



FOUNDERS HALL

# Online Spring 2021

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# INTRODUCTION

## Information

Office Hours: Monday - Friday, 9:00AM-4:00PM  
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  
The Leir Foundation

### **Art Program**

The Anna-Maria and Stephen Kellen Foundation

### **Fitness Program:**

The Paul and Johanna Laszig Trust  
Barker Welfare Foundation

### **Hobby & Sports Program:**

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

### **Social Program**

Cohen and Wolf, P.C.  
The Greens at Cannondale/Wilton Meadows  
Keystone Place at Wooster Heights  
RidgeCrest at Meadow Ridge

Dear Founders Hall members,

Our Spring Semester will consist of Zoom classes with a few art classes meeting on the patio once the weather is warm enough.

Please remember that these classes are only for Founders Hall members due to the expense of offering them.

If you need help with your device in order to access Zoom, please call us. If you wish to take Zoom classes but don't have the technology to do so, please call us. We plan to solve as many of these issues as we can so that all members who want to participate in Zoom classes are able to.

Registration for Spring 2021 will be similar to previous years, with an online option and a mail-in option. The online option saves significant staff resources so I hope you will try that if you haven't before.

If there is another member that you would like to reach out to, please let me know. I am happy to facilitate that connection, just like I did when the building was open. I don't give out anyone's contact information without their permission.

The staff are looking forward to seeing many of you at our monthly Pick-Me-Ups.

~ Grace

# FOUNDERS HALL SPRING 2021

## Registration

You can register and pay for semester programs online or by mail. Registrations are due by Tuesday, March 16 at 4:30PM.

### *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.

**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 call Tracy or Grace for help.

## If you prefer to use paper

Complete the form on pages 12 - 14 and mail with payment.

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

**Spring semester programs begin on Monday, March 29.** Programs are subject to change and/or cancellation.

If you have registered for a Zoom class, you will receive a link for that class the evening before class meets.

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 4:30PM on Tuesday, March 16** 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.

**Registrations are non-transferrable.** We do keep waiting lists for those who wish to join a filled class.

## Academic Program via Zoom

*The Academic Program is generously sponsored by Rudy and Sally Ruggles and The Leir Foundation*

### 100 Years of Comedy

This class will focus on top comedians from the vaudeville era to 1960 and beyond, providing insight into the world of funny people. We will provide interesting historical facts and elaborate on how the comedians got started and enhanced their skills over time. The course will highlight comedy stars in radio, TV, and movies. You will see hilarious film clips on megastars like Buster Keaton, Charlie Chaplin, Sid Caesar, Jimmy Durante, Lucille Ball, Jackie Gleason, and many more.

This fun-filled program is designed to maximize your enjoyment and includes a game format where each participant can earn points for correct answers. Prizes will be awarded to the top three scorers. Join us for this entertainment extravaganza!

Tuesday 10:00-11:00AM

First Class: March 30

Instructor: G. Heaslip, B. Hockley, S. McIntee Fee: \$15/\$18NR (10 Sessions)

### Accomplished Women

We continue this series by learning about women who, because of their actions, broke through barriers, cleared new paths, made major contributions to their fields, improved the lives of other women and men and made the world a better place.

Wednesday 1:00-2:30PM

First Class: March 31

Instructor: Toni McKeen

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

### An Adventure in Poetry

Continuing with our splendid text The Norton Anthology of Poetry, Fifth Edition, edited by Margaret Ferguson, Mary Jo Salter, and Jon Stallworthy (W. W. Norton & Company, New York and London) ISBN 0-39-97920-2 (pbk.) we delve into poems. The book is available only second hand. We will read and discuss and analyze poems that beckon us from the past to the present.

Electronic copies of the poems for the week will be provided for those who are not able to secure a hard copy of the book.

Friday 12:00-12:30PM

First Class: April 9

Instructor: Ira Joe Fisher

Fee: \$20/\$24NR (10 Sessions)

## FOUNDERS HALL SPRING 2021

### Academic Program (continued)

#### Book Discussion

Join your friends, new and old, for a monthly book discussion. Books are available through Ridgefield Library and/or Hoopla, one of the Library's e-content services (link on Library website).

