



FOUNDERS HALL

Fall 2018

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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
Web: 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

Fitness Program:

The Paul and Johanna Laszig Trust
Barker Welfare Foundation

Hobby & Sport Program:

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

On the Road Program:

Ridgefield Professional Office Complex

Seminars:

Union Savings Bank Foundation

Social Events:

The Greens at Cannondale and
Wilton Meadows
Home Instead Senior Care
Laurel Ridge Health Care Center
Ridgefield Crossings

Closing and Cancellation

Founders Hall closings for inclement weather will be posted on:

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

Programs are subject to change and/or cancellation.

Online Registration

You can 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

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 (with a small processing fee added to the total), or you can choose to pay by check or cash.

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 fall semester.

If you don't use email or would like some guidance in using online registration, please see Tracy or Grace for help.

If you prefer to use paper

Complete the form on pages 18 -23 and mail or drop it off with payment.

Whether You Register Online or On Paper

Fall semester programs begin on Tuesday, September 4. 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 6:30 pm on Tuesday, August 21** 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

Registration for 2019 fitness classes will open at 8 am on October 16. You will need to register in-person.

FALL 2018 CALENDAR

August 9	Book Discussion: <u>Pachinko</u>
August 10	Sundae Tea <i>sponsored by Ridgefield Crossings</i>
August 21	New Member Coffee
August 21	Fall Semester Registrations Due
September 3	Closed in Observance of Labor Day
September 4	Fall Semester Begins
September 7	Seminar: It's All About Attitude <i>sponsored by Union Savings Bank Foundation</i>
September 11	Trip: Norman Rockwell Museum
September 14	Fashion Show Tea <i>sponsored by Laurel Ridge Health Care Center</i>
September 20	Instructor Party <i>sponsored by The Greens at Cannondale / Wilton Meadows</i>
September 21	RVNA Flu Clinic
September 28	Founders Food Truck Friday
October 1	Trip: Resorts World Catskills Casino
October 2 & 3	Bocce Tournament
October 3	Gold Sale
October 5	Seminar: Manzanar Internment Camp <i>sponsored by Union Savings Bank Foundation</i>
October 10	Trip: Man of LaMancha at Westport Country Playhouse
October 12	Tasting: Seeds We Love <i>sponsored by Laurel Ridge Health Care Center</i>
October 15	RVNA Flu Clinic
October 16	2019 Fitness Classes Registration

FALL 2018 CALENDAR

October 17	Seminar: A Brief Introduction to Meditation <i>sponsored by Union Savings Bank Foundation</i>
October 18	Oktoberfest Party
October 19	Seminar: Lock It Up - Prescription Drug Safety <i>sponsored by Union Savings Bank Foundation</i>
October 26	Seminar: A Taste of Change <i>sponsored by Union Savings Bank Foundation</i>
October 30 & 31	Billiards Tournament
November 2	Seminar: Younger Next Year <i>sponsored by Union Savings Bank Foundation</i>
November 7	Trip: NY Historical Society
November 9	USO Tea <i>sponsored by Home Instead Senior Care</i>
November 13	Seminar: A Soldier's Experience in the Civil War <i>sponsored by Union Savings Bank Foundation</i>
November 16 ~ 19	Wreath Festival
November 22 & 23	Closed in observance of Thanksgiving
December 4	New Member Coffee
December 4	Winter 2019 Registrations Due
December 7	Nutcracker Tea <i>sponsored by Laurel Ridge Health Care Center</i>
December 13	Holiday Parties <i>sponsored by Home Instead Senior Care</i>
December 19	Trip: The Nutcracker at NY City Ballet
December 24, 25, 26	Closed in observance of Christmas
December 31	Closed in observance of New Years
January 1	Closed in observance of New Years
January 2	Winter Semester Begins

FOUNDERS HALL FALL 2018

Academic Program

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

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 18 and November 20, 2018. 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 4
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 13 No Man's Land by Simon Tolkien
October 11 To the Bright Edge of the World by Eowyn Ivey
November 8 Between Them: Remembering My Parents by Richard Ford
Thursday 3:00-4:30PM
Facilitator: Staff of Ridgefield Library No Charge

FOUNDERS HALL FALL 2018

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 5
Facilitator: Robert Murphy Fee: \$12/\$15NR (10 Sessions)

French Beginners Continuing

This class is for those who have completed one or two semesters of the French beginner class or have had some exposure to French. You will pick up the fundamentals of conversational French whether your goal is to prepare for travel to France or Quebec or achieve personal enrichment. In addition to speaking and comprehension, the course will also stress basic grammar, reading and writing. Barron's Learn French the Fun and Fast Way by Elisabeth Bourquin Leete is recommended for the class. It may be purchased through the registration form for \$24.

