



FOUNDERS HALL

Winter 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
The Leir Charitable Foundations

Fitness Program:

The Paul and Johanna Laszig Trust
Barker Welfare Foundation

Hobby & Sport Program:

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

On the Road Program:

Ridgefield Professional Office Complex

Social Events:

Bethel Health Care / The Cascades
First Light Home Care
The Greens at Cannondale and
Wilton Meadows
Home Instead Senior Care
Laurel Ridge Health Care Center
RVNA

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 winter 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 17 -21 and mail or drop it off with payment.

Whether You Register Online or On Paper

Winter semester programs begin on Wednesday, January 2. 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, December 4** 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. Please check with Tracy Dubin regarding class availability.

WINTER 2019 CALENDAR

| | |
|---------------------|---|
| November 16 - 19 | Wreath Festival |
| November 22 & 23 | Closed in observance of Thanksgiving |
| December 4 | New Member Coffee |
| December 4 | Winter 2019 Registrations Due |
| December 7 | Nutcracker Tea <i>sponsored by Laurel Ridge Health Care Center</i> |
| December 13 | Holiday Parties <i>sponsored by Home Instead Senior Care</i> |
| December 24, 25, 26 | Closed in observance of Christmas |
| December 31 | Closed in observance of New Years |
| January 1 | Closed in observance of New Years |
| January 2 | Winter Semester Begins |
| January 10 | Book Discussion: <i>The Signature of All Things</i> |
| January 11 | Tea: Game Show <i>sponsored by RVNA</i> |
| January 14 | Trip: Warhol at The Whitney Museum |
| January 18 | Seminar: Preserving Autonomy as Independence Declines |
| January 25 | Seminar: Eye Health |
| February 1 | Seminar: Imagery and the Way to Change |
| February 5 & 6 | Billiards Tournament |
| February 7 | Trip: <i>Ain't Misbehavin'</i> at WBT |

WINTER 2019 CALENDAR

| | |
|-------------|--|
| February 8 | Tasting: Chinese New Year <i>sponsored by First Light Home Care</i> |
| February 14 | Book Discussion: <i>Away</i> |
| February 15 | Seminar: Staging Your Home to Sell - What You Should Consider |
| February 22 | Trip: Connecticut Flower and Garden Show |
| February 28 | Carnevale <i>sponsored by Bethel Health Care and The Cascades Assisted Living</i> |
| March 8 | Tasting: Cookies <i>sponsored by The Greens at Cannondale and Wilton Meadows</i> |
| March 12 | New Member Coffee |
| March 12 | Spring 2019 Registrations Due |
| March 14 | Book Discussion: <i>Killers of the Flower Moon</i> |

FOUNDERS HALL WINTER 2019

Academic Program

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

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.

The Art of Writing

Calling all writers! Come join a phenomenal group of your peers in this class. Whether you are a novice or advanced writer, interested in fiction, memoir, or poetry, there is something here for you. Members of the group will write, revise, share their work and have fun in a supportive environment. Each week, the instructor will offer in-class writing opportunities, prompts and ideas for take-home writing, and lead constructive critiques.

Tuesday 10:30AM-12:00PM

First Class: January 8

Instructor: Cheryl Panosian Haddad

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

Book Discussion

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

January 10 The Signature of All Things by Elizabeth Gilbert

February 14 Away by Amy Bloom

March 14 Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann

Thursday 3:00-4:30PM

Facilitator: Staff of Ridgefield Library

No Charge

FOUNDERS HALL WINTER 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.

Wednesday 10:00-11:30AM

First class: January 2

Facilitator: Bill Monti

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

Film: The Coen Brothers

Bob Klaeger presents five movies from the sublime Coen brothers. They make beautiful films and are masters of satire.

Hail Caesar! - a wonderful send-up of Hollywood in the '50s.

O Brother, Where Art Thou? - George Clooney, John Turturro, and Tim Blake Nelson, chained together, escape a prison farm and set out on an adventure across the south.