March 11 The Enchanted April by Elizabeth Von Arnim

April 8 The Soul of America by Jon Meacham

May 13 Hamnet by Maggie O'Farrell

June 10 A Single Thread by Tracy Chevalier

Thursday 3:00-4:30PM

Facilitator: Staff members of Ridgefield Library

No Charge

#### Broadway with Bryan: A look at a constantly evolving art form

This course will continue Bryan's deep dive into the world of musical theater through the lens of the musical director. We will examine great composers, lyricists, directors, designers, choreographers and the great stories that have been told and the stories that still need to be told. We will deepen our knowledge through extensive active listening and through interviews and performances from special guests. Join Bryan Perri (currently the musical director of *Jagged Little Pill* on Broadway) as he shares his deep love and passion for this art form.

Monday 3:00-4:00PM

Instructor: Bryan Perri

First Class: March 29

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

## FOUNDERS HALL SPRING 2021

#### Classical Wisdom

Marcus Aurelius: Meditations

*"To enter others' minds and let them enter yours."*

Long before the appearance of self-help books on how to live a good life there was the inspirational text of the Roman emperor Marcus Aurelius Antonius. Composed between 161-180 AD as a sourcebook intended for his own personal guidance and improvement, it is written in straightforward language, largely in the form of aphorisms. Down through the ages it has been widely admired as one of the greatest and most accessible works of practical philosophy, and especially recommended to beginning readers of the classics. Although available at no cost from many sources, in order to facilitate class discussion we will use as our common text, Meditations: Marcus Aurelius, Modern Library, ISBN # 0-8129-6825-5, because of its acclaimed translation. Please read the introduction to the philosophy of Stoicism before the first class.

This class is limited to 23 participants who did not participate in the Winter class.

Friday 10:00 -11:30AM

Facilitator: Howard Jacobs

First Class: April 9

Fee: \$15/\$18NR (8 Sessions)

#### Film Noir

Dames cracking wise and guys in snap-brim hats. Hardboiled detectives who are romantics at heart and women who are characters that must be understood as, layer-by-layer, the truth is revealed. Noir rose from the "B-movie" tradition of "programmers": movies to fill a double-feature out. They came into their own in the 40's and 50's as America became more urban and dark; dangerous streets became a genre recognized as uniquely our own. Not to be misunderstood with the gangster movies of the 30's (think Little Caesar), classic Noir begins with John Huston's magnificent *The Maltese Falcon* of 1941. Falcon was the third film version of Dashiell Hammet's novel and the only version to see. Oh, yeah, Falcon stars Huston's friend Bogart. Mary Astor is the dame.

Tuesday 1:00-4:00PM

Instructor: Robert Klaeger

First Class: March 30

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

## FOUNDERS HALL SPRING 2021

### Academic Program (continued)

#### Flirting with the American Romantics:

##### A Trip by Time-Machine through 19th-Century American Literature

Jumping into our time-machines and fastening our seatbelts, we will take a journey back to 19th-century America and spend some quality time with Poe, Hawthorne, Emerson, Thoreau, Melville, Dickinson, and Whitman. Our travels will proceed through selected short stories, essays, and poetry, all available online or from your own or the public library. As we hurtle through intellectual space, we will learn about the qualities which characterize American Romantic writing, including democracy, individualism, the experiences of everyday people, imagination, emotion, nature, mystery and the supernatural. Likewise, we will examine the historical contexts in which these works were written. When we return to the present from our explorations, we will have gained a greater understanding of the ways in which these writers helped to create a purely American literary tradition and voice.

Wednesday 2:30 - 4:00PM

First Class: March 31

Instructor: Maggie Seligman

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

#### French Advanced Beginners

This class is for those who have completed at least two semesters of the French beginner class. In addition to conversational skills and comprehension, the course will stress basic grammar, reading and writing.

The class will use the book: Communication Progressive du Français - Niveau débutant - 2 édition by Claire Miquel (blue cover).

Friday 10:30AM-12:00PM

First class: April 9

Instructor: Françoise Lampe

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

#### French Intermediate

This class is for those who have taken French Intermediate with Françoise. It is also appropriate for anyone with two years of high school French. The emphasis will be on developing good communication skills, reinforcing grammar and building vocabulary.

