



celebrating  
20  
years!

# FOUNDERS HALL

## Fall 2022

### Table of Contents

Message From Grace 3

Registration Information 4

Academic Program 5 - 11

Dance Program 12

Technology Program 13

Social and Seminar Programs 14 -15

On The Road 23

Art Program 24 - 26

Hobby and Sports Program 27 - 31

Fitness Program 32 - 35

# INTRODUCTION

## Information

Office Hours: Monday - Friday, 8:00AM-5:00PM  
Address: 193 Danbury Road, Ridgefield CT, 06877  
Phone: 203-431-7000  
Email: [foundershall@founders-hall.org](mailto:foundershall@founders-hall.org)  
Web: [www.founders-hall.org](http://www.founders-hall.org)  
Facebook: Founders Hall Ridgefield

## Sponsors

Our special thanks to the generous sponsors who help us keep class and program fees at a minimum:

### **Academic Program:**

Rudy and Sally Ruggles  
Nick and Anita Donofrio  
The Leir Foundation  
Union Savings Bank Foundation

### **Art Program:**

Anna-Maria and Stephen Kellen Foundation

### **Fitness Program:**

Barker Welfare Foundation  
The Paul and Johanna Laszig Trust

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

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

### **On the Road Program**

Ridgefield Professional Office Complex

### **Social Program:**

Cohen and Wolf PC  
Constellation Health Services  
The Greens at Cannondale and Wilton Meadows  
Keystone Place at Wooster Heights  
RVNAhealth  
Ridgefield Crossings  
Ridgefield Station

## Closing and Cancellation

Closings for inclement weather will be posted on [www.founders-hall.org](http://www.founders-hall.org).

**Programs are subject to change and/or cancellation.**

Dear Members,

Our Fall 2022 Semester will consist of in-person classes, Zoom classes, and a few hybrid classes. Please remember that these classes are only for Founders Hall members.

If the pandemic situation requires it, we will pivot to Zoom programs.

Registration for Fall 2022 is 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.

Members attending Founders Hall in-person must submit a waiver and show proof of vaccination. Read the following for more details on the requirements for In-Person attendance at Founders Hall.

## In-Person Attendance Information

Our goal is to keep Founders Hall members, instructors and staff healthy while gathering in-person and enjoying each other's company. To achieve that, each of us plays an important role. Abiding by these expectations and rules is necessary to keep our community safe and to make our in-person programs successful. These rules apply to classes, events, and drop-in visits.

### **The Rules:**

1. If you don't feel well, please stay home.
2. All attending members must show proof of COVID-19 vaccination.
3. Members must submit a signed Founders Hall COVID-19 waiver.
4. If you test positive for the virus, please inform Grace immediately.
5. Seating will be set up for social distancing. Please don't move chairs.

### **What to Expect When You Arrive:**

- All members must complete the check-in process at the front desk when entering the building.
- The first time you visit Founders Hall for an event or class, you must submit your signed waiver and show proof of vaccination.

# FOUNDERS HALL FALL 2022

## Registration

You can register and pay for semester programs online or by mail. Registrations are due by Tuesday, August 30 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 Fall 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 17 - 21 and mail with payment.

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

**Fall semester programs begin on Monday, September 12.** Programs are subject to change and/or cancellation.

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

If more people are interested in a class than there are available spaces, we will use a random lottery to assign places. **All PAID registrations received by 4:30PM on Tuesday, August 30** 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

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

### **Book Discussion ~ In-Person**

Join your friends, new and old, for an in-person monthly book discussion. Books are available through Ridgefield Library and/or Hoopla, one of the Library's e-content services (link on Library website). Copies of the books may be available at the Front Desk at Founders Hall.

September 8 The Underground Railroad by Colson Whitehead

October 13 The Winter of Our Discontent by John Steinbeck

November 10 The Personal Librarian by Marie Benedict

Thursday 3:00-4:30PM

Facilitator: Staff members of Ridgefield Library

No Charge

### **Classical Wisdom: On Old Age ~ On Zoom**

*If you have a garden and a library, you have everything you need.' ~Cicero*

Marcus Tullius Cicero (106-43BCE) distinguished lawyer, orator, politician and philosopher wrote his evergreen essay 'On Old Age' at age 62 during the last year of his life. At its heart, the treatise addresses four universal objections to growing old that he imagines might be raised by those on the threshold of the latter half of life with its looming shadow of mortality and anxious over the prospect of finding a place wherein they might flourish in a culture seemingly obsessed with the futile pursuit of youth. A contemporary critic sums up its inherent wisdom and timeless practicality thusly, 'The more people read Cicero, the better the world will be.' Our common text will be 'How to Grow Old: Ancient Wisdom for Modern Readers' ISBN 978-0-691-16770-1. It contains both the English translation and the Latin original and is available from Amazon in both Kindle and hardcover, new and used.

This course will be conducted virtually; registration is limited to 20 participants.