Friday 9:00 - 11:00AM First class: September 7
Facilitator: Françoise Lampe Fee: \$30/\$36NR (6 Sessions)

French Advanced Beginners Continuing

This is a continuation of French Advanced Beginners for those who completed the initial classes. It is also appropriate for anyone with a year or two of high school French. The emphasis will be on developing good communication skills, reinforcing grammar and building vocabulary. McGraw Hill Easy French Reader by R. de Roussy will be used for the class. The book is available through the registration form for \$12.

Tuesday 2:30 - 4:30PM First class: September 4
Instructor: Françoise Lampe Fee: \$30/\$36NR (6 Sessions)

French Intermediate to Advanced

This class is for those with prior knowledge of the language or with the equivalent of three or four years of high school French. The emphasis will be on improving speaking fluency and expanding vocabulary. This will be achieved through discussion of current events and reading of news articles and selected French literary works. The course will also build on the basic framework of French grammar and reinforce sentence structure and pronunciation.

Friday 1:30 - 3:30PM First class: September 7
Instructor: Françoise Lampe Fee: \$30/\$36NR (6 Sessions)

FOUNDERS HALL FALL 2018

Academic Program (continued)

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 10

Facilitator: John Somma

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

Great Books, Great Discussions

Enthusiastic readers will use the Shared Inquiry method for a text-based discussion of *Standing Down: From Warrior to Civilian*, a collection of fiction, essays, memoirs, and poetry about service people from the Trojan War to the Iraq War, and their transition back into civilian life. The book is available for \$20 through the registration form or through www.store.greatbooks.org. Please read the selection from Homer's *Iliad*, pages 13 to 34, for the first class meeting.

Wednesday 12:30 - 2:00PM

First class: September 5

Facilitator: Melissa DeMeo

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

History: Into Africa

Come join us as we read about the journalist, Henry Morton Stanley, who went to look for Dr. Livingstone when he went missing in dangerous African terrain. *Into Africa* is 'an extraordinary account of pulse-pounding adventure defined by human foolishness, intense courage, and raw human achievement.' It has also been called, 'an action packed and gripping historical narrative of the most famous encounter in exploration history.' The class book, *Into Africa: The Epic Adventures of Stanley and Livingstone* by Martin Dugard is available through the registration form for \$13.

Wednesday 3:15-4:30PM

First Class: September 5

Instructor: Mike Settanni

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

FOUNDERS HALL FALL 2018

In Search of the American Soul: Part 1

'Nobody is as smart as all of us.' -Pogo

In his engaging book, *The Soul of America: The Battle for Our Better Angels*, the historian Jon Meacham tells us that the soul in Western political thought is what a people have commonly agreed to be the continuing objects of their love. In short, our soul is 'what makes us *us*.' But how has the nature and direction of the American soul developed throughout our history and what are the inherent features of our national soul today? One promising pathway of inquiry is to examine a variety of writings documenting turning points in the evolution of our uniquely American identity. We will unpack the relevance of each selection through a collegial process of open discussion, active listening and respectful exchange of opinion, all in the interest of civil discourse. Our common text will be *The Will of the People: Readings in American Democracy* which is available through the registration form (\$13). Class is limited to 20 participants. Class will not meet September 21.

Friday 10:45AM-12:15PM

First class: September 7

Discussion Leader: Howard Jacobs

Fee: \$12/\$15NR (8 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 4

Facilitators: D. Campbell, A. Levine

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

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 10

Instructor: Rita Schaffer

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

FOUNDERS HALL FALL 2018

Academic Program (continued)

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 13
Level 4 Monday 10:00-11:30AM First Class: September 10
Instructor: Rita Schaffer Fee: \$30/\$36NR (8 Sessions)

Ladies in Celluloid (Part Two)

Bob Klaeger finishes his Women in Film cycle with eight more memorable movies:

Sunset Boulevard- Gloria Swanson

Doubt-Meryl Streep and Amy Adams

Driving Miss Daisy-Jessica Tandy

Albert Nobbs-Glenn Close as you've never seen her in a 2011 film nominated for, not surprisingly, best makeup.

Julie and Julia-Meryl Streep and Amy Adams in very different roles.

Miss Pettigrew Lives for a Day-Frances McDormand and Amy Adams

Mrs. Henderson Presents-Judy Dench

Fargo-Minnesota as only the Coen Brothers could picture it. Frances McDormand is wonderful as a very pregnant Chief of police.

Instructor: Robert Klaeger First Class: September 11
Section 1 Tuesday 10:00AM-12:30PM Fee: \$30/\$36NR (8 Sessions)
Section 2 Tuesday 1:00-3:30PM Fee: \$30/\$36NR (8 Sessions)

Masters of the Renaissance in Florence, Italy

This ten-week course will follow the birth of the Renaissance made possible by the wealthy Medici family and powerful popes. The lives and amazing masterpieces of the most famous painters, sculptors, architects, and writers will be brought to life. The major sites and museums of Florence will be covered as well.

