

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



SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG

VOLUME 36, NUMBER 1

FALL 2021/INTERSESSION 2022

HOW TO REGISTER

FALL LEARNING CENTER CLASS SCHEDULE

Start date: Monday, September 13, 2021

End date: Thursday, November 18, 2021

- **Registration deadline:** The office **MUST** receive the registration by **Friday, August 13, 2021**

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays

1	9/13/21	9/14/21	9/15/21	—	9/17/21
2	9/20/21	9/21/21	9/22/21	9/23/21	9/24/21
3	9/27/21	9/28/21	9/29/21	9/30/21	10/1/21
4	10/4/21	10/5/21	10/6/21	10/7/21	10/8/21
5	—	10/12/21	10/13/21	10/14/21	10/15/21
6	10/18/21	10/19/21	10/20/21	10/21/21	10/22/21
7	10/25/21	10/26/21	10/27/21	10/28/21	10/29/21
8	11/1/21	11/2/21	11/3/21	11/4/21	11/5/21
9	11/8/21	11/9/21	11/10/21	—	11/12/21
10	11/15/21	11/16/21	11/17/21	11/18/21	—

- No classes on the following days:

Yom Kippur: Thursday, September 16

Italian Heritage Day/Indigenous People Day:

Monday, October 11

Veteran's Day: Thursday, November 11

INTERSESSION SCHEDULE

Start date: Tuesday, January 4, 2022

End date: Thursday, February 3, 2022

- **Registration deadline:** The office **MUST** receive the registration by **Friday, December 3, 2021**

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays

1	—	1/4/22	1/5/22	1/6/22	—
2	—	1/11/22	1/12/22	1/13/22	—
3	—	1/18/22	1/19/22	1/20/22	—
4	—	1/25/22	1/26/22	1/27/22	—
5	—	—	2/2/22	2/3/22	—

- No classes on the following days:

Lunar New Year: Tuesday, February 1

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 it is received by the office.

Any other questions, please call the main office at 212-510-6310.

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 **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.

- You will receive an email invite from your instructor to join the class on Zoom with the necessary links.
- If you have not received your email with the Zoom links at least **two** days prior to event; please check your "spam/junk" or "trash" folders.
- If it is not in the "spam/junk" or "trash" folders, call us at (212) 510-6310 to send you the Meeting ID/Passcode for the event.

❖ REGISTRATION PROCEDURE & FEES

- UFT retirees are registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.
- Each registrant must **COMPLETE** the entire registration coupon(s) and send it with his/her own check(s)/money order(s). ALL checks/money orders must be made payable to **UFTWF RETIREE PROGRAMS (NO CASH ACCEPTED)**.
- All fees are **NON-REFUNDABLE** and **NON-TRANSFERRABLE**.
- A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.
- Fall 2021, Intersession 2022, Florida Fall 2021 and Florida Intersession 2022 are separate programs. You **MUST** send in the appropriate registration coupon(s) and **checks/money orders for each** program. They cannot be combined.
- **IMPORTANT!** Please provide the correct codes and titles of the courses, seminars and trips on the registration coupon as well as the memo section of the

registrant's check(s)/money order(s).

- **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/SEMINARS

- The maximum number of courses you may register for is **five** during remote learning.
- You **MUST** register for the course/seminar(s) in advance.
- Courses have a **\$10** fee and seminars have a **\$2** fee. All fees are non-refundable and non-transferrable.
- Write one check/money order for course/seminars
- Fall 2021, Intersession 2022, Florida Fall 2021 and Florida Intersession 2022 are separate programs. You **MUST** send in the appropriate registration coupon(s) and **checks/money orders for each** program.

❖ TRIPS

- You may register for up to **five** trips during remote learning.
- You **MUST** register for the trip(s) in advance.
- All trips have a non-refundable and non-transferrable fee.
- Write a separate check for **each** trip.

NB: View Si Beagle offerings online at <https://www.uft.org/chapters/retired-teachers-chapter/retiree-programs>, then on the right side of page view the Si Beagle and download coupon(s) to send it in for registration.

❖ GENERAL INFORMATION

- You will receive an email confirmation regarding your courses, seminars and/or trips. WAIT LISTED retirees, spouses, registered domestic partners, AFT, NYSUT and PSC members will be notified of course/seminar openings by a Retiree Programs staff member.
- Refunds/Overpayments will be issued in eight weeks.
- We reserve the right to cancel any course that has fewer than 12 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, seminars and trips.

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

— If you have questions for the five boroughs, please call the main office at 212-510-6310.

UFT BRONX LEARNING CENTER Felicia Armetta, Cheryl Bing-Howard, Robert Fernandez and Elizabeth Harris, Coordinators

UFT BROOKLYN LEARNING CENTER Evelyn Dorell, Eurika Oliver and Cheryl Richardson, Coordinators

UFT MANHATTAN LEARNING CENTER Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci and William Richardson, Coordinators

UFT QUEENS LEARNING CENTER Luchie Canlas, Laurie Kingsberry-Ford, Margie Stahl and Ray Taruskin Coordinators

UFT STATEN ISLAND LEARNING CENTER Jeanne Casanovas, Peggy Munno and Audrey Zimring, Coordinators

OUTREACH SECTIONS

UFT NASSAU SECTION Patty Sweeney, Coordinator, (516) 206-0621 • **UFT NEW JERSEY SECTION** Judy 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):**

You can download the Zoom Desktop Client for Mac, Windows, ChromeOS, Linux as well as the Mobile App for iOS and Android.

- 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. You need to establish a Zoom account for easy access to classes prior to the first meeting.
- Signing in to your Zoom account on the web – Go to zoom.us/join. When you sign-in you can update your profile, schedule a meeting and more.
- 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.

VIRTUAL MONTHLY RTC MEETINGS

These virtual monthly meetings will include timely information on health, pension, SHIP, Welfare Fund benefits, Legal Plan, Retiree Social Services. The meetings include the following speakers: Tom Murphy, UFT RTC Chapter Leader; Debra Penny, UFT Liaison to the RTC and UFT Treasurer; Gino Giustra, Director, UFTWF Retiree Programs; Christopher Chin, LMSW, Director UFTWF Retiree Social Services; S.H.I.P. representative and UFTWF Health Consultant.

We will also have guest speakers each month to contribute to the discussion.

You will receive an email invitation from Tom Murphy or you can register on our website: <https://www.uft.org/chapters/retired-teachers-chapter>.

Wednesday, October 13, 1 PM
Tuesday, November 9, 6 PM
Tuesday, December 14, 2 PM
Monday, January 10, 3:30 PM (benefits)
Tuesday, February 8, 3:30 PM (benefits)
Tuesday, March 8, 3:30 PM
Monday, April 11, 3:30 PM
Wednesday, May 4, 1 PM
Tuesday, June 14, 1 PM

CANASTA/MAH JONGG/BRIDGE PARTICIPANTS

Since we have limited Canasta, Mah Jongg, and Bridge courses during remote learning, we suggest that you practice your skills on a social media gaming app where you will be able to play in a private room with your friends or other players at your level.

- 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).
- Realmahjongg.com (the first 14 days is free/then \$5.99/month, cancel anytime).
- Funbridge.com (free for first 100 deals; or premium is \$13.99/month unlimited play, cancel anytime).

FLORIDA THEATRE PROGRAM

Return to Broadway via Zoom at the Delray Playhouse in Delray Beach. View a 2 hour pre-recorded celebration of renowned Broadway/Film legends. Each session focuses on a lyricist, composer or producer who contributed to the Great American Songbook. Hear the songs and learn about the artist from a talented group of individuals. You will have three days to view the performance on YouTube. A video link will be emailed the morning of the scheduled performance.

FALL 2021

FF851 THE SONGS OF HAROLD ARLEN – “COME RAIN OR SHINE” Harold Arlen wrote songs for the Broadway stage and the silver screen for almost 40 years including *Over the Rainbow* and *Stormy Weather* among many others. **Oct. 19, 20, 21. \$28.**

INTESESSION 2022

FI 851 THE SONGS OF BILLY ROSE – “IT’S ONLY A PAPER MOON” Producer and songwriter Billy Rose, second husband of Fanny Brice, was known for his lavish productions and co-wrote some of the most popular songs of the 1920's and 30's including *Me and My Shadow* and *More Than You Know*. **Jan. 18, 19, 20. \$28.**

VIRTUAL TRIPS

FEEES FOR EACH VIRTUAL TRIP ARE IN THE DESCRIPTION. TRIP FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. YOU WILL RECEIVE A ZOOM LINK TWO DAYS PRIOR TO THE VIRTUAL TRIP FROM THE TRIP COORDINATOR.

SEPTEMBER

MF 901 STOP THE PRESSES! THE COLORFUL HISTORY OF NY'S NEWSPAPERS Highlights include long gone newspapers: The Globe, The Herald, The World and The Tribune as well as legendary newspaper figures such as William Cullen, Pete Hamill, Nellie Bly, Jimmy Breslin and others. Learn the stories behind the most famous newspaper articles in NY history and the Libel trial of newspaper publisher, Peter Zengor. **Tuesday, Sept. 14.**

10:30 am-12:30 pm. **\$12.** J. DeNave
WF 901 AFRICAN AMERICAN CULTURE HONORED IN PUBLIC ART WITH SYLVIA LAUDIEN-MEO Although African Americans have been in NY since the beginning, their relationship with the dominant society has often been difficult. With a changing dynamic, NY is now graced with many impressive works. View where the slave market was and the African Burial Grounds, 19th century sculptures and the works of newly commissioned artists. **Tuesday, Sept. 14.** 10 am-12 pm. **\$14.** S. Eisenberg

WF 902 CHICAGO'S ICONIC ARCHITECTURE ALONG THE RIVER WALK Chicago's healthy mix of architectural styles tells the story of how the city was formed. Learn of the Wrigley Company's impact on the city. Walk along the Riverwalk to see the most stunning buildings. See the iconic Wrigley Building, the Merchandise Mart, Marina Towers and more. **Friday, Sept. 17.** 11 am-1 pm. **\$14.** S. Eisenberg
RF 901 TOUR OF CENTRAL PARK WITH BOB GELBER Central Park, a “green oasis” in the middle of

Manhattan has been a place to enjoy nature. Learn the history of its creation and its iconic spots like Central Park Zoo, Bethesda Fountain and Literary Walk. **Tuesday, Sept. 21.** 11 am-12:30 pm. **\$12.** M. Mammana
WF 903 THE “MARRIAGE” OF INTERNATIONAL STYLE ARCHITECTURE & MODERN ARTWORK WITH SYLVIA LAUDIEN-MEO When MOMA commissioned Alexander Calder to design his “Fish and Lobster Trap” to permanently hang in its staircase; it gave us the ability to view the most impressive public art by

2 / SI BEAGLE LEARNING CENTERS PROGRAM

sculptors including Noguchi, Moore, Nadelman and Picasso displayed in perfectly fitting public environments. **Wednesday, Sept. 22.** 10 am-12 pm. \$14. S. Eisenberg

MF 902 CAPITOL HILL: SECRETS & SPIES OF WASHINGTON, D.C. Explore the beauty of Capitol Hill and discuss espionage from the Revolutionary War until today. Learn about famous spies including one who attempted to expose one of the biggest coverups in U.S. history. View the U.S. Capitol, the Supreme Court and the Library of Congress along the way. **Thursday, Sept. 23.** 11 am – 1 pm. \$12. J. DeNave

RF 902 MAFIA METROPOLIS: HISTORY OF ORGANIZED CRIME THROUGH 1980'S NYC WITH GARY DENNIS Organized crime saw an opportunity to expand its operations as NYC bounced back from the fiscal crisis of the 70's. A handful of crime families monopolized the construction industry, gaining more influence, power and cash than ever before. **Tuesday, Sept. 28.** 11 am-1 pm. \$12. M. Mammana

WF 904 LEGENDARY COLORADO RED ROCKS PARK Walk through Red Rock Park unveiling thousands of years of geological history. Shaped by the red rocks of the Rocky Mountains, its acoustics are so outstanding that many musical giants have made their mark there. Learn the park's history and enjoy the sounds of John Denver, the Beatles and more. **Wednesday, Sept. 29.** 11 am- 1 pm. \$14. S. Eisenberg

MF 903 THE RISE OF ROCKEFELLER CENTER & AMERICA AS A SUPERPOWER Focus is on the substantial influence that the Rockefeller family and other stewards headquartered at Rockefeller Center exerted in WWII and 20th Century politics. Learn the role the Rockefellers and Rockefeller Center had in the formation of America's activities and emergence as a superpower. **Thursday, Sept. 30.** 10:30 am-12:30 pm. \$12. J. DeNave

OCTOBER

RF 903 INSPIRED INSANITY: NICOLA TESLA IN NY WITH DEB ZELCER Backed and then deserted by the Robber Barons of the last century, Tesla's musings, inventions and rantings predicted and gave form to our modern technological era. **Tuesday, Oct. 5.** 1 pm-2:30 pm. \$12. M. Mammana

WF 905 PROHIBITION/ SPEAKEASIES WITH SYLVIA LAUDIEN-MEO Explore the dynamics that led to the passage of the 18th Amendment, prohibition and the rise of speakeasies. Learn about the interesting ways people dealt with it. How did people get their drinks? Did any of them survive? How are the Mafia, NASCAR and #86 connected?

How did it finally end? **Wednesday, Oct. 6.** 10 am-12 pm. \$14. S. Eisenberg

MF 904 FROM CHINATOWN TO LITTLE ITALY: THE STORY OF IMMIGRATION IN NYC'S LOWER EAST SIDE Since the 1620's NYC has welcomed a diverse group of people from all over the world. Explore the Lower East Side, hear stories of the old Jewish Rialto and see one of the city's most beautiful synagogues. Discover the torturous history of Chinese immigration and visit Little Italy. **Thursday, Oct. 7.** 11 am-1 pm. \$12. J. DeNave

RF 904 AUDUBON MURAL PROJECT WITH LEIGH HALLINGBY The Audubon Mural Project is a public art initiative inspired by the legacy of John James Audubon. It commissions artists to paint murals of bird species threatened by climate change throughout Hamilton and Washington Heights. **Tuesday, Oct. 12.** 11 am-12:30 pm. \$12. M. Mammana

WF 906 HISTORY & ARCHITECTURE TOUR OF SANTA FE, NEW MEXICO WITH JUSTIN FERATE Santa Fe reflects an ancient and venerated multi-cultural history with its charming street of adobe structures. Meander through the rich architecture and histories of "the City Different" Discover why Sante Fe and New Mexico became a world-renowned art colony for countless artists. **Thursday, Oct. 14.** 1 pm-3 pm. \$14. S. Eisenberg

RF 905 OBJECTS TELL STORIES: TREASURES OF THE NY HISTORICAL SOCIETY Tour NY's oldest museum with collections that cover four centuries of American history and art. Includes George Washington's camp bed from Valley Forge; paintings by Thomas Cole and Frederic Church from the Hudson River School, John James Audubon's watercolors for *The Birds of America* and more. **Tuesday, Oct. 19.** 1 pm-2 pm. \$12. M. Mammana

WF 907 JEWISH HARLEM: THE WORLD'S THIRD LARGEST JEWISH COMMUNITY WITH JUSTIN FERATE Discover the rich and varied history of Jewish Harlem from the 1800's until the 1930's. View important landmarks, legendary people and famous institutions that enriched this critical, but often forgotten segment of American Jewish history. Discover impressive reminders of the past. **Wednesday, Oct. 20.** 1 p.m.-3 p.m. \$14. S. Eisenberg.