Friday 10:00 -11:30AM

First Class: September 16

Facilitator: Howard Jacobs

Fee: \$15/\$18NR (6 Sessions)

## FOUNDERS HALL FALL 2022

### Current Events ~ In-Person

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: September 14

Facilitator: Dick Moccia

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

### British Film: A Return to Blighty ~ In-Person

Bob Klaeger started teaching movies at Founders Hall five years ago. His first classes were *British Film I* and *II*. This Fall he presents 10 British movies he's not shown before. From Ealing Studio classics - *Tight Little Island*, to the contemporary - *Notes on a Scandal* and *The Magdalene Sisters*, he promises 10 good shows. He must be watched closely though, he may try to sneak a Hitchcock in there. Please be sure to bring a highly developed sense of irony.

In-Person Class:

Section 1: Monday 1:00-4:00PM

First Class: September 12

Section 2: Tuesday 10:00AM-1:00PM

First Class: September 13

Section 3: Tuesday 1:30-4:30PM

First Class: September 13

Instructor: Robert Klaeger

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

### French Intermediate Continued ~ On Zoom

This is a continuation of French Intermediate with Françoise. It is also appropriate for anyone with two or three years of high school French. In addition to speaking and comprehension, the course will also stress basic grammar, reading and writing. Students should obtain *Communication Progressive du Français - Niveau Intermédiaire* auteur Claire Miquel.

Tuesday 3:00-4:30PM

First class: September 13

Instructor: Françoise Lampe

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

## FOUNDERS HALL FALL 2022

### French Advanced ~ On Zoom

This class is for those with prior knowledge of the language or with the equivalent of 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.

Thursday 3:00-4:30PM

First class: September 15

Instructor: Françoise Lampe

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

### Global Issues ~ In-Person

This program encourages and develops group discussion on critical worldwide issues, be they social, economic or political, in a complex and changing world. The topics to be discussed will be selected by course members from a list of important issues presented at the first meeting. Most weeks, a volunteer member of the group will provide subject background and questions to help initiate discussion. A guest speaker may be invited on occasion. The program strives to ensure that everyone gets an opportunity to participate and that the tradition of civil discourse will be maintained in a stimulating setting. Time will also be set aside at each meeting for discussion of topical international events. Class will not meet September 26.

Monday 10:30AM-12:30PM

First Class: September 12

Facilitators: Janet Andersen & George Eggleston Fee: \$15/\$18NR (10 Sessions)

### Great Books. Great Discussions ~ In-Person

Enthusiastic readers will use the Shared Inquiry method for a text-based discussion of Counterparts, an anthology that pairs texts (with often contrasting views) on a variety of topics, including love, equality, science, art, fidelity, war, literature, and death. The book is available through the registration form for \$27 or through [www.store.greatbooks.org](http://www.store.greatbooks.org).

Class will not meet October 13, October 20, November 10 or November 24.

Thursday 3:00 - 4:30PM

First Class: September 15

Instructor: Louise Hazebrouck

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

## FOUNDERS HALL FALL 2022

### **History: Undaunted Courage ~ In-Person**

Please join us as we read 'Undaunted Courage' by Stephen Ambrose. The Wall Street Journal calls it, 'the definitive account of one of the most momentous journeys in American history.'

There are many questions we will explore. What did the American West really look like? How in the world did they make it there and back? How did they do ALL the jobs President Jefferson asked them to do? What were the Native Americans like? How did TWO captains act as one person for 3 years?

The book is available via the registration form for \$16. Hope to see you there.

Class will not meet October 5 or November 2.

Wednesday 3:15-4:30PM

First Class: September 14

Instructor: Mike Settanni

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

### **Iconic Buildings ~ In-Person and on Zoom**

We will cover an exciting range of buildings from amazing private homes to some of the highest skyscrapers from around the world.

We take a closer look at some buildings that we have seen all our lives...or have we?

Class will not meet October 5 or November 23.

Instructor: Toni McKeen

First Class: September 14

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

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

Section 2 Wednesday 1:00-2:30PM

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

### **Investments Discussion ~ In-Person**

Designed to be an interactive discussion of investment topics, this ongoing series of seminars will provide helpful information on investment resources and review general investment principles. In addition, discussion will be focused on current developments and their direct impact on stock, bond, mutual fund and other investment vehicles. Your thoughts and questions will be welcomed. Some elementary level of investment knowledge is helpful. Class will meet September 20, October 4, October 18, November 1 and November 15.

Tuesday 10:00-11:00AM

First Class: September 20

Facilitators: Arthur Levine

Fee: \$10/\$11NR (5 Sessions)

## FOUNDERS HALL FALL 2022

### **Italian: Beginners Continuing ~ In-Person**

This continuing class is for those with knowledge of Italian. The emphasis will be on speaking, but there will be some focus on grammar, reading and writing.

Monday 9:00-10:30AM

First Class: September 12

Instructor: Lisetta Farris

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

### **Italian: Continuing ~ In-Person**

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. The Level 4 class is mainly for conversation, reading articles / books and of course some grammar. These are good classes for those planning a trip to Italy or for those who just want to experience the beauty of the Italian language.