The Big Lebowski - The only thing I can say is that The Dude Abides.

Miller's Crossing - Their look at a '30s gangster movie. My favorite of all their films.

True Grit (2010) - They tell this unique western story about a 14-year-old girl by actually casting a 14-year-old girl in the role. Jeff Bridges is stunning as the one-eyed, trigger-happy US Marshall.

Instructor: Robert Klaeger

First Class: January 29

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

Fee: \$20/\$24NR (5 Sessions)

Section 2 Tuesday 1:00-3:30PM

Fee: \$20/\$24NR (5 Sessions)

French Beginners Continuing

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

Friday 9:00 - 11:00AM

First class: January 4

Facilitator: Françoise Lampe

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

FOUNDERS HALL WINTER 2019

Academic Program (continued)

French Advanced Beginners Continuing

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

Tuesday 2:30 - 4:30PM

First class: January 8

Instructor: Françoise Lampe

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

French Intermediate to Advanced

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

Friday 1:30 - 3:30PM

First class: January 4

Instructor: Françoise Lampe

Fee: \$30/\$36NR (6 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 Founders Hall Great Decisions program received the Frank R. Cella Memorial Award in 2010 in recognition of its superb achievement, exemplary leadership and commendable advancement of the Foreign Policy Association program. The cost of the briefing book is included in the fee. Enrollment will be limited to 50.

Monday 10:30AM -12:30PM

First Class: January 14

Facilitators: Doug Coombs and John Somma

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

FOUNDERS HALL WINTER 2019

Great Voices II

Michael Lankester introduces another selection of some of the greatest singers of our time, plus new recordings of voices previously heard in 'Great Voices I' who just cannot be left out!

1. Lily Pons, Gwen Catley, Joan Hammond, Rita Streich, Rita Hunter, Leontyne Price, Galina Vishnevskaya, Anna Netrebko, Diana Damrau, Lucia Popp, Raina Kabaivanska
2. Angela Ghiorghiu, Mirella Freni, Ely Ameling, Lotte Lehmann, Sena Jurinac, Jessye Norman, Natalie Dessay, Beverly Sills, Anna Moffo, Regine Crespin
3. Ebe Stignani, Zara Dolukhanova, Shirley Verrett, Janet Baker, Cecilia Bartoli, Joyce DiDonato, Grace Bumbry, Teresa Berganza, Olga Borodina
4. Anne Sofie von Otter, Dolora Zajick, Rita Gorr, Denyce Graves, Susan Graham, Risa Stevens, Agnes Baltsa, Waltraud Meier, Florence Quivar, Maureen Forester
5. Lawrence Tibbet, Paul Robeson, Dmitri Hvorostovsky, Paul Plishka, John Tomlinson, Dietrich Fischer Dieskau, Richard Salter, Leonard Warren, James Morris, Samuel Ramey
6. Rene Pape, Kurt Moll, Ezio Pinza, Thomas Hampson, Tom Krause, Cornell McNeil, Ruggero Raimondi, Sergei Leiferkus Hans Hotter, Gerard Souzay, Thomas Quasthoff, Eric Owens
7. Juan Diego Florez, Mario Lanza, Rolando Villazon, Carlo Bergonzi, Jon Vickers, Richard Tauber, Roberto Alagna, Ramon Vargas, Siegfried Jerusalem
8. Placido Domingo, Luciano Pavarotti, Jose Carreras, Peter Pears, Jussi Bjorling, Beniamino Gigli, Franco Corelli

Instructor: Michael Lankester

First class: January 3

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 WINTER 2019

Academic Program (continued)

History: Women in the Civil War

Come join us as we read about Women in the Civil War. The War led to changes in the lives of women on both sides of the battlefield. This book helps to showcase their “enterprise, fortitude, and fierceness.” This is a great social history that helps us to see a wide variety of the roles women played such as “nurses, spies, writers, abolitionists, feminists, and political wives.” We also get a great look at, “camp followers, business-women, entertainers, activists, and socialites.” “It is probable that the most enduring consequence of the war for women was the changed conception they came to hold of themselves.” Looking forward to reading this with you. The class book, *Women in the Civil War* by Mary Elizabeth Massey is available through the registration form for \$22.50.

