• Registration deadline: Friday, August 14, 2020

All registration MUST and be received WEEK

Mondays Tuesdays Wednesdays Thursdays Fridays
1 9/14/20 9/15/20 9/16/20 9/17/20 9/18/20
3 — 9/29/20 9/30/20 10/1/20 10/2/20
4 10/5/20 10/6/20 10/7/20 10/8/20 10/9/20
5 — 10/13/20 10/14/20 10/15/20 10/16/20
6 10/19/20 10/20/20 10/21/20 10/22/20 10/23/20
7 10/26/20 10/27/20 10/28/20 10/29/20 10/30/20
9 11/9/20 11/10/20 — 11/12/20 11/13/20
10 11/16/20 11/17/20 11/18/20 — —

• There will be no classes on the following days:
  Yom Kippur – Monday, September 28
  Columbus Day – Monday, October 12
  Election Day – Tuesday, November 3
  Veteran’s Day – Wednesday, November 11

INTERSESSION CLASS SCHEDULE

Start date: Tuesday, January 5, 2021
End date: Thursday, February 4, 2021

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays
1 — 1/5/21 1/6/21 1/7/21 —
2 — 1/12/21 1/13/21 1/14/21 —
3 — 1/19/21 1/20/21 1/21/21 —
4 — 1/26/21 1/27/21 1/28/21 —
5 — 2/2/21 2/3/21 2/4/21 —

All registration MUST be received BY MAIL ONLY and sent to:

UFTWF Retiree Programs
Si Beagle Learning Centers
52 Broadway, 17th Floor
New York, NY 10004

Please note: We CANNOT check to see if we received your registration. Allow eight weeks for processing from the date we receive it in the office.

Any other questions, please call the main office at 212-510-6310 from July 6, 2020-September 4, 2020.

All courses are held REMOTELY from your own home. We are using the Zoom platform to meet, greet and interact. Please download the Zoom app. You will receive an email invite from your instructor to join the class on Zoom with the necessary links.

You MUST have an up-to-date email address and telephone number on file with the UFT Membership Department. If this information has changed, please contact the UFT Membership Department at 212-701-9690. We need this information in order to contact you.

• ELIGIBILITY /REGISTRATION FEES
  UFT retirees will be registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.
  • All checks/money orders must be made payable to UFTWF RETIREE PROGRAMS (no cash accepted).
  • Use the appropriate registration coupons for all courses and seminars and Intersession programs.
  • There is a $10 fee for each course, and $2 for each seminar. All fees are NON-REFUNDABLE and NON-TRANSFERABLE.

• REGISTRATION PROCEDURE
  Each registrant must COMPLETE an entire registration coupon(s) with their name, member ID number (6 digits), address, phone number, email address and course information.
  • You must send separate checks and registration coupons for Fall 2020 and Intersession 2021.
  • Provide the correct codes and titles of the courses/seminars on the registration coupon as well as the memo section of the registrants checks/money orders.
  • Spouses, registered domestic partners, UFT, NYSUT and PSC members are wait-listed. Do not enclose a payment for them.
  • Provide a separate coupon for your spouse if he/she is registering. If a spouse/registered domestic partner is not registering for any of the programs, do not write his/her name in the line provided.
  • Each registrant must pay with his/her own checks/money order made payable to UFTWF Retiree Programs. Enclose payment with the registration coupon.

• DO NOT staple or tape your check to your registration form.
• DO NOT send checks/money orders without a coupon.
• MEMBERS CANNOT PAY FOR OTHER MEMBERS.

• COURSES
  The maximum number of courses you may register for is four during remote learning only.
  • You MUST register for the course(s) in advance. We will not accept payment the day of the course.
  • Courses have a $10 non-refundable and non-transferable fee.
  • Write one check/money order for courses.

In addition to the three courses you may register for:

• SEMINARS
  Unless otherwise noted in the description, seminars have a $2 non-refundable and non-transferable fee.
  • You MUST register for all seminars in advance.
  • Write one check/money order for seminars.

NB: View Si Beagle offerings online at www.uft.org. Click chapters/retirees/programs, then scroll to bottom of page to view the Si Beagle and download coupon to send it in for registration.

**There will be NO trips, dine arounds, theatre experience and special events this semester.

• GENERAL INFORMATION
  Your course selection coupon will be stamped either with a green “ENTERED” or a red “SOLD OUT” SEMINAR FULL” and returned to you in the mail. If your coupon is stamped in red it indicates that you will not be admitted and your name will be put on a WAIT LIST. WAIT LISTED retirees, registered domestic partners, AFT, NYSUT and PSC members will be notified of course openings by a Retirees Programs staff member according to the date registration was received.
  • Refunds/Overpayments will be issued in six to eight weeks.
  • We reserve the right to cancel any course that has fewer than 15 students registered before the first session.
  • Registered students will be notified and issued full refunds.

KEEP THIS ISSUE!
After you have sent in your registration, keep this issue as a reminder of the dates of your courses.

RETIREE PROGRAMS DEPARTMENT
Michael Mulgrew President, UFT • Tom Murphy Chapter Leader, UFT-RTC • Debra Penny UFT Liaison to the RTC • Gino Ginstra Director, UFTWF Retiree Programs
Lynn Lonponso, Assistant Director, UFTWF Retiree Programs • Christopher Chin, LMSW, Director, UFTWF Retiree Social Services

BOROUGH LEARNING CENTERS

UFT BRONX LEARNING CENTER 2500 Halsey St., Bronx, NY 10461 • (718) 862-6003/4/8/7187862-6008/71882-6009 • Cheryl Ring-Howard, Robert Fernandez and Elizabeth Harris, Coordinators
UFT BROOKLYN LEARNING CENTER 335 Adams St., 24th Floor, Brooklyn, NY 11201 • (718) 722-6961/718722-6962 • Evelyn Dorell, Earika Oliver and Cheryl Richardson, Coordinators
UFT MANHATTAN LEARNING CENTER 50 Broadway, 2nd Floor, New York, NY 10004 • (212) 510-6478/212510-6479 • Joseph Baumgart, Carolyn Green Lambert, Carol McElracy and William Richarson, Coordinators
UFT QUEENS LEARNING CENTER 118-35 Queens Blvd., 8th floor, Forest Hills, NY 11375 • (718) 830-5711/718830-5710/718830-5715 • Luchie Canlas, Laurie Kingsberry-Ford, Margie Stahl and Ray Taruskin, Coordinators
UFT STATEN ISLAND LEARNING CENTER 4456 Amboy Rd., Staten Island, NY 10312 • (718) 569-4014/718-569-4028 • Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci and William Richardson, Coordinators

OUTREACH SECTIONS

UFT NASSAU SECTION Nina Tribble, Coordinator • (516) 350-0978 • UFT NEW JERSEY SECTION Lynn Lospenuso, Coordinator • (908) 733-0013

UFT SUFFOLK SECTION Nina Tribble, Coordinator • (516) 350-0978 • UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION Rosanna Nasti, Coordinator • (914) 966-8873
QUICK GUIDE FOR ZOOM USERS
FOR SPECIFIC DIRECTIONS, PLEASE GO TO YOUTUBE OR ZOOM AND WATCH THE HOW-TO VIDEOS):

