



FOUNDERS HALL

# Online Winter 2021

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# INTRODUCTION

## Information

Office Hours: Monday - Friday, 9:00AM-4:00PM  
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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**

Chipman, Mazzucco, Emerson  
RidgeCrest at Meadow Ridge  
RVNAhealth

Dear Founders Hall members,

We miss you all. When I feel frustrated by the coronavirus situation, I re-read the notes and cards you have sent. They are uplifting and inspiring. Thank you.

I wish you all well. Although the immediate, severe threat has subsided, a longer-term uncertainty has set in. Ongoing stress-reducing activities are more important than ever. I hope you have found activities that work for you in this regard.

As you may know, the staff and I have been working to develop a plan to re-open the building. Unfortunately, we determined that the health risk was more than we could bear at this time. Therefore, our Winter Semester will consist only of Zoom classes.

We have put together a stimulating schedule of Zoom classes for this Winter. 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 Winter 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 and 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 WINTER 2021

## Registration

You can register and pay for semester programs online or by mail. Registrations are due by Monday, December 7 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 winter 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*

**Winter semester programs begin on Monday, January 4.** 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 Monday, December 7** 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*

### **An Adventure in Jerusalem, Sicily, and Malta**

In this course, we will walk the city of Jerusalem, covering the most important sites for Christians, Jews, Muslims, and Armenians, including such highlights as the Holy Sepulchre, and the Rock of the Dome, then go outside the city to experience Masada, Bethlehem, and the Dead Sea. Then off to fascinating Sicily where we will circle the island visiting its most interesting towns including Palermo, Piazza Armerina, famous for its mosaics, Agrigento and its amazing Greek ruins, and beautiful Taormina. We will end our "tour" on the historic island of Malta.

Monday 1:00-2:30PM

First Class: January 4

Instructor: Toni McKeen

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

### **An Adventure in Poetry**

We will venture further into poetry using a 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.) This book is available only second hand. 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. Poems are great gifts for the mind and the soul. We'll encounter and "unpack" a wide variety of verse that has graced our language from deep in the long ago to our twentieth century.

Friday 12:00-12:30PM

First Class: January 8

Instructor: Ira Joe Fisher

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

### **Book Discussion**

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

January 14 Golden Hill by Francis Spufford

February 11 The Vanishing Half by Brit Bennett

March 11 The Enchanted April by Elizabeth Von Arnim

Thursday 3:00-4:30PM

Facilitator: Staff members of Ridgefield Library

No Charge

## FOUNDERS HALL WINTER 2021

### Academic Program (continued)

#### 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 3:00-4:00

First Class: January 4

Instructor: Bryan Perri

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

#### Classical Wisdom

Marcus Aurelius: Meditations

*"Put an end once and for all to this discussion of what a good man should be, and be one."*

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.

Friday 10:00 -11:30AM

First Class: January 8

Facilitator: Howard Jacobs

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

## FOUNDERS HALL WINTER 2021

#### Film: Show Biz Flicks

Bob Klaeger returns with ten movies about Show Business. From *Shakespeare in Love* to *Topsy Turvy* and *Good Night and Good Luck* with *Trumbo* inserted for some ballast. Ten films that love the lights and the stage. Hooray for Hollywood.

Tuesday 1:00-4:00PM

First Class: January 5

Instructor: Robert Klaeger

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.

Friday 10:30AM-12:00PM

First class: January 8

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.

Tuesday 3:00-4:30PM

First class: January 5

Instructor: Françoise Lampe

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

#### 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: January 8

Instructor: Françoise Lampe

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

## FOUNDERS HALL WINTER 2021

### 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. We will use 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. 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. This term the seminar will be conducted via a Zoom meeting, however, the moderators will encourage group participation and discussions among the participants as in previous Great Decisions seminars.

Monday 10:30AM-12:00PM

First Class: January 18

Facilitators: Doug Coombs and Joel Third

Fee: \$35/\$42NR (8 Sessions)

### Iconic Buildings from Around the World

Let's take a closer look at a selection of iconic buildings, theaters, churches, and landmarks found in the world's capitals and cities. The buildings are renowned for various reasons—some for their architectural charm, others for their historical significance, and some for a healthy mix of both. Some are fun, others impressive, and others very unusual. A fair amount of them are well-known, some less so, but just as important in their own right. In addition to their style of architecture, most have fun back stories. This is NOT a course on architecture per se, but an exploration on man's attempt to reach for the skies or break new ground with their vision.

Friday 1:00-2:30PM

First Class: January 8

Instructor: Toni McKeen

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

### Italian

These continuing classes are for those who have been taking Italian classes with Rita. The emphasis will be on speaking, but there will be some focus on grammar, reading and writing.