Wednesday 3:15-4:30PM

Instructor: Mike Settanni

First Class: January 2

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

In Search of the American Soul: Part 1

In his engaging book, *The Soul of America: The Battle for Our Better Angels*, the historian Jon Meacham tells us that the soul in Western political thought is what a people have commonly agreed to be the continuing objects of their love. In short, our soul is ‘what makes us *us*.’ But how has the making of the American soul evolved throughout our history? And what are the core values that have withstood the test of time? Our inquiry will take the form of a close examination of writings documenting significant inflection points in the evolution of American thought. We will unpack the cause and consequences of each selection through open discussion and respectful exchange of opinion. The common text will be *The Will of the People: Readings in American Democracy* which is available through the registration form (\$13). Class is limited to 20 participants. Before the first class meeting, please read the *Declaration of Independence*.

Friday 10:45AM-12:15PM

Discussion Leader: Howard Jacobs

First class: January 4

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

FOUNDERS HALL WINTER 2019

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** during Fall 2018. Before our first meeting, please read Abraham Lincoln’s *Emancipation Proclamation*.

Wednesday 12:30-2:00PM

Discussion Leader: Howard Jacobs

First class: January 2

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

Investments Discussion

Designed to be an interactive discussion of investment topics, this ongoing series of seminars will provide helpful information on investment resources and review general investment principles. In addition, discussion will be focused on current developments and their direct impact on stock, bond, mutual fund and other investment vehicles. Your thoughts and questions will be welcomed. Some elementary level of investment knowledge is helpful.

Tuesday 10:00-11:30AM

Facilitators: D. Campbell, A. Levine

First Class: January 8

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. Class will not meet February 4 or February 11.

Monday 8:30-10:00AM

Instructor: Rita Schaffer

First Class: January 7

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. Classes will not meet the weeks of February 4 or February 11.

Level 3 Thursday 10:00-11:30AM

Level 4 Monday 10:00-11:30AM

Instructor: Rita Schaffer

First Class: January 10

First Class: January 7

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

FOUNDERS HALL WINTER 2019

Academic Program (continued)

Masters of the Renaissance Part 2

Continuing with the growth of the Renaissance, this semester we will look at the achievements during the High Renaissance in Italy. We will study the great artists and thinkers of this time period including da Vinci, Michelangelo, and Raphael, discussing their lives and works with stories and slides.

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

First Class: January 2
Fee: \$30/\$36NR (10 Sessions)
Fee: \$30/\$36NR (10 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.

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

First Class: January 7
Fee: \$30/\$36NR (10 Sessions)

Evening Academic Program

Eight Unforgettable Works You May Not (yet) Know

Michael Lankester explores eight major compositions that are not well-known but should be. Three seldom heard symphonies (Grieg's instruction "This is never to be played" is, on this occasion, being ignored!), two operas, a ballet, and two rarely performed choral works will be examined in depth and recordings played.

1. Mozart - Davide Penitente K469
2. Rimsky-Korsakov - Symphony No.3 'Antar'
3. Sinding - Symphony No.3
4. Janáček - Kát'a Kabanová
5. Mahler - Das Klagende Lied
6. Grieg - Symphony
7. Verdi - I Lombardi
8. Bartók - The Miraculous Mandarin

Thursday 6:30-8:00PM
Instructor: Michael Lankester

First Class: January 3
Fee: \$30/\$36NR (8 Sessions)

FOUNDERS HALL WINTER 2019

Art Program

Creative Monogram Design

A monogram is a motif of two or more letters, typically a person's initials, usually interwoven into a decorative design, which is used as a logo or to identify a personal possession. In this four-session class, students will be introduced to a variety of typographic letters with which they will be able to create their own monograms. Time-permitting, students may add decorative elements to emulate illuminated initials, using gouache paints, metallic markers or colored pencils. Come join us, and MAKE YOUR OWN MARK!

