



FOUNDERS HALL

# Spring 2012

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## INTRODUCTION

### Information

Hours: Monday - Friday, 8:30-4:30  
Address: 193 Danbury Road, Ridgefield CT, 06877  
Phone: 203-431-7000  
Email: [foundershall@founders-hall.org](mailto:foundershall@founders-hall.org)  
Web: [founders-hall.org](http://founders-hall.org)  
Facebook: Founders Hall Ridgefield

### Registration

The Founders Hall Spring Semester begins on Monday, March 26. Most classes are offered in a ten-week semester system. **Fitness classes** are offered on a monthly basis instead of as part of the semester system so that they may run continuously throughout the year. Registration for fitness classes for 2012 began in October 2011. Please call regarding available spaces.

Please complete the form on pages 15-18 of this book and return it to Founders Hall with separate payment for each class. If more people are interested in a class than there are available spaces, we will use a random lottery to assign places. **All registrations received by 4:30pm on March 12** will be included in any necessary lotteries. If you are signing up with another person, please indicate this on your registration forms noting which class or trip you are attending together. If there is not space for you in a class, we will call you and return your check to you.

### Closing and Cancellation

Founders Hall closings for inclement weather will be posted on:  
[www.founders-hall.org](http://www.founders-hall.org)  
WTSB (channel 3)  
WTNH (channel 8)

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

## INTRODUCTION

### Sponsors

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

Tenth Anniversary Sponsor: Fairfield County Bank  
Academic Program: Rudy & Sally Ruggles  
Nick & Anita Donofrio  
Art Supplies: Philanthropic Youth Council  
Fitness Program: Paul and Johanna Laszig Trust  
Barker Welfare Foundation  
Hobby & Sport Program: Wadsworth Russell Lewis Trust Fund  
Ridgefield Parks and Recreation  
Social Events: The Cutting Board  
Filosa / Hancock Hall  
Laurel Ridge Health Care Center  
Ridgefield Crossings  
Western Connecticut Health Care Network

### Program Fees

Do you know that even with the help of sponsors, the program fees you pay cover just a small portion of what our programs actually cost to provide? We hope you'll consider making a donation to Founders Hall this year to help cover the difference.

We look forward to seeing you in our classes and at our programs.

## SPRING 2012 CALENDAR

March 12 . . . . .Mohegan Sun Trip  
March 12 . . . . .New Member Coffee  
March 12 . . . . .Spring Semester Registrations Due  
March 22 . . . . .Wine Tasting  
March 25 . . . . .Anniversary Open House  
April 6. . . . .Closed in Observance of Good Friday  
April 9. . . . .9/11 Memorial Trip  
April 10. . . . .Seminar: Couponing, Part 1  
April 11. . . . .Maturity Matters Trip  
April 12. . . . .Distinguished Speaker: Gerald Steichen  
April 13. . . . .Barbecue Sauce Tasting  
April 17. . . . .Seminar: Couponing, Part 2  
April 20. . . . .Seminar: Alzheimer's Disease  
April 23. . . . .Distinguished Speaker: Ira Joe Fisher  
April 26. . . . .Volunteer Recognition  
April 27. . . . .Seminar: Lyme Disease  
May 1 . . . . .Grounds for Sculpture Trip  
May 3 . . . . .Member Fundraiser  
May 4 . . . . .Seminar: Facebook  
May 4 . . . . .Performance: Piano

## SPRING 2012 CALENDAR

May 7 . . . . .Foxwoods Casino Trip  
May 10 . . . . .Annual Meeting  
May 11 . . . . .Honey Tasting  
May 24 . . . . .Hairspray at WBT Trip  
May 25 . . . . .Seminar: Galapagos Islands Travelogue  
May 28 . . . . .Closed in Observance of Memorial Day  
May 30 . . . . .Fitness Day  
June 1 . . . . .8th Annual Fundraising Breakfast  
June 4 . . . . .New Member Coffee  
June 4 . . . . .Summer Semester Registrations Due  
June 8 . . . . .Good Reads for Summer  
June 13 . . . . .Performance: The Bucket List, a Musical

## FOUNDERS HALL SPRING 2012

### Academic Program

*The Academic Program is generously sponsored  
by Rudy and Sally Ruggles  
and Nick and Anita Donofrio*

#### AARP Driver Safety Program

Founders Hall sponsors this course, which teaches and refreshes students on rules of the road and changes to signs and processes. Emphasis is placed on how to adapt and change driving habits as one ages. Classes, which take place at Ridgefield Crossings, are scheduled for April 17, June 19 and August 14. Be sure to check with your auto insurance company as rates may be reduced after completion of the course. Please call Deanna Cunningham at (203) 438-5733 for registration and more information.

