A Message from Grace:

Although February is the shortest month of the year, we have put together a full schedule of educational and recreational programs for you.

Learning, tasting, viewing, traveling - February has it all. If friendly competition is more your style, maybe this is the year you sign up for the Billiards Singles Tournament. Or perhaps you will read the latest novel from Emma Donoghue. There is no shortage of choices at Founders Hall in this short month!

Luckily, this is a leap year, so we have an extra day to grow, learn and try new things. And February 14 is Valentine’s Day, the perfect time to tell you how much you mean to me and the staff. We are so grateful for your presence here and for your support.

HIGHLIGHTS

FEB. 5, 6  Billiards Singles Tournament
7  SEMINAR: Be Informed on World Cancer Day
7  PRESENTATION: Eagle Scout Project
11  TRIP: Eagle Watch & Connecticut River Museum
13  BOOK DISCUSSION: The Wonder
14  TASTING: Chocolate sponsored by Atria Ridgefield
21  SEMINAR: Background & Analysis of Lincoln’s Gettysburg Address
28  TRIP: Yale Center for British Art

SEMINARS

BE INFORMED ON WORLD CANCER DAY
Friday, February 7, 1:00 pm

This open and honest panel discussion will celebrate the research and progress that has been made in the fight against cancer. Our panelists are oncologist and Ann’s Place Chairman Dr. Robert Cooper; Rudy Spannaus, MA, counselor and support group facilitator; Dr. Darla Shaw, three-time cancer patient; and Ben Shaw, Dr. Shaw’s husband and caregiver. Each panelist will talk about their area of expertise and answer questions from the audience.

THE BACKGROUND AND ANALYSIS OF LINCOLN’S GETTYSBURG ADDRESS
Friday, February 21, 1:00 pm

One hundred fifty-six years ago President Abraham Lincoln delivered a speech that changed America. Join Joseph Ellis, Ed.D., as he illuminates the background of events that led up to November 19, 1863, dispels the myth surrounding the creation of the speech, analyzes the words and ideas set forth by Lincoln, and reviews the reactions of Lincoln’s contemporaries to his presentation. Learn why the Gettysburg Address is considered one of the greatest speeches in American history and one of the top ten outstanding speeches in world history.
**It’s Flu Season**

Flu season is in full swing now, with more than 1,600 positive influenza tests reported to the Connecticut Department of Public Health so far. According to the Centers for Disease Control (CDC), the highest hospitalization rates country-wide are among people 65 years and older followed by adults aged 50-64 years. Because the flu can be so devastating and vaccines don’t cover all strains, we ask that you follow these CDC guidelines for prevention:

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

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

**mon**  
3 LBJ 2:00 pm  
After taking the reins in the wake of President Kennedy’s 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history.  

**Fri**  
7 Same Kind of Different as Me 2:30 pm  
In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man Hall meets through his wife.  

**Mon**  
10 Serenity 2:00 pm  
A fishing boat captain juggles facing his mysterious past and finding himself ensnared in a reality where nothing is what it seems.  
2019, Matthew McConaughey, Anne Hathaway  R, 106 mins.

**Mon**  
17 Hostiles 2:00 pm  
Set in 1892, this engrossing Western depicts the animosity between a U.S. Army captain and a Cheyenne war chief whose family the cavalry is escorting back to their home.  

**Fri**  
21 The Vow 2:30 pm  
Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband must help her recover and also win back her love.  
2012, Rachel McAdams, Channing Tatum  PG-13, 104 mins.

**Mon**  
24 The Wizard of Oz 2:00 pm  
Dorothy Gale is swept away from a farm in Kansas to a magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard, who can help her return home and help her friends as well.  
1939, Judy Garland, Frank Morgan  G, 102 mins.

**Fri**  
28 The Catcher was a Spy 2:00 pm  
A major league baseball player, Moe Berg, lives a double life working for the Office of Strategic Services.  
2018, Paul Rudd, Pierfrancesco Favino  R, 98 mins.

Movies are Sponsored By:

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**Join Us!**

Bingo  
Fridays*  
1 - 3 pm*
Needlework  
Thursdays  
12 - 1:45 pm
Pinochle  
Thursdays  
2:30 - 4:30 pm
Quilting  
Tuesdays  
2 - 4 pm
Rug Hooking  
Wednesdays  
1:30 - 4 pm
Scrabble  
Thursdays  
12:45 - 2:45 pm
Walking  
Mon./Wed.  
8:20 am
Weaving  
Wednesdays  
10 am-12 pm
Wood Carving  
Mondays  
1:30 - 4 pm

*except Feb. 14

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**Weather-Related Closings**

Find information at:
Website: founders-hall.org
Facebook: Founders Hall Ridgefield
Twitter: @FoundersHallCT
TV: WFSB (3) and WTNH (8)

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**AN EASY WAY TO SUPPORT LIFE-LONG LEARNING!**

During the month of February, every time a “Give Back” reusable bag is sold at the Stop & Shop in Ridgefield, Stop & Shop will donate $1.00 to Founders Hall. How easy!

We hope that Founders Hall members will buy the bag and spread the word to friends and neighbors because Founders Hall will receive the $1.00 donation no matter who buys the bag. The catch? It has to be the bag shown here; Stop & Shop sells a variety of reusable bags, but this bag is the only one that will generate the donation.

This program will run from February 1 to February 29 in the Ridgefield store only. You will find the bags displayed behind the self-service checkout area, so grab one before you start to shop. Thank you!

**Event Recap: Wizard of Oz Tea**

Thank you to everyone who attended the Wizard of Oz Tea on Friday, January 10th. Team Toto prevailed over the other excellent teams in the challenging trivia game. Aurora Joblon, daughter of member Donatella Gagliano, sang “Somewhere Over the Rainbow” in her beautiful voice. Sponsor Julie Brown of Bethel Health Care and Cascades Senior Living was thrilled to be a part of the 80th anniversary celebration.

If you want to see The Wizard of Oz, it will be shown on Monday, February 24, at 2:00 pm, here at Founders Hall.

**Presentation by Eagle Scout Candidate**

Friday, February 7 at 3:00 pm

Pablo Carmona, a senior at Ridgefield High School and member of Troop 116, is working with our Garden Club to build a raised bed and steps, providing a comfortable way for gardeners with limited mobility to practice their craft.

This extensive project is Pablo’s Eagle Scout project. Less than 5% of Boy Scouts attain the rank of Eagle Scout.

Pablo is coming to Founders Hall on February 7 at 3:00 pm to present his detailed plans for the design and construction of the raised bed. We hope to see you there!

**SAVE-THE-DATES**

**SPRING EVENTS**

March 13 - Maple Syrup Tasting sponsored by The Village at Brookfield Common

March 17 - New Member Coffee sponsored by The Greens at Cannondale/Wilton Meadows

April 3 - Luau Tea sponsored by The Greens at Cannondale/Wilton Meadows

April 23 - Volunteer Luncheon sponsored by Atria Senior Living
Thank you to all our donors from December 10th to January 10th

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