Wednesday 2:30 - 4:00PM
Instructor: Moki Kokoris

First class: January 9
Fee: \$25/\$30NR (4 Sessions)

From Cursive to Ornamental Writing

Whether you simply wish to improve your handwriting or have a sudden urge to hand-copy the Declaration of Independence, come take an ink pen for a test drive. The only requirement for this course is an adventurous spirit. This series of classes will explore cursive penmanship and its shift to ornamental handwriting. Beginning with pencil and moving through cartridge ink pen, students will graduate to the flexible oblique pointed pen and liquid ink with which the thicks and thins of lettering are created by altering the pressure on the tip of the nib. You'll be following a step-by-step process from basic pen strokes to individual letters to full words to sentences... and voila! It won't be long before you have a brand new, useful and versatile alphabet style that is easily adaptable to your own style for use on invitations, informal business announcements, or notes to friends... and maybe even secret admirers.

Wednesday 12:30 - 2:00PM
Instructor: Moki Kokoris

First class: January 9
Fee: \$30/\$36NR (5 Sessions)

Developing Your Creative Voice Part 2

Have you been waiting to continue the work you began last summer in developing a clearer and more powerful message in your artwork? If so, this workshop is for you! We will pick up where we left off and continue exploring each participant's unique voice, style and intent while also encouraging each other to continue taking a more intuitive, risk-taking approach to creating meaningful art. Students are welcome to work in all media. ***This course is limited to those who took Part 1 in July 2018.**

Monday 12:30 - 2:30PM
Instructor: Jean Linville

First Class: February 11
Fee: \$20/\$24NR (3 Sessions)

FOUNDERS HALL WINTER 2019

Academic Program (continued)

Drawing SOS

Feeling something isn't working in a current drawing? Wishing you had a group of fellow artists to be inspired by and learn from? These sessions are for you! All drawings/sketches that are brought in will be analyzed and then suggestions will be offered on how to improve each one. Composition, shading and contrast are just a few of the building blocks that will be considered.

Monday 9:30 - 11:30AM

Instructor: Jean Linville

First Class: February 11

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

Drawing Studio

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

Tuesday 9:30-11:30AM

Instructor: Open Session

First Class: January 2

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

Indigenous Arctic Visual Folk Arts

This course will introduce the regional styles of indigenous folk arts from around the Circumpolar North. The regions covered will be: Alaska and the Pacific Northwest, Greenland, Cape Dorset in Nunavut (Arctic Canada), Finnmark/Lapland (Scandinavia), and the Khanty-Mansiysk region of Siberia. Each individual session will explore the native cultures, mythology, and the materials from the environment the art forms use. These will include traditional animalistic creatures of the Athabaskans and Aleuts, the Inuit tupilak carved figurines (used as "revenge against enemies"), iconic traditional Saami scrimshaw symbols carved into antler amulets, distinctive spirit world motifs from Dorset Island - known as the "Capital of Inuit Art," and the ornamental Ugric craft of creating a geometric and repetitive pattern that is an identifying motif unique to each family. In each class, students will have the opportunity to emulate each of these distinguishing art forms.

Tuesday 12:30 - 2:00PM

Instructor: Moki Kokoris

First class: January 8

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

Instructor: Bonnie Weber

First Class: January 2

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

FOUNDERS HALL WINTER 2019

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

Instructor: Bonnie Weber

First Class: January 2

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

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

Instructor: Tina Phillips

First Class: January 3

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

Watercolor Intermediate

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

Friday 10:00AM - 12:00PM

Instructor: Tina Phillips

First Class: January 4

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

Watercolor Advanced

For the advanced watercolor artist who already possesses a solid knowledge of watercolor techniques, and just wants to paint! Students usually provide their own reference material and inspiration for their paintings and work at their own pace. Tina is there to offer guidance and insight. There is always an opportunity to share and critique between students and teacher.