#### All Things Venetian: Part Two

An in-depth study of the history, art, festivals, architecture and landmarks of this unique city of canals is presented via beautiful powerpoint photos. This semester's highlights will include Venetian glass, the artistry of gondolas, the Fenice Opera House with a stop at the Venetian Film Festival and Harry's Bar, a tour of the Grand Canal, a study of artists Tintoretto and Veronese, a visit to the Jewish Ghetto and a discussion of the high water problem facing the city. The course is designed for those who have visited Venice, are planning a trip, or wish to visit this fascinating city from the comfort of their upholstered chairs. Please note: Class will not meet on May 30. Classes will be extended by 30 minutes on April 4, 11 and 18 in order to cover all the class material.

Instructor: Toni McKeen

First Class: March 28

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

Fee: \$25/\$30NR (9 Sessions)

Section 2 Wednesday 1:15-2:45PM

Fee: \$25/\$30NR (9 Sessions)

## FOUNDERS HALL SPRING 2012

#### The Art of Writing

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

Tuesday 10:30AM-12:00PM

First Class: March 27

Instructor: Cheryl Panosian Haddad

Fee: \$25/\$30NR (10 Sessions)

#### Book Discussion

Join your friends, new and old, for a monthly book discussion.

April 12 Wish You Were Here by Stewart O'Nan 2:30-4:00PM

May 10 The Lady and the Panda by Vickie Constantine Croke 2:30-4:00PM

June 14 The Senator's Wife by Sue Miller 2:30-4:00PM

Facilitator: Mary Rindfleisch of Ridgefield Library

No Charge

#### Current Events Discussion

Share your thoughts on a variety of current event topics in an informal discussion format. Personal participation is encouraged in this interactive group. No class May 30.

Wednesday 10:00-11:30AM

First class: March 28

Facilitator: Robert Murphy

Fee: \$10/\$12NR (9 Sessions)

#### Great Books, Great Discussions

Enthusiastic readers will use the Shared Inquiry method for discussion of the enduring ideas of the world's great thinkers. Thematic selections of great literature provided in Introduction to Great Books Second Series (\$14) will be the focus for a thoughtful, respectful discussion. Books are available through the registration form or through the Great Books Foundation ([www.store.greatbooks.org](http://www.store.greatbooks.org)). The selection for the first meeting on March 28 is "Politics" by Aristotle.

Wednesday 12:30 - 2:30PM

First class: March 28

Facilitator: Brenda Chapman

Fee: \$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Academic Program (Continued)

#### History: Truman

Come join us for a look at the “most American of Presidents” as David McCullough calls him, the man from Missouri. We will see a gritty, untried, unprepared new president who does a heck of a job in handling responsibilities, “such as had weighed on no man before.” If Truman was not in your top five list of Presidents before you read it, I believe he will make that list when we are done. The book, Truman by David McCullough may be ordered for \$18 using the registration form.

Wednesday 3:15-4:30PM

First Class: March 28

Instructor: Mike Settanni

Fee: \$25/\$30NR (10 Sessions)

#### Investments Discussion

Designed to be an interactive discussion of investment topics, this ongoing series of seminars will provide helpful information on investment resources and review general investment principles. In addition, discussion will be focused on current developments and their direct impact on stock, bond, mutual fund and other investment vehicles. Your thoughts and questions will be welcome. Some elementary level of investment knowledge is helpful. This course is limited to 25 participants.

Tuesday 10:00-11:30AM

First Class: March 27

Facilitators: Dave Campbell and Matt Price

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

#### Italian: Continuing Beginners

This class is for those who have taken Beginners Italian or have a prior knowledge of the language. The emphasis will be on speaking but there will be some focus on grammar, reading and writing. This is a good class for those planning a trip to Italy or for those who just want to experience the beauty of the Italian language. We will use the Amsco workbook Italian is Fun. The book is available for \$17 using the registration form.

Level 4 Monday 10:00-11:30AM

First Class: March 26

Level 3 Thursday 10:00-11:30AM

First Class: March 29

Instructor: Rita Schaffer

Fee: \$25/\$30NR (8 Sessions)

## FOUNDERS HALL SPRING 2012

#### Practical Ethics for Today

In this new course, we will examine current domestic and foreign policy issues through an ethical lens as yet another way to understand the changing world around us. Our central question in this regard will be: “Of all the things we *could* do, what is the *right* thing to do?” Along the way, we will learn the two “languages of ethics,” the one we use to narrate or describe our ethical dilemmas and the other we use to analyze and resolve the dilemmas of “right vs. right” action. More specifically, we will learn a coherent and systematic procedure for ethical decision-making couched in everyday vocabulary and apply this orderly sequence of steps or checkpoints to ethical dilemmas of our own choosing. For example, as a matter of foreign policy, we might decide to consider the concept of a “just” war as it pertains to current military engagements overseas. On the domestic front, we might choose to examine the ethical implications of income inequality. While the possibilities for discussion topics are indeed many and diverse, the course has but one goal, namely to stimulate our moral imagination through civil discourse.

