

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



# SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG

VOLUME 34, NUMBER 1

FALL 2019/INTERSESSION 2020

## HOW TO REGISTER

### FALL LEARNING CENTER CLASS SCHEDULE

Start date: Monday, September 9, 2019

End date: Tuesday, November 19, 2019

- Registration deadline: Friday, August 16, 2019

WEEK	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1	9/9/19	9/10/19	9/11/19	9/12/19	9/13/19
2	9/16/19	9/17/19	9/18/19	9/19/19	9/20/19
3	9/23/19	9/24/19	9/25/19	9/26/19	9/27/19
4	—	—	10/2/19	10/3/19	10/4/19
5	10/7/19	10/8/19	—	10/10/19	10/11/19
6	—	10/15/19	10/16/19	10/17/19	10/18/19
7	10/21/19	10/22/19	10/23/19	10/24/19	10/25/19
8	10/28/19	10/29/19	10/30/19	10/31/19	11/1/19
9	11/4/19	—	11/6/19	11/7/19	11/8/19
10	—	11/12/19	11/13/19	—	—
11	11/18/19	11/19/19	—	—	—

- There will be no classes on the following days:  
Monday, September 30 & Tuesday, October 1 – Rosh Hashanah  
Wednesday, October 9 – Yom Kippur  
Monday, October 14 – Columbus Day  
Tuesday, November 5 – Election Day  
Monday, November 11 – Veteran's Day

### INTERSESSION SCHEDULE

Start date: Tuesday, January 7, 2020

End date: Thursday, February 6, 2020

- Registration deadline: Friday, December 13, 2019

WEEK	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1	—	1/7/20	1/8/20	1/9/20	—
2	—	1/14/20	1/15/20	1/16/20	—
3	—	1/21/20	1/22/20	1/23/20	—
4	—	1/28/20	1/29/20	1/30/20	—
5	—	2/4/20	2/5/20	2/6/20	—

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

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

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

Any **other** questions, please call the main office at 212-598-6879 from July 8, 2019–August 30, 2019.

#### ❖ ELIGIBILITY/REGISTRATION FEES

- UFT retirees will be registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.

- All checks/money orders must be made payable to **UFTWF RETIREE PROGRAMS** (no cash accepted).
- Use the appropriate registration coupon for all courses, seminars, trips, dine arounds, theater experience, special events and Intersession programs.
- There is a **\$10** fee for each course, including dine around and theater experience and **\$2** for each seminar. All fees are **NON-REFUNDABLE** and **NON-TRANSFERABLE**.

#### ❖ REGISTRATION PROCEDURE

- Each registrant must **COMPLETE** an entire registration coupon(s) with their name, social security number (last 4 digits) or member ID number (6 digits), address, phone number, email address and course information.
- You must send **separate** checks and registration coupons for Fall 2019 and Intersession 2020.
- Provide the correct codes and titles of the courses/seminars/trips, theater experiences, dine arounds and special events on the registration coupon as well as the memo section of the registrants checks/money orders.
- Spouses, registered domestic partners, UFT, NYSUT and PSC members are wait-listed. Do not enclose a payment for them. You must provide a separate coupon for your spouse if he/she is registering. If a spouse/registered domestic partner is not registering for any of the programs, do not write his/her name in the line provided.
- Each registrant must pay with his/her own checks/money order made payable to **UFTWF Retiree Programs**. Enclose payment with the registration coupon.
- DO NOT** staple or tape your check to your registration form.
- DO NOT** send checks/money orders without a coupon.
- MEMBERS CANNOT PAY FOR OTHER MEMBERS.**

#### ❖ COURSES

- The maximum number of courses you may register for is **three**.
- You **MUST** register for the course(s) in advance. We will not accept payment the day of the course.
- Unless otherwise noted in the description, courses have a **\$10** non-refundable and non-transferable fee.
- Write one check/money order for courses.

In addition to the three courses you may register for:

#### ❖ SEMINARS

- Unless otherwise noted in the description, seminars have a **\$2** non-refundable and non-transferable fee.
- No fee for benefit seminars (e.g. legal plan, health benefits).
- You **MUST** register for all seminars in advance to guarantee seating.
- Write one check/money order for seminars.

#### ❖ TRIPS

- You may register for up to **three** trips.
- The price shown is the complete fee for each trip.
- Write a separate check/money order for **each** trip.

- All trips are **RAIN** or **SHINE**.
- Wear comfortable shoes.
- REFUNDS ARE MADE UPON WRITTEN REQUEST UP TO FOUR WEEKS PRIOR TO TRIP DATE.** Mail refund request to: **UFTWF Retiree Programs**, 52 Broadway, 17th Floor, NY, NY 10004. Attn: Gino Giustra, Director.
- Refunds will be issued in six to eight weeks.

#### ❖ THEATER EXPERIENCE

- Enclose a **separate** check/money order for **\$10** payable to UFTWF Retiree Programs.
- Individual checks for different shows to be collected at each session.

#### ❖ DINE AROUNDS

- Enclose a **separate** check/money order for **\$10** payable to UFTWF Retiree Programs.
- Individual checks for each restaurant will be collected at orientation session.
- Refunds are contingent upon policy of the vendor.

#### ❖ SPECIAL EVENTS

- Enclose a **separate** check/money order payable to **UFTWF Retiree Programs**.
- Refunds are contingent upon policy of the vendor.

#### ❖ NEW!!! DEFENSIVE DRIVING

Please see details on page 2.