Instructor: Toni McKeen First Class: September 19
Section 1 Wednesday 10:30AM-12:00PM Fee: \$30/\$36NR (10 Sessions)
Section 2 Wednesday 1:15-2:45PM Fee: \$30/\$36NR (10 Sessions)

FOUNDERS HALL FALL 2018

Leonardo Da Vinci - Art, Science and Music

'His lifelong obsession for staging theatrical productions informed his paintings and inventions He peeled the flesh off the faces of cadavers, drew the muscles that move the lips and then painted the most memorable smile

Based on Walter Isaacson's magnificent new biography 'Leonardo', Michael Lankester traces the life and times of one of the most remarkable artists who ever lived. Woven throughout with the music of the time, this series of talks looks in detail at Leonardo da Vinci the painter, sculptor, scientist, mathematician, inventor and polymath.

1. Childhood & Apprentice
2. Milan
3. The Notebooks
4. Scientist & Flight
5. Milan & *The Last Supper*
6. The Borgias
7. Florence, France & *The Mona Lisa*
8. The Tongue of the Woodpecker

Instructor: Michael Lankester First class: September 6
Section 1 Thursday 10:45AM-12:15PM Fee: \$30/\$36NR (8 Sessions)
Section 2 Thursday 1:00-2:30PM Fee: \$30/\$36NR (8 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 7
Instructor: Maria Cinta Lowe Fee: \$30/\$36NR (8 Sessions)

FOUNDERS HALL FALL 2018

Academic Program (continued)

Writing Workshop

'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. Bring enough copies so each class member will have one. Feedback will focus 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 16 participants in order to have sufficient time for presentation and feedback.

Monday 2:00-4:30PM

First Class: September 10

Moderator: Anton Deiters

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

Evening Academic Program

Designing Your Retirement

This four-part seminar/workshop will explore the philosophy, structure and aspirations for this stage of life. A variety of speakers and panelists will present content and share life experiences on their approach to retirement.

Part I Looking at Retirement in a Different Way

Part II Lifestyle, Location and Social Support

Part III Planning for Financial Health in Retirement

Part IV Composing a Purposeful Life in Retirement

Tuesday 6:30-8:00PM

Dates: Sept 25, Oct 2, 9, 16

Facilitator: Mark Gilliam

No fee

Tracing the Family in American Politics

From abolition and prohibition to Roe v. Wade and the Reagan Revolution, family has always been a central theme in our politics. Over four weeks, this course will explore the important role of family in four pivotal moments in American political history – the American Revolution; the temperance movement; the era of domesticity ushered in by new technologies and housing policies; and the first black First Family. Throughout the course we will attend to the ways that family coincides with social cleavages like race and class.

Tuesday 6:30 -8:00PM

First Class: October 23

Instructor: Howell Williams

Fee: \$30/\$36NR (4 Sessions)

FOUNDERS HALL FALL 2018

Land of Hope and Glory

In this series of lectures, Michael Lankester traces the course of English music from the court of Queen Elizabeth I to today.

1. The Tudor Court – Shakespeare and The Golden Age
2. The Jacobean Era – The English Baroque
3. 'Das Land Ohne Musik' - The Visitors
4. The Victorian Age – Sense and Sentimentality
5. The Edwardians – Elgar and Empire
6. The Second Elizabethan Age – A New Awakening

Thursday 6:30-8:00PM

First Class: September 6

Instructor: Michael Lankester

Fee: \$30/\$36NR (6 Sessions)

Art Program

Calligraphy: Beginner / Intermediate Formal Italic

This is an open levels course. Beginning students will use a broad-edged nib and ink to learn the letterforms of the 15th century Italicque Hande. Developed as an improvement over the more slowly written hands of that time, Italic is graceful, legible and is a basic hand for every calligrapher. Students with previous calligraphy coursework may choose to work in pointed pen scripts, such as Copperplate, or learn another broad-edge pen alphabet, such as Uncial.

In this nine-week class, beginning students will progress from learning the basic letterforms to writing sentences. How to address envelopes will also be covered, and students will be instructed in how to create a calligraphic piece using a short quote of their choosing. Intermediate students will continue to fine-tune their lettering skills and work on projects and styles of their choice.

Supplies for in-class use with the broad-edged pen will be provided. A supply list will be provided on the first class day for practice and study beyond class.

Wednesday 12:30 - 2:30PM

First class: September 5

Instructor: Anne Tascio

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

FOUNDERS HALL FALL 2018

Art Program (continued)

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 4

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.** Class will not meet September 24.