Monday 10:30AM-12:00PM

First Class: March 26

Moderator: Howard Jacobs

Fee: \$10/\$12NR (5 Sessions)

#### Spanish: Continuing Intermediate

Emphasis will be on conversation, basic grammar, vocabulary build-up, culture, pronunciation and fun.

Friday 10:30AM-12:00PM

First Class: March 30

Instructor: Maria Cinta Lowe

Fee: \$25/\$30NR (10 Sessions)

#### Spanish Conversation

This conversational group will offer an opportunity for participants to practice and improve their Spanish. Intermediate skills and working vocabulary are required.

Wednesday 1:00-2:15PM

First Class: March 28

Instructor: Maria Cinta Lowe

Fee: \$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Academic Program (Continued)

#### “Since Singing is so Good a Thing I Wish All Men Would Learn to Sing.”

In the preface to his ‘Psalms, Sonnets & Songs,’ published in 1588, the English composer, William Byrd, set down a list of reasons “to perswade every one to learne to syng”. The list included the following:

“It doth strengthen the brest and doth open up the pipes.

It is a singular good remedie for stammering.

It is the best means to procure perfect pronunciation.

There is not any Musicke of Instruments whatsoever comparable to that which is made by the voyces of men.”

From the German Lied to the French Chanson, from the art songs of England and Norway to the orchestral song cycles of the 19th and 20th centuries, this series of talks examines the development of the song cycle, the composers who perfected the form, and the literature that was the inspiration behind them.

1. Beethoven & Goethe
2. Schubert & Schiller
3. Schumann & Heine
4. Wolf & Möricke, Brahms & Anon.
5. Mahler & Rückert
6. Strauss, Schoenberg & Dehmel
7. Faure & Verlaine, Duparc & Baudelaire
8. Britten & Auden

On April 26 only, class will meet from 10:30am until 12:00pm.

Thursday 1:00-2:30PM

First class: April 19

Instructor: Michael Lankester

Fee: \$25/\$30NR (8 Sessions)

#### Writing Workshop

If you have always wanted to do some writing but have never gotten around to it, here's your chance. Write your personal essays, memoirs, poems or short stories at home and once a week meet with your classmates to read your material in a relaxed, friendly atmosphere that aims to make everybody's manuscripts the best they can be. This program will sharpen your writing skills while you enjoy the company of like-minded classmates.

Monday 1:00-3:00PM

First Class: March 26

Moderators: Anton Deiters and Ray Morse

Fee:\$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Art Program

#### Drawing: I Can Draw

This class leads students through a series of exercises Ms. Talburt calls “adventures,” specifically designed to build the skill set of drawing, to give the student a satisfactory experience, and to teach the student how to “see” with an artist's eye. (The angel is in the details!) The emphasis is on process far more than “product.”

Monday 11:00AM -1:00PM

First class: April 2

Instructor: Martha Talburt

Fee: \$35/\$42NR (10 Sessions)

#### Drawing: Basics to Faces

This drawing class reviews the skills acquired in the I Can Draw class and creates a bridge from basic drawing skills into the more specific art of drawing portraits. The student will learn to build a face from the skull outward. Completion of the I Can Draw class is a prerequisite for this course.

Monday 2:00-4:00PM

First Class: April 2

Instructor: Martha Talburt

Fee: \$35/\$42NR (10 Sessions)

#### Drawing: Faces, Etc (Learning from the Masters)

This is a non-structured class for advanced students. Participants will continue to learn portrait rendering. Working in colored pencil, as well as pencil and charcoal, students direct their attention toward the works of old masters, analyzing and copying them, working on texture, fabric rendering and many other details. The Basics to Faces class is a prerequisite for this course.

Tuesday 9:30-11:30AM

First Class: April 3

Instructor: Martha Talburt

Fee: \$35/\$42NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Art Program (Continued)

#### Drawing: Adventures in Pencil Part 1

In this class, Martha will take her students on an exciting journey of discovery with pencil. Each class will be a focused study of one particular aspect of rendering - such as perspective in landscape sketching, creating texture in drawing, drapery, composition and still life. We will also explore the use of pen and ink, colored pencil and watercolor wash. This class is recommended for the committed art student who has taken at least a few of Martha's classes and is interested in augmenting class work with work at home.

Tuesday 12:30-2:30PM

First class: April 3

Instructor: Martha Talburt

Fee: \$35/\$42NR (10 Sessions)

#### Drawing: Adventures in Pencil Part 2

Continuing with the adventure, this non-structured class will take a closer look at details. Building on what was accomplished in Adventures in Pencil Part 1, each class will focus on one particular model or form. The emphasis is on drawing from life - not photographs. Use of pen and ink, colored pencil and watercolor wash continue to be explored. Completion of Adventures in Pencil Part 1 is a prerequisite for this class.

Tuesday 2:30-4:30PM

First class: April 3

Instructor: Martha Talburt

Fee: \$35/\$42NR (10 Sessions)

#### Oil Painting

Beginners will learn oil painting techniques including how to choose and use equipment, mix colors, create light and shadow and prep a canvas or masonite. More experienced artists will cover dimension, tone, the importance of palettes, color mixing, textures, and placement of subject matter. Canvas fee is \$3.