KF 901 HISTORIC HARLEM FROM 1600 THRU THE 1920'S & BEYOND Harlem has been a bucolic setting for gracious mansions, a hub for European immigrants and a destination of southern blacks fleeing Jim Crow and migrating North. Visit the settings associated with these phases. Tour includes Sylvan Terrace, Triple Nickel, City College Striver's Row and more ending with Harlem Hospital's WPA murals. **Thursday,**

Oct. 21. 11 am-12:30 pm. \$12. E. Oliver

MF 905 LAS VEGAS: RAILROAD TOWN TO WORLD RENOWNED Explore the history of Las Vegas from the city's railroad origins up to current day construction. Walk through popular attractions and see some of the world's most spectacular globally inspired architecture. Hear historical facts that sheds light on Sin City and its buildings. **Thursday, Oct. 21.** 11 am- 1 pm. \$12. J. DeNave

RF 906 WILD CITY: THE HISTORY OF OYSTERS IN NY WITH AUTHOR THOMAS HYNES Discover how NYC went from having almost half the oysters in the world to nearly none. Revisit the days when oysters were a staple of the NYC diet for the rich and poor. Learn about the current efforts to restore NYC's oyster population. **Thursday, Oct. 21.** \$12. 12 pm-1 pm. M. Mammana

RF 907 FRESHKILLS PARK: WORLD'S LARGEST LANDFILL TO PARK WITH RACHEL ARONSON Learn about the exciting park planning developments, changes to the ecosystems and reclamation of this once onerous eyesore for new species of flora and fauna. **Tuesday, Oct. 26.** 11 am – 12 pm. \$2. M. Mammana

MF 906 BETTY SMITH'S A TREE GROWS IN BROOKLYN Delve into the timeless novel... focusing on Betty Smith's upbringing in East Williamsburg, Brooklyn. Visit Most Holy Trinity-St. Mary's Church, various homes where the Nolan family lived including the Grand St. apartment with the "tree" growing in the backyard. Learn the secrets behind the unusual street names in East Williamsburg. **Wednesday, Oct. 27.** 10:30 am-12:30 pm. \$12. J. DeNave

WF 908 MIAMI-SOUTH BEACH ART DECO TOUR Journey to Miami-South Beach and view some of the most iconic art deco architecture in the world dating back to the 1920's. Hear tales about some of the famous and infamous people to ever visit Miami and witness the colorful culture of the area. **Wednesday, Oct. 27.** 10 am- 12 pm. \$14. S. Eisenberg

NOVEMBER

RF 908 THE ART OF ROCKEFELLER PLAZA WITH PHIL DESIERE From sculptures, mosaics and canvas murals, Rockefeller Center bursts with a remarkable collection of art. It is all meant to support the vision of the Center's founder and namesake, John D. Rockefeller, Jr. **Wednesday, Nov. 3.** 1 pm – 2:30 pm. \$12. M. Mammana

RF 909 WILD CITY: WHALES IN NYC WITH AUTHOR THOMAS HYNES Thanks to the Clean Water Act of 1972, an abundance of food sources has provided a feeding stop for migratory humpback whales and other marine

animals in our local waters. **Tuesday, Nov. 9.** 12 pm-1 pm. \$12. T. Hynes

MF 907 CROWN HEIGHTS NORTH: BROOKLYN View some architectural treasures including stand-alone mansions, fine row houses, apartment houses and houses of worship. Explore Grant Square, St. Mark's District, Doctors Row and Browser Park. Crown Heights North is a diverse community on the rise with a Caribbean flair and the hometown of Shirley Chisholm. **Thursday, Nov. 4.** 11 am-1 pm. \$12. J. DeNave

WF 909 NOT JUST THE BORSHT BELT: THE CATSKILLS PART I WITH JUSTIN FERATE Learn about the Jewish summer communities that flourished 150 years ago. Explore the forgotten histories of towns such as Fleischmann's Tannersville, Saratoga Springs and more which set the groundwork for Sullivan and Ulster County resorts including The Concord, The Nevele and Grossinger's. **Wednesday, Nov. 3.** 1 pm-3 pm. \$14. S. Eisenberg

WF 910 SCANDALS & LEGENDS OF NEW ORLEANS Uncover the mysteries, myths and magic of New Orleans. Tour the French Quarter and see the Mississippi River, St. Louis Cathedral and Jackson Square. Learn about a legendary voodoo practitioner and visit a pirate alley and see. Experience the rich history and what makes up the unique culture of New Orleans. **Tuesday, Nov. 9.** 12 pm-2 pm. \$14. S. Eisenberg

MS 908 NEW ORLEANS: STORIES BEHIND THE HOMES IN THE GARDEN DISTRICT Explore The Garden District, one of the best-preserved collections of historic mansions in the country. View this amazing enclave of Antebellum Architecture while strolling down tree-lined avenues past many gorgeous homes, some with famous inhabitants. **Wednesday, Nov. 17.** 11 am -1 pm. \$12. J. DeNave

WF 911 THE BORSHT BELT: THE CATSKILLS PART II WITH JUSTIN FERATE Visit the celebrated Jewish resorts of Sullivan and Ulster Counties including The Concord, The Nevele and Grossinger's. New Yorkers came to these famous hotels/ resorts and bungalow colonies for mountain air and good kosher food. Learn about how many entertainers launched their careers performing for Catskill audiences as well as how the Catskills helped shape American Jewish culture. **Wednesday, Nov. 17.** 1 pm-3 pm. \$14. S. Eisenberg.

WF 912 STANFORD WHITE: ARCHITECTURE OF THE AMERICAN RENAISSANCE WITH SYLVIA LAUDIEN-MEO Take a step back in time to when Stanford White was the most fashionable architect of the American Renaissance. Visit all of his most significant designs and their place in NYC's history. **Wednesday, Nov. 24.** 10 am-12 pm. \$14. S. Eisenberg

COURSES

Unless otherwise noted, courses and seminars begin on Monday, September 13, 2021 and conclude Thursday, November 18, 2021. Courses have a \$10 fee; seminars have a \$2 fee. Fees are non-refundable and non-transferable.

Please remember to complete the appropriate registration form for either New York or Florida Fall courses/seminars.

Fall 2021 and Florida Fall 2021 are two separate programs. Do not combine them on one form.

We are using the Zoom platform to meet, greet and interact. Please download the Zoom app and establish a Zoom account for easy access to the class prior to the first meeting.

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

NF 101 RETIREES READ-BOOK CLUB

Read and discuss one book a month. Read *The Alice Network* by Kate Quinn for first class. Group chooses other books: fiction & non-fiction. Three sessions: **Sept. 20; Oct. 18; Nov. 15.** 10-12. B. Mignano.

TUESDAY

NF 201 SOUL LINE DANCING: 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 clothing and shoes. 10-11. R. Hogans.

NF 202 SOUL LINE DANCING: BEGINNERS

Learn basic line dancing steps and dances that will be performed to Soul, R&B, Jazz and Hip-Hop music. It's a fun way to keep active – mentally and physically. Wear comfortable clothing and shoes. 11:15-12:15. R. Hogans.

UF 201 YOGA & MEDITATION FOR STRESS RELIEF & THE IMMUNE SYSTEM

Practice Kundalini Yoga and Meditation for physical, mental and spiritual strength and vitality. Learn meditations as well as breathing and movement techniques for stress relief and reduction and heightened immune system function. All levels. Suitable for those who prefer to be seated; modifications can be made. 10-11:30. R. Mahone-Lonesome.

UF 202 WINES OF THE WORLD: AN INTRODUCTION

Learn about the grapes and the places that produce the wines you are familiar with and those that may not be as common. Acquire information about tasting techniques, winemaking, pairing, storage and more.. Six sessions: **Sept. 14, 21, 28; Oct. 5, 12, 19.** 12:30-2. B. Kenner.

WEDNESDAY

NF 301 EXPLORE MEDITATION TEACHINGS

Participate in meditation, and mindfulness techniques. Learn how to relieve stress and enhance your life. 10-11. R. Demers.

NF 302 BEGINNING CANASTA! GET IN THE GAME

Learn the basic skills, rules and strategies of Canasta. 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. Begins **Sept. 22.** 11-12. A. Seligson.

NF 303 THE BASICS OF MAH JONGG FOR SOCIAL MEDIA

Learn the basics and how to play by the rules of the National Mah Jongg League. You will be able to sign onto a social media app and/or play with friends to utilize the skill you have learned. Supplies needed: a Mah Jongg set and the current 2021 Mah Jongg card. Begins **Sept. 22.** 1-2. A. Seligson.

UF 301 DOO WOP NATIONAL: ONE HIT WONDERS

Do you like good music, yeah yeah! You will revel in hearing the stories of the groups that hit the national charts only once. View and listen to groups from all over the United States. Seven consecutive sessions. Begins **Sept. 15.** 10-12. H. Bloch.

UF 302 BEGINNERS BRIDGE

For those with no knowledge of the game or those who are returning to the game. Basic rules of the game, bidding techniques and strategies will be covered. 1-3. A. Bass.

THURSDAY

NF 401 RELEASE THE POWER OF HAPPINESS

Expand your perspective while integrating proven practices that offer the opportunity to feel better and build resilience. Meditation and emotional freedom techniques are covered. 10-12. R. Demers.

NF 402 DEVELOP YOUR OWN DYNAMIC POWERPOINT PRESENTATION FOR PC/WINDOWS USERS

Learn the basics of capturing people's

attention with a colorful, well-designed PowerPoint presentation. Create a slideshow with text, videos, graphics and voice to make your presentations memorable and fun. Requirement: must have PowerPoint. Four sessions: **Sept. 23, 30; Oct. 7, 14.** 11-12:30. S. Seifman.

NF 403 CREATING ADVANCED POWERPOINT PRESENTATIONS FOR PC/ WINDOWS USERS

For those who have the basic knowledge of how to construct a colorful and engaging slide deck with PowerPoint. Excite your audiences by learning advanced strategies and techniques of graphics, templates, Smart Art and more to embellish your slides! Four sessions: **Oct. 21, 28; Nov. 4, 18.** 11-12:30. S. Seifman.

UF 401 BROOKLYN: A GREAT AMERICAN CITY

Pull up a chair and enjoy a lime rickey or an egg cream. Are you ready to stroll down Flatbush Avenue? Ride the Cyclone? Get a hot dog at Nathan's? Maybe you just want to hang out at the candy store or play stickball. Brooklyn is so much more. Learn its rich history during Revolutionary times to becoming the third largest city in the USA. Four sessions: **Sept. 23, 30; Oct. 7, 14.** 1-3. J. Minichelli.

UF 402 YOUNG VOCALISTS PERFORM OLD SONGS

Experience many of the outstanding standards of the Great American Songbook performed by a variety of new generation singers. Watch and hear dozens of young semi-professional and amateur vocalists share their talents with new renditions and creative arrangements of some of the most memorable tunes by Gershwin, Porter and many more. Four sessions: **Oct. 14, 21, 28; Nov. 4.** 10-12. R. Knox.

SEMINARS

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

UF 805 ABBOTT & COSTELLO TRIBUTE

Learn how two burlesque comedians came to dominate every medium they starred in, overcame personal tragedies, gave away millions and made America laugh when the country

needed it. Highlights include some rare live television appearances. **Wednesday, Sept. 15.** 1-3. L. Wolff.

UF 806 PROTECTING OUR PRESIDENTS

Too many times in history the job of protecting our chief executive has been put to the ultimate test. The U.S. Secret Service has had this daunting task since 1901. Put yourself in the shoes of one of the agents in order for you to see how complex this job has really become over the years. **Thursday, Sept. 23.** 10-12. H. Ehrlich.

UF 807 HOW TO MAKE A LIFE: A CONVERSATION WITH AUTHOR FLORENCE R. KRAUT

A sweeping saga that follows a family through four generations. They must either deal with their differences or cut ties with the people who anchor their place in the world. Read *How to Make a Life* prior to the seminar and discuss it with the author herself! **Thursday, Sept. 30.** 10-12. F. Kraut.

UF 808 THE ROOSEVELTS OF NEW YORK

The Roosevelts of Oyster Bay and Hyde Park produced two extraordinary Presidents and a First Lady (Theodore, Franklin and Eleanor). Peek into the lives of both families and see how they dealt with the country's challenges as well as their own personal challenges. **Thursday, Oct. 7.** 10-12. H. Ehrlich.

UF 809 FEMALE AUTHORS SHORT STORY CLUB

Love to read? Join us as we read and share our thoughts about short stories written by female authors. Read *Recitatif* by Toni Morrison for first session. Short stories will be emailed to participants. Three Thursday sessions: **Oct. 21; Nov. 4, 18.** 1-3. \$6. R. Miles-Abraham.

UF 810 INTERNET SECURITY & DIGITAL PRIVACY

Learn the best practices to protect you home computer, smartphone and other devices. Recognize scams and phishing and how to avoid hacking attempts. **Tuesday, Oct. 26.** 1-2:30. J. Goklevant.

UF 811 MY BROOKLYN, MY WAY: A CONVERSATION WITH AUTHOR, MARTIN BLUMBERG

The author explains himself to the world by understanding how the world around him influenced his experiences and choices; his interactions with family, friends,

teachers and neighborhood businesses in Brooklyn. Read and discuss *My Brooklyn, My Way* with the author. **Thursday, Oct. 28.** 1-2:30. M. Blumberg.

UF 812 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM & WERE AFRAID TO ASK Zoom has become an indispensable tool for personal, social and business reasons in our lives. Learn the basics including account set-up, creating meetings, hosting (co-hosting) meetings and much more. **Tuesday, Nov. 2.** 12:30-2:30. M. Levine.

UF 813 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM & WERE AFRAID TO ASK Zoom has become an indispensable tool for personal, social and business reasons in our lives. Learn the basics including account set-up, creating meetings, hosting (co-hosting) meetings and much more. **Wednesday, Nov. 3.** 10-12. M. Levine.

UF 814 LISTENING TO & APPRECIATING JAZZ Delve into numerous forms and styles of Jazz as it evolved throughout the 20th Century when giants like Louis Armstrong, Count Basie, Charlie Parker, Benny Goodman and other artists lived and performed. Let's listen to a few examples of music to get as much out of the selections as possible. Two Tuesday sessions: **Nov. 9, 16.** 12:30-2:30. \$4. M. Zucker.

UF 815 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices. Recognize scams and phishing and how to avoid hacking attempts. **Wednesday, Nov. 10.** 10-11:30. J. Goklevent.

UF 816 THE SUBLIME WORLD: GILBERT & SULLIVAN Has your world been a little topsy-turvy because of the pandemic or just in general? Let's grab a cup of tea and enter the world of Gilbert & Sullivan. Dip into the team's 14 light operas and how these two worked collaboratively and sometimes begrudgingly to create the greatest body of English language operettas. **Wednesday, Nov. 17.** 10-12. P. Gallagher.

UF 817 THE NY YANKEES: BRIEF HISTORY & A LIFELONG LOVE AFFAIR Examine the evolution of the NY Yankees, the winningest team in Major League Baseball history. Learn, share and discuss *The Highlanders*, *Babe and Lou*, *Casey*, *Mickey*, *Yogi*, *Reggie*, *Derek*, and many other Yankee greats. **Thursday, Nov. 18.** 10-12. R. Casanovas.

NEW JERSEY SECTION

MONDAY

JF 101 BOLLYWOOD FITNESS WITH VIN Come dance to the exotic beats featuring the energetic sounds of Bollywood. A blend of Indian dances

including classical, folk and the more current R&B and Hip-Hop music. Let yourself go with this popular genre used in fitness/dance classes all over the world! 10-11. V. Iyer.

JF 102 COOK LIKE A CATERER Learn new cooking skills, techniques with all new recipes and Learn; how to adapt the recipes to a healthier lifestyle. Recipes and needed equipment emailed prior to first class by instructor. Suggestions welcomed. 10-12. C. Semel.

JF 103 A TASTE OF YIDDISH FOR BEGINNERS While you might not become fluent, you will enjoy listening to this beautiful language, learning vocabulary and "getting Yiddish in your mouth!" Each class will have a different Yiddish theme: songs, pets, Facebook in Yiddish, travel, family and more. Based on each theme, participants will submit personal stories in English which will be translated into Yiddish by the instructor. Participants will present the stories in class for practice. 10:30-12. N. Miller.

JF 104 LEARN TO SING Learn to read music, how to breathe for singing, practice vocal exercises to build the voice and sing with help from the teacher. 1-2:30. J. Goleme.

TUESDAY

JF 201 PILATES Use a chair for both seated exercises and for balance while standing. You will use the Pilates principles for alignment and breathing. 10-11. L. Fechter.

JF 202 LAUGHTER/THERAPEUTIC YOGA 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 203 BEGINNERS BRIDGE Learn the basics of bidding and play. No previous knowledge of Bridge needed. For instruction we will use Bridge Base (free software). You will need to access both Bridge Base and Zoom (separate window on computer or on two separate devices. 1-3. D. Stein.

WEDNESDAY

JF 301 HOW TO TALK WHEN THE BAND IS TOO LOUD: SIGN LANGUAGE Remember going to weddings, concerts and other large events with loud music and lots of conversation? It's fun, but can be very hard to hear or talk. Learn to do some basic sign language so you can communicate with your partner or friends. Each class has a theme. Words and phrases are covered in the first class. 10:30-12. N. Miller.

JS 302 LINE DANCING Dance for exercise, fitness and fun. Line dancing is the current rage all over, so come and join and be a part of it! All levels. Wear comfortable clothing. 12:30-2:30. A. Meringolo.

JS 303 10-WEEK HOME MAKEOVER: DECLUTTER & ORGANIZE WITH JAMIE NOVAK Tidy up your home once and for all with this 10-week home makeover with must know resources. Each week focuses on a different area. 1-3. J. Novak.

THURSDAY

JF 401 BEGINNER SPANISH Learn basic skills in listening, speaking, reading and writing including pronunciation, vocabulary, grammar and the Spanish and Latin American culture. Begins **Sept. 23.** 9-10. L. Fechter.

JF 402 MAH JONGG Learn this ancient game. Visuals are used to explain this game. If you want to learn or just brush up, this is for you. 10-12. S. Levine.

JF 403 CANASTA Learn the fine points of the game while learning new strategies. All levels. 12:15-2:15. S. Levine.

SEMINARS

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

JF 805 AMERICA'S CRUMBLING INFRASTRUCTURE America's infrastructure is crumbling, its road, bridges, tunnels, schools and airports old and outdated. What makes up our infrastructure? What are the priorities? Can we afford to repair/replace infrastructure? Can we afford not to? **Tuesday, Sept. 14.** 10-11:30. A. Glinn.

JF 806 LET'S ZOOM FOR BEGINNERS Learn the basics of Zoom including account set-up, creating meetings, hosting (co-hosting) meetings, what makes a successful meeting and much more. **Monday, Sept. 20.** 1-2. M. Levine.

JF 807 LET'S ZOOM FOR INTERMEDIATES Learn more advanced Zoom techniques including break out room set-up, settings, meeting tools and much more. Prerequisite: Basic knowledge of Zoom. **Tuesday, Sept. 21.** 2-3. M. Levine.

JF 808 LET'S ZOOM FOR BEGINNERS Learn the basics of Zoom including account set-up, creating meetings, hosting (co-hosting) meetings, what makes a successful meeting and much more. **Monday, Oct. 4.** 1-2. M. Levine.

JF 809 MY ESCAPE FROM HUNGARY DURING THE 1956 REVOLUTION The author discusses his family's struggles and survival during WWII and his quest to piece together family history and the discovery of living relatives. **Wednesday, Oct. 6.** 11-12:30. P. Rosenfeld.

JF 810 AMERICA'S ROLE IN THE WORLD: IS/SHOULD THE UNITED STATES BE THE WORLD'S POLICE? Since the end of WWII, the U.S. has taken, directly and through the U.N. and NATO, primary responsibility for keeping peace around the globe. Is this the responsibility of the U.S.? Should it be our responsibility? What should

be the role of the U.S. in preventing or intervening in wars and abusive governments? Has the U.S. role changed? **Tuesday, Oct. 12.** 10-11:30. A. Glinn.

JF 811 PIONEERS OF BASEBALL Babe Ruth and Jackie Robinson are two players who had the biggest impact on Major League Baseball in the 20th Century. Ruth was baseball's first true superstar and Robinson broke baseball's color barrier in 1947. Discuss the way Ruth and Robinson changed baseball. **Friday, Oct. 15.** 10-11:30. J. Love.