Level 3 Monday 10:30AM-12:00PM

First Class: September 12

Level 4 Monday 12:00-1:30PM

First Class: September 12

Instructor: Lisetta Farris

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

### **Meditation for Everyday Life ~ In-Person**

This series of five classes will provide an introduction to mindfulness meditation. It is for both those new to meditation, and those with previous experience who wish to establish a regular practice at home. The course will explain a simple technique of sitting meditation, accessible to all. The emphasis, however, will be on how meditation can help us in daily life. We live in a speedy world, full of activities, distractions and worries. Meditation can help us navigate the ups and downs, and provide a grounding for a deeper connection to the world we live in. The classes will include instruction and practice in mindfulness techniques; discussions and exchanges; and talks by the instructor that will illustrate how meditation connects to daily life. It is strongly recommended to attend all five classes.

Class 1: The basis of meditation: trusting the goodness of life

Class 2: Gentleness and the approach to emotions

Class 3: Pitfalls and advice

Class 4: The strength of a tender heart

Class 5: Everyday life and living in society

Friday 10:30AM - 12:00PM

First Class: September 30

Instructor: Peter Bancel

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

## FOUNDERS HALL FALL 2022

### Music with Michael Lankester ~ In-Person and on Zoom

#### The Language of Music

*'The musician - alone in the world with his more or less unintelligible language...'*

-Albert Roussel

When the composer, Aaron Copland, was asked, 'Is there a meaning to music?' he replied: 'My answer to that would be 'Yes.' When asked, 'Can you state in so many words what that meaning is?' he replied: 'My answer to that would be 'No.' In this series of talks, illustrated by the music of the greatest composers and performers, Michael Lankester examines the various elements that go into the creation of a musical composition and why these elements are, in essence, an unlimited musical vocabulary.

1. The Fundamentals
2. The Harmony of the Spheres and the Harmonic Series
3. Rhythm and Motion
4. Melody
5. The Structure and Architecture of Music
6. Music and Colour
7. Orchestration
8. Opera and Song - The Setting of Words to Music
9. The Perception of Music
10. The Emotional Journey

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

First Class: September 15

Section 2 Thursday 1:00-2:30PM

First Class: September 15

Instructor: Michael Lankester

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

### Spanish Refresher ~ In-Person

These classes are for those who have taken Spanish previously 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. Spanish is Fun Book 2, second edition will be used for the class. It is available through the registration form for \$34. Class will not meet October 19.

Wednesday 1:00-2:30PM

First Class: September 14

Instructor: Steve Rome

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

## FOUNDERS HALL FALL 2022

### Writing: A Shared Experience ~ In-Person

This collegial group of writers meets weekly to share short pieces of prose and poetry. The aim is to improve writing through the constructive criticism of fellow members of the group.

Tuesday 10:00AM-12:00PM

First Class: September 13

Class Directed

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

### Writing Workshop ~ In-Person

'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 focused 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 11.

Monday 2:00-4:30PM

First Class: September 12

Moderator: Anton Deiters

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

## Discover THE ALL-NEW RIDGEFIELD STATION

Offering residents enriching everyday experiences aimed at **promoting independence, inspiring curiosity and encouraging connection** with others. Featuring EnrichedLIFE experiences and adventures, award-winning brain healthy cuisine and a renowned memory support neighborhood featuring evidence-based programming for those with Alzheimers and dementia.



**Ridgefield Station**

A SENIOR LIVING RESIDENCE (SLR)

**Independent & Assisted Living  
Compass Memory Support**

55 Old Quarry Rd., Ridgefield, CT  
203-403-0990 • RidgefieldSLR.com

## FOUNDERS HALL FALL 2022

### Dance Program

#### Ballroom Dancing ~ In-Person

Tonja makes ballroom dancing fun and easy. This class will get you moving comfortably in the most popular social and club style dances. No partner is necessary to sign up!

Friday 2:05-3:00PM

First Class: September 16

Instructor: Tonja Dias

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

#### Tap Dancing Beginners ~ In-Person

Learn the basics 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: September 13

Instructor: Karen Casagrande

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

#### Tap Dancing Continued ~ In-Person

Continue to develop your tap dancing technique in this class with Karen.

Tuesday 2:00-3:00PM

First Class: September 13

Instructor: Karen Casagrande

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

#### Zumba Gold ~ On Zoom

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: September 15

Instructor: Roxane Angotta

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

## FOUNDERS HALL FALL 2022

### Technology Program

#### Google Docs ~ In-Person

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

Monday 3:00-4:30PM

First Class: September 12

Instructor: Anita Vallee

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

#### Photoshop Level 2 ~ In-Person

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 Photoshop is a prerequisite for this class.

Tuesday 1:00-2:30PM

First Class: September 13

Instructor: Toni McKeen

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

#### Photoshop Workshop ~ In-Person and on Zoom

This course is offered to those who have taken Photoshop 3. Now use your skills to work on your own photos with guided help.

Tuesday 10:30AM-12:00PM

First Class: September 13

Instructor: Toni McKeen

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 many Fridays from 2-4PM to answer questions and assist you. Fridays 2:00-4:00PM. No fee.

