girl from the hands of her abusive stepfather.
2017, Naomi Watts, Jaeden Lieberher PG-13, 105 mins.
- mon** **19** **The Rum Diary** **2 pm**
 American journalist Paul Kemp takes on a freelance job in Puerto Rico for a local newspaper during the 1960s and struggles to find a balance between island culture and the expatriates who live there.
2011, Johnny Depp, Aaron Eckhart R, 120 mins.
- fri** **23** **Land Ho!** **3 pm**
 A pair of ex-brothers-in-law set off to Iceland in an attempt to reclaim their youth through Reykjavik nightclubs, trendy spas, and rugged campsites. This bawdy adventure is a throwback to 1980s road trip comedies, as well as a candid exploration of aging, loneliness and friendship.
2014, Earl Lynn Nelson, Paul Eenboorn R, 95 mins.
- mon** **26** **The Lost City of Z** **2pm**
 A true-life drama, centering on British explorer Col. Percival Fawcett, who disappeared while searching for a mysterious city in the Amazon in the 1920s.
2016, Charlie Hunnam, Robert Pattinson, PG-13, 141 mins.

Join Us!

- | | | |
|------------------------|--------------|-----------------|
| Bingo | Fridays* | 1 - 3 pm* |
| Canasta | Thursdays | 12:30 - 2:30 pm |
| Gardeners | Third Friday | 1 - 2:30 pm |
| Mah Jongg | Thursdays | 10am - 12 pm |
| Mexican Train Dominoes | Wed. | 2:30 - 4:30 pm |
| Needlework | Thursdays | 12 - 1:45 pm |
| Pinochle | Thursdays | 2:30 - 4:30 pm |
| Quilting | Tuesdays | 2 - 4 pm |
| Rug Hooking | Wed. | 1:30 - 4 pm |
| Scrabble | Thursdays | 12:45 - 2:45 pm |
| Walking | Mon./Wed. | 8:20 am |
| Weaving | Wednesdays | 10 am-12 pm |
| Wood Carving | Monday | 1:30 - 4 pm |

*except Feb. 9



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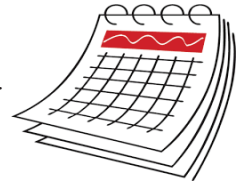
THANKS FOR SUPPORTING LIFE-LONG LEARNING!

In 2017, 79% of active members supported life-long learning through a gift to Founders Hall. That's up from 73% in 2016. To all those who gave so generously in 2017, thank you. Your donation allows us to offer terrific programming with no membership fee and nominal class fees. You make Founders Hall a reality for over 3,600 of your fellow members and we truly appreciate your support. We will proudly include your name in our 2017 annual report, which will be out later this spring.



Now on to 2018..

February is the start of a new giving year. For 2018, you might want to consider a different way to give: through monthly donations rather than all at once. Monthly donations can ease the impact of your donation on your cash flow. What's more, you won't need to receive and remember to respond to an annual February appeal letter. If you decide to give monthly, we'll recognize you with a special designation on our donor listings.



Monthly donations also have benefits for Founders Hall. By providing steady income throughout the year, monthly donations make it easier for us to plan and implement innovative programming for you.

Monthly giving is easy to do. Simply go to our website (www.founders-hall.org) and sign up for monthly payments by credit card. Those payments will be automatic, secure, documented and flexible. You can change or stop them at any time.

We know that monthly giving may not be for everyone, but we want you to be aware of its benefits. Whether you decide to make a monthly or annual gift, thank you for supporting Founders Hall in 2018. Your donation will ensure that you and your fellow members will have access to life-long learning, fitness and fun for years to come.



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EIGHT - BALL CHALLENGE



Thanks to all the players who paid to play pool pro Paris Caporale in December's Eight-Ball Challenge. You raised almost \$300 for life-long learning at Founders Hall.

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.

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Thank you to all our donors *from December 13th to January 12th*

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FOUNDERS CIRCLE 

Founders Circle is growing! Do you want to become part of this special group and ensure that the next generation has the same access to life-long learning as you do? If so, please see Cindy Nesbitt.

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Stephen Antkiw
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*in grateful memory