This class will use the book: Communication Progressive du Français - Niveau intermédiaire - 2e édition by Claire Miquel (green cover).

Tuesday 3:00-4:30PM

First class: April 6

Instructor: Françoise Lampe

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

## FOUNDERS HALL SPRING 2021

#### French Advanced

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

Friday 3:00-4:30PM

First class: April 9

Instructor: Françoise Lampe

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

#### Iconic Buildings from Around the World Part II

We continue to travel all around the world into major cities including European capitals, India, Russia and, of course, our own United States to study the best and most beautiful theaters, museums, historic sites, iconic landmarks, magnificent homes and office buildings which stand out in their beauty and creativeness. Included are their backstories and fun facts.

Friday 1:00-2:30PM

First Class: April 9

Instructor: Toni McKeen

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

#### Music at One with Michael Lankester

Michael Lankester continues his journeys through music, art and literature on Thursdays at One.

Thursday 1:00-2:30PM

First Class: April 1

Instructor: Michael Lankester

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

#### Treasures of Tuscany

The beautiful Tuscan area of Italy comes to life in this course. We will explore the history of this region, starting with the earliest settlers. You will feel like you are walking the picturesque streets and visiting the most important sights and buildings of the famed walled cities and towns. Take part in the special local festivals and celebrations, and learn about the lives and contributions of its famous citizens, all through beautiful Power Point photo presentations.

Monday 1:00-2:30PM

First Class: March 29

Instructor: Toni McKeen

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

## FOUNDERS HALL SPRING 2021

### Academic Program (continued)

#### Writing Workshop

‘We each have a story to tell. It needs to be told; it wants out. Discover your story in this writing workshop where each participant is both a teacher and a pupil. The process is joyful and rewarding, as we hone our skills and learn.’ Each week via Zoom and email, write something of your choice within two pages - an essay, memoir, poem, short story - read it in a friendly environment, and receive constructive feedback. 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. **Class will not meet May 31.**

Monday 2:00-4:30PM  
Moderator: Anton Deiters

First Class: March 29  
Fee:\$15/\$18NR (10 Sessions)

### Seminar Series

#### **How to Donate Effectively and Other Tax Tips**

Scott Brenner with Marks Paneth LLP

Wednesday, June 9

1:00PM

The link for this seminar will be sent to all members.

## SPRING 2021 REGISTRATION

Here are the steps for paper registration:

1. Read the course book and select programs.
2. Complete the form on pages 12 – 14 indicating your contact information and the programs you want to take.
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.
  - Credit card: Visa, MasterCard, Discover or American Express. We will add a 4% processing fee to the transaction.
5. **Mail your completed registration form and payment so that it arrives at Founders Hall by 4:30pm on Tuesday, March 16.**

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.

# SPRING 2021 Registration Form

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Academic Courses</u></b>			
100 Years of Comedy	<input type="checkbox"/>	\$15	\$18
Accomplished Women	<input type="checkbox"/>	\$30	\$36
An Adventure in Poetry	<input type="checkbox"/>	\$20	\$24
Book Discussion			
March: <u>The Enchanted April</u>	<input type="checkbox"/>	no fee	
April: <u>The Soul of America</u>	<input type="checkbox"/>	no fee	
May: <u>Hamnet</u>	<input type="checkbox"/>	no fee	
June: <u>A Single Thread</u>	<input type="checkbox"/>	no fee	
Broadway with Bryan Perri	<input type="checkbox"/>	\$30	\$36
Classical Wisdom	<input type="checkbox"/>	\$15	\$18
Film Noir	<input type="checkbox"/>	\$30	\$36
Flirting with Romanticism	<input type="checkbox"/>	\$30	\$36
French Advanced Beginners	<input type="checkbox"/>	\$30	\$36
French Intermediate	<input type="checkbox"/>	\$30	\$36
French Advanced	<input type="checkbox"/>	\$30	\$36
Iconic Buildings	<input type="checkbox"/>	\$30	\$36
Music at One	<input type="checkbox"/>	\$30	\$36
Treasures of Tuscany	<input type="checkbox"/>	\$30	\$36
Writing Workshop	<input type="checkbox"/>	\$15	\$18

