



FOUNDERS HALL

**Fall 2017**

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# INTRODUCTION

## Information

Hours: Monday / Wednesday / Friday, 8:30AM-4:30PM  
Tuesday / Thursday, 8:30AM-8:30PM  
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  
Philip and Christine Lodewick

### Fitness Program:

Paul and Johanna Laszig Trust  
Barker Welfare Foundation

### Hobby & Sport Program:

Ridgefield Parks and Recreation  
The Wadsworth Russell Lewis  
Trust Fund

### Seminar Series:

Union Savings Bank

### Social Events:

First Light Home Care  
Home Instead Senior Care  
Laurel Ridge Health Care Center  
Professional Physical Therapy  
Rehab by RVNA

### On the Road Program:

Ridgefield Professional Office Complex

### Wine, Cheese and Accessories:

Bethel Health Care/ The Cascades  
The Greens at Cannondale and  
Wilton Meadows  
Ridgefield Crossings  
Wells Fargo Bank /  
Wells Fargo Home Mortgage

## Closing and Cancellation

Founders Hall closings for inclement weather will be posted on:

[www.founders-hall.org](http://www.founders-hall.org)  
Facebook: Founders Hall Ridgefield  
WFSB (channel 3)  
WTNH (channel 8)

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

## Introducing Online Registration

You can now register and pay for semester programs online, which is simple, secure and convenient. It not only makes registration easier for you, it dramatically streamlines the process for staff, and over time, it will reduce the cost of printing and mailing course books, all of which will leave more time and money for programming.

### How to Register Online

**If we have your email address**, you will soon receive an email from our administrator, *Community Pass*, with directions to set up your account. If you do not receive this email in the next few days, please check your spam folder and if it's not there, contact Tracy Dubin ([tracy@founders-hall.org](mailto:tracy@founders-hall.org)).

Once you activate your account, 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 or cash.

**If you have NOT given us your email address**, please email Tracy Dubin ([tracy@founders-hall.org](mailto:tracy@founders-hall.org)) right away so that you can take advantage of online registration for fall.

**If you don't use email or would like some guidance**, helpers will be in our computer room between August 14 and 28, 8:30 am – 4:30 pm.

**If you prefer to use paper**, complete the form on pages 19 -24 and mail or drop it off with payment.

### Whether You Register Online or On Paper

**Fall semester programs begin on Monday, September 11.** Programs are subject to change and/or cancellation.

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 7:30 pm on Tuesday, August 29** 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.

### Fitness Registration

The registration procedure for fitness classes will not change. Registration for 2018 fitness classes will open at 8 am on October 17. You will need to register in-person.

## FALL 2017 CALENDAR

- August 11.....Sundae Tea  
*sponsored by Union Savings Bank*
- August 15.....Trip: New Britain Museum
- August 21.....Eclipse Watch  
*sponsored by Union Savings Bank*
- August 25.....Seminar: Bhutan  
*sponsored by Union Savings Bank*
- August 29.....New Member Wine and Cheese Reception
- August 29.....Fall Semester Registrations Due
- September 1 .....Fashion Tea  
*sponsored by First Light Home Care*
- September 4 .....Closed in Observance of Labor Day
- September 11 .....Fall Semester Begins
- September 13 .....Trip: Oklahoma at The Goodspeed Opera House
- September 14 .....Book Discussion: My Antonia
- September 15 .....Seminar: Probate with Judge O'Grady  
*sponsored by Union Savings Bank*
- September 22 .....RVNA Flu Clinic
- September 27 .....Wine, Cheese & Accessories  
*activities sponsored by Bethel Health Care & The Cascades*
- October 5.....Instructor Party
- October 6.....Seminar: Manzanar Internment Camp  
*sponsored by Union Savings Bank*
- October 10.....Trip: Essex Steam Train
- October 11 &12 .....Bocce Tournament  
*sponsored by Professional Physical Therapy*
- October 12.....Book Discussion: Emma
- October 13.....Squash Tasting  
*sponsored by Rehab by RVNA*
- October 17.....Registration for 2018 Fitness Classes

## FALL 2017 CALENDAR

- October 20.....RVNA Flu Clinic
- October 20.....Seminar: Medicare Unraveled ~ *CHOICES*  
*sponsored by Union Savings Bank*
- October 24.....Monte Carlo Night
- October 27.....Seminar: History of Recorded Sound  
*sponsored by Union Savings Bank*
- October 30.....Trip: Mohegan Sun Casino
- November 1&2 .....Billiards Tournament
- November 9 .....Book Discussion: The Race for Paris
- November 10 .....Name That Tune Tea  
*sponsored by Laurel Ridge Health Care Center*
- November 16 .....Trip: New York Historical Society
- November 17 .....Seminar: American Civil War  
*sponsored by Union Savings Bank*
- November 23 & 24 .....Closed in Observance of Thanksgiving
- November 30 .....Seminar: Medicare Unraveled ~ *CHOICES*  
*sponsored by Union Savings Bank*
- December 1.....Christmas Tea  
*sponsored by Laurel Ridge Health Care Center*
- December 4.....New Member Coffee
- December 4.....Winter 2018 Registrations Due
- December 6.....Holiday Parties  
*sponsored by Home Instead Senior Care*
- December 8.....Eight Ball Challenge
- December 25 & 26 .....Closed in Observance of Christmas
- January 1 .....Closed in Observance of New Year
- January 2.....Winter Semester Begins

# FOUNDERS HALL FALL 2017

## Academic Program

*The Academic Program is generously sponsored by  
Rudy and Sally Ruggles,  
Nick and Anita Donofrio  
and Philip and Christine Lodewick*

### **AARP Smart Driver Course**

Founders Hall sponsors this course, which will familiarize drivers with new traffic laws and regulations, new roadways, changes and updates on cars, safety procedures and tips, and adapting to driving as you get older. These four-hour classes, held at Ridgefield Crossings, are scheduled for September 19 and November 2, 2017. Check with your auto insurance company, as rates may be reduced after completion of the course. Because New York State mandates a six-hour course and Connecticut mandates a four-hour course, NY residents must check with their insurance company regarding approval before enrolling for any of the Ridgefield classes. Call William Van Hall at (203) 748-2344 for registration and more information.

### **The Art of Writing**

Calling all writers! Come join a phenomenal group of your peers in this class. Whether you are a novice or advanced writer, interested in fiction, memoir, or poetry, there is something here for you. Members of the group will write, revise, share their work and have fun in a supportive environment. Each week, the instructor will offer in-class writing opportunities, prompts and ideas for take-home writing, and lead constructive critiques.