Beginners Continuing Monday 8:30-10AM

First Class: January 4

Continuing Level 3 Thursday 10-11:30AM

First Class: January 7

Continuing Level 4 Monday 10-11:30 AM

First Class January 4

Instructor: Rita Schaffer

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

## FOUNDERS HALL WINTER 2021

### 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: January 7

Instructor: Michael Lankester

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

### Remarkable Women and Their Amazing Accomplishments

Our world has felt the results of women who took a different path, looked at things differently, and who wanted to change the world around them. Outstanding women in politics, the sciences, the arts, and society left their positive mark on our world. This is Part 3 of a discussion of women who changed the world.

Wednesday 1:00-2:30PM

First Class: January 6

Instructor: Toni McKeen

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

### Supernatural Influences: Two by Shakespeare

Both *A Midsummer Night's Dream* and *Macbeth* rely on the involvement of supernatural beings to complicate the lives of the protagonists and to advance the plot of the play. As we read these works and experience the hilarity of the one and the tragedy of the other, we will explore the influences of fairies and witches as well as consider Shakespeare's brilliant use of language, reversals, antithesis, paradox, appearance (dream) vs. reality, and his insights into human psychology. Background on Shakespeare, Elizabethan England, and the Elizabethan theatre will be provided during the first session. In addition to reading at home, we will have fun reading aloud, doing some writing, and sharing in lively discussion.

What better way to lighten up the dark days of winter than to be entertained by the master of the Elizabethan drama?

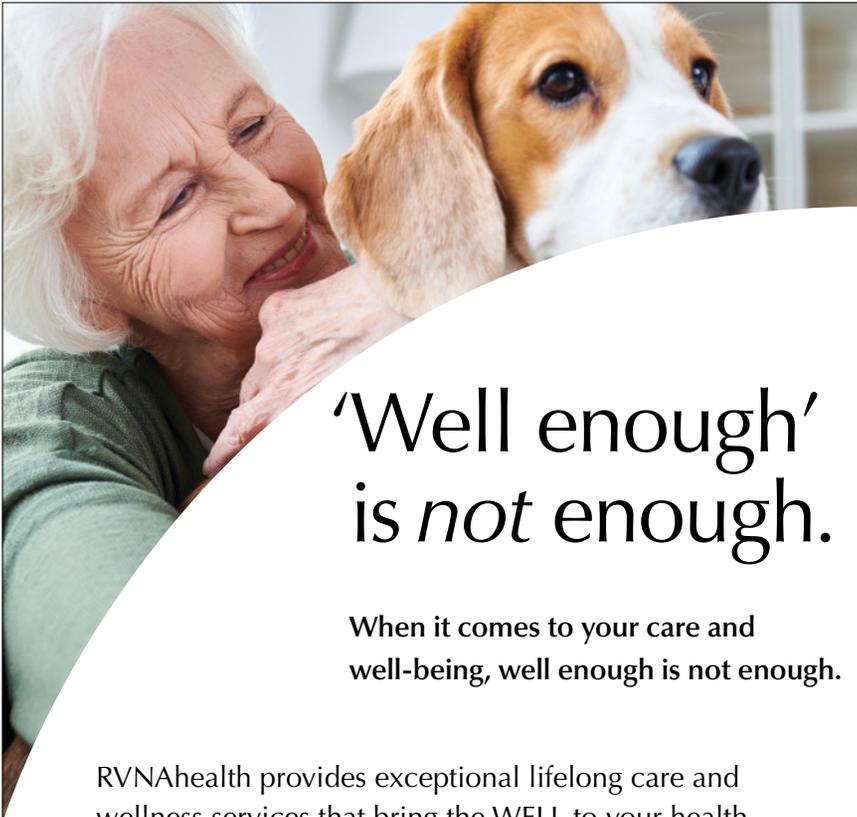
Texts: *A Midsummer Night's Dream* and *Macbeth* by William Shakespeare. These can be found in the Ridgefield Library, online, perhaps in your own library—or you may purchase from your favorite bookstore.

Wednesday 2:30 - 4:00PM

First Class: January 6

Instructor: Maggie Seligman

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



# 'Well enough' is *not* enough.

When it comes to your care and well-being, well enough is not enough.

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## WINTER 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 Monday, December 7.**

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.