JF 812 MILITIAS IN THE UNITED STATES: A PROTECTED ACTIVITY OR THREAT? There has been a precipitous rise in Militia groups in the U.S. since the early 1990's. The militia movement includes many current and former law enforcement/military and has become increasingly radical and overt in their conduct. What has led to the militia movement? Is their formation legally protected? How should they be addressed by our governments? **Tuesday, Nov. 16.** 10-11:30. A. Glinn.

WESTCHESTER/ROCKLAND/PUTNAM SECTION

MONDAY

WF 101 BEGINNING PIANO If you ever wanted to learn how to play the piano here's your chance. Learn about timing, theory, how to read music and hand position. Must have a keyboard or piano for class. 9:30-11:30. M. Oppel.

WF 102 DISCOVER MEDITATION Discover the positive effects meditation can bring to your life. Deepen your mindfulness and focus on ways to achieve a clear and emotionally calm state of being especially during stressful times. 10-11. D. Montefuscoli.

WF 103 THE SUBLIME WORLD: GILBERT & SULLIVAN Enter into Gilbert & Sullivan's 14 operettas and how they worked collaboratively to create the greatest body of English Language Musical Theatre. Listen to excerpts of the operettas and even sing a bit. 10-12. P. Gallagher.

WF 104 WRITERS WRITE Learn the craft of writing with emphasis on memoir writing. The goal is completing your book. All are welcome. 10-12. J. McSherry.

WF 105 ZUMBA GOLD PLUS TONING Lower intensity Latin and oldies dance class that is kind to your joints with no twisting or abrupt movements. Upper body toning is infused by using light weights (1-3 lbs.) or two bottles of water. No dance experience required. 11-12. A. Hunter.

WF 106 T.V. TALK Let's talk about what we're watching. Watch *The Octopus Teacher* on Netflix for the first class.

Interesting discussions. Instructor provides the names of future shows to watch. 12-2. A. Fraenkel.

WF 107 THE LIFE & TIMES OF BETTE DAVIS AND JOAN CRAWFORD Everything you have ever wanted to know about Bette Davis and Joan Crawford: their movies, their men and their lifelong feud. 12;30-2:30. R. Miles-Abraham.

TUESDAYS

WF 201 OILING THE JOINTS & STRETCHING Feel rejuvenated and start your mornings with a great stretch including standing and floor exercises. "Oil your joints" to stay healthy, limber, flexible and pain free. 10-12. K. Sanson.

WF 202 YOU CAN HEAL YOUR LIFE Using the book, *You Can Heal Your Life* by Louise Hay, teaches you that if you are willing to do the mental work, almost anything can be healed. When you start loving yourself, changing/limiting thoughts and beliefs; we gain the ability to heal ourselves. 10:30-12. P. Miller.

WF 203 READING & WRITING THE SHORT STORY Read short stories by some of the masters – Chekhov, Joyce, ZZ Packer and more. Discuss how and why these stories are so effective and use them as a guide when you begin to write your own stories. Five sessions: *Sept. 14, 21, 28; Oct. 5, 12*. 10:30-12:30. J. Smith.

WF 204 ACCELERATED DRAWING Draw for likeness and self-expression using color. Apply time honored techniques from great teachers: G. Gollwitzer, K. Nikolaides, H. Hoffman. Art appreciation and preparation for your future painting included. Six consecutive sessions. Begins Sept. 14. 11-12. H. Levin.

WF 205 INTRODUCTION TO YOGA Use blocks, walls and any props that will make you most comfortable while focusing on breathwork, alignment and basic postures of yoga. These fundamentals will enhance your connection to the mind, body and spirit. 12-1. D. Montefuscoli.

WF 206 ALFRED HITCHCOCK Join a lively group of Hitchcock fans. View his movies and discuss the life and works of Alfred Hitchcock. All are welcome. 12-3. R. Miles-Abraham.

WF 207 LET'S DANCE Enjoy a Jazz, Swing, Funk, Soul Rhythm & Blues, Mambo, Cha Cha, Merengue, Rumba class. Dance the afternoon away! 12:30-2:30. K. Sanson.

WF 208 ROCK & ROLL: THE BRITISH INVASION Learn about and listen to all the British rock acts that invaded our shores in the 1960's including The Who, The Rolling Stones, The Beatles, The Spencer Davis Group and many more. 1-3. S. Cabot.

WF 209 ADVENTURES IN PAINTING & DRAWING Develop skills in painting and drawing using tempera or acrylics and markers. Learn step-by-step exer-

cises including brushwork, line, color mixing, value and more. All levels. Supply list emailed prior to first class by instructor. Begins *Sept. 21*. 1-3. D. Beck.

WF 210 INTERMEDIATE ITALIAN For those with a basic knowledge of Italian. Increase your knowledge of Italian through traditional exercises, videos and fun. 1-2. J. Ferrari.

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. Supplies needed: a block or small book to prop yourself up and a strap or towel for first class. 10-11. L. Madsen.

WF 302 JAZZ: THE COMPOSERS Learn about some of the great composers of Jazz and the *Great American Songbook*: the Gershwins, Hoagy Carmichael, Richard Rodgers, Duke Ellington and many more. 10-12. S. Cabot.

WF 303 GENTLE TOTAL BODY EXERCISE A gentle form of total body exercise, using a chair at times, to improve general health, wellness and fitness. 11-12. C. Eccles.

WF 304 WRITING LIFE STORIES Do you want to share important life experiences through writing? Our stories are a part of what makes us human. Jumpstart your memories, organize your ideas and edit your work. The book, *Writing the Memoir* by Judith Barrington will be used. Bring a notebook to each class. All levels. 11-12:30. B. Rosenblatt.

WF 305 HARLEM RENAISSANCE Talk about the people and places as well as the history of Harlem. Everything you never knew about the Harlem Renaissance. 12:30-2:30. R. Miles-Abraham.

WF 306 STRENGTHENING & BALANCE TO PREVENT FALLS Learn about body alignment, the role of the feet, core and overall strength to improve your daily function and prevent falls. Move from chair to standing exercises for balance. Strengthen muscles in your shoulders, hips, abdominal region, back and legs. Supply list emailed prior to first class by instructor. 1-2. N. Aaronson.

WF 307 MEMOIR WRITING: A TIME FOR RENEWAL/COVID METAMORPHOSIS A continuation of the process and tools of memoir writing. Discuss and compare two or more published memoirs, short stories and poetry. Main focus is actual material produced by the participants. 1-3. I. Abruzzese.

THURSDAYS

WF 401 THE CLASSICS: BOOK CLUB Remember your favorite books from your school days? Join us as we reread some of the classics we haven't thought about in years. Read *A Tree Grows in Brooklyn* by Betty Smith for first class.

Five sessions: *Sept. 23, Oct. 7, 21; Nov. 4, 18*. 10-12. J. Frutkin.

WF 402 AMERICAN DANCE THROUGH THE AGES Starting with the roaring 20's and the Charleston through today's Hip Hop. Each week we dance and focus on all the decades leading up to today. Begins *Sept. 23*. 10-12. K. Sanson.

WF 403 PRESIDENT WOODROW WILSON Learn about the life and times of the 28th President of the U.S., Woodrow Wilson including his biography, presidency and accomplishments. Four sessions: *Oct. 7, 14, 21, 28*. 10:30-12:30. L. Hartstein.

WF 404 FOLK MUSIC HEROES OF THE 50'S & 60'S Learn about and listen to Folk Music with varied songs and more heroes: Sunny Terry, Brownie McGhee, Blind Lemon Jefferson and many more. Five sessions: *Sept. 23, 30; Oct. 7, 14, 21*. 11-12. H. Levin.

WF 405 MAT PILATES A workout program that improves muscle tone, flexibility, spinal support, body balance and lower back health. Movements are performed on the ground using a pilates or yoga mat. Begins *Sept. 23*. 12-1. K. Smith.

WF 406 REVERSE DECOUPAGE Learn to reverse decoupage on items such as clear glass dishes and bowls. Great for general use, display or holiday gift giving. Four sessions: *Sept. 23; Oct. 7, 21; Nov. 4*. 1-2. J. Angelillo.

WF 407 ITALIAN FOR BEGINNERS Learn the basics of Italian vocabulary and pronunciation, some culture and impress your family and friends. Begins *Sept. 23*. 1-2. J. Ferrari.

WF 408 LET'S DRAW FASHION Learn the basics of fashion drawing and representing clothing on the body using magazine photos, pencils, erasers, all-purpose paper, colored pencils and markers. Discuss the exciting world of fashion and fashion art. Begins *Sept. 23*. 1-3. W. Bradley.

WF 409 FITNESS DANCE Simple movements done to fun, upbeat music that will get you excited to dance from the start! Includes light stretching and conditioning to supplement the dance movements. Begins *Sept. 23*. 1:15-2:15. K. Smith.

FRIDAYS

WF 501 ZUMBA GOLD PLUS TONING Lower intensity Latin and oldies dance class that is kind to your joints with no twisting or abrupt movements. Upper body toning is infused by using light weights (1-3 lbs.) or two bottles of water. No dance experience required. 10-11. A. Hunter.

WF 502 BOOKS FOR ENLIGHTENMENT Read and share thoughts about three highly acclaimed books that offer insights on enlightenment, personal strength and gaining greater personal awareness. Read *The Alchemist* by Paulo Coelho for first class. Instructor will provide the other book titles. 10:30-

12. R. Demers.

WF 503 20TH CENTURY ART MOVEMENTS A curated survey of the important art movements, with discussion, of the 20th Century. Five sessions. Begins *Oct. 15*. 10:30-12:30. M. Meyer.

WF 504 DEVELOP YOUR OWN DYNAMIC POWERPOINT PRESENTATION FOR PC/WINDOWS USERS Learn the basics of capturing people's attention with a colorful, well-designed PowerPoint presentation. Create a slideshow with text, videos, graphics and voice to make your presentations memorable and fun. Requirement: must have PowerPoint. Five consecutive sessions. Begins *Sept. 17*. 11-12:30. S. Seifman.

WF 505 CREATING ADVANCED POWERPOINT PRESENTATIONS FOR PC/WINDOWS USERS Learn advanced strategies and techniques of graphics, templates, Smart Art and more ways to further embellish your slides! Requirement: must have basic knowledge of Microsoft PowerPoint. Four sessions. Begins *Oct. 22*. 11-12:30. S. Seifman.

WF 506 OIL YOUR JOINTS Wake up your body parts that feel constricted and stiff in order to bring better circulation through isolated stretches for better mobility. 12-2. K. Sanson.

WF 507 BEGINNING DECOUPAGE Learn decoupage techniques to decorate and/or upcycle a picture frame, jar/vase and a flower pot. Supply list will be emailed prior to first class by instructor. Four sessions: *Sept. 24; Oct. 8, 22; Nov. 5*. 1-2. J. Angelillo.

WF 508 THE ITALIAN KITCHEN Explore the culture and culinary specialties of Italy, especially the regions of Abruzzo and Puglia. Enjoy slideshows, lively discussion and learn how to prepare dishes from each location. Five sessions: *Sept. 17; Oct. 1, 15, 29; Nov. 12*. 1-2:30. J. Angelillo.

SEMINARS

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

WF 805 MONDAY MORNING BOOK CLUB Join a fun book club to discuss books the participants chose to read. Read *The Girl Who Wrote in Silk* by Kelli Estes before first class. Instructor follows up with a list of other books for other sessions. Three Monday sessions: *Sept. 13; Oct. 4; Nov. 1*. 10-12. \$6. B. Naliboff.

WF 806 SUSAN MEISSNER AUTHOR STUDY & BOOK CLUB Meet Susan Meissner and discuss her books each month with her. Read *The Nature of Fragile Things* for first class. Other books are share by the instructor. Three Monday sessions: *Sept. 27; Oct. 18; Nov. 15*. 10-12. \$6. J. Frutkin.

WF 807 COLOR, CUT, PASTE Relax and connect with your creative side. Create usable craft projects using simple sup-

plies. Supply list emailed prior to first session by instructor. Three Thursday sessions: **Oct. 28; Nov. 4, 18.** \$6. 12-2. A. Fraenkel.

WF 808 SLEEPING BETTER Learn techniques to relax your body and drift onto a natural, deep sleep. Two Wednesday sessions: **Nov. 3, 10.** 12:30-3. \$4. R. Demers.

WF 809 FRENCH CHANSONS POETIQUES: AN EDU-CONCERT Chansons Poetiques, the great collaborations between French poets and composers: sung, shared, translated – some live, some recorded. **Wednesday, Nov. 10.** 11-1. H. Levin.

BRONX

MONDAY

XF 101 BASIC STITCHES FOR CROCHETING, KNITTING & MORE Beginner or advanced - learn crocheting, knitting, looming, or any other thread art. Beginners – bring 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 seated and standing exercises for those who want to improve their fitness, mobility, strength, balance and general health and wellness. Tips on better sleep, nutrition, and health are discussed. Have light hand weights, towels and one of the following: cane, curtain rod, mop handle or dowel. Special weights and exercise stretch bands are used. 10-12. M. J. Strauss.

XF 103 OPERA An in-depth exploration of eight operas from the archives of the Metropolitan Opera. Included are *Don Giovanni*, *La Cenerentola*, *Lucia di Lammermoor*, *Un Ballo in Maschera*, *Das Rheingold*, *Madama Butterfly*, *Andrea Chenier* and *Die Fledermaus*. No duplications. 10-12. J. Dzik.

XF 104 AMERICAN HISTORY QUILTING Work on various quilt blocks from the *Underground Railroad Sampler* by Eleanor Burns and Sue Bouchard. Introduce traditional patterns and what each quilt block stood for. 10-12. C. Hoist.

XF 105 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Bring light hand weights, exercise bands and a sticky floor mat to stabilize your chair. 12:30-1:30. D. Dolan.

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. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson.

XF 202 WATERCOLOR FOR ALL LEVELS Techniques and effects using various tools (sponges, masking fluid, salt, etc.) will be demonstrated. Participants can paint from personal photos or one of the provided pictures. Supplies needed: watercolor paper (140 lb. weight, cold-pressed), variety of paints, brushes and resist (not needed but helpful). 10-12. S. Baruchowitz.

XF 203 AMERICAN HISTORY Discuss the lives and times of Presidents Calvin Coolidge, Herbert Hoover and Franklin Delano Roosevelt. Covers their accomplishments and the effects of those accomplishments on American history. No class: **Sept. 21 & 28.** 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 are introduced. Improve your stamina, balance, posture, wellness and even lose a few pounds. 12:30-2:30. N. DeLaLuz.

XF 205 BEGINNERS URBAN LINE DANCE Keep yourself in shape doing “The Cupid Shuffle”, “The Wobble” and other well-known popular urban line dances. 12:30-2. 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. Movements can be modified to accommodate physical limitations and those who wish to participate in chairs. Wear comfortable clothing. 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: INTERMEDIATE For those who want to move on to something that is a little more challenging. Types of projects include colorwork, brioche and under-standing patterns. Basic cables, lacework, knitting in the round and more advanced shaping included. Requirement: Knowledge of basic knitting skills. Project: Brioche scarf. 10-12. J. Parker.

XF 304 EXERCISE FOR ARTHRITIS, BALANCE & RANGE OF MOTION 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. Special exercises to improve balance, strengthen knees

and address stiff necks as well as how diets can affect arthritis and inflammation are included. 10-11. M. J. Strauss.

XF 305 AGELESS GRACE (CHAIR EXERCISE) A fitness and wellness programs for the body and brain is performed while sitting in a chair. Beneficial for everyone, but good for those with limited mobility or strength. The exercises emphasize anti-aging techniques such as joint mobility, spinal flexibility, balance and more. Wear comfortable clothing. 11:30-12:30. M. Stevenson.

XF 306 BEGINNER ALPHA PIANO An introduction to reading, and keyboard. Master some basic musical pieces including simple jazz/blues tunes. Rudiments of musical theory; learn to read written music, play simple pieces, and find your way around a piano keyboard. Piano book required: *John Thompson, Adult Piano Course Book #1*. Keyboard needed. 10-12. N. Zamcheck.

XF 307 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 rhythmic music. 12:30-2:30. N. DeLaLuz.

XF 308 INTERMEDIATE BETA Expand on the concepts and skills learned in Beginner Piano. Brief review of the keyboard, notation and dynamics. More challenging pieces (classical, contemporary) introduced. Continue the study of jazz and blues concepts. Learn how to use chords and triads in reading sheet music on popular song. Piano book required: *John Thompson, Adult Piano Course Book #1*. Keyboard needed. 12:30-2:30. N. Zamcheck.

THURSDAY

XF 401 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. Movements can be modified to accommodate physical limitations and those who wish to participate in chairs. Wear comfortable clothing. 10-11. M. Stevenson.

XF 402 SENIORS NEED TO EXERCISE Feel better and stronger with simple seated and standing exercises that improve strength, balance, mobility and flexibility. Resistance bands and weights needed for class. 10-12. M. Aybar.

XF 403 ADVANCED GAMMA PIANO A continuation of advanced 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. 10-12. N. Zamcheck.

XF 404 DOO WOP STORY: NEW YORK Groups from Brooklyn and Queens.

Listen to the stories and music of Jay and the Americans, The Jive 5, The Imperials and many more. 12-2. H. Bloch.

XF 405 CHALLENGING URBAN LINE DANCE Designed for students that would like to learn dance steps that are a little more intricate than the steps done in “The Cupid Shuffle” or “The Wobble”. Keep in shape doing the “The Ga Ga Slide” and other well-known popular line dances. Join us to do some cute, tricky, sexy and hip shaking moves! 12:30-2:30. K. McCarthy.