Tuesday 10:30AM-12:00PM                      First Class: September 12  
Instructor: Cheryl Panosian Haddad              Fee: \$30/\$36NR (10 Sessions)

### **Book Discussion**

Join your friends, new and old, for a monthly book discussion. Books may be available at the front desk.

September 14 My Antonia by Willa Cather  
October 12 Emma by Jane Austen  
November 9 The Race for Paris by Meg Clayton Wade  
Thursday 3:00-4:30PM  
Facilitator: Mary Rindfleisch of Ridgefield Library                      No Charge

# FOUNDERS HALL FALL 2017

## **Current Events**

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: September 13  
Facilitator: Bob Murphy                      Fee: \$12/\$15NR (10 Sessions)

## **España**

For reasons deeply imbedded in history, Spain has always felt herself to be somewhat isolated from the rest of Europe. However, the mountain passes of the Pyrenees to the north and the proximity of North Africa to the south has resulted in an extraordinarily rich and varied cultural heritage. This series of talks looks at how this geographical location has shaped the arts in Spain and, in particular music, literature and painting.

1. Folk Music and Instruments
2. Renaissance - El Greco / Victoria and Church Music
3. Baroque - Velazquez, Velasco / Soler, Hidalgo and Scarlatti
4. Classical - Goya / Soler, Mateo Albeniz and Beethoven
5. The 19<sup>th</sup> Century - Sarasate, Ariaga and The Zarzuela
6. The French Connection - Bizet, Chabrier, Debussy and Ravel
7. The 20<sup>th</sup> Century - Dali, Gaudi, Miro, Gris / Falla, Granados  
and Isaac Albeniz
8. Picasso / Rodrigo, Mompou, Turina
9. Garcia, Rosales / Montsalvatge, Gerhard, Balada and del Campo

Instructor: Michael Lankester                      First class: September 14  
Section 1 Thursday 10:45AM-12:15PM              Fee: \$30/\$36NR (9 Sessions)  
Section 2 Thursday 1:00-2:30PM                      Fee: \$30/\$36NR (9 Sessions)

## **ONLINE REGISTRATION**

*Help available!*

**August 14 - 28**  
**8:30 am - 4:30 pm**  
**Computer Room**



## FOUNDERS HALL FALL 2017

### Academic Program (continued)

#### Famous Women through the Centuries and from Around the World

This class (first offered last summer) will discuss famous women drawn from many cultures and time periods. The women have been chosen from many fields including political leaders, scientists, social reformers, and artists. Through their intelligence, persistence, and strength, they left an impact on the world in which we live. Men are welcome.

Instructor: Toni McKeen

First Class: September 20

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

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

Section 2 Wednesday 1:15-2:45PM

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

#### Global Issues

This program encourages and develops group discussion on critical worldwide issues, be they social, economic or political, in a complex and changing world. The issues to be discussed will be selected by course members from a list of important issues presented at the first meeting. Most weeks, a volunteer member of the group will provide subject background and questions to help initiate discussion. A guest speaker may be invited on occasion. The program strives to ensure that everyone gets an opportunity to participate and that the tradition of civil discourse will be maintained in a stimulating setting. Time will also be set aside at each meeting for discussion of topical international events. Enrollment will be limited to 50.

Monday 10:30AM -12:30PM

First Class: September 11

Facilitator: Doug Coombs and Joel Third

Fee: \$12/\$15NR (10 Sessions)

## FOUNDERS HALL FALL 2017

#### Great Books, Great Discussions

Enthusiastic readers will use the Shared Inquiry method for discussion of Immigrant Voices: 21st Century Stories (\$22). The selections in this anthology highlight the complex relationships of immigrants in the United States at the beginning of the twenty-first century with their families, friends, new surroundings, and home countries. Books are available through the registration form or through [www.store.greatbooks.org](http://www.store.greatbooks.org). Please read "Letting Go to America" by M. Evelina Galang for the first class meeting.

Wednesday 12:30 - 2:00PM

First class: September 13

Facilitator: Howard Jacobs

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

#### History: The River of Doubt

Come join us as we read The River of Doubt: Theodore Roosevelt's Darkest Journey. This book written by Candice Millard is "history that reads like a thriller.. riveting" says the Flint Journal. The NY Times says " it is not an ordinary biography... a critter filled account of Roosevelt's last epic journey... and juxtaposes Roosevelt's larger-than-life persona with the rules of the jungle." Looking forward to seeing you there. Books are available through the registration form for \$14. Class will not meet September 27 or October 11.

Wednesday 3:15-4:30PM

First Class: September 13

Instructor: Mike Settanni

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

#### Investments Discussion

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.

Tuesday 10:00-11:30AM

First Class: September 12

Facilitators: D. Campbell, A. Levine

Fee: \$12/\$15NR (10 Sessions)

## FOUNDERS HALL FALL 2017

### Academic Program (continued)

#### Italian: Beginners Continuing

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.

Monday 8:30-10:00AM

First Class: September 11

Instructor: Rita Schaffer

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

#### Italian: Continuing

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. 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.

Level 3 Thursday 10:00-11:30AM

First Class: September 14

Level 4 Monday 10:00-11:30AM

First Class: September 11

Instructor: Rita Schaffer

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

## FOUNDERS HALL FALL 2017

#### Seven by Hitch

Bob Klaeger returns with seven films directed by Alfred Hitchcock. While he was publicized as the “Master of Suspense,” Klaeger feels he is the “Master of the Visual.” His remarkable ability with light, shadow and camera made masterpieces. While so many of his films are masterpieces, Hitchcock said he wanted to make “refrigerator” movies. He wanted audiences to go home, open the refrigerator, take out a chicken leg and start talking about his movie. We will take a look at The 39 Steps, Notorious (Ingrid Bergman has the best hangover in cinema), Lifeboat, Rear Window (Grace Kelly and Jimmy Stewart play second fiddle to the set. Yes, the set is the star of the film), Vertigo, The Lady Vanishes, and North by Northwest (there is a critique of this film that argues Cary Grant’s suit is the star of the film!)

Tuesday 1:00-4:00PM

First class: October 3

Facilitator: Robert Klaeger

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

#### Spanish: Continuing Intermediate

Continue with development of conversational skills, grammar, expanding vocabulary, culture, pronunciation and fun. Class requires a minimum of six students.

Friday 11:15AM-12:45PM

First Class: September 15

Instructor: Maria Cinta Lowe

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

#### Writing Workshop

Whether you are a new or seasoned writer, come and enjoy the company of classmates who will help you take your writing to a new level. Each week write something of your choice - short story, essay, memoir, poetry - and read it in a friendly environment and receive constructive feedback. Everyone stands to gain as we sharpen our writing skills. The class will be limited to 14 participants.