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

#### ❖ GENERAL INFORMATION

- Your course selection coupon will be stamped either with a green "ENTERED" or a red "SORRY COURSE, SEMINAR or TRIP FULL" and returned to you in the mail. Bring the coupon to every course, seminar, trip if it is marked in **green**. It serves as your admission card. If your coupon is stamped in **red** it indicates that you will not be admitted and your name will be put on a **WAIT LIST**. **WAIT LISTED** retirees, registered domestic partners, AFT, NYSUT and PSC members will be notified of course openings by a Retiree Programs staff member according to the date registration was received.
- Queens and Manhattan retirees will be sent ID cards to enter the buildings.
- Overpayments will be issued in six to eight weeks.
- We reserve the right to cancel any course that has fewer than 15 students registered by the registration deadline. Registered students will be notified and issued full refunds. Refunds will be issued in six to eight weeks.
- New courses, seminars and trips are added periodically in our Learning Centers. These are exempt from the three-course maximum.

#### 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*  
Christopher Chin, *LMSW Director, UFTWF Retiree Social Services* • Lynn Lospenuso, *Retiree Communications Coordinator*

## BOROUGH LEARNING CENTERS

**UFT BRONX LEARNING CENTER** 2500 Halsey St., Bronx, NY 10461 • (718) 862-6069 / (718) 862-6004 • Cheryl Bing-Howard, Robert Fernandez and Elizabeth Harris, *Coordinators*

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

**UFT MANHATTAN LEARNING CENTER** 50 Broadway, 2nd Floor, New York, NY 10004 • (212) 510-6478 / (212) 510-6479 • Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci and William Richardson, *Coordinators*

**UFT QUEENS LEARNING CENTER NEW LOCATION** 118-35 Queens Blvd., 8th Floor, Forest Hills, NY 11375 • (718) 830-5711 / (718) 830-5710 • Luchie Canlas, Laurie Kingsberry-Ford, Margie Stahl and Ray Taruskin, *Coordinators*

**UFT STATEN ISLAND LEARNING CENTER** 4456 Amboy Rd., Staten Island, NY 10312 • (718) 605-1400 • Jeanne Casanovas, Peggy Munno and Audrey Zimring, *Coordinators*

## OUTREACH SECTIONS

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

**UFT SUFFOLK SECTION** Ira Faber, *Coordinator* • (516) 610-8811 • **UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION** Rosanna Nesi, *Coordinator* • (914) 966-8873

## DINE AROUND & THEATRE EXPERIENCE

There is a \$10 fee for Dine Around and Theater Experience. Write separate checks/money orders payable to UFTWF Retiree Programs. All fees are NON-REFUNDABLE and NON-TRANSFERRABLE.

**BRONX: XF 851 THEATER EXPERIENCE** Attend dramas, plays, musicals, on Broadway or off-Broadway at discounted prices. Bring your checkbook and calendar to each session. Payments are made during class. Three Friday sessions: Sept. 20; Oct. 11; Nov. 1. 12:30-2. C. Bing-Howard.

**XF 951 DINE AROUND** Enjoy different cuisines at three different restaurants in the Bronx and/or Westchester areas. Bring your checkbook to the orientation session on Thursday, Sept. 12. Registration is required for each restaurant at that time. 10:30-12. C. Bing-Howard.

**MANHATTAN: MF 851 THEATER EXPERIENCE** On and off Broadway shows at a discount. Bring your checkbook and calendar to each session. Three Thursday sessions: Sept. 12; Oct. 10; Nov. 7. 10:15-12:15. R. Demarco.

**MF 951 DINE AROUND** Enjoy cuisine for lunch at different restaurants on a Monday or Friday. List of restaurants will be mailed to you. R. Victor.

**STATEN ISLAND: RF 951 EPICUREAN DELIGHT: DINE AROUND** Enjoy a variety of cuisines at three well-known Staten Island restaurants at 5 p.m. Bring your checkbook to the orientation session on Monday, Sept. 9. Registration is required for the restaurants at that time. Meets in annex. 12:15-2:15. R. Zuckerberg.

**WESTCHESTER: WF 851 THEATER EXPERIENCE** On and off Broadway performances at discounted prices. Bring your checkbook and calendar to each session. All sessions are at the Northeast Jewish Center, 11 Salisbury Road (off Tuckahoe Rd. across from Bally's parking lot), Yonkers. Sept. 27 (Friday); Oct. 25 (Friday); Nov. 14 (Thursday). 12:30-2:30. S. Eisenberg.

**WF 951 DINE AROUND** Enjoy a variety of cuisines in Westchester and Rockland counties. Bring your checkbook to the orientation session in the lobby of the Grinton I. Will Library, 1500 Central Park Ave. in Yonkers on Monday, Sept. 9 from 10-12. Registration is required for the restaurants at that time. R. Nesi.

## SAVE THE DATE! 2019 STATEN ISLAND CANASTA TOURNAMENT

Are you competitive? Register with a UFT partner and be our 2019 UFT Canasta champs! Prizes, refreshments and fun. Bring your own cards and tray. Thursday, November 14th. 10 a.m.-1 p.m. \$5. Instructors: S. Siegel, U. Mackler and C. Patelsky. **DO NOT SEND MONEY OR FORM AT THIS TIME.** Registration takes place at the Staten Island Learning Center beginning Tuesday, October 8, 2019.

## SPECIAL EVENTS

Enclose a separate check/money order payable to UFTWF Retiree Programs. All fees are NON-REFUNDABLE and NON-TRANSFERRABLE.

**BRONX: XF 651 HOLIDAY PARTY** Friday, Nov. 22. 12-3. The Original Crab Shanty, 361 City Island Ave., Bronx. \$47. Advance registration required no later than Nov. 1. C. Bing-Howard/R. Fernandez/E. Harris.