Section 1 Wednesday 1:00-3:00PM

First Class: March 28

Section 2 Wednesday 3:00-5:00PM

First Class: March 28

Instructor: Bonnie Weber

Fee: \$35/\$42NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

#### Open Art Studio

Take advantage of this open time in the Art Studio to work on projects in progress or try something new.

Thursday 9:00AM-1:00PM

Fee: No Charge

#### Beginner Watercolor

This class will help you understand this delicate, luminous medium and develop your own style in the process. You will learn about paper, pigment, techniques, brushes, washes, textures and principles of composition and design. Class will not meet April 6.

Friday 10:00AM- 12:00PM

First Class: March 30

Instructor: Tina Phillips

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

#### Intermediate Watercolor

Further mastery of watercolor technique is the focus of this seven-week class. Completion of a previous watercolor class and mastery of basic skills are required of participants. Class will not meet April 6.

Friday 1:00-3:00PM

First Class: March 30

Instructor: Tina Phillips

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

#### Advanced Watercolor

This class is designed for those with experience in watercolor technique. Come with your own materials and ideas you want to paint. This group works independently; Ms. Phillips offers set-ups, inspiration, demonstration and critique.

Thursday 2:00-4:00PM

First Class: March 29

Instructor: Tina Phillips

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

## SPRING 2012 REGISTRATION

Here are the steps for registration:

1. Read the course book and select programs.
2. Complete the form on pages 15-18 of this book by noting your name and member number then marking the box for the course or program you would like to take.
3. Write a separate check for each class payable to Founders Hall (you may write one check for two spouses attending the same class). The payment for Ridgefield residents is the first amount. The payment for non-Ridgefield residents is the second amount with the "NR" designation.
4. If you are taking the class with another person (or have a partner in the case of Duplicate Bridge) please note that person's name next to the appropriate class.
5. Please place registration form and all checks in an envelope.
6. **Mail the form with payment or drop it off at Founders Hall so that it arrives by 4:30 pm on March 12.**

If a class you are interested in is oversubscribed, we will make every effort to add additional sections. A random lottery will be conducted to determine placement in classes that are oversubscribed. In the event we are not able to accommodate your request, we will call you and return your check by mail.

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

Please pay by check (or cash if you are not mailing your registration form). Checks should be made payable to Founders Hall — a separate check for each class. Credit cards are not accepted.

## Founders Hall Spring 2012 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

	Sign me up	Course Fee		Book Fee
<u>Academic Courses</u>		Ridgefield	Non-Ridgefield	
All Things Venetian: Part Two				
Section 1 10:30AM	<input type="checkbox"/>	\$25		\$30
Section 2 1:15PM	<input type="checkbox"/>	\$25		\$30
Art of Writing	<input type="checkbox"/>	\$25		\$30
Current Events	<input type="checkbox"/>	\$10		\$12
Great Books	<input type="checkbox"/>	\$25		\$30
Book: <u>Introduction to Great Books Series 2</u>				\$14
History: Truman	<input type="checkbox"/>	\$25		\$30
Book: <u>Truman</u>	<input type="checkbox"/>			\$18
Investments Discussion	<input type="checkbox"/>	\$10		\$12
Continuing Beginners Italian 3	<input type="checkbox"/>	\$25		\$30
Workbook: <u>Italian is Fun</u>	<input type="checkbox"/>			\$17
Continuing Beginners Italian 4	<input type="checkbox"/>	\$25		\$30
Practical Ethics	<input type="checkbox"/>	\$10		\$12
Intermediate Spanish (Fri)	<input type="checkbox"/>	\$25		\$30
Spanish Conversation	<input type="checkbox"/>	\$25		\$30
Since Singing Is So Good	<input type="checkbox"/>	\$25		\$30
Writing Workshop	<input type="checkbox"/>	\$25		\$30

	Sign me up	Course Fee	
		Ridgefield	Non-Ridgefield

**Art Courses**

I Can Draw 11:00	<input type="checkbox"/>	\$35	\$42
Basics to Faces 2:00	<input type="checkbox"/>	\$35	\$42
Faces, Etc: LFTM 9:30	<input type="checkbox"/>	\$35	\$42
Adventures in Pencil Part 1	<input type="checkbox"/>	\$35	\$42
Adventures in Pencil Part 2	<input type="checkbox"/>	\$35	\$42
Oil Painting Section 1 1:00	<input type="checkbox"/>	\$35	\$42
Oil Painting Section 2 3:00	<input type="checkbox"/>	\$35	\$42
Watercolor Beginner	<input type="checkbox"/>	\$45	\$54
Watercolor Intermediate	<input type="checkbox"/>	\$45	\$54
Watercolor Advanced	<input type="checkbox"/>	\$35	\$42