Monday 2:00-4:30PM

First Class: September 11

Moderator: Anton Deiters and Ray Morse

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



## FOUNDERS HALL FALL 2017

### Evening Academic Program

#### Americans in Paris

Paris has long been a destination for Americans seeking artistic shelter and inspiration, a welcoming space for writers and artists. In “Americans in Paris,” WCSU faculty Donald Gagnon (English) and Leslie Lindenauer (History) will discuss the impact of time and geography on ideas about American identity through literature, history and the fine and performing arts, with a focus on the lives and work of American expatriates in Paris from the eighteenth century to the present. [This is a preview of the course Drs. Gagnon and Lindenauer will be offering on campus in Spring 2018 which will include an eight-day field study in Paris, open to members of the Founders Hall community.]

Thursday 7:00-8:30PM

First Class: September 7

Instructors: Dr. Leslie Lindenauer and Dr. Don Gagnon

Fee: \$25/\$30NR (2 Sessions)

#### Interwar Europe

This course covers the period from 1914 to 1945, a time of warfare and upheaval in Europe described by some as a second Thirty Years War. In 1914, most Europeans felt comfortably secure, confident about the future, and certain of their superiority over the non-European world. By 1945, Europe had been at the center of two world wars, suffered tens of millions killed, and had tumbled from its position of pre-eminence, leaving the field open for the emerging superpowers, the United States and the Soviet Union.

In this course, we will examine the effects of the two world wars and the events and developments of the interwar period on European society, economy, politics, and intellectual life in the first half of the twentieth century.

Thursday 7:00-8:30PM

First Class: October 26

Instructor: Dr. Michael Nolan

Fee: \$25/\$30NR (4 Sessions)

## FOUNDERS HALL FALL 2017

### The Latest Information on Climate Change

Climate is the reality that our grandchildren will face their entire lives, as will future generations. In a warmer world, weather events will be more severe, sea levels higher, and growing seasons longer, among many other impacts. These will have broad, profound, and long lasting effects on the lives of organisms (including humans) and the interactions among them. Organisms will shift in range. Biological communities will become less diverse. Species will face extirpation and extinction. Diseases will be found in new places. Human civilization may be threatened. But there are opportunities as well.

The study of climate change is developing very quickly. Significant new information is coming out—literally—every day. These talks will explain the basics but also mix in some of this new information to provide the attendees with an understanding of the world and our future.

Tuesday 7:00-8:30PM

First Class: September 12

Instructor: Dr. Mitch Wagener

Fee: \$25/\$30NR (3 Sessions)

#### The Language of Music

Using examples from Palestrina to Penderecki, Mozart to Messiaen and Bach to Boulez, Michael Lankester explores the very building bricks of music and how it is that the great composers assemble these elements to overpowering and emotional effect.

1. The Fundamentals: The Harmonic Series, Pitch, Duration, Rhythm and Dynamics
2. The Harmony of the Spheres: Chord, Concord, Discord, Tension and Resolution
3. The Structure: Form, Pattern, Architecture, Shape & Colour
4. The Perception: Intensity, Emotion, Stress, Inevitability, Comfort & Resolution

Thursday 6:30-8:00PM

First Class: September 28

Instructor: Michael Lankester

Fee: \$25/\$30NR (4 Sessions)

## FOUNDERS HALL FALL 2017

### Art Program

#### Basic Drawing

This is a basic drawing class for beginning artists, artists who haven't had pencil in hand for years, or artists who have always wanted to take a crack at drawing. Martha believes we're all artists and has created the class as a series of exercises designed to experience drawing as a skill-set and to teach students how to really see. The emphasis is on process far more than product. (We're not going to the Louvre to hang our art, folks, but you'll likely be delighted with the process.)

Tuesday 12:30 -2:30PM

First class: September 12

Instructor: Martha Talburt

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

#### Beginning Portraiture

In this class, Martha builds a bridge from basic drawing skills to the more specific art of drawing portraits. Students study facial anatomy, from the skull outward - including facial features and their placement and how to create the effect of light and shadow on the face. Completion of the *Basic Drawing* class is a prerequisite for this course.

Monday 11:30AM-1:30PM

First Class: September 11

Instructor: Martha Talburt

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

#### Drawing with Colored Pencils 1

The class introduces students to this marvelous medium with the jewel-like colors. Martha calls the careful and methodical approach required for colored pencils "meditative." Students are taught basic color theory along with specific ways to handle the pencils - varied strokes and color mixing methods, including layering, scumbling and burnishing. The course is recommended for the committed art student who has taken Martha's basic drawing class and is interested in augmenting class work with work at home. Half of the introductory class sessions are general. The second half focuses on colored pencil portraiture. Please bring a box (minimum of 48) of PRISMACOLOR SOFTCORE PENCILS - Martha finds these pencils easiest to use and the most satisfying.

Monday 9:00-11:00AM

First Class: September 11

Instructor: Martha Talburt

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

## FOUNDERS HALL FALL 2017

#### Drawing with Colored Pencils 2

This is an advanced class wherein students should be knowledgeable both in drawing portraits and in the use of colored pencils, as the primary focus is on portraiture. The prerequisite is COLORED PENCILS 1. Class exercises are consistently challenging - designed to help students see better, feel more deeply about their subjects, and render their compositions more proficiently and empathically. Further work at home is often required.

Monday 2:30-4:30PM

First Class: September 11

Instructor: Martha Talburt

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

#### Life Drawing

Students work each week from a new, live model. Class is unstructured. During the last half-hour, we will critique our work. Prerequisite is at least the basic drawing and portraiture classes from Martha or have a strong drawing background from other sources. Sixteen students is the maximum for this class. A model fee, based on the number of students in class, will be collected at the first class.

Tuesday 3:00-5:00PM

First Class: September 12

Instructor: Martha Talburt

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

#### Drawing: Studio Class

This is a non-structured class which has evolved into each student doing his or her own work, putting into practice what's been learned in Martha's other courses. Class members - all intermediate or advanced artists - choose from a full file of model photographs or something they bring from home to work on. Martha assists individuals in these efforts, moving through the classroom critiquing, demonstrating and always validating. Varied choice of drawing medium is encouraged. A major focus is on completed composition.

Tuesday 9:30-11:30AM

First Class: September 12

Instructor: Martha Talburt

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

#### Open Art Studio

Take advantage of this open time in the Art Studio to work on projects in progress or try something new.