**BROOKLYN: KF 651 SHOW & SCHMOOZE** Wednesday, Nov. 20. 11-3. \$32. Advance registration required no later than Nov. 8. E. Dorell/E. Oliver/C. Richardson.

**STATEN ISLAND: RF 651 END TERM PARTY** Join us at Li Greci's Staaten, 697 Forest Avenue. Wednesday, Dec. 4. 12 noon. \$44. Advance registration required no later than Nov. 18. Open seating. J. Casanovas/P. Munno/A. Zimring.

**NASSAU: NF 600 NOT BACK TO SCHOOL LUNCHEON** Wednesday, Sept. 4. Verdi's of Westbury, 680 Old Country Rd., Westbury. 12:30 p.m. \$43. Advance registration required no later than Aug. 16. N. Tribble.

**NEW JERSEY: JF 600 SO. NEW JERSEY ANNUAL LUNCHEON** Monday, Oct. 28. 12 noon. Forsgate Country Club, 375 Forsgate Dr., Monroe Township. \$40. Advance registration required no later than Oct. 2. J. Rosenstein.

## RETIREE SOCIAL SERVICES/ LEGAL PLAN SEMINARS

These meetings provide information on the UFT Welfare Fund Retiree Social Services and the UFT Welfare Fund Legal Plan benefits. The Hospital Stay in Touch, Telephone Reassurance and other Retiree Social Services programs are discussed in detail. Caregiving, home care and aging issues are also addressed. A Legal Plan attorney will discuss power of attorney, free simple wills, health care proxies and how to access the plan from different states. An elder law attorney will be at the meeting to talk about elder law supplement, elder law issues and estate planning and trusts. No Fee.

**MANHATTAN: MF 803** Thursday, Sept. 26, 10:30-12:30. UFT Headquarters, 52 Broadway, 19th Floor, Rooms D & E

**NASSAU/SUFFOLK: UF 803** Tuesday, Nov. 19, 10:30-12:30. NYSUT Headquarters – Suffolk Regional Office, 100 Vanderbilt Motor Parkway, Suite 306 in Hauppauge.

**NORTHERN N.J.: JF 803** Wednesday, Oct. 30, 10:30-12:30. Fort Lee Recreation Center, 1500 Stillwell Ave., Fort Lee.

**STATEN ISLAND: RF 803** Friday, Oct. 4, 10:30-12:30. S.I. Learning Center, 4456 Amboy Rd.

## ANNUAL BENEFITS MEETINGS

Online registration is available for annual meetings only at <http://uft.org/RTCannualmeetings> after Sept. 1st.

**BRONX: XA 001** Thursday, Jan. 30, 10 a.m.–1 p.m. Bronx Learning Center, 2500 Halsey St.  
**BROOKLYN: KA 001** Tuesday, Jan. 28, 10 a.m.–1 p.m. UFT Headquarters, 52 Broadway, 2nd Fl. Auditorium

**MANHATTAN: MA 001** Friday, Feb. 14, 10 a.m.–1 p.m. UFT Headquarters, 52 Broadway, 2nd Fl. Auditorium

**QUEENS: QA 001** Thursday, Jan. 9, 10 a.m.–1 p.m. Forest Hills Jewish Center, 106-06 Queens Blvd.

**STATEN ISLAND: RA 001** Wednesday, Mar. 4, 10 a.m.–1 p.m. Li Greci's Staaten, 697 Forest Ave.

**NASSAU: NA 001** Tuesday, Jan. 7, 11 a.m.–2 p.m. Adelphi University, Performing Arts Center, South Avenue, Garden City.

**SUFFOLK: UA 001** Wednesday, Feb. 5, 11 a.m.–2 p.m. Suffolk County Community College, Michael J. Grant Campus, Health, Sports & Education Center, Lecture Hall, Crooked Hill Road, Brentwood.

**NORTHERN NEW JERSEY: JA 001** Thursday, Feb. 27, 11 a.m.–1:30 p.m.

Doubletree Hotel, 2117 Route 4 East, Fort Lee.

**SOUTHERN NEW JERSEY: JA 002** Tuesday, Mar. 3, 10:30 a.m.–1 p.m. American Hotel, 18-20 E. Main St., Freehold.

**MID-HUDSON: GA 001** Thursday, October 24, 11 a.m.–2 p.m. Mount Saint Mary College, Hudson Hall Auditorium, Room 239, 330 Powell Ave., Newburgh.

**WESTCHESTER/ROCKLAND/PUTNAM: WA 001** Tuesday, Feb. 4, 11 a.m.–1:30 p.m. Congregation Sons of Israel, 300 North Broadway, Upper Nyack.

## UFT DEFENSIVE DRIVING COURSES

The UFT Activities Department is teaming with the UFTWF Retiree Programs and offering only a weekend schedule for Defensive Driving. You will register through the UFT Activities Department/Just for Fun only. The Defensive Driving cost is \$40. The dates will be available in the NY Teacher and online at [www.uft.org/our-benefits/defensive-driving](http://www.uft.org/our-benefits/defensive-driving). Informational flyers will be available at the Learning Centers.

