



FOUNDERS HALL

# Spring 2018

## Table of Contents

Online Registration	3
Calendar	4 - 5
Academic Program	6 - 12
Art Program	14 - 17
Registration Form	18 - 23
Dance	25
General Program	26 - 27
On the Road Program	28 - 29
Hobby and Sports Program	30 - 35
Technology Program	36
Fitness and Yoga Program	37 - 39

# 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

### Fitness Program:

Paul and Johanna Laszig Trust  
Barker Welfare Foundation

### Hobby & Sport Program:

Ridgefield Parks and Recreation  
The Wadsworth Russell Lewis  
Trust Fund

### On the Road Program:

Ridgefield Professional Office Complex

### Seminars

Union Savings Bank Foundation

### Social Events:

Books on the Common  
The Greens at Cannondale and  
Wilton Meadows  
Home Instead Senior Care  
Laurel Ridge Health Care Center  
Western Connecticut Health Network

## 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.**

## 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*

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](mailto:tracy@founders-hall.org)). She will send you a log-in user name and password so you can take advantage of online registration for spring 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 19 -23 and mail or drop it off with payment.

### *Whether You Register Online or On Paper*

**Spring semester programs begin on Monday, March 26.** 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 4:30 pm on Monday, March 12** 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 for 2018 fitness classes began October 17, 2017. Please call Tracy Dubin regarding class availability.

## SPRING 2018 CALENDAR

- March 8 ..... Book Discussion: Hidden Figures
- March 9 ..... St. Patrick's Day Soda Bread Tasting  
*sponsored by Home Instead Senior Care*
- March 12 ..... New Member Coffee
- March 12 ..... Spring Semester Registrations Due
- March 26 ..... Spring Semester Begins
- March 28 ..... Trip: A Chorus Line at WBT
- March 30 ..... Closed in Observance of Good Friday
- April 6..... Seminar: Protecting Yourself and your Personal  
Information Online  
*sponsored by Union Savings Bank Foundation*
- April 9..... Trip: Foxwoods Casino
- April 11..... Antique Appraisal and Gold Sale
- April 12..... Book Discussion: The Last Days of Night
- April 13..... Carrot Tasting  
*sponsored by Laurel Ridge Health Care Center*
- April 19..... Volunteer Luncheon  
*sponsored by Home Instead Senior Care*
- April 20..... Seminar: The Real Story of Ridgefield's  
Landmark Fountain  
*sponsored by Union Savings Bank Foundation*
- April 27..... Seminar: Frank Lloyd Wright: Prairie Architect  
*sponsored by Union Savings Bank Foundation*
- May 2..... Trip: Florence Griswold Museum
- May 4..... Seminar: How We Eat Now: The Evolution  
of Food Since 1950

## SPRING 2018 CALENDAR

- sponsored by Union Savings Bank Foundation*
- May 10..... Book Discussion: One Summer: 1927
- May 11..... Cinco de Mayo Té  
*sponsored by Laurel Ridge Health Care Center*
- May 15..... Trip: United Nations
- May 18..... Seminar: Scrabble - Strategies and Fun  
*sponsored by Union Savings Bank Foundation*
- May 23..... Health and Fitness Day  
*sponsored by Western Connecticut Health Network*
- May 25..... Founders Food Truck Friday
- May 28..... Closed in Observance of Memorial Day
- May 29..... Founders Hall Annual Meeting
- June 3..... Battle of the Chefs  
*sponsored by Fairfield County Bank  
and The Chefs' Warehouse*
- June 5..... New Member Coffee
- June 5..... Summer Semester Registrations Due
- June 8..... Books of Summer Tea  
*sponsored by Books on the Common*
- June 14..... Book Discussion: The Tea Girl of Hummingbird Lane
- June 15..... Trip: Essex Steam Train and Boat Ride
- June 18..... Summer Semester Begins

## FOUNDERS HALL SPRING 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 March 20, May 15, July 17, September 18, 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. Class will not meet April 17.