## FOUNDERS HALL FALL 2022

### Seminar Series

#### Forced Into Genocide: Memoirs of an Armenian Soldier

Adrienne Alexanian      Friday, September 16      1:00PM

#### 84 ~ Open the Door, There's More!

Darla Shaw & Martha Talburt      Friday, September 23      1:00PM

#### Pioneers of Ragtime

Peter Muir, PhD      Friday, September 30      1:00PM

#### Distracted Driving: A Bike Ride to Raise Awareness

Benjamin Grannis      Friday, October 28      1:00PM

#### Mrs. Washington's Christmas Reflections

presented by Antoinette Brennan  
 Tuesday, November 29      1:00PM

### Special Events

#### Bocce Tournament

*Sponsored by Ridgefield Station*

\$8/\$10NR      Wed. & Thur., Oct. 11 & 12      9:00AM-3:00PM

#### Billiards Doubles Tournament

*Sponsored by Ridgefield Station*

\$8/\$10NR      Wed. & Thur., Nov. 1 & 2      10:00AM

#### Holiday Party

*Sponsored by The Greens at Cannondale/Wilton Meadows, Cohen and Wolf PC, and Constellation Health Services*

Enjoy a variety of festive entertainment, holiday fare and the opportunity to celebrate the season among friends at this Holiday Party. Don't miss your photo with Santa. Please indicate the session you would like to attend on the registration form.

Session 1 \$12/\$15NR      Thursday, December 8      3:00-5:00PM

Session 2 \$12/\$15NR      Thursday, December 8      6:00-8:00PM

## FOUNDERS HALL FALL 2022

### Tastings and Teas

#### Fashion Show

*Sponsored by RVNAhealth*

Friday, September 9      2:00-3:30PM

#### Squash Tasting

*Sponsored by Keystone Place at Wooster Heights*

Friday, October 14      2:00-3:30PM

#### 20th Anniversary Showcase

*Sponsored by Ridgefield Crossings*

Friday, November 18      2:00-3:30PM

#### Nutcracker Tea

*Sponsored by Keystone Place at Wooster Heights*

Friday, December 2      2:00-3:30PM

### New Member Welcome Coffees

*Sponsored by The Greens at Cannondale and Wilton Meadows*

Tuesday, August 30      10:30-11:30AM

Monday, December 5      10:30-11:30AM



## FALL 2022 REGISTRATION

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.
3. If registering for more than one person, please indicate, with initial or name, who is taking which class(es).
4. 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.”
5. 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.

**6. Mail your completed registration form and payment so that it arrives at Founders Hall by 4:30pm on Tuesday, August 30.**

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 FALL 2022 Registration Form

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

	Sign me up	Course Fee	Book Fee
<u>Academic Courses</u>		Ridgefield	Non-Ridgefield
Book Discussion	<input type="checkbox"/>	no fee	
Classical Wisdom	<input type="checkbox"/>	\$15	\$18
Current Events	<input type="checkbox"/>	\$15	\$18
Film: British Films ~ In-Person			
Monday 1:00-4:00	<input type="checkbox"/>	\$30	\$36
Tuesday 10:00-1:00	<input type="checkbox"/>	\$30	\$36
Tuesday 1:30-4:30	<input type="checkbox"/>	\$30	\$36
French Intermediate	<input type="checkbox"/>	\$30	\$36
French Advanced	<input type="checkbox"/>	\$30	\$36
Global Issues	<input type="checkbox"/>	\$15	\$18
Great Books, Great Discussions	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$27
History: Undaunted Courage	<input type="checkbox"/>	\$30	\$36 <input type="checkbox"/> \$16
Iconic Buildings In-Person			
Section 1 at FH Wed 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 at FH Wed 1:00	<input type="checkbox"/>	\$30	\$36
Iconic Buildings Zoom Only			
Section 1 Zoom Wed 10:30	<input type="checkbox"/>	\$30	\$36
Section 2 Zoom Wed 1:00	<input type="checkbox"/>	\$30	\$36

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
Investments Discussion	<input type="checkbox"/>	\$10	\$11	
Italian: Beginners Continuing	<input type="checkbox"/>	\$40	\$48	
Italian: Continuing 3	<input type="checkbox"/>	\$40	\$48	
Italian: Continuing 4	<input type="checkbox"/>	\$40	\$48	
Meditation for Everyday Life	<input type="checkbox"/>	\$20	\$24	
Music With Michael Lankester In Person				
Section 1 at FH Thursday 10:30	<input type="checkbox"/>	\$30	\$36	
Section 2 at FH Thursday 1:00	<input type="checkbox"/>	\$30	\$36	
Music With Michael Lankester Zoom Only				
Section 1 Zoom Thursday 10:30	<input type="checkbox"/>	\$30	\$36	
Section 2 Zoom Thursday 1:00	<input type="checkbox"/>	\$30	\$36	
Spanish Refresher	<input type="checkbox"/>	\$30	\$36	<input type="checkbox"/> \$34
Writing: A Shared Experience	<input type="checkbox"/>	\$15	\$18	
Writing Workshop	<input type="checkbox"/>	\$15	\$18	

