

Courses \$10
Seminars \$2
Unless otherwise
noted in description



SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG

VOLUME 35, NUMBER 1

FALL 2020/INTERSESSION 2021

HOW TO REGISTER

FALL CLASS SCHEDULE

Start date: Monday, September 14, 2020

End date: Wednesday, November 18, 2020

- Registration deadline: Friday, August 14, 2020

WEEK	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1	9/14/20	9/15/20	9/16/20	9/17/20	9/18/20
2	9/21/20	9/22/20	9/23/20	9/24/20	9/25/20
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
8	11/2/20	—	11/4/20	11/5/20	11/6/20
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

- Registration deadline: Friday, December 18, 2020

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 **five** 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 "SORRY COURSE 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 Retiree 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 Giustra *Director, UFTWF Retiree Programs*
Lynn Lospenuso, *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) 862-6004/(718) 862-6068/(718) 862-6069 • Cheryl Bing-Howard, Robert Fernandez and Elizabeth Harris, Coordinators

UFT BROOKLYN LEARNING CENTER 335 Adams St., 24th Floor, Brooklyn, NY 11201 • (718) 722-6961/ (718) 722-6962 • Evelyn Dorell, Eurika Oliver and Cheryl Richardson, Coordinators

UFT MANHATTAN LEARNING CENTER 50 Broadway, 2nd Floor, New York, NY 10004 • (212) 510-6478/ (212) 510-6479

Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci and William Richardson, Coordinators,

UFT QUEENS LEARNING CENTER 118-35 Queens Blvd., 8th floor, Forest Hills, NY 11375 • (718) 830-5711/ (718) 830-5710/(718)830-5715

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 • Jeanne Casanovas, Peggy Munno and Audrey Zimring, Coordinators

OUTREACH SECTIONS

UFT NASSAU SECTION Nina Tribble, Coordinator • (516) 350-0978 • **UFT NEW JERSEY SECTION** Judith Rosenstein, Coordinator • (908) 753-0013

UFT SUFFOLK SECTION Ira Faber, Coordinator • (516) 610-8811 • **UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION** Rosanna Nesi, 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 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-palace.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 realmahjongg.com (the first 14 days is free/then \$5.99/month, 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 so 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

Unless otherwise noted, all courses have a \$10 fee (non-refundable and non-

2 / SI BEAGLE LEARNING CENTERS PROGRAM

transferable).

NF 101 RETIREES READ-BOOK CLUB

Read and discuss one book a month. Read *The Pilot Against America* by Philip Roth for first class. Group chooses other books: fiction & non-fiction. Three sessions: **Sept. 21; Oct. 19; Nov. 16.** 10-12. B. Mignano.

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.

UF 201 BROADWAY BALLADS & SHOWSTOPPERS Revisit 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: *Oklahoma!*, *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.

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.

THURSDAYS

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 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 Harvey, gallerist, curator and artist; Rashida Craddock, artist; and other experts in the field. You will receive an experience to treasure for a lifetime! 10-12. R. Craddock.

SEMINARS

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

UF 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.

UF 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. Revel 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 view some terrific videos. Three Wednesday sessions: *Oct. 14, 21, 28.* 1-3. E. Sinclair.

NEW JERSEY SECTION

Unless otherwise noted, all courses have a \$10 fee (non-refundable and non-transferable).

MONDAYS

JF 101 RETIREES BOOK CLUB Joins us if you love to read and discuss books. Read *Cilka's Journey* by Heather Morris for first class. Second class: Read *The Girl with the Louding Voice* by Abi Dare. Other book selections are chosen by the group. Four sessions: *Sept. 14; Oct. 5 & 19; Nov. 9.* 10:30-12:30. S. Levine.

JF 102 COOK LIKE A CATERER Learn new cooking skills, techniques and recipes. Instructor is a caterer for over 30 years and started out as an Associate Food Editor at McCall's and Family Circle Magazine. A list of recipes and ingredients will be emailed prior to class. 10-12. C. Semel.

TUESDAY

JF 201 LAUGHTER YOGA Laughter yoga is unique! It combines unconditional

laughter with deep breathing yoga exercises. You will sit most of the time. Chair yoga and meditation will be incorporated. Feel more energized! It has a powerful effect on our physiology. 10-11. F. Applebaum.

JF 202 ZUMBA GOLD Focus on balance range of motion including cardiovascular, muscle conditioning, flexibility and coordination with easy-to-follow Zumba choreography. Get ready to sweat and prepare to leave empowered and feeling strong. 9-10. L. Fechter.

JF 203 CHAIR PILATES Use a chair for both seated exercises and for balance while standing. Work on the arms, abdominals, back, legs, feet and heart through flowing exercises. Use the Pilates principles for alignment and breathing. 10-11. L. Fechter.

THURSDAY

JF 401 BEGINNERS MAH JONGG 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 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. 10-12. S. Levine.

JF 402 CANASTA FOR NOVICE BEGINNERS 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. 12:15-2:15. S. Levine.

JF 403 LINE DANCE INSTRUCTION Learn individual steps to new tempos and beats of music that lead to different patterns of the dance. Different dance and demonstrations each week will be reviewed plus any questions will be addressed. Keep moving our bodies and challenging our minds! 11:30-1:30. A. Savattieri Meringolo.

SEMINARS

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

JF 805 GETTING RID OF CLUTTER: ORGANIZING & TIDYING UP TO GET MORE DONE Enjoy a three-part seminar with organizer and best-selling author, Jamie Novak on how to get more done without getting overwhelmed. 1. How to find more time; what to de-clutter; stop procrastinating. Leave with an action plan and a sense of calm organizing projects and a to-do list. 2. Learn the secret of 10 and 10 organizing and how to apply the technique to organize every space in your home. 3. Learn how to solve piles of paperwork and closets of clutter with a down-to-earth approach for what to do with all the stuff without getting overwhelmed. Three Monday sessions: *Sept. 14, Oct. 19 and Nov. 9.* 1-3. \$6. J. Novak.

JF 806 CONFEDERATE MONUMENTS: HISTORY OR BIGOTRY There is a heated debate about the presence, message and place of Confederate statues, monuments and flags. What message do they send? What do they commemorate? Does it matter where the monument is located? Should the monuments be removed? Where, if anywhere do they belong? *Tuesday, Sept. 22.* 10-12. A. Glinn.

WESTCHESTER/ROCKLAND/PUTNAM SECTION

Unless otherwise noted, all courses have a \$10 fee (which is non-refundable and non-transferable).

MONDAYS

WF 101 AUTOBIOGRAPHY INTO ART Learn how to transfer your life lessons into art. Get the guidance you need to hone your skills to turn your memoirs, or autobiography into a work of art. 1-3. J. McSherry.