Tuesday 10:30AM-12:00PM

First Class: March 27

Instructor: Cheryl Panosian Haddad

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

## FOUNDERS HALL SPRING 2018

### **Book Discussion**

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

April 12      The Last Days of Night by Graham Moore

May 10        One Summer: 1927 by Bill Bryson

June 14       The Tea Girl of Hummingbird Lane by Lisa See

Thursday 3:00-4:30PM

Facilitator: Mary Rindfleisch of Ridgefield Library

No Charge

### **The Case-book of Sherlock Holmes**

*"I thought I had squeezed all the juice out of it, but I see there was a little over."*

-Inspector Baynes, Surrey police force, in *The Adventure of Wisteria Lodge*

About a year ago, we took a breather from our merry journey through The Canon, putting on hold the final series of stories written between 1921 and 1927. The reason being that more than a few of these adventures are known to be very troublesome to Sherlockians and literary critics alike, evoking heated controversy as to their style and substance and pervasive depiction of the darker side of human nature - even their authenticity. Nevertheless, refreshed as we are from looking in on the exploits of Father Brown and Hercule Poirot during the interim, the time seems ripe to pick up where we left off. We will, however, limit our reading in this series to the eight or so stories that rise above the clamor based on the recommendations of the editor of our text, W.W. Robson. Please read his highly informative "Introduction and Notes" before our first meeting along with the tale, "The Problem of Thor Bridge." Our common text will be The Casebook of Sherlock Holmes which is available through the registration form (\$12). Class is limited to 30 participants.

Friday 10:45AM-12:15PM

First class: April 6

Discussion Leader: Howard Jacobs

Fee: \$12/\$15NR (8 Sessions)

### **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. Class will not meet May 23.

Wednesday 10:00-11:30AM

First class: March 28

Facilitator: Robert Murphy

Fee: \$12/\$15NR (9 Sessions)

## FOUNDERS HALL SPRING 2018

### Academic Program (continued)

#### French Beginners

This class is for those with little or no previous experience with 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: April 6

Facilitator: Françoise Lampe

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

#### French Advanced Beginners

This is a continuation of French 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.

Tuesday 2:30 - 4:30PM

First class: April 3

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 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: April 6

Instructor: Françoise Lampe

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

## FOUNDERS HALL SPRING 2018

#### Great Books, Great Discussions

Enthusiastic readers will use the Shared Inquiry method for a text based discussion of Identity and Self-Respect (\$16). Books are available through the registration form or through [www.store.greatbooks.org](http://www.store.greatbooks.org). Please read "The Fire Next Time" by James Baldwin for the first class meeting.

Wednesday 12:30 - 2:00PM

First class: March 28

Facilitator: TBD

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

#### History: The Wright Brothers

"On a winter day in 1903, on the remote Outer Banks of North Carolina, two unknown brothers from Ohio changed history". Were they the first? The CEO of Google says, "A story that resonates with anyone who believes deeply in the power of technology to change lives." We better not forget about their sister Katherine who helped them beyond measure. Come join us as we go up in the air for our spring semester. The book for the class, The Wright Brothers by David McCullough, may be ordered for \$14 using the registration form. Class will not meet April 11.

Wednesday 3:15-4:30PM

First Class: March 28

Instructor: Mike Settanni

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

#### International Affairs

Join this group to discuss issues of international impact and importance. 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. Class format and topics will be decided at the first meeting. Class will not meet May 28.

Monday 10:30AM -12:00PM

First Class: March 26

Facilitators: Dick Gillespie and Tim Williams

Fee: \$12/\$15NR (10 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. Class will not meet May 29.

Tuesday 10:00-11:30AM

First Class: March 27

Facilitators: D. Campbell, A. Levine

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

## FOUNDERS HALL SPRING 2018

### 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. Class will not meet April 9 or 16.

Monday 8:30-10:00AM  
Instructor: Rita Schaffer

First Class: March 26  
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. Class will not meet April 5 through April 16.

Level 3 Thursday 10:00-11:30AM  
Level 4 Monday 10:00-11:30AM  
Instructor: Rita Schaffer

First Class: March 29  
First Class: March 26  
Fee: \$30/\$36NR (8 Sessions)

#### Ladies in Celluloid (Part One)

Bob Klaeger offers up six films with great ladies of cinema.

- *Shanghai Express* - Marlene Dietrich
- *The Prime of Miss Jean Brodie* - Maggie Smith
- *Sunset Blvd* - Gloria Swanson vamps us all
- *The Lady Eve* - Barbara Stanwick and my favorite Preston Sturges film
- *All about Eve* - Bette Davis and Anne Baxter. 1950's Best Picture. One of the great sophisticated comedies.
- *The Sugarland Express* - Goldie Hawn, yes, that Goldie Hawn, is magnificent as a small-town Texas girl trying to get her son back any way she can.