### **Dance Courses**

Ballroom Dancing	<input type="checkbox"/>	\$30	\$36	
Tap Dancing Beginning	<input type="checkbox"/>	\$30	\$36	
Tap Dancing Continued	<input type="checkbox"/>	\$30	\$36	
Zumba Gold	<input type="checkbox"/>	\$30	\$36	

### **Technology Courses**

Google Docs	<input type="checkbox"/>	\$30	\$36	
Photoshop Level 2	<input type="checkbox"/>	\$30	\$36	
Photoshop Workshop	<input type="checkbox"/>	\$30	\$36	

### **Special Events**

Bocce Tournament	<input type="checkbox"/>	\$8	\$10	
Billiards Tournament	<input type="checkbox"/>	\$8	\$10	
Holiday Party 3:00	<input type="checkbox"/>	\$12	\$15	
Holiday Party 6:00	<input type="checkbox"/>	\$12	\$15	

### **On the Road Trips**

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	
Metropolitan Museum of Art	<input type="checkbox"/>	\$65	\$78	
<i>Almost Famous</i> on Broadway	<input type="checkbox"/>	\$138	\$165	

### **Art Courses**

Drawing with Graphite	<input type="checkbox"/>	\$40	\$48	
Drawing Birds	<input type="checkbox"/>	\$40	\$48	
Drawing Studio Workshop	<input type="checkbox"/>	\$10	\$12	
Exploring Traditional Calligraphy	<input type="checkbox"/>	\$40	\$48	
Life Drawing	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 1 1:30	<input type="checkbox"/>	\$40	\$48	
Oil Painting Section 2 3:15	<input type="checkbox"/>	\$40	\$48	
Watercolor 10:30	<input type="checkbox"/>	\$40	\$48	
Watercolor 1:30	<input type="checkbox"/>	\$40	\$48	

### **Hobby and Sports Courses**

Basketball Clinic	<input type="checkbox"/>	\$35	\$42	
Bridge True Beginners	<input type="checkbox"/>	\$30	\$36	
Book: Bridge For Everyone	<input type="checkbox"/>			<input type="checkbox"/> \$20
Bridge Intermediate/Advanced	<input type="checkbox"/>	\$30	\$36	
Book: 25 Conventions...	<input type="checkbox"/>			<input type="checkbox"/> \$16
Cooking Tuesday, October 25	<input type="checkbox"/>	\$12	\$15	
Cooking Wednesday, October 26	<input type="checkbox"/>	\$12	\$15	
Founders Hall Singers	<input type="checkbox"/>	No fee		

	Sign me up	Course Fee		Database
		Ridgefield	Non-Ridgefield	
<b>Duplicate Bridge</b>				
Monday	<input type="checkbox"/>	\$15	\$18	
Partner (if any):	_____			
Friday	<input type="checkbox"/>	\$15	\$18	
Partner (if any):	_____			

ACBL Sanctioned Duplicate Bridge E-mail [debsslam@gmail.com](mailto:debsslam@gmail.com).

<b>Genealogy</b>				
Beginning Genealogy	Tues 2:30	<input type="checkbox"/>	\$40	\$48
Adv. Beginning Genealogy	11:30	<input type="checkbox"/>	\$40	\$48
Intermediate Genealogy	9:30	<input type="checkbox"/>	\$40	\$48
Advanced Genealogy	2:30	<input type="checkbox"/>	\$40	\$48
2022 Calendar Year Database Fee		<input type="checkbox"/>		\$20
Genealogy Book Project	10:30	<input type="checkbox"/>	\$40	\$48
Knitting and Crocheting		<input type="checkbox"/>	\$30	\$36
<b>Piano Lessons</b>				
Beginner		<input type="checkbox"/>	\$30	\$36
Beginner Repeat		<input type="checkbox"/>	\$60	\$70
Advanced Beginner		<input type="checkbox"/>	\$60	\$70
Pickleball Beginning		<input type="checkbox"/>	\$30	\$36
Pickleball Continuing		<input type="checkbox"/>	\$30	\$36
Pickleball Ladder Play		<input type="checkbox"/>	\$30	\$36
Quilt and Sew		<input type="checkbox"/>	\$40	\$48

### **Fitness Classes**

Please call Tracy Dubin regarding availability and registration.

**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. 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: \_\_\_\_\_ Zip Code \_\_\_\_\_

TO BENEFIT FOUNDERS HALL  
ON OUR 20TH ANNIVERSARY



*Join us for an  
Oktoberfest Fundraiser  
to benefit Founders Hall*

**Saturday, October 1**

**6:30 PM**

**193 Danbury Road**

**\$150**

SAVOR AUTHENTIC CUISINE • RELISH BEER PAIRINGS •  
BE CAPTIVATED BY MAGIC • BID AT THE LIVE  
AUCTION • ENJOY ENTERTAINMENT • HAVE FUN!

LEDERHOSEN OPTIONAL!