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Dance Program</u></b>			
Zumba Gold	<input type="checkbox"/>	\$30	\$36
<b><u>Social and Entertainment Events</u></b>			
Game Day Fridays	<input type="checkbox"/>		
Pick Me Up March 16	<input type="checkbox"/>		
Pick Me Up April 20	<input type="checkbox"/>		
Pick Me Up May 18	<input type="checkbox"/>		
Pick Me Up June 15	<input type="checkbox"/>		
<b><u>Art Courses</u></b>			
Colored Pencil Basics Part I	<input type="checkbox"/>	\$25	\$32
Colored Pencil Basics Part II	<input type="checkbox"/>	\$25	\$32
The Artist's Book	<input type="checkbox"/>	\$45	\$52
Let's Talk About Your Art	<input type="checkbox"/>	\$40	\$48
<b><u>Hobby and Sports Courses</u></b>			
Bridge Beginners with Skills	<input type="checkbox"/>	\$30	\$36
Bridge Intermediate/Advanced	<input type="checkbox"/>	\$30	\$36
Cooking Class March 23	<input type="checkbox"/>	no fee	
Genealogy			
Genealogy Int Beginner Wed 9:30	<input type="checkbox"/>	\$40	\$48
Genealogy Adv Beginner Tues 2:00	<input type="checkbox"/>	\$40	\$48
Genealogy Advanced Tues 10:30	<input type="checkbox"/>	\$40	\$48
Cont Beg Book Project Thur 9:30	<input type="checkbox"/>	\$40	\$48
Advanced Book Project Thur 12:30	<input type="checkbox"/>	\$40	\$48
<b><u>Fitness Courses</u></b>			
Aerobics		monthly	\$35
<input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June			\$42
Core		monthly	\$35
<input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June			\$42
Seated Stretching and Conditioning		monthly	\$30
<input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June			\$36
Strength and Balance 1 - Beginners		monthly	\$35
<input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June			\$42

**Fitness Courses**

Sign me up      Course Fee  
                          Ridgefield   Non-Ridgefield

Strength and Balance 2 - Intermed <input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June	monthly	\$35	\$42
Strength Core and More <input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June	monthly	\$40	\$48
Stretch and Flex <input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June	monthly	\$35	\$42
Tai Chi Advanced Beginner	Waitlist only. Call Tracy.		
Tai Chi Advanced	Waitlist only. Call Tracy.		
Into to Tai Chi Workshop 1:00	Waitlist only. Call Tracy.		
Intro to Tai Chi Workshop 2:30	Waitlist only. Call Tracy.		
Yoga and Relaxation Gentle <input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June	monthly	\$35	\$42
Yoga and Relaxation Moderate <input type="checkbox"/> April <input type="checkbox"/> May <input type="checkbox"/> June	monthly	\$35	\$42

**Payment**

Total Program Fees:    \$ \_\_\_\_\_

Donation:                    \$ \_\_\_\_\_

Total Enclosed:            \$ \_\_\_\_\_

Payment Method

- Check enclosed payable to Founders Hall  
     You may submit one check for your entire registration.
- Credit Card (Visa, Mastercard, Discover or American Express)

A 4% processing fee will be added to the transaction.

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

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

**FOUNDERS HALL SPRING 2021**

**Dance Program**

**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! Great for the mind, body and soul, Zumba is fun, easy, different and effective. HAVE FUN AND STAY FIT!

Thursday 9:30-10:30AM

First Class: April 1

Instructor: Roxane Angotta

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

**Social Events**

**Game Day Fridays**

Join us on Zoom for some games and social time. Scattergories, Bingo, Wheel of Fortune - your favorites are already on the schedule. We will be using Zoom in a new way for these games, which will foster interactions with other players. The time will be 3:00 - 4:00pm on Fridays. Please sign up on the registration form or call so that we know to send you the link. You can also request to be grouped with friends during the game. 203-431-7000.

**Pick-Me-Up**

RSVP to drive by the building between 10:00 am and 12:00 pm on the assigned Tuesday. The staff will be outside to say hello. And we'll have a bag for you containing a seasonal treat.

For those without transportation, we will deliver your gift bag to you in the early afternoon.