TUESDAYS

WF 201 REACHING TOWARD YOUR BETTER & BEST SELF Learn a variety of techniques and practices that are proven to help you feel better, stay stronger and decrease stress. 12:30-2:30. R. Demers.

WEDNESDAYS

WF 301 GENTLE YOGA Enjoy a mix of Vinyasa and Hatha yoga, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility and a sense of calm. You need a block or small book to prop yourself up and a strap or towel for class. 10-11. L. Madsen.

WF 302 COVID METAMORPHOSIS: MEMOIR WRITING IN A TIME OF CRISIS & HEALING Learn the process and styles of memoir writing. Discussion and comparison of three published memoirs and actual material produced by the participants. Focus on the author's purpose, writing styles, outlining self-publishing, WordPerfect and the internet. 1-3. I. Abruzzese.

THURSDAY

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 foods. Supply 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.

FRIDAY

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.

SEMINARS

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

WF 805 MONDAY MORNING BOOK CLUB Join us if you love to read and discuss books! Read *A Woman is No Man* by Etaf Rum before first class. Other books chosen by group. Three Monday sessions: **Sept. 14; Oct. 5; Nov. 2.** 10-12. \$6. B. Naliboff.

WF 806 TUESDAY MORNING BOOK CLUB Read *The Lost Girls of Paris* by Pam Jenoff for first class. Other books will be chosen by group. Three Tuesday sessions: **Sept. 15; Oct. 20; Nov. 17.** 10-12. \$6. S. Cerrati-Bates.

WF 807 INTRO TO MEDITATION Release stress, improve health and enjoy life. Demystify the process of relaxing the mind and body during these difficult times. Two Wednesday sessions: **Sept. 30; Oct. 28.** 11:30-12:30. \$4. K. Lu.

WF 808 DECOUPAGE ART FOR BEGINNERS Learn decoupage art techniques to decorate and upgrade/up-cycle items. Start with an easy flat surface and easy-to-get supplies. Supplies needed: canvas or plaque; decorative napkin of your choice; 2 oz. decoupage glue (like Mod Podge); 2 oz. chalk paint that matches your napkin background and sponge brushes. Optional: finishing varnish. Three Friday sessions: **Oct. 2, 9, 16.** \$6. 1-2. J. Angelillo.

WF 809 THEODORE ROOSEVELT: THE MAN & HIS PRESIDENCY Learn about the man, his life and times and his presidency. Two Thursday sessions: **Oct. 22; Nov. 5.** 10:30-12:30. \$4. L. Hartstein.

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 K-11 crochet hook, 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. Poindexter- Curry.

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.

TUESDAY

XF 201 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. 10-11. M. Stevenson.

XF 202 ADVANCED WATERCOLOR

4 / SI BEAGLE LEARNING CENTERS PROGRAM

Techniques and assistance in achieving a watercolor composition. Participants will pick their subject and be coached in how to achieve the desired outcome. You will need watercolor paper 140 lbs. cold press, and paints. 10-12. S. Baruchowitz.

XF 203 AMERICAN HISTORY American Presidents from Theodore Roosevelt through Warren Harding. A study of their lives and major events during the administration. 12:30-2:30. L. Hartstein.

XF 204 LET'S DANCE Enjoy a great time with an energizing warm up to get your body ready for a nice workout to Latin rhythms. Shines and steps to Salsa, Bachata, Merengue, Rumba and the Cha Cha. Improve your stamina, balance, posture, wellness and even lose a few pounds. 12:30-2:30. N. DeLaLuz.

XF 205 BEGINNERS RHYTHM & BLUES LINE DANCE Keep yourself in shape doing "The Cupid Shuffle" and other well-known popular urban line dances. 1-2. K. McCarthy.

WEDNESDAY

XF 301 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.

XF 302 TAI CHI Introduction and practice of the basic principles and movements of this ancient Chinese exercise. 10-12. A. Wang.

XF 303 KNITTING OBSESSION Learn the basic vocabulary terms such as: cast on, knit one, purl one as well as how to read a pattern and create swatches that teach different stitches like: garter, stockinette and basket weave. Some knowledge of knitting required. You will knit a scarf, shawl, cowl, hat or a sweater. 10-12. J. Parker.

XF 304 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.

XF 305 THEY LEFT THE GROUP Hear the music and stories (some videos) of the lead singers and their groups. Who was more successful, the group or the lead singer??? Seven sessions: **Sept. 16, 23, 30; Oct. 7, 14, 21, 28.** 12 - 2. H. Bloch.

XF 306 AEROBICS BY JOYCE For the young at heart! Low impact aerobics which includes stretching and toning to your favorite tunes. 12:30-2:30. J. Parker.

XF 307 PIANO FOR BEGINNERS Rudiments of musical theory; learn to read written music, play simple pieces, and find their way around a piano keyboard. Piano book required: *John Thompson, Adult Piano #1*. Keyboard needed. 12:30-2:30. N. Zamcheck.

XF 308 TAKE THE LEAD Dance your stress away with a workout to the music of Salsa, Bachata, Merengue, Rumba and the Cha Cha. Shines, steps and some creative line dancing to Latin rhythms. Improve your stamina, balance, posture, and wellness by dancing to the bouncy music. 12:30-2:30. N. DeLaLuz.

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 on-line 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.

XF 405 BEGINNERS PLUS RHYTHM & BLUES LINE DANCE Keep in shape doing the "Bikers Shuffle" and other well-known popular line dances that are slightly more difficult. 12:30-2:30. K. McCarthy.

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 503 SHORT STORIES Read and discuss a short story weekly. Explore the world and ourselves. Required book: *50 Great Short Stories* by Michael Crane. 11-1. D. Hammitt.

XF504 AEROBIC EXERCISE For the young at heart! Low impact aerobics which includes 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 life and work, actors, choice of script, cinematography, special effects and lighting. 1:10-3:30. D. Hammitt.

BROOKLYN

MONDAY

KF 101 CHAIR YOGA A gentle form of yoga that uses a chair for sitting or for support while standing. Deepens flexibility and supports balance at any fitness level. 10-12. A. Beeman.

KF 102 SKIT WRITING Learn the basics of writing short comedy sketches from a professional playwright. Develop drafts and give friendly feedback as we create a finished work. Beginners welcome. 10-12. S. Friedman.

KF 103 JAZZERCISE Stretching and dancing to Jazz, Rhythm & Blues, Cha Cha, Swing, Salsa and Mambo. 10-12. K. Sanson.

KF 104 YOGA Learn a set of mental and physical exercises. Have a yoga mat, a firm pillow and towel for class. 12:30-2:30. C. LaBue.