- Creating your own Zoom account – Sign up for a free account and enter your email address. You will receive an email from Zoom. In this email, click Activate Account.
- Signing in to your Zoom account on the web – Go to zoom.us/signin. When you sign-in you can update your profile, schedule a meeting, edit your meetings and more.
- Scheduling your first meeting/Starting a test meeting – Sign in to Zoom; click meetings; click schedule a meeting; choose date and time for meeting; click save. Join a test Zoom meeting to familiarize yourself with Zoom and to test your microphone/speakers before joining a Zoom meeting. Visit zoom.us/test and click Join.
- Starting your first meeting as the host/Inviting others to join your meeting—Your upcoming meetings will be listed in the Meetings tab on your desktop client or mobile app. Login to My Meetings; click which meeting to start; the zoom client should launch automatically to start the meeting. Share the invitation or join link. You can do this after scheduling your meeting by clicking Copy the invitation to have others join your meeting.
- To Join another user’s Meeting (this will happen during Si Beagle courses/seminars) – You will receive an email with recurring dates from the instructor. Click the join link that he/she has provided or you can go to Zoom and enter the Meeting ID and password for that course. How to join via different platforms:
  1. Windows/Mac: Open the Zoom desktop client. Join a meeting using either join a meeting (without signing in) or sign in then click Join. *Enter meeting ID number and your display name – if you’re signed in, change your name if you don’t want the default name to appear; or if you’re not signed in, enter a display name; Select if you would like to connect to audio and/or video and click Join.
  2. Android: Open the Zoom mobile app (it can be downloaded from Google Play Store). Tap Join a meeting (without signing in) or sign in to zoom in then tap Join. *Follow directions as above.
  3. IOS: Open the Zoom mobile app (it can be downloaded from the App Store). Tap Join a meeting (without signing in) or sign in to Zoom then tap Join. *Follow directions as above.
  4. Web Browsers –
    - Google Chrome: Open Chrome; Go to join.zoom.us; enter meeting ID provided by host/organizer (instructor in this case); click join; if this is the first time joining from Google Chrome, you will be asked to open the Zoom client to join meeting (you can check always open these types of links in the associated app to skip this step in future); click open Zoom meetings (PC) or open zoom.us (Mac).
    - Safari: Open Safari; go to join.zoom.us; enter meeting ID provided by host/organizer (instructor in this case); click join; when asked if you want to open zoom.us click allow.
    - Microsoft Edge/Internet Explorer: Open Edge or Internet Explorer; go to join.zoom.us; enter meeting ID provided by host/organizer (instructor in this case); click join.
    - Mozilla Firefox: Open Firefox; go to join.zoom.us; enter meeting ID provided by host/organizer (instructor in this case); click join; if this is the first time joining from Firefox, you will be asked to open Zoom or Zoom installer package.
  5. EMAIL: This is the most popular platform in which to join a class/seminar for our programs. You will receive an email from the instructor. It will ask you to respond, Yes, No, Maybe. It will then go on your calendar. Depending on your default web browser, you may be prompted to open Zoom. Hit allow. You are then in the class.

CANASTA PARTICIPANTS
Since we are unable to have Canasta courses during remote learning, we suggest you utilize your skills on a social media gaming app where you will be able to play in a private virtual room with your friends or other players at your level.
You can try canasta-club.com (app is free – 1 week premium membership - $1.99; 1 month premium membership is $4.49; 1 year premium membership is $45.99, cancel anytime).

MAH JONGG PARTICIPANTS
Since we are unable to have Mah Jongg courses during remote learning, we suggest you utilize your skills on a social media gaming app where you will be able to play in a private virtual room with your friends or other players at your level. You can try mahjong.com (free for first 100 deals; or premium is $13.99/month unlimited play, cancel anytime).

BRIDGE PARTICIPANTS
Since we are unable to have Bridge courses during remote learning, we suggest you utilize your skills on a social media gaming app where you will be able to play in a private virtual room with your friends or other players at your level. You can try funbridge.com (free for first 100 deals; or premium is $13.99/month unlimited play, cancel anytime).

ANNUAL BENEFITS MEETINGS 2020-2021
These meetings will be held REMOTELY for 2020-2021. The meetings include: Bronx, Brooklyn, Manhattan, Queens, Staten Island, Nassau, Suffolk, Westchester/Rockland/ Putnam; New Jersey; Florida; Atlanta; North Carolina; Las Vegas; Washington, D.C. and Puerto Rico. Dates and times of these meetings will be provided this Fall.

COURSES
Courses begin on Monday, September 14 and conclude Wednesday, November 18.
There is a $10 fee for courses. Unless otherwise noted, seminars have a $2 fee.
These fees are non-refundable and non-transferable.
The courses are held REMOTELY from your own home. We are using the Zoom platform to meet, greet and interact. Please download the Zoom app. You will receive an email invite from your instructor to join the class on Zoom with the necessary links. Also, make sure that your email address and phone number are up to date with the UFT Membership Department.
DISCLAIMER: “You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do at your own risk, are voluntarily participating in these activities, assume all-risk of injury to yourself, and agree to release and discharge the UFTWF from any and all claims or causes of action.”

NASSAU/ SUFFOLK SECTIONS

MONDAY

2 / SI BEAGLE LEARNING CENTERS PROGRAM


NF 102 ZOOM FOR BEGINNERS Are you feeling challenged about using Zoom? Learn all the steps to start and manage a Zoom session. Feel comfortable and safe using Zoom and enjoy live video interaction. Stay connected to friends and family! Three sessions: Oct. 26; Nov. 2 & 9. 10-12. R. Demers.

TUESDAY

NF 201 LINE DANCING WITH SOUL FOR BEGINNERS Line dancing with soul is similar to country except it’s performed to soul, funk, R&B, hip hop, pop and gospel music. Have fun and relieve stress while you keep physically and mentally active. No partner or experience necessary. Modifications for those with physical limitations. A means to better health for people of all ages. Wear comfortable clothing and shoes. 10-11. R. Hogans.

NF 202 LINE DANCING WITH SOUL FOR BEGINNERS Line dancing with soul is simi-
lar to country except it's performed to soul, funk, R&B, hip hop, pop and gospel music. Have fun and relieve stress while you keep physically and mentally active. No partner or experience necessary. Modifications for those with physical limitations. A means to better health for people of all ages. Wear comfortable clothing and shoes. 11:15-12:15. R. Hogans.

**UFO 201 BROADWAY BALLADS & SHOWSTOPPERS** Revist many of the outstanding numbers that continue to captivate and delight audiences worldwide. By means of video clips and rare original cast performances be enthralled by the songs of Cole Porter, George Gershwin, Richard Rodgers, Irving Berlin and others. Some of the works include: *The Phantom of the Opera, Anything Goes, My Fair Lady, Porgy and Bess* and more. Learn more about the origin of these shows and the casting and production decisions that made them a success. Seven sessions: Sept. 15, 22, 29; Oct. 6, 13, 20, 27. 10-12. R. Knox.

**UFO 805 THE ART OF GREAT FILM DIRECTING** When moviegoers reflect upon and discuss those elements which contributed to their enjoyment of a film, often overlooked is the work of the most important individual on the set - the director. Video clips from a variety of classic movies will demonstrate how essential good direction is to the overall film experience. Examine how great directors (past and present) make use of key elements such as montage, tracking, effective editing techniques and musical cues. Two Thursday sessions: Sept. 24; Oct. 1, 1-3. $4. R. Knox.

**UFO 806 REVISITING RODGERS & HAMMERSTEIN’S CAROUSEL** The year, 2020 marks the 75th anniversary of one of the signature shows in the history of American musical theater – Rodgers & Hammerstein’s Carousel. Explore the origins of the show, its transformation into a musical and the controversy surrounding the casting of the 1956 film version. Included are archival interviews with Richard Rodgers and Oscar Hammerstein, and director Nicholas Hytner whose 1992 revival won great critical acclaim. Revisit again in the outstanding performances of many of the songs including You’ll Never Walk Alone, Bill and If I Loved You. Thursday, Oct. 15, 10-12. R. Knox.

**UF807 THE BEATLES SWAN SONG** The Beatles had 13 albums in their core catalog and Let It Be was the last album released. Why do Beatle fanatics and historians consider Abbey Road their final album? How did The Beatles almost break up then magically put together an amazing concert on the rooftop at Apple Studios and the many reasons the Beatles still managed to give us a memorable and unique final "public" performance even though they were coming apart at the seams. Delve into the clues given to us on Abbey Road and listen to some great music and viewport some terrific videos. Three Wednesday sessions: Oct. 14, 21, 28. 1-3. E. Sinclair.

**WEDNESDAYS**

**NF 301 REACHING TOWARDS YOUR BETTER & BEST SELF** Enjoy participating interactively while the instructor shares a variety of techniques and practices that are proven methods to feel better and stay stronger while decreasing stress. Focus on learning self-hypnosis, power of breath, meditation and emotional freedom techniques. 10-12. R. Demers.

**NF 401 BEGINNING CANASTA, GET IN THE GAME!** Learn the basic skills, rules and strategies of Canasta. After taking the class, you will be able to sign onto a social media gaming app and/or play with friends, utilizing the skills you have learned. Supplies needed: two packs of regular playing cards. Five sessions: Sept. 17 & 24; Oct. 1, 8 & 15. 12:30-2:30. A. Seligson.