XF 406 QUILTING FOR TRUE BEGINNERS Learn basic step-by-step quilting techniques to create a beautiful patchwork table runner or place mats. Become familiar with basic quilting tools (rulers, rotary cutters) terminology (quilt sandwich, seam allowance) and the history. Either machine or hand sewn. Supplies and directions emailed prior to first class by instructor. 12:30-2:30. M. Alvarez.

FRIDAY

XF 501 EXERCISE PLUS A blend of exercises to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Light hand weights, exercise bands and a sticky floor mat to stabilize your chair is needed. 10-11. D. Dolan.

XF 502 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 503 SCRAPBOOKING & PHOTOGRAPHY Practice the art of taking pictures and developing them to place in your scrapbook for storytelling purposes. Learn basic photography skills and how to devise scrapbooks according to themes. 10-12. J. Parker.

XF 504 SHORT STORIES Join us for an intellectually and lively discussion of classic or contemporary short stories. Required book: *100 Years of the Best American Short Stories*, edited by Lorie Moore and Heidi Pitlor. 11-1. D. Hammitt.

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 Enjoy a vibrant discussion of comedies, dramas and other genres of independently produced films. Film list emailed by the instructor prior to class so you can watch the films ahead of time. 1:30-2:30. D. Hammitt.

SEMINARS

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

XF 805 PAPER FLOWERS Create paper flowers including chrysanthemums,

dahlias, calla lilies, origami flowers using AstroBrite copy paper and construction paper. Supply list will be emailed prior to class by instructor. **Monday, Sept. 13.** 12:30-2:30. M.J. Strauss.

XF 806 ENRICH YOUR CREATIVITY THROUGH BEADED JEWELRY Create unique beaded bracelets, necklaces and earrings that reflect your sense of personal charm. Learn the tools and techniques to design items that complement/enhance your individual style. Supply list will be emailed prior to class by instructor. **Wednesday, Sept. 15.** 12-3. R. Demers.

XF 807 SIMPLE PAPER FLOWERS Create simple paper flowers: magnolias, dogwood and hibiscus using letter size copy paper. Learn to make rolled stems, different centers and various leaves. Supply list will be emailed prior to first class by instructor. **Monday, Sept. 20.** 12:30-2:30. M.J. Strauss.

XF 808 GIRLS JUST WANNA HAVE FUN! DAILY MAKE-UP SESSION: PART I Let's update our make-over look from Covid to refresh, rejuvenate and feel good again! Make-up tips that are useful for your daily lifestyle. Supply list will be emailed prior to class by instructor. **Wednesday, Sept. 22.** 1-3. J. Parker.

XF 809 SPECIAL OCCASION "ALL EYES ON YOU" MAKE-UP SESSION: PART II Tips to jazz up your eyes from boring to dramatic. Eyes express the many different attributes of the heart and mind. What message does your eyes convey? Supply list emailed prior to class by the instructor. **Wednesday, Sept. 29.** 1-3. J. Parker.

XF 810 AROMATHERAPY BRACELETS Create bracelets using lava beads scented with your favorite essential oils that look good, but carry a subtle fragrance. Supply list emailed prior to class by instructor. **Wednesday, Sept. 29.** 12-2:30. R. Demers.

XF 811 SPOOK-TACULAR HALLOWEEN PAPER CRAFTS Join us for some spooky holiday fun! Projects: two kinds of pumpkins and a spooky secret third project. Supply list be emailed prior to class by instructor. **Monday, Oct. 4.** 12:30-2:30. M. J. Strauss.

XF 812 PAPER CREATIONS: CREATE PAPER BEADS Learn simple and easy way to make attractive beads using magazine pages and/or printed napkins. See how easy these materials can be incorporated into jewelry creations. Supply list emailed prior to class by instructor. **Wednesday, Oct. 13.** 12-2:30. R. Demers.

XF 813 HOLIDAY LIGHTS IN A BOTTLE Insert fairy lights with a plastic cork (battery-operated switch) in two wine bottles. Decorate the outside of one bottle for Halloween and the other for Christmas/Hanukkah using self-adhesive crystals (individual or strips), small stick-ons or other items (spiders, small holiday ornaments etc.) and ribbons (with wire edges). The label and glue must be removed from the bottle (Goo gone removes the glue). Supply list and

website where to order fairy lights and a picture of the finished project emailed prior to class by instructor. **Monday, Oct. 18.** 12:30-2:30. M.J. Strauss.

XF 814 CREATING BEAUTIFUL WIRE WRAPPED PENDANTS & EARRINGS Learn basic wire wrapping techniques to turn found treasures into beautiful pendants. Use the beads and wire to create a "Birds Nest" pendant and earrings. Supply list emailed prior to class by instructor. **Wednesday, Oct. 20.** 12-3. R. Demers.

XF 815 IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS: CHRISTMAS PAPER CRAFTS Construct small Christmas trees, poinsettias and ornaments using colored copy paper and construction paper, tacky glue and tape. Supply list emailed prior to class by instructor. **Monday, Nov. 8.** 12:30-2:30. M.J. Strauss.

BROOKLYN

MONDAY

KF 101 EXERCISE FOR PEOPLE WITH ARTHRITIS Designed to increase coordination, flexibility and reduce pain and stiffness for those with arthritis. 10-11. T. Pratt.

KF 102 CHAIR YOGA A gentle, meditative form of yoga that uses a chair for support. Deepens flexibility and supports balance at any fitness level. 10-12. A. Beeman.

KF 103 SID CAESAR: YOUR SHOW OF SHOWS & CAESAR'S HOUR View discuss and learn insider information about the classic shows that introduced sketch comedy to TV and launched the careers of Mel Brooks and Carl Reiner influenced TV comedy today. 10-12. S. Friedman.

KF 104 CAKE DECORATING Get tips of the trade to create cakes, icings and fillings. Learn how to use decorating tools to decorate a professional looking custom cake. Supply list emailed prior to first class by instructor. 10-12:30. K. Stubbs.

KF 105 SEED BEADING MADE SIMPLE FOR BEGINNERS ONLY Learn various seed beading techniques to produce exquisite jewelry. Supply list emailed prior to first class by instructor. 12:30-2:30. E. Esses.

KF 106 JAZZERCISE Stretch and dance like no one is watching to Jazz, Rhythm & Blues, Cha Cha, Swing, Salsa and Mambo. 12:30-2:30. K. Sanson.

KF 107 YOGA Learn a set of mental and physical exercises to gently strengthen muscles and relieve stress. Supplies needed: yoga mat and a firm pillow for first class. 12:30-2:30. C. LaBue.

KF 108 SHORT STORY BOOK CLUB Read and discuss short stories by award-winning authors (available free online). Read *The Swimmer* by John Cheever before class. Further readings chosen by group. 12:30-3:30. M. Eller.

TUESDAY

KF 201 SKETCHING & DRAWING Elements of design using various graphic materials. Supply list emailed prior to first class. 10 – 12. E. Comins.

KF 202 INTERMEDIATE/ADVANCED SEED BEADING Create handmade jewelry using the art of seed beading. Must know seed beading techniques. Supply list emailed prior to first class by instructor. NOT FOR BEGINNERS. 12:30 – 2:30. K. Koppinger.

KF 203 WATERCOLOR WORKSHOP Various techniques of watercolor are explored. Supply list emailed prior to first class. 12:30 -2 :30. E. Comins.

KF 204 ZUMBA GOLD Improve coordination and memory; develop stamina while working out to great music. 12:30-2:30. B. Sayegh.

KF 205 FATHER & SONS: JAZZ MASTERS & THEIR DISCIPLES A study of Jazz greats and the Jazz artists they influenced including Miles Davies, Dizzy Gillespie, Louis Armstrong, Wynton Marsalis and more. 12:30-2:30. J. Hirsch.

WEDNESDAY

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

KF 302 SHAKESPEARE Read and discuss the play, Henry VI, Part 1. 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. Supply list emailed prior to first class by instructor. 10-12. P. Valentin.

KF 305 INTERIOR DESIGNING Practical methods to access and improve existing interior by applying new color palettes. Learn how specific colors can affect an environment and create a certain mood. 10-12. A. Gaskin-Feurich.

KF 306 EXERCISE FOR PEOPLE WITH ARTHRITIS Designed to increase coordination, flexibility and reduce pain and stiffness for those with arthritis. 12:30-1:30. T. Pratt.

KF 307 THE ART OF PAPER JEWELRY FOR BEGINNERS ONLY Paper jewelry is made by cutting in geometric shapes then rolling them on a stick, while gluing the ends. Bracelets, earrings and necklaces are made using this technique. Supply list emailed prior to first class by instructor. 12:30-2:30. D. Balderamos.

KF 308 GREAT WORKS OF ART HISTORY Explore artwork from the Renaissance to realism, impressionism and post-impressionism with a look at Dutch, Flemish and Spanish masters. 12:30 –2:30. R. Lubell.

KF 309 FITNESS THRU FLEXIBILITY Everyday exercises that focus on stretching to build muscle, increase mobility and increase blood circulation throughout the body. 12:30-2:30. K. Sanson.

KF 310 CREATIVE WRITING Learn specific techniques and receive support in preparing and polishing your creative materials such as memoirs, poems, fiction and essays. 1-3. B. Bolton.

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. Large towel or mat needed 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: BEGINNERS ONLY Learn basic stitches and terms to make beautiful projects. Supplies needed: "F" & "H" crochet hooks, skein of solid light-colored worsted weight yarn, measuring tape and small yarn clipper. 10-12. P. Williams.

KF 405 BEGINNING JEWELRY MAKING Learn the basic techniques of making beaded jewelry, wire wrapping, bead stringing, stitching, crimping and more. Example of findings are shown at first class. A detailed supply list emailed prior to first class by instructor. 12:30-2:30. K. Koppinger.

KF 406 CROCHET: INTERMEDIATE ONLY Use your own patterns and explore new designs to make beautiful projects. Supplies needed: crochet hooks appropriate for your pattern, yarn of choice, measuring tape and small yarn clippers for first class. 12:30-2:30. P. Williams.

KF 407 LINE DANCE Enjoy the pleasure of dance and exercise at the same time. All levels. 12:30 – 2:30. N. Cangiano.

KF 408 RETIREE BOOK CLUB Read *Caste* by Isabel Wilkerson for first class. Other books will be discussed in class. 12:30-2:30. J. Legions.

KF 409 INTRODUCTION TO APPLE DEVICES Explore programmed features on the iPhone or iPad with an emphasis on taking photographs with their devices. Must know ID and password. 12:30-2:30. J. Griffith.

FRIDAY

KF 501 CHORUS Have fun singing various genres of music. 10 – 12. J.

DeRanieri.

KF 502 QUILTING: INTERMEDIATE/ADVANCED Create beautiful works of art: hand sewn quilts, pillows and decorative accessories. Supply list emailed prior to class by instructor. 10 – 12. N. Rabatin.

KF 503 BEGINNER/INTERMEDIATE SPANISH Focus on themes, improve grammar, vocabulary, speaking and listening skills. Travel and communication with native speakers is highlighted. Requirement: Basic knowledge of Spanish. Required book: *Easy Spanish Step-By-Step* by Barbara Bregstein. (italicize book).

KF 504 ACRYLIC PAINTING & PASTELS Introduction to the basics of painting that emphasize drawing, composition, value and color theory. Explore techniques of creating with acrylics and pastels. Supplies needed: a drawing pad, charcoal, kneaded eraser and paint supplies. 10 – 12:30. J. Lippmann.

KF 505 POLYMER CLAY: INTERMEDIATE/ADVANCED ONLY Must have a working knowledge of polymer clay and know the basics (Skinner blends, plugs, bullseye canes etc.) to create pendants, earrings and other designs. Supply list emailed prior to class by instructor. 12:30 – 2:30. V. Hall.

KF 506 STOP PROCRASTINATING & TIDY UP Tidy up your home and declutter your “to do” list. Each week focuses on a different room of your home. 12:30-2:30. J. Novak.

KF 507 DOLLMAKING Explore cloth dollmaking from start to finish and have fun while doing it! Basic sewing skills required. Supply list emailed prior to class by instructor. 12:30 – 2:30. N. Rabatin.

SEMINARS

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

KF 805 INTRODUCTION TO THE ART OF THE 20TH CENTURY A survey of the important movements of the late 19th century that influenced the modernist movements of the 20th century. Major movements of the first-half of the 20th century are covered. *Tuesday, Sept. 14.* 10-12. M. Meyer.

KF 806 LOW IMPACT AEROBICS Fun dance fitness focusing on endurance, strength and balance. Three Tuesday sessions: *Sept. 14, 28; Oct. 12.* 12:30-2:30. \$6. T. Gilbert.

KF 807 ABSTRACT EXPRESSIONISM Discuss the influences and development of the art movement that made NYC the center of the art world. Five influential women who shaped the NY scene are included. Tuesday, *Sept. 21.* 10-12. M. Meyer.

KF 808 WORLD DANCE FITNESS & STRETCHING Travel the world through dance while enjoying the sound of the Caribbean, Latin, Afro-beats, Middle Eastern and the USA. Ends with stretch

and body alignment. Three Tuesday sessions: *Sept. 21; Oct. 5, 19.* 12:30-2:30. \$6. T. Gilbert.

KF 809 BEGINNERS NEEDLEPOINT Learn the basics techniques to create a continental stitch design. Includes how to maintain even stitch tension, turn rows and seamless finishing of threads to produce a professional looking canvas. Three Thursday sessions: *Sept. 30; Oct. 14, 28.* 10-12. \$6. C. Fried.

KF 810 INTERMEDIATE NEEDLE-POINT Enhance your stitching repertoire by learning some straight, diagonal and box stitches. Complete a canvas with thread color interplay and a variety of fun stitch work. Three Thursday sessions: *Sept. 30; Oct. 14, 28.* 12:30-2:30. \$6. C. Fried.

KF 811 CHAIR ZUMBA Seated dance fitness that incorporates movements to improve overall energy and strength while moving to rhythmic world of music. Three Friday sessions: *Oct. 1, 8, 15.* 12:30-2:30. \$6. T. Gilbert.

KF 812 HOW TO READ A CROCHET PATTERN Learn how to read crochet patterns step-by-step. Three Wednesday sessions: *Oct. 6, 13, 20.* 10-12. \$6. P. Williams.

KF 813 HOW TO FINALLY WRITE YOUR BOOK Tips on how to find time to write, give answers about proposals and publishing. Come with an idea, partial or completed book. Three Thursday sessions: *Oct. 7, 14, 21.* 12:30-2:30. \$6. J. Novak.

KF 814 CHANGE YOUR THINKING, CHANGE YOUR LIFE Learn fun ways to alleviate stress and worry using easy techniques that have proven to enhance mind and body health. Three Thursday sessions: *Oct. 21, 28; Nov. 4.* 12:30-2:30. \$6. M. Eller.

MANHATTAN

MONDAY

MF 101 BEADING: BEGINNERS Learn basic bead weaving skills to make jewelry. Must be able to thread a fine needle. Supply list emailed prior to first class by instructor. 9:45-12:15. Z. Tyson.

MF 102 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 103 ART & EUROPEAN CULTURE & HISTORY Look at how the fine arts in Europe reflect the history and culture of its time. You may register for **MF 103** or **MF 107**, but not both. 10-12. D. Becker.

MF 104 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance, No floor exercises. Light hand weights needed for class. 10:30-12. G. Lichter.

MF 105 DOCUMENTARY FILMS View and discuss award-winning documentaries including *Fahrenheit 9/11, I am Not Your Negro* and more. 12:15-2:45. C. Friedman.

MF 106 LET'S SPEAK ITALIAN! Learn “*La Bella Lingua*” through reading, writing, listening, speaking and interaction as well as grammar, vocabulary and everyday phrases. Required book: *Italian Made Simple* by Cristina Mazzoni. 12:30-2:30. J. Zarba.

MF 107 ART & EUROPEAN CULTURE & HISTORY Look at how the fine arts in Europe reflect the history and culture of its time. You may register for **MF 103** or **MF 107**, but not both. 12:30-2:30. D. Becker.

TUESDAY

MF 201 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 202 SHORT STORIES Discussion of short stories and their style and significance. Required book: *100 Years of the Best American Short Stories*, edited by Lorrie Moore. Read *Friends* by Grace Paley and *Harmony of the World* by Charles Baxter before first class. You may register for **MF 203** or **MF 206**, but not both. 10-12. A. Zuckerberg.

MF 203 GOLDEN VOICES The beauty and thrill of great operatic voices: Shirley Verrett, Samuel Ramey, Natalie Dessay and more. Six sessions: *Sept. 21; Oct. 5, 19, 26; Nov. 9, 16.* 12:15-2:15. B. Haspel.

MF 204 ITALIAN: INTERMEDIATE/ADVANCED Grammar, reading and conversation are covered. Required books: *In Italiano* (Edizioni Guerra-Perugia) by Angelo Chiuchiu et al. and *Non Soltanto Un Baule* (ISBN: 0-9723562-5-8). NOT for beginners. 12:30-2:30. A. DeGennaro.

MF 205 SHORT STORIES Discussion of short stories and their style and significance. Required book: *100 Years of the Best American Short Stories*, edited by Lorrie Moore. Read *Friends* by Grace Paley and *Harmony of the World* by Charles Baxter before first class. You may register for **MF 203** or **MF 206**, but not both. 12:30-2:30. A. Zuckerberg.

MF 206 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 POLITICS/HISTORY IN FILM

View and analyze classic movies such as *All the King's Men, Becket* and more. 9:45-12:15. C. Friedman.

MF 303 SPANISH: INTERMEDIATE/ADVANCED Learn to understand and speak fluent Spanish. Emphasis on grammar and vocabulary. Knowledge of reading, writing and speaking some Spanish is required. Required book: *Advanced Spanish Step-By-Step* by Barbara Bregstein. NOT for beginners. 10-12. P. Orleman.

MF 304 FITNESS FUN Focus on low impact cardio, strength training, endurance, flexibility, balance and stretching. Light weights may be used. 12:30-2:30. K. Raden.