KF 105 LOW IMPACT AEROBICS Improve mobility and conditioning without stress on your knees. 12:30 - 2:30. T. Gilbert.

KF 106 SHORT STORY BOOK CLUB Read and discuss short stories by award-winning authors (all available free online). Read *The Darling* by Anton Chekhov before first class. Further readings are chosen by the group. 12:30 - 2:30. M. Eller.

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 11/10 beads, size 10 beading needle, Toho 1G or Nymo beading thread, lobster claw or similar size clasp. NOT FOR BEGINNERS. 12:30 - 2:30. K. Koppinger.

KF 205 P.A.C.E. Low impact exercise program. 12:30 - 2:30. T. Pratt.

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 1/2 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. Sayegh.

WEDNESDAY

KF 301 MEDITATION Learn the art of meditation and deep breathing. 10-12. T. Pratt.

KF 302 SHAKESPEARE Read and discuss

the play, *Richard II*. 10–12. J. Trachten.
KF 303 BOLLYWOOD & BELLYDANCING Enjoy sampling dance movements from the Mid-East and from Bollywood movies. 10-12. A. Beeman.

KF 304 FREE FORM BEAD WRAPPING Basic and free form wire wrapping around beads to make bracelets, necklaces and pendants. Supplies needed: small needle nose plier, chain nose plier, wire cutter, 28-gauge wire and chains, 8 mm. beads, 54 inches of chains, lock with 3 holes, and 6 jump rings. 10–12. P. Valentin.

KF 305 CREATIVE WRITING Learn specific techniques and receive support in preparing and polishing your creative materials such as memoirs, poems, fiction and essays. 12:30 –2:30. B. Bolton.

KF 306 AMERICAN ART MASTERWORKS AT THE BROOKLYN MUSEUM Join a world wide tour of American and European paintings beginning with collections from the Brooklyn Museum, to Amsterdam's Riks Museum, the Museum Dorsay, Madrid's Prado, the Uffizi Galleries of Florence and back again to museums in Boston, Philadelphia and Washington DC. 12:30 –2:30. R. Lubell.

KF 307 LOW IMPACT AEROBICS Improve mobility and conditioning without stress on your knees. 12:30 –2:30. T. Gilbert.

THURSDAY

KF 401 AN EXPLORATION OF DIVERSE OPERAS An exploration of nine diverse operas in Italian, French, German, Czech and English. Video excerpts of their highlights along with background information about their composers and their operas via Zoom. 10-12. J. Dzik.

KF 402 STRETCH & RELAX Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Have a large towel or mat for class. 10–12. T. Pratt.

KF 403 TAP DANCE Have fun while learning to tap dance. Tap shoes (if you have them). All levels. 10 – 12. N. Cangiano.

KF 404 CROCHET: INTERMEDIATE ONLY Learn basic stitches to make beautiful projects. Supplies needed: "F" & "H" crochet hooks, yarn of choice, measuring tape and small yarn clipper. 12:30 – 2:30. P. Williams.

KF 405 LINE DANCE Enjoy the pleasure of dancing and exercise at the same time. All levels. 12:30 – 2:30. N. Cangiano.

KF 406 JAZZ: A CULTURAL ICON Study the influence of Jazz on other musical genres, art, advertising, fashion, television and film. 12:30 – 2:30. J. Hirsch.

FRIDAY

KF 501 QUILTING: INTERMEDIATE/ADVANCED Create beautiful works of art: hand sewn and machine sewn quilts. 10–12. N. Rabatin.

KF 502 CHORUS Sing multi-part compositions with other singers. 10:30 – 12:30. J. DeRanieri.

KF 503 ACRYLIC PAINTING & PASTELS Introduction to the basics of painting. Emphasis on drawing, composition, value and color theory. Explore techniques of creating with acrylics and pastels. Supplies needed: a drawing pad, char-

coal, kneaded eraser and paint supplies. 10:30 – 12:30. J. Lippmann.

KF 504 DOLLMAKING Explore cloth dollmaking from start to finish and have fun while doing it! Basic sewing skills required. Supply list sent via email prior to class. 12:30 – 2:30. N. Rabatin.

KF 505 POLYMER CLAY: BEGINNER/INTERMEDIATE Learn how to condition clay and develop techniques to create necklaces, pendants, earrings and brooches. Supplies needed for first class: small convection oven, a pasta rolling machine, a smooth ceramic work surface at least 8" by 12" or larger, cutting blades for cutting polymer clay, and various colors of PREMO polymer clay. Additional supplies will be discussed. 12:30 – 2:30. V. Hall.

KF 506 LOW IMPACT AEROBICS A series of low impact aerobic movements. 12:30 – 2:30. T. Gilbert.

MANHATTAN

MONDAY

MF 101 SHORT STORY INTO FILM Read a short story for each class and view the screen adaptation the following week. Discuss the merits of both the literary story and the movie after each film. 9:45-12:15. W. Wyss.

MF 102 MAJOR ARTWORKS IN MAJOR MUSEUMS A look at art masterpieces in The Louvre, The Met and The National Gallery in London. You may register for **MF 102** or **MF 105**, but not both. 10-12. D. Becker.

MF 103 BEGINNING CONVERSATIONAL ITALIAN Learn basic conversational Italian and grammar in a fun, supportive environment. Materials list emailed by the instructor. 12:30-2:30. J. Worth.

MF 104 FILM MUSICALS View and discuss classic movies as *West Side Story*, *Cabaret*, *Dreamgirls* and more. 12:30-3. C. Friedman.

MF 105 MAJOR ARTWORKS IN MAJOR MUSEUMS A look at art masterpieces in The Louvre, The Met and The National Gallery in London. You may register for **MF 102** or **MF 105**, but not both. 12:30-2:30. D. Becker.

TUESDAY

MF 201 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.

MF 202 CHAIR YOGA Use breathing, movement and meditation to develop a strong, healthy body, mind and spirit. Chair used for support. 10-12. A. Beeman.

MF 203 SHORT STORIES Discussion of short stories and their style and significance. Required book: *The O. Henry Prize Stories: 2018*. Read "Nayla" and "Lucky Dragon" before first class. You may register for **MF203** or **MF206**, but not both. 10-12. A. Zuckerberg.

MF 204 GOLDEN VOICES The beauty and thrill of great operatic voices: Joseph Calleja, Jessye Norman, Beverly Sills. Six sessions: *Sept. 22; Oct. 6, 20, 27; Nov. 10, 17*. 12:15-2:15. B. Haspel.

MF 205 ITALIAN: INTERMEDIATE/ADVANCED Grammar, reading and con-

versation are covered. Required book: *In Italiano (Edizioni Guerra-Perugia)* by Angelo Chiuchiu et al. NOT for beginners. 12:30-2:30. A. DeGennaro.