**NF 402 THE BASICS OF MAH JONGG FOR SOCIAL MEDIA** Learn the basics of Mah Jongg and how to play by the rules of the National Mah Jongg League. After taking the class, you will be able to sign onto a social media gaming app and/or play with friends and utilize the skills you have learned. Supplies needed: a Mah Jongg set and the current 2020 Mah Jongg card. Four sessions: Oct. 22 & 29; Nov. 5 & 12. 12:30-2:30. A. Seligson.

**NF 403 BRINGING LIFE TO ART & ART TO LIFE** The instructor will meet you wherever you are and celebrate and validate the richness of what IS through his exploration of art. A variety of media is used to illuminate the Afro Centric experience as well as honor the commonalities between cultures of the world. Topics include the metaphor of the ladder, art collecting, presenting the work of 90+ year old artists, the virtual coffee house, as well as the virtual gallery. Guest speakers include Musa Hixson, sculptor and professor of fine arts; Steven Abruzzese organizer and best-selling author, Jamie Applebaum.

**NEW JERSEY SECTION**

**WEDNESDAYS**

**WF 401 SERAFINA’S KITCHEN** Join Serafina in her kitchen as she teaches you how to prepare delicious Fall specialties. Step-by-step instructions to prepare delicious and simple dishes. Your list will be e-mailed to participants. 11-12. Five sessions: Sept. 17; Oct. 1, 15, 29; Nov. 12. S. Cerrati-Bates.

**WF 402 JAZZ HISTORY & APPRECIATION** Discuss the history of Jazz and its precursors through the late 20th century. Discuss and listen to Duke Ellington, Dizzy Gillespie, Louis Armstrong, Miles Davis and many, many more. 1-3. S. Cabot.

**FRIDAYS**

**WF 501 ZOOM FOR BEGINNERS** Are you feeling challenged about using Zoom? Learn to start and manage a Zoom session. Feel comfortable and safe using Zoom to enjoy using live video interaction to stay connected to family and friends. Four sessions: Sept. 18, 25; Oct. 16, 23. 10-11. R. Demers.
**BRONX**

**MONDAY**

**XF 101 BASIC STITCHES FOR CROCHETING, KNITTING & MORE** If you’re interested in thread arts this class is for you. Beginner or advanced, you will learn crocheting, knitting, looming, or any other thread art. Beginners - have light colored #4 worsted yarn and US 10 or 11 knitting needles or circular or long loom set for first class. All others may bring your UFOs (unfinished objects) or materials for a project of your choice. 10-12. C. Pratt.

**XF 102 LET’S MOVE!** Moderate exercises for those who want to improve their fitness, mobility, strength, balance and general health and wellness. Tips on better sleep, nutrition, and health will be discussed. Have light hand weights and exercise bands for class. 10-12. M. J. Strauss.

**XF 103 OPERA** Great operatic arias in any languages and styles featuring audio and video excerpts sung by a variety of renowned opera companies around the world. Comparative performances included via Zoom. 10-12. J. Dzik.

**XF 104 QUILTING FOR FUN** Work on various quilting projects using hand sewing or machine sewing. Introduce new patterns and quilting techniques. 10-12. C. Hoist.

---

**THURSDAY**

**XF 401 AGELESS GRACE** A fitness and wellness program performed while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength. 10-11. M. Stevenson.

**XF 402 JEWELRY MAKING** Learn the skills to create unique and beautiful beaded jewelry for yourself and/or gifts for others. Beginners and advanced online zoom instructions and emailed projects provided. Be social while having fun learning and expanding your creativity. 10-12. R. Demers.

**XF 403 SENIORS NEED TO EXERCISE** Feel better and stronger with simple seated and standing exercises that improve strength, balance, mobility and flexibility. Have resistance bands and weights for class. 10-12. M. Aybar.

**XF 404 ADVANCED BEGINNERS PIANO** A continuation of beginning piano. Knowledge of basic theory and keyboard is required. Explore more challenging pieces from the classical and jazz repertoire. Students will study basic chord structure and jazz harmony. 12:30–2:30. N. Zamcheck.

---

**FRIDAY**

**XF 501 MIDDLE EASTERN DANCE** Enjoy Arabic, North African and Turkish dance movements while listening to inspiring music from these regions. All levels. 10 – 12. A. Beeman.

**XF 502 SCRAPBOOKING & PHOTOGRAPHY** Use your photos from your smart phone and turn those pictures into a scrapbook of wonderful memories. Incorporate the use of markers, embellishments and handwritings to create your pages. 10–12. J. Parker.


**XF 504 AEROBIC EXERCISE** For the young at heart! Low impact aerobic exercises which include stretching and toning to your favorite tunes. 12:30-2:30. J. Parker.

**XF 505 CHAIR YOGA** A gentle form of yoga practiced sitting in a chair or standing using the chair for support. Helps build a stronger body, mind and spirit. All levels. 12:30–2:30. A. Beeman.

**XF 506 INDEPENDENT FILM DIRECTORS** Watch a film. Discuss the film and work, actors, choice of script, cinematography, special effects and lighting. 1:10-3:30. D. Hartstein.

---

**TUESDAY**

**KF 201 BEGINNING JEWELRY MAKING** Learn the basic beginner techniques of making beaded jewelry: wire wrapping, bead stringing and stitching, crimping and more. Supplies needed: assortment of beads (3-6mm diameter, enough to string a bracelet or necklace length), Stretch Magic elastic cord (0.7 mm diameter), beading cord such as Griffin Nylon with attached needle (#4.5 or 6), scissors, clasp of your choice and small jump rings to match your clasp. 10 – 12. K. Koppinger.

**KF 202 INTERMEDIATE/ADVANCED BRIDGE** Basic training to improve playing skills. 10 – 12. R. Goldman.

**KF 203 SKETCHING & DRAWING** Elements of design using various graphic materials. Supplies needed: 11” x 14” Strathmore drawing pad, HB pencil and kneaded eraser. 10 – 12. E. Comins.

**KF 204 INTERMEDIATE/ADVANCED SEED BEADING** Create handmade jewelry using the art of seed beading. Must know basics of seed beading techniques. Supplies needed: 2 colors of size 11/0 beads, size 10 beading needle, Toho 1G Nymo beading thread, lobster claw or similar size clasp. NOT FOR BEGINNERS. 12:30 – 2:30. K. Koppinger.


**KF 206 INTRODUCTION TO MANDARIN CHINESE** Learn to speak Mandarin Chinese. 12-30 – 2:30. C. Ng.

**KF 207 WATERCOLOR WORKSHOP** Various techniques of watercolor are explored. Supplies needed: 9” x 12” watercolor pad (cold-pressed), set of watercolor transparent paints, #8 round brush, 1 inch flat brush and 1/4 inch artist’s tape. 12:30 - 2:30. E. Comins.

**KF 208 ZUMBA GOLD** Focus on toning and improving muscle strength, posture, mobility and conditioning. 12:30-2:30. B. Seyeh.
**FRIDAY**

MF 501 BEADWEAVING FOR BEGINNERS
Learn the basics of beadweaving stitches in order to create lovely and original pieces of jewelry from bracelets to necklaces, earrings and brooches.

MF 502 ASIAN BRUSH PAINTING
Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. All levels. Supplies needed for first class: rice paper, Sumi ink and brushes. 10:00–12:00. P. Siudzinski.

MF 503 PLAYWRITING
Includes exercises to write, to find ideas for your play, and to learn theatrical conventions and vocabulary. 10-12. K. Solway.

MF 504 INTERNATIONAL CINEMA
View and discuss thought-provoking films from various countries around the world. 12:30–2:30. J. Worth.

MF 505 RETIREE READ BOOK CLUB – GROUP B
Read and discuss one book approximately every three weeks. Read *American Rust* by Philipp Meyer for first class. Other selections are chosen by group. Four sessions: Sept. 18; Oct. 9; Nov. 30; Dec. 15.

MF 506 WATERCOLOR PAINTING
Develop your artistic ability painting landscapes, flowers, and animals. All levels. Supplies needed for first class: watercolor set, brush, and pad. 12:30-2:30. P. Siudzinski.