MF 305 WOMEN'S LIVES BOOK CLUB Read and discuss a different auto-biography, biography or memoir of a woman approximately every two weeks. Read *Cleopatra* by Stacy Schiff for first class and *Crusade for Justice: The Autobiography of Ida B. Wells* for second class. Other woman may likely be: Cicely Tyson, Isak Dinesen and Rosa Pastor Stokes Five sessions: *Sept. 15, 29; Oct. 20; Nov. 3, 17.* 12:30-2:30. M. Garvey.

MF 306 ITALIAN CINEMA View and discuss thought-provoking Italian films over the last 70 years. 12:30-3. J. Worth.

MF 307 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. Herzich.

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 DRAWING BASICS A fun intro to drawing using basic supplies such as pencils, charcoal, erasers and possible color. Basic still-life drawing, landscapes, drawing faces, etc. Share your work and discuss techniques and approaches. Supplies needed: all-purpose paper, #2 pencils and erasers. 9:45-12:15. W. Bradley.

MF 404 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:15-2:15. B. Sayegh.

MF 405 QUILTING Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. T. Decourcy.

MF 406 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.

MF407 WATERCOLOR PAINTING

Develop your artistic ability painting landscapes, flowers and seascapes. All levels. Supplies needed: watercolor set, brush and pad. You may register for either **MS 407** or **MS 506**, but not both. 12:30-2:30. P. Siudzinski.

FRIDAY

MF 501 TRAVEL THE WORLD VIRTUALLY Visit North America, Central America, South America and Europe while discussing interesting historical facts. Five sessions: *Sept. 17, 24; Oct. 1, 8, 15*. 10-12. J. Rossi.

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: 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 Read and discuss one book approximately every two weeks. Read *Apeirogon* by Colum McCann for first class and *Mrs. Dalloway* by Virginia Woolf for the second class. . Other selections are chosen by group. Five sessions: *Sept. 17; October 1, 15, 29; Nov. 12*. 12:30-2:30. M. Garvey.

MF 506 WATERCOLOR PAINTING Develop your artistic ability painting landscapes, flowers, and seascapes. All levels. Supplies needed: watercolor set, brush, and pad. You may register for either **MF 407** or **MF 506**, but not both. 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 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; *Alfred's Basic Guitar Theory Levels 1 & 2* - 3rd Edition; *Easy Folk-songs for the Guitar* by Hank Eberle. 9:30– 11:30. M. Patelson.

QF 102 CROCHET & KNIT Basic crocheting and knitting stitches are demonstrated. Together, 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. 10–12. J. Kotkin.

QF 103 TAI CHI: ANCIENT CHINESE MARTIAL ART Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. Supplies needed: Tai Chi fan. 10 – 12. Y. H. Wang.

QF 104 CHAIR YOGA Increase your mental focus with gentle stretching, breathwork and meditation. Wear comfortable clothing. All levels. Optional: yoga mat and yoga strap. 10-12. C. LaBue.

QF 105 ZUMBA PILATES Dance with Latin and International music followed by Pilates chair with weights. 10-12. M. Gonzalez.

QF 106 MEMORABLE MUSICALS & MUSICAL BIOPICS View key musicals from the 1930's with Fred and Ginger through the glorious musicals of the 50's, 60's and 70's. Six sessions: *Sept. 13; Oct. 18, 25; Nov. 1, 8, 15*. 10-1. R. Presser.

QF 107 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. Supply list emailed prior to first class. 10– 1. B. DeCeglie.

QF 108 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 109 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. Required Books: *Alfred's Basic Guitar Theory Levels 1 & 2* - 3rd Edition Morty/Ron Manus; *The Standard Guitar Method, Book 3* by Dick Bennett. 12-2. M. Patelson.

QF 110 GARDENING INDOORS & OUTDOORS What are you growing? What would you like to grow? Topics include houseplants, cuttings, propagation, outdoor flowers, learn to start a vegetable garden and growing worms. Share pictures and recipes. 12:30-2:30. J. Kotkin.

TUESDAY

QF 201 DRAWING & SKETCHING: BEGINNERS Learn how to observe carefully, use the pencil tip, side and range of motion, create images from basic shapes and create and use three value in composition. Supply list emailed prior to first class. 9:30-12. M. Rogers.

QF 202 HATHA YOGA WITH SOUND BATH A mind and body practice based on Hatha Yoga helps to enhance strength, flexibility and balance. Physical poses, breathing practice and brief meditation included. Enjoy a final relaxation with sound bath. Poses are done on the mat or standing. 10-12. E. Takamori.

QF 203 ORIGAMI: JAPANESE ART OF PAPER FOLDING – LEVEL I Learn how

to coax pieces of paper into some fun creations including flowers, gift containers, jewelry and much more Paper requirements emailed prior to class by instructor. Any questions on purchasing the papers – email Rose at origlama@aol.com. 10-12. R. Malinconico.

QF 204 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. Supply list emailed prior to first class by instructor. 10– 1. R. Cooper.

QF 205 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 required. 12– 2. M. De Turris.

QF 206 LINE DANCE: BEGINNERS PLUS/IMPROVER Stengthen body and mind as you build on your knowledge of basic line dance steps and techniques to learn some new and fun dances. No partners needed. 12:30 – 2:30. R. Malinconico.

QF 207 MEDITATION Guided meditations, breathwork and deep relaxation can reduce stress and anxiety. Increase mental clarity and focus Supplies needed: Yoga mat and firm pillow. All levels. 12:30-2:30. C. LaBue.

QF 208 DRAWING & SKETCHING: INTERMEDIATE Learn how to use value charts to make interesting compositions. Placement of subjects in a composition, how to break down and create complex shapes are discussed. Learn to add things to a drawing that may not be in the original source photo or live view. Supply list emailed prior to first class. 12:30-3. M. Rogers.

QF 209 SPANISH: ADVANCED BEGINNERS Introduce and build on basic vocabulary and language structures. Learn and practice the language within cultural contexts by engaging in conversations about stories, themes and topics. Required textbook: *Colloquial Spanish of Latin America* by Roberto Carlos Rodriguez-Saona. 1-3. J. Gaston-Greenberg.

QF 210 SPANISH: INTERMEDIATE Further develop language skills, increase vocabulary and knowledge of Spanish by engaging in conversations that help you understand the language more Required textbook: *Colloquial Spanish of Latin America 2: The Next Step in Language Learning* by Roberto Rodriguez-Saona. 1-3. L. Guzman Valerio.

WEDNESDAY

QF 301 SOUL LINE DANCE: BEGINNERS Learn basic line dancing steps and dances will be performed to Soul, R & B, Jazz and Hip-Hop Music. Line Dancing with Soul allows your aches and pains to fade. Wear comfortable clothes and shoes. 10-11. R. Hogans.

QF 302 GOLDEN SNEAKERS Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable clothes and sneakers. 10–12. J. Maleeq Morris.

QF 303 FUN & EASY QUILLING: INTERMEDIATE Create one-of-a-kind quilled treasures showcasing an array of beautiful designs and patterns. Supply list emailed prior to first class. 10-1. L. Canlas.

QF 304 PASTEL PAINTING Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos students choose. Supply list emailed prior to class. 10 – 1. B. DeCeglie.

QF 305 PIANO KEYBOARD: BEGINNERS/INTERMEDIATE Note reading, chord playing and a variety of music is covered. Requirement: must have a keyboard (61 keys) and headphones or your own upright grand piano. Required books: *Alfred's Basic Adult Piano Course Level One* and *Alfred's Complete Essentials of Music Theory*. 10-2. M. Patelson.

QF 306 PIANO KEYBOARD: BEGINNERS/INTERMEDIATE Note reading, chord playing and a variety of music is covered. Requirement: must have a keyboard (61 keys) and headphones or your own upright grand piano. Required books: *Alfred's Basic Adult Piano Course Level One* and *Alfred's Complete Essentials of Music Theory*. 10-2. Michael Patelson.

QF 307 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE GROUP A 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 308 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.

QF 309 THE ART OF STORYTELLING: BEGINNERS/INTERMEDIATE Speaking skills and writing techniques are used to create personal true stories from each participant. Share stories in front of an audience without scripts. Storytelling increases empathy, memory, decreases isolation and increases community. 12:30-2:30. D. Garnes.

THURSDAY

QF 401 ORIGAMI: JAPANESE ART OF PAPER FOLDING – LEVEL II Now that you've mastered mountains, valleys and blintzes; its time for some exciting creations. Watch your papers burst into flowers, boxes, gift containers, jewelry and more. List of paper requirements emailed prior to

class by instructor. Any questions on purchasing the papers – email Rose at origlama@aol.com. 10-12. R. Malinconico.

QF 402 MATURE MOVES Lively and energizing easy-does-it aerobic and calisthenic workout. Loose clothing and sneakers required. Check fitness with your doctor. 10–12. J. Maleeq.

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. 10–12. J. Cunningham.

QF 404 LEARN HOW TO USE YOUR NEW APPLE IPHONE or IPAD Have a new Apple iPad/iPhone that you don't quite understand? Review the basics on how to use your Apple iPad or iPhone to make it user friendly. It connects you to the world of the internet and apps like mail, FaceTime, text messages and beyond. 10-12. L. Cohen.

QF 405 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. Supply list emailed prior to first class. 10–1. B. DeCeglie.

QF 406 LINE DANCING: BEGINNERS Strengthen your body and mind while learning dances using all your favorite dance styles: Cha Cha, Rumba, Tango. No partners needed. 12:30–2:30. R. Malinconico.

QF 407 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.

QF 408 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. 12:30–2:30. J. Cunningham.

QF 409 BAKING 101 Learn baking secrets, terminology and tools of the trade to bake such classics as quick breads, pies, cookies, cakes, tarts and decadent desserts that will impress family and friends. Pantry staples, recipes and ingredients emailed prior to class by instructor. You can bake with the instructor or just enjoy observing! 1-3. L. Baker-Simon.

QF 410 MUSIC THEORY Cover the basic elements of music theory. Topics include key signatures, major and minor scales, chord structure, intervals, rhythm, harmony, ear training, sight singing and basic composition. 1-3. M. Patelson.

QF 411 BEGINNER SPANISH Take a scaffolded approach to introduce and build both foundational vocabulary and language structures. Organized in

a Spanish immersion (virtual) environment that uses stories, themes and topics to learn and practice using the language within cultural contexts. Required book: *Easy Spanish Step-By-Step* by Barbara Bregstein (ISBN-10: 0071463380). 1-3. J. Gaston-Greenberg.

FRIDAY

QF 501 PLEASURES OF READING Read and discuss contemporary short stories from *The Best Short Stories: The O. Henry Prized Winners 2021* (Chimamanda Ngozi Adichie, editor) ISBN: 0593311256. Read the first two stories before first class. 10–11. M. Levinson.

QF 502 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners in their exercise routine. Wear comfortable clothing and shoes. 10-12. M. Gonzalez.

QF 503 OPERAS A presentation of nine Giuseppe Verdi's operas from the archives of the Metropolitan Opera House with English subtitles. From his earliest successes through his final operas over his long and productive career including *Nabucco*, *Macbeth*, *Luisa Miller*, *Rigoletto*, *La Forza del Destino*, *Don Carlos*, *Aida*, *Otello* and *Falstaff*. 10-12:30. J. Dzik.

QF 504 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. 10-1. C. Murrell.

QF 505 CLASSIC FOREIGN FILMS Americans have long been fascinated by European film movements from the early days of Russian filmmakers such as Sergei Eisenstein and his theories of montage to German Expressionism. American filmmakers like Alfred Hitchcock have been influenced by foreign innovations in this new art form. Watch some classics from the French and Italian New Wave as well as contemporary classics from abroad. Five sessions: *Oct. 15, 22, 29; Nov. 5, 12*. 10-1. R. Presser.

QF 506 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE Note reading, chord playing and a variety of music is covered. You must have your own keyboard (61 Keys) and headphones or your own upright or grand piano. Required books: *Alfred's Basic Adult Piano Course/Adult All in One Course (Lesson, Theory, Technique) Level 1* and *Alfred's Complete Essentials of Music Theory*. 10–2. M. Patelson.

QF 507 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. Supply list emailed prior to first class. 10-1. R. Cooper.

QF 508 AMERICAN FOREIGN POLICY Analyze and discuss current foreign policy issues that impact the United States. Based on the Foreign Policy Association's Great Decisions Program. 11:15–12:15. M. Levinson.

QF 509 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 510 SPANISH: ADVANCED Experience the joy of reading, writing, speaking and listening in Spanish. Engage in conversations that depict real-life situations. Required textbooks: *Spanish Idioms in Practice: Understanding Language and Culture* by Javier Munoz-Basols, Yolanda Perez Sinusia and Marianne David; and *Advanced Spanish Step-By-Step* by Barbara Bregstein. 1-3. L. Guzman Valerio.

SEMINARS

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

QF 805 WEAVING BEADS WITH NEEDLE & THREAD: BEGINNERS

The basics for three stitches used in making jewelry by weaving seed beads together is covered. Each session covers different stitches: spiral stitches, peyote stitches and netting stitches. Each stitch will have a project, but you can elect to just practice the technique. For those who have not bead weave before, but are able to thread a fine needle. Supply list emailed prior to first class. Three sessions: *Sept. 22; Oct. 13; Nov. 10*. 12:30-2:30. \$6. K. Koppinger.

QF 806 HOW TO GET STARTED PODCASTING Create, record and edit a podcasting episode to share with others. Three sessions: *Sept. 29; Oct. 27; Nov. 10*. 10-12. \$6. D. Garnes.

STATEN ISLAND

MONDAY

RF 101 BRIDGE For those with some basic bridge skills. Modern bidding techniques are introduced and worksheets and practice hands are provided. Materials emailed to print and study prior to class by instructor. Begins *Sept. 20*. 10-12. A. Bass.

RF 102 HAPPY FIGURE DRAWING FOR BEGINNERS Learn the basics of drawing the human figure using a fun, easy approach. No prior experience needed. Draw, share and discuss the human form on paper. Supply list

emailed prior to first class. 10-12. W. Bradley.

RF 103 KNITTING & CROCHETING FORUM For those who have knit or crocheted before. Websites 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 104 CHAIR YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair, no mats. 10-12. I. Dubeau.

RF 105 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 106 JEWELRY DESIGN & BEADING For those with some prior beading experience. Create a peyote necklace. Review the pattern and materials in an interactive discussion. Learn some history, share YouTube tutorials and express your creativity. Supply list emailed prior to class. 12:30-2:30. N. Keay.

RF 107 WORKOUT WITH LETTY Combination of exercises to tone, strengthen and increase flexibility. 12:30-2:30. L. DeRosa.

RF 108 INTERMEDIATE HAPPY FIGURE DRAWING For those who have taken the basic figure drawing class or have experience drawing the figure. Explore light and shadow, various mediums, drawing from reference and more advanced approaches. 1-3. W. Bradley.

TUESDAY

RF 201 EASY-BREEZY FITNESS Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want a gentle experience. Suggested supplies: a sturdy chair, 5" soft ball and stretch bands. 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. Instructor suggests the Baiyun quilling kit for beginners that can be purchased on Amazon.com (approx. \$35). 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 Four Winds* by Kristen Hannah 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 SOCIAL MEDIA FOR BEGINNERS Keep in touch with friends and relatives using social media websites

and apps such as Facebook, Twitter, Pinterest, WhatsApp and more. Learn how to protect your privacy on the web. 10-12. S. Cabot.

RF 206 PARLEZ-VOUS FRANCAIS?

Learn how to speak French from a native speaker. Common words and phrases for future travel or for fun. Different theme each week. Required book: *Easy French Step-By-Step* by Myrna Bell Rochester. 12:30-2:30. I. Dubeau.

RF 207 BELLY DANCING FOR FUN & FITNESS

Get fit, toned and burn some calories while learning belly dancing combinations. No dance experience needed. 12:30-2:30. J. Lamonica.

RF 208 DRAWING: INTERMEDIATE & ADVANCED

For those who have experience using the basic techniques for drawing from observation. Explore art styles from realism to abstraction and use various drawing media. Supply list emailed prior to first class. 12:30-2:30. M. Corti.

WEDNESDAY

RF 301 THE FIRST YEAR OF THE CIVIL WAR – 1861

The immediate events that sparked the Civil War and all the important events that occurred during the first calendar year. Emphasis on the Battle of Bull Run/Manassas and the life of Thomas “Stonewall” Jackson. Video clips from the film *Gods and Generals* and the mini-series *North and South* included. 10-12. L. Warner.

RF 302 WOMEN’S FICTION Read and discuss *The Four Winds* by Kristen Hannah. Novel deals with family love, hope and heroism during The Great Depression. Read chapters 1-4 for first class. 10-12. A. Zuckerberg.

RF 303 CHORALEERS Sing together and learn technology to record your voice. Holiday music featured. 10-12. D. DeOrio.

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. Light hand weights suggested. 11-12:30. G. Lichter.

RF 305 OPERA Discuss and learn how to appreciate this fascinating art form while viewing operas such as *La Traviata*, *La Boheme*, *Le Nozze di Figaro* and more. 12:30-2:30. F. Corti.

RF 306 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 307 WATERCOLORS: INTERMEDIATE

Learn how to paint the various textures of the elements of nature utilizing a specific watercolor technique for each (wet into wet, glazing, stippling). Principles of aerial per-

spective and landscape composition are explored. Step-by-step instruction, slide presentations and demonstrations. Supply list emailed prior to first class. 1-3. K. Fieramosca.

THURSDAY

RF 401 INTERNATIONAL FOLK DANCING...IT’S NOT JUST FOR THE LADIES!

Learn dances from around the world including Greece, Israel, Armenia and more. It’s fun, great exercise, keeps your memory sharp and improves cognitive agility. No partner needed. Wear sneakers. 10-12. E. Sohn.

RF 402 THE TWILIGHT ZONE

Watch more original episodes of Rod Serling’s classic TV show. Learn insider background information about the series and discuss how Serling’s themes are still relevant today. 10-12. S. Friedman.