Monday 11:30AM-1:30PM

First Class: September 10

Instructor: Martha Talburt

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

Beginning Colored Pencils

The class introduces students to this marvelous medium with 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. 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. **Prerequisite is at least Martha's basic drawing and portraiture classes or a strong drawing background from other sources.** The course is recommended for the committed art student who is interested in augmenting class work with work at home. Class will not meet September 24.

Monday 9:00-11:00AM

First Class: September 10

Instructor: Martha Talburt

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

FOUNDERS HALL FALL 2018

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. Class will not meet September 24.

Monday 2:30-4:30PM

First Class: September 10

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 4

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 4

Instructor: Martha Talburt

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

Oil Painting Section 1

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 1:00-3:00PM

First Class: September 5

Instructor: Bonnie Weber

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

FOUNDERS HALL FALL 2018

Art Program (continued)

Oil Painting Section 2

For experienced or beginner artists, this class will cover painting basics, mixing, color palettes and composition. Varied choice of subjects as well as nonrepresentational work will be encouraged. This class is typically smaller so offers greater opportunity for personal one-on-one guidance. Canvas fee is \$3.

Wednesday 3:00-5:00PM

First Class: September 5

Instructor: Bonnie Weber

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

Watercolor Beginners

This eight-week class is designed for students who want to learn the art of watercolor painting.

Basic art concepts pertaining to watercolor will be covered and demonstrated... composition, color, value, transparency, along with techniques and textures. Tina will help you develop your style and your artist's eye.

Thursday 10:00AM-12:00PM

First Class: September 6

Instructor: Tina Phillips

Fee: \$50/\$60NR (8 Sessions)

Watercolor Intermediate

Take your painting to the next level by learning more techniques and textures in this eight-week Intermediate class. Expect to be challenged by Tina to experiment with a new technique or idea given in a short demonstration. Independent painting time will always be offered with guidance and critiques.

Friday 10:00AM - 12:00PM

First Class: September 7

Instructor: Tina Phillips

Fee: \$50/\$60NR (8 Sessions)

Watercolor Advanced

For the advanced watercolor artist who already possesses a solid knowledge of watercolor techniques, and just wants to paint!

Students usually provide their own reference material and inspiration for their paintings and work at their own pace. Tina is there to offer guidance and insight. There is always an opportunity to share and critique between students and teacher.

Thursday 1:00-3:00PM

First Class: September 6

Instructor: Tina Phillips

Fee: \$40/\$48NR (8 Sessions)

FOUNDERS HALL FALL 2018

Acrylic Workshop

Learn how to increase the volume of acrylic paint by adding gel medium and explore working in a thick 'Van Gogh-like' style. Several impasto/texture techniques will be covered including how to use palette knives and how to make your own tools. This workshop is great for both the beginning and more experienced artist who wants to learn more about working with thick acrylic gel medium.

Friday 12:30 - 2:30PM

First Class: November 2

Instructor: Jean Linville

Fee: \$15/\$18NR (2 Sessions)

Perspective Workshop

Perfect for beginners or for those needing a refresher in characteristics of atmospheric perspective and one- and two-point linear perspective. We will begin with basic forms and then move on to the application of all three forms of perspective to landscape and still life.

Friday 10:00AM - 12:00PM

First Class: November 2

Instructor: Jean Linville

Fee: \$15/\$18NR (2 Sessions)

Evening Art Program

Spotlight Workshop

Explore the heightened drama of working in a darkened studio with objects that are lit with only spotlights. Bright highlights, shadows that disappear into the darkness as well as shadow length and the power of working on a variety of colored papers or canvases will be explored. Students are encouraged to bring their own objects to class to draw and are welcome to work in any media.

Tuesday 6:00 - 8:00PM

First Class: October 23

Instructor: Jean Linville

Fee: \$20/\$24NR (3 Sessions)

Watercolor: Begin Again

If it's been a while since you painted, or you wish to become acquainted with watercolor again, this is the class for you!

It's relaxed...and fun...to re-learn the basics of this beautiful transparent medium in this comfortable evening class.

Thursday 6:00 - 8:00PM

First Class: September 6

Instructor: Tina Phillips

Fee: \$50/\$60NR (8 Sessions)

FALL 2018 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 paper registration:

1. Read the course book and select programs.
2. Complete the form on pages 19 – 23 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, Discover 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 6:30pm on Tuesday, August 21.**

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 2018 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

	Sign me up	Course Fee		Book Fee	
		Ridgefield	Non-Ridgefield		
Academic Courses					
Art of Writing	<input type="checkbox"/>	\$30	\$36		
Current Events	<input type="checkbox"/>	\$12	\$15		
French Beginners Continuing	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/>	\$24
French Advanced Beginners Contg	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/>	\$12
French Intermediate to Advanced	<input type="checkbox"/>	\$30	\$36		
Global Issues	<input type="checkbox"/>	\$12	\$15		
Great Books	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/>	\$20
History: Into Africa	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/>	\$13
In Search of the American Soul	<input type="checkbox"/>	\$12	\$15	<input type="checkbox"/>	\$13
Investments Discussion	<input type="checkbox"/>	\$12	\$15		
Italian: Beginners Continuing	<input type="checkbox"/>	\$30	\$36		
Italian: Continuing 3	<input type="checkbox"/>	\$30	\$36		
Italian: Continuing 4	<input type="checkbox"/>	\$30	\$36		
Ladies in Celluloid 2					
Section 1 10:00AM	<input type="checkbox"/>	\$30	\$36		
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36		