Thursday 1:00-3:00PM

Instructor: Tina Phillips

First Class: January 3

Fee: \$35/\$42NR (7 Sessions)

Evening Art

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

Instructor: Tina Phillips

First Class: January 3

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

WINTER 2019 REGISTRATION

Wait!

Before completing this form, will you consider registering online instead? Online registration is simple, secure and convenient for you and an enormous time-saver for our staff. Over time, online registration will leave more funds available for programming. Please see page 3 for details. Thank you.

Here are the steps for paper registration:

1. Read the course book and select programs.
2. Complete the form on pages 17 – 21 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, December 4.**

Please note: If a class you've selected is oversubscribed, we will make every effort to add additional sections. If necessary, we will conduct a random lottery to determine places in oversubscribed classes. If we are not able to accommodate your selection, we will call you and refund your payment. You will not hear from us if we are able to accommodate your selections. **Please note: only paid registrations will be included in any lottery.**

If you have questions or need assistance with completing the registration form, please contact Grace or Tracy.

Founders Hall WINTER 2019 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

| | Sign me up | Course Fee | Book Fee |
|-----------------------------------|--------------------------|------------|---------------------------------------|
| <u>Academic Courses</u> | | Ridgefield | Non-Ridgefield |
| Art of Writing | <input type="checkbox"/> | \$30 | \$36 |
| Current Events | <input type="checkbox"/> | \$12 | \$15 |
| Film: The Coen Brothers | | | |
| Section 1 10:00AM | <input type="checkbox"/> | \$20 | \$24 |
| Section 2 1:00PM | <input type="checkbox"/> | \$20 | \$24 |
| 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 Decisions | <input type="checkbox"/> | \$30 | \$36 |
| Great Voices II | | | |
| Section 1 10:45AM | <input type="checkbox"/> | \$30 | \$36 |
| Section 2 1:00PM | <input type="checkbox"/> | \$30 | \$36 |
| History: Women in the Civil War | <input type="checkbox"/> | \$30 | \$36 <input type="checkbox"/> \$22.50 |
| In Search of the American Soul | <input type="checkbox"/> | \$12 | \$15 <input type="checkbox"/> \$13 |
| In Search of American Soul Part 2 | <input type="checkbox"/> | \$30 | \$36 |
| Investments Discussion | <input type="checkbox"/> | \$12 | \$15 |

| | Sign me up | Course Fee | |
|--------------------------------|--------------------------|------------|----------------|
| | | Ridgefield | Non-Ridgefield |
| <u>Academic Courses</u> | | | |
| Italian: Beginners Continuing | <input type="checkbox"/> | \$30 | \$36 |
| Italian: Continuing 3 | <input type="checkbox"/> | \$30 | \$36 |
| Italian: Continuing 4 | <input type="checkbox"/> | \$30 | \$36 |
| Masters of the Renaissance II | | | |
| Section 1 10:30AM | <input type="checkbox"/> | \$30 | \$36 |
| Section 2 1:15PM | <input type="checkbox"/> | \$30 | \$36 |
| Writing Workshop | <input type="checkbox"/> | \$30 | \$36 |

Evening Academic Courses

| | | | |
|---------------------------|--------------------------|------|------|
| Eight Unforgettable Works | <input type="checkbox"/> | \$30 | \$36 |
|---------------------------|--------------------------|------|------|