**QUEENS MONDAY**

QF 101 TAI CHI: ANCIENT CHINESE MARTIAL ART
Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. A Tai Chi fan is recommended for class. 10–12. Y. H. Wang.

QF 102 CRITIC’S CHOICE: GREAT COMEDIES OF THE 30’S & 40’S
View the best stars and the best directors; runaway heires, mistaken identity, sparkling musical numbers, wisecracking par excellence—classic screwball comedy elements. All movies are available on YouTube (most are free; others are $1.99/$2.99). In addition to the films, there are numerous short subjects, documentaries, and other tidbits that are available on YouTube to enrich your experience even further. Watch the movies prior to the weekly Zoom meeting to discuss it. Discussions as follows: Sept. 1; Never Give a Sucker an Even Break (1941); Sept. 21 – Too Many Husbands (1940); Oct. 5 My Man Godfrey (1936); Oct. 19 – Artists & Models (1937); Oct. 26 – The Whole Town’s Talking (1935); Nov. 2 – The Canteen (1944); Nov. 9 – Nothing Sacred (1937); Nov. 16 – Bride Wore Boots (1946).

QF 103 CROCHET & KNIT
Basic crocheting and knitting stitches will be demonstrated. Participants will create a hat, a weight. 1-3. B. Sayegh.

**FALL 2020 / 5**
scarf and a blanket. Supplies needed: Light colored yarn gauge 4 worsted weight, 100 yards per ball size “B”, knitting needles size 8, large eye needle for yarn. 10– 1. J. Kotkin.

**TUESDAY**

QF 201 MINDFUL MOTION Stretch, move and relax to release tension, anxiety, and worry. Ideal for those who have chronic pains or experience anxiety which prevents ease of movement and mind. 10-12. J. Miglino.


QF 203 DRAWING & SKETCHING: BEGINNERS This is a foundation class for beginners using elements of drawing composed, perspective and values. Supplies needed: paper sheets of 8 1/2 x 11 paper; charcoal pad, 14x17; charcoal pencils; 2B, 4B & 6B; graphite pencils, soft and a kneaded eraser. 10–12. B. DeCeglie.

QF 204 CLASSIC FILMS: EDDIE, MY LOVE The Wide Range of Edgar G. Robinson. Everyone associated Robinson with gangster roles, but there are some unusual parts that show his broad acting range. All films on videotape for sale. 10-12. J. Miglino.

**Wednesday**

QF 301 GOLDEN SNEAKERS Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable clothes and sneakers. 10 am–12. J. Malee Morris.

QF 302 FUN & EASY QUILTING: BEGINNERS Learn how to quilt - the art of rolling, pressing, stitching, turning colorful strips of paper into decorative items with unique patterns and designs. Supplies needed: quilt block (1/2 inch); assorted colored or your choice (1/8 inch); assorted quilted making; or Savvy trotting; curling couch; circle template board; quilling tweezers; quilling comb or super looper; fine tip scissors; straight pins; Elmer’s glue; precision tip glue applicator; variety pack of cardstock cards and tags. Optional: Border Buddy, deluxe quilling crimper, husking board. Order supplies from: www.quilledcreations.com. 10 – 12. L. Canlas.

QF 303 PASTEL PAINTING Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos student’s choose. Supplies needed: set of 12 Bic ‘ Conte’ coloring set; Reeves soft pastels (assorted colors set of 24); Artway soft pastels (set of 24); Canson Ingres drawing paper (Cream #10711-2531, Sky Blue #10711-5071); UART sanded pastel paper 400 grit (medium grit); kneaded eraser; safety razor blades; some soft graphite pencils. 10 – 1. B. DeCeglie.

QF 304 LINE DANCING WITH SOUL: BEGINNERS It’s fun a way to keep active - physically and mentally. Learn basic line dancing steps and dances will be performed to Soul, R & B, Jazz and Hip-Hop Music. Learn how to dance with soul will allow your aches and pains to fade. Wear comfortable clothes and shoes. 10-11. R. Hogan.

QF 305 LINE DANCING WITH SOUL: BEGINNERS/INTERMEDIATE Designed for those familiar with basic line dancing steps, such as the Cha Cha, Privot and Kick-Ball-Change. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Helps with depression. Wear comfortable clothes and shoes. 11:15 – 12:15. R. Hogan.

QF 306 FUN & EASY QUILTING: INTERMEDIATE Create one-of-a-kind quilted treasures showcasing an array of beautiful designs and patterns. Supplies needed: quilt block (1/2 inch) or assorted colors of your choice (1/8 inch); assorted quilted making; or Savvy trotting; curling couch; circle template board; quilling tweezers; quilling comb or super looper; fine tip scissors; straight pins; Elmer’s glue; precision tip glue applicator; Border Buddy, deluxe quilling crimper, husking board. Paper sheets (any color of your choice), variety pack of cardstock cards and tags. Optional: Order supplies from: www.quilledcreations.com. 12:30-2:30. J. Malee Morris.

**Thursday**

QF 401 MATURE MOVES Lively and energizing easy-does it aerobic and calisthenic workout. Loose clothing and sneakers required. Check fitness with your doctor. 10-12-15. J. Malee Morris.

QF 402 PAINTING IN WATERCOLORS The luminosity and moods of watercolor make it perfectly suited for still-life. Work from a different still-life each week. Explore a range of watercolor techniques such as wet-on-wet, resist, and glazing. Students can use their own prints/photos for source materials. All levels. Supplies needed: DA’s watercolor paper (140 lbs. rough, cold pressed 12x16); brushes: 1 flat sable 1-1, 1 round sable (1 in. long); water color set of colors with Chinese white included; palette (flat white dish); water container; clean brushes; roll of paper; soft graphite pencils; kneaded eraser; safety edge blades to sharpen pencils and a roll of white tape. 10–15-11. B. DeCeglie.

QF 403 CREATIVITY & POETRY: PROSE Open the door to a creative inner self. Have fun expressing yourself through poetry and short prose. No experience necessary. 10:15 - 12:15. J. Cunningham.

QF 404 FIT FOR LIFE Learn fitness activities and life skills in a playful environment designed to “Bullet Proof” your body so you can live an independent, pain-free life. Personal trainer uses dynamic movements for all levels of fitness to improve each individual’s posture, balance, strength, breathing, and body coordination. 10:15–12:15. J. Miglino.

QF 405 LINE DANCING: BEGINNERS Exercise for your body and mind. Learn dances using all your favorite dance styles: Cha Cha, Rumba, Tango. No partners needed. 12:45 p.m.–2:45. R. Malinconico.

QF 406 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that has been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 12:45–2:45. J. Ramirez.

QF 407 CREATIVE WRITING Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn key strategies, techniques and obtain valuable feedback to help get your work published. 12:45–2:45. J. Cunningham.
TUESDAY

RF 201 EASY-BREEZY FITNESS
Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want to have a gentle experience. Have a sturdy chair, 5” soft ball and stretch bands for class. 10-12. L. Martinez.

RF 202 QUILLING...NOT QUILTING FOR BEGINNERS Quilling, or paper filigree, is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Supplies needed for first class: the Q400 kit for beginners can be purchased on Amazon.com (approx. $20). 10-12. N. Keay.

RF 203 GREAT BOOKS: CLASSICS & POPULAR LITERATURE Books are chosen by class from a list of many genres provided by the instructor. Read The Tattooist of Auschwitz by Heather Morris for first class. 10-12. L. Baum.

RF 204 LINE DANCING Learn the basics and enjoy this mind and body stimulating experience. 10-12. L. Kalipetis.

RF 205 MANDARIN CHINESE FOR BEGINNERS Learn to speak simple sentences in Chinese about everyday topics. The Chinese culture and writing system will be introduced. 11-12. L. Lichter.

RF 206 BELLY DANCING Release your inner goddess! Come shimmy, shake and snake as you dance to exotic middle-eastern tunes. All shapes, sizes and ages will have fun. 12:30-2:30. L. Kalipetis.

