



FOUNDERS HALL

Spring 2019

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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
The Leir Foundation

Fitness Program:

The Paul and Johanna Laszig Trust
Barker Welfare Foundation
Western Connecticut Health Network

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:

Atria Senior Living
Bethel Health Care / The Cascades
Books on the Common
The Chefs' Warehouse
Fairfield County Bank
The Greens at Cannondale and
Wilton Meadows
Home Instead Senior Care
Right at Home

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 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 25. 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, 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

Registration for 2019 fitness classes opened on October 16, 2018. Please check with Tracy Dubin regarding class availability.

SPRING 2019 CALENDAR

- February 28 Carnevale
*sponsored by Bethel Health Care and
The Cascades Assisted Living*
- March 8 Tasting: Cookies
*sponsored by The Greens at Cannondale and
Wilton Meadows*
- March 12 New Member Coffee
- March 12 Spring 2019 Registrations Due
- March 14 Book Discussion: *Killers of the Flower Moon*
- March 25 Spring Semester Begins
- March 27 Trip: *Twelfth Night* at Yale Repertory
- March 29 Seminar: 'Cruising with the Commodore'
sponsored by Union Savings Bank Foundation
- April 5 Seminar: 1968: Fifty Years Later
sponsored by Union Savings Bank Foundation
- April 8 Trip: Mohegan Sun Casino
- April 11 Book Discussion: *Pride and Prejudice*
- April 12 Tea: How Does the Garden Grow
- April 19 Founders Hall closed for Good Friday
- April 25 Volunteer Luncheon
sponsored by Home Instead Senior Care
- April 26 Seminar: AARP Fraud Awareness BINGO
sponsored by Union Savings Bank Foundation

SPRING 2019 CALENDAR

- May 3 Performance: An Evening with Walt Whitman
sponsored by Union Savings Bank Foundation
- May 9 Book Discussion: *Circe*
- May 10 Tea: Kentucky Derby
sponsored by Atria Senior Living
- May 14 Annual Meeting
- May 15 Gold Sale Day: American Gold & Diamon Buyers
- May 17 Trip: *Newsies* at WBT
- May 22 Fitness Day
sponsored by Danbury and Norwalk Hospitals
- May 24 Food Truck Friday
sponsored by Right at Home
- June 2 Battle of the Chefs
*sponsored by Fairfield County Bank and
The Chefs' Warehouse*
- June 4 New Member Coffee
- June 4 Summer Semester Registrations Due
- June 14 Tea: Books of Summer
sponsored by Books on the Common
- June 17 Summer Semester Begins
- June 28 Food Truck Friday

FOUNDERS HALL SPRING 2019

Academic Program

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

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 19, May 21, July 16, September 17 and November 19, 2019. 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.

Amazing Women Who Left an Impact on the World They Lived In

This is an ALL NEW group of women who forged new paths previously unwalked by women (and even sometimes men) as creators, inventors, and leaders, in the fields of the arts, sciences, sports, fashion, and politics. No class May 22.

Instructor: Toni McKeen

First Class: March 27

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

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

Section 2 Wednesday 1:15-2:45PM

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.

April 11 Pride and Prejudice by Jane Austen

Those who would like to, can purchase tickets (at a discounted rate) for ACT of Connecticut's show *Austen's Pride*, Sunday, April 13 at 2 p.m.

May 9 Circe by Madeline Miller

June 13 Exit West by Mohsin Hamid

Thursday 3:00-4:30PM

Facilitator: Staff of Ridgefield Library

No Charge

FOUNDERS HALL SPRING 2019

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. No class May 22.

Wednesday 10:00-11:30AM

First class: March 27

Facilitator: Bob Murphy

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

Faust and Music

Goethe was more than the sum of his works, outstanding though they were; in fact, he considered his entire life as a work of art, with a beginning, a middle and an end and Faust was his lifelong theme. After a visit to Goethe in 1764, a visitor wrote "His Doctor Faustus is almost finished and seems to me his greatest and most unique work of all." In this series of talks, Michael Lankester examines Goethe's life and times and the literature, painting and music that Faust has inspired, including compositions by Beethoven, Schubert, Schumann, Liszt, Wagner, Mendelssohn, Berlioz, Gounod, Boïto, Sarasate, Moussorgsky, Prokofiev, Mahler, and Stravinsky.