Art Courses

| | | | |
|-----------------------------------|--------------------------|------|------|
| Creative Monogram Design | <input type="checkbox"/> | \$25 | \$30 |
| Cursive to Ornamental Writing | <input type="checkbox"/> | \$30 | \$36 |
| Developing Your Creative Voice 2 | <input type="checkbox"/> | \$20 | \$24 |
| Drawing SOS | <input type="checkbox"/> | \$20 | \$24 |
| Drawing: Studio Class | <input type="checkbox"/> | \$10 | \$12 |
| Indigenous Arctic Visual Folk Art | <input type="checkbox"/> | \$30 | \$36 |
| Oil Painting Section 1 1:00 | <input type="checkbox"/> | \$40 | \$48 |
| Oil Painting Section 2 3:00 | <input type="checkbox"/> | \$40 | \$48 |
| Watercolor Beginners | <input type="checkbox"/> | \$45 | \$54 |
| Watercolor Intermediate | <input type="checkbox"/> | \$45 | \$54 |
| Watercolor Advanced | <input type="checkbox"/> | \$35 | \$42 |

Evening Art Courses

| | | | |
|------------------------|--------------------------|------|------|
| Watercolor Begin Again | <input type="checkbox"/> | \$45 | \$54 |
|------------------------|--------------------------|------|------|

| | Sign me up | Course Fee | | Book Fee |
|---------------------------------|--------------------------|------------|----------------|----------|
| | | Ridgefield | Non-Ridgefield | |
| <u>Special Events</u> | | | | |
| Billiards Tournament | <input type="checkbox"/> | \$8 | \$10 | |
| Carnevale | <input type="checkbox"/> | \$10 | \$12 | |
| <u>On the Road Trips</u> | | | | |
| Andy Warhol at the Whitney | <input type="checkbox"/> | \$60 | \$72 | |
| <i>Ain't Misbehavin'</i> at WBT | <input type="checkbox"/> | \$80 | \$96 | |
| CT Flower and Garden Show | <input type="checkbox"/> | \$50 | \$60 | |

Dance Courses

| | | | | |
|--------------------------------|--------------------------|------|------|--|
| Ballroom and Swing | | | | |
| 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 | |

Hobby and Sports Courses

| | | | | |
|----------------------------------|--------------------------|---|------|-------------------------------|
| ACBL Sanctioned Duplicate Bridge | | | | |
| | | To register, email dlthornton@sbcglobal.net . | | |
| 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 |

| | Sign me up | Course Fee | | Book Fee |
|--|--------------------------|------------|----------------|-------------------------------|
| | | Ridgefield | Non-Ridgefield | |
| <u>Hobby and Sports Courses</u> | | | | |
| Bridge Advanced Beginners | <input type="checkbox"/> | \$30 | \$36 | <input type="checkbox"/> \$18 |
| Cooking with the Staff | | | | |
| Tuesday, January 29 | <input type="checkbox"/> | \$12 | \$15 | |
| Wednesday, January 30 | <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 | | | | |
| Beginnner Genealogy Tuesday | <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 | |
|----------------------------------|--------------------------|------------|----------------|
| | | Ridgefield | Non-Ridgefield |
| <u>Technology Courses</u> | | | |
| iPhone and iPad 11:30 | <input type="checkbox"/> | \$25 | \$30 |
| iPhone and iPad 1:15 | <input type="checkbox"/> | \$25 | \$30 |
| Microsoft Word | <input type="checkbox"/> | \$30 | \$36 |
| Photoshop Level 2 | <input type="checkbox"/> | \$30 | \$36 |
| Photoshop Advanced | <input type="checkbox"/> | \$30 | \$36 |

Before you register, consider this...

Although your class fee may be just \$30, it actually costs Founders Hall \$90 to provide that class to you. How can we offer such a discount? Because members like you donate to Founders Hall in addition to paying program fees. If you have not yet made a donation this year, why not send one in with your registration? That's the ONLY way we can continue to offer low-cost, life-long learning.