RF 403 ROCK N’ ROLL & TELEVISION

Rock n’ Roll and television grew up together in various ways. Watch highlights of Rock n’ Roll from a myriad of programs and sources including Elvis, The Rolling Stones, The Beatles, Dick Clark, Ed Sullivan and more. 10-12. S. Cabot.

RF 404 CONVERSATIONAL SPANISH FOR BEGINNERS

Basic vocabulary, phrases and verbs and the use of Spanish for travel and everyday living are covered. Required book: *High School Basic Spanish* by Jean Yates. 10-12. L. Veit.

RF 405 MURDERS & MYSTERIES FROM THE FORGOTTEN BOROUGH

Examine numerous murders and mysteries that occurred on S.I. from the 1840’s through the late 20th century. Serial killers, family murders and Bootleg Era atrocities. 10-12. P. Salmon.

RF 406 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 407 MANDARIN CHINESE FOR BEGINNERS

Learn to speak simple sentences in Chinese about every day topics. Chinese culture and writing system will be introduced. 11-1. G. Lichter.

RF 408 PASTEL PAINTING

Learn the art of pastel, also known as dry painting. Take a brief look at cave art, Michelangelo, DaVinci and their works. The elements and principles of design, color mixing, image transfer and various techniques that can be used to create works of art will be discussed. Supply list emailed prior to first class. 12:30-2:30. E. Byrne.

RF 409 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 410 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 411 CHAIR YOGA II

Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair, no mats. 12:30-2:30. I. Dubeau.

FRIDAY

RF 501 WATERCOLORS FOR BEGINNERS

For those who have never painted or would like to brush up. Focus on watercolor techniques of wet into wet, glazing, dry brush and blending, flat washes, graduated washes, stippling, hatching, shading, masking, watercolor supplies and color mixing exercises. Instructor demonstrations and slide presentations. Supply list emailed prior to first class. 10-12. K. Fieramosca.

RF 502 CROCHET THE HOLIDAYS AWAY!

Create joyful projects to brighten your home for the holidays. Requirement: must have some crochet experience. Supplies needed for first class: orange worsted weight yarn #4, size “H” crochet hook, brown yarn scraps and fiberfill stuffing. 10-12. R. Soloway.

RF 503 INTERMEDIATE SPANISH

Focus on greater fluency in reading and speaking. Proper grammar addressed. Worksheets provided by instructor via email. No book required. Requirement: must have prior knowledge of the language. 10-12. V. Fernandez.

SEMINARS

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

RF 805 STRIDES WALK: KNIT & CROCHET

Refine your knitting/crochet skills with yarn provided by the UFT to create scarves, headbands, leg warmers and lap blankets for the Making Strides Against Breast Cancer Walk. Provide your email address and phone number to arrange a pick-up time from 3 pm-5 pm on *Sept. 10* @4456 Amboy Road, S.I. Three Wednesday sessions: *Sept. 15, 22, 29*. 12:30-2:30. \$6. L. Davis.

RF 806 INTERNET PRIVACY & SAFETY IN OUR CONNECTED AGE

An average home has 15 connections to the internet, many of which you have never thought about. Learn to keep yourself safe and protect your privacy. *Friday, Sept. 17*. 10-12. S. Cabot.

RF 807 3D QUILLING For those with prior quilling experience. Create 3D quilled figures using a mould (Ama-

zon- \$6.99) and standard quilling paper and tools. Patterns, YouTube tutorials and collaborative discussion. Two Friday sessions: *Sept. 17, 24*. 10-12. \$4. N. Keay.

RF 808 EXPERIENCE A LITERARY ANTIDOTE TO THE PANDEMIC

Participate in the free online NY Times Decameron Project. Discussions focus on short stories by Margaret Atwood, Tommy Orange and Edwidge Danticat. Access nytimes.com to create a free account to enable you to read three free articles per month. Read Atwood for the first session. Two Friday sessions: *Sept. 17, 24*. 10-12. A. Devlin.

RF 809 TAKING BETTER PHOTOS WITH YOUR SMARTPHONE

Learn how to use all the photographic features of your smartphone to take better pictures and videos and some apps that can help your photos be their best. *Friday, Oct. 1*. 10-12. S. Cabot.

RF 810 THE JOY OF POETRY

Poetry can inspire, delight and inform us. Let’s enjoy together the works of Robert Frost, Ogden Nash and more. Your creations are welcomed. Three Friday sessions: *Oct. 1, 8, 15*. 10-12. \$6. M. Eller.

RF 811 IMPRESSIONISM

Discuss and learn to appreciate the 19th century revolutionary art style of Impressionism. View works of Monet, Degas, Renoir and more. *Friday, Oct. 8*. 10-12. M. Corti.

RF 812 ART OF THE ICE AGE IN EUROPE

Examine pre-historic European cave and rock art produced in southeastern France during the final phase of the Ice Age. Explore beautiful graphic drawings/paintings in the Chauvet and Lascaux caves. Discover how and why our ancestors (Cro-Magnons), painted and what materials were available to them. Two Friday sessions: *Oct. 15, 22*. 10-12. \$4. E. Byrne.

RF 813 BROADWAY: FROM START TO FINISH

Delve into how musicals are developed and staged from script to songs, choreography to casting. Look at important trends, how musicals have changed overtime and how technology has changed the musical as we know it. Three Friday sessions: *Oct. 29, Nov. 5, 12*. 10-12. \$6. E. Levitt.

RF 814 PROTECTING YOURSELF FROM FRAUDSTERS & SCAMMERS

Everyday people are scammed and defrauded out of money, by phone, email and in-person. Learn the signs of a potential scam and how to protect yourself. *Friday, Nov. 5*. 10-12. S. Cabot.

RF 815 MOST ENDURING AMERICAN MYTHS

Our country was founded on half-truths. Take a closer look at some of the nation’s most long-lasting and fascinating American myths. Two Friday sessions: *Nov. 5, 12*. 10-12. \$4. A. Zuckerberg.

FLORIDA

Any questions regarding courses/seminars, please contact Patti Vitucci, Director of Florida Programming by email.

Her email is PVITUCCI@UFT.ORG.

You must fill out the appropriate registration form for Florida Fall 2021 and Intersession 2022. Both Fall 2021 and Intersession 2022 are two separate programs. (Please do not combine with NY courses/seminars/trips either). Therefore, they cannot be combined on the same form.

Unless otherwise noted, courses and seminars begin on Monday, September 13, 2021 and conclude Thursday, November 18, 2021. Courses have a \$10 fee; seminars have a \$2 fee. Fees are non-refundable and non-transferable.

FALL COURSES

MONDAY

FF 101 CITY SKETCHING Grab a sketchbook and let your pencil capture the moment! Turn photos into quick sketches while learning about composition and 1 and 2-point perspectives. No experience necessary. Six consecutive sessions. 10-12. J. Fisher

FF 102 BEHIND THE BUSINESS OF MUSIC Take a look behind the curtain at some of your favorite music. Everyone enjoys music, most don't know there is a whole world behind every song, symphony and film score including contracts, copyrights, collaborations and royalty checks. Five consecutive sessions. 11-12. E. Meltzer-Zahn

FF 103 HISTORY OF DOO WOP Tracing the history of Doo Wop music from its beginning in the early 1950's through the revival period of the 1970's. Begins *Sept. 27*. 11-1. N. Waldman

FF 104 MIXED MEDIA NATURE JOURNALING: WORDS & PICTURES Whether you're an avid outdoor explorer or prefer watching birds from a window, the practice of nature journaling using watercolor, ink, pencil, pen and other media as well as creative writing, will be fun, educational and even therapeutic. Supply list emailed prior to class by instructor. 1-3. A. Kioti Horne

FF 105 CHEF NINA'S MEANINGFUL MONDAYS: COOKING FOR HEALTH, FROM A-Z SERIES Watch or cook alongside Chef Nina and have a completed dish by the end of class ready to eat or put away for the next day. Have your own smaller nosh before or during class to keep your hunger at bay. Supply list emailed prior to class by instructor. 3:30-5:30. N. Kauder

FF 106 LENGTHEN, STRENGTHEN & SMILE: ALL LEVELS Designed to improve posture and balance. Focus is to strengthen the stabilizing muscles that support joints to provide more symmetrical and functional movement. Some kind of resistance band suggested for class. Leave feeling stronger, more flexible and standing taller...with a smile! 4-5. TBA

TUESDAY

FF 201 COLOR THEORY IN ACRYLICS Learn the basics of color theory including the color wheel, how to properly mix acrylic paint and how to balance your color palette effectively to create dynamic art. No experience necessary. Supply list emailed prior to class by instructor. 10-12. N. Galluccio

FF 202 PODCAST UNIVERSE An in-depth look into the many different kinds of podcasts influencing us today. 10-12. E. Weinstein

FF 203 OSCAR WINNERS & RUNNERS UP The Academy Awards represent the best in American films, but over time some films fade in memory while others find their audience and grow in stature. Look at Oscar winners and nominees that have stood the test of time and became classics. No class: *Sept. 21, 28*; *Oct. 5*. 10-1. R. Presser

FF 204 SMARTPHONE CAMERA FUN FOR BEGINNERS Learn the many features of your smartphone camera and how to capture clear landscapes, fabulous selfies and portraits. You will come away with much more confidence and skills... For iPhone and Android smartphones. 12-1:30. L. Goradesky

FF 205 ZEN MEDITATION Each week explore different meditation and breathing techniques to help guide you into a Zen like state of mind. A perfect way to close out your day and get ready for a great night's sleep. 7:30 pm-8:30 pm. J. Steakin

WEDNESDAY

FF 301 WAKE UP WEDNESDAY YOGA Gentle/slow flow. Great for beginners and those looking for more flexibility. Begin and end with a mini meditation. Help wake up your body and get your mind and spirit ready for the day. 8:30 am-9:30 am. J. Steakin

FF 302 SMARTPHONE CAMERA FUN FOR INTERMEDIATES Learn advanced features of your smartphone camera and how to capture clear landscapes, fabulous selfies and portraits. You will come away with much more confidence and skills... For iPhone and Android smartphones. 12-1:30. L. Goradesky

FF 303 CINEMA CONNECTION View

and have an in-depth, discussion about current and classic films. Learn secrets about behind the scenes production. Five sessions: *Sept. 15, 29*; *Oct. 13, 27*; *Nov. 10*. 11-2. L. Bloomgarden

FF 304 CHEF NINA'S "WELLNESS WEDNESDAYS" Trigger your bodies' innate healing mechanisms by knowing which foods and habits to step away from, and which ones are right for you to embrace. 2-4. N. Kauser

FF 305 WAKE UP YOUR CORE & MORE A mat-based class intended to teach you how to activate the muscles that support your spine, your abs and back as well as building strength to increase flexibility. Stretching is also a crucial part of your core work to help prevent injury and get better results. Resistance bands and a yoga block recommended. 4 pm-5 pm. TBA

FF 306 MIXED MEDIA & ACRYLICS Learn how to incorporate new mediums with acrylics and how to add mediums to our paint, use paper collage alongside acrylics. Explore adding other upcycled item and texture into your work. Requirement: Experience with acrylics. Supply list emailed prior to class by instructor. Begins *Sept. 22*. 6 pm-8 pm. N. Galluccio

THURSDAY

FF 401 STORY DISCUSSIONS Read and discuss the significance of modern short stories. Read *The Making of a New Yorker* and *O City of Broken Dreams* from NY Stories (Everyman's Pocket Classics). 10-12. A. Zuckerberg

FF 402 DISCOVERING DOCUMENTARIES View and discuss groundbreaking documentaries about Elon Musk, Barbra Streisand, Oprah Winfrey and more. 10-12:30. B. Wolk

FF 403 FILMS FROM AROUND THE WORLD Feature films that give us a window into other cultures around the world. Five sessions: *Oct. 14, 21, 28*; *Nov. 4, 18*. 10-1. R. Presser

FF 404 ABSTRACT EXPRESS Dive into the creative, explosive, color-filled world of abstract painting. Try bold color combinations and unique techniques to produce a new painting each week. Learn the connection between abstract art, music and dance as we produce masterpieces. All are welcome. Supply list emailed prior

to class by instructor. 12:30-3. P. Lowenberg

FF 405 CREATE YOUR STORY Focus on your story – whether a novel, non-fiction story, a memoir or children's book. Start with the basics, flush out ideas and begin a novel, a book or a short story. Requirement: knowledge of word processing using MS Word or compatible program is necessary. 1:30-3:30. D. Wind

FF 406 INTRO TO LATIN DANCE Begins with an interactive warm-up to work up a sweat to classic Merengue, Cha Cha, Bachata and Salsa songs. The second-half is dedicated to understanding how to recognize different genres of music and learning the basic dance steps associated with each of their rhythms. Partner not necessary. 7 pm-8:30 pm. L. Linhardt

SEMINARS

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

FF 805 WOMEN ON BOTH SIDES OF THE PAGE When you read a good book, you want to talk about it. Read *The Book of Lost Names* by Kristen Harmel for first session. *The Only Woman in the Room* by Marie Benedict and *The Four Winds* by Kristen Hannah are the other books. Three Thursday sessions: *Sept. 23*; *Oct. 21*; *Nov. 18*. 7 pm- 8 pm. \$6. P. Ruggieri

FF 806 BIRDING 101: BIRDING FOR BEGINNERS Learn the basics of birdwatching from the comfort of your home. Emphasis on Florida birds. *Wednesday, Oct. 6*. 10-12. S. Rinker

FF 807 THE BENEFITS OF WHEATGRASS Learn how nature's finest medicine will cleanse, nourish, rejuvenate and heal you. *Friday, Oct. 8*. 10-12. B. Wolk.

FF 808 CHEF NINA'S HOLLER FOR CHALLAH Bake and braid challahs, vegan, vegetarian and conventional, family-sized or individual buns and French toast or bread pudding with leftovers. *Friday, Oct. 15*. 12-3. N. Kauder

FF 809 COASTER CREATIVITY Using Needlepoint and embroidery on plastic canvas. Design and sew a set of coasters for your home or as a gift. *Friday, Oct. 22*. 11-1:30. B. Orville

REMOTE INTERSESSION COURSES

Unless otherwise noted, courses and seminars begin on Tuesday, January 4, 2022 and conclude Thursday, February 3, 2022.

Courses have a \$10 fee; seminars have a \$2 fee. Fees are non-refundable and non-transferable.

Please remember to complete the appropriate registration form for either New York or

Florida Intersession courses/seminars. Intersession 2022 and

Florida Intersession 2022 are two separate programs. Do not combine them on one form.

BRONX

Coordinator: Cheryl Bing-Howard

TUESDAYS

Jan. 4, 11, 18, 25

XI 207 ZUMBA GOLD Designed for older active adults and those who are just starting a fitness program. Combine Latin and International dance rhythms such as salsa, meringue, tango and cha-cha into an energizing cardio workout. Safe and total body workout. Movements are modified to accommodate physical limitations. 10-11. M. Stevenson

XI 208 INTERMEDIATE QUILTING Topics include: basic and useful quilting tools without going broke; ideas for organizing your workspace to make it more inviting, efficient and practical; suggested pattern ideas for scraps; UFO's. 10-12. M. Alvarez

XI 209 LET'S MOVE Moderate seated and standing 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. Website to purchase equipment emailed prior to class by instructor. 10-12. M. J. Strauss

WEDNESDAYS

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

XI 309 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. Movements are modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

XI 310 BEGINNING BEGINNERS ALPHA PIANO Master basic musical concepts and play simple musical pieces. Some simple jazz/blues tunes. Classical and jazz component. Requirement: little or no knowledge of music notation or basics of piano keyboard. Required book: *John Thompson, Adult Piano Course Book 1*. 10-12. N. Zamcheck

XI 311 BEGINNERS TAI CHI Introduction and practice of the basic principles of Tai Chi. 10-12. Y. H. Wang

XI 312 EXERCISES WITH UNUSUAL

PROPS FOR ARTHRITIS, RANGE OF MOTION & ARTHRITIS

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. How diet affects inflammation and arthritis discussed. 10-12. M. J. Strauss

XI 313 AGELESS GRACE This fitness and wellness program is performed while primarily sitting in a chair. Beneficial for everyone, but particularly good for those with limited mobility or strength. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XI 314 INTERMEDIATE BEGINNERS BETA PIANO Continuation of Beginning Beginners. Practice and reading, increasingly demanding pieces. Intro to jazz and pop chords and rhythm concepts. Learn chord voicings. Required book: *John Thompson, Adult Piano Course Book 1*. 12:30-2:30. N. Zamcheck

XI 315 PAPER FLOWERS Create paper flowers using AstroBrite copy paper or colored copy paper, construction paper, tacky glue, pipe cleaners, a skewer or very thin knitting needle. Supply list emailed prior to class by instructor. 12:30-2:30. M. Joann Strauss

XI 316 BRAIN GAMES Research shows that learning new skills in a social setting helps create new neural networks to help stave off Alzheimer's. Challenge your mind with brain games and word play. 1-2. D. Dolan

THURSDAYS -

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

XI 407 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. Movements are modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

XI 408 ADVANCED BEGINNERS GAMMA PIANO You must be able to read simple scores. Perform several pieces on their own. More challenging pieces are taught: pop, jazz and blues. Requirement: Previous Beginners or Intermediate

Piano. Required books: *John Thompson Adult Piano Course Book 1* and *John Thompson Adult Piano Course Book 2*. 10-12. N. Zamcheck

XI 409 JEWELRY DESIGN Learn the skills to create not only beautiful jewelry, but home décor. Beads, wire, paper and polymer clay are used in a variety of projects. Supply list emailed prior to class by instructor. 10-12. R. Demers

XI 410 ZOOM FOR APPLE IPAD/ IPHONE/MAC Learn the steps to start and manage a Zoom session. Feel comfortable and safe using Zoom to enjoy live video interaction with friends and family. MAC USERS ONLY. 12:30-1:30. R. Demers