1. Prologue, Night
2. Faust's Study, Mephistopheles
3. Gretchen
4. Forest & Cavern, Cathedral & Dungeon
5. A Pleasant Landscape, A Dark Corridor
6. Faust's Castle in Greece
7. The High Mountains, Deep Night
8. Death of Faust, Mountain Gorges

Class will not meet April 25.

Instructor: Michael Lankester

First class: April 4

Section 1 Thursday 10:45AM-12:15PM

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

Section 2 Thursday 1:00-2:30PM

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

FOUNDERS HALL SPRING 2019

Academic Program (continued)

Film: Katherine Hepburn

Bringing Up Baby One of the great screwball comedies with Ms. Hepburn and Cary Grant and Charley Ruggles. Oh yes, Baby, a leopard, is also a major character. The only movie in her career where she appears in an evening gown.

Adam's Rib Ms. Hepburn and Spencer Tracy as husband and wife lawyers pitted against each other in a wife's (Judy Holliday) shooting of her husband (Tom Ewell).

The African Queen John Huston directs Ms. Hepburn and Humphrey Bogart on a river voyage in Africa during World War One. A hung-over Bogart must watch Hepburn pour a case of gin into the river - torture indeed!

The Philadelphia Story Katherine Hepburn, James Stewart, Cary Grant, directed by George Cukor. There is nothing more to say.

Instructor: Robert Klaeger

First Class: April 2

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

Fee: \$15/\$18NR (4 Sessions)

Section 2 Tuesday 1:00-3:30PM

Fee: \$15/\$18NR (4 Sessions)

Film: Audrey Hepburn

Love in the Afternoon A really controversial movie in 1953. A mature Gary Cooper romances the (very) young Audrey Hepburn.

Breakfast at Tiffany's Holly Golightly. A magical film that deserves a very close viewing. I do not suggest those with a romantic view read the Capote book. I do suggest Fifth Avenue Five AM to movie buffs.

My Fair Lady Ms. Hepburn at her gamine best. Our thanks to Marnie Nixon, who died in 2016 at 85, for singing the Eliza role.

Charade A wonderful Paris, a wonderful, more mature, Audrey Hepburn and a very mature Cary Grant. A good script and a mystery told from Ms. Hepburn's point of view.

Instructor: Robert Klaeger

First Class: May 21

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

Fee: \$15/\$18NR (4 Sessions)

Section 2 Tuesday 1:00-3:30PM

Fee: \$15/\$18NR (4 Sessions)

FOUNDERS HALL SPRING 2019

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. Class will meet March 29, April 5, 12, 26, and May 24 and 31.

Friday 9:00 - 11:00AM

First class: March 29

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 (available through the registration form for \$12). Class will meet March 26, April 2, 9, 16 and 23 and May 21.

Tuesday 2:30 - 4:30PM

First class: March 26

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. Class will meet March 29, April 5, 12, 26, and May 24 and 31.

Friday 1:30 - 3:00PM

First class: March 29

Instructor: Françoise Lampe

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

FOUNDERS HALL SPRING 2019

Academic Program (continued)

Great Books. Great Discussions

Enthusiastic readers will use the Shared Inquiry method for a text-based discussion of selections from *Great Conversations 2*, (available for \$25 through the registration form). Please read *The Story of Samson* for the first class meeting. No class May 22.

Wednesday 12:30 - 2:00PM

First class: March 27

Facilitator: Jean Gaumer

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

History: Brave Companions

Come join us for our spring semester as we read *Brave Companions* by David McCullough. He writes profiles of 'exceptional men and women past and present who have shaped the course of history or changed how we see the world.' The New York Times calls McCullough's portrayals, 'models of compression and perspective.' These subjects are, 'brave companions: to each other, and to the reader.' The class book, *Brave Companions* by David McCullough is available through the registration form for \$14. Class will not meet April 17.

Wednesday 3:15-4:30PM

First Class: March 27

Instructor: Mike Settanni

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

In Search of the American Soul: Part 2

This course is a continuation of our survey of the nation's defining beliefs as expressed in more contemporary circumstances. Because of the necessarily sequential nature of the selections, **the class is limited to those who participated in Part 1.** Before our first meeting, please read Abraham Lincoln's *Emancipation Proclamation*.