Wednesday 9:00AM-1:00PM

Fee: No Charge



## FOUNDERS HALL FALL 2017

### Art Program (continued)

#### Oil Painting

Beginners will learn oil painting techniques including how to choose and use equipment, mix colors, create light and shadow and prep a canvas or masonite. More experienced artists will cover dimension, tone, the importance of palettes, color mixing, textures and placement of subject matter. Canvas fee is \$3, payable in class.

Section 1	Wednesday 1:00-3:00PM	First Class: September 13
Section 2	Wednesday 3:00-5:00PM	First Class: September 13
Instructor:	Bonnie Weber	Fee: \$40/\$48NR (10 Sessions)

#### Watercolor Basics

This class will help you understand this delicate, luminous medium and develop your own style in the process. You will learn about paper, pigment, techniques, brushes, washes, textures and principles of composition and design.

Thursday 10:00AM-12:00PM	First Class: September 14
Instructor: Tina Phillips	Fee: \$50/\$60NR (7 Sessions)

#### Watercolor Intermediate

You will gain further mastery of watercolor technique during this seven-week class with Tina. There will be set-ups, inspiration, demonstration and critique. Completion of a previous watercolor class and mastery of basic skills are required.

Friday 10:00AM - 12:00PM	First Class: September 15
Instructor: Tina Phillips	Fee: \$50/\$60NR (7 Sessions)

#### Watercolor Advanced

This class is designed for those experienced in watercolor technique. Come with your own ideas and materials, or accept as much help, critiquing and inspiration from Tina as you want. This is a lively, independent, spirited group. Come paint!

Thursday 1:00-3:00PM	First Class: September 14
Instructor: Tina Phillips	Fee: \$40/\$48NR (7 Sessions)

## FOUNDERS HALL FALL 2017

### En Plein Air: Exploring Local Landscapes

Celebrate the harvest season with this workshop, which will focus on capturing the golden hues of the fading autumn light. We will visit two locations, twice each, to witness first hand how the angle of the sun impacts your color palette. This class will take place out-of-doors unless there is a prediction of extreme weather, in which case we will work in the art studio. Students are free to use their favorite portable media such as pencil, colored pencil, pastels or watercolors in the field. The first field location will be emailed to participants prior to the first class.

Friday 2:00 - 4:00PM	First Class: October 27
Instructor: Jean Linville	Fee: \$25/\$30NR (4 Sessions)

### Evening Art Program

#### Acrylic Workshop: Palette Knives and Paste

Leave your brushes behind for this fun, freeing workshop that will explore several impasto techniques including using a palette knives and acrylic paste. This workshop is great for both the beginning and more experienced artist who wants to learn more about working with acrylic paints.

Tuesday 6:00 - 8:00PM	First Class: September 12
Instructor: Jean Linville	Fee: \$25/\$30NR (4 Sessions)

#### The Art and Craft of Printmaking

Just in time for the gift-giving season, this workshop will cover how to make your own note cards and small edition prints. We will explore using watercolors and printing ink in combination with botanicals and easy to carve, rubber print blocks to make a variety of prints. Everyone will leave the class with a print portfolio that will include a print from everyone in the class.

Tuesday 6:00 - 8:00PM	First Class: October 31
Instructor: Jean Linville	Fee: \$35/\$40NR (3 Sessions)

#### Watercolor: Beginner/ Again

For the beginning or "returning to" watercolor artist - this class will open your artist's eye to this beautiful and luminous medium. You will learn technique, composition and values while having fun learning to "let go" and let the medium do it.

Thursday 6:00 - 8:00PM	First Class: September 14
Instructor: Tina Phillips	Fee: \$50/\$60NR (7 Sessions)

## FOUNDERS HALL FALL 2017

### Dance Program

#### Ballroom and Swing to 20<sup>th</sup> Century Music Icons

This class is open to beginners as well as seasoned dancers. Featuring music from Frank Sinatra, Bing Crosby, Elvis Presley and The Beatles, you'll learn basic social dance patterns in Fox Trot, Rumba and Swing.

Friday 3:00-4:00PM

First Class: September 15

Instructor: Tonja Dias

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

#### Beginner Tap Dancing Continued

Learn the basic skills 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

First Class: September 12

Instructor: Karen Casagrande

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

#### Intermediate Tap Dancing

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

Tuesday 2:00-3:00PM

First Class: September 12

Instructor: Karen Casagrande

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

#### Zumba Gold

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! SO COME AND FEEL THE MUSIC! Great for the mind, body and soul, Zumba is fun, easy, different and effective. HAVE FUN AND STAY FIT!

Thursday 3:30-4:30PM

First Class: September 14

Instructor: Roxane Angotta

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

## FALL 2017 REGISTRATION

### *Wait!*

Before completing this form, will you consider registering online instead?

Online registration is simple, secure and convenient for you and an enormous time-saver for our staff. Over time, online registration will leave more funds available for programming. Please see page 3 for details. Thank you.

Here are the steps for registration:

1. Read the course book and select programs.
2. Complete the form on pages 19 – 24 indicating your contact information and the programs you want to take. If you are taking the class or trip with another person (or have a partner for Duplicate Bridge), please note that person's name next to the appropriate class.
3. 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."
4. Indicate your payment method:
  - Check, payable to Founders Hall. (You may submit one check for your entire registration.)
  - Cash (if you're hand-delivering your registration).
  - Credit card: Visa, MasterCard or American Express. We will add a 4% processing fee to the transaction.
5. **Mail or drop off your completed registration form and payment at Founders Hall so that it arrives by 7:30pm on Tuesday, August 29.**

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

## FALL 2017 Registration Form

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

	Sign me up	Course Fee	Book Fee
<u>Academic Courses</u>		Ridgefield	Non-Ridgefield
Art of Writing	<input type="checkbox"/>	\$30	\$36
Current Events	<input type="checkbox"/>	\$12	\$15
España			
Section 1 10:45AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36
Famous Women			
Section 1 10:30AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:15PM	<input type="checkbox"/>	\$30	\$36
Global Issues	<input type="checkbox"/>	\$12	\$15
Great Books	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$22
History: River of Doubt	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$14
Investments Discussion	<input type="checkbox"/>	\$12	\$15
Italian: Beginners Continuing	<input type="checkbox"/>	\$30	\$36
Continuing Italian 3	<input type="checkbox"/>	\$30	\$36
Continuing Italian 4	<input type="checkbox"/>	\$30	\$36