Instructor: Robert Klaeger  
Section 1 Tuesday 9:30AM-12:30PM  
Section 2 Tuesday 1:00-4:00PM

First Class: April 3  
Fee: \$25/\$30NR (6 Sessions)  
Fee: \$25/\$30NR (6 Sessions)

## FOUNDERS HALL SPRING 2018

### Remarkable Women and Their Amazing Accomplishments

Part 3 of the Series on Famous Women

Our world has felt the results of women who took a different path, looked at things differently and who wanted to change the world around them. In this class we will consider outstanding women in politics, the sciences, the arts and society who left their positive mark on our world. Class will not meet on May 23.

Instructor: Toni McKeen

Section 1 Wednesday 10:30AM-12:00PM  
Section 2 Wednesday 1:15-2:45PM

First Class: March 28  
Fee: \$30/\$36NR (10 Sessions)  
Fee: \$30/\$36NR (10 Sessions)

#### 'What Is Chamber Music?'

So asked Leo Tolstoy in his novella 'The Kreutzer Sonata'. 'Music's a fearful thing,' he went on, 'What does it do to us? And why does it do to us what it does?' In this series of talks, Michael Lankester traces the history of this most intimate of musical forms from its beginnings in the 15th century to today.

1. The Medieval Court
2. The Chest of Viols
3. The High Renaissance and 'The Broken Consort'
4. Stradivarius and The String Quartet
5. The Classical Era - Mozart, Haydn & Beethoven
6. The Romantic Era - Schubert, Mendelssohn, Schumann & Brahms
7. The Twentieth Century - Bartok, Shostakovich, Stravinsky & Copland
8. The New World and Beyond

Please note: Class will not meet April 19.

Instructor: Michael Lankester  
Section 1 Thursday 10:45AM-12:15PM  
Section 2 Thursday 1:00-2:30PM

First class: March 29  
Fee: \$30/\$36NR (8 Sessions)  
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  
Moderator: Anton Deiters and Ray Morse

First Class: March 26  
Fee: \$30/\$36NR (10 Sessions)



# FOUNDERS HALL SPRING 2018

## Evening Academic Program

### Great Decisions

Developed by the Foreign Policy Association in 1954, the Great Decisions program is the oldest and largest grassroots world affairs educational program of its kind in the country. It is designed to bring citizens of all ages together in a study group to learn more about and exchange views on foreign policy issues of vital interest to our country. The program provides a common set of materials in the form of a briefing book of readings about the selected topics and a related video featuring subject experts in order to help participants reach informed opinions on policy options. In addition, time will also be set aside during each meeting for discussion of immediate international events. The cost of the briefing book is included in the fee.

Tuesday 6:30 -8:30PM

First Class: March 27

Facilitator: John Somma and Joel Third

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

### Mozart Revisited

“Before God, I tell you that your son is the greatest composer known to me either in person or by name.” Joseph Haydn’s now famous words were spoken to Leopold Mozart in 1785 after a performance of Mozart’s so-called ‘Haydn’ String Quartets. This series of talks examines the life and works of the wunderkind Wolfgang Amadeus Mozart, his break with his father, his successes and subsequent failures in Vienna, his marriage to Constanze Nissen, and his premature death at the age of thirty-five.

1. Salzburg
2. The First Tour
3. Italy & England
4. Return to Salzburg
5. Paris and Prague
6. Vienna I
7. Vienna II
8. Mozart & Constanze

Please note: Class will not meet April 19.

Thursday 6:30-8:00PM

First Class: March 29

Instructor: Michael Lankester

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

## Emelie linked her legacy with Founders Hall. Will you?



Emelie Howard loved art, writing, history, music, discussing global issues, and a good party. In short, Emelie was passionate about life and learning.

Emelie’s legacy lives on through her bequest to Founders Hall.

What will be your legacy?



*Link your legacy with Founders Hall.*

*Join Founders Circle.* See Cindy Nesbitt for details.

## FOUNDERS CIRCLE

Founders Circle is growing! Join this special group and ensure that the next generation has the same access to life-long learning as you do.