Friday 10:45AM-12:15PM

First class: March 29

Discussion Leader: Howard Jacobs

Fee: \$12/\$15NR (8 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 27.

Monday 10:30AM -12:00PM

First Class: March 25

Facilitators: TBA

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

FOUNDERS HALL SPRING 2019

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 14.

Tuesday 10:00-11:30AM

First Class: March 26

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: March 25

Instructor: Rita Schaffer

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

Italian: Continuing

These classes are for those who have taken Beginners Italian or have a prior knowledge of the language. The emphasis will be on speaking, but there will be some focus on grammar, reading and writing. This is a good class for those planning a trip to Italy or for those who just want to experience the beauty of the Italian language.

Level 3 Thursday 10:00-11:30AM

First Class: March 28

Level 4 Monday 10:00-11:30AM

First Class: March 25

Instructor: Rita Schaffer

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

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. No class on May 27.

Monday 2:00-4:30PM

First Class: March 25

Moderator: Anton Deiters

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

FOUNDERS HALL SPRING 2019

Evening Academic Program

The Bach Family

For more than two centuries the Bach Family supplied Thuringia with cantors, organists, and outstanding composers. This series of talks examines the history and music of this family from the sixteenth century miller, Veit Bach, through the crowning glory of the Baroque, Johann Sebastian, to Wilhelm Friedrich Bach, Johann Sebastian's grandson.

1. The Rise of the Bach Family
2. Eisenach
3. Arnstadt & Mülhausen
4. The Great Organist – Weimar
5. Cöthen
6. Leipzig (I)
7. Leipzig (II)
8. The Legacy

Please note: No class April 25.

Thursday 6:30-8:00PM

Instructor: Michael Lankester

First Class: April 4

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

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

Facilitators: John Somma and Ellen Ross

First Class: March 26

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

FOUNDERS HALL SPRING 2019

Dance Program

Ballroom Dancing

This class is open to beginners as well as seasoned dancers. Tonja will focus on Foxtrot, Rumba and Salsa. No partner is necessary to join in on the dancing fun!

Section 1 Friday 2:30-3:30PM

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

Section 2 Friday 3:30-4:30PM

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

Instructor: Tonja Dias

First Class: March 29

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 26

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 26

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 28

Instructor: Roxane Angotta

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

FOUNDERS HALL SPRING 2019

Seminar Series

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

Cruising with the Commodore

Vernon Beck Friday, March 29 1:00PM

1968: 50 Years Later

Evan Weiner Friday, April 5 1:00PM

AARP Fraud Bingo

Alan Jacobs Friday, April 26 1:00PM

An Evening With Walt Whitman

Stephen Collins Friday, May 3 1:00PM

New Member Welcome Coffees

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

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



The care you need, in a location you'll love.
An overall 5-star rated community offering
assisted living, skilled nursing, and rehabilitation.

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FOUNDERS HALL SPRING 2019

Special Events

Founders Hall Annual Meeting

No fee Tuesday, May 14 11:30AM

Health and Fitness Day

Sponsored by Danbury and Norwalk Hospitals

No fee Wednesday, May 22 9:00AM

Tastings and Teas

Cookie Tasting Friday, March 8 2:00-3:30PM

Sponsored by The Greens at Cannondale and Wilton Meadows

How the Garden Grows Tea Friday, April 12 2:00-3:30PM

Kentucky Derby Tea Friday, May 10 2:00-3:30PM

Sponsored by Atria Senior Living

Books of Summer Tea Friday, June 14 2:00-3:30PM

Sponsored by Books on the Common

Fundraising Events

Gold Sale Wednesday, May 15 12:00PM

Battle of the Chefs Sunday, June 2 4:00-7:00PM

Sponsored by Fairfield County Bank and The Chefs' Warehouse

Founders Food Truck Fridays

Friday, May 24 *Sponsored by Right at Home* 12:30-2:00PM

Friday, June 28

FOUNDERS HALL SPRING 2019

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.

Twelfth Night at Yale Repertory Theater

Separated from her twin brother in a shipwreck, Viola disguises herself as a man and falls in love with her new employer Orsino, who dotes on Olivia, who falls for Cesario, who's really Viola. And that's before Sebastian washes ashore in search of his missing sister. In this vibrant production, Shakespeare's most wonderful romantic comedy brims with music and dances to the heartbeat of unrequited love. Pre-theater lunch will be at a nearby restaurant.