RF 207 DRAWING: INTERMEDIATE & ADVANCED Students will have experience using the basic techniques for drawing from observation. Explore art styles from realism to abstraction and use various drawing media. Supplies needed: 11x14 drawing paper (water weight 70 lbs.), 2HB pencils, shaded-worked good quality eraser plus your preferred erasers, blending stumps (rolled paper stumps) package of assorted sizes, pencil, sharpener and ruler. Other supplies a need to know basis. 12:30-2:30. M. Corti.

RF 208 YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Have a yoga block, yoga strap, mat for class. Wear proper attire. 12:30-2:30. I. DeBeau.

RF 301 WOMEN’S FICTION Discuss popular women’s short stories from the 40’s, 50’s and 60’s. Read Midsummer and To Love the Light, both selected stories of Nancy Hale for the first class. 10-12. A. Zuckerman.

RF 302 INTRODUCTION TO MEDITATION Breath and walking, sitting and singing and silent meditation will be practiced. Have an extra mat and pillow for class. 10-12. C. LaBuie.

RF 303 USING SOCIAL MEDIA FOR BEGINNERS Keep in touch with friends and relatives using social media websites and apps including: Facebook, Twitter, Pinterest, LinkedIn, Instagram and others. Learn to use and edit photos and pictures as well. 10-12. S. Cabot.

RF 304 FALL PREVENTION Strategies to prevent falls and exercises to develop muscular strength, increase flexibility and improve balance on the Fall Stop MOVE STRONG program. No floor exercises. Have light hand weights for class. 11-12:30, G. Lichter.

RF 305 AEROBICS WITH KAREN Variety of improving aerobic and dance movements to build cardiovascular endurance. Breathing, posture and form are emphasized. Supplies needed: 5” exercise ball, light weights, sneakers and a sturdy chair. 12:30-2:30. K. Paholek.

RF 306 WATERCOLORS: INTERMEDIATE Watercolor techniques and the study of color using landscapes as subject matter with focus on sky, trees and aerial perspective. Supplies needed: Paint- Brand is Winsor and Newton. Winsor Red, Winsor Yellow (Green Shade), Winsor Blue (Red Shade), Winsor Violet, Permanent Rose, Burnt Sienna, Payne's Gray, Hooker's Green, burnt umber, Yellow Ochre, Alizarin Crimson, Ultramarine Blue (optional), Ivory, Black Chinese White (optional).; brushes: Winsor and Newton Cotman series 111 (sizes 1, 3, 6, 8) and a mop brush; watercolor plastic palette (with room for color mixing); container for water; paper towels; Paper: Arches Watercolor 140 lb. paper, cold press (block, pad or both), size 11x14 or 9 x12 block 140 lb. paper, cold press; Pencils: 4H, HB, sharpener, kneaded eraser; tracing paper pad; and masking fluid for watercolor. 1-3. K. Fieramosca.

THURSDAY

RF 401 THE HISTORY OF STATEN ISLAND An extensive study beginning with the Lenape Indians through the present and including industry, immigration and more. 10-12. P. Salmon.


RF 403 KNIT & CROCHET WITH RENEE Those who know the basics will receive instruction to further their skills. Finish a project or start a new one with worsted weight yarn. 110, “H” crochet hook, 10-12. R. Soloway.

RF 404 EASY-BREEZY FITNESS II Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want a gentle experience. Supplies needed: 5” soft ball, stretch band and a sturdy chair. 12:30-2:30. L. Martinez.

RF 405 KNOW YOUR ANTIQUES & COLLECTIBLES Explore the history of antiques/collectibles and bygone eras. Have an item available for research and appraisal. 12:30-2:30. M. Mandel.

RF 406 CHAIR YOGA II For a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 12:30-2:30. I. DeBeau.

FRIDAY

RF 501 CONVERSATIONAL SPANISH FOR BEGINNERS Have fun learning to speak and understand through dialogue. 10-12. V. Fernandez.

RF 502 MAKING STRIDES AGAINST BREAST CANCER: KNIT & CROCHET Improve knitting or crocheting skills using pink yarn provided by the UFT and create scarves, headbands and masks. The Making Strides Against Breast Cancer Walk. Provide a valid e-mail address and phone # to arrange for yarn pick-up time on Sept 3 @ UFT parking lot 4456 Ambro Rd. Driving off date and time is TBD. completed items will be given at first class. 10-12. L. Davis.

SEMINARS

Unless otherwise noted, all seminars have a $2 fee (non-refundable and non-transferable).

RF 805 CONQUERING THE CLUTTER IN TODAY’S WORLD Our world has and is going through big changes. Has your perspective changed? How can we begin to find new work-life helper systems that help our mental health? Discussions will include: The steps to decluttering, donation information and more. Friday, Sept. 18. 10-12. L. Gessert.

RF 806 SING ALONG WITH THE CORALEERS Sing along with the S. I. Chorus to a variety of songs. An introduction to a selection of tunes (many new to the chorus) but fun for all who would like to participate. Must have the ability to download and print PDF files which will have the singing along words. Wednesday, Sept. 30. 10-12. D. DeOrizio.

RF 807 THE PROS & CONS OF DOWNSIZING Examine the aspects of downsizing as well as expectations for aging in place for those who want to remain in their home. Emotional clearing, benefits of rightsizing and more included. Friday, Oct. 9. 10-12. K. Barzal.

RF 808 TAKE ME OUT TO THE BALLGAME Examine the evolution of the NY Yankees from their inception to the present. Friday, Oct. 23. 10-12. R. Casanova.

RF 809 THE 2020 COVID-19 BASEBALL SEASON Baseball is back! However, the re-alignment of divisions, Mets and Yankees in the same division, the DH Rule, enhanced in-game traditions, social distancing and re-positioning, playoffs and the World Series affects the outcome. Friday, Oct. 30. 10-12. R. Casanova.

RF 810 HOLIDAY SING ALONG WITH THE CORALEERS Join the S.I. chorus and sing along to a variety of songs (old and new) to put you in the holiday spirit! Must have the ability to download and print PDF files which will have the singing along words. A fun time for all. Wednesday, Nov. 18. 10-12. D. DeOrizio.

STANFORD ISLAND

MONDAY

RF 101 ZUMBA GOLD The original Zumba program has been modified so that adults of any age and fitness level can achieve success. Appropriate footwear and toning sticks recommended. 10-12. M. Deturris.

RF 102 KNITTING & CROCHETING FORUM For those who have knit or crocheted before. Websites will be shared to find patterns and directions for projects and get answers to questions. Supplies needed: patience, size 8 ten-inch long needles, crochet hook “J” and 4 ply yarn, 10-12. C. Bellitti.

RF 103 CHAIR YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. 12-2. I. DeBeau.

WEDNESDAY

RF 301 WOMEN’S FICTION Discuss
INTERSESSION

There is a $10 fee for each course.

(Bronx) (non-refundable and non-transferable)

BRONX

Coordinator: Cheryl Bing-Howard

TUESDAY

Jan. 5, 12, 19, 26; Feb. 2

XI 208 ZUMBA GOLD Combine Latin and International dance rhythms such as salsa, merengue, tango and cha-cha into an energizing cardio workout. It is a safe and total body workout. Movements can be modified to accommodate physical limitations. 10-11. M. Stevenson

XI 209 BEGINNING PIANO Rudiments of musical theory; students will learn to read written music, play simple pieces, and find their way around a piano keyboard. Basic textbook needed: John Thompson, Adult Piano, #1. 10-12. N. Zamcheck

XI 210 SMALL QUILT GIFTS When you need a gift in a hurry, it is always nice to give one that is handmade and not store bought. Make some items that can be used as last-minute gifts for friends and family. 10-12. C. Hoist

XI 211 LET’S MOVE Moderate exercises for seniors and those who want to improve fitness, mobility, strength, balance and general health and wellness by working out together. Tips on better sleep, nutrition, and health will be discussed. Light hand weights and exercise bands needed for class. 10-12. J. Strauss

WEDNESDAY

Jan. 6, 13, 20, 27; Feb. 3

XI 310 THE NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability and strength. Combining movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Jazz and other movement forms. 10-11. M. Stevenson

XI 311 KNITTING OBSESSION Have fun with a new mystery project! Continue working on basic skills: casting on, knit one, purl two, increasing/decreasing and binding off. 10-12. J. Parker