March 16 St. Pat's Day Treat sponsored by RidgeCrest at Meadow Ridge

April 20 Life's a Picnic sponsored by Keystone Place at Wooster Heights

May 18 Chocolate Chip sponsored by Greens of Cannondale/ Wilton Meadows

June 15 Summer is Nigh sponsored by Cohen and Wolf, P.C.

## FOUNDERS HALL SPRING 2021

### Art Program

*Sponsored by the Anna-Maria and Stephen Kellen Foundation*

#### **COLORED PENCIL BASICS Part I**

##### **(Beginner / Intermediate)**

In this beginner to intermediate course, we will cover fundamental principles and techniques of drawing with colored pencils i.e. choosing proper colors on white vs toned or black paper, blending of two or more colors, value vs hue, layering, gradients, as well as types of linework. Exercise sheets will be sent via Email prior to each class (to be printed at home) for use during the class and/or for practice during the week. Students should have their own colored pencil sets as well as a variety of toned papers (tan, grey, black).

This is an introductory course for students who have minimal experience with colored pencils or for anyone who may want a refresher. The COLORED PENCIL BASICS Part II course will pick up where this one ends for students who wish to continue to a more advanced level. Class participants will be limited to 8.

Tuesday 10:30AM - 12:00PM

First Class: March 30

Instructor: Moki Kokoris

Fee: \$25/\$32NR (5 Sessions)

#### **COLORED PENCIL BASICS Part II**

##### **(Intermediate / Advanced)**

This course is for intermediate to advanced students who have a foundational understanding of basic layering and blending techniques, and who wish to take their skills to the next level. Beginning with the principles of composition (design, form, visual ordering, or formal structure), students will learn how to create atmosphere, how to make their drawings more dynamic, how to shift the color spectrum (daytime to nighttime), and how to draw objects of different materials (metal, glass, etc.). Iridescence (CMYK), textures, and studies of shadows will also be covered. Students should have their own colored pencil sets as well as a variety of toned papers (tans, greys, black).

This course is a continuation of the COLORED PENCIL BASICS Part I, or can be a stand alone independent course for more experienced artists who feel they don't need Part I. Class participants will be limited to 8.

Tuesday 10:30AM - 12:00PM

First Class: May 4

Instructor: Moki Kokoris

Fee: \$25/\$32NR (5 Sessions)

## FOUNDERS HALL SPRING 2021

#### **THE ARTISTS BOOK / PAPER ENGINEERING**

Simply stated, "artists books" are works of art in book (or book-like) form. The genre is a medium of artistic expression that uses the traditional form or function of "book" as inspiration, and augments it by employing a variety of paper engineering techniques, i.e. pop-ups, pull-tabs, complex folds, cut-outs and unique closures. Students will be shown a wide range of examples that include kirigami, concertina (accordion) folding, dutch-door insert pages, unique bookbinding methods, and most popular of all - tunnel books that stretch out to become miniature 3-dimensional stage scenes or dioramas. Each student will be encouraged to design and create their own Artists Book by the end of the course.

A full list of materials will be sent two weeks prior to the first class. Some experience with the X-acto knife and a cutting mat is highly recommended.

Class participants will be limited to 8.

Tuesday 1:30 - 3:00PM

First Class: April 6

Instructor: Moki Kokoris

Fee: \$45/\$52NR (8 Sessions)

#### **"Let's Talk About Your Art"**

Participants must be able to paint independently...

Miss the inspiration of fellow artists?...want to socially interact with artist friends?...want to keep painting?

Every week in advance, Tina will email a finished painting she has done, with list of colors, techniques, and textures used. Call Founders Hall if you wish to pick up at FH. Get creative and express yourself using ANY MEDIUM you wish... watercolor, oil, acrylic, colored pencil, pastel, ink, collage...or MIX MEDIA!! Interpret Tina's painting into yours! (As always you may choose to paint whatever you wish to share with everyone). You will be completing the painting by yourself at home. Then join fellow artists in Tina's interactive Zoom class to share and discuss your finished painting. Each artist registered has an opportunity to be seen and heard as they individually share their finished artwork for critique or discussion. Class will meet April 8, 15 and 22 and May 13, 20 and 27. If the weather cooperates, class will meet on the Founders Hall patio during May.