ANONYMOUS	LIZ GOLDSTONE	CAROL M. PERINE
JOAN ANTKIW*	STEVE GOLDSTONE	CANDACE PLECHAVICIUS
STEPHEN ANTKIW	MARYANN GRIERSON	MARY LAURA PRITCHARD
ROSE M. ANTONUCCI*	PETER GRIERSON	TOM PRITCHARD
THERESA BACH	EMELIE HOWARD*	BOBBIE SCHNEIDER*
BONNIE BARRETT	CLAUDIA KELLY	LORI SEIBERT
LEE V. BLUM	JIM KELLY	TED SEIBERT
JOAN BUBERT	ALINE LAWRENCE*	HELENE TAYLOR
JIM CHRISTIANO	TOM LESKO	ALAYNE VLACHOS
JEANNE COOK	DOLORES MACNEIL	KATHERINE A.
ELAINE COURI	JANET GEBBIA MANNUCCIA	VAN DEN AMEELE
JOHN COURI	SAL MANNUCCIA	EDWARD W.
DEANNA CUNNINGHAM	MARGARET MCEACHERN	VAN DEN AMEELE
JACK DANIELS*	BEVERLY OSGOOD	JANET OAKLEY WALLACE
JULIENNE DANIELS	BILL OSGOOD	WILLIAM L. WALLACE *
RICHARD GODBOUT	JOANNE PATRICK	MARIANNE M. WATTLEY
EVELYN GODBOUT	JOHN PATRICK	

\*in grateful memory

## FOUNDERS HALL SPRING 2018

### Art Program

#### Calligraphy: Beginner / Intermediate Formal Italic

This course uses a broad edged nib and ink to learn the letterforms of the 15th century "Italique Hande." Developed as an improvement over the more slowly written hands of that time, for example, the Blackletter style, Italic is graceful, legible and is a basic hand for every calligrapher. Italic is useful for quotes, poems, prayers, and posters – and lends itself easily to variations from formal and classical to casual and whimsical.

In this nine week introductory class, students will progress from learning the basic letterforms to writing sentences. Intermediate students will continue to fine-tune their lettering skills and work on projects of their choice.

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.

Class will not meet May 16.

Wednesday 1:00 - 3:00PM

Instructor: Anne Tascio

First class: March 28

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

#### 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

Instructor: Martha Talburt

First class: March 27

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 May 28.

Monday 11:30AM-1:30PM

Instructor: Martha Talburt

First Class: March 26

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

## FOUNDERS HALL SPRING 2018

#### Beginning Colored Pencils

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 and portraiture classes* 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. Class will not meet May 28.

Monday 9:00-11:00AM

Instructor: Martha Talburt

First Class: March 26

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

#### 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 May 28.

Monday 2:30-4:30PM

Instructor: Martha Talburt

First Class: March 26

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

Instructor: Martha Talburt

First Class: March 27

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



## FOUNDERS HALL SPRING 2018

### Art Program (continued)

#### 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: March 27

Instructor: Martha Talburt

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

#### 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: March 28

Section 2 Wednesday 3:00-5:00PM

First Class: March 28

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: March 22

Instructor: Tina Phillips

Fee: \$45/\$54NR (6 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. Class will not meet March 30.

Friday 10:00AM - 12:00PM

First Class: March 23

Instructor: Tina Phillips

Fee: \$40/\$48NR (5 Sessions)

## FOUNDERS HALL SPRING 2018

#### 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: March 22

Instructor: Tina Phillips

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

#### Portable Plein-Air

Explore local, public spaces with just your sketchbook and pens or pencils! Each of the 4 sessions will have a different subject and location, with portability being the key. The focus will be on improving your efficiency at capturing people, plants, animals and perspective "in the field." Although not our primary objective, work done in this class could become the inspiration for future drawings or paintings. Paper and clipboards will be available if you do not have your own sketchbook. Meeting locations will be emailed to participants.

Tuesday 2:00 - 4:00PM

First Class: May 8

Instructor: Jean Linville

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

### **Evening Art Program**

#### Acrylic Painting

Explore this versatile media that is quick drying and can be used to create bold, textured colors as well as soft transparent hues that look like watercolors. This class will focus on ways to create dynamic compositions and incorporation of palette knives, acrylic gel, gesso & paste where appropriate. Students may paint on a variety of surfaces in this class including paper, canvas and wooden objects. This class is appropriate for beginners as well as those who wish to continue exploring acrylics.

Tuesday 6:00 - 8:00PM

First Class: April 24

Instructor: Jean Linville

Fee: \$40/\$48NR (6 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: March 22

Instructor: Tina Phillips

Fee: \$45/\$54NR (6 Sessions)

# SPRING 2018 REGISTRATION

## Founders Hall SPRING 2018 Registration Form

***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 4:30pm on Monday, March 12.**

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.