Wednesday, March 27 10:00AM-6:30PM Fee: \$105/\$125NR

Mohegan Sun Casino

This trip includes transportation and coupons for food and gambling.

Monday, April 8 8:00AM-6:00PM Fee: \$35/\$42NR

FOUNDERS HALL SPRING 2019

In Praise of Painting: Dutch Masters at The Metropolitan Museum of Art

This exhibition brings together Dutch paintings of the seventeenth century—the Golden Age of Rembrandt, Hals, and Vermeer—to present this remarkable chapter of art history in a new light. Through sixty-seven works of art organized thematically, In Praise of Painting orients visitors to key issues in seventeenth-century Dutch culture—from debates about religion and conspicuous consumption to painters' fascination with the domestic lives of women. We will have a guided tour of the exhibit. Lunch will be on your own at the Met Cafeteria or an outside restaurant of your choice.

Tuesday, April 23 8:00AM-5:30PM Fee: \$55/\$66NR

Newsies at Westchester Broadway Theater

Orphaned, homeless yet determined to succeed, New York's newsboys live urchin-like, dreaming of a better life. In the face of rising prices and poor wages, they pull together, create strength in numbers and protest! Winner of the 2012 Tony Awards for Best Score and Best Choreography.

Friday, May 17 9:30AM-6:00PM Fee: \$80/\$96NR

A minimum of 40 registrants is required for each trip.

SPRING 2019 REGISTRATION

Founders Hall SPRING 2019 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 6:30pm on Tuesday, 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	
Amazing Women			
Section 1 10:30AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:15PM	<input type="checkbox"/>	\$30	\$36
Current Events	<input type="checkbox"/>	\$12	\$15
Faust and Music			
Section 1 10:45AM	<input type="checkbox"/>	\$30	\$36
Section 2 1:00PM	<input type="checkbox"/>	\$30	\$36
Film: Katherine Hepburn			
Section 1 10:00AM	<input type="checkbox"/>	\$15	\$18
Section 2 1:00PM	<input type="checkbox"/>	\$15	\$18
Film: Audrey Hepburn			
Section 1 10:00AM	<input type="checkbox"/>	\$15	\$18
Section 2 1:00PM	<input type="checkbox"/>	\$15	\$18
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
Great Books	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$25

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
<u>Academic Courses</u>				
History: Brave Companions	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$14
In Search of American Soul Part 2	<input type="checkbox"/>	\$12	\$15	
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	
Writing Workshop	<input type="checkbox"/>	\$30	\$36	

Evening Academic Courses

The Bach Family	<input type="checkbox"/>	\$30	\$36
Great Decisions	<input type="checkbox"/>	\$30	\$36

Dance Courses

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

Special Events

Annual Meeting	<input type="checkbox"/>	No fee	
Fitness Day	<input type="checkbox"/>	No fee	

On the Road Trips

<i>Twelfth Night</i> at Yale Rep	<input type="checkbox"/>	\$105	\$125
Mohegan Sun Casino	<input type="checkbox"/>	\$35	\$42
Dutch Masters at The Met	<input type="checkbox"/>	\$55	\$66
<i>Newsies</i> at WBT	<input type="checkbox"/>	\$80	\$96

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Art Courses</u>			
Calligraphy Uncial Hand	<input type="checkbox"/>	\$45	\$54
Celtic Knot Design	<input type="checkbox"/>	\$40	\$48
Da Vinci's Drapery	<input type="checkbox"/>	\$20	\$24
Drawing Colored Pencils 2	<input type="checkbox"/>	\$40	\$48
Drawing: Studio Class	<input type="checkbox"/>	\$10	\$12
Indigenous Arctic Art Part 2 12:30	<input type="checkbox"/>	\$40	\$48
Indigenous Arctic Art Part 2 2:30	<input type="checkbox"/>	\$40	\$48
Ink Stippling	<input type="checkbox"/>	\$35	\$42
Kirigami	<input type="checkbox"/>	\$35	\$42
Learning from L C Tiffany	<input type="checkbox"/>	\$20	\$24
Learning from E Carlsen	<input type="checkbox"/>	\$20	\$24
Oil Painting Section 1 1:00	<input type="checkbox"/>	\$40	\$48
Oil Painting Section 2 3:00	<input type="checkbox"/>	\$40	\$48
Ukrainian Egg Workshop			
March 26 1:00	<input type="checkbox"/>	\$10	\$12
April 2 1:00	<input type="checkbox"/>	\$10	\$12
Watercolor Beginners	<input type="checkbox"/>	\$45	\$54
Watercolor Intermediate	<input type="checkbox"/>	\$40	\$48
Watercolor Advanced	<input type="checkbox"/>	\$35	\$42
Weathergrams	<input type="checkbox"/>	\$15	\$18