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Academic Courses</u>			
Leonardo Da Vinci			
Section 1 10:45AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36
Masters of the Renaissance			
Section 1 10:30AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:15PM	<input type="checkbox"/>	\$30	\$36
Spanish Continuing	<input type="checkbox"/>	\$30	\$36
Writing Workshop	<input type="checkbox"/>	\$30	\$36

Evening Academic Courses

Designing Your Retirement	<input type="checkbox"/>	No fee	
The Family in American Politics	<input type="checkbox"/>	\$30	\$36
Land of Hope and Glory	<input type="checkbox"/>	\$30	\$36

Art Courses

Calligraphy	<input type="checkbox"/>	\$40	\$48
Basic Drawing	<input type="checkbox"/>	\$40	\$48
Beginning Portraiture	<input type="checkbox"/>	\$40	\$48
Beginning Colored Pencils	<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 Beginners	<input type="checkbox"/>	\$50	\$60
Watercolor Intermediate	<input type="checkbox"/>	\$50	\$60
Watercolor Advanced	<input type="checkbox"/>	\$40	\$48
Acrylic Workshop	<input type="checkbox"/>	\$15	\$18
Perspective Workshop	<input type="checkbox"/>	\$15	\$18

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<u>Evening Art Courses</u>				
Spotlight Workshop	<input type="checkbox"/>	\$20	\$24	
Watercolor Begin Again	<input type="checkbox"/>	\$50	\$60	

Special Events

Bocce Tournament	<input type="checkbox"/>	\$8	\$10
Oktoberfest	<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

On the Road Trips

Norman Rockwell Museum	<input type="checkbox"/>	\$88	\$106
Resorts World Catskills Casino	<input type="checkbox"/>	\$30	\$36
Man of LaMancha at Westport	<input type="checkbox"/>	\$65	\$78
New York Historical Society	<input type="checkbox"/>	\$78	\$94
The Nutcracker at NYCB	<input type="checkbox"/>	\$135	\$140

Dance Courses

Ballroom Dancing			
Section 1 2:30PM	<input type="checkbox"/>	\$25	\$30
Section 2 3:30PM	<input type="checkbox"/>	\$25	\$30
Beginner Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36
Intermediate Tap Dancing	<input type="checkbox"/>	\$30	\$36
Zumba Gold	<input type="checkbox"/>	\$30	\$36

Hobby and Sports Courses

ACBL Sanctioned Duplicate Bridge			
To register, email dlthornton@sbcglobal.net .			
Basketball Clinic	<input type="checkbox"/>	\$30	\$36
Bridge - Assisted Play	<input type="checkbox"/>	No fee	
Bridge Beginners	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$18

	Sign me up	Course Fee	Book Fee
		Ridgefield	Non-Ridgefield
<u>Hobby and Sports Courses</u>			
Bridge Advanced Beginners	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$18
Cooking at Luna Rossa I			
Tuesday, Sept 25	<input type="checkbox"/>	\$15	\$15
Wednesday, Sept 26	<input type="checkbox"/>	\$15	\$15
Cooking at Luna Rossa II			
Tuesday, Nov 13	<input type="checkbox"/>	\$15	\$15
Wednesday, Nov 14	<input type="checkbox"/>	\$15	\$15
Duplicate Bridge			
Monday	<input type="checkbox"/>	\$15	\$18
Partner (if any): _____			
Friday	<input type="checkbox"/>	\$15	\$18
Partner (if any): _____			
Genealogy			
Intermediate I Genealogy Monday	<input type="checkbox"/>	\$40	\$48
Continuing Genealogy Tuesday	<input type="checkbox"/>	\$40	\$48
Book Project Genealogy Thursday	<input type="checkbox"/>	\$40	\$48
Adv Beg Genealogy Thursday	<input type="checkbox"/>	\$40	\$48
Int. Beginning Genealogy Thursday	<input type="checkbox"/>	\$40	\$48
Intermediate II Genealogy Thurs	<input type="checkbox"/>	\$40	\$48
2018 Calendar Year Database Fee	<input type="checkbox"/>		\$20
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"/>	\$25	\$30
Pickleball Ladder Play	<input type="checkbox"/>	\$30	\$36
Quilt or Sew	<input type="checkbox"/>	\$40	\$48
Zen & Art of Seeing Photo Meditation	<input type="checkbox"/>	\$25	\$30
Zen & Art of Seeing Photo Intro	<input type="checkbox"/>	\$30	\$36