XI 411 POPULAR PARTY LINE DANCES WITH SOUL Come and learn the Cupid Shuffle, The Wobble and If I Back It Up. You'll be prepared to be the life of the party when we can party again. 12:30-2:30. K. McCarthy

XI 412 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips included. Light hand weights, bands and a sticky floor mat to stabilize your chair needed. 1-2. D. Dolan

SEMINARS

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

XI 816 VALENTINE'S DAY PAPER CRAFTS Create several kinds of hearts and a special flower using colored copy paper/construction paper. Supply list emailed prior to class by instructor. **Thursday, Jan. 27.** 12:30-2:30. M. Joann Strauss

BROOKLYN

Coordinator: Evelyn Dorell

WEDNESDAYS

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

XI 311 CHORUS Sing along with piano accompaniment. Music and/or parts may be taught with or without music sheets. 10-12. J. DeRanieri

XI 312 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 313 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 314 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 315 BOLLYWOOD & BELLYDANCE Enjoy sampling dance movements from the Middle East and from Bollywood movies. 12:30-2:30. A. Beeman

KI 316 SHORT STORY BOOK CLUB Discuss short stories by well-known authors (all stories available free online). Read *Dear Life* by Alice Munro for first class. Further readings will be chosen together by class. 12:30-2:30. B. Bolton

KI 317 INTERMEDIATE CONVERSATIONAL MANDARIN CHINESE Practice conversational Mandarin Chinese on your path to fluency. Not for beginners. 12:30-2:30. C. Ng

KI 318 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 319 POLYMER CLAY: INTERMEDIATE Learn to condition clay to create necklaces, earrings, pendants and brooches. Supply list emailed prior to first class. 12:30-2:30. V. Hall

KI 320 LESSER KNOWN BLUES ARTISTS Study lesser known artists such as Ida Cox, Roy Buchanan, J.B. Hutto and more. 1-3. J. Hirsch

THURSDAYS

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

KI 410 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 411 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. L. White

KI 412 JAZZERCISE Stretch and

dance to the music of Jazz, Rhythm and Blues, Cha-Cha, Swing and Mambo. 10-12. K. Sanson

KI 413 BEAD WEAVING: ALL LEVELS Learn the basics of bead weaving, including peyote, herringbone, and brick stitches. Beginners supply list will be emailed prior to class. Experienced members can work on projects. 10-12. K. Koppinger

KI 414 INTRODUCTION TO APPLE IPHONE & IPAD Learn to use your pre-installed programs and an emphasis taking photos on your Apple device. Apple iPhone or iPad with username and password needed. 10-12. J. Griffith

KI 415 KNITTING: BEGINNERS/INTERMEDIATE Beginners learn the basics; others can select a project and receive assistance in new techniques. Beginner supplies needed: size 8 knitting needles and light-colored worsted weight yarn. 12:30-2:30. P. Williams

KI 416 JEWELRY MAKING: BEGINNER/INTERMEDIATE Learn techniques of making beaded jewelry: wire wrapping, bead stringing and stitching, crimping and more. Experienced members can work on projects. Supply list emailed prior to class by instructor. 12:30-2:30. K. Koppinger

KI 417 YOGA Learn a set of mental and physical exercises using breath, movement and meditation. Yoga mat and towel needed. 12:30-2:30. C. LaBue

KI 418 ZUMBA GOLD Focus on improving muscle strength, posture, mobility and conditioning. 12:30-2:30. T. Gilbert

KI 419 LINE DANCE: ALL LEVELS Enjoy the pleasure and exercise of line dancing 12:30-2:30. N. Cangiano

MANHATTAN

Coordinator: Jo-Ann Hauptman

TUESDAYS

Jan. 4, 11, 18, 25

CI 208 BEADWEAVING: BEGINNERS Learn the basics of bead weaving skills to make jewelry. Must be able to thread a fine needle. Supply list emailed prior to class by instructor. 9:45-12:15. Z. Tyson

CI 209 CHAIR YOGA Using breathing, movement and meditation to develop a strong, healthy body, mind and spirit. 10-12. A. Beeman

CI 210 DOCUMENTARY FILMS View and discuss award-winning documentaries including *Queen of Versailles*, *My Octopus Teacher*, *Grey Gardens* and more. 10-12:30. C. Friedman

CI 211 HEMINGWAY FROM PAGE TO SCREEN Discuss five assigned short stories by Ernest Hemingway then watch and discuss the movie adaption. 10-12:30. W. Wyss

CI 212 DRAWING Learn to use value charts, placement of subjects in composition, how to breakdown complex shapes, add things to drawing not in original source. Supply list emailed prior to first class. 12-3. M. Rogers

CI 213 ITALIAN FILMS View and discuss a variety of Italian films. Films are shown in Italian with English subtitles. Discuss in English. 12-3. J. Worth

CI 214 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:30-2:30. B. Sayegh

CI 215 MIDDLE EASTERN DANCE Enjoy this ancient art of belly dancing while listening to Arabic, North African and Turkish music. All levels. 12:30-2:30. A. Beeman

WEDNESDAYS

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

CI 308 POLITICS IN FILM View and analyze thought provoking films: *JFK*, *Malcolm X*, *Gandhi* and more. 9:45-12:45. C. Friedman

CI 309 PLAY WRITING Includes exercises to write, find ideas for your play and learn theatrical conventions and vocabulary. 10-12. K. Solway

CI 310 AFRO BEATS 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. 10-12. D. Scott

CI 311 TRAVEL THROUGH HISTORY Take a virtual tour through different parts of the world learning the history, culture and landscapes of each destination. 10-12. J. Rossi

CI 312 COMEDY: THE STUDY OF JERRY SEINFELD & LARRY DAVID View and discuss Jerry Seinfeld's and Larry David's famous creations: *Seinfeld* and *Curb Your Enthusiasm*. Excerpts from their early stand-up comedy performances included. 12:30-2:30. P. Herzich

CI 313 SHORT STORIES Discussion of contemporary literature. Required book: *The Boatman and Other Stories* by Billy O'Callaghan. Read *The Border Fox*, *The Boatman* and *Ruins* before first class. 12:30-2:30. A. Zuckerberg

CI 314 ACTING Let your spirit flow and have your heart open with acting exercises and acting scenes. Use improvisations to display your life's wisdoms. 12:30-2:30. K. Solway

CI 315 YOGA & MEDITATION Release stress and tension with yoga postures and a short, guided meditation practice. 12:30-2:30. D. Scott

THURSDAYS

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

CI 408 ART HISTORY A curated view

with discussions on the Art of the 20th Century; Abstract and German Expressionism; Ninth Street Women; Elements of Art and more. 10-12. M. Meyer

CI 409 RETIREES READ BOOK CLUB Read and discuss one short story each week. Read *Benito Cereno* by Herman Melville for first class. Other short stories are shorter and available online. Authors may include: Haruki Murakami. Shirley Jackson and more. 10-12. M. Garvey

CI 410 ASIAN BRUSH PAINTING Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. Supplies needed: rice paper, Sumi ink and brushes. 10-12. P. Siudzinski

CI 411 ADVANCED BEADING Must be experienced with extremely advanced beading techniques. 10-1. J. Schatz

CI 412 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights needed. 10:30-12. G. Lichter

CI 413 INTERNATIONAL CINEMA View and discuss thought-provoking international films from around the world. 12-3. J. Worth

CI 414 QUILTING Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. T. DeCourcy-O'Grady

CI 415 YOGA Gentle stretching and relaxation practices which bring about a feeling of peace and well-being in the mind, body and spirit. 12:30-2:30. D. Scott

CI 416 WATERCOLOR PAINTING Develop your artistic ability painting landscapes, flowers and seascapes. All levels. Supplies needed: watercolor set, brush and pad. 12:30-2:30. P. Siudzinski

QUEENS

Coordinator: Luchie Canlas

TUESDAYS

Jan. 4, 11, 18, 25

QI 211 CHAIR YOGA Increase your mental focus with gentle stretching, breathwork and meditation. Wear comfortable clothing. Optional: Yoga mat and yoga strap. All levels. 10-12. C. LaBue

QI 212 ORIGAMI: JAPANESE ART OF PAPER FOLDING Learn how to coax pieces of paper into some fun creations including flowers, gift containers, jewelry and more. Paper requirements emailed prior to class by instructor. Any questions on paper purchasing, email Rose at origlama@aol.com. 10-12. R. Malinconico

QI 213 PAINTING WITH CONFIDENCE Create your masterpiece following step-by-step instructions exploring color theory and brush techniques. Designed for

beginners! Supply list emailed prior to first class. 10 – 1. R. Cooper

QI 214 DRAWING AND SKETCHING: INTERMEDIATE Use charcoal and pencil to explore black and white media. Supply list emailed prior to first class. 10 – 1. B. DeCeglie

QI 215 SOUL LINE DANCE: BEGINNERS PLUS 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 217 PIANO KEYBOARD: BEGINNER/INTERMEDIATE Each student receives an individual mini lesson weekly. Students should have access to either a 61-key keyboard or acoustic piano. Scales and music theory will be included. All levels. Required books: *Alfred's Complete Essentials of Music Theory* and *Alfred's Basic Adult Piano Course, Adult All in One Course Level 1*. 11-3. M. Patelson

QI 217 LINE DANCE: BEGINNERS Strengthen body and mind as you learn dances using your favorite dance styles: Cha Cha, Lindy, Rumba, Tango and Waltz. No partner needed. 12:30-2:30. R. Malinconico

QI 218 TAI CHI Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. 12:30– 2:30. Y.H. Wang

WEDNESDAYS

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

QI 309 STAY ACTIVE WITH SAIL Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for seniors. Improve tone and balance issues. Exercises are done sitting or standing and are suitable for those with physical limitations. Supplies needed: 2 16 oz. water bottles to be used as weights. 10-12. M. Gonzalez

QI 310 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 required. Required book: *Spanish of Latin America* by Roberto Carlos Rodriguez-Saona. 10– 12. L. Guzman Valerio

QI 311 GUITAR: BEGINNERS Develop the ability to accompany themselves on songs using a variety of finger picking styles. Note reading skills and basic music theory included. A tuned guitar in good playing condition necessary. Required books: *Mel Bay Guitar Method Grade 1*, Expanded Edition; *Alfred's Basic Guitar Theory Levels 1 & 2*, 3rd Edition; and *Easy Folksongs for the Guitar* by Hank Eberle. 10-12. M. Patelson.

QI 312 ART WITH AN IMPRESSIONISTIC FLAIR USING
FALL 2021 / 15

OILS Learn how to paint in the impressionistic style using still life and photos. Each class begins with a demonstration. Supply list emailed prior to first class. 10– 1. B. DeCeglie

QI 313 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. Supply list emailed prior to first class. 10– 1. R. Cooper

QI 314 WATERCOLOR & COMPOSITION: ALL LEVELS

Learn watercolor techniques such as mix paint, create values and use composition to convey your story. Supply list emailed prior to first class. 10-1. M. Rogers

QI 315 ZUMBA Learn the dance program inspired by Latin rhythms that is modified for retirees and beginners. Wear comfortable clothes and shoes. Water bottle and towel needed. 12:30– 2:30. M. Gonzalez

QI 316 SPANISH: BEGINNERS

For those that want to understand and Speak Spanish. Develop basic skills in grammar, reading and conversation. Focus on pronunciation, vocabulary development and engage in conversations in everyday life. Required book: *Easy Spanish Step-by-Step* by Barbara Bregstein. 1-3. T. Avila

SEMINARS

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

QI 807 APPLE iPad & iPHONE

PHOTOGRAPHY Learn how to improve your photo taking, edit photos, create projects and share photos with family and friends. Intro posting photos on social media. Log onto Zoom on your computer or a second Apple device so you can follow along with the instructor on your iPad/iPhone. *Tuesday*, sessions: *Jan. 25*. 11-2. \$4. A. Cumba.

QI 808 APPLE iPad/iPHONE VIDEO

PROJECTS Learn how to improve your video taking, edit videos, create projects using clips and iMovie apps and share them with family and friends. Intro to posting on social media. Log onto Zoom on your computer or a second Apple device so you can follow along with the instructor on your iPad/iPhone. Two Wednesday sessions: *Jan. 26; Feb. 2*. 11-2. \$4. A. Cumba

QI 809 HOLLYWOOD ICONS FROM

NY Many Hollywood film stars were actually transplanted NYers. View a film with these leading men and women that made household names. Two sessions: Wednesday, *Feb. 2*. 10-1. R. Presser

STATEN ISLAND

Coordinator: Jeanne Casanovas

TUESDAYS

Jan. 4, 11, 18, 25

RI 209 AEROBICS I Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers and small ball needed. 9:45-10:45. L. DeRosa

RI 210 YOGA Lose your stress and gain a healthy body, mind and spirit through breathing movement and meditation. Wear proper exercise/yoga attire. You may only register for only one Yoga class. 9:45-10:45. I. Dubeau

RI 211 LINE DANCING: BEGINNERS

Learn the basics and enjoy this mind and body activity. Wear comfortable shoes. 10-12. L. Kalipetes

RI 212 JEWELRY

CREATIONS:BEGINNERS 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

RI 213 AEROBICS II Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers and small ball needed. 11-12.. L. DeRosa

RI 214 CHAIR YOGA I Find your better self through breathing, movement and meditation. No mats. Wear proper exercise/yoga attire. 11-12. I. Dubeau

RI 215 S.A.I.L. Stay Active and Independent for Life is a a strength, balance and fitness program for adults. Exercise is the single most important activity that adults can do to stay active and reduce their chance of falling. 11:30-12:30. S. Nalitt

RI 216 CREATIVE WRITING Learn techniques and receive support for your memoirs, poems, fiction and essays. 12-2. M. Eller

RI 217 CHAIR YOGA II Find your better self through breathing, movement and meditation. No mats. Wear proper exercise/yoga attire. 12:15-1:15. I. Dubeau

RI 218 BELLY DANCING Learn sexy belly dance combinations that will dazzle all. Come release your inner goddesses with Jen. 12:15-2:15. J. Lamonica

RI 219 HOW TO TIDY UP & GET MORE DONE Learn how to declutter and get more done without feeling overwhelmed. Topics covered: how to find more time, what to declutter first, how to stop procrastinating and create an action plan and gain a sense of calm. 12:30-2:30. J. Novak

RI 220 S.A.I.L. Stay Active and Independent for Life is a a strength,

balance and fitness program for adults. Exercise is the single most important activity that adults can do to stay active and reduce their chance of falling. 1-2. D. Nalitt

RI 221 TASTY & HEALTHY LIVING

WITH CHEF NINA Explore ways to eat healthy by reducing dietary fats, improving hydration habits, eating balanced breakfasts without added sugars, living without pain and inflammation and helping you design how to live your best life healthier. 1-3. N. Kauder

WEDNESDAYS

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

RI 307 INTRODUCTION TO

QUILLING Learn this art form that involves the use of paper strips that are rolled, shaped and glued together to create decorative designs. Please purchase from Amazon for first class: Baiyun Quilling Kit Complete Quilling Paper Set with 1940 strips All Necessary Tools and Storage Box Suitcase for Beginners, Advanced Quillers, Kids and Adults (\$35.99). 10-12. N. Keay

RI 308 KNIT & CROCHET COZY

FORUM 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 FOR INTERMEDIATES

For those who wish to advance their skills and knowledge. Learn various textures of skies, trees, rocks and water using a specific technique for each. Aerial perspective and landscape composition are explored. Supply list emailed prior to class by instructor. 10-12. K. Fieramosca

RI 310 WOMEN’S FICTION Read and discuss contemporary short stories.

Required book: *Unaccustomed Earth* by Jhumpa Lahiri. Read the story *Unaccustomed Earth* before first class (not entire book). 10-12. A. Zuckerberg.

RI 311 INTRO TO BRIDGE For those who are new to bridge or returning to the game: basic rules of the game, bidding techniques and strategies for the play of hand. 10-12. A. Bass

RI 312 ANTIQUES IN YOUR ATTIC

Search your attic, garage and closets for treasures. Specific topic each week. YouTube tutorials presented to enrich your treasure hunts. 10:15-12:15. M. Mandel

RI 313 THE SPANISH CONQUEST

OF THE AMERICAS Starting with Columbus’ discovery of the new world, the conquest and colonization of the Caribbean, Mexico, South America, Florida, and SE North America trace the Spanish Conquest through discussions and videos. 10:15-12:15. L. Warner

RI 314 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. Supplies needed: yoga strap, soft pillow and mat. 10:30-12:30. C. LaBue

RI 315 ZUMBA DANCE PARTY Join the fun as we shimmy, stretch and dance to the latest Latin beats. Wear exercise apparel and sneakers. 1 lb. Zumba toning sticks needed. 10:30-12:30. M. DeTurris

RI 316 FALL PREVENTION Strategies to prevent falls and exercises develop muscle strength, increase flexibility and improve balance based on Fall Stop Move Strong program. No floor exercises. Light hand weights needed. 11-12:30. G. Lichter

RI 317 THE JOY OF POETRY Poetry engages our senses along with emotions. Share the wit and wisdom of well-known poets as well as your own work (when ready). 12:30-2:30. M. Eller

RI 318 INTRODUCTION TO COLOR THEORY THROUGH WATERCOLORS

For those with no prior knowledge. Study wet into wet, glazing dry brush and blending, flat washes, graduated washes, stippling and much more. Instructor demonstrations and slide presentations. Supply list emailed prior to class by instructor. 12:30-2:30. K. Fieramosca

SEMINARS

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

RI 815 INTRODUCTION TO

SPANISH Learn greetings, personal identification, numbers, basic travel, questions and answers. Three Tuesday sessions: *Jan. 4, 11, 18*. 9:45-11:45. \$6. L. Veit

NEW JERSEY

Coordinator: Judy Rosenstein

TUESDAYS

Jan. 4, 11, 18, 25

JI 203 PILATES A chair is used for seated exercises and balance while standing. Use Pilates principles for alignment and breathing. 9-10. L. Fechter

THURSDAYS

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

JI 404 BEGINNER SPANISH Learn about pronunciation, vocabulary, grammar and Spanish and Latin American culture and basic skills to listening, speaking, reading and writing. 9-10. L. Fechter

JI 405 MAH JONGG Viuals are used to explain this ancient game. For thosw who want to learn or just brush up. A set is not necessary. 10-12. S.