MF 206 SHORT STORIES Discussion of short stories and their style and significance. Required book: *The O. Henry Prize Stories: 2018*. Read "Nayla" and "Lucky Dragon" before first class. You may register for **MF203** or **MF206**, but not both. 12:30-2:30. A. Zuckerberg.

MF 207 MIDDLE EASTERN DANCING Ancient art of belly dancing. Enjoy Arabic, North African and Turkish movements while listening to beautiful music. All levels. 12:30-2:30. A. Beeman.

WEDNESDAY

MF 301 AFRO BEATS DANCE CLASS Learn basic traditional African dance movements set to contemporary Afro Beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 9:45-11:45. D. Scott.

MF 302 LATIN DANCE MOVES Low-impact cardio workout to the sounds of popular Latin music. Dancing promotes physical fitness and improves balance and coordination. 10-12. C. Mateu.

MF 303 POLITICS/HISTORY IN FILM View and analyze classic movies such as *Cry Freedom*, *Born on the Fourth of July* and more. 12:15-2:45. C. Friedman.

MF 304 RECORDER/INSTRUMENT ENSEMBLE: INTERMEDIATE & ADVANCED Improve your technique and ensemble playing. Instruments include recorder, flute, violin and cello. 12:15-2:45. R. Zeitlin.

MF 305 RETIREES READ BOOK CLUB – GROUP A 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. 16; October 7, 28; Nov. 18*. You may register for **Group A** or **Group B**, but not both. 12:30-2:30. M. Garvey.

MF 306 COMEDY APPRECIATION Explore the psychological and philosophical issues in developing a comic perspective focusing on stand-up comedy. Guest comedians and classic videos. 1 – 3. P. Herzlich.

THURSDAY

MF 401 CREATING WITH POLYMER CLAY Polymer clay can mimic gemstones and metals and is used to create beads to make necklaces, earrings and other jewelry. 9:30-12. H. Weinberg

MF 402 YOGA Gentle stretching and relaxation practices which bring about a feeling of peace and well-being in the mind, body and spirit. 9:45-11:45. D. Scott.

MF 403 QUILTING Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. T. Decourcy.

MF 404 ACTING Let your spirit flow with acting exercises. Have your heart open with acting scenes. Use improvisations to display your life's wisdom. 12:30-2:30. K. Solway.

MF 405 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light

weights. 1-3. B. Sayegh.

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. 9:45-12:15. J. Schatz.

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. 10-12. 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. 12-2:30. J. Worth.

MF 505 RETIREES 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; October 9, 30; Nov. 13*. You may register for **Group A** or **Group B**, but not both. 12:30-2:30. M. Garvey.

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.

MF 507 YOGA & MEDITATION Release stress and tension with yoga postures and a short-guided meditation practice. 12:30-2:30. D. Scott.

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 heiresses, 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. 14 -*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 Canterville Ghost* (1944); Nov. 9 - *Nothing Sacred* (1937); Nov. 16 - *Bride Wore Boots* (1946). 10–12:30. G. Piraino.

QF 103 CROCHET & KNIT Basic crocheting and knitting stitches will be demonstrated. Participants will create a hat, a

scarf and a blanket. Supplies needed: Light colored yarn gauge 4 worsted weight, scissors, crochet hook size "J", knitting needles size 8, large eye needle for yarn. 10-1. J. Kotkin.

QF 104 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & 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, Phthalo blue, Ultramarine blue; Brushes: Flat bristle ¼, ½, 1 inch and one fine round sable for small details; 11x14 canvases or canvas boards; Gamsol odorless turpentine; a cup for turpentine and a palette. 10-1. B. DeCeglie.

QF 105 BOOK TALK Join us for some thought provoking, life affirming books which we will read and discuss the impact on one's life. Read pages 1-131 of *Sorry I'm Late, But I Didn't Want to Come* by Jessica Pan for first class. Other book is *Have You Seen Luis Velez?* By Catherine Ryan Hyde. 10-12. E. Neal.

QF 106 APPLE IPAD PROJECTS Review basic Apple Apps. Create projects combining photos and videos. Share projects using other devices and social media. 10-1. A. Cumba.

QF 107 GUITAR: BEGINNERS Develop the ability to accompany themselves on songs using a variety of finger picking styles. Note reading skills as well as basic music theory will be included. A tuned guitar in good playing condition is necessary. Required books: *Mel Bay Guitar Method Grade 1, Expanded Edition* (\$15); *Alfred's Basic Guitar Theory Levels 1 & 2 - 3rd Edition* (\$8). 10:30-11:30. M. Patelson.

QF 108 GUITAR: INTERMEDIATE Learn a variety of songs with different finger picking patterns. Duets, trios, and quartets of different styles will be studied. Music theory will be taught as it applies to repertoire. 11:45-1:45. M. Patelson.

QF 109 YOGA This mind and body practice based on Hatha Yoga helps to enhance strength, flexibility, and balance. Breath work and mindfulness meditation will calm the mind and reduce stress. 12:30-2:30. E. Takamori.

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 202 SPANISH: ADVANCED BEGINNERS/INTERMEDIATE Improve basic Spanish skills using conversational games and exercises. Focus on pronunciation, vocabulary building, grammar and syntax. Required textbook: *Easy Spanish Step by Step* by Barbara Bregstein. 10-12. J. Kalish.

QF 203 DRAWING & SKETCHING: BEGINNERS This is a foundation class for beginners using elements of drawing composition, perspective and values. Supplies needed: loose sheets of 8 ½ 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 Edward G. Robinson. Everyone associated Robinson with

gangster roles, but there are some unusual parts that show his broad acting range. All films are available on YouTube (most are free; others are \$1.99/\$2.99). Watch the film prior to the weekly Zoom meeting to discuss it. Discussions are as follows: Sept. 15- *Kid Galahad* (1937- watch this version only); Sept. 22 - *Dr. Erlich's Magic Bullet* (1940); Sept. 29 - *Brother Orchid* (1940); Oct. 6- *The Sea Wolf* (1941); Oct. 13- *Double Indemnity* (1944); Oct. 20- *Our Vines Have Tender Grapes* (1945); Oct. 27- *A Hole in the Head* (1959); Nov. 10- *Soylent Green* (1973); Nov. 17- *A&E Biography*. 10-12:30. G. Piraino.