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
Casebook of Sherlock Holmes	<input type="checkbox"/>	\$12	\$15 <input type="checkbox"/> \$12
Current Events	<input type="checkbox"/>	\$12	\$15
French Beginners	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$24
French Advanced Beginners	<input type="checkbox"/>	\$30	\$36
French Intermediate to Advanced	<input type="checkbox"/>	\$30	\$36
Great Books	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$16
History: Wright Brothers	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$14
International Affairs	<input type="checkbox"/>	\$12	\$15
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			
Section 1 9:30AM	<input type="checkbox"/>	\$25	\$30
Section 2 1:00PM	<input type="checkbox"/>	\$25	\$30

Sign me up      Course Fee  
 Ridgefield      Non-Ridgefield

**Academic Courses**

Remarkable Women

Section 1 10:30AM            \$30      \$36

Section 2 1:15PM            \$30      \$36

What is Chamber Music?

Section 1 10:45AM            \$30      \$36

Section 2 1:00PM            \$30      \$36

Writing Workshop

     \$30      \$36

**Evening Academic Courses**

Great Decisions            \$30      \$36

Mozart Revisited            \$30      \$36

**Art Courses**

Calligraphy            \$40      \$48

Basic Drawing            \$40      \$48

Beginning Portraiture            \$40      \$48

Beginning Colored Pencils            \$40      \$48

Drawing with Colored Pencils 2            \$40      \$48

Life Drawing            \$40      \$48

Drawing: Studio Class            \$40      \$48

Oil Painting Section 1 1:00            \$40      \$48

Oil Painting Section 2 3:00            \$40      \$48

Watercolor Basics            \$45      \$54

Watercolor Intermediate            \$40      \$48

Watercolor Advanced            \$30      \$42

Portable Plein-Air            \$30      \$36

Sign me up      Course Fee  
 Ridgefield      Non-Ridgefield

**Evening Art Courses**

Acrylic Painting            \$40      \$48

Beginner/Again Watercolor            \$45      \$54

Sign me up      Course Fee  
 Ridgefield      Non-Ridgefield

**Dance Courses**

Ballroom Dancing

Section 1 2:30PM            \$25      \$30

Section 2 3:30PM            \$25      \$30

Beginner Tap Dancing Continued            \$30      \$36

Intermediate Tap Dancing            \$30      \$36

Zumba Gold            \$30      \$36

**Special Events**

Health and Fitness Day            No fee

Annual Meeting            No fee

**On the Road Trips**

Foxwoods Casino            \$30      \$36

United Nations            \$103      \$123

Florence Griswold Museum            \$73      \$88

Essex Steam Train            \$82      \$98

**Hobby and Sports Courses**

ACBL Sanctioned Duplicate Bridge

To register, email [dlthornton@sbcglobal.net](mailto:dlthornton@sbcglobal.net).

Basketball Clinic            \$30      \$36

Billiards            \$50      \$60

Bridge - Assisted Play            No fee

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<b><u>Hobby and Sports Courses</u></b>				
Bridge Beginners	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$18
Bridge Advanced Beginners	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$18
Knitting and Crocheting	<input type="checkbox"/>	\$30	\$36	
Cooking				
Tuesday	<input type="checkbox"/>	\$12	\$15	
Friday	<input type="checkbox"/>	\$12	\$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"/>	\$30	\$36	
Pickleball Ladder Play	<input type="checkbox"/>	\$30	\$36	
Quilt or Sew	<input type="checkbox"/>	\$40	\$48	
Woodcarving Introduction	<input type="checkbox"/>	No fee		
Zen and Art of Seeing Photography	<input type="checkbox"/>	\$25	\$30	

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Evening Hobby and Sports Courses</u></b>			
Evening Cooking	<input type="checkbox"/>	\$12	\$15

### **Technology Courses**

Microsoft Excel	<input type="checkbox"/>	\$30	\$36
Photoshop Level 2	<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, Discover or American Express)  
A 4% processing fee will be added to the transaction.

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

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

# The Battle Returns

**SUNDAY  
JUNE 3**

**4-7PM  
at Founders Hall**

Watch three fabulous chefs as they match sharp knives and quick wits in this mouth-watering, soul satisfying, culinary showdown.