# WINTER 2021 Registration Form

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Academic Courses via Zoom</u></b>			
An Adventure in Jerusalem, Sicily...	<input type="checkbox"/>	\$30	\$36
An Adventure in Poetry	<input type="checkbox"/>	\$20	\$24
Book Discussion			
January: <u>Golden Hill</u>	<input type="checkbox"/>	no fee	
February: <u>The Vanishing Half</u>	<input type="checkbox"/>	no fee	
March <u>The Enchanted April</u>	<input type="checkbox"/>	no fee	
Broadway with Bryan Perri	<input type="checkbox"/>	\$30	\$36
Classical Wisdom	<input type="checkbox"/>	\$15	\$18
Film: Show Biz Flicks	<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
Great Decisions	<input type="checkbox"/>	\$35	\$42
Iconic Buildings	<input type="checkbox"/>	\$30	\$36
Italian Beginners Continuing	<input type="checkbox"/>	\$30	\$36
Italian Continuing Level 3	<input type="checkbox"/>	\$30	\$36
Italian Continuing Level 4	<input type="checkbox"/>	\$30	\$36
Music at One	<input type="checkbox"/>	\$30	\$36
Remarkable Women	<input type="checkbox"/>	\$30	\$36
Supernatural Influences: Shakespeare	<input type="checkbox"/>	\$30	\$36

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
<b><u>Dance Program via Zoom</u></b>			
Zumba Gold	<input type="checkbox"/>	\$30	\$36
<b><u>Social Events</u></b>			
Game Day Fridays	<input type="checkbox"/>		
Pick Me Up December 15	<input type="checkbox"/>		
Pick Me Up January 19	<input type="checkbox"/>		
Pick Me Up February 16	<input type="checkbox"/>		
Pick Me Up March 16	<input type="checkbox"/>		
<b><u>Art Courses via Zoom</u></b>			
Drawing Linescapes	<input type="checkbox"/>	\$45	\$52
Drawing Animals	<input type="checkbox"/>	\$45	\$52
Fur, Scales and Feathers	<input type="checkbox"/>	\$45	\$52
Let's Talk About Your Art	<input type="checkbox"/>	\$40	\$48
<b><u>Hobby and Sports Courses via Zoom</u></b>			
Bridge Beginners	<input type="checkbox"/>	\$30	\$36
Bridge Intermediate/Advanced	<input type="checkbox"/>	\$30	\$36
Genealogy			
Beginning Genealogy 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
Contin 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 via Zoom</u></b>			
Aerobics		monthly	\$35
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Core		monthly	\$35
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Seated Stretching and Conditioning		monthly	\$30
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Strength and Balance 1 - Beginners		monthly	\$35
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	

<u>Fitness Courses via Zoom</u>	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield
Strength and Balance 2 - Intermed	monthly	\$35	\$42
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Strength Core and More	monthly	\$40	\$48
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Stretch and Flex	monthly	\$35	\$42
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Tai Chi Advanced Beginner	monthly	\$30	\$36
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Tai Chi Advanced	monthly	\$35	\$42
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Yoga and Relaxation Gentle	monthly	\$35	\$42
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	
Yoga and Relaxation Moderate	monthly	\$35	\$42
<input type="checkbox"/> January	<input type="checkbox"/> February	<input type="checkbox"/> March	

*Fitness fees are due by the 25th of the preceeding month. That is, January fees are due by December 25, etc.*

**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 WINTER 2021

**Dance Program via Zoom**

**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: January 7

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 1:00 - 2:00pm 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.

December 15 Holiday Treats sponsored by RidgeCrest at Meadow Ridge

January 19 Hot Chocolate ++ sponsored by RVNAhealth

February 16 Warm up Soup sponsored by Chipman, Mazzucco, Emerson LLC

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

## FOUNDERS HALL WINTER 2021

### Art Program via Zoom

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

#### DRAWING LINESCAPES

##### Freehand sketching of architectural elements

You don't need to be an architect to draw freehand building elements or façades. In this course, students will sketch a portion of their chosen structure, be it their family home, favorite historic building, or a specific architectural feature (Colonial belfry, intricate period doorway, classical building detail, stone archway, or Gothic tracery [rose] window). Students will work in their preferred technique, using either two-tone linework (black and white pencil on tan toned paper), or drawn with graphite or ink, and enhanced with light color washes to accentuate a particular feature. The washes may be applied either with colored pencil, watercolor brush pens or even in Photoshop for anyone who has a scanner and the computer program. Finished sketches and drawings will be suitable for framing or may be printed as personal note cards.

Materials list will vary depending on chosen technique, three of which will be introduced during the first class of the course. Examples of each will be shown.

Class participants will be limited to 8.