Payment

Total Program Fees: \$_____

Donation: \$_____

Total Enclosed: \$_____

Payment Method

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

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

Card number: _____

Exp. date: _____ cvc: _____

FOUNDERS HALL WINTER 2019

Seminar Series

Preserving Autonomy as Independence Declines

Alyson Marcucio Friday, January 18 1:00PM

Eye Health

Dr. Mirela Krasniqi Friday, January 25 1:00PM

Imagery and the Way to Change

Judith Besserman Friday, February 1 1:00PM

Staging Your Home to Sell - What You Should Consider

Paul Gervais & Coree LaManna Friday, February 15 1:00PM

New Member Welcome Coffees

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

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

FOUNDERS HALL WINTER 2019

Special Events

Billiards Singles Tournament

\$8/\$10NR Tues. & Wed., Feb. 5 & 6 10:00AM

Carnevale

Sponsored by Bethel Health Care and The Cascades Assisted Living
\$10/\$12NR Thursday, February 28 5:30-7:30PM

Tastings and Teas

Game Show Tea Friday, January 11 2:00-3:30PM

Sponsored by Ridgefield VNA

Chinese New Year Tasting Friday, February 8 2:00-3:30PM

Sponsored by First Light Home Care

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

Sponsored by The Greens and Cannondale and Wilton Meadows



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FOUNDERS HALL WINTER 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.

Andy Warhol - From A to B and Back Again at the Whitney

Few American artists are as ever-present and instantly recognizable as Andy Warhol. This exhibition, containing more than 350 works of art, reconsiders the work of one of the most inventive, influential, and important American artists. Building on a wealth of new materials, research and scholarship that has emerged since the artist's untimely death in 1987, this exhibition reveals new complexities about the Warhol we think we know, and introduces a Warhol for the 21st century. Lunch is on your own, with options at the museum or nearby Chelsea Market.

Monday, January 14 8:00AM-6:00PM Fee: \$60/\$72NR

Ain't Misbehavin' at Westchester Broadway Theatre

The Harlem Renaissance of the 1920s and 1930s comes to life in this three-time Tony Award-winning musical revue, celebrating when the onset of swing joined ranks with the rhythms of ragtime and the passions of jazz, creating an explosive musical movement. Enjoy a three-course meal followed by the show.

Thursday, February 7 9:30AM-6:00PM Fee: \$80/\$96NR

FOUNDERS HALL WINTER 2019

Connecticut Flower and Garden Show

Spring arrives in February at the Connecticut Flower and Garden Show. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens in the "Breath of Spring" landscape design competition. There will be seminars and speakers throughout the day. For a list of seminars, visit ctflowershow.com/schedule. Lunch will be available to purchase from food concessions at the venue.

Friday, February 22 8:30AM-6:00PM Fee: \$50/\$60NR

A minimum of 40 registrants is required for each trip.

FOUNDERS HALL WINTER 2019

Dance Program

Ballroom and Swing

This class is open to beginners as well as seasoned dancers. No partner is necessary to join in on the dancing fun!

Section 1 Friday 2:30-3:30PM

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

Section 2 Friday 3:30-4:30PM

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

Instructor: Tonja Dias

First Class: January 4

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: January 8

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: January 8

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: January 17

Instructor: Roxane Angotta

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

FOUNDERS HALL WINTER 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

BASKETBALL? FOR YOU? ARE WE KIDDING? No, and neither are the seniors who are already taking part in our unique exercise program. Why don't you join us, using the moves used in basketball to keep yourself fit and limber, but without the running. Of course, if you feel so good after our class that you want to run to Stop & Shop and back, that's up to you. Class will meet at Ridgefield Parks and Rec.

Wednesday 1:15-2:15PM

First class: January 2

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: January 8

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

No Charge

FOUNDERS HALL WINTER 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 January 10, 17, 24 and 31; February 14, 21, and 28; and March 14

Thursday 9:00-10:30AM

First class: January 10

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 January 10, 17, 24 and 31; February 14, 21, and 28; and March 14

Thursday 11:00AM-1:00PM

First class: January 10

Instructor: Mike Hess

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

Cooking with the Staff

Grace, Michelle and Kimberly will share recipes, tips and techniques for soup and accompaniments.

Section 1: Tuesday, January 29

12:00-2:00PM

Section 2: Wednesday, January 30

12:00-2:00PM

Instructor: Founders Hall Staff

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

FOUNDERS HALL WINTER 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.