QF 205 QUILTING Beginners learn the art of quilting by creating place mats and table runners, hand or machine sewn. Advance Beginners/Intermediate quilters can create a quilt using jelly rolls or their own projects. Supplies needed: Beginners - needles, white thread, rotary cutter, cutting mat, grid ruler, scissors, 4-6 fat quarters of material of matching colors and batting (crib size). Everyone: 2 yards of a solid flannel and 2 yards of a pattern flannel for a "do-it-yourself" quilt. *DOWN-LOAD Michael's or JoAnne's coupons for supply discounts or check the Internet. You can use your NYC teacher retiree discount for Michael's. 10-1. R. Cooper

QF 206 ORIGAMI: JAPANESE ART OF PAPER FOLDING Projects include gift containers, flowers, butterflies, birds, other animals and more. Items can be used as gifts. Supplies needed: 6 x 6 Kami (origami) paper (50-100); 12 x 12 scrapbook paper. (10-20); 8 1/2 x 11 card stock - white or colors (5-10); 8 1/2 x 11 computer paper - white or color (10-15); scissors or paper cutter, glue stick, hole punch, ruler, scotch tape, paper clips, decorative items such as beads, ribbons/yarn and stickers. Optional: 6 x 6 double sided Kami (origami) paper (10-20). 10-12. R. Malinconico.

QF 207 DRAWING & SKETCHING: INTERMEDIATE Use charcoal and pencil to explore black and white media. Supply needed: loose sheets of 8 ½ x 11 paper; charcoal pad, 14x17; charcoal pencils: 2B, 4B & 6B; graphite pencils, soft and a kneaded eraser. 12:15 - 2:15. B. DeCeglie.

QF 208 ZUMBA GOLD/ZUMBA TONING The original Zumba programs have been modified so adults of any age and fitness level can achieve success. More intense movements offered for those who choose to advance. Appropriate footwear required. Toning sticks recommended. No weights permitted. 12:15- 2:15. M. De Turris.

QF 209 BEGINNERS PLUS/IMPROVER LINE DANCE Build on your knowledge of basic line dance steps and techniques to learn some new and fun dances. No partners needed. For a dancing good time---get in line!!! 12:30-2:30. R. Malinconico.

QF 210 SPANISH: ADVANCED An in-depth exploration of the Spanish language. Students practice reading, writing, speaking, and listening skills. Required textbook: *Advanced Spanish Step by Step* by Barbara Bregstein 12:30-2:30. J. Kalish.

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. Maleeq Morris.

QF 302 FUN & EASY QUILTING: BEGINNERS Learn how to quill- the art of rolling, curling, crimping, looping, combing, fringing, and turning colorful strips of paper into decorative items with unique patterns and designs. Supplies needed: quilling paper pack bundle (1/8 inch) or assorted colors of your choice (1/8 inch); slotted quilling tool or Savvy slotted tool; curling coach; 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 students 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 #10711-1101, Moonstone 10711-2351, 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 a fun 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. Line Dancing with Soul will allow your aches and pains to fade. Wear comfortable clothes and shoes. 10-11. R. Hogans.

QF 305 LINE DANCING WITH SOUL: BEGINNERS/INTERMEDIATE Designed for those familiar with basic line dancing steps, such as the Cha Cha, Pivot 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. Hogans.

QF 306 FUN & EASY QUILTING: INTERMEDIATE Create one-of-a-kind quilled treasures showcasing an array of beautiful designs and patterns. Supplied needed: quilling paper pack bundle (1/8 inch) or assorted colors of your choice (1/8 inch); slotted quilling tool or Savvy slotted tool; curling coach; 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. L. Canlas.

QF 307 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. 12:30-2:30. J. Maleeq 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. 10:15-12:15. J. Maleeq Morris.

QF 402 PAINTING IN WATERCOLORS The luminosity and nuance 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 photos/prints for source materials. All levels. Supplies needed: D'Arches WC paper block (140 lbs. rough, cold pressed 12x16); brushes: 1 flat sable 1-1.5, 1 round sable (1 in. long); water color set of colors with Chinese white included; palette (flat white dish); water container to clean brushes; roll of paper; soft graphite pencils; kneaded eraser; safety edge blades to sharpen pencils and a roll of white tape. 10:15-1:15. B. DeCeglie.

QF 403 CREATIVE 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 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.

FRIDAY

QF 501 PLEASURES OF READING Read and discuss contemporary short stories from *The Best American Stories 2019* (Anthony Doerr, editor). Read the first two stories before first class. 10-11. M. Levinson.

QF 502 ZUMBA GOLD & ZUMBA TONING The original Zumba programs have been modified so adults of any age and fitness level can achieve success. More intense movements offered for those who choose to advance. Appropriate footwear required. Toning sticks recommended. No weights permitted. 10-12. M. DeTurris.

QF 503 CHAIR YOGA Learn how to relax and calm the mind by practicing how to breathe and gently stretching on the chair. It helps develop flexibility and strengthen your muscles. 10:15-12:15. E. Takamori.

QF 504 AMERICA'S POSTWAR PRESIDENTS: TRUMAN TO TRUMP America's post-WWII presidents have influenced and molded our nation's march into the 21st Century. Learn more about these leaders and the impact they have had on our society. 11:15- 12:15. M. Levinson.

QF 505 OPERA: DUETS, TRIOS & QUARTETS An exploration of great operatic duets, trios, quartets and ensembles in

a variety of languages and styles. Video excerpts from a variety of productions and great singers from around the world will be shown. 10-12:30. J. Dzik.

QF 506 PAINTING WITH CONFIDENCE

Designed for beginners to create a masterpiece following step-by-step instructions. Explore color theory and brush techniques using inexpensive acrylic paint. Supplies needed: Nine canvases (either 11 x14, or 16 x20), Liquitex Basic Acrylic (white, black, red, blue and yellow) or Michael's Loft brand, a package of assorted brushes, small, large, and medium and an easel. 10-1. R. Cooper.

QF 507 RELAXATION WORKSHOP Relax your mind and body. First two sessions is a seminar format to understand stress and relaxation response and continue to practice calm mind and body. The practice includes gentle breath work, brief mediation and gentle stretch. Please be in a comfortable seated position in a chair or on a mat. 12:45- 1:45. E. Takamori.

QF 508 STAY ACTIVE WITH SAIL Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for seniors. The entire curriculum can help improve tone and balance issues. Exercises can be done standing or sitting and is suitable for people that have physical limitations. Supplies needed: 2 - 16 oz. water bottles to be used as weights. 1 - 3. M. Gonzalez.

QF 509 ACRYLIC PAINTING Learn application and technique, emphasis on individual expression, the study of color and composition and design. Be ready to paint at first class. Supplies needed: cadmium yellow, Naples Yellow, Yellow Ochre, cadmium Red, Burnt Sienna (Brown), Alizarin Crimson, Dioxazine Purple, Ivory Black, Titanium White, Emerald Green or Veridian, Cobalt Blue and Cerulean Blue; a set of brushes for acrylic painting in a pack; palette (could be disposable paper); retarder and gel; palette knife or mixing knife; vinyl, latex, non-latex or rubber gloves. 10- 1. C. Murrell.