# TRIPS

**ALL TRIPS ARE SEPARATED BY MONTH THEN DATE. BUS/TRAM TRIPS ARE LISTED AT THE END.**

**PLEASE MAKE SURE YOU PUT THE CORRECT CODE & TITLE OF THE TRIP ON YOUR REGISTRATION FORM.**

**YOU MUST BRING THE REGISTRATION FORM WITH YOU TO THE TRIP. ALL TRIPS ARE RAIN OR SHINE. WEAR COMFORTABLE SHOES.**

*Refunds will be made upon your written request, up to four weeks prior to trip date.*

Mail refund request to: UFTWF Retiree Programs

52 Broadway, 17th Floor

NY, NY 10004

Attn: Gino Giustra, Director

## SEPTEMBER

### UF 901 TOUR OF HISTORIC EAST BROADWAY & THE LOWER EAST SIDE

Tour the Bialystoker Synagogue, Historic East Broadway while discussing the Henry Street Settlement, Lillian Wald, the Mikvah (ritual bath house) and more. Meet in front of Bialystoker Synagogue, 7-11 Bialystoker Pl./Willett St. (betwn Grand & Delancey Sts.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Thursday, Sept. 12.** 10:15 a.m.–1

p.m. \$25. I. Faber.

### MF 901 GOOD HOUSEKEEPING RESEARCH INSTITUTE TOUR/LUNCH AT D.J. REYNOLDS

Tour the labs and test kitchens of the Good Housekeeping Research Institute. Chemists and editors explain the process required for a product to meet GHRI's exacting standards. Meet at the Hearst Tower, 300 W. 57th St. (entrance on 8th Ave.) in Manhattan at 11:15 a.m. for an 11:30 a.m. tour. **Friday, Sept. 13.** 11:15 a.m.–3:45 p.m. \$35. J. DeNave.

### KF 901 MOHAWKS IN BOERUM HILL: A

### NATIVE AMERICAN SKYLINE WITH DEBORAH ZELCER

Guided tour focuses on the historical issues of the Kahnawake Mohawks, who once had a thriving community in Boerum Hill and how their lives were forever changed. Meet in front of 1 Hanson Pl. in Brooklyn at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 17.** 10:45 a.m.–12:30 p.m. \$27. E. Oliver.

**NF 901 THE FAR WEST VILLAGE WALKING TOUR WITH ANTHONY GRIFA** Stroll the most dignified streets of the city that reflect life in the late 19th and early 20th centuries. See the Old Sherith Israel Cemetery, The Old

Speak Easy and many other sites. Walk in the Garden of St. Luke's and Gay Street. Meet on the NW corner of Bleecker St. & 7th Ave. S. in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 17.** 10:45 a.m.–1 p.m. \$22. N. Tribble.

**UF 902 OHEKA CASTLE & LUNCH** Explore this breathtaking Gold Coast mansion on the highest point of L.I. coupled with world class service and a rich history and its formal gardens on a docent led tour followed by an award winning cuisine designed to entice the senses. Meet at Oheka Castle, 135 West Gate

## 2 / SI BEAGLE LEARNING CENTERS PROGRAM



Dr. in Huntington, L.I. at 12:15 p.m. for a 12:30 p.m. tour. **Tuesday, Sept. 17.** 12:15 p.m. - 3:45 p.m. \$67. I. Faber.

**WF 901 YANKEE STADIUM/LUNCH AT THE HARD ROCK CAFÉ** Enjoy a guided tour of the dugout, pressbox, Monument Park and Yankee Museum followed by lunch. Meet at Yankee Stadium, Gate 6, One E. 161<sup>st</sup> St. in the Bronx at 10:25 a.m. for a 10:40 a.m. tour. **Tuesday, Sept. 17.** 10:25 a.m.-2:45 p.m. \$44. S. Eisenberg.

**RF 901 FORT WADSWORTH: GATEWAY NATIONAL RECREATION CENTER** Enjoy a Ranger led tour of one of the oldest military installations in the nation. Explore Ft. Tompkins Masonry Fort and the massive Battery Weed. Meet at the Visitor's Center, 210 New York Ave. in S.I. at 10:45 a.m. for an 11 a.m. tour. **Wednesday, Sept. 18.** 10:45 a.m.-12 p.m. \$2. M. Mammana.

**UF 903 CROWN HEIGHTS WALKING TOUR WITH JIM MACKIN** Learn the rich history of Crown Heights, Brooklyn on this docent led tour. Highlights include Eastern Parkway and the architecture so prevalent in this picturesque area. Explore this diverse community that offers West Indian delicacies, kosher bakeries and sleek wine bars. After the tour, an optional kosher lunch will be available for purchase at Basil's Pizza and Wine Bar. Meet at Basil Pizza and Wine Bar, 270 Kingston Ave (corner of Lincoln Pl.) in Brooklyn at 10:15 a.m. for a 10:30 a.m. tour. **Wednesday, Sept. 18.** 10:15 a.m.-12:30 p.m. \$12. I. Faber.

**MF 902 CASTLES IN THE AIR: HUDSON YARDS & ITS HISTORICAL UNDERPINNINGS/LUNCH AT BOTTINO** Explore the world's largest private mixed use real estate development whose foundations are literally a rail yard. Walk through the new upscale retail mall and the public plaza area to view *The Shed*. Tour inside the public sculpture known as *The Vessel*. Escalators/elevators/steps involved. Meet on NW corner of 30<sup>th</sup> St. & 10<sup>th</sup> Ave. in the courtyard in front of 10 Hudson Yards in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Thursday, Sept. 19.** 10:15 a.m.-3:15 p.m. \$81. J. DeNave.

**RF 902 HIGHLINE TO HUDSON YARDS WITH BOB GELBER** Guided tour of the extraordinary Highline Public Park. Explore the newest and largest privately funded construction project in the history of the U.S. Meet behind Chelsea Market, 10<sup>th</sup> Ave. & 16<sup>th</sup> St. in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Thursday, Sept. 19.** 10:15 a.m.-12 p.m. \$27. M. Mammana.