On Zoom there will be a 15 minute open chat time before the class to socialize and greet each other... beginning at 10:15am.

Class participants will be limited to 15.

Thursday 10:30AM - 12:30PM

First Class: April 8

Instructor: Tina Phillips

Fee: \$40/\$48NR (6 Sessions)

## FOUNDERS HALL SPRING 2021

### 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*

#### **Bridge: Beginners With Experience/Skills**

This class is intended for two groups of students:

1) as a continuation for those who have recently taken a True Beginners class at Founders Hall or elsewhere and 2) a refresher for those who have played bridge before but feel “rusty” about their current skill level.

The class will be based on 5 card Majors, Standard American and will continue to employ the Beginners textbook : Bridge for Everyone by Crisfield, available through Amazon.

Thursday 4:00-5:00PM

First class: April 1

Instructor: Mike Hess

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

#### **Bridge Intermediate / Advanced**

This class will consist of two parts: 1) a review of the conventions, both regular and advanced, that have already been covered, including newer material such as Drury and Michaels and, of course, Splinter bids; and 2) Play of the hand employing features from the BBO/ACBL joint venture at teaching bridge found on the BBO website. Here, screen share will be employed so that participants see the play of each trick by Mike with an explanation of why he’s making that play.

Thursday 2:30-3:30PM

First class: April 1

Instructor: Mike Hess

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

#### **Cooking with Mark Weber**

Mark will demonstrate recipes that do not include meat.

Tuesday 1:00-2:30PM

First class: March 23

Instructor: Mark Weber

Fee: No fee (1 Session)

## FOUNDERS HALL SPRING 2021

#### **Duplicate Bridge - Social**

Using Bridgebase Online (BBO), enjoy bridge with fellow Founders Hall members, playing the same hands as other pairs (duplicate). This approach will challenge your skill regardless of ‘luck of the deal.’

You will have to open an account and deposit funds. It will cost \$3.00 per game, of which Founders Hall will receive about \$1.50.

In BBO, you will need to set up a player name of your choice and a password (you will only have to enter the first time if you tell BBO to remember them).

This game is for Founders Hall members only. You will need a partner and will have to sign in together.

If you haven’t played on BBO yet, call Bob Kimerling, 914-238-6019, who will walk you thru the process, and play with you until you are comfortable.

Monday 2:00-4:00PM

On-going

Director: Bob Kimerling

Fee: \$3 per game paid online

#### **Duplicate Bridge Online: ACBL Sanctioned Duplicate Bridge**

NOW AVAILABLE: ONLINE Virtual ACBL Sanctioned Duplicate Bridge where players may earn masterpoints (currently earned at 150%). ALL PLAYERS, OF ALL ABILITIES, ARE WELCOME.

Founders Hall Virtual Duplicate Bridge Club is now online at Bridgebase Online (BBO). It is perfect for anyone wishing to play bridge for master points from home (yes, in your pjs!). And, these games support Founders Hall.

Games are held online every Thursday afternoon at 4:00pm. We play 18 boards (paying full MPs+ an extra 50%) in 6 rounds and the game provides fun for about two hours. These games cost \$6.00 per player.

Please email Director Debbie Thornton to get started (you will want to get an ACBL# for \$8.00) and she will need to help you get set up on BBO. She is also available for tutorials to help you with the first steps to online bridge, which is a great deal of fun.

After that, you will be able to sign up online at [www.bridgebase.com/v3/](http://www.bridgebase.com/v3/) any time two hours before game time.

You can reach Debbie Thornton at: [debsslam@gmail.com](mailto:debsslam@gmail.com).

Thursday 4:00-6:00PM

On-going

Director: Debbie Thornton

Fee per game: \$6 paid online

## FOUNDERS HALL SPRING 2021

### Hobby and Sports Program (continued)

#### Genealogy

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

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

Intermediate Beginners	Wednesday 9:30-11:30AM
Advanced Beginners	Tuesday 2:00-4:00PM
Advanced	Tuesday 10:30AM-12:30PM
Instructor: Toni McKeen	Fee: \$40/\$48NR (10 Sessions) First Class March 30 or 31

#### Genealogy Beginning Book Project Continued

This class is for those who took Toni's Beginning Book Project class. Handouts and easy websites to guide you along this process will be provided.