QF 510 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE Note reading, chord playing and a variety of music is covered. You must have your own keyboard (62 Keys) and headphones or your own upright or grand piano. Required materials: Alfred Basic Adult Piano Course Level 1 (\$10) and *Alfred's Complete Essentials of Music Theory* (\$15). 10 - 1. M. Patelson.

STATEN 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.

Sturdy chair and yoga strap suggested. No mats. 10-12. I. Dubeau.

RF 104 JEWELRY DESIGN & BEADING

For those with some prior beading experience. Learn to create a unique Russian Spiral Bracelet (7-7.5 inches). Review the pattern and materials in an interactive discussion. Learn some history, share YouTube tutorials and express your creativity. Supplies needed: 10 grams each of 11/0 and 8/0 seed beads, 2 bead caps, 2 closed jump rings, 8 lb. Fireline, size 10 beading needle. Purchase items at *Amazon.com*, *FireMountainGems.com* or *Esty.com*. 12:30- 2:30. N. Keay.

RF 105 WORKOUT WITH LETTY

Combination of exercises to tone, strengthen and increase flexibility. 12:30-2:30. L. DeRosa.

TUESDAY

RF 201 EASY-BREEZY FITNESS

Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want 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. Kalipetes.

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. 11-1. G. 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. J. Lamonica.

RF 207 DRAWING: INTERMEDIATE & ADVANCED

Should 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 pad (paper weight 70 lbs.), 2HB pencils, wedged-shaped good quality eraser plus your preferred erasers, blending stumps (rolled paper stumps) package of assorted sizes, pencil sharpener and 12" ruler. Other supplies on 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. Dubeau.

WEDNESDAY

RF 301 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 Where the Light Falls*, selected stories of Nancy Hale for the first class. 10-12. A. Zuckerberg.

RF 302 INTRODUCTION TO MEDITATION

Breadth and walking, sitting and singing and silent mediation will be practiced. Have a mat and pillow for class. 10-12. C. LaBue.

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 muscle strength, increase flexibility and improve balance based 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 low impact 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, Winsor Blue (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 pad 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 402 AEROBICS WITH KAREN II

Variety of low impact 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. 10-12. K. Paholek.

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 #4 on label, #8 knitting needles or "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 Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 12:30-2:30. I. Dubeau.

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 more for 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 Amboy Rd. Drop off date for your 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 help ourselves while helping others? Discussions will include: The steps to decluttering, donation information and more. *Friday, Sept. 18.* 10-12. L. Gessert.

RF 806 SING ALONG WITH THE CHORALEERS

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 sing along words. *Wednesday, Sept. 30.* 10-12. D. DeOrio.

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. Casanovas.

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, empty stadiums, umpire positioning, playoffs and the World Series affects the outcome. *Friday, Oct. 30.* 10-12. R. Casanovas.

RF 810 HOLIDAY SING ALONG WITH THE CHORALEERS

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 sing along words. A fun time for all. *Wednesday, Nov. 18.* 10-12. D. DeOrio.

INTERSESSION

*There is a \$10 fee for each course.
(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, meringue, 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

THURSDAYS

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 SCRAPBOOKING/ 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. All 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. Hammitt

XI 412 EASY PAPER FLOWERS Take your paper flower 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

BROOKLYN

Coordinator: Evelyn Dorell

WEDNESDAY

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

KI 308 CHORUS Sing along with piano accompaniment. Music and/or parts may be taught with or without music sheets. 10-12. J. DeRanieri

KI 309 QUILTING: INTERMEDIATE Create beautiful works of art: quilts, decorative accessories and pillows. Must have basic machine- or hand-sewing skills. 10-12. N. Rabatin

KI 310 CHAIR YOGA A gentle form of yoga using a chair for support or for sitting. Deepen your flexibility and strengthen the body's awareness at any fitness level. 10-12. A. Beeman

KI 311 BETTER SLEEP THROUGH MEDITATION Learn to practice research-based, deep relaxation techniques during the day to promote better sleep quality at night. Have large towel or mat available for class. 10-12. T. Pratt

KI 312 A BRIEF SURVEY OF THE BLUES

Learn about the origins and development of the Blues from the Delta to Chicago and beyond. 10-12. J. Hirsch

KI 313 BOLLYWOOD & BELLYDANCE Enjoy sampling dance movements from the Middle East and from Bollywood movies. 12:30-2:30. A. Beeman

KI 314 SHORT STORY BOOK CLUB Discuss short stories by well-known authors (all stories available free online). Read *Hills Like White Elephants* by Ernest Hemingway for first class. Further readings will be chosen together by class. 12:30-2:30. B. Bolton

KI 315 BEGINNING CONVERSATIONAL MANDARIN CHINESE Practice conversational Mandarin Chinese on your path to fluency. 12:30-2:30. C. Ng

KI 316 STRETCH & RELAX Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Have a mat or large towel for class. 12:30-2:30. T. Pratt

KI 317 POLYMER CLAY: BEGINNING/ INTERMEDIATE Learn how to condition clay and develop techniques to create necklaces, earrings and brooches. Supplies needed: small convection oven, pasta rolling machine, smooth ceramic work surface 8" X 12" or larger, cutting blades for cutting polymer clay and various colors of PREMO polymer clay (resources to buy more clay will be discussed in class). 12:30-2:30. V. Hall

THURSDAY

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

KI 407 CROCHET: INTERMEDIATE LEVEL Continue learning new stitches to create beautiful projects. Supplies needed: "F" and "H" crochet hooks, skein of worsted weight yarn, measuring tape and small clipper. 10-12. P. Williams

KI 408 TECHNIQUES IN MEMOIR WRITING Look at the works of published authors to discern their writing techniques. We will write during class while incorporating those techniques and share our work. 10-12. B. Bolton

KI 409 JAZZERCISE Stretch and dance to the music of Jazz, Rhythm and Blues, Cha-Cha, Swing and Mambo. Have a large towel or mat for class. 10-12. K. Sanson

KI 410 BEAD WEAVING: ALL LEVELS Learn the basics of bead weaving, including peyote, herringbone, and brick stitches. Beginners - supplies needed: 2 colors of size 8 seed beads, Togo 1G or Nymo thread and size 10 beading needles. Experienced members can work on projects. 10-12. K. Koppinger

KI 411 INTRODUCTION TO APPLE IPHONE & IPAD Learn to use your pre-installed programs on your Apple device and discover new possibilities at the App Store. Have available your iPhone or iPad with username and password. 10-12. J. Griffith