**UF 904 THE SMITHTOWN CENTER FOR PERFORMING ARTS PRODUCTION OF MENOPAUSE/LUNCH AT MANNINO'S** Meet at Mannino's, 40 E. Main St. in Smithtown at 11:15 a.m. for an 11:30 a.m. lunch followed by a production of *Menopause*, a hilarious musical parody set to the classic tunes from the 60s, 70s and 80s. **Thursday, Sept. 19.** 11:15 a.m.-4:45 p.m. \$61. I. Faber.

**WF 902 THE GREAT NYC ICE CREAM CHALLENGE WALKING TOUR WITH ALEXANDRA LEAF** Play food critic using a scoring sheet to evaluate quality, flavor and craftsmanship as you eat your way through some of the city's best ice cream shops. Learn the history and culture of ice cream, gelato and sorbet. Meet outside Fresco Gelateria, 138 2<sup>nd</sup> Ave. (9<sup>th</sup> St.) in Manhattan at 12:15 p.m. for a 12:30 p.m. tour. **Thursday, Sept. 19.** 12:15 p.m.-5:15 p.m. \$68. S. Eisenberg.

**JF 901 YOGI BERRA MUSEUM & LEARNING CENTER** Enjoy a docent led tour that honors baseball Hall of Famer Yogi Berra on the campus of Montclair State University. View photographs and artifacts that document his incredible life from being a child of Italian immigrants to receiving the Presidential Medal of Freedom. Meet in front of the museum, Montclair State University Campus, 8 Yogi Berra Dr. in Little Falls, NJ at 12:45 p.m. for a 1 p.m. tour. **Friday, Sept. 20.** 12:45 p.m.-3 p.m.

\$10. J. Rosenstein.

**XF 901 AFRICAN-AMERICAN FREEDOM TRAIL WALKING TOUR WITH ANTHONY GRIFA/THE AFRICAN-AMERICAN BURIAL GROUND MUSEUM** Walk the route of the African-American Freedom Trail in colonial and early African-American history. Sites include: where the first slaves arrived, first African-American newspaper printed, slave markets and where the slaves revolted. Enjoy a self-guided visit of the African-American Burial Ground Museum. Meet at the south entrance of Bowling Green Park across from 1 Broadway in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 24.** 10:45 a.m.-2 p.m. \$22. R. Fernandez.

**KF 903 NY HISTORICAL SOCIETY WOMEN OF THE COLLECTION FEATURING LIFE'S WOMEN/LUNCH AT PAPPARDELLA** Docent-led tour of women across the spectrum of race and class who exercise power and effected change even before they could access the ballot box. Meet at the Society, corner of 170 Central Park West (77th Street) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Tuesday, Sept. 24.** 10:15 a.m.-4 p.m. \$58. E. Oliver.

**MF 903 TOUR THE AMERICAN IRISH HISTORICAL SOCIETY/LUNCH AT GIOVANNI VENTICINQUE** This five story beaux arts townhouse was a private home before being purchased in 1939. It is the center of Irish culture and knowledge and is located on Manhattan's Museum Mile. The private tour begins with a short history of the Irish in America and the previous residents of this historic townhouse. Meet in the lobby, 991 5<sup>th</sup> Ave. (81<sup>st</sup> St.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 24.** 10:45 a.m.-3:45 p.m. \$68. J. DeNave.

**QF 901 INTERPRETING ARTWORKS: 57<sup>TH</sup> STREET GALLERIES WALKING TOUR WITH VIDA SCHREIBMAN** Visit 57<sup>th</sup> St., the home to blue chip art galleries in several landmark Art Deco buildings. See several art galleries on this docent led tour. Meet in front of the Fuller Building lobby, 41 E. 57<sup>th</sup> St. (off Madison Ave.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 24.** 10:45 a.m.-12:30 p.m. \$20. L. Kingsberry-Ford.

**RF 903 LI-LAC CHOCOLATE FACTORY TOUR A "behind the scenes" tour that includes tasting samples right from the chocolate enrober, making your own chocolate creation and taking home a box of freshly made gourmet chocolates. Meet at the Factory's entrance, 68 35<sup>th</sup> St. (Industry City) in Brooklyn at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Sept. 24.** 10:45 a.m.-12:30 p.m. \$87. M. Mammana.**

**UF 905 VANDERBILT MANSION, MUSEUM & PLANETARIUM AND LUNCH** Enjoy a docent led tour of the mansion followed by a catered lunch. After lunch, we shuttle to the planetarium to view a show that will allow us to see what the Long Island night sky will look like on the very day we visit. Highlights include seasonal constellations, stars and year-round celestial events. Explore the mansion's grounds after the show. Meet at the museum, 180 Little Neck Road in Centerport, NY at 11:15 a.m. for an 11:30 a.m. tour. **Tuesday, Sept. 24.** 11:15 a.m.-4 p.m. \$33. I. Faber.

**WF 903 HUDSON YARDS WITH SYLVIA LAUDIEN-MEO/LUNCH AT BOTTINO'S** Tour the largest private development in the U.S. and explore the mixed use buildings designed by various architectural firms. Visit *The Shed* (cultural hub) and see the interactive *Vessel* sculpture. Meet on the south side of the #7 subway station in Manhattan, at 10:15 a.m. for a 10:30 a.m. tour. **Tuesday, Sept. 24.** 10:15 a.m.-3:45 p.m. \$73. S. Eisenberg.

**UF 906 CITY HALL AREA WALKING TOUR WITH JIM MACKIN/LUNCH AT THE WOOLY PUBLIC** Explore the intensely rich history and architecture around City Hall. Highlights include the Woolworth Building, Chase Manhattan Plaza and its notable sculptures, Wall Street, the New York Stock Exchange, Trinity

Church and the graveyard, Bowling Green and the spectacular Customs House. Meet at The Wooly Public, 9 Barclay Street (betwn Broadway & Church St.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Wednesday, Sept. 25.** 10:15 a.m.-2:45 p.m. \$71. I. Faber.

