

# FOUNDERS

# FORUM

SPONSORED BY

REGIONAL  HOSPICE  
*Making the Best of Every Day*

MAY 2024

## *A Message from Grace:*

What a busy month we have in May! From the Gold & Silver Sale and the How to Fall seminar to Fitness Day and Founders Friday, we have something for everyone.

We look forward to our Annual Meeting on Thursday, May 16th at 11:30am and hope you can join us for what is always a valuable update on the previous calendar year here at Founders Hall. A light lunch will be served following the meeting.

Please note, the building will be closed Monday, May 27th in observance of Memorial Day.

We hope to see you very soon!

## HIGHLIGHTS

- MAY 8 BILLIARDS TOURNAMENT
- MAY 9 BOOK GROUP: THE LIBRARY  
BOOK BY SUSAN ORLEAN
- MAY 10 FOUNDERS FRIDAY:  
ENGLISH AFTERNOON TEA
- MAY 15 HAPPY HOUR
- MAY 16 ANNUAL MEETING
- MAY 17 DISTINGUISHED SPEAKER:  
LARRY BOSSIDY
- MAY 20 ON THE ROAD:  
METROPOLITAN MUSEUM OF ART
- MAY 22 GOLD & SILVER SALE
- MAY 23 EAT TOGETHER LUNCH
- MAY 27 CLOSED FOR MEMORIAL DAY
- MAY 29 HEALTH & FITNESS DAY  
*SPONSORED BY NUVANCE HEALTH*
- MAY 31 SEMINAR: HOW TO FALL

## EVENTS

### **DISTINGUISHED SPEAKER:**

**LARRY BOSSIDY**

**“Things I Have Learned While  
Searching for Serenity”**

**Friday, May 17th 1:00pm**

Please join us for a very special discussion with longtime Ridgefield resident, philanthropist, and businessman Larry Bossidy, who is the retired Chairman of the Board and CEO of Honeywell International Inc. Mr. Bossidy is also co-author of the best-selling book “Execution: The Discipline of Getting Things Done,” and its sequel “Confronting Reality: Master the New Model for Success.”

### **SEMINAR: HOW TO FALL**

**Presented by RVNAhealth**

**Friday, May 31st at 1:00pm**

During this session, you'll discover strategies to manage falls effectively, ensuring that if and when they occur, you'll be equipped with the knowledge of what to do and how to minimize harm. You will have the opportunity to practice these techniques in a supportive environment...

So, come as you are, dressed in comfortable clothing, and be prepared to actively participate in this presentation led by Kate Campbell, RVNAhealth Director of Rehabilitation and Andrea De Lange, Physical Therapist!



Founders Hall is a Donor-Supported Education and Recreation Center for Individuals Age 60 and Older

193 Danbury Road, Ridgefield, CT 06877 • 203.431.7000 • [www.founders-hall.org](http://www.founders-hall.org) • facebook: Founders Hall Ridgefield

Monday-Friday 8:30 am - 4:30 pm

## GRATITUDE

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From March 16th ~ April 15th

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Thanks to all who generously contributed to April's Spring for Things. You've helped ease costs for day-to-day expenses such as coffee and office supplies. Because of your care and support, Founders Hall will bloom with great programs, classes and fellowship. Thank you for tending this very special garden!

Please save the date for our Gold and Silver Sale fundraiser on Wednesday, May 22nd! Members and non-members are welcome to join us from 10:00am-3:00pm. Appraisers from The Gem & I will evaluate your unwanted gold and silver items such as jewelry, watches, tea sets, cutlery, coins, etc., and then offer you a price based on current market values. If you sell, you will receive cash; Founders Hall will receive a portion of the proceeds. Please contact the front desk to reserve a 15-minute time slot although walk-ins are still welcome. Please bring valid identification.



## HAPPENINGS

### NEW! We've started a casual Monthly Poker Meetup.



Join us for the next meetup on  
**Wednesday, May 8th from 2-4pm.**

Prizes provided. No cash needed!

### Billiards Tournament Wednesday, May 8th 10:00am-4:00pm



Join us for a fun day complete with  
friendly competition and a  
delicious lunch!

Please register (\$8/\$10NR) with  
Tracy or the front desk.

### BOOK DISCUSSION:

#### *The Library Book*

by Susan Orlean

Thursday, May 9th 3:00-4:30pm



We love book club!  
Join us for this discussion facilitated by  
staff members of the Ridgefield Library.

### Come mix and mingle at

#### HAPPY HOUR

Wednesday, May 15th

4:30-6:00pm



Join us for drinks and light bar snacks, plus live  
music by the Angry O'Haras bluegrass band.  
No need to sign up - just drop in!

### FOUNDERS FRIDAY: ENGLISH AFTERNOON TEA

Friday, May 10th 2:00-3:30pm

Join us for a delightful afternoon with friends as  
we enjoy a traditional English tea with a variety  
of scones, finger sandwiches and sweets!



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### HEALTH & FITNESS DAY

Wednesday, May 29th

9:00-10:45am Fitness Activities

9:00-11:00am Information

and Screening Stations

10:30am Brunch

11:00am-1:00pm Speakers

Sample fitness offerings, participate in live  
demonstrations, and receive health screenings  
during this fun and interactive morning, followed  
by refreshments and speakers on a variety of topics.

\* Morning in-person Fitness classes will not be held.

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## HAPPENINGS

Founders Hall members, staff and instructors enjoyed an impromptu eclipse viewing party on Monday, April 9th on our front and back patios complete with a viewing device created by our member, Vernon Beck! Our instructor Louise Hazebrouck supplied glasses, moon cookies and eclipse facts after an outdoor workout on the Founders Hall back patio for her fitness class students including Barbara, Liz, Ellen, Joanne, Karen, Sophia, and Margo!



**Founders Hall will be closed on  
Monday, May 27th in observance of Memorial Day.**



# May at the Movies

Selections may change based on availability.



**fri**

## Queen Bee

**2:00pm**

3

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying “mean girls.”

2021

*Ellen Burstyn, Loretta Devine, James Caan*

PG13

1hr 41 mins

**fri**

## Maestro

**2:00pm**

24

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

2023

*Bradley Cooper, Carey Mulligan, Matt Bomer*

R

2hr 11 mins

**fri**

## The Miracle Club

**2:30pm**

31

There’s just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

2023

*Laura Linney, Kathy Bates, Maggie Smith*

PG13

1hr 30 mins

## Welcome! New Members (as of April 16th)

Linda Bauer	Chandra Prakash
Sharon Bodner	Usha Prakash
Donna DePalma	Sheila Salama
Susan Eggington	Pete Stewart
Doug Hall	Nan Van Ryzin
Richard Marasse	Jean Van Vlandren
Mary Nolan	Jerry Wayne
AnnaMaria Perrotta	Meg Wayne
Louis Perrotta	



### Focusing on Helping You

We understand that this is a personal choice, and we empathize with the challenges you and your loved one may be facing. Our pledge is to ensure that your interaction with our caregiving and companionship services is not only positive but also memorable.



Scan me!



Contact Us For:  
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Live-In Services  
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**Locations**  
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Westport, CT 06880  
457 N Main Street, Suite 3C,  
Danbury, CT 06811