	Sign me up	Course Fee
<u>Academic Courses (continued)</u>		Ridgefield    Non-Ridgefield
Seven by Hitch	<input type="checkbox"/>	\$30    \$36
Spanish Continuing Intermediate	<input type="checkbox"/>	\$30    \$36
Writing Workshop	<input type="checkbox"/>	\$30    \$36

<u>Evening Academic Courses</u>		
Americans in Paris	<input type="checkbox"/>	\$25    \$30
Climate Change	<input type="checkbox"/>	\$25    \$30
Interwar Europe	<input type="checkbox"/>	\$25    \$30
The Language of Music	<input type="checkbox"/>	\$25    \$30

<u>Art Courses</u>		
Basic Drawing	<input type="checkbox"/>	\$40    \$48
Beginning Portraiture	<input type="checkbox"/>	\$40    \$48
Drawing with Colored Pencils 1	<input type="checkbox"/>	\$40    \$48
Drawing with Colored Pencils 2	<input type="checkbox"/>	\$40    \$48
Life Drawing	<input type="checkbox"/>	\$40    \$48
Drawing: Studio Class	<input type="checkbox"/>	\$40    \$48
Oil Painting Section 1 1:00	<input type="checkbox"/>	\$40    \$48
Oil Painting Section 2 3:00	<input type="checkbox"/>	\$40    \$48
Watercolor Basics	<input type="checkbox"/>	\$50    \$60
Watercolor Intermediate	<input type="checkbox"/>	\$50    \$60
Watercolor Advanced	<input type="checkbox"/>	\$40    \$48
En Plein Air	<input type="checkbox"/>	\$25    \$30

<u>Evening Art Courses</u>		
Acrylic Workshop	<input type="checkbox"/>	Ridgefield    Non-Ridgefield \$25    \$30
Art of Print Making	<input type="checkbox"/>	\$35    \$40
Beginner/Again Watercolor	<input type="checkbox"/>	\$50    \$60

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Dance Courses</u></b>			
Ballroom Dancing	<input type="checkbox"/>	\$30	\$36
Beginner Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36
Intermediate Tap Dancing	<input type="checkbox"/>	\$30	\$36
Zumba Gold	<input type="checkbox"/>	\$30	\$36

**On the Road Trips**

Oklahoma at Goodspeed	<input type="checkbox"/>	\$120	\$130
Essex Steam Train	<input type="checkbox"/>	\$82	\$98
Mohegan Sun Casino	<input type="checkbox"/>	\$30	\$36
New York Historical Society	<input type="checkbox"/>	\$80	\$96
Holidays at Newport Mansions	<input type="checkbox"/>	\$95	\$114

**Special Events**

Bocce Tournament	<input type="checkbox"/>	\$8	\$10
Monte Carlo Night	<input type="checkbox"/>	\$8	\$10
Billiards Tournament	<input type="checkbox"/>	\$8	\$10
Holiday Party			
Section 1: 3:30	<input type="checkbox"/>	\$10	\$12
Section 2: 6:00	<input type="checkbox"/>	\$10	\$12

**Hobby and Sports Courses**

ACBL Sanctioned Duplicate Bridge			
To register, email <a href="mailto:dlthornton@sbcglobal.net">dlthornton@sbcglobal.net</a> .			
Basketball Clinic	<input type="checkbox"/>	\$30	\$36
Bridge - Assisted Play	<input type="checkbox"/>	No fee	
Chess for Beginners	<input type="checkbox"/>	\$10	\$12
Chess Play and Strategy	<input type="checkbox"/>	\$30	\$36
Cooking			
Thursday	<input type="checkbox"/>	\$12	\$15
Friday	<input type="checkbox"/>	\$12	\$15

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<b><u>Hobby and Sports Courses</u></b>				
Duplicate Bridge				
Monday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
Friday	<input type="checkbox"/>	\$15	\$18	
Partner (if any): _____				
Genealogy				
Adv Beg Genealogy Monday	<input type="checkbox"/>	\$40	\$48	
Adv Beg Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Continuing Genealogy Tuesday	<input type="checkbox"/>	\$40	\$48	
Intermediate Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Book Project Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
Advanced Genealogy Thursday	<input type="checkbox"/>	\$40	\$48	
2017 Calendar Year Database Fee	<input type="checkbox"/>			\$20
Holiday Decoration Workshop	<input type="checkbox"/>	\$10	\$12	
Knitting and Crocheting	<input type="checkbox"/>	\$30	\$36	
Piano Lessons				
Beginner	<input type="checkbox"/>	\$30	\$36	
Beginner Repeat	<input type="checkbox"/>	\$60	\$70	
Intermediate Beginner	<input type="checkbox"/>	\$60	\$70	
Advanced Beginner	<input type="checkbox"/>	\$60	\$70	
Pickleball Beginning	<input type="checkbox"/>	\$30	\$36	
Pickleball Ladder Play	<input type="checkbox"/>	\$30	\$36	
Quilt or Sew	<input type="checkbox"/>	\$40	\$48	
Zen & Seeing: Photography Intro	<input type="checkbox"/>	\$20	\$25	
Zen & Seeing: Photog Meditation	<input type="checkbox"/>	\$20	\$25	

**Evening Hobby and Sports Courses**

Cooking	<input type="checkbox"/>	\$12	\$15
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### Technology Courses

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
Microsoft Word Level 2	<input type="checkbox"/>	\$30	\$36
Photoshop Level 3	<input type="checkbox"/>	\$30	\$36
PowerPoint	<input type="checkbox"/>	\$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. If you have not yet made a donation this year, why not send one in with your registration? 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 or American Express)  
A 4% processing fee will be added to the transaction.

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

Exp. date: \_\_\_\_\_ cvc: \_\_\_\_\_



Friends • Food • Fun • Shopping

Wednesday, Sept. 27, 6pm - 10pm

\$20 to benefit Founders Hall

Tickets available in September  
[www.founders-hall.org](http://www.founders-hall.org)

Open to members and non-members

Bring this ad for one FREE raffle ticket!  
(\$2 value)



## FOUNDERS HALL FALL 2017

### 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.

**The bus will leave promptly at the assigned time. We are not able to wait for any late arrivals, no exceptions.**

#### Oklahoma at the Goodspeed

The Rodgers & Hammerstein classic that changed American musicals forever dawned at Goodspeed for the very first time. Passion, laughter and high-kicking choreography blossom in a land where the wind comes sweepin' down the plain. The trip includes lunch at Gelston House Restaurant prior to the show.