KI 412 KNITTING: BEGINNING Learn basic knitting stitches to create beautiful projects. Supplies needed: size 8 knitting

needles and light-colored worsted weight yarn. 12:30-2:30. P. Williams

KI 413 JEWELRY MAKING: BEGINNING/INTERMEDIATE Learn techniques of making beaded jewelry: wire wrapping, bead stringing and stitching, crimping and more. Beginners - 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 like Griffin Nylon with attached needle (#4, 5 or 6), scissors, clasp of your choice, small jump rings to match clasp. Experienced members can work on projects. 12:30-1:30. K. Koppinger

KI 414 BRIDGE: INTERMEDIATE Basic training and demonstration to improve playing skills. 12:30-2:30. R. Goldman

KI 415 ZUMBA GOLD Focus on improving muscle strength, posture, mobility and conditioning; may be performed while standing or sitting in a chair. 12:30-2:30. T. Gilbert

KI 416 LINE DANCE: ALL LEVELS

Enjoy the pleasure and exercise of line dancing. Learn the steps! 12:30-2:30. N. Cangiano

MANHATTAN

Coordinator: Jo-Ann Hauptman

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, Berkeley thread or Fireline thread 6 lb. in smoke grey or white and scissors. A good place to buy beads online is whim-beads.com. 10-12:30. J. Schatz

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. 10-12:30. 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. 10-12:30. W. Wynn

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

CI 215 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with 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 or own projects. Patterns will be supplied for scarves, hats, etc. 12:30-3 J.Kotkin.

WEDNESDAY

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

CI 307 POLITICS 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 scenes and plays. Constructive feedback is offered. 10-12. K. Solway

CI 309 DANCERCISE Dance and exercise for fitness and fun. Learn Country Western, Folk, Line and Broadway Styles. 10-12. 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. Siudzinski

CI 311 THE COMEDY OF LENNY BRUCE, GEORGE CARLIN & RICHARD PRYOR An in-depth view of Lenny Bruce, George Carlin & Richard Pryor. Analysis and discussions of differences and commonalities amongst them. Viewing their work confirms their excellent comic value as they made us laugh more than most if not all other stand-up comics. 12:30-2:30. P. Herzich

CI 312 WATERCOLOR & COMPOSITION ALL LEVELS Learn watercolor techniques such as mix paint, create values and use composition to convey your story. Beginning of class warm-ups. Brush strokes create puddles of paint values. Supplies needed: round brushes -1 large 14+ and 1 medium/small size 6 or 8; only red, blue & yellow watercolors paints; cold press watercolor paper with 140 lb (Fabrino Studio 50 sheet pad - 9x12 or larger). 12:30-3. M. Rogers

CI 313 SHORT STORIES Discussion of short stories their style and significance. Required book: *Nine Short Stories* by J.D. Salinger. Read *A Perfect Day for Bananafish* and *Uncle Wiggly in Connecticut* before first class. 12:30-2:30. A. Zuckerberg

CI 314 AFRO BEATS DANCE CLASS Learn basic traditional African dance movements set to contemporary Afro beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 12:30-2:30. D. Scott

CI 315 ITALIAN CINEMA View and discuss notable thought-provoking Italian films. The films are shown in Italian with English subtitles. Discuss readings about the films in English. Film titles will be sent to registered participants. 12:30-3. J. Worth

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 painting 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 many ways 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 in Italian on the readings will be encouraged. Low intermediate to high intermediate. 12:30-2:30. J. Worth

CI 411 DRAWING Drawing value studies & their use in whole composition. Supplies needed: 6 drawing pencils, sizes HB,3B, 3H or 4H; drawing paper 9"x12" (90lb or heavier); Staedler Mars & Faber Castel kneaded erasers. 12:30-3. M. Rogers

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

CI 413 HISTORY OF THE NEW WORLD & BEYOND...Lectures and discussions on history of the new world and beyond from the European conquest through the American Civil War. 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

QUEENS

Coordinator: Ray Taruskin

TUESDAY

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

QI 211 PAINTING WITH CONFIDENCE Create your masterpiece following step-by-step instructions exploring 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 newspaper. 10-1. R. Cooper

QI 212 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 90 lb. or higher), 6 pencils (2 each: 3B, HB, and 3H or 4H), Staedler Mars eraser and Fabel Castel kneaded eraser. 10-1. M. Rogers

QI 213 YOGA Help enhance your strength, flexibility and balance with this mind and body practice based on Hatha Yoga. Breath work and mindfulness meditation will calm the mind and reduce stress. 10:15-12:15. E. Takamori

QI 214 SOUL DANCING FOR BEGINNERS Similar to Country except it is 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 needed. 11-1. R. Hogans

QI 215 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 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

QI 216 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

QI 217 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

QI 308 ART WITH AN IMPRESSIONISTIC FLAIR 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 ¼, ½, 1 inch, 1 fine round sable for small details, Gamsol odorless turpentine, a cup for turpentine and palette. 10-1. B. DeCeglie

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

QI 310 FUN & EASY QUILTING: BEGINNERS Learn how to quilt - the art of rolling, curling, crimping, looping, combing, fringing and turning colorful strips of paper into decorate items with unique patterns and designs. Supplies needed: quilting paper pack bundle (1/8 inch) or assorted colors of your choice (1/8 inch), slotted quilting tool or Savvy slotted tool, curling coach and circle template board, quilting comb or Super Looper, quilting tweezers, fine tip scissors, straight pins, Elmer's glue, precision tip glue applicator. Optional: Border Buddy, deluxe quilting crimper and husking board. IMPORTANT: Order supplies from www.quilledcreations.com. 10-12. L. Canlas

QI 311 QUILTING Beginners learn the art of quilting by creating place mats and table runners, hand or machine sewn. Advanced Beginners/Intermediate: create a quilt using jelly rolls or their own projects. Supplies needed: Beginners - needles, white thread, rotary cutter, cutting mat, grid ruler, scissors, 4-6 fat quarters of material of matching colors and batting (crib size). Everyone: 2 yards

of a solid flannel and 2 yards of a pattern flannel for a "do-it-yourself" quilt. *DOWNLOAD Michael's or JoAnne's coupon for supply discounts or check the Internet. You can use your NYC teacher retiree discount for Michael's. 10:15-1:15. R. Cooper

QI 312 ZUMBA Learn the dance program inspired by Latin rhythms that is modified for retirees and beginners. Wear comfortable clothes and shoes. Have a water bottle and towel for class. 12:45-2:45. M. Gonzalez

QI 313 APPLE IPAD & IPHONE PHOTOGRAPHY Learn how to take and edit photos using your Apple iPad or iPhone. Organize and create projects with your photos. Find out how to utilize the iMovie app to create beautiful memories. 12:45-2:45. A. Cumba.