**Computer Courses**

Introduction to Computer	<input type="checkbox"/>	\$25	\$30
Computer Level 2	<input type="checkbox"/>	\$25	\$30
Photoshop Elements 8 Beginning	<input type="checkbox"/>	\$25	\$30
Photoshop Elements 8 Advanced	<input type="checkbox"/>	\$25	\$30

**Dance Courses**

Line Dancing	<input type="checkbox"/>	\$25	\$30
Beginning Tap Dancing	<input type="checkbox"/>	\$25	\$30
Intermediate Tap Dancing	<input type="checkbox"/>	\$25	\$30
Zumba Gold	<input type="checkbox"/>	\$25	\$30

	Sign me up	Course Fee		Book Fee
		Ridgefield	Non-Ridgefield	

**Hobby and Sports**

Bridge - Bidding and Planning	<input type="checkbox"/>	\$25	\$30	
Bridge - Defense	<input type="checkbox"/>	\$25	\$30	
Bridge - Assisted Play	<input type="checkbox"/>	No fee		
Cooking with the Staff				
Thursday	<input type="checkbox"/>	\$10	\$12	
Friday	<input type="checkbox"/>	\$10	\$12	
Duplicate Bridge				
Monday	<input type="checkbox"/>	\$10	\$12	
Partner (if any): _____				
Friday	<input type="checkbox"/>	\$10	\$12	
Partner (if any): _____				
Genealogy				
Beginning Genealogy	<input type="checkbox"/>	\$35	\$42	
Intermediate Genealogy	<input type="checkbox"/>	\$35	\$42	
Book Project Genealogy	<input type="checkbox"/>	\$35	\$42	
Advanced Genealogy 1 10:30	<input type="checkbox"/>	\$35	\$42	
Advanced Genealogy 2 12:30	<input type="checkbox"/>	\$35	\$42	
Annual Database Fee	<input type="checkbox"/>			\$20

Sign me up	Course Fee	
	Ridgefield	Non-Ridgefield

**Hobby and Sports (continued)**

Knitting and Crocheting	<input type="checkbox"/>	\$25	\$30
Piano Lessons			
Beginner	<input type="checkbox"/>	\$25	\$30
Intermediate Beginner	<input type="checkbox"/>	\$50	\$60
Advanced Beginner	<input type="checkbox"/>	\$50	\$60
Pickleball	<input type="checkbox"/>	\$25	\$30
Quilt or Sew	<input type="checkbox"/>	\$35	\$42

**Special Events**

Wine Tasting	<input type="checkbox"/>	\$5	\$6
Anniversary Open House	<input type="checkbox"/>	No fee	
Annual Meeting	<input type="checkbox"/>	No fee	
Fitness Day	<input type="checkbox"/>	No fee	

**On the Road Trips**

9/11 Memorial	<input type="checkbox"/>	\$34	\$40
Maturity Matters	<input type="checkbox"/>	No fee	
Grounds for Sculpture	<input type="checkbox"/>	\$60	\$72
Foxwoods Casino	<input type="checkbox"/>	\$27	\$32
Hairspray at WBT	<input type="checkbox"/>	\$78	\$94

<b>FOUNDERS HALL SPRING 2012</b>
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**Dance Program**

**Line Dancing**

Line Dancing is alive and well! Join us to exercise and have fun. New dances will be taught. No experience nor partners are required. Class will meet March 30, April 13, May 4, 11, 18 and 25 and June 8.

Friday 2:00-3:00PM

First Class: March 30

Instructor: Lynne Flanders

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

**Beginning Tap Dancing**

Learn the basic skills of tap dancing through music. Not only is this class great for learning tap routines, it is also a fun way to stay in shape.

Tuesday 2:00-2:45PM

First Class: March 27

Instructor: Karen Casagrande

Fee: \$25/\$30NR (10 Sessions)

**Intermediate Tap Dancing**

Continue to develop your tap dancing technique in this class designed for those who have taken the Beginning Tap class with Karen.

Tuesday 1:00-2:00PM

First Class: March 27

Instructor: Karen Casagrande

Fee: \$25/\$30NR (10 Sessions)

**Zumba Gold**

Zumba Gold brings exciting Latin and international dance rhythms to beginners. The easy-to-follow dances include Cha Cha, Merenque, Salsa, Cumbia, Tango, Rumba, Belly Dance and even Rock and Roll! SO COME AND FEEL THE MUSIC!!! Great for the mind, body and soul, Zumba is fun, easy, different, and effective. HAVE FUN AND STAY FIT!! Class will not meet April 12.

Thursday 2:30-3:30PM

First Class: March 29

Instructor: Roxanne Angotta

Fee: \$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Computer Program

#### Introduction to Computer

Designed for the novice who wishes to learn the fundamentals of computers, this introduction to computer systems and programs will include Microsoft Windows and Word and various other computer applications. This class will be taught using Windows 7 operating system and Microsoft Word 2010. Please note: Class will not meet April 16.