**Entertainment  
Open Bar  
Food  
Fun**

**TICKETS  
General: \$100  
Chef's Table: \$500**

**www.founders-hall.org  
or call 203.431.7000**

**BATTLE  
of the  
Chefs**

TO BENEFIT FOUNDERS HALL



the **chefsWAREHOUSE**



Fairfield County Bank

FOUNDERS HALL 193 Danbury Road, Ridgefield, CT

## FOUNDERS HALL SPRING 2018

### Dance Program

#### Ballroom and Swing to 20th Century Music Icons

This class is open to beginners as well as seasoned dancers. Featuring music from Frank Sinatra, Dean Martin, Elvis Presley and The Beatles, you'll learn basic social dance patterns in Fox Trot, Rumba, Waltz and Swing. 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: April 6

#### 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: March 27

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: March 27

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: March 29

Instructor: Roxane Angotta

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



## FOUNDERS HALL SPRING 2018

### Seminar Series

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

#### Protecting Yourself and Your Personal Information Online

Ridgefield Library Friday, April 6 1:00PM

#### The Real Story of Ridgefield's Landmark Fountain

Charlie Pankenier Friday, April 20 1:00PM

#### Frank Lloyd Wright: Prairie School Architect

Mark Weber Friday, April 27 1:00PM

#### How We Eat Now: The Evolution of Food Since 1950

Judith Hausman, M.Ed. Friday, May 4 1:00PM

#### Scrabble: Strategies and Fun

Cornelia Guest Friday, May 18 1:00PM

### Fundraising Events

#### Antique Appraisal and Gold Sale

Wednesday, April 11 12:00PM

#### Battle of the Chefs

Sunday, June 3 4:00-7:00PM

*Sponsored by Fairfield County Bank and The Chef's Warehouse*

## FOUNDERS HALL SPRING 2018

### Special Events

#### Health and Fitness Day

*Sponsored by Western Connecticut Health Network*

No fee Wednesday, May 23 9:00AM

#### Founders Hall Annual Meeting

No fee Tuesday, May 29 11:30AM

### Tastings and Teas

#### St. Patrick's Day Soda Bread Tasting

*Sponsored by Home Instead Senior Care*

Friday, March 9 2:00-3:30PM

#### Carrot Tasting

*Sponsored by Laurel Ridge Health Care Center*

Friday, April 13 2:00-3:30PM

#### Cinco de Mayo Té

*Sponsored by Laurel Ridge Health Care Center*

Friday, May 11 2:00-3:30PM

#### Books of Summer Tea

*Sponsored by Books on the Common*

Friday, June 8 2:00-3:30PM

### Founders Food Truck Fridays

Friday, May 25 12:30-2:00PM

### New Member Welcome Coffees

Monday, March 12 10:30-11:30AM

Tuesday, June 5 10:30-11:30AM

## FOUNDERS HALL SPRING 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.

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

#### Foxwoods Casino

This trip includes transportation and coupons for food and gambling.

Monday, April 9                      8:00AM-6:00PM                      Fee: \$30/\$36NR

#### United Nations

Visit the United Nations in the heart of New York City! After lunch in the Delegates Dining Room, we will take a guided tour, which offers an exciting opportunity to explore behind-the-scenes at the United Nations. We will visit the General Assembly Hall, the Security Council Chamber, the Trusteeship Council Chamber, and the Economic and Social Council (ECOSOC) Chamber as we learn about how the United Nations addresses issues such as disarmament, peace and security, and human rights.

Tuesday, May 15                      8:00AM-5:00PM                      Fee: \$103/\$123NR

## FOUNDERS HALL SPRING 2018

#### Florence Griswold Museum

During the early years of the 20th century, the Lyme Art Colony, centered in Miss Florence Griswold's boardinghouse, became America's most famous summer art colony. Today this museum of art and history tells the story of how Connecticut played a pivotal role in fostering an authentic American art. We will have a guided tour of the Art and the New England Farm exhibit and the Griswold House. Lunch is included.

Wednesday, May 30                      8:30AM-5:00PM                      Fee: \$73/\$88NR

#### Essex Steam Train and Riverboat

Upon boarding the 1920's Pullman dining cars on the steam train, you'll savor a three-course hot lunch that is prepared and cooked on board. The train travels 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.