Section 1 Monday 10:00AM-12:30PM First Class: January 7

Section 2 Friday 10:00AM-12:30PM First Class: January 4

Directors: Bob Kimerling and Kriszta Venczel Fee: \$15/\$18NR (10 Sessions)

Drop-in Groups

| | | | |
|------------------|--------------|-----------------|---------------|
| Gardeners | third Friday | 1:00-2:30PM | Jack Hughes |
| Needlework Group | Thursdays | 12:00-1:45PM | |
| Quilting Group | Tuesdays | 2:00-4:00PM | |
| Rug Hooking | Wednesdays | 1:30-4:00PM | Ethel Eckhaus |
| Weaving | Wednesdays | 10:00AM-12:00PM | |
| Wood Carving | Mondays | 1:30-4:00PM | Jim Callahan |

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.

Beginning Genealogy Tuesday 11:30AM-1:30PM

Completion of Beginning Genealogy is a prerequisite for the following classes.

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: Jan 3, 7 and 8

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

Annual Database Fee: \$20 -required unless you have your own Ancestry account.

FOUNDERS HALL WINTER 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.

Tuesday 12:15-2:15PM

Instructor: Jo Ann Brown

First Class: January 8

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

Piano Lessons

These classes are limited to seven students. Schedule is subject to change.

Beginner* Thursday 12:15-1:15PM Fee: \$30/\$36NR (10 Sessions)

Int. Beginner Thursday 11:00AM-12:15PM Fee: \$60/\$70NR (10 Sessions)

Adv. Beginner Thursday 9:30-11:00AM Fee: \$60/\$70NR (10 Sessions)

Instructor: Ed Kadziewicz

First Class: January 3

*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 January 10 or February 14.

Thursday 1:15-2:30PM

Instructors: Janice Pauly and Ted Seibert

First Class: January 3

Fee: \$30/\$36NR (8 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 February 15.

Friday 1:15-2:30PM

Instructors: Janice Pauly and Ted Seibert

First Class: January 4

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

FOUNDERS HALL WINTER 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.

Tuesday 10:00AM-12:00PM

Instructor: Jo Ann Brown

First Class: January 8

Fee: \$40/\$48NR (10 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 Basics

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

Instructors: Michele Schor and Steve Fox

Section 1 Monday 11:30AM-1:00PM

Section 2 Monday 1:15-2:45PM

First class: January 7

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

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

FOUNDERS HALL WINTER 2019

Technology Program (continued)

Microsoft Word

Learn the extensive capabilities of Microsoft Word. Formatting (including bullets, borders and shading), automatic numbering, sorting alphabetically and numerically, headers and footers, WordArt, SmartArt, clip art, personal letters, newsletters, watermarks, tables, column charts, pie charts, templates and more will be covered. This class will be taught using Windows 10 operating system and Microsoft Word 2019. Please bring a flash drive to each class.

Monday 3:00-4:30PM

First class: January 7

Instructor: Anita Vallee

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

Open Tech Lab

Need help with computer classes or electronic devices? A volunteer will be in the Computer Lab on Fridays from 2-4PM to answer questions and assist you. No fee.

Photoshop Level 2

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

Tuesday 3:00-4:30PM

First Class: January 8

Instructor: Toni McKeen

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

Advanced Photoshop

After completing the three levels of Photoshop Elements 8 and learning how to use the tools and tricks, you will now have the opportunity to master these techniques by practicing on your own photos with the help of the instructor. Bring your photos to class on a flash drive.

Previous students who have completed the three levels of Photoshop are welcome to return and work on their own pictures.

Prerequisites for class: Completion of Toni’s Photoshop Level 1, Level 2 and Level 3.

Tuesday 1:30-3:00PM

First Class: January 8

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./Thurs. 5:45-6:45PM

Instructor: Lindy Olszewski

Fee: \$40/\$48NR per month

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