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!

Sponsored by nuvance Health

MAY 2024

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
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Monday-Friday 8:30 am - 4:30 pm
Thank you to our donors
From March 16th ~ April 15th

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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 10:00 am-3:00 pm. 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.

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!

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° Founders Circle
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!

**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.

**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!

**Sponsored by:**

**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.

**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!

**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.

**Sponsored by:**

**FOUNDERS FORUM**
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.

**Queen Bee** 2:00pm
3 May
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

**Maestro** 2:00pm
24 May
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

**The Miracle Club** 2:30pm
31 May
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

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**Welcome!**

*New Members* (as of April 16th)

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**Sheraton Caregivers**

*Focusing on Helping You*

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

Contact Us For:

- Home Care Services
- Live-In Services
- Homemaker/Companion Services

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**Founders Forum**