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<u>Evening Art Courses</u>			
Indigenous Arctic Art Part 1	<input type="checkbox"/>	\$40	\$48
Kinetic Art	<input type="checkbox"/>	\$20	\$24
Ukrainian Egg Workshop			
March 26 5:00	<input type="checkbox"/>	\$10	\$12
April 2 5:00	<input type="checkbox"/>	\$10	\$12
Watercolor Begin Again	<input type="checkbox"/>	\$45	\$54

Sign me up Course Fee Book Fee

Hobby and Sports Courses

ACBL Sanctioned Duplicate Bridge

To register, email dlthornton@sbcglobal.net.

		Ridgefield	Non-Ridgefield	
Basketball Clinic	<input type="checkbox"/>	\$35	\$42	
Bridge - Assisted Play	<input type="checkbox"/>	No fee		
Bridge Beginners	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$18
Bridge Advanced Beginners	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$18
Cooking Tuesday, April 2	<input type="checkbox"/>	\$12	\$15	
Cooking Wednesday, April 3	<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				
Beginner Genealogy Part 2 Tues	<input type="checkbox"/>	\$40	\$48	
Beg Cont Genealogy Thurs 10:30	<input type="checkbox"/>	\$40	\$48	
Int. Beg Genealogy Thur 12:30	<input type="checkbox"/>	\$40	\$48	
Intermediate I Genealogy Monday	<input type="checkbox"/>	\$40	\$48	
Intermed II Genealogy Thurs 2:30	<input type="checkbox"/>	\$40	\$48	
Book Project Genealogy Thur 8:30	<input type="checkbox"/>	\$40	\$48	
2019 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	

Sign me up Course Fee

Technology Courses

		Ridgefield	Non-Ridgefield
Google Docs	<input type="checkbox"/>	\$30	\$36
iPhone and iPad	<input type="checkbox"/>	\$25	\$30
Photoshop Beginning	<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: _____

The Battle Returns

**SUNDAY
JUNE 2
4 - 7PM
at FOUNDERS HALL**

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

Entertainment
Open Bar
Food
Fun

BATTLE
of the
Chefs

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the **chefsWAREHOUSE**



Fairfield County Bank

TICKETS

General: \$100

Chef's Table: \$500

wwwFOUNDERS-hall.org
or call 203.431.7000

FOUNDERS HALL 193 Danbury Road, Ridgefield, CT

FOUNDERS HALL SPRING 2019

Art Program

Calligraphy: Uncial Hand

A variation of which was used in the famous Book of Kells, Uncial is a majuscule script (written entirely in capital letters). It was commonly used by Latin and Greek scribes from the 4th to the 8th century AD. But you can use it to write your favorite Irish proverb or maybe even a bawdy limerick.

Wednesday 12:30 - 2:00PM

Instructor: Moki Kokoris

First class: March 27

Fee: \$45/\$54NR (5 Sessions)

Celtic Knot Design

Constructed using a grid method, Celtic knots are complete loops without any beginning or end. Early on, these designs were used mainly for decorative purposes. Over time, people began interpreting them as the crossing of physical and spiritual paths, and as symbols for eternity and the endurance of life, love and faith. Celtic knots are also very popular designs for tattoos. Just sayin'.

Wednesday 2:30 - 4:00PM

Instructor: Moki Kokoris

First class: March 27

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

Leonardo DaVinci's Drapery Two-color Shading

Emulate the master himself in his careful study of drapery and how best to capture light as it illuminated the fabric's flowing shapes and forms. Working on grey paper, students will use black Prismacolor pencil to layer shading, and white pencil to add highlights to the folds, which lend the drawing its 3-dimensionality.

Tuesday 2:30 - 4:00PM First class: May 21

Instructor: Moki Kokoris

Fee: \$20/\$24NR (2 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 27.