*To purchase tickets, see Cindy Nesbitt*



**FOUNDERS HALL**

*A Donor-Supported Education and Recreation Center  
for Individuals Age 60 and Older*

## FOUNDERS HALL FALL 2022

### 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. Masks are required when getting on and off the bus. Once seated, they may be removed.**

#### Metropolitan Museum of Art

We will start with a guided tour of European paintings, focusing on the Old Masters. After lunch on your own, spend the afternoon exploring *A New Look at Old Masters*. This exhibit will explore a variety of themes in The Met's collection of European painting, creating new dialogues among the works and including a large presentation of sculpture (Guided tours of the exhibit are not offered but an audio guide is available.)

Tuesday, September 20

8:30AM-6:00PM

Fee: \$65/\$78NR

#### Almost Famous on Broadway

Founders Hall instructor and ACT of CT founder Bryan Perri is the music supervisor for this exciting new Broadway musical. The year is 1973 and it's all happening. Led Zeppelin is king, Richard Nixon is President, and idealistic 15-year-old William Miller is an aspiring music journalist. When Rolling Stone magazine hires him to go on the road with an up-and-coming band, William is thrust into the rock-and-roll circus, where his love of music, his longing for friendship and his integrity as a writer collide. Almost Famous is about a young man finding his place in the world and the indelible characters he meets along the way.

We will arrive in Times Square in time for you to get lunch on your own before the 2pm matinee.

Wednesday, November 2

9:30AM-6:30PM

Fee: \$138/\$165NR

## FOUNDERS HALL FALL 2022

### Art Program

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

#### **Drawing With Graphite ~ In-Person**

It is said that each graphite pencil has 100 bad drawings in it before the good ones can come out. So, let's get back to the basics of drawing in black-&-white. For those who have used graphite pencils before, come hone your skills and techniques. For those who are less familiar with the medium, join us to learn a new yet timeless art form. We will draw during class so that we may get to those good drawings that hide inside each pencil as quickly as possible.

Class participants will be limited to 8.

Tuesday 10:30AM-12:00PM

First Class: September 20

Instructor: Moki Kokoris

Fee: \$40/\$48NR (8 Sessions)

#### **Drawing Birds ~ In-Person**

In this colored pencil drawing course, we will explore the distinctive shapes, sizes, proportions and colors of many different bird groups including songbirds, waterfowl, birds of prey, birds of paradise, extinct species, and even imaginary or mythological birds. We'll also cover feather structure, textures, and choices of paper colors to draw on for the most dramatic effects.

Students who have them should bring their own colored pencil sets.

Class participants will be limited to 8.

Tuesday 1:00-2:30PM

First Class: September 20

Instructor: Moki Kokoris

Fee: \$40/\$48NR (8 Sessions)

#### **Drawing Studio Workshop ~ In-Person**

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

Monday 2:30-4:30PM

First Class: September 12

Instructor: Open Session

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

## FOUNDERS HALL FALL 2022

#### **Exploring Traditional Calligraphy ~ In-Person**

This course will introduce five different hands (scripts) of traditional calligraphy. After practice of the basic fundamentals that most calligraphy requires, we will cover the Humanist (Foundational), Blackletter (Gothic), Italic, Uncial (Celtic), and Rustic hands. Time-permitting, we will learn the styles of simple illumination as well as how and where to add other decorative elements.

Class participants will be limited to 8.

Tuesday 3:00-4:30PM

First Class: September 20

Instructor: Moki Kokoris

Fee: \$40/\$48NR (8 Sessions)

#### **Life Drawing ~ In-Person**

Students work each week from a live model. During the last half-hour, peers will critique each others work. A model fee, based on the number of students in the workshop, will be collected at the first class.

Wednesday 10:00AM-12:00PM

First class: September 14

Instructor: Donatella Gagliano

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

## FOUNDERS HALL FALL 2022

### Oil Painting Section 1 ~ In-Person

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.

Artists will be responsible for cleaning shared equipment both before and after use.

Class will not meet November 23.

Wednesday 1:30-3:00PM

First Class: September 21

Instructor: Bonnie Weber

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

### Oil Painting Section 2 ~ In-Person

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.

Artists will be responsible for cleaning shared equipment both before and after use.

Class will not meet November 23.

Wednesday 3:15-4:45PM

First Class: September 21

Instructor: Bonnie Weber

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

### Intermediate to Advanced Watercolor ~ In-Person

**This class is for experienced watercolorists.** Tina will provide a demonstration of a technique, then assist with application of it in a group painting session. As always, the 2 hour class time may be used for your own personal painting.

Artists will be responsible for cleaning shared equipment both before and after use.