Tuesday 1:00 - 2:30 PM

First Class: January 12

Instructor: Moki Kokoris

Fee: \$45/\$52NR (9 Sessions)

#### DRAWING ANIMALS - as portraits, art pieces and as scientific illustration Colored Pencil Drawing

For the intermediate or advanced artist, this course will cover conceptual composition and creation of each of the three styles of drawing animals: pet portraits, creative works of art, and detailed formal scientific reference illustrations. Students will be encouraged to complete one of each type of drawing, and to produce one finished work of art in their chosen style by the end of the session.

Materials list: White drawing paper (mixed media), toned paper (tan or grey), graphite pencil for initial sketching, good quality eraser, fine line black ink marker, and a set (18+ colors) of colored pencils.

Class participants will be limited to 8.

Wednesday 10:30AM - 12:00 PM

First Class: January 13

Instructor: Moki Kokoris

Fee: \$45/\$52NR (9 Sessions)

## FOUNDERS HALL WINTER 2021

#### FUR, SCALES and FEATHERS - Colored Pencil Drawing

In this course, we will focus as much on the textures of animal skin covering as on the presentation of the creatures themselves. The class will cover how to draw different types of fur (short, long, fine, coarse, glossy, curly), distinctive types of scales (fish, reptiles, mammalian [pangolin], perhaps even dragons), and the vast variety of shapes, characteristics and effects of feathers (vaned, downy, patterned, iridescent). Who knows? You may even be inspired to draw a scaly squirrel or furry fish or feathered fox...

Materials list: White drawing paper (mixed media), graphite pencil for light sketching, good quality eraser, set of colored pencils (18+ colors), toned (tan or grey) paper for later in the session, and black drawing paper for anyone wishing to create higher contrast drawings.

Class participants will be limited to 8.

Wednesday 1:30 - 3:00PM

First Class: January 13

Instructor: Moki Kokoris

Fee: \$45/\$52NR (9 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 through the Winter?

Every week in advance, Tina will both email a finished painting she has done, with list of colors, techniques, and textures used and have a copy you may pick up at FH if you wish. So get creative and express yourself using ANY MEDIUM you wish..watercolor, oil, acrylic, colored pencil, pastel, ink, collage...or MIX MEDIA!! Interpret my 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.

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

Class participants will be limited to 12.

Thursday 10:30AM - 12:30PM

First Class: January 7

Instructor: Tina Phillips

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

## FOUNDERS HALL WINTER 2021

### Hobby and Sports Program via Zoom

*The Hobby and Sports Program is sponsored by  
The Wadsworth Russell Lewis Trust Fund,  
Ridgefield Parks and Recreation, and Ridgefield Thrift Shop*

#### **Bridge: True Beginners**

If you've always wanted to learn to play bridge or simply refresh the basics you might have learned in college, this class is for you. True Beginners Bridge will cover the basics of Bidding and Play of the hand. It will be taught assuming that you have never played before, so that there is a level playing field for all. We will use a great textbook, Bridge for Everyone by D. W. Crisfield, available on Amazon or at your favorite bookseller.

Of course, the class will be taught totally online, using Zoom in conjunction with some terrific new software developed jointly by the American Contract Bridge League and Bridgebase Online (bridgebase.com). Mike has previously employed this Zoom approach with True Beginners and reports great success with it.

Thursday 4:00-5:00PM

First class: January 7

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: January 7

Instructor: Mike Hess

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

## FOUNDERS HALL WINTER 2021

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

Using Bridgebase Online, 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 BridgeBase, 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 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 WINTER 2021

### 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.

Beginning Genealogy                      Wednesday                      9:30-11:30AM

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

Please check with Toni regarding correct class placement.

Advanced Beginners                      Tuesday 2:00-4:00PM  
Advanced                                      Tuesday 10:30AM-12:30PM

Instructor: Toni McKeen                      Fee: \$40/\$48NR (10 Sessions)  
First Class January 5 or 6

### Genealogy Beginning Book Project Continued

This class is also for those who took Toni's Beginning Book Project class this summer/fall.

Handouts and easy websites to guide you along this process will be provided.

Thursday 9:30-11:30AM                      First Class: January 7  
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: January 7  
Instructor: Toni McKeen                      Fee: \$40/\$48NR (10 Sessions)

## FOUNDERS HALL WINTER 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: Patti McEvoy Maloney                      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

## FOUNDERS HALL WINTER 2021

### **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

### **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

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

Instructor: Lindy Olzewski

### **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

## FOUNDERS HALL WINTER 2021

### **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

### **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./Thur. 10:00-11:00AM

Class is on-going

Instructor: Mari Lewis

Fee: \$35/\$42NR 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.  
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