Thursday 9:30-11:30AM	First Class: April 1
Instructor: Toni McKeen	Fee: \$40/\$48NR (10 Sessions)

#### Genealogy Advanced Book Project

For Toni's Genealogy students who have been working on this project, we will continue to put together a book that you will be proud to show your relatives and friends.

Thursday 12:30-2:30PM	First Class: April 1
Instructor: Toni McKeen	Fee: \$40/\$48NR (10 Sessions)

## FOUNDERS HALL SPRING 2021

### **Fitness Program via Zoom**

*Sponsored by The Paul and Johanna Laszig Fund  
and Barker Welfare Foundation*

#### Aerobics

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

Mon./Wed./Fri. 9:00-10:00AM	Class is on-going
Instructor: Susan Neumann	Fee: \$35/\$42NR per month

#### Core

Pilates approach will be used in this core strengthening program. Stretching and use of hand weights will strengthen the overall body as well as improve flexibility and balance.

Mon./Wed./Fri. 3:00-4:00PM	Class is on-going
Instructor: Lindy Olzewski	Fee: \$35/\$42NR per month

#### Seated Stretching & Conditioning

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

Tues./Thurs. 11:00AM-12:00PM	Class is on-going
Instructor: Barbara Reidy	Fee: \$30/\$36NR per month

#### Strength and Balance Level 1 - Beginner

55-minute exercise program suitable for most levels improves body alignment and balance. Standing dance movement exercises combined with chair-seated hand-weights, abdominal strengthening exercises and flexibility stretches.

Mon./Wed./Fri. 10:00-10:55AM	Class is on-going
Instructor: Susan Consentino	Fee: \$35/\$42NR per month

## FOUNDERS HALL SPRING 2021

### Strength and Balance Level 2 - Intermediate

This exercise program is a little faster paced and uses hand weights and other tools in standing and floor mat workout routines that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance. Participants in this class must be able to use floor mats.

Mon./Wed./Fri. 11:00AM-12:00PM

Class is on-going

Instructor: Susan Consentino

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

### 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./Thurs. 5:00-6:00PM

Class is on-going

Instructor: Lindy Olzewski

Fee: \$40/\$48NR 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. 12:00-1:00PM

Class is on-going

Instructor: Colleen Cugine

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

### Tai Chi Advanced Beginner

For continuing students, Mari Lewis will 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.

Monday 9-10AM and Friday 10-11AM

Class is on-going

Instructor: Mari Lewis

Fee: \$30/\$36NR per month

## FOUNDERS HALL SPRING 2021

### Tai Chi Advanced

Mari's continuing advanced students will continue their study and practice of 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.

Tues./Thurs. 10:00-11:00AM

Class is on-going

Instructor: Mari Lewis

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

### Intro to Tai Chi Workshop

Introductory Tai Chi Workshop will study the history and philosophy of Tai Chi while learning a short basic hand form. This simple, non-strenuous introduction to the practice of Tai Chi will progress through the year so that by year end, students will be able to perform the 10-step choreography. A small living room area would be nice and an armless straight back chair might be helpful. Comfortable clothing and footwear are required.

Section 1 Thursday 1:00-2:00PM

Class is on-going

Section 2 Thursday 2:30-3:30PM

Class is on-going

Instructor: Bil Mikulewicz

Fee: \$12/\$14NR per month

### Yoga and Relaxation Gentle

This class includes warming stretches, yoga postures and breathing techniques. It will combine slow and easy movements and is suitable for newer students and those wanting a mellow practice. Students will need to get up and down from floor mats.

Tues.(10:15-11:15)/Thurs. (10:00-11:00)

Class is on-going

Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.)

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

### Yoga and Relaxation Moderate

This class includes warming stretches, yoga postures and breathing techniques. The moderate class will include some intermediate level postures and longer holds and is suitable for students with some experience.

Tues./Thurs. 9:00-9:55AM

Class is on-going

Instructors: Liz W. (Tues.)/ Beverly L. (Thurs.)

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

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

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