Section 1 Thursday 10:30AM-12:30PM

First Class: September 15

Section 2 Thursday 1:30-3:30PM

First Class: September 15

Instructor: Tina Phillips

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

## FOUNDERS HALL FALL 2022

### **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*

### Basketball for Fun Clinic ~ In-Person

Want to feel like a kid again? Then consider joining the men and women of the "Seniors on the Ball" basketball team. Why join? It's a fun way to work on your balance, coordination and flexibility. We exercise, do drills and yes, the last 20 minutes or so of the session, we play a controlled, senior type of basketball on a reduced size court. As an added bonus, you will get to know some of the nicest people in Founders. No experience necessary, just a fun loving spirit. Team members are in their 70s, 80s, no one in their 90s yet. Class meets in the gym at Parks and Recreation. Class will not meet October 5.

Wednesday 1:15-2:15PM

First class: September 14

Coaches: JoAnn Cali and Jim Arcuri

Fee: \$35/\$42NR (9 Sessions)

### Bridge for True Beginners ~ In-Person

Bridge is to card games what chess is to board games, as challenging as it is rewarding. If you've ever wanted to learn, now is the time and this is the class. We'll start with the basics: what it means to follow suit, to take a trick, and to play trump. Then we'll move on to the objectives, including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding (to reach the best contract) and Play of the Hand (to be able to fulfill that contract).

Required text: Bridge for Everyone, D. W. Crisfield, available through the registration form for \$20.

Thursday 9:30-10:30AM

First class: September 15

Instructor: Mike Hess

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

### Founders Hall Singers ~ In-Person

This singing group meets once a week to work on a variety of music. New members are welcome.

Director: Daniela Sikora

Monday 12:30-1:30PM

No Charge

## FOUNDERS HALL FALL 2022

### **Bridge Intermediate / Advanced ~ In-Person**

This class is for experienced players who want to improve their bidding, declarer play, and defense to the next level. We'll focus on 2/1 Game Force, supplemented by Standard American bidding based on five-card majors and will cover important basic conventions, like Blackwood, Stayman, and transfers. Then we'll build upon that knowledge and learn more about competitive conventions, like Michaels, Splinters, Jacoby 2NT, Negative Doubles, Roman Key Card Blackwood and New Minor Forcing. The class will also cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. Comprised of short classroom lectures followed by the bidding and play of real bridge hands, this class is for players who are ready for more complex play. Recommended texts: Bridge for Everyone, D. W. Crisfield (\$20), and 25 Bridge Conventions You Should Know, Seagram and Smith (\$16) are both available through the registration form.

Thursday 11:00AM-12:00PM

First class: September 15

Instructor: Mike Hess

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

### **Cooking with the Staff: Pasta ~ In-Person**

Nikki and Grace will share recipes, tips and techniques.

Section 1: Tuesday, October 25

11:00AM-1:00PM

Section 2: Wednesday, October 26

11:00AM-1:00PM

Instructor: Founders Hall Staff

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

### **Duplicate Bridge ~ In-Person**

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.

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

First Class: September 12

Section 2 Friday 10:00AM-12:30PM

First Class: September 16

Director: Bob Kimerling

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

## FOUNDERS HALL FALL 2022

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

ACBL Sanctioned Duplicate Bridge where players may earn masterpoints. Founders Hall Virtual Duplicate Bridge Club is now available online at [www.bridgebase.com](http://www.bridgebase.com) (BBO). It is perfect for anyone wishing to play bridge for master points from home (yes, in your pjs!). ALL PLAYERS, OF ALL ABILITIES, ARE WELCOME. Presently players may have 0-500MPs. This may change to 0-750MPs.

These games support Founders Hall and are held online every Thursday at 4:00pm. We play 18 boards (paying full ACBL MPs), and the game provides fun for about two hours. The cost is \$6.00 per player per game.

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 ACBL and 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, with your partner, at [www.bridgebase.com](http://www.bridgebase.com) any time up to 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

### **Genealogy ~ In-Person**

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.

Beginning Genealogy

Tuesday

2:30-4:30PM

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

Please check with Toni regarding correct class placement.

Advanced Beginning Genealogy

Thursday

11:30AM-1:30PM

Intermediate Genealogy

Thursday

9:30-11:30AM

Advanced Genealogy

Thursday

2:30-4:30PM

Instructor: Toni McKeen

First Class: September 13/15

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

**Annual Database Fee: \$20 - required from all Genealogy students registering for a 2022 Genealogy class for the first time this calendar year.**

## FOUNDERS HALL FALL 2022

### Genealogy Book Project ~ In-Person

For those of you who have been researching your genealogy, this course gives you the opportunity to focus on one relative and write their story using charts, records, photos, and family stories.

Monday 10:30AM-12:00PM

First Class: September 12

Instructor: Toni McKeen

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

### Drop-in Groups ~ In-Person

Gardeners (March-Oct)	Third Friday	1:00-2:30PM	Jack Hughes
Quilting Group	Tuesdays	2:00-4:00PM	
Weaving	Wednesdays	10:00AM-12:00PM	Sandy Hurd

### Knitting and Crocheting ~ In-Person

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 1:15-3:15PM

First Class: September 13

Instructor: Jo Ann Brown

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

### Piano Lessons ~ In-Person

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

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

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

Instructor: Ed Kadziewicz

First Class: September 15

\*Fee to repeat Beginning Piano Class: \$60/\$70NR

## FOUNDERS HALL FALL 2022

### Pickleball - Beginners ~ In-Person

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.