Levine.

JI 406 TELL YOUR STORY THROUGH YOUR STUFF Learn how to write your story while sorting through your treasures, collections and sentimental items. If you have been waiting to get your stories down on paper, see how to use your belonging to jump start the process. 1-3. J. Novak

SEMINARS

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

JI 815 KOSHER COOKING WITH A TWIST Learn how to make traditional Jewish dishes with a twist. Treat your taste buds to some familiar favorites and some variations. Prepare recipes from challahs to kugels and more. Three Wednesday sessions: *Jan. 5, 12, 19.* 12-2. \$6. I. Marcus.

SUFFOLK

Coordinator: Ira Faber

TUESDAYS

Jan. 4, 11, 18, 25

UI 203 YOGA & MEDITATION FOR STRESS RELIEF & THE IMMUNE SYSTEM Practice Kundalini Yoga and meditation for physical, mental and spiritual strength and vitality. Change your breath, change your mood, strengthen your nervous and immune systems. All levels. Suitable for those who are wheelchair bound or prefer being seated (modifications can be made). 10-11:30. R. Mahone-Lonesome

WEDNESDAYS

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

UI 303 INTERMEDIATE BRIDGE

For those with basic knowledge of the game and want to become more proficient. Bidding conventions and analysis of play the hand included. 10-12. A. Bass

UI 304 DOO WOP NATIONAL: ONE HIT WONDERS PLUS MORE Hear the stories of the groups that hit the national chart only once. View and listen to groups from all over the U.S. Let's meet at the malt shop and reminisce! 1-3. H. Bloch

SEMINARS

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

UI 817 OSCAR NOMINATED SONGS

Join us as we travel "Over the Rainbow" to view archival video clips of the actual presenters and recipients for many of these classic Oscar nominated songs as well as the original artists' renditions as they were first introduced to movie audiences. View the video clips of the

nominated songs that did not win too. Two Tuesday sessions: *Jan. 4, 11.* 1-3. \$4. R. Knox

UI 818 PODZILLA: THE MONSTER OF ALL PODCAST CLUBS Everything you wanted to know about the wide world of podcasts, but were afraid to ask. Join this fun, informative class that takes a deep dive into the exciting world of podcasts. Your ears will never be the same! Two Thursday sessions: *Jan. 6, 13.* 10-12. \$4. M. Levine

UI 819 BROOKLYN DODGERS ARE FOREVER A discussion of the significance of the Brooklyn Dodgers to the borough of Brooklyn from their origins in the 19th century to post WWII with a Brooklyn Dodger fan who has every autograph on the Dodger roster from 1946-1957 when they abandoned Brooklyn. *Thursday, Jan. 13.* 1-3. J. Goldman

UI 820 HERB ALPERT & THE TIJUANA BRASS Herb Alpert and the Tijuana Brass was popular with all age groups in the mid-sixties and is still an example for younger instrumentalists who were not necessarily ready to step into the more demanding world of Jazz. Selections from their first nine albums with occasional "sit-ins" by the instructor on the marimba. *Tuesday, Jan. 18.* 1-3. M. Zucker

UI 821 THE BEATLES: CREATING THE MUSIC THAT HAS BEEN THE SOUNDTRACK TO OUR LIVES Could you imagine creating a masterpiece just to see it changed in the name of profits? Unfortunately, this is what happened to The Beatles when their music made it to America. This presentation breaks down the differences between the UK albums and the U.S. albums. Discuss the magic and concept behind the movie, *Yesterday*. A world without the Beatles...what a sad premise. Audio and video clips are used. Three Thursday sessions: *Jan. 20, 27; Feb. 3.* 10-12. \$6. E. Sinclair

UI 822 THE TAKEAWAY MEN: A CONVERSATION WITH AUTHOR, MERYL AIN Read *The Takaway Men* before class and discuss it with the author. The book explores the impact of immigration, identity, prejudice, secrets and lies. It has won an American Fiction Award, the Best Book Award and the Canadian Book Club Award. *Thursday, Jan. 20.* 1-2:30. M. Ain

UI 823 THE AMERICAN POPULAR SONGBOOK The greatest composers of the Great American Song Book are Jerome Kern, Harold Arlen, Irving Berlin, Cole Porter, George Gershwin, Duke Ellington and Richard Rodgers. The works of these composers continues to survive. Discussion and concert selections are played by the instructor on Mallet Percussion instruments. *Tuesday, Jan. 25.* 1-3. M. Zucker

UI 824 LAUREL & HARDY TRIBUTE

The world's most famous comedy team from their humble beginnings to their teaming on screen and their later career tours of the British Isles. Learn who was the driving force behind their screen magic – you may be surprised! Screen some of their most famous comedy short subjects and see why they still make people laugh today. *Thursday, Jan. 27.* 1-3. L. Wolff

UI 825 HUMPHREY BOGART TRIBUTE Hollywood's classic tough guy became an iconic leading man. He played roles that were complete opposite of his real personality. View Bogey in a rare comedic television appearance. See Bogart in a way that you never saw him before. *Thursday, Feb. 3.* 1-3. L. Wolff

WESTCHESTER/ ROCKLAND/ PUTNAM SECTION

Coordinator: Rosanna Nesi

TUESDAYS

Jan. 4, 11, 18, 25

WI 211 BEGINNING PIANO If you want to press onward and upward, this is for you. Must have a keyboard or piano to practice. 9:30-11:30. M. Oppel

WI 212 ROCK N' ROLL: BOB DYLAN Look at the many songs and phases in the career of the Nobel Laureate rocker, folk singer, poet and most influential songwriter of the Rock n' Roll era. 10-12. S. Cabot

WI 213 OILING THE JOINTS & STRETCHING Feel rejuvenated and start your mornings with a great stretch including standing and floor exercises to stay healthy, limber, flexible and pain free. 10-12. K. Sanson

WI 214 SHORT STORY BOOK CLUB Read and discuss short stories. Read *The Lottery* by Shirley Jackson; *The Celebrated Jumping Frog of Calaveras County* by Mark Twain; *The Count and the Wedding Guest* by O. Henry and *The Hills Like White Elephants* by Hemingway for first class. A list of short stories will be emailed by instructor and discussed in class. 12-2. J. Frutkin

WI 215 LET'S DANCE Dance the afternoon away with Latin Jazz dance including swing, funk, soul, mambo, merengue and more. 12:30-2:30. K. Sanson

WEDNESDAYS

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

WI 309 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. Supplies needed: a block or small book to prop yourself up, a strap or towel. Optional: yoga mat. 10-11. L. Madsen

WI 310 FLOURISH & FLOW: ENJOYING MORE MEANING & JOY IN YOUR LIFE Using research-based principles of positive psychology that gives you an opportunity to complete various exercises that reveal deep insights that encourage a greater potential self-fulfillment. Includes a hypnotic meditation. 10-12. R. Demers

WI 311 TOTAL BODY EXERCISES

Improve health and wellness with a gentle form of total body exercise. Yoga and calisthenics are mixed in for flexibility and to build shape in the muscles. 11-12. C. Eccles

WI 312 MULTI-CULTURAL DANCE ALONG Free form dance along with varied music that includes fast, slow and in-between music from Puerto Rico, Greek Islands, Japanese flute, Scottish Folk and more. Get supple, limber and toned in short order. Brief music intros and some move instruction. 11-12. H. Levin

WI 313 ROD SERLING & THE TWILIGHT ZONE Explore Rod Serling's life, loves, career and TV shows as we enter the fifth element of his world. 12-3. R. Miles-Abraham

WI 314 MEMOIR WRITING: A TIME FOR RENEWAL/COVID METAMORPHOSIS For those still needing direction and the tools of memoir writing. Instructor will contact members before first class. 1-3. I. Abruzzese

THURSDAYS

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

WI 411 THE PROPHETS OF THE BIBLE A modern examination of the nature of Prophecy in the Old Testament. Emphasis on the classical prophets: Isaiah, Jeremiah, Ezekiel, Amos, Hosea and others. 10-12. D. Skolnik

WI 412 DANCE EXERCISES IN & AROUND YOUR CHAIR Gentle stretching while dancing to popular tunes. Moving to lubricate joints, strengthen core and extremity muscles that are needed to maintain posture, balance and motor function for daily activities. 10:30-11:30. L. Cohn

WI 413 CREATING ADVANCED POWER POINT PRESENTATIONS FOR PC/WINDOW USERS ONLY Learn advanced strategies and techniques to further embellish your slides. Requirement: must have a basic knowledge of Microsoft PowerPoint. 11-12:30. S. Seifman

WI 414 TV TALK Join us to discuss what you have been watching this winter. Watch *The Lighthouse of the Orcas* on Netflix for first class. A list of shows emailed by instructor to discuss in class. 12-2. A. Fraenkel

WI 415 EXPLORING VEGETARIAN, PESCARIAN & VEGAN COOKING Prepare 2-3 recipes per week of healthy, delicious and meatless meals suitable for lunch and/or dinner.

Continued on page 20

PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.

UFT retirees will be registered first before spouses, domestic partners, AFT, NYSUT & PSC members. Members of AFT, NYSUT & PSC must provide their social security number if they have not registered before. Tri-state Fall 2021 courses, Fall Florida 2021, tri-state Intersession 2022 and Florida Intersession 2022 are separate programs. MUST send in separate coupons and separate checks for each program.

Fall 2021 COURSE REGISTRATION

FALL 2021

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

MEMBER NAME (PLEASE PRINT) _____

SS # (last 4 digits) or UFT ID # (6 digits) _____ PHONE _____

E-MAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

Seminars (not included in five-course limit).

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

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to
UFTWF RETIREE PROGRAMS AND MAIL TO
52 Broadway, 17th Floor, NY, NY 10004
- ✓ Complete the information on the coupon
- ✓ Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
- ✓ Do not fill information in for spouse, unless he/she is registering for programs
- ✓ You must send in a separate form for your spouse
- ✓ MEMBERS CANNOT PAY FOR OTHER MEMBERS

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

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

You may register for only *five* trips. Add 2 alternates in case first choices are filled. List in order of preference:

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

**FLORIDA
REGISTRATION
COUPON ONLY**

FLORIDA FALL 2021 COURSE REGISTRATION

FLORIDA FALL 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 ID # (6 digits) _____ PHONE _____

E-MAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

Seminars (not included in five-course limit).

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

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

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

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to **UFTWF RETIREE PROGRAMS.**
MAIL TO: 3200 No. Military Trail, Suite
100, Boca Raton, FL 33431
- ✓ Complete the information on the coupon
- ✓ Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
- ✓ Do not fill information in for spouse, unless he/she is registering for programs
- ✓ You must send in a separate form for your spouse
- ✓ MEMBERS CANNOT PAY FOR OTHER MEMBERS

UFT/WF RETIREE PROGRAMS INTERSESSION 2022 COURSE REGISTRATION

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

Make checks payable to: UFTWF RETIREE PROGRAMS, 52 Broadway, 17th Floor, NY, NY 10004.

MEMBER NAME (PLEASE PRINT)

SS # (last 4 digits) or UFT ID # (6 digits)

PHONE

E-MAIL ADDRESS

SPOUSE NAME (IF REGISTERING)

ADDRESS

APT #

CITY

STATE

ZIP

Seminars (not included in five-course limit).

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

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to
UFTWF RETIREE PROGRAMS AND MAIL TO
52 Broadway, 17th Floor, NY, NY 10004
- ✓ Complete the information on the coupon
- ✓ Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
- ✓ Do not fill information in for spouse, unless he/she is registering for programs
- ✓ You must send in a separate form for your spouse
- ✓ MEMBERS CANNOT PAY FOR OTHER MEMBERS

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

NUMBER	TITLE	FEE (IF ANY)
1.		
2.		
3.		
4.		
5.		
ALTERNATES:		
6.		
7.		

You may register for only *five* trips. Add 2 alternates in case first choices are filled. List in order of preference:

NUMBER	TITLE	FEE (IF ANY)
1.		
2.		
3.		
4.		
5.		
ALTERNATES:		
6.		
7.		

**FLORIDA
REGISTRATION
COUPON ONLY**

UFT/WF RETIREE PROGRAMS FLORIDA INTERSESSION 2022 COURSE REGISTRATION

CHECK ONE: ☐ UFT MEMBER ☐ SPOUSECHECK 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 ID # (6 digits)

PHONE

E-MAIL ADDRESS

SPOUSE NAME (IF REGISTERING)

ADDRESS

APT #

CITY

STATE

ZIP

Seminars (not included in five-course limit).

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

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

NUMBER	TITLE	FEE (IF ANY)
1.		
2.		
3.		
4.		
5.		
ALTERNATES:		
6.		
7.		

DID YOU REMEMBER TO:

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to **UFTWF RETIREE PROGRAMS.**
MAIL TO: 3200 No. Military Trail, Suite
100, Boca Raton, FL 33431
- ✓ Complete the information on the coupon
- ✓ Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
- ✓ Do not fill information in for spouse, unless he/she is registering for programs
- ✓ You must send in a separate form for your spouse
- ✓ MEMBERS CANNOT PAY FOR OTHER MEMBERS

HONOR A FORMER COLLEAGUE IN AN OBITUARY ON THE UFT WEBSITE

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

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

Moosewood Cookbook used as a guide.
1-2:30. P. Gallagher

FLORIDA

Coordinator: Patti Vitucci
TUESDAYS
Jan. 4, 11, 18, 25

FI 206 EXPLORATIONS IN ASTRONOMY Discover how humans have “used” the sky over the ages and through history. What happened when Galileo changed the rules of science “for good”? Uncover little known history that led to the discovery of Pluto. Learn about the lives of the stars as we share beautiful telescopic views that reveal cosmic secrets. 10-12. S. Storch

FI 207 MIXED MEDIA NATURE JOURNALING: WORDS & PICTURES

Whether you’re an avid outdoor explorer or prefer watching birds from a window, the practice of nature journaling using watercolor, ink, pencil, pen and other media as well as creative writing, learning new ways into this fun, educational and even therapeutic practice. Supply list emailed prior to class by instructor. 10-12. A. Kioti Horne

FI 208 RELIVE THE 70’S Take a trip down memory lane! View actual footage of the 1970’s showcasing music, TV, movies, popular culture, historical events, and much more. Share your own experience. 1-3:15. A. Zuckerberg

WEDNESDAYS

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

FI 307 WELLNESS WEDNESDAYS WITH HEALTHY LIVING CHEF NINA

Inflammation is the cause of most health issues including painful joints, heart disease, diabetes, asthma, arthritis and many others. Learn simple ways to reduce inflammation and improve quality of life. Shopping lists and recipes included. 1-3. N. Kauder

FI 308 INTRO TO SALSA DANCING

Begins with an interactive warm-up to work up a sweat to classic songs in Mambo and Salsa genres. The second-half is dedicated to understanding how to recognize the components of music and learning the basic dance steps associated with each of their rhythms. Partner not necessary. 7 pm-8:30 pm. L. Linhardt

THURSDAYS

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

FI 407 CREATE YOUR STORY Focus on your story, whether a novel, non-fiction, memoir or children’s book. Start with the basics, flush out ideas and begin a novel, book or short story. Requirement: knowledge of word processing using MS Word or a compatible program. 1:30-3:30. D. Wind

FI 408 2022 POP! MOSAICS & COLLAGES WITH PERSONAL MEANING Using paper cut-outs and magazine images, design a variety of

mosaics and collages that capture your personal style and dreams. Each week focuses on a different approach and theme including vision boards, abstract mosaics, surreal stories and New Year affirmations. 1-3. P. Lowenberg

FI 409 YOGA FOUNDATIONS: THE MYSTERY BEHIND THE WARRIOR & OTHER BASIC YOGA POSTURES

You know the names, but what is actually happening with your body? By going back to foundations behind poses and learn proper alignment, your whole practice will improve. 4 pm-5 pm. TBA

FI 410 INTRO TO JEWELRY: WIRE WRAPPING & BEADS

Learn the basic technique of wrapping metal wire, beads, findings and similar components to create wearable pieces of jewelry. Earrings, charm bracelets and Byzantine-style chains are covered. Choose from using copper wire to more precious materials (sterling/gold). Supply list emailed prior to first class by instructor. 7 pm-9 pm. L. Linhardt

SEMINARS

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

FI 810 SMARTPHONE CAMERA BEGINNER FUN Learn the basics on how to use your smartphone to easily

take photos. Two Wednesday sessions: **Jan. 12, 19.** 12-2. \$4. L. Goradesky

FI 811 CAMERA BASICS FOR BEGINNERS

Learn the basics on how to use your “point and shoot” or DSLR camera. Create a fun learning environment and encourage participation. Requirement: Need any “point and shoot” camera or a more advanced DSLR to participate. Two Thursday sessions: **Jan. 13, 20.** 12-2. L. Goradesky

FI 812 NYC ARCHITECTURAL HISTORY SKETCH WORKSHOP

Learn the fundamentals of 1 and 2-point perspective drawing and how to create architectural sketches. Focus is on a select number of prominent NYC historic buildings and some historical facts. Instructor provides demos, perspective lessons and individual online assistance. All levels. Supply list emailed prior to class by instructor. Two Wednesday sessions: **Jan. 26; Feb. 2.** 10-1. \$4. J. Fisher

FI 813 FAMOUS COUPLES OF THE SILVER SCREEN

From Bogey & Bacall to Tracy & Hepburn, to Meg Ryan & Tom Hanks to Woody Allen & Diane Keaton, we love to watch these couples interact. Watch a movie filmed with one of these iconic couples and discuss what makes them so special. **Thursday, Feb. 3.** 10-1. \$2. R. Presser