Monday 1:00-2:30PM

First class: March 26

Instructor: Carl Scala

Fee: \$25/\$30NR (10 Sessions)

#### Computer Level 2

This class, intended for those with basic computer skills, will go into greater depth on basic internet concepts, e-mail, word processing and how to locate files and clean up your computer. Also included will be an introduction to Excel. Class will be taught using Internet Explorer, Microsoft Word 2010 and Microsoft Excel 2010 in Windows 7 operating system.

Tuesday 9:30-11:00AM

First Class: March 27

Instructor: Jane Neighbors

Fee: \$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

#### Photoshop Elements 8 Beginning Level

Come and begin to master the amazing Photoshop Elements 8 program. With a step by step approach, you will learn to use the tools in the Tool Box and some fun tricks to enhance your older photos and to improve your less-than-perfect newer ones. Photos will be provided for practice in class. This class is required for the advanced levels of Photoshop 8 classes.

Tuesday 3:00-4:30PM

First Class: March 27

Instructor: Toni McKeen

Fee: \$25/\$30NR (10 Sessions)

#### Photoshop Elements 8 Advanced Level

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

Photoshop Elements 8 Beginning Level and Photoshop Elements 8 Level 2 are prerequisites for this class.

Tuesday 1:30-3:00PM

First Class: March 27

Instructor: Toni McKeen

Fee: \$25/\$30NR(10 sessions)

#### Open Computer Lab

Need help? On Fridays from 10am-12 noon, coaches will be on hand to answer questions and give additional assistance to computer class students. This program is free of charge.

## FOUNDERS HALL SPRING 2012

### Hobby and Sports Program

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

#### Bridge Bidding and Planning

This course will focus on improving bidding techniques and planning the play of the hand. In each session, random hands will be dealt and displayed on the white board. Students first determine how they would bid the hand then follow with class discussion. Students then identify different planned approaches to playing the hand and again follow with class discussion.

Wednesday 10:00-11:30AM

First class: March 28

Instructor: Dan Sitomer

Fee: \$25/\$30NR (10 Sessions)

#### Bridge Defense

This course will focus on different aspects of good bridge defense. Each session will contain a combination of discussion of defensive issues and practice problems, ranging from basic to moderately advanced.

Wednesday 12:15-1:45PM

First class: March 28

Instructor: Dan Sitomer

Fee: \$25/\$30NR (10 Sessions)

#### Bridge: Assisted Play

Experienced players will be available to assist play and answer questions.

Tuesday 10:00AM-12:00PM

First Class: March 27

Coaches: Jinny Clark and Carol Vazzana

No Charge

## FOUNDERS HALL SPRING 2012

### Cooking with the Staff: Recipes from Favorite Blogs

Staff will offer preparation tips and recipes for a variety of dishes found on some of the favorite food blogs.

Section 1: Thursday, May 17

11:00AM-1:00PM

Section 2: Friday, May 18

11:00AM-1:00PM

Instructors: Founders Hall Staff

Fee: \$10/\$12NR (1 Session)

#### Drop-in Groups

Needlework Group

Thursday

12:00-3:00PM

Rose Joyce

Quilting Group

Tuesday

2:00-4:00PM

Rughooking

Wednesday

1:30-4:00PM

Ethel Eckhaus

Woodcarving

Monday

1:30-4:00PM

Jim Callahan

#### Duplicate Bridge

Enjoy bridge playing the same hands as other pairs (duplicate). This approach will challenge your skill regardless of 'luck of the deal.' If you are registering with a partner, please include your partner's name on the registration form.

Section 1 Monday

10:00AM-12:30PM

First Class: March 26

Section 2 Friday

10:00AM-12:30PM

First Class: March 30

Director: Dan DeVlieg

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

#### Founders Hall Band

The Founders Hall Band is open to any person, with any type of instrument, who is willing to learn music. The group meets on Friday mornings in the Living Room. For music, contact Darla Shaw, Band Manager.

Friday 9:30-11:30AM

Band Director: Bill Palmer

No Charge

## FOUNDERS HALL SPRING 2012

### Hobby and Sports Program (Continued)

#### Founders Hall Singers

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

Monday 12:30-2:30PM

No Charge

Director: Daniela Sikora

#### Genealogy

Gathering information about one's family is one of America's biggest hobbies. The various course levels range from the basics of census and immigration research through more advanced research techniques, and finally putting it all together in a wonderful book with documents, photos and stories.

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

Intermediate Genealogy Thursday 2:30-4:30PM

Book Project Genealogy Thursday 8:30-10:30AM

Advanced Genealogy 1 Thursday 10:30AM-12:30PM

Advanced Genealogy 2 Thursday 12:30-2:30PM

Instructor: Toni McKeen First Class: March 27 or 29

Required Annual Database Fee: \$20 Fee: \$35/\$42NR (10 Sessions)

#### Knitting and Crocheting

Work on the project of your choice, meet other knitters and crocheters, be inspired by your classmates' projects, troubleshoot problems, get important hints and tips along with a discount at a local store. You can learn a new skill or technique, cure your "finishing phobia," bring a "show and share" or start from the beginning. This is a large class, so bring ample patience. Sign up by March 12.