Class will not meet October 20

Thursday 12:00-1:15PM

First Class: September 22

Instructor: Tom McIntyre

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

### Pickleball - Continuing ~ In-Person

This class is intended for those who have been through the beginners class and wish to further their skill level. Class will meet at the Parks and Recreation Center gym.

Class will not meet October 20

Thursday 1:15-2:30PM

First Class: September 22

Instructor: Tom McIntyre

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

### Pickleball: Ladder Play ~ In-Person

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.

Class will not meet November 11.

Friday 12:00-2:30PM

First Class: September 16

Instructor: Tom McIntyre

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

### Quilting and Sewing ~ In-Person

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 11:00AM-1:00PM

First Class: September 13

Instructor: Jo Ann Brown

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



## FOUNDERS HALL FITNESS 2022

### Fitness Program

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

To check on availability and to register, please call Tracy at  
(203) 431-7000 or email her at [tracy@founders-hall.org](mailto:tracy@founders-hall.org).

#### **Aerobics ~ In-person**

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

Mon./Wed./Fri. 9:00-9:55AM  
Instructor: Susan Neumann

Class is on-going  
Fee: \$35/\$42NR per month

#### **Aerobics ~ On Zoom**

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

Mon./Wed./Fri. 10:30-11:25AM  
Instructor: Susan Neumann

Class is on-going  
Fee: \$35/\$42NR per month

#### **Aquacize ~ In-Person**

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  
Instructor: Parks & Rec Staff

Location: Parks & Recreation  
Fee: \$35/\$42NR per month

#### **Core ~ In-person and On Zoom**

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. 3:00-4:00PM  
Instructor: Louise H. and Susan N.

Class is on-going  
Fee: \$30/\$36NR per month

## FOUNDERS HALL FITNESS 2022

#### **Seated Stretching & Conditioning ~ In-person and On Zoom**

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. 1:05-1:50PM  
Instructor: Barbara Reidy

Class is on-going  
Fee: \$30/\$36NR per month

#### **Strength and Balance 1 ~ In-Person**

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. 11:00-11:55AM  
Instructors: Laura M. and Louise H.

Class is on-going  
Fee: \$35/\$42NR per month

#### **Strength and Balance 2 ~ In-Person**

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. 12:00-12:55PM  
Instructors: Laura M. and Louise H.

Class is on-going  
Fee: \$35/\$42NR per month

#### **Strength and Balance Level 1 - Beginner with Susan ~ On Zoom**

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  
Instructor: Susan Consentino

Class is on-going  
Fee: \$35/\$42NR per month

#### **Strength and Balance Level 2 - Intermediate with Susan ~ On Zoom**

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  
Instructor: Susan Consentino

Class is on-going  
Fee: \$35/\$42NR per month

## FOUNDERS HALL FITNESS 2022

### **Strength Core and More ~ In-person and On Zoom**

This class incorporates strength, balance and core work. Total body toning will be achieved by using dumbbells, resistance bands and small weighted balls. Exercises will be done standing and on the floor with exercises on a mat.

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

Class is on-going

Instructor: Lindy Olszewski

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

### **Stretch and Flex ~ In-Person and On Zoom**

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./Fri. 1:00-1:55PM

Class is on-going

Instructors: Laura M. and Louise H.

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

### **Tai Chi Beginner ~ In-Person and On Zoom**

Bil will guide participants in this art and gentle exercise. While first a short choreographed ten movement 'form,' the basic stances, methods of movement and mental focus will be explained and practiced as well as a bit of Tai Chi history, and Chinese culture that shaped this art. The short (about three minute) forms can be used at home to relieve stress, insomnia and as low impact exercises to aid in flexibility, strength and balance.

Mon./Fri. 8:30-9:15AM

Class is on-going

Instructor: Bil Mikulewicz

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

### **Tai Chi Intermediate ~ In-Person and On Zoom**

For continuing students, Mari and Lou 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.

Mon./Fri. 9:15-10:00AM

Class is on-going

Instructor: Mari Lewis and Lou Mendyk

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

## FOUNDERS HALL FITNESS 2022

### **Tai Chi Advanced ~ In-Person and On Zoom**

Advanced students will continue their study and practice of the long form of the Yang Style Tai Chi Chuan.

Tues./Thurs. 12:00-1:00PM

Class is on-going

Instructor: Mari Lewis and Lou Mendyk

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

### **Yoga and Relaxation Gentle ~ In-person and On Zoom**

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./Thurs. 9:50-11:00AM

Class is on-going

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

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

### **Yoga and Relaxation Moderate ~ In-person and On Zoom**

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

Tues./Thurs. 8:30-9:40AM

Class is on-going

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

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

### **Seated Yoga ~ In-person and On Zoom**

Balancing mind and body through stretches, breath and relaxation techniques. Some standing is done using the chair as support. All levels are welcome.

Tues. Liz / Thurs. Supriya 11:10-11:55AM

Class is on-going

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

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

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

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