**RF 904 "THE LITTLE PILLBOX HAT" TOUR WITH DEBORAH ZELCER** Learn the role that Jacqueline Kennedy played in preserving the distinctive architectural character of NYC. Tour ends at the Plaza Hotel. Meet in front of Pershing Square Café, 90 E. 42<sup>nd</sup> St. (Park Ave.) in Manhattan at 9:45 a.m. for a 10 a.m. tour. **Thursday, Sept. 26.** 9:45 a.m.-1 p.m. \$32. M. Mammana.

**XF 902 BOWLING: STRIKES, SPLITS, SPARES & BUFFET LUNCH** Enjoy an afternoon of bowling fun with the Bronx "Splashes" in White Plains. Meet at Bowlmor Lanes, 47 Tarrytown Road in White Plains at 1:45 p.m. for a 2 p.m. bowling event. **Friday, Sept. 27.** 1:45 p.m.-4 p.m. \$70. E. Harris.

## OCTOBER

**MF 904 ARCHITECT PAUL RUDOLPH'S MODULIGHTOR BUILDING/LUNCH AT LAND OF PLENTY** Learn about Rudolph's life and career as a 20<sup>th</sup> Century architect. View the actual interior of a duplex apartment that he designed. See vintage objects and antiques in the last townhouse which he built. Meet at 246 E. 58<sup>th</sup> St. (2<sup>nd</sup> Ave.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Thursday, Oct. 3.** 10:45 a.m.-3:45 p.m. \$46. J. DeNave.

**QF 902 NOHO, SOHO & NOLITA WALKING TOUR WITH ANTHONY GRIFA** The tour begins outside the Film Anthology Archives which house 15,000+ films. See the NY Marble Cemetery, the haunts of Susan B. Anthony, Elizabeth Cady Stanton and other architectural gems. Meet at the SE corner of E. 2<sup>nd</sup> St. & 2<sup>nd</sup> Ave. in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Thursday, Oct. 3.** 10:45 a.m.-12:30 p.m. \$22. R. Taruskin.

**RF 905 FIVE SQUARES & A CIRCLE TOUR WITH PHILIP DESIERE** Visit NY's five historic squares: Washington Square, Union Square, Madison Square, Herald Square and Times Square ending at Columbus Circle. The unique walking/subway tour focuses on the history of NYC as it developed along the squares and circle. Metrocard needed. Stairs involved. Meet at the Washington Square Arch (near 5<sup>th</sup> Ave.) in Manhattan at 12:45 p.m. for a 1 p.m. tour. **Thursday, Oct. 3.** 12:45 p.m.-3:30 p.m. \$22. M. Mammana.

**XF 903 PALEY CENTER FOR MEDIA/LUNCH AT VICTOR'S CAFÉ** Tour the Paley Center for Media which is dedicated to the discussion of the cultural, creative and social significance of television, radio and emerging platforms for the professional community and media-interest public. The Center was founded in 1975 and is an American cultural institution in NY. Meet at the Paley Center, 25 W. 52<sup>nd</sup> St. (betwn 5<sup>th</sup> & 6<sup>th</sup> Aves.) in Manhattan at 11:45 a.m. for a 12 p.m. tour. **Friday, Oct. 4.** 11:45 a.m.-2:30 p.m. \$53. E. Harris.

**XF 904 SECRETS OF CENTRAL PARK WITH ANTHONY GRIFA** Stroll through Central Park and discover how the first national municipal park was developed and became NYC's premier park. Visit Wollman Rink, Bethesda Terrace, The Dairy, The Carousel, Strawberry Fields and much more. Meet in front of the General Sherman statue, 5<sup>th</sup> Ave. & East 59<sup>th</sup> St. (near Plaza Hotel) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Tuesday, Oct. 8.** 10:45 a.m.-2 p.m. \$22. R. Fernandez.

**KF 905 DOWNTOWN BROOKLYN: OLD & NEW WITH JOE SVEHLAK/LUNCH AT JUNIOR'S** Guided tour of the cultural institutions and hidden gems: grand old theatres, civic and commercial buildings with a variety of architectural styles, and discover the

Skyscraper Landmarked District, new high-rise developments, plazas and streetscapes that bring new vitality to downtown Brooklyn. Meet on the steps of Brooklyn Borough Hall (corner of Court & Remsen Sts.), 209 Joralemon St., in Brooklyn at 10:15 a.m. for a 10:30 a.m. tour. **Thursday, Oct. 10.** 10:15 a.m.-4 p.m. \$42. E. Oliver.

**MF 905 BEST FOOT FORWARD: TOUR OF NY COLLEGE OF PODIATRIC MEDICINE (NYCPM)/SISTERS CARIBBEAN CUISINE BUFFET LUNCH** Tour the first college of podiatric medicine, hear a presentation from an experienced clinician on how to maintain healthy, pain-free feet and a Q & A session. Topics include bunions, calluses, corns, toenail fungus, heel spurs and plantar fasciitis. Meet in the NYCPM lobby, 53 E. 124<sup>th</sup> St. (betwn Park & Madison Aves.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Thursday, Oct. 10.** 10:45 a.m. 3:15 p.m. \$41. J. DeNave.

**QF 903 TOTAL BODY WORKOUT & POWER WALK WITH MARIA IN FOREST PARK** Learn specific exercises to tone your muscles and get in shape. Take an invigorating power walk in scenic Forest Park. Wear sneakers. Bring water and a snack. Meet at the Seuffert band Shell in Forest Park, Forest Park Dr. in Glendale at 11:45 a.m. for a 12 noon workout and scenic walk. **Thursday, Oct. 10.** 11:45 a.m.-2 p.m. \$18. M. Stahl.