Monday 2:00-4:00PM

Instructor: Martha Talburt

First Class: March 25

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

FOUNDERS HALL SPRING 2019

Art Program (continued)

Drawing Studio

This studio time affords an opportunity to work with like-minded artists.

Tuesday 9:30-11:30AM

First Class: March 26

Instructor: Open Session

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

Indigenous Arctic Visual Folk Arts Part 2

A continuation of Part 1 (or stand-alone course), this series will introduce the native cultures, mythology, and distinctive traditional styles of indigenous folk arts of the Yup'ik people (western Alaska), the Evenki (Siberian taiga), the Dolgan people (Taymyr peninsula), the Inupiaq and the Chukchi. Students will have the opportunity to create their own art in each style during class. No class April 30.

Section A Tuesday 12:30 - 2:00PM

First class: April 9

Section B Tuesday 2:30 - 4:00PM

First class: April 9

Instructor: Moki Kokoris

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

Introduction to Ink Stippling - Pointillism techniques

Stippling or Pointillism is a fine art technique that involves the use of tiny dots instead of lines to create an ink drawing. Most often it is used as a method of shading, but can also add delicate textures and unusual visual effects to your pen and ink work. Join us, and stipple your way to the third dimension!

Wednesday 12:30 - 2:00PM

First class: May 8

Instructor: Moki Kokoris

Fee: \$35/\$42NR (4 Sessions)

Kirigami - 3-dimensional paper-engineering

Kirigami is a variation of origami that involves the folding and cutting of paper to create intricate three-dimensional kinetic shapes as opposed to only folding it as in plain origami. Contemporary pop-up greetings cards employ kirigami techniques. Come create your own paper illusions. And you thought you'd never use geometry again!

Wednesday 2:30 - 4:00PM

First class: May 8

Instructor: Moki Kokoris

Fee: \$35/\$42NR (4 Sessions)

FOUNDERS HALL SPRING 2019

Learning From Emil Carlsen

This workshop will explore the Impressionistic painting style of Emil Carlsen, who often worked at Weir Farm and other local CT sites. Carlsen's approach to composition, color and paint application will be discussed as well as how to emulate his techniques. One class may also be spent exploring working as Carlsen did, "en plein air" on the grounds of Founders Hall. Acrylic paints will be the primary material used for demonstrations, but students may work in all media.

Monday 9:00 - 11:00AM

First Class: April 15

Instructor: Jean Linville

Fee: \$20/\$24NR (4 Sessions)

Learning From Louis Comfort Tiffany

Utilizing a variety of resources, some from the Lyman Allyn Museum, this workshop will examine the Art Nouveau style of Louis Comfort Tiffany's leaded glass works. Tiffany's approach to subject, composition and color will be discussed as well as how to emulate his techniques. Acrylic paints will be the primary material used for demonstrations, but students may work in all media.

Monday 9:00 - 11:00AM

First Class: March 25

Instructor: Jean Linville

Fee: \$20/\$24NR (3 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: March 27

Instructor: Bonnie Weber

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

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: March 27

Instructor: Bonnie Weber

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

FOUNDERS HALL SPRING 2019

Art Program (continued)

Ukrainian Pysanky (decorated eggs) Workshop

A delicate craft thousands of years old, the “pysanka” is a Ukrainian egg decorated with traditional folk designs using a wax-resist (batik) method. The word ‘pysanka’ comes from the verb ‘pysaty,’ meaning “to write” because the intricate designs are not painted, but rather written on the egg shell with melted beeswax. Every symbol and color applied has its own specific meaning. It is believed that some pysanky could even protect households by trapping evil spirits deep within spiral motifs. Join us at the table and write your own story on your own egg! Pick one section.

Section A Tuesday 1:00 - 4:00PM Class Meets: March 26
Section B Tuesday 1:00 - 4:00PM Class Meets: April 2
Instructor: Moki Kokoris Fee: \$10/\$12NR (1 Session)

Watercolor Beginners

This seven-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: March 28
Instructor: Tina Phillips Fee: \$45/\$54NR (7 Sessions)

Watercolor Intermediate

Take your painting to the next level by learning more techniques and textures in this six-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. No class April 19.