	Sign me up	Course Fee
		Ridgefield Non-Ridgefield
<u>Technology Courses</u>		
iPhone and iPad 1:00	<input type="checkbox"/>	\$25 \$30
iPhone and iPad 3:00	<input type="checkbox"/>	\$25 \$30
Microsoft Publisher	<input type="checkbox"/>	\$30 \$36
Photoshop Level 1	<input type="checkbox"/>	\$30 \$36
Photoshop Level 3	<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, Discover or American Express)
A 4% processing fee will be added to the transaction.

Card number: _____

Exp. date: _____ cvc: _____

FOUNDERS HALL FALL 2018

Seminar Series

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

It's All About Attitude

John Patrick Friday, September 7 1:00PM

Manzanar Internment Camp

Darla and Ben Shaw Friday, October 5 1:00PM

A Brief Introduction to Meditation

Ed Merck Wednesday, October 17 9:00AM

Lock It Up! Protecting Your Prescription Meds

Rudy Marconi, First Selectman and Captain Jeff Kreitz, Ridgefield Police
Friday, October 19 1:00PM

A Taste of Change

Peter Rose Friday, October 26 1:00PM

Younger Next Year

Chris Crowley Friday, November 2 1:00PM

A Soldier's Experience in the Civil War

William McEachern Tuesday, November 13 1:00PM

New Member Welcome Coffees

Tuesday, August 21 10:30-11:30AM

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

Fundraising Events

Gold Sale Wednesday, October 3 12:00-4:00PM

Wreath Festival November 16 ~ 19

RVNA Flu Clinics

Make your appointment at the front desk.

Friday, September 21 11:00AM-1:00PM

Monday, October 15 1:30-3:30PM

FOUNDERS HALL FALL 2018

Special Events

Bocce Tournament

\$8/\$10NR Tues. & Wed., Oct. 2 & 3 9:00AM-3:00PM

Oktoberfest

\$8/\$10NR Thursday, October 18 5:30-7:30PM

Billiards Doubles Tournament

\$8/\$10NR Tues. & Wed., Oct. 30 & 31 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 Thursday, December 13 3:30-5:00PM

Session 2 \$10/\$12NR Thursday, December 13 6:00-7:30PM

Founders Food Truck Fridays

Friday, September 28 12:30-2:00PM

Tastings and Teas

Fashion Show Tea Friday, September 14 2:00-3:30PM

Sponsored by Laurel Ridge Health Care Center

Seeds We Love Tasting Friday, October 12 2:00-3:30PM

Sponsored by Laurel Ridge Health Care Center

USO Tea Friday, November 9 2:00-3:30PM

Sponsored by Home Instead Senior Care

Nutcracker Tea Friday, December 7 2:00-3:30PM

Sponsored by Laurel Ridge Health Care Center

FOUNDERS HALL FALL 2018

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.

Norman Rockwell Museum

We will begin our day in Stockbridge with lunch at The Red Lion Inn, followed by a guided tour of The Norman Rockwell Museum. The Museum holds the largest and most significant collection of original Rockwell art, including enduring favorites from Rockwell's Saturday Evening Post covers, together with changing exhibitions of works by American illustrators past and present.

Tuesday, September 11 8:00AM-7:00PM Fee: \$88/\$106NR

Resorts World Catskills Casino

Visit this new casino with over 100,000 square feet of gaming action. The trip includes a \$10 bonus slot play. Lunch is not included but is available for purchase from a variety of food concessions.

Monday, October 1 8:00AM-6:00PM Fee: \$30/\$36NR

FOUNDERS HALL FALL 2018

Man of LaMancha at Westport Country Playhouse

'The Impossible Dream' comes to life in this beloved American musical. Take an imaginative journey with Don Quixote as he tilts at windmills and battles for good and the love of his fair maiden. There is no meal planned for this trip.

Wednesday, October 10 12:30PM-6:00PM Fee: \$65/\$78NR

New York Historical Society

We will tour the Gallery of Tiffany Lamps, which features 100 illuminated lamps, displayed within a dramatically lit jewel-like space. It is regarded as one of the world's largest and most encyclopedic collections of Tiffany lamps. The tour will also include highlights of the museum's permanent collection. A buffet lunch will be provided. Following the tour you will have free time to visit other parts of the museum including the Audobon's Birds of America Gallery and the Center for Women's History.

Wednesday, November 7 9:00AM-5:00PM Fee: \$78/\$94NR

The Nutcracker at New York City Ballet

Join us for the spectacle and beauty of The Nutcracker at Lincoln Center. We will arrive in time for you to have lunch on your own prior to the matinee performance. You can walk to a variety of restaurants and cafes on the Lincoln Center campus and across the street on Broadway.