Tuesday 12:15-2:15PM First Class: March 27

Instructor: Jo Ann Brown Fee: \$25/\$30NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

#### Piano Lessons

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

Beginner\* Thursday 12:15-1:15PM Fee: \$25/\$30NR (10 Sessions)

Int. Beginner Thursday 11:00AM-12:15PM Fee: \$50/\$60NR (10 Sessions)

Adv. Beginner Thursday 9:30-11:00AM Fee: \$50/\$60NR (10 Sessions)

Instructor: Ed Kadziewicz First Class: March 29

\*Fee to repeat Beginning Piano Class: \$50/\$60NR

#### Pickleball

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 meet March 30, April 13, and May 4 through June 8.

Friday 1:15-2:30PM First Class: March 30

Instructor: Janice Pauly Fee: \$25/\$30NR (8 Sessions)

#### Quilt or Sew

This class will be a combination of quilting and/or sewing. Continue your quilting journey or learn to use a sewing machine from the very start, read a pattern, begin to make garments or simple home decorating items or refresh your sewing skills. General sewing supplies needed for both mediums. Class is limited to 10 participants.

Tuesday 10:00AM-12:00PM First Class: March 27

Instructor: Jo Ann Brown Fee: \$35/\$42NR (10 Sessions)

## FOUNDERS HALL SPRING 2012

### Distinguished Speakers

**Conductor Gerald Steichen**  
Ridgefield Symphony      Thursday, April 12      1:00PM

**Ira Joe Fisher**  
Poetry      Monday, April 23      1:00PM

### Seminar Series

**Saving with Couponing**  
Susan Consentino      Tuesdays, April 10 and 17      1:00PM

**Alzheimer's Disease**  
Scott Russell      Friday, April 20      12:30PM

**Lyme Disease**  
Jennifer Reed      Friday, April 27      11:00AM

**Facebook**  
Lisa Corso      Friday, May 4      11:00AM

**Travelogue: Galapagos Islands**  
Laura Barber      Friday, May 25      10:30AM

### Performances

**Piano**  
Donna Ruccia      Friday, May 4      2:00PM

**The Bucket List, a Musical**  
The Never Grow Old Players      Wednesday, June 13      1:00PM

## FOUNDERS HALL SPRING 2012

### Tastings and Teas

Barbecue Sauce Tasting      Friday, April 13      1:30-3:00PM  
*Sponsored by Filosa/ Hancock Hall*

Honey Tasting      Friday, May 11      1:30-3:00PM  
*Sponsored by Laurel Ridge Health Care Center*

Good Reads for Summer      Friday, June 8      1:30-3:00PM  
*Sponsored by Books on the Common*

### New Member Coffees

Monday, March 12      10:00-11:00AM  
Monday, June 4      10:00-11:00AM

### Special Events

**Wine Tasting**      Thursday, March 22      6:30-8:30PM  
\$5/\$6NR

**Anniversary Open House**      Sunday, March 25      2:00-4:00PM  
*Tenth Anniversary Sponsor Fairfield County Bank*

**Member Fundraiser**      Thursday, May 3      5:30-8:30PM  
Check Founders Forum for more information

**Annual Meeting**      Thursday, May 10      11AM-12:30PM

**Fitness Day**      Wednesday, May 30      9:00AM-1:00PM  
*Sponsored by Western Connecticut Health Network*

## FOUNDERS HALL SPRING 2012

### On the Road Program

#### 9/11 Memorial

The 9/11 Memorial is a tribute of remembrance and honor. This trip includes a visit to the Memorial and time to visit the 9/11 Preview Site and have a bite to eat in one of the nearby restaurants. The proximity of the entrance to the memorial and the location of the Preview Site necessitate walking some distance. Please wear comfortable shoes and be prepared to walk.

Monday, April 9                      9:30AM-5:30PM                      Fee: \$34/\$40NR

#### Maturity Matters at Ridgefield High School

This event, sponsored by Ridgefield's Senior Positive Initiative Forum (SPIF), provides an opportunity for Ridgefield seniors to share a day in the life of a high school student. You will attend classes with your high school buddy and enjoy lunch prepared and served by the students in the Culinary Arts program. This trip is open to residents of Ridgefield. ***Participants will meet at RHS.***

Wednesday, April 11                      9:15AM-1:00PM                      No Charge

#### Grounds for Sculpture

This 42-acre public sculpture park, located in Hamilton, NJ, was founded in 1992 on the site of the former New Jersey State Fairgrounds by J. Seward Johnson to promote an understanding of and appreciation for contemporary sculpture for all people. Participants will enjoy the outdoor permanent collection displayed in the 35-acre arboretum as well as indoor seasonal exhibitions.

Fee includes transportation, admission to the grounds and a boxed lunch to enjoy on the grounds. Wear comfortable shoes as there will be considerable walking on this outing.