Wednesday, September 13 9:45AM-6:30PM Fee: \$120/\$130NR

#### Essex Steam Train

Enjoy a 3-course lunch aboard restored 1920's Pullman dining cars as part of this lunch, train and riverboat sightseeing excursion. Upon boarding, you'll savor a hot lunch that is prepared and cooked on board. Travel aboard the train along the lower Connecticut River Valley while you finish your meal. After lunch, transfer to the Becky Thatcher riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sights such as Gillette Castle.

Tuesday, October 10 9:00AM-4:30PM Fee: \$82/\$98NR

#### Mohegan Sun Casino

This trip includes transportation and coupons for food and gambling.

Monday, October 30 8:00AM-6:00PM Fee: \$30/\$36NR

## FOUNDERS HALL FALL 2017

#### New York Historical Society

We will tour the American Visionary exhibit, which commemorates the 100th anniversary of John F. Kennedy's birth with more than 77 images that capture the dramatic scope of his life, from major political events to intimate moments with his family. The tour will also include highlights of the museum's permanent collection. A buffet lunch will be provided.

Thursday, November 16 8:30AM-6:00PM Fee: \$80/\$96NR

#### Newport Mansions in Christmas Attire

The Breakers, one of the Vanderbilts, summer "cottages," and The Elms, modelled on a French chateau for the Berwinds, will be decked in holiday finery for this visit to Newport, Rhode Island. We will enjoy a restaurant lunch in between tours. A box "lunch" will be provided on the bus ride home.

Tuesday, November 28 7:00AM-7:00PM Fee: \$95/\$114NR

**A minimum of 40 registrants is required for each trip.**

*Assisted Living in a country setting!*  
Visit us and see our beautiful apartments and grounds — and meet our welcoming staff. Memory care and short-stays (respite) also offered.



 **Lockwood Lodge**  
Assisted Living from Masonicare at Newtown

139 Toddy Hill Road  
203-364-3139

[www.masonicare.org](http://www.masonicare.org)





## FOUNDERS HALL FALL 2017

### Seminar Series

*The Seminar Series is generously sponsored by  
Union Savings Bank*

#### Eclipse Watch

Vernon Beck                      Monday, August 21                      1:00-3:00PM

#### Bhutan

Mari and Ian Lewis                      Friday, August 25                      1:00PM

#### Probate

Judge Daniel O'Grady                      Friday, September 15                      1:00PM

#### Manzanar Internment Camp

Darla and Ben Shaw                      Friday, October 6                      1:00PM

#### Unraveling Medicare: Understanding Your CHOICES

Karen Gaudian and John Rosa                      Friday, October 20                      1:00PM

#### History of Recorded Sound

Richard Frisch                      Friday, October 27                      1:00PM

#### American Civil War

William McEachern                      Friday, November 17                      1:00PM

#### Unraveling Medicare: Understanding Your CHOICES

Karen Gaudian and John Rosa                      Thursday, November 30                      1:00PM

### New Member Welcome Receptions

Tuesday, August 29                      6:00-7:30PM

Monday, December 4                      10:30-11:30AM

#### RVNA Flu Clinics

*Make your appointment at the front desk.*

Friday, September 22                      1:00-3:00PM

Friday, October 20                      1:00-3:00PM

## FOUNDERS HALL FALL 2017

### Tastings and Teas

Fashion Tea                      Friday, September 1                      2:00-3:30PM

*Sponsored by First Light Home Care*

Squash Tasting                      Friday, October 13                      2:00-3:30PM

*Sponsored by Rehab by RVNA*

Name That Tune Tea                      Friday, November 10                      2:00-3:30PM

*Sponsored by Laurel Ridge Health Care Center*

Christmas Tea                      Friday, December 1                      2:00-3:30PM

*Sponsored by Laurel Ridge Health Care Center*

### Special Events

#### Bocce Tournament

*Sponsored by Professional Physical Therapy*

\$8/\$10NR                      Wed. & Thurs., Oct. 11 & 12                      9:00AM-3:00PM

#### Monte Carlo Night

\$8/\$10NR                      Tuesday, October 24                      5:30-7:30PM

#### Billiards Doubles Tournament

\$8/\$10NR                      Wed. & Thurs., Nov. 1 & 2                      10:00AM

#### Holiday Party

*Sponsored by Home Instead Senior Care*

Enjoy a variety of festive entertainment, fun finger foods and the opportunity to celebrate the season among friends at this Holiday Party. Don't miss your photo with Santa. Please indicate the session you would like to attend on the registration form.

Session 1 \$10/\$12NR                      Wednesday, December 6                      3:30-5:00PM

Session 2 \$10/\$12NR                      Wednesday, December 6                      6:00-7:30PM

### Fundraising Events

**Wine Cheese & Accessories**                      Wed., September 27                      6:00PM

*Sponsored by Bethel Healthcare, The Cascades, The Greens at Canondale/Wilton Meadows, Ridgefield Crossings, Wells Fargo Bank and Wells Fargo Home Mortgage*

**Eight Ball Challenge**                      Friday, December 8                      9:00AM

## FOUNDERS HALL FALL 2017

### Hobby and Sports Program

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

#### **ACBL Sanctioned Duplicate Bridge**

In our fully sanctioned ACBL duplicate bridge game, players may earn masterpoints in full compliance with rules, regulations and protocol established by the American Contract Bridge League. Play is open to Founders Hall members and a guest.

Founders Hall members may secure a reserved spot in each week's game by emailing the director at dlthornton@sbcglobal.net. If you have pre-registered, please inform the director immediately if you become unable to play. Reservations will be held until 3:15PM at which time spaces will be made available for walk-ins. Non-members are welcome to join us by following the same sign-in procedure and being advised there are seats available.

Payment will be collected at the door or see Tracy to pre-pay.

Thursday 3:30-6:30PM

Director: Debbie Thornton

Fee: \$11/\$13NR per game

#### **Basketball for Fun Clinic**

BASKETBALL? FOR YOU? ARE WE KIDDING? No, and neither are the seniors who are already taking part in our unique exercise program. Why don't you join us, using the moves used in basketball to keep yourself fit and limber, but without the running. Of course, if you feel so good after our class that you want to run to Stop & Shop and back, that's up to you. Class will meet at Ridgefield Parks and Rec.

Wednesday 1:15-2:15PM

First class: September 13

Coaches: JoAnn Cali and Jim Arcuri

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

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

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

Tuesday 10:00AM-12:00PM

First Class: September 12

Coaches: J. Clark, D. Thornton, C. Vazzana

No Charge

## FOUNDERS HALL FALL 2017

#### **Chess For Beginners**

This class will cover the fundamentals of the game through instruction and play. Students will learn the rules, moves and notations of the game. Opportunities to play will be provided during class when possible. This class will benefit new students who have not or have hardly played before as well as those in need of a Chess refresher. Students of this class are invited to register for the afternoon Chess class as well where new students will be mentored by more advanced Chess students.