XI 312 ADVANCED BEGINNING PIANO A continuation of beginning piano. Knowledge of basic theory and keyboard is assumed as we explore more challenging pieces from the classical and jazz repertoire. Students will study basic chord structure and jazz harmony. 10-12. N. Zamcheck

XI 313 TAI CHI FOR BEGINNERS Introduction and practice of the basic principles of Tai Chi. 10-12. Y. H. Wang

XI 314 MOVING & CHILLING TOGETHER Moderate seated and standing exercises for seniors and those who want to improve flexibility, balance and strength using light hand weights, towels and one of the following: cane, curtain rod, mop handle or dowel. Exercises for the brain and relaxation techniques included. 10-12. M. J. Strauss

THURSDAY

Jan. 7, 14, 21, 28; Feb. 4

XI 407 AGELESS GRACE This fitness and wellness program is performed while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength. 10-11. M. Stevenson

XI 408 SCRAPPYBOOKING/ PHOTOGRAPHY Shoot weekly photos. Different themes are provided by instructor. Use your Apple iPhone, Android or DSLR cameras to master taking beautiful photos. You will then tell your story using the photos to create a lifetime of memories. 10-12. J. Parker

XI 409 ADVANCED BEGINNERS TAI CHI Continue the practices and basic principles of this ancient art of exercise. Al levels. 10-12. Y. H. Wang

XI 410 JEWELRY DESIGN Basic and advanced jewelry making instructions provided to create several items: necklaces, earrings, pins and bracelets. Use a variety of materials: polymer clay, wire, fabric and beads. Explore true freedom of creative expression. Instructions for weekly projects are provided. Supply list sent via email prior to class. 10-12. R. Demers

XI 411 FILM PRODUCER: JEAN MARC DESCHAMPS Learn and discuss his works. One full feature and clips will be seen. Thursday, Jan. 21. 11-4. D. Hammit

XI 412 EASY PAPER FLOWERS Take your flower paper creations to the next level! Some paper projects include a gardenia, oriental poppies and a wreath of different flowers and succulents. Supplies needed: card stock, cloth wrapped wire stems, hot glue gun, a round chopstick, knitting needle or the end of a small water brush are easily available online. A list of websites where you can purchase them will be emailed to you by the instructor. 12:30-2:30. M. J. Strauss

MANHATTAN

Coordinator: Jo-Ann Hauptmann

TUESDAY

Jan. 5, 12, 19, 26; Feb. 2

CI 209 SING! SING! SING! Have fun singing along in a group to a wide variety of music. Learn harmony and perform some medleys. 10-12. J. DeRanieri

CI 210 BEAD WEAVING: BEGINNERS Learn the basics of bead weaving to create jewelry. Supplies needed: beading mat, 2 colors of 8/0 seed beads, size 10 or 11 beading needles, large towel or mat for class. 10-12. P. Williams

CI 211 RETIREES READ BOOK CLUB Read and discuss one short story each week from the collection, Men Without Women by Haruki Murakami. Read Men Without Women for first class. 10-12. M. Garvey

CI 212 INTERNATIONAL CINEMA View and discuss the following international films: Cinema Paradiso; Shoot the Piano Player; Lord of the Flies and more. 10-12. C. Friedman

CI 213 NYC: THROUGH THE HOLLYWOOD LENS Countless movies over the past 100 years have been set in NYC. See and discuss sample movies from the twenties through the fifties, all of which sustain the myth and magic of the city in its diversity & glory. 10-12. W. Wyss

CI 214 TRAVELS THROUGH HISTORY Take a virtual tour through different parts of the world. Learn about the history, culture and landscapes of each destination. 12:30-2:30. 6. Austen

8 / SI BEAGLE LEARNING CENTERS PROGRAM
CI 215 ZUMBA GOLD FITNESS
Improve stamina, balance and memory while fun and totally active combining fitness, exercises and stretching. 12:30-2:30 B. Sayegh

CI 216 MIDDLE EASTERN DANCING
Enjoy the ancient art of belly dancing while listening to beautiful Arabic, North African and Turkish music. All levels. 12:30-2:30. A. Beeman.

CI 217 KNITTING & CROCHETING: BEGINNERS
Learn the basics and beyond & how to use a knitting loom for hats and scarves. Supplies needed: #8 knitting needles and/or a J hook for crocheting and worsted weight yarn. Have your own or projects. Patterns will be supplied for scarves, hats, etc. 12:30-3 J. Kotkin.

WEDNESDAY
Jan. 6, 13, 20, 27; Feb. 3
CI 307 POLITICALS IN FILM
View and analyze these films: Anne of a Thousand Days; The Last Hurrah; Citizen Kane; Missing; and more. 10-12:30. C. Friedman

CI 308 PLAY WRITING
Learn to create dramatic characters & develop a strong plot while writing short stories and plays. Constructive feedback is offered. 10-12. K. Solovy

CI 309 DANCERCISE
Dance and exercise for fitness and fun. Learn Country Western, Folk, Line and Broadway Styles. 12:30-2:30. G. Adler

CI 310 ASIAN BRUSH PAINTING
Chinese and Japanese painting with oriental brushes on rice paper. All levels. Supplies needed: rice paper; Sumi ink and brushes. 10-12. P. Sziudzinski

CI 311 THE COMEDY OF LENNY BRUCE, GEORGE CARLIN & RICHARD PRYOR
An in-depth view of Lenny Bruce, George Carlin & Richard Pryor. Analysis of differences and commonalities amongst them. Viewing their work confirms their excellent comic value as they made us laugh more than anyone else. 10-12. D. Scott.

CI 312 WATERCOLOR & COMPOSITION ALL LEVELS
Learn watercolor techniques and use in whole composition. Supplies needed: 6 drawing pencils, sizes HB, 3H or 4H; drawing paper 9 x 12" (90lb or heavier); Staedler Mars & Faber Castell kneaded erasers. 10-12:30. M. Rogers

CI 313 MINDFULNESS & MEDITATION
Learn simple techniques that help you to live in the flow of life effortlessly. 10-12:30-2:30. D. Scott.

CI 314 HISTORY OF THE NEW WORLD & BEYOND...
Learn the history of the new world and beyond from the European conquest through the 18th Century. 10-12:30-2:30. J. Rossi

CI 314 LET’S LATIN DANCE
Increase your stamina, improve your balance and shed some pounds through Latin dancing. 12:30-2:30. B. Sayegh

THURSDAY
Jan. 7, 14, 21, 28; Feb. 4
CI 405 QUILTING
Create beautiful quilts, pillows and decorative accessories. 10-12. T. DeCourcy-O’Grady

CI 406 ADVANCED BEADING
Must be experienced with extremely advanced beading techniques. 10-1-J. Schatz

CI 407 THE WORLD’S GREATEST PAINTINGS
View and examine some of the greatest paintings from all over the world. 10-12. D. Becker

CI 408 YOGA
Gentle stretching and relaxation practices which bring about a feeling of peace and well-being in the mind, body and spirit. 10-12. D. Scott.

CI 409 THE HUMAN FIGURE IN ART
A survey of the human figure has been depicted throughout art history. 12:30-2:30. D. Becker

CI 410 IMPROVING YOUR ITALIAN THROUGH SHORT STORIES
Improve your Italian through reading fun short stories, followed by exercises based on the readings. Discussions on Italian on the readings will be encouraged. Low intermediate to high intermediate. 12:30-2:30. J. Worth

CI 411 DRAWING
Drawing value studies in use in whole composition. Supplies needed: 6 drawing pencils, sizes HB, 3H or 4H; drawing paper 9 x 12" (90lb or heavier); Staedler Mars & Faber Castell kneaded erasers. 10-12.30. M. Rogers

CI 412 MINDFULNESS & MEDITATION
Learn simple techniques that help you to live in the flow of life effortlessly. 10-12:30-2:30. D. Scott.

CI 413 HISTORY OF THE NEW WORLD & BEYOND...
Learn the history of the new world and beyond from the European conquest through the 18th Century. 10-12:30-2:30. J. Rossi

CI 414 LET’S LATIN DANCE
Increase your stamina, improve your balance and shed some pounds through Latin dancing. 12:30-2:30. B. Sayegh

FRIDAY
Jan. 8, 15, 22, 29; Feb. 5
CI 415 PAINTING WITH CONFIDENCE
Create your masterpiece following step-by-step instructions explaining color theory and brush techniques. Designed for beginners! Supplies needed: Liquitex basic acrylic paint (red, blue, yellow, white and black), 5 canvases (16 x 20, 11 x 14 or 8 x 10). Assorted brushes and materials. 10-12. D. E. Zuckerman

CI 416 SHORT STORIES
Discussion of short stories their style and significance. Required book: Nine Short Stories by J.D. Salinger.