Tuesday, May 1                      8:30AM-7:00PM                      Fee: \$60/\$72NR

## FOUNDERS HALL SPRING 2012

#### Foxwoods Casino

This trip includes transportation and coupons for food and gambling.

Monday, May 7                      8:00AM-6:00PM                      Fee: \$27/\$32NR

#### Hairspray at Westchester Broadway Theatre

"Hairspray is the musically rockin' story of Tracy Turnblad. Winner of 8 Tony Awards including Best Musical, Hairspray features a heart pounding score" and lots of fun. Trip fee includes transportation, lunch and show.

Thursday, May 24                      9:45AM-5:00PM                      Fee: \$78/\$94NR

**\*\* Please note that trips will depart from the Congregational Church lot just off Main Street in Ridgefield. You must park in the rear lot of the parking area.\*\***

**A minimum of 30 registrants is required for each trip.**

### Travels with Founders Hall

#### Northern Maine and Quebec City Adventure

Travel by deluxe motor coach to beautiful Moose River, Maine and charming Quebec, Canada. The trip includes 5 nights lodging in first class hotels, 3 breakfasts, 4 lunches and 4 dinners as well as sightseeing excursions in Quebec. The maximum number of travelers is 32. Trip brochures with dates and pricing and special registration forms will be available at the front desk.

## 2012 FITNESS AND YOGA PROGRAM

*The Fitness Program is sponsored by  
The Paul and Johanna Laszig Trust and Barker Welfare Foundation*

**Fitness and Yoga classes are offered on a monthly basis. Registration for 2012 Fitness Classes opened in October 2011. Please call regarding availability.**

### Aerobics

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

Section 1 Mon./Wed./Fri. 8:30-9:20AM

Section 2 Mon./Wed./Fri. 9:20-10:10AM

Section 3 Mon./Wed./Fri. 10:10-11:00AM

Instructor: Cheryl Freeman Fee: \$30/\$36NR per month

### Aquacize

This low-impact water exercise program uses flotation devices to improve joint flexibility, relieve pain and stiffness, and tone muscles.

Tues./Thurs. 9:30-10:30AM Location: Parks & Recreation

Instructor: Parks & Rec Staff Fee: \$30/\$36NR per month

### Core

Pilates approach will be used in this core strengthening program. Stretching and use of free weights will strengthen the overall body as well as improve flexibility and balance. The class will use both mats and chairs.

Mon./Wed. 3:30-4:30PM

Instructor: Patti McEvoy Maloney Fee: \$30/\$36NR per month

### Strength and Balance

A challenging exercise program that uses free weights and other tools in standing, sitting and floor workout routines to strengthen abdominal and lower back muscles, increase flexibility and improve body alignment. Participants must be able to use floor mats.

Beginner Mon./Wed./Fri. 12:05-1:00PM

Section 1 Mon./Wed./Fri. 11:05AM-12:00PM

Section 2 Mon./Wed./Fri. 1:05-2:00PM

Begin and Section 1 Instructors: Robin Brown and Susan Consentino

Section 2 Instructor: Patti McEvoy Maloney Fee: \$30/\$36NR per month

## 2012 FITNESS AND YOGA PROGRAM

### Stretch and Flex

This mostly-seated workout addresses the full body, focusing on flexibility and range of motion. This positive-attitude exercise approach incorporates lifting, reaching, stretching and breathing exercises which can make even everyday activities easier.

Mon./Wed. 2:15-3:15PM

Instructor: Colleen Cugine Fee: \$30/\$36NR per month

### Tai Chi

This "soft" form of martial arts is considered a safe and effective isometric exercise. Tai Chi can help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

Beginner Mon./Fri. 8:30-9:15AM Fee: \$25/\$30NR per month

Advanced Beginner Mon./Fri. 9:15-10:00AM Fee: \$25/\$30NR per month

Intermediate Tues./Thurs. 12:00-1:00PM Fee: \$30/\$36NR per month

Instructor: Mari Lewis

### Introduction to Tai Chi

This introduction class meets once a week and will focus on the basics of Tai Chi in a workshop-like format.

Wed. 8:30-9:30AM Fee: \$10/\$12NR per month

Coaches: Diane Kerner and Dinah Sours

### Yoga and Relaxation

Yoga is the original mind-body workout. The postures help align your muscles and bones promoting a sense of unity and balance. When your body feels balanced, so does your mind. The exercises in this class are on floor mats.

Section 1: Tues./Thurs. 8:30-9:45AM

Section 2: Tues./Thurs. 9:45-11:00AM

Instructors: Supriya Swerdlick Hermenze and Liz Wendel

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

### Seated Yoga

Stretching, breathing techniques and relaxation are the focus of this seated yoga class.

Tues./Thurs. 11:00-11:50AM Fee: \$25/\$30NR per month

Instructors: Supriya Swerdlick Hermenze and Liz Wendel

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

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