Tuesday 10:30AM - 12:00 PM

First Class: September 12

Instructor: Sam Bloch

Fee: \$10/\$12NR (3 sessions)

#### **Chess Play and Strategy**

This class will focus on developing skills in the game through play and discussions. It will benefit both beginners as well as intermediate level students. Students will challenge themselves and apply learned skills in playing the game. This class will provide many opportunities to play the game. Intermediate players will also be given the opportunity to mentor beginning players.

Tuesday 1:00 - 3:00 PM

First Class: September 12

Instructor: Sam Bloch

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

#### **Cooking**

Lisa and Grace will demonstrate recipes using coffee and tea. They will share cooking tips and techniques.

Section 1: Thursday, October 19

11:00AM-1:00PM

Section 2: Friday, October 20

11:00AM-1:00PM

Instructor: Lisa Corso and Grace Weber

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

#### **Duplicate Bridge**

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. Assisted Bridge on Tuesdays affords an opportunity to learn the mechanics and etiquette of Duplicate Bridge.

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

First Class: September 11

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

First Class: September 15

Directors: Debbie Thornton and Bob Kimerling

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

## FOUNDERS HALL FALL 2017

### Hobby and Sports Program (continued)

#### Drop-in Groups

Gardeners	third Friday	1:00-2:30PM	Jack Hughes
Needlework Group	Thursdays	12:00-1:45PM	
Quilting Group	Tuesdays	2:00-4:00PM	
Rughooking	Wednesdays	1:30-4:00PM	Ethel Eckhaus
Woodcarving	Mondays	1:30-4:00PM	Jim Callahan

#### Founders Hall Band

The Founders Hall Band is open to any person, with any type of instrument, who is willing to learn music. The group meets on Friday mornings in the Living Room. For music, contact Darla Shaw, Band Manager.

Band Director: Bill Palmer      Friday 9:30-11:30AM      No Charge

#### Founders Hall Singers

This singing group meets once a week to work on a variety of music. New members are welcome.

Director: Daniela Sikora      Monday 12:30-1:45PM      No Charge

#### Holiday Decoration Workshop

The Caudatowa Garden Club offers this hands on workshop. Please bring clippers or scissors to use as you create a decoration to take home.

Friday, December 8      10:00AM-12:00PM  
Presented by: Caudatowa Garden Club      Fee: \$10/\$12NR (1 Session)

#### Knitting and Crocheting

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 12:15-2:15PM      First Class: September 12  
Instructor: Jo Ann Brown      Fee: \$30/\$36NR (10 Sessions)

## FOUNDERS HALL FALL 2017

#### Genealogy

Gathering information about one's family is one of America's biggest hobbies. The various course levels range from the basics of census and immigration research through more advanced research techniques, and finally putting it all together in a wonderful book with documents, photos and stories.

**Please note: Completion of Beginning Genealogy is a prerequisite for these classes.** Please check with Toni regarding correct class placement.

Advanced Beginner Genealogy	Monday	9:30-11:30AM
Advanced Beginner Genealogy	Thursday	10:30AM-12:30PM
Continuing Genealogy	Tuesday	11:30AM-1:30PM
Intermediate Genealogy	Thursday	2:30-4:30PM
Book Project Genealogy	Thursday	8:30-10:30AM
Advanced Genealogy	Thursday	12:30-2:30PM

Instructor: Toni McKeen      First Class week of Sept 18  
Fee: \$40/\$48NR (10 Sessions)

2017 Calendar Year Database Fee: \$20

#### Piano Lessons

These classes are limited to seven students. Schedule is subject to change.

Beginner*	Thursday 12:15-1:15PM	Fee: \$30/\$36NR (10 Sessions)
Int. Beginner	Thursday 11:00AM-12:15PM	Fee: \$60/\$70NR (10 Sessions)
Adv. Beginner	Thursday 9:30-11:00AM	Fee: \$60/\$70NR (10 Sessions)

Instructor: Ed Kadziewicz      First Class: September 14

\*Fee to repeat Beginning Piano Class: \$60/\$70NR

#### Pickleball - Beginners

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. No class September 21.

Thursday 1:15-2:30PM      First Class: September 14  
Instructors: Janice Pauly and Ted Seibert      Fee: \$30/\$36NR (9 Sessions)

## FOUNDERS HALL FALL 2017

### Hobby and Sports Program (continued)

#### Pickleball: Ladder Play

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 groups of similarly skilled players. Class meets at Parks and Recreation Center gym. No class Nov.10.

Friday 1:15-2:30PM

First Class: September 15

Instructors: Janice Pauly and Ted Seibert

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

#### Quilt or Sew

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 participants.

Tuesday 10:00AM-12:00PM

First Class: September 12

Instructor: Jo Ann Brown

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

#### Zen & The Art of Seeing: A Kind & Gentle Introduction to Creative Photography

This class is for all of those who have been wanting to make the leap out of auto mode on their camera and take the next step with their photography. In this 3-session workshop you will be patiently guided into the worlds of aperture, shutter speed, and the basics of composition and design. There will be much inspiration shared and ample time to venture forth into the field to put your new skills into practice -- together. You can do this!

\*DSLR camera with programmable controls required for this workshop. Please also bring your camera manual to class if possible, and a notebook, pen, & tripod if you have one. Come prepared to spend time outdoors (weather permitting.)

This is the first workshop of a two-part series. Classes may be taken separately or consecutively.

Wednesday 10:00AM-12:00PM

First Class: September 27

Instructor: Elisabeth Levy

Fee: \$20/\$25NR (3 Sessions)

## FOUNDERS HALL FALL 2017

#### Zen & The Art of Seeing: Photography As Meditation

If you are interested in learning to use your Camera to expand your relationship with nature, be inspired, and help you to cultivate inner peace this workshop is for you! Have you ever paused to gaze upon the reflections of trees and their branches on the stream behind a parking lot? Noticed the beauty of the dance of light upon snowmelt as it flows down a neighborhood street? How many colors can you name that you've seen glistening like sparks on the snow in your backyard? When we slow down and look, really look, we are gifted with "New Eyes" with which to experience the beauty of nature at a level that most people never take the time to notice. Using the camera as a meditative tool we expand our connection to the natural world and hence, the divine. The process itself is largely the purpose. The images you create become a bonus and an inspirational reminder of the value of slowing down to see.

