Additional Spring 2020 Florida Courses

Unless otherwise noted, all courses have a $10 fee (non-refundable and non-transferable). All courses and seminars are held at the UFT-RTC Florida Office, 3200 North Military Trail/Suite 100, Boca Raton, FL 33431.
Phone: 1-561-994-4929

**MONDAYS**

**FS 108 EXPLORING WATERCOLOR: BEGINNER-INTERMEDIATE** Learn the many moods and techniques of this versatile, popular medium. Explore laying down washes, glazing, color mixing and composition along with tips on drawing and design. Constructive critiques and references to art history will help each student arrive at an individual style of self-expression in a supportive environment. Materials list sent prior to class. March 16, 23, 30; April 6, 20, 27. 10-1. A. Lovitt

**TUESDAYS**

**FS 212 CANDANCE IN LINE: LINE DANCING** Want to help improve brain function, cardiovascular health, balance, flexibility, strength and muscle function while having a fun time? Learn the basic steps, put them into patterns while dancing to a variety of music. New dances added weekly. The level of dances will be determined by the ability of the group. Wear comfortable clothing and shoes. Bring water to hydrate. March 10, 24, 31; April 7, 21, 28. 10-12. C. Seger

**WEDNESDAYS**

**FS 311 CHAIR YOGA/MEDITATION: ALL LEVELS** Explore a combination of postures, breathing and meditation to help create better harmony between your body, mind and spirit. Practice poses while sitting in a chair or using a chair for assistance in some standing poses. Anyone can do it! Dress comfortably. Bring towels or blankets for extra cushioning. March 18, 25; April 1, 8, 22. 10-11:30. P. Vitucci
Florida Seminars

Unless otherwise noted, all seminars have a $2 fee (non-refundable and non-transferable). Write a check(s)/money order(s) for the FS seminars. All courses and seminars are held at the Florida Office, 3200 North Military Trail/Suite 100, Boca Raton, FL 33431. Phone: 1-561-994-4929

FS 815 WREATH MAKING Want to be the envy of your neighbors? Hang a beautiful, hand-made wreath on your front door. Focus on a seaside theme as we celebrate retirement in sunny Florida. Have fun gathering the right embellishments to make something fabulous and unique. No prior knowledge is necessary. $12 includes registration and materials. Thursday, April 2. 10-12. M DeSimone

FS 816 INTRODUCTION TO STAINED GLASS Learn a new craft that can be fun and exciting! Dabble in Stained Glass at a beginner level without a big investment. Learn glass cutting, grinding, soldering and framing as well as design and layout of windows and more. Everything you need for your first copper foil stained glass window will be included; allowing you see if you want to go forward in the craft. $67 includes registration and materials. Three Thursday sessions: March 12, 19 & 26. 10-1. R Schmidt

UFT RTC Welfare Fund Retiree Programs Florida Section Registration Form

CHECK ONE: □ UFT MEMBER  □ SPOUSE

CHECK ONE: □ NYSUT   □ AFT  □ PSC

Make checks payable to: UFTWF RETIREE PROGRAMS

Mail to: UFT-RTC Florida Office, 3200 No. Military Trail, Suite 100, Boca Raton, FL 33431

Name: ________________________________________

S.S. # (last 4 digits) or UFT Member ID # (6 digits): ________________________________________

Address:__________________________________________________________

City:__________________________________________________________ State:____ Zip Code:________________________

Email:____________________________________________________________

Spouse Name (if attending): __________________________________________

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