Wednesday, December 19 8:00AM-7:00PM Fee: \$135/\$140NR

A minimum of 40 registrants is required for each trip.

FOUNDERS HALL FALL 2018

Dance Program

Ballroom Dance

This class is open to beginners as well as seasoned dancers. For Fall Semester we'll be spicing things up Latin style! The featured dances will be the Rumba, Salsa, Merengue and Tango. No partner is necessary to join in on the dancing fun!

Section 1 Friday 2:30-3:30PM Fee: \$25/\$30NR (7 Sessions)

Section 2 Friday 3:30-4:30PM Fee: \$25/\$30NR (7 Sessions)

Instructor: Tonja Dias First Class: September 14

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 4

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 4

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 6

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

FOUNDERS HALL FALL 2018

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*

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. Games are held every Thursday.

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. Class will not meet September 19.

Wednesday 1:15-2:15PM First class: September 5

Coaches: JoAnn Cali and Jim Arcuri Fee: \$30/\$36NR (9 Sessions)

Bridge: Assisted Play

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

Tuesday 10:00AM-12:00PM First Class: September 4

Coaches: J. Clark, D. Thornton, C. Vazzana No Charge

FOUNDERS HALL FALL 2018

Hobby and Sports Program (continued)

Bridge Beginners

Bridge—the best card game comparable to what chess is to board games—challenging, yet rewarding. This class is for beginners or those needing a refresher. We'll cover the basics: what it means to follow suit, take a trick, and to play trump. Then we'll cover the objectives including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding and Play of the Hand. The required text: Bridge for Everyone by D. W. Crisfield is available through the registration form for \$18.

Class will meet September 13, 20 & 27, October 11, 18 & 25, November 8 & 15

Thursday 9:00-10:30AM

First class: September 13

Instructor: Mike Hess

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

Bridge Advanced Beginners

If you like bridge and want to improve your game, this class is for you. Each two-hour class consists of a short lecture followed by the bidding and play of real bridge hands. This is for bridge players who know the basics—following suit, taking tricks, trumping, as well as fundamental bidding and play. If you have ever bid to the contract of 'Four Spades' and fulfilled it, this class is for you. You will build a firm foundation of your bidding, declarer play and defensive play. Standard American bidding based on five card majors will be used. A few bidding conventions such as Blackwood, Stayman, and Transfers will be covered. The required text: Bridge for Everyone by D. W. Crisfield is available through the registration form for \$18.

Class will meet September 13, 20 & 27, October 11, 18 & 25, November 8 & 15

Thursday 11:00AM-1:00PM

First class: September 13

Instructor: Mike Hess

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

Cooking Class at Luna Rossa I

Battle of the Chef's winner, Chef André, will demonstrate avocado bruschetta with sundried tomatoes, chicken scarpiccata and mocha cafe chocolate mousse. Class will meet at Luna Rossa, 90 Danbury Road.

Section 1: Tuesday, September 25

12:00-2:00PM

Section 2: Wednesday, September 26

12:00-2:00PM

Instructor: Chef André Gainer

Fee: \$15 (1 Session)

FOUNDERS HALL FALL 2018

Cooking Class at Luna Rossa II

Battle of the Chef's winner, Chef André, will demonstrate mozzarella in carozza, chicken cacciatore, and apple turnovers. Class will meet at Luna Rossa, 90 Danbury Road.

Section 1: Tuesday, November 13

12:00-2:00PM

Section 2: Wednesday, November 14

12:00-2:00PM

Instructor: Chef André Gainer

Fee: \$15 (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 10

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

First Class: September 7

Director: Bob Kimerling

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

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	
Rug Hooking	Wednesdays	1:30-4:00PM	Ethel Eckhaus
Weaving	Wednesdays	10:00AM-12:00PM	
Wood Carving	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. Band Manager: Darla Shaw 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

FOUNDERS HALL FALL 2018

Hobby and Sports Program (continued)

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.

Intermediate I Genealogy	Monday	9:30-11:30AM
Continuing Genealogy	Tuesday	11:30AM-1:30PM
Book Project Genealogy	Thursday	8:30-10:30AM
Advanced Beginner Genealogy	Thursday	10:30AM-12:30PM
Intermediate Beginner Genealogy	Thursday	12:30-2:30PM
Intermediate II Genealogy	Thursday	2:30-4:30PM
Instructor: Toni McKeen		First Class: Sept 17, 18 and 20 Fee: \$40/\$48NR (10 Sessions)

2018 Calendar Year Database Fee: \$20

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 4
Instructor: Jo Ann Brown	Fee: \$30/\$36NR (10 Sessions)

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 6

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

FOUNDERS HALL FALL 2018

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 13 or October 11.