Friday 10:00AM - 12:00PM First Class: March 29
Instructor: Tina Phillips Fee: \$40/\$48NR (6 Sessions)

FOUNDERS HALL SPRING 2019

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: March 28
Instructor: Tina Phillips Fee: \$35/\$42NR (7 Sessions)

Weathergrams

Whether or not you are a seasoned calligrapher or poet, join us in the making of Weathergrams. Based loosely on the idea of the Japanese haiku, Weathergrams are brief seasonal messages of up to 10 words written in black and red inks on slips of brown grocery paper, and hung on tree branches with twine. Nature “writes back” by weathering the brown paper, leaving intact only the red and black letters printed in indelible ink.

Tuesday 12:30 - 2:00PM First class: May 21
Instructor: Moki Kokoris Fee: \$15/\$18NR (2 Sessions)

Evening Art

Indigenous Arctic Visual Folk Arts Part 1

This course will introduce the native cultures, mythology, and distinctive styles of indigenous folk arts from around the Circumpolar North. The regions covered in this session will be: Greenland, Cape Dorset in Nunavut (Canada), southeastern Alaska, Finnmark/Lapland (Scandinavia), and the Khanty-Mansiysk territory of Siberia. Students will have the opportunity to create their own art in each style during class. No class April 30.

Tuesday 6:00 - 7:30PM First class: April 9
Instructor: Moki Kokoris Fee: \$40/\$48NR (5 Sessions)

FOUNDERS HALL SPRING 2019

Evening Art (continued)

Kinetic Art - Create Your Own Agamograph

Named after Yaacov Agam, an agamograph is a combined painting or drawing, which when viewed from different angles, reveals a different image. The class will create an agamograph using their own two initials.

Tuesday 6:00 - 7:30PM

First class: May 21

Instructor: Moki Kokoris

Fee: \$20/\$24NR (2 Sessions)

Ukrainian Egg Workshop

A delicate craft thousands of years old, the "pysanka" is a Ukrainian egg decorated with traditional folk designs using a wax-resist (batik) method. The word 'pysanka' comes from the verb 'pysaty,' meaning "to write" because the intricate designs are not painted, but rather written on the egg shell with melted beeswax. Every symbol and color applied has its own specific meaning. It is believed that some pysanky could even protect households by trapping evil spirits deep within spiral motifs. Why not try your hand at making a pysanka? Join us at the table and write your own story on your own egg! Pick one section.

Section A Tuesday 5:00 - 8:00PM

Class Meets: March 26

Section B Tuesday 5:00 - 8:00PM

Class Meets: April 2

Instructor: Moki Kokoris

Fee: \$10/\$12NR (1 Session)

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: March 28

Instructor: Tina Phillips

Fee: \$45/\$54NR (7 Sessions)

FOUNDERS HALL SPRING 2019

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

Want to feel like a kid again? Then consider joining the men and women of the Seniors on the Ball Basketball Team. Why join? It's a fun way to work on your balance, coordination and flexibility. We exercise, do drills and yes, the last 20 minutes or so of the session, we play a controlled, senior type of basketball on a reduced size court. As an added bonus, you will get to know some of the nicest people in Founders. No experience necessary, just a fun loving spirit. Team members are in their 70s, 80s, no one in their 90s yet. We play on Wednesday at 1:15 at the Rec Center, next door, so come on by for a peek. No class April 17.

Wednesday 1:15-2:15PM

First class: March 27

Coaches: JoAnn Cali and Jim Arcuri

Fee: \$35/\$42NR (11 Sessions)

Bridge: Assisted Play

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

Tuesday 10:00AM-12:00PM

First Class: March 26

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

No Charge

FOUNDERS HALL SPRING 2019

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 March 28, April 11, 18, 25, May 9, 16, 23, 30

Thursday 9:00-10:30AM

First class: March 28

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 28, April 11, 18, 25, May 9, 16, 23, 30

Thursday 11:00AM-1:00PM

First class: March 28

Instructor: Mike Hess

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

Cooking with the Staff

Grace and Michelle will share recipes, tips and techniques for brunch fare.

Section 1: Tuesday, April 2

11:00-1:00PM

Section 2: Wednesday, April 3

11:00-1:00PM

Instructor: Founders Hall Staff

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

FOUNDERS HALL SPRING 2019

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. No class May 27.