This course is suitable for all levels of photography experience and consists of theory, guided meditation, and practice in the "field" on the Founders Hall campus. Participants must have a working knowledge of their own camera & come prepared to spend time outdoors. (Digital SLR, Point & Shoot, Smartphone, and Film Cameras are acceptable.)

Wednesday 10:00AM-12:30PM

First Class: October 18

Instructor: Elisabeth Levy

Fee: \$20/\$25NR (2 Sessions)

### Evening Hobby Program

#### Culinary Series

**Cooking:** Lisa and Grace will demonstrate recipes using coffee and tea. They will share cooking tips and techniques.

Tuesday 6:00-8:00PM

Class date: October 17

Instructors: Lisa Corso and Grace Weber

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

## FOUNDERS HALL FALL 2017

### Technology Program

#### Microsoft Word Level 2

Learn the extensive capabilities of Microsoft Word. Formatting (including bullets, borders and shading), automatic numbering, sorting alphabetically and numerically, headers and footers, WordArt, SmartArt, clip art, personal letters, newsletters, watermarks, tables, column charts, pie charts, templates and more will be covered. This class will be taught using Windows 7 operating system and Microsoft Word 2010. Please bring a flash drive to each class.

Monday 3:00-4:30PM

First class: September 11

Instructor: Anita Vallee

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

#### Open Computer Lab

Need help? On Fridays from 10AM-12 noon, coaches will be on hand to answer questions and give additional assistance to computer class students. No fee.

#### Open Tech Lab

Need help with your electronic devices? A volunteer will be in the Computer Lab on Fridays from 2-3PM to answer questions and assist you. No fee.

#### Photoshop Elements 8 Level 3

This class continues from Photoshop Level 2, working on mastery of some of the more creative tools and great special effects possible with the program. Prerequisites for class: Completion of Toni's Beginning Photoshop and Photoshop Level 2.

Tuesday 3:00-4:30PM

First Class: September 19

Instructor: Toni McKeen

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

#### PowerPoint

Do you have a special anniversary or big birthday coming up, or perhaps a graduation or wedding of a grandchild, or maybe just returned from a vacation, and would like to share your treasured photos in an interesting manner? In this class, you will learn to use various templates and color schemes, add text with different fonts, insert, modify, crop and rearrange photos, learn how to include transitions and add music to your finished presentation. We will work together during the semester to create and build a finished slide presentation using your photos from your flash drive. Knowledge of PhotoShop Elements 8 is helpful but not required.

Tuesday 1:30-3:00PM

First Class: September 19

Instructor: Toni McKeen

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

## 2017 FITNESS PROGRAM

*The Fitness Program is sponsored by  
The Paul and Johanna Laszig Trust and Barker Welfare Foundation*

**Fitness classes are offered on a monthly basis. Registration for 2018 Fitness Classes will open October 17, 2017 at 8:00am. Please call regarding availability of classes for the remainder of 2017.**

#### Aerobics

A low-impact exercise program offered throughout the year for muscle conditioning and increased body strength.

Section 1 Mon./Wed./Fri. 8:30-9:30AM

Section 2 Mon./Wed./Fri. 9:35-10:35AM

Instructor: S. Consentino, P. Crotty, S. Neumann Fee: \$35/\$42NR per month

#### Aquacize

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

Pilates approach will be used in this core strengthening program. Stretching and use of free weights will strengthen the overall body as well as improve flexibility and balance. The class will use both mats and chairs.

Mon./Wed. 3:30-4:30PM

Instructor: Patti McEvoy Maloney Fee: \$35/\$42NR per month

#### Stretch and Flex

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. 2:25-3:25PM

Instructor: Colleen Cugine Fee: \$35/\$42NR per month



## 2017 FITNESS PROGRAM

### Strength and Balance

A challenging exercise program that uses free weights and other tools in standing, sitting and floor workout routines to strengthen abdominal and lower back muscles, increase flexibility and improve body alignment. Participants must be able to use floor mats.

Beginner*	Mon./Wed./Fri.	12:35-1:20PM
Adv. Beginner*	Mon./Wed./Fri.	11:45AM-12:30PM
Intermediate 1*	Mon./Wed./Fri.	10:45-11:40AM
Intermediate 2**	Mon./Wed./Fri.	1:25-2:20PM

\*Instructor: Susan Consentino Fee: \$35/\$42NR per month

\*\*Instructor: Patti McEvoy Maloney Fee: \$35/\$42NR per month

### Tai Chi

This "soft" form of martial arts is considered a safe and effective isometric exercise. Tai Chi can help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

Beginner	Mon./Fri.	8:30-9:15AM	Fee: \$30/\$36NR per month
Advanced Beginner	Mon./Fri.	9:15-10:00AM	Fee: \$30/\$36NR per month
Intermediate	Tues./Thurs.	12:00-1:00PM	Fee: \$35/\$42NR per month

Instructor: Mari Lewis

### Introduction to Tai Chi

This introduction class meets once a week and will focus on the basics of Tai Chi in a workshop-like format.

Wed. 8:30-9:30AM

Coach: Diane Kerner Fee: \$12/\$14NR per month

### Seated Stretching & Relaxation

An easy (to moderate) approach to increase and improve flexibility and range of motion and posture. The program will include a combination of basic and gentle stretching, breath awareness and relaxation.

Tues./Thurs. 1:05-1:50PM

Instructor: Barbara Reidy Fee: \$30/\$36NR per month

## 2017 FITNESS PROGRAM

### Seated Yoga

Stretching, breathing techniques and relaxation are the focus of this seated class.

Tues./Thurs. 11:05-11:50AM Fee: \$30/\$36NR per month

Instructors: Supriya Swerdlick Hermenze and Liz Wendel

### Yoga and Relaxation

These classes include warming stretches, yoga postures and breathing techniques. Section 1 includes some intermediate level postures and longer holds and is suit-able for students with some experience with postures. Section 2 combines slow and easy movements and is suitable for new students and those wanting a mellow practice.

Section 1: Moderate Level Tues. Liz / Thurs. Valerie 8:30-9:45AM

Section 2: Gentle Class Tues. Liz/ Thurs. Supriya 9:45-11:00AM

Instructors: Liz Wendel, Supriya Swerdlick Hermenze, Valerie Rich

Fee: \$35/\$42NR per month

## Evening Fitness Program

### Strength, Core and More

This class incorporates strength, flexibility, balance and core work. While working at a lively tempo, all-over toning will be achieved using multiple muscle groups followed by stretching. Weights, bands and small weighted balls will be incorporated for a full body workout.

Tues./Thur. 5:45-6:45PM

Instructor: Lindy Olszewski Fee: \$40/\$48NR per month



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