Friday, June 15                      9:00AM-4:30PM                      Fee: \$82/\$98NR

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

*One healthcare campus...so many options!*

  
**Bethel**  
Health Care Center

Short-Term Rehab | Post-Hospital Care  
**"Best in Class" Therapy**  
Private Rooms  
Skilled Nursing Care  
**(203) 830-4180**

  
**The Cascades**  
An Assisted Living Community

Onsite Nursing  
Gourmet Restaurant-Style Dining  
Scheduled Transportation & Programs  
Weekly Housekeeping  
**(203) 830-7390**

**13 Parklawn Drive | Berkshire Corp. Park**  
**www.BethelHealthCare.com**

## FOUNDERS HALL SPRING 2018

### 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. 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. No class April 11.

Wednesday 1:15-2:15PM

First class: March 28

Coaches: JoAnn Cali and Jim Arcuri

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

#### **Billiards**

This class will focus on fundamentals and improving play. Sections will meet 9:30-10:30 or 10:45-11:45 depending on skill level which will be assessed at the first class meeting.

Wednesday 9:30-11:45AM

First class: March 28

Instructor: John Palmer

Fee: \$50/\$60NR (6 Sessions)

## FOUNDERS HALL SPRING 2018

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

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

Tuesday 10:00AM-12:00PM

First Class: March 27

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

No Charge

#### **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 March 29, April 12, 19 and 26, May 10, 17, 24 and 31.

Thursday 9:00-10:30AM

First class: March 29

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 March 29, April 12, 19 and 26, May 10, 17, 24 and 31.

Thursday 11:00AM-1:00PM

First class: March 29

Instructor: Mike Hess

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

## FOUNDERS HALL SPRING 2018

### Hobby and Sports Program (continued)

#### Cooking with Chef Jehan

Chef Jehan returns to demonstrate recipes and share cooking tips, and techniques.

Section 1: Tuesday, April 24                      11:00AM-1:00PM

Section 2: Friday, April 27                      11:00AM-1:00PM

Instructor: Chef Jehan DeNoïe              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: March 26

Section 2    Friday      10:00AM-12:30PM    First Class: April 6

Directors: Debbie Thornton and 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 SPRING 2018

#### 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 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

#### 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: March 26, 27 & 29  
 Fee: \$40/\$48NR (10 Sessions)

2018 Calendar Year Database Fee: \$20

## FOUNDERS HALL SPRING 2018

### Hobby and Sports Program (continued)

#### 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

Instructor: Jo Ann Brown

First Class: March 27

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: March 29

\*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 April 12.

Thursday 1:15-2:30PM

Instructors: Janice Pauly and Ted Seibert

First Class: March 29

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

Instructors: Janice Pauly and Ted Seibert

First Class: April 20

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

## FOUNDERS HALL SPRING 2018

#### 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

Instructor: Jo Ann Brown

First Class: March 27

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

#### Introduction to Woodcarving

Through displays and demonstration, this is an opportunity to learn a bit about woodcarving. If there is interest in the group, ensuing workshops will be planned, including selection of a project, costs of materials and schedules.

Monday, April 30

Jim Callahan and Bob Salvestrini

1:30-4:00PM

Fee: No fee

#### 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 four-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).

Wednesday 10:00AM - 12:00PM

Instructor: Elisabeth Levy

First Class: May 2

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

### Evening Hobby Program

#### Evening Cooking with Chef Jehan

Chef Jehan returns to demonstrate recipes and share cooking tips, and techniques.

Tuesday 6:00-8:00PM

Instructor: Chef Jehan DeNoïe

Class date: April 24

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



## FOUNDERS HALL SPRING 2018

### Technology Program

#### Microsoft Excel

Join this introductory Excel class to gain an understanding of a spreadsheet, learn to organize data in rows and columns, and perform mathematical calculations. This data may be used to create charts and graphs. Microsoft Excel is part of the MS Office Suite. Math made easy!

Monday 3:00-4:30PM

First class: March 26

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 2

Having learned to use many tools to enhance photos, in this class we will peel away the “mystery” of using layers. Students will also expand their skills by exploring the advanced use of gradients, working with text, hand coloring B/W photos, correcting color cast, and many other fun tricks. Completion of Beginning Level of Photoshop Elements 8 is a prerequisite for this class.

Tuesday 1:30-3:00PM

First Class: March 27

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 3:00-4:30PM

First Class: March 27

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.**

#### 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

Founders Hall Foundation, Inc.  
193 Danbury Rd.  
Ridgefield, CT 06877

NONPROFIT ORG  
U.S. Postage  
PAID  
Danbury, CT  
Permit No. 2082

Printing Sponsored by  
  
**Regional  
Hospice®  
and Palliative Care**