Section 1 Monday 10:00AM-12:30PM First Class: March 25

Section 2 Friday 10:00AM-12:30PM First Class: March 29

Director: Bob Kimerling

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

Drop-in Groups

Gardeners (March-Oct)	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

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 check with Toni regarding correct class placement. **Completion of Beginning Genealogy is a prerequisite for the following classes.**

Beginning Genealogy Part 2	Tuesday	11:30AM-1:30PM
Beginners Continuing Genealogy	Thursday	10:30AM-12:30PM
Intermediate Beginner Genealogy	Thursday	12:30-2:30PM
Intermediate I Genealogy	Monday	9:15-11:15AM
Intermediate II Genealogy	Thursday	2:30-4:30PM
Book Project Genealogy	Thursday	8:30-10:30AM
Instructor: Toni McKeen		First Class: Mar 26, 28, Apr 1
		Fee: \$40/\$48NR (10 Sessions)
Annual Database Fee: \$20 -required unless you have your own Ancestry account.		

FOUNDERS HALL SPRING 2019

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. No class May 14.

Tuesday 12:15-2:15PM First Class: March 26
Instructor: Jo Ann Brown Fee: \$30/\$36NR (9 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 28

*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 18.

Thursday 1:15-2:30PM First Class: March 28
Instructors: Janice Pauly and Ted Seibert 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 similarly skilled players. Class meets at Parks and Recreation Center gym. No class April 12 or 19.

Friday 1:15-2:30PM First Class: March 29
Instructors: Janice Pauly and Ted Seibert Fee: \$30/\$36NR (8 Sessions)

FOUNDERS HALL SPRING 2019

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. No class May 14.

Tuesday 10:00AM-12:00PM First Class: March 26
Instructor: Jo Ann Brown Fee: \$40/\$48NR (9 Sessions)

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

Technology Program

iPhone and iPad - Beginner/Intermediate

This is a beginner to intermediate class introducing many iPhone/iPad functions. General topics include: Where to get help, Contacts, Phone, Camera, Calendars, Photos and Albums, Security, iCloud and Backups, the Internet, FaceTime, Email, Apps, Texting and Notifications. This class only covers Apple devices (both phones and tablets, i.e., iPhone and iPad) and not any other brand/manufacturers' devices. Also, you must be on the current version of the Operating System, which is iOS 12.1 Any version that starts with a '12' will be fine.

This is a beginner/intermediate class and we assume you already understand and can use some of the basic phone/tablet functions. For example, you should already know how to use the phone and add contacts, send an email and take pictures with the camera. If you do not know how to do these basic functions, this class might prove too challenging for you.

Class is limited to 10 participants.
Instructor: Michele Schor First class: March 25
Monday 12:00PM-1:30PM Fee: \$25/\$30NR (7 Sessions)

FOUNDERS HALL SPRING 2019

Technology Program (continued)

Google Docs

Google Docs is a free cloud based application for creating, editing, and sharing word processing, spreadsheets, and presentations. Files can be accessed from any computer with an Internet connection; this is part of a comprehensive package of on-line applications offered by and associated with Google. The basics will be covered. To access Google Docs, you will need to set up a free gmail account BEFORE coming to class.

Monday 3:00-4:30PM

First class: March 25

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.

Beginning Photoshop Elements 2019

Come and begin to master the amazing Photoshop Elements 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 classes.

Tuesday 1:30-3:00PM

First Class: March 26

Instructor: Toni McKeen

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

Photoshop 3

This class continues from Photoshop Level 2 by mastering some of the more creative tools and great special effects possible with the program.

Students must have taken Photoshop Levels 1 and 2 as a requirement for this class.

Tuesday 3:00-4:30PM

First Class: March 26

Instructor: Toni McKeen

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

2019 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 2019 Fitness Classes opened October 16, 2018. 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, D. Bell, 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

2019 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
Beginner Workshop	Thurs.	2:15-3:15PM	Fee: \$12/\$14NR per month
Coach: Diane Kerner			

Please note: new students are not accepted in Tai Chi classes after June 30.

2019 FITNESS PROGRAM

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

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. TBA	8:30-9:45AM
Section 2: Gentle Class	Tues. Liz/ Thurs. Supriya	9:45-11:00AM
Instructors: Liz Wendel, Supriya Swerdlick Hermenze, TBA		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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