QI 314 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 Casanovas

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. 9:50-10:50. I. Dubeau

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. I. Dubeau

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 form. 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. 11-12. 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 scarf 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. Kalipetes

RI 216 JEWELRY CREATIONS WITH NANCY Create 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. Keay

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

our 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 mixing, color theory and harmony using watercolors as our medium. Contact jcasanovas@uft.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. Mandel.

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

Read *Just Desserts* and *Travels with Nicki from The Guy Not Taken* by Jennifer Weiner before first class. 10-12. A. Zuckerberg.

RI 312 ZUMBA DANCE PARTY Come join the fun as we shimmy, stretch and dance to the latest Latin dance beats. Wear exercise apparel. Sneakers required. Zumba 1 lb. toning sticks required for class (available on Amazon). 12-2. M. DeTurris

FLORIDA

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

Broward: Albert Guastafeste (954) 255-9161

Dade: Leon Brum (305) 864-4318

Ocala: Mazie Henry (917) 566-7993

Orlando Donesa Jackson (407) 359-3459

Tampa Bay Lynne Winderbaum (727) 289-5720

West Coast: Stewart Cohen (941) 685-6361

COURSES

All courses have a \$10 fee (non-refundable and non-transferable).

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 performances and explanations of the the different types of pieces that Chopin has written such as: Etudes; Nocturnes; Mazurakas; Preludes; Scherzos; Ballades; Berceuse; Impromptus and Waltzes. Discussions included. **Sept. 14, 21; Oct. 5, 19, 26; Nov. 2, 9, 16, 23, 30.** 10-12. A. Guastafeste.

TUESDAY

FF 201 MONTHLY BOOK CLUB Discuss 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 (rhymes with squash), 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 "x 12") or buy single sheets and tear them into quarters to save on your investment (you can buy more later). If you're not buying a block you will need a support board; Palette - for now, use coated paper plates; we will discuss type of palettes at first class; a couple of water containers. **Sept. 15, 22, 29; Oct. 6, 13, 20, 27; Nov. 10, 17, 24.** 10-12:30. A. Lovitt.

FF 203 OPERA View a different opera each week and a Q&A afterwards. **Oct. 6, 13, 20, 27; Nov. 10, 17.** 10-12. M. Minzer.

FF 204 ISN'T IT ROMANTIC? View a collection of American classics (dramas and

comedies from the 1940's to current times, that highlight the difficulties of forming and sustaining relationships. **Oct. 6, 13, 20, 27; Nov. 10, 17, 24; Dec. 1, 8.** 9:30-12. R. Presser.

FI 205 MONTHLY BOOK CLUB Discuss a different book once per month (every 4 weeks). Read *The Secret of Clouds* by Alyson Richman, an inspiring story of a heart-felt teacher- student relationship, family bonds, healing and hope and unexpected friendships. It's a love letter to teachers from her own childhood. Group selects the book for the next class. **Jan. 19; Feb. 16; Mar. 16; Apr. 13.** 1-3. R. Mann.

WEDNESDAY

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.** 10-12. E. Weinstein.

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 *Where the Light Falls, Selected Stories of Nancy Hale*. **Sept. 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2.** 12:30-2:30. A. Zuckerberg.

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

and design are also a part of this course. Demo by the instructor. Subject matter is not consecutive yet your knowledge will build with each project. **Sept. 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2.** 10-1. A. Lovitt.

FF 304 LINE DANCING 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, 30; Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2.** 10-11:30. C. Seger.

FF 305 FILM DISCUSSIONS View a different film in its entirety, a power-point presentation by the host followed by a Q&A. Films include: *Parasite* (2019), *The Manchurian Candidate* (1962), *Hotel Mumbai* (2018) and *Citizen Kane* (1941). **Sept 30; Oct 28; Nov 25; Dec 30.** 12:30-3:30. L. Bloomgarden.

FF 306 CHAIR YOGA Enjoy stretching and limbering exercises from the comfort of a chair in your own home. **Oct. 7, 14, 21, 28; Nov. 4, 18, 25; Dec. 2, 9, 16.** 10-11:30. P. Vitucci.

FF 307 DOCUMENTARY FILMS View a different documentary film from around the world followed by a Q&A. **Oct. 21, 28; Nov. 4, 18, 25; Dec. 2, 9, 16.** 10-12:30. B. Wolk.

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).
6. SEND IN SEPARATE COUPONS ALONG WITH SEPARATE CHECKS/MONEY ORDERS FOR FALL 2020 AND INTERSESSION 2021.
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

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)

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

S.S. # (last 4 digits) or UFT MEMBER ID NO. (6 DIGITS)

NUMBER	TITLE	FEE (IF ANY)
--------	-------	--------------

E-MAIL ADDRESS

1.		
----	--	--

SPOUSE NAME (IF REGISTERING)

2.		
----	--	--

ADDRESS

APT #

3.		
----	--	--

CITY

STATE

ZIP

4.		
----	--	--

PHONE

ALTERNATES:

6.		
----	--	--

Seminars (not included in five-course limit).

7.		
----	--	--

NUMBER

TITLE

FEE (IF ANY)

1.		
----	--	--

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to **UFTWF RETIREE PROGRAMS**
- ✓ **Complete the information on the coupon**
- ✓ Provide the correct course/seminar/code(s) and course/seminar/title(s)

2.		
----	--	--

- ✓ 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

3.		
----	--	--

4.		
----	--	--

5.		
----	--	--

A separate check must be sent for intersession courses.

INTERSESSION 2021

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

NUMBER	TITLE	FEE (IF ANY)
--------	-------	--------------

UFT MEMBER ID NO. (6 DIGITS)

1.		
----	--	--

E-MAIL ADDRESS

2.		
----	--	--

SPOUSE NAME (IF REGISTERING)

3.		
----	--	--

ADDRESS

APT. #

4.		
----	--	--

CITY

STATE

ZIP

5.		
----	--	--

PHONE

6.		
----	--	--

COURSE REGISTRATION FEE IS \$10.

- ✓ 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.**

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to **UFTWF RETIREE PROGRAMS**
- ✓ Complete the information on the coupon

FALL 2020 / 11

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.

Non-Profit Org.
U.S. Postage
PAID
Williamsport, PA
Permit No. 4

INTERSESSION 2021
FALL 2020

UFT/WF RETIREE PROGRAMS FLORIDA COURSE REGISTRATION 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.

MEMBER NAME (PLEASE PRINT) _____

SS (LAST 4 DIGITS) OR UFT MEMBER ID NO. (6 DIGITS) _____

EMAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT. # _____

CITY _____ STATE _____ ZIP _____

CELL PHONE/FLORIDA PHONE NO. _____

NUMBER	TITLE	FEE (IF ANY)
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

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

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.