**RF 906 WOOLWORTH BUILDING TOUR I** Guided tour showcases this famous building by featuring the ornamented exterior, the magnificent lobby and background history about Frank Woolworth and Cass Gilbert. Stairs involved. No restrooms. Meet outside the main entrance next to the No Tourists Allowed sign, 233 Broadway (Barclay St.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. **Thursday, Oct. 10.** 10:45 a.m.-12 p.m. \$27. M. Mammana.

**RF 907 WOOLWORTH BUILDING TOUR II** Guided tour showcases this famous building by featuring the ornamented exterior, the magnificent lobby and background history about Frank Woolworth and Cass Gilbert. Stairs involved. No restrooms. Meet outside the main entrance next to the No Tourists Allowed sign, 233 Broadway (Barclay St.) in Manhattan at 12:45 p.m. for a 1 p.m. tour. **Thursday, Oct. 10.** 12:45 p.m.-2 p.m. \$27. M. Mammana.

**XF 905 UNITED NATIONS & THE DELEGATE'S DINING ROOM** Begin with a prix-fixe lunch that features a menu infused with the changing of the seasons and the culinary trends plus the classics from across the globe. Next, take a brief journey through the corridors of international diplomacy with a multi-lingual tour guide. Photo I.D. required. Dress Code: Must wear proper business casual attire. No jeans, sneakers, short pants, backpacks or large bags. Meet the tour director in front of the U.S. Permanent Mission to the U.N. building, 799 United Nations Plaza (First Ave) in Manhattan at 10:45 a.m. for an 11 a.m. lunch. **Friday, Oct. 11.** 10:45 a.m.- 3 p.m. \$120. E. Harris.

**WF 904 HUDSON YARDS WITH SYLVIA LAUDIEN-MEO/LUNCH AT BOTTINO'S** Tour the largest private development in the U.S. and explore the mixed use buildings designed by various architectural firms. Visit *The Shed* (cultural hub) and see the interactive *The Vessel* sculpture. Meet on the south side of the #7 subway station in Manhattan, at 10:15 a.m. for a 10:30 a.m. tour. **Friday, Oct. 11.** 10:15 a.m.-3:45 p.m. \$73. S. Eisenberg.

**MF 906 MANHATTAN D.A.'S OFFICE IN-HOUSE TOUR/LUNCH AT FORLINI'S** Tour includes an overview of the arrest to sentence process by an Assistant D.A., observe cases being arraigned and view a criminal trial in progress. Bring a government issued photo I.D. Meet at 1 Hogan Pl. (Centre St.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Tuesday, Oct. 15.** 10:15 a.m.-3:45 p.m.



\$42. J. DeNave.

**QF 904 THE NORTHERN HIGH LINE & HUDSON YARDS WALKING TOUR WITH ANTHONY GRIFA** Enjoy the spectacular skyline while walking the Northern High Line, NYC's elevated urban park. Sites include: Seaman's Church, million dollar condos and more. View Hudson Yards, The Shed (performing arts center), The Vessel (honeycomb structure) and more. Meet at the rear of Chelsea Market, 15<sup>th</sup> St. & 10<sup>th</sup> Ave. in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Tuesday, Oct. 15.* 10:15 a.m.- 12 p.m. \$22. L. Kingsberry-Ford.

**RF 908 AUDUBON MURAL PROJECT WITH LEIGH HALLINGBY** Guided tour of 30 murals in Washington Heights and Hamilton Heights neighborhoods along Amsterdam Ave. and Broadway. Visit John James Audubon's final resting place in Trinity Church Cemetery. Meet at Hamilton's Bakery, 3570 Broadway (W. 147<sup>th</sup> St.) in Manhattan at 9:45 a.m. for a 10 a.m. tour. *Tuesday, Oct. 15.* 9:45 a.m.-12:15 p.m. \$22. M. Mammanna.

**JF 902 TOUR/TEA & BOOK REVIEW AT THE MORVEN MUSEUM & GARDEN IN PRINCETON, NJ** Tour this national historic landmark home of Richard Stockton, followed by tea overlooking the glorious gardens. After tea, enjoy a lecture with Dr. Cheryl Finley on her book, *Committed to Memory: The Art of the Slave Ship Icon*. Meet at the Morven Museum and Garden, 55 Stockton St. in Princeton, NJ at 11:45 a.m. for a 12 noon tour. *Wednesday, Oct. 16.* 11:45 a.m.-3 p.m. \$29. J. Rosenstein.

**QF 905 EXPERIENCE A PROFESSIONAL KITCHEN – KOREAN STYLE** Prepare and cook a delicious Korean style lunch under the supervision of a licensed chef and two assistants at the Culinary Tech Center. Learn professional tips and secrets. Wear non-slip flat shoes. Meet at the Culinary Tech Center, 460 W. 34<sup>th</sup> St. (entrance on 10<sup>th</sup> Ave., closer to 33<sup>rd</sup> St.) in Manhattan at 10:45 a.m. for an 11 a.m. cooking lesson. *Thursday, Oct. 17.* 10:45 a.m.-3 p.m. \$62. M. Stahl.

**XF 907 FRIAR'S CLUB TOUR & LUNCH** Guided tour focuses on the many famous rooms, entertainers and comedians who performed there followed by lunch in one of the banquet rooms. Dress code: No jeans and sneakers. Meet at the Friars Club, 57 E. 55<sup>th</sup> St. (bet. Madison & Park Aves.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Friday, Oct. 18.* 10:45 a.m.-2 p.m. \$88. E. Harris.