Thursday 1:15-2:30PM	First Class: September 6
Instructors: Janice Pauly and Ted Seibert	Fee: \$25/\$30NR (7 Sessions)

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.

Friday 1:15-2:30PM	First Class: September 7
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.

Tuesday 10:00AM-12:00PM	First Class: September 4
Instructor: Jo Ann Brown	Fee: \$40/\$48NR (10 Sessions)

FOUNDERS HALL FALL 2018

Hobby and Sports Program (continued)

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 looked at the veins in the petal of a flower? Noticed the reflections of trees and their branches on the stream behind a parking lot? Taken the time to observe the beauty of the dance of light upon snowmelt as it flows down a neighborhood street? When was the last time you looked up to see what the clouds were doing?

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 all acceptable.) Participants will be given home practice guidelines and asked to participate in a class photo share.

*Please Note: Although this course will be meeting in the Computer Room the first session on October 9 will begin in the Founders Hall Lobby.

This workshop is part of a two-part series. Classes may be taken separately or consecutively in either order.

Tuesday 9:00 - 11:00AM
Instructor: Elisabeth Levy

First Class: October 9
Fee: \$25/\$30NR (3 Sessions)

FOUNDERS HALL FALL 2018

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 five-session Workshop you will be patiently guided into the worlds of aperture, shutter speed, the basics of composition, design, and more. 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!

Suitable for beginners as well as experienced photographers who feel they need a review of the basics. Participants will be given home practice guidelines and asked to participate in a class photo share.

*DSLR Camera with programmable controls required for this workshop. Please also bring your camera manual to class if possible, a notebook, pen, & tripod if you have one. Come prepared to spend time outdoors for field practice (weather permitting.) This workshop is part of a two-part series. Classes may be taken separately or consecutively in either order.

Tuesday 9:00 - 11:00AM

Instructor: Elisabeth Levy

First Class: September 4

Fee: \$30/\$36NR (5 Sessions)

Technology Program

iPhone and iPad Basics

iPhones and iPads perform many different functions. This course will help you get the most out of your iPhone or iPad. We start with the basics, and work our way up to more detailed topics. General topics include: Battery life management; Use of Settings; Contacts (address book); Email; Texting; Surfing the web; Calendars; Apps; Camera and photo management, and GPS and Navigation. A detailed syllabus will be available before class begins to help you decide which classes you'd like to attend. NOTE: The class only covers Apple's iPhone and iPad, so if you have a different brand of smart phone or tablet, this is not the class for you.

Instructors: Michele Schor and Steve Fox

Section 1 Wednesday 1:00-2:30PM

Section 2 Wednesday 3:00-4:30PM

First class: October 17

Fee: \$25/\$30NR (7 Sessions)

Fee: \$25/\$30NR (7 Sessions)

FOUNDERS HALL FALL 2018

Technology Program (continued)

Microsoft Publisher

Learn to develop and enrich your personal skills through Microsoft Publisher to create a flyer, newsletter, greeting cards, certificates, programs, and a menu. Basic computer skills are required. This class will be taught using Windows 7 operating system and Microsoft Publisher 2010. Please bring a flash drive to each class.

Monday 3:00-4:30PM

First class: September 10

Instructor: Anita Vallee

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 Fridays from 2-4PM to answer questions and assist you. No fee.

Photoshop Elements 8 Level 1

Come and begin to master the amazing Photoshop Elements 8 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. This course is a requirement for the advanced levels of Photoshop 8 classes.

Tuesday 3:00-4:30PM

First Class: September 18

Instructor: Toni McKeen

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

Photoshop 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 Photoshop Level 1 and Photoshop Level 2.**

Tuesday 1:30-3:00PM

First Class: September 18

Instructor: Toni McKeen

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

2018 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 opened October 17, 2017. Please call regarding availability of classes.

Registration for 2019 Fitness Classes will open Tuesday, October 16 at 8:00am.

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, TBA, 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

2018 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

The following Tai Chi classes teach the long form of the Yang Style Tai Chi Chuan. This 'soft' form of martial arts is considered a safe and effective isometric exercise. Tai Chi is known to help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

The Tai Chi Beginner classes start in January with the study of the first of the three sections of the form and, over the full year, progress through the study of the second and third sections of the traditional Tai Chi long form.

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

Beginner Workshop Wed. 8:30-9:30AM Fee: \$12/\$14NR per month

Coach: Diane Kerner

Seated Stretching & Conditioning

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

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

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

2018 FITNESS PROGRAM

Seated Yoga

Balancing mind and body through stretches, breath and relaxation techniques. Some standing is done using the chair as support. All levels are welcome.

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 suitable 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, balance and core work. Total body toning will be achieved by using dumbbells, resistance bands and small weighted balls. Exercises will be done standing and on the floor with exercises on a mat.

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

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

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