CI 416 DRAWING AND SKETCHING
Let’s capture what we see and put our own spin on it. This workshop will study shapes, light contrast and composition. Supplies needed: Paper (min. size 9 x 12 lb. or higher), 6 pens including (2 each): 3B, HB, and 3H or 4H), Staedler Mars eraser and Faber Castell kneaded eraser. 10-12. J. Rogers

CI 417 HIP HOP
Hip Hop, Pop and Gospel music. Have fun and relieve stress while you keep physically and mentally active come partner needed. 11-1. R. Hogans

CI 418 ALFRED HITCHCOCK: MASTER OF THE CRAFT
An examination of five gems by the groundbreaking director. The Master of Suspense makes use of paranoia, claustrophobia, intense chase scenes and the terrors of ordinary people. Please watch each film prior to the weekly ZOOM meeting to discuss it. In addition to the five films, there are numerous biographies, documentaries, and short films that are all available on YouTube to enrich your experience even further. Jan. 5 - Shadow of a Doubt (1943); Jan. 12 - Dial M for Murder (1954); Jan. 19 - Rear Window (1954); Jan. 26 - North by Northwest (1959); Feb. 2 - Lifeboat (1944). All films are available on YouTube (most are free; others are $1.99/$2.99). 11-2. G. Piraino

CI 419 TAI CHI
Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. 12:45-2:45. Y.H. Wang

CI 420 PIANO KEYBOARD
Each student receives an individual mini lesson weekly. Students should have access to either a 62-key keyboard or acoustic piano. Scales and music theory will be included. All levels are welcome. 12:45-2:45. M. Patelson

WEDNESDAY
Jan. 6, 13, 20, 27; Feb. 3
CI 308 ART WITH AN IMPRESSIONISTIC FLAUR USING OILS
Learn how to paint in the impressionistic style using still life and photos. Each class begins with a demonstration. Supplies needed: Oils (Titanium white, Cadmium yellow, Yellow ochre, Cadmium red, Orange, Alizarin crimson, Cerulean blue and Ultramarine blue), brushes: Flat bristle ¾, ½, 1 inch, 1 fine round sable for small details, Gamsol odorless turpentine, a cup for turpentine and palette. 10-1. B. DeCeglie

CI 309 QUILTED SNEAKERS
Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable shoes and clothes. 10-12. J. Maleeq Morris

CI 310 Tun and Easy Qulling
GET THE MOST OUT OF BREATHING AND STRETCHING EXERCISES. LEARN BASIC DANCE ROUTINES. WEAR COMFORTABLE SHOES AND CLOTHES. 10-1. B. DeCeglie

CI 311 QUILTED SNEAKERS
Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable shoes and clothes. 10-12. J. Maleeq Morris

CI 312 ZUMBA
1:15. R. Cooper

CI 313 SIMPLE SPANISH CONVERSATION
Attempting a new language can sometimes be a daunting experience! Learn to use simple dialogues in everyday situations to converse on different topics fluently. Knowledge of Spanish is required. 10-12. J. Kalish

STATEN ISLAND
Coordinator: Jeanne Canasovas

TUESDAY
Jan. 5, 12, 19, 26; Feb. 2
RI 209 YOGA
Lose your stress and gain a healthy body, mind and spirit through breathing, movements and meditation. Wear proper yoga attire. Mat, scarf or belt is required. You may register for only one Yoga class. 9:30-11:30. L. Chen.

RI 210 CHAIR YOGA
Find your better self through breathing, movement and meditation while sitting in the comfort of your own home. No mats. Wear proper yoga/exercise apparel. Mat, scarf or belt is required. You may register for only one Chair Yoga class. 11-12. L. Dubau

RI 211 SING ALONG WITH THE CHORALEERS
Take a trip down memory lane as you explore songs of the Doo Wop Era. No prior experience required. Must be able to download music in pdf format. 10-12. D. Deorio.

RI 212 AEROBICS
Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers required. You may register for only one Aerobics class. 9:45-10:45. L. DeRosa.

RI 213 AEROBICS
Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers required. You may register for only one Aerobics class. 9:45-10:45. L. DeRosa.

RI 214 BELLY DANCING
Tone, strengthen and improve flexibility as you go on an imaginary trip to express yourself through hip movement. Purchase a hip sock on Amazon for class. 12:15-2:15. J. Lamonica

RI 215 LINE DANCING: BEGINNERS
Learn the basics and enjoy this mind and body activity. Wear comfortable shoes. 10-12. L. Kalipets

RI 216 JEWELRY CREATIONS WITH CONCETTO
Make a unique piece while discussing the history of the piece. Share YouTube tutorials and express your creativity. Use your own supplies or purchase online at Michaels or FireMountainGems.com. 10-12. N. Kaye
FLORIDA

Boca/Delray/W. Palm Beach: Lois Porcella (561) 968-7777

Broward: Albert Guastafeste (954) 255-9161

Dade: Leon Brum (305) 864-4318

Ocala: Maggie Henry (352) 566-7993

Orlando: Donessa Jackson (407) 359-3459

Tampa Bay: Lynne Winderbaum (727) 289-5720

West Coast: Stewart Cohen (941) 685-6361

WEDNESDAY
Jan. 6, 13, 20, 27; Feb. 3
RI 307 KUNDALINI YOGA Kundalini Yoga uses breath, movement and meditation to balance the body, increase energy flow and quiet the mind. Wear loose clothing. All levels. Have a soft pillow and mat for class. 10:30-12:30. C. LaBue.

RI 308 KNITTING & CROCHETING COZY FORUM Work together to explore, learn and utilize technology to enhance your prior knowledge of knitting and crocheting. Share and use websites to find patterns/directions for our projects and questions. Supplies needed: size 8 knitting needles; size G crochet hook and 4-ply worsted yarn. 10-12. C. Bellitti.

RI 309 COLOR THEORY THROUGH WATERCOLORS Getting comfortable with color. Learn color theory and harmony using watercolors as our medium. Contact jcsanovas@qf.org for supply list prior to class. 10-12. K. Fieramosca.

RI 310 ANTIQUES IN YOUR ATTIC Search your attic, garage and closets for treasures. Presentation on specific topic each week to motivate discussion. Vintage pocketbooks, Navajo jewelry followed by YouTube presentation. 10-12:30. M. Maroul.

RI 311 WOMEN’S FICTION Discuss contemporary women’s short stories.

MONDAY

FF 101 SPANISH Learn Spanish for fun and travel! With the increasing Latino influence here in South Florida you will be able to derive more fun out of life. Oct. 19, 26; Nov. 2, 9, 16, 10-12. B. Wolk.

FF 102 THE MUSIC OF CHOPIN Listen to selected pieces and discuss their originality. Oct. 19, 26; Nov. 2, 9, 16, 10-12. A. Lovitt.

FF 103 ANTHOLOGIES: LITERARY GREATS Read a different book once per month (every 4 weeks). Read The French Photographer by Natasha Lester. The story is set against the backdrop of Paris in World War II and was inspired by Lee Miller’s life as an American model turned photojournalist. Group selects the book for the next class. Sept. 15; Oct. 13; Nov. 10; Dec. 8, 1-3. R. Mann.

FF 202 WATERCOLOR PAINTING FROM THE GROUND UP For those who have no experience painting with watercolors. An introduction to the important ideas, methods and materials of this popular, portable and versatile medium. Demo by the instructor, individual guidance and constructive group critiques. Subject matter is not consecutive yet your knowledge will build with each project. Supplies needed: Paints - a warm and a cool of each primary color plus black and a tube of white gouache (an androgynous, quinacridone Red and Cadmium Red Light, Cadmium Lemon Yellow and Indian Yellow, Thalo Blue and Ultramarine Blue, Ivory Black. The first pigment in each pair is the most important), a small tube of permanent white or titanium white gouache (do NOT buy Chinese White); Paper - 140 lb. cold press watercolor block from Arches or Fabriano (at least 9”x12”) or buy NOT buy Chinese White); Paper - 140 lb. cold press watercolor block from Arches or Fabriano (at least 9”x12”) or buy

TUESDAY

FF 201 MONTHLY BOOK CLUB Discuss a different book once per month (every 4 weeks). Read The French Photographer by Jennifer JustDesserts. Believe it or not -line dancing allows us to improve brain function, cardiovascular health, balance, flexibility, strength and muscle function while having fun. Sept. 23; Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2; 10-11:30. C. Seger.

