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**2023 Programs are as follows:**

**Art Class**

Come and make art with us on Wednesday nights! SPHERE artists work in a variety of media including drawing, painting, and collage. Projects range from the creation of large-scale works of art suitable for framing, to smaller, seasonally themed cards and crafts. What remains consistent is the wide range of personal expression, style and variety that each member brings to each project!

* Wednesday Evenings
* 6:30 p.m. to 8:00 p.m. – SPHERE Shop, 421 Main Street
* Run by Megan Marden – [megmarden@gmail.com](mailto:megmarden@gmail.com)
* **Capped at 15 Members**
* **Fee - $100 Payable Now**

**Walking Club (weather permitting)**

Walking Club is open to all SPHERE members who love to get outside and be active. The group meets at the top of the Ridgefield Library Parking Lot in Ridgefield and walks around town visiting places like The Aldrich Museum. Walkers have pleasant conversations and camaraderie while getting their blood pumping. Sometimes volunteers even bring their dogs along for the fun.

* To be Determined Weekly
* Ridgefield Library Parking Lot (across from Ballard Green)
* Run by Arlene Litt - [arlene.litt@att.net](mailto:arlene.litt@att.net)
* **Fee: Free**

**SPHERE-It Creations**

This night involves exploring what can be created out of beads, clay, metal, leather, and other items.  Artists discover the satisfaction of creating jewelry and other adornments, ornaments, home decor, and other items that will ultimately be sold in the shop at 421 Main Street, festivals, and an exclusive boutique.  The group works with trained jewelers and volunteers to finesse their skills. Jewelry creations are also sold on Etsy.

* Tuesday Evenings
* 6:30 - 8:30 p.m. – SPHERE Shop, 421 Main Street
* Run by Wendy Lionetti – [lionden5@comcast.net](mailto:lionden5@comcast.net)
* **Capped at 15 Members**
* **Fee: $75 Payable Now**

**Next Chapter Book Club**

The premise is simple. A group of adults and older teens with IDD, along with two trained facilitators, gather weekly or bi-weekly for one-hour in a local public library, bookstore, coffee shop, café, or similar public establishment to read aloud and discuss a book. Anyone can participate, whatever their reading or ability level. NCBC members range from those who read proficiently to those who cannot read at all. (Currently all meetings are in Zoom; registrants will receive the link from the Ridgefield Library.)

Members, as a group, determine all aspects of their participation in NCBC meetings (i.e., book selection) and are encouraged to express their opinions, wants, and needs.

* Monday Evenings via Zoom
* 6:30 - 7:45 p.m.
* Run by Andy Forsyth at [ALForsyth@ridgefieldlibrary.org](mailto:ALForsyth@ridgefieldlibrary.org)

and Jill Barberie – [jilledelman@gmail.com](mailto:jilledelman@gmail.com)

* **Fee: Free**

**Cooking Club**

SPHERE’s Cooking Club is an interactive program that encompasses all aspects of cooking. Classes will include different recipes that will be prepared and enjoyed family style by the members.  Meeting most Wednesdays at Ridgefield Academy, this club is capped at nine (9) members per week.  Due to the increase in security on the school's grounds, we cannot accommodate any late arrivals.  If you cannot attend the week's class, we ask that you please send an email to one of the program leads - the attendance at each class determines how much shopping our volunteers must do!

Please let us know if you have any food allergies so we can adjust recipes accordingly.

* Wednesday Evenings
* **2023 Dates** January 11 and 25; February 8 and 22; March 1, 8, and 29; April 12 and 26; May 3, 17 and 31; and June 7
* 6:30 - 8:00 p.m. - Ridgefield Academy, 223 West Mountain Road
* Run by Michele Barricelli - [michele.barricelli@gmail.com](mailto:michele.barricelli@gmail.com)

and Lauren Radigan - [laurencalrad@gmail.com](mailto:laurencalrad@gmail.com)

* **Capped at 9 Members**
* **Program Closed**

**Performing Arts**

Rehearsals will begin to prepare for SPHERE’s next musical which will be performed in the fall of 2023 (to be announced soon!). Please join Emily Pambianchi, our Performing Arts lead, and a group of encouraging volunteers, for another exciting year filled with acting, singing, dancing, friendship, and fun!  Members will also benefit from our amazing partnerships with ACT of CT, Ridgefield Symphony Orchestra, the Ridgefield Chorale, and Ridgefield Conservatory of Dance, just to name a few.

·       Thursday Evenings

·       6:30 - 8:30 p.m. - Jesse Lee Memorial Church, 207 Main Street, Ridgefield, CT

·       Run by Emily Pambianchi – [emily.pambianchi@gmail.com](mailto:emily.pambianchi@gmail.com)

**·       Fee: $150 Payable Now**

**Bingo**

Bingo is held multiple times per month on a rotating schedule. Sessions may be held on Friday afternoons, Sunday afternoons, or Monday evenings.  Be the guest caller, play a few cards, win a game, support a friend, and make new friends.

* Rotating Schedule
* Run by Arlene Litt - [arlene.litt@att.net](mailto:arlene.litt@att.net)
* **Fee: No fee to attend but $2 for your first bingo card, $1 for each additional card**

**Board Games**

Game Days will occur once a month at 421. Play Board Games like Uno, Sorry, Aggravation and others with your friends!

* Sunday Afternoons or Monday evenings - will be scheduled monthly (times may vary)
* Run by Arlene Litt - [arlene.litt@att.net](mailto:arlene.litt@att.net)
* **Fee: Free**

**SPHERE *Talks***

Our new series of educational workshops offers “hands-on” learnings about important topics affecting our members’ well-being and everyday living.  While our audience is primarily our SPHERE members, we also invite members’ families, caretakers and our own volunteers to participate when *Talks* topics are relevant to them too.

*Talks* workshops currently under development for 2023 with our first one to be held on January 19th at RVNAHealth.

* To Be Determined
* Four to Six times/year during the evenings (6:30 to 8:30 pm)
* Run by Caitlin Granucci – [caitlina.schneider@gmail.com](mailto:caitlina.schneider@gmail.com)
* **Fee:  Free**

**SPHERE Squad**

The SPHERE Squad is our members’ own planning group, offering all of our SPHERE members an opportunity to voice their ideas about new SPHERE activities and, in turn, helping to make those SPHERE events happen!  We meet about once a month and all SPHERE members are invited to participate.  In the past, our SPHERE Squad has helped to plan and run our Holiday, Valentine’s Day, and Halloween parties!  Our Squad is also responsible for SPHERE’s birthday card mailing.

* Held once a month
* Dates and times vary depending on the meeting night – see SPHERE Weekly

for details

* Run by Caitlin Granucci – [caitlina.schneider@gmail.com](mailto:caitlina.schneider@gmail.com)
* **Fee:  Free**

As a reminder, all active SPHERE Members are invited to participate in Bingo on Fridays and Sundays at 421Main Street (participants must pay $2 for the first card and $1 for any additional card to play).

SPHERE Walking Club will be also a fee-free way to stay involved in SPHERE and stay in shape!  Walking Club will resume in the Spring if there is an interest.

Membership also permits SPHERE Members to participate in other SPHERE activities, such as the SPHERE-wide celebrations, SPHERE Squad and Talks, Field Trips, and special events. **You must be a member to also participate in any of the free programs (which includes our celebrations).**