FF 301 ENLIGHTEN YOURSELF WITH YOUTUBE Learn how to be “more in the know” with current events, politics and world affairs. Sept. 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 18, 25; Dec. 1, 8, 9-30; 12. R. Presser.


FF 302 WOMEN’S FICTION Discuss popular women’s short stories from the 40’s, 50’s and 60’s. Read Midsummer and To the North’ from the book While the Light Falls, Selected Stories of Nancy Fieramosca and by Jennifer JustDesserts. Believe it or not -line dancing allows us to improve brain function, cardiovascular health, balance, flexibility, strength and muscle function while having fun. Sept. 23; Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2; 10-11:30. C. Seger.

FF 303 PAINTING WITH WATERCOLORS Improve your techniques and learning new ones. For those who have some experience painting with watercolors. Emphasis on composition, color mixing, drawing and design. Explore technical skills such as glazing, using resists, mixing media, and lifting paint along with aspects of color theory, value, and principles of design. Art history, drawing

SEMINARS

All seminars have a $2 fee (non-refundable and non-transferable).

FF 805 THE BENEFITS OF WHEATGRASS Learn how nature’s finest medicine will cleanse, nourish, rejuvenate and heal you. Friday, Nov. 6. 10-12. B. Wolk.

DID YOU REMEMBER TO:

1. CONTACT THE UFT MEMBERSHIP DEPARTMENT TO UPDATE YOUR EMAIL ADDRESS AND TELEPHONE NUMBER.
2. SIGN YOUR CHECK/MONEY ORDER.
3. MAKE CHECK(S)/MONEY ORDER(S) PAYABLE TO UFTWF RETIREE PROGRAMS.
4. COMPLETE THE INFORMATION ON THE ENTIRE COUPON.
5. FILL OUT A SEPARATE COUPON FOR YOUR SPOUSE/DOMESTIC PARTNER (IF APPLICABLE).
7. TO PROVIDE EITHER THE LAST 4 DIGITS OF YOUR SOCIAL SECURITY NUMBER OR YOUR UFT MEMBER ID NUMBER (6 DIGITS).

** NEW YORK AND NEW JERSEY PARTICIPANTS CAN REGISTER FOR FLORIDA COURSES AND SEMINARS AND FLORIDA PARTICIPANTS CAN REGISTER FOR NEW YORK AND NEW JERSEY COURSES AND SEMINARS.

IF YOU DO SO, PLEASE SEND IN SEPARATE CHECK(S)/MONEY ORDERS ALONG WITH THE COUPON.
PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.

UFT retirees will be registered before spouses, domestic partners, AFT NYSUT and PSC members. Members of AFT, NYSUT and PSC must provide their Social Security Number in order to register. Each registrant must complete separate registration coupons along with separate checks/money orders for Fall 2020 and Intersession 2021 as well as Florida’s Fall 2020 and Intersession 2021 programs. Use a separate registration coupon for your spouse.

Fall 2020 COURSE REGISTRATION

CHECK ONE: UFT MEMBER ❑ SPOUSE (use separate coupon)
CHECK ONE: NYSUT ❑ AFT ❑ PSC

Make checks/money orders payable to: UFTWF RETIREE PROGRAMS, SI Beagle Learning Centers, 52 Broadway, 17th Floor, New York, NY 10004

Member Name (Please Print)
S.S. # (last 4 digits) or UFT Member ID No. (6 digits)
E-mail address
Spouse name (If registering)
Address
City State Zip
Phone

Seminars (not included in five-course limit).
Number Title Fee (if any)
1. 
2. 
3. 
4. 
5. 

ALTERNATES:
6. 
7. 

You may register for up to 5 courses only. Add 2 alternates in case first choices are filled. List in order of preference:

Number Title Fee (if any)
1. 
2. 
3. 
4. 
5. 

DID YOU REMEMBER TO:
✓ Sign your check(s)/money order(s)
✓ Make the check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS
✓ Complete the information on the coupon
✓ Provide the correct course/seminar code(s) and course/seminar title(s)
✓ Do not fill information in for spouse, unless he/she is registering for programs
✓ You must send in a separate coupon for your spouse
✓ Members cannot pay for other members

INTERSESSION REGISTRATION 2021

CHECK ONE: UFT MEMBER ❑ SPOUSE (use separate coupon)
CHECK ONE: NYSUT ❑ AFT ❑ PSC

Make checks/money orders payable to: UFTWF RETIREE PROGRAMS, SI BEAGLE LEARNING CENTERS, 52 Broadway, 17th Floor, New York, NY 10004

Please print member name
UFT member ID no. (6 digits)
E-mail address
Spouse name (If registering)
Address
City State Zip
Phone

Course registration fee is $10.

DID YOU REMEMBER TO:
✓ Sign your check(s)/money order(s)
✓ Make the check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS
✓ Complete the information on the coupon
✓ Provide the correct course/seminar codes and titles.
✓ Do not fill information in for spouse, unless he/she is registering for programs
✓ Do not staple or tape your checks to the coupon
✓ You must send in a separate coupon for your spouse
✓ Members cannot pay for other members.
HONOR A FORMER COLLEAGUE IN AN OBITUARY ON THE UFT WEBSITE

If a UFT member passes away, you can share their life story and remember their union and school contributions in an obituary on the UFT website. To submit an obituary, please use the new online form at www.uft.org/send-obit; so we have all the information we need to post the obituary. To read obituaries of recently deceased UFT members, see the obituary page under NEWS on the UFT website.

<table>
<thead>
<tr>
<th>MEMBER NAME (PLEASE PRINT)</th>
<th>SS (LAST 4 DIGITS) OR UFT MEMBER ID NO. (6 DIGITS)</th>
<th>EMAIL ADDRESS</th>
<th>SPOUSE NAME (IF REGISTERING)</th>
<th>ADDRESS</th>
<th>Apt. #</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
<th>CELL PHONE/FLORIDA PHONE NO.</th>
</tr>
</thead>
</table>

**COURSE REGISTRATION FEE IS $10.**

**DID YOU REMEMBER TO:**
- ✅ Sign your check(s)/money order(s)
- ✅ Make the check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS
- ✅ Complete the information on the coupon
- ✅ Provide the correct course/seminar codes and titles.
- ✅ Do not fill information in for spouse, unless he/she is registering for programs
- ✅ Do not staple or tape your checks to the coupon
- ✅ You must send in a separate coupon for your spouse
- ✅ Members cannot pay for other members

**INTERSESSION 2021 FALL 2020 AND INTERSESSION 2021**

CHECK ONE: ☐ UFT MEMBER ☐ SPOUSE
CHECK ONE: ☐ NYSUT ☐ AFT ☐ PSC

Make checks payable to: UFTWF RETIREE PROGRAMS, 3200 North Military Trail, Suite 100, Boca Raton, FL 33431.

<table>
<thead>
<tr>
<th>NUMBER</th>
<th>TITLE</th>
<th>FEE (IF ANY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HOW TO REGISTER FOR FLORIDA**

- UFT retirees will be registered first before spouses, domestic partners, AFT, NYSUT and PSC members. You must include your local number in order to register.
- Each participant must complete a separate registration coupon.
- Each registration requires separate check(s)/money order(s).
- Write a separate check/money order for FF courses and FI courses.
- Make check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS and enclose payment with your registration form.
- Include on your check/money order the course number exactly as it appears in course description.
- All courses have a $10 non-refundable and non-transferable registration fee.
- All seminars have a $2 non-refundable and non-transferable registration fee.
- Mail registration form and checks to the Florida Office, 3200 North Military Trail, Suite 100, Boca Raton, FL 33431.