**KF 907 WAFELS & DINGES FACTORY TOUR** Guided tour of the Royal Dinges Factory, headquarters of one of New York City's most popular street food brands. Get an insider's look at this dynamic and growing business. Learn how they make their spectacular Liège wafel dough and delicious ice cream to supply their constellation of carts, trucks, kiosks, and cafés. You will even get the chance to make your own fresh Liège wafel. Meet in front of Wafels & Dinges, 264 Butler St. in Brooklyn (Gowanus Section) at 9:45 a.m. for a 10 a.m. tour. *Friday, Oct. 18.* 9:45 a.m.-12 p.m. \$29. E. Oliver.

**RF 909 BEYOND MIDNIGHT: PAUL REVERE AT THE NY HISTORICAL SOCIETY** Guided tour of the exhibition that explores Revere's accomplishments as a silversmith, printmaker and pioneering copper manufacturer. Meet at the membership desk at the NY Historical Society, 170 Central Park West (77<sup>th</sup> St.) in Manhattan at 12:45 p.m. for a 1 p.m. tour. *Friday, Oct. 18.* 12:45 p.m.-2 p.m. \$22. M. Mammanna.

**WF 906 NOSHES & NIBBLES IN THE EAST VILLAGE WITH ALEXANDRA LEAF** Enjoy a diverse range of cuisines including brick oven pizza, dumplings, artisan made sake and more on this tour of the old and new East Village. Meet at Veniero's Pastry shop, 342 E. 11<sup>th</sup> St. (near 1<sup>st</sup> Ave.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Friday, Oct. 18.* 10:15 a.m.-3:15 p.m. \$68. S. Eisenberg.

**KF 908 DOWNTOWN MANHATTAN:WHAT'S IN A NAME WITH JOE SVEHLAK** Discuss the fascinating history of the places and events that shaped NY's 400 year history and the people who made the city possible as we walk the old Dutch and colonial streets on this guided tour. Meet inside the entrance of the S.I. Ferry terminal (at the bottom of the escalators on the left), Whitehall St. in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Tuesday, Oct. 22.* 10:15 a.m.-12:30 p.m. \$14. E. Oliver.

**MF 907 AFRICAN BURIAL GROUND NATIONAL MONUMENT/LUNCH AT GRAN MORSI** Enjoy a ranger led tour that includes a site film, an exhibit tour and memorial talk. The site contains the remains of more than 419 Africans in what was the largest colonial-era cemetery for people of African descent. Meet at 290 Broadway (Duane & Reade Sts) in Manhattan at 11:15 a.m. for an 11:30 a.m. tour. *Tuesday, Oct. 22.* 11:15 a.m.-4:15 p.m. \$67. J. DeNave.

**RF 910 THE ART & HISTORY OF THE NYC SUBWAY SYSTEM WITH GARY DENNIS** Guided tour of the subway system that's often overlooked for its art, history and technical breakthroughs. Learn the inside story of the original 1904 subway line. Wear comfortable shoes. Stairs involved. Metrocard needed. Meet in front of the David Dinkins Municipal Building, 1 Centre St. in Manhattan at 9:45 a.m. for a 10 a.m. tour. *Tuesday, Oct. 22.* 9:45 p.m.-12:30 p.m. \$9. M. Mammanna.

**NF 902 MARVELOUS MURRAY HILL WALKING TOUR WITH ANTHONY GRIFA** Enjoy an architectural celebration of this historic neighborhood where the Murrays, Morgans, Roosevelts and Delanos lived. View many of the landmarked gems including The DeLamar Mansion, The F.D.R. House, The J.P. Morgan House, The Church of the Incarnation and others. Meet on the SE corner of Park Ave. & 37<sup>th</sup> St. in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Tuesday, Oct. 22.* 10:45 a.m.- 1 p.m. \$22. N. Tribble.

**WF 907 JAPANESE TEA CEREMONY AT URASENKE CHANOYU CENTER/ASIA SOCIETY TOUR/LUNCH AT GARDEN CAFÉ** Enjoy the tradition of tea with an authentic and traditional Japanese tea ceremony. Then take a short walk to the Asia Society for a tour and lunch at the Garden Café. Meet at the Urasenke Chanoyu Center, 153 E. 69<sup>th</sup> St. (Lexington & 3<sup>rd</sup> Aves.) in Manhattan at 9:45 a.m. for a 10 a.m. tea ceremony. *Wednesday, Oct. 23.* 9:45 a.m.-3:45 p.m. \$48. S. Eisenberg.

**KF 909 NEW YORK PUBLIC LIBRARY** Docent led tour of the library and any exhibit on view. Meet at the Library information desk in Astor Hall (1<sup>st</sup> floor), 5<sup>th</sup> Ave. & 42<sup>nd</sup> St. in Manhattan at 11:15 a.m. for an 11:30 a.m. tour. *Thursday, Oct. 24.* 11:15 a.m.-2 p.m. \$2. E. Oliver.

**XF 908 ZORA HURSTON & LUNCH AT SAVANN RESTAURANT** Head uptown and travel back in time to meet Zora, a one woman show about the life and times of Zora Neale Hurston. Experience how an abandoned 9 yr. old girl became one of the world's greatest literary icons. Meet at Savann Restaurant, 2280 Frederick Douglass Blvd. (betwn 122<sup>nd</sup>/123<sup>rd</sup> Sts. & 8<sup>th</sup> Ave.) in Manhattan at 11:30 a.m. for a 12 noon event. *Friday, Oct. 25.* 11:30 a.m.-2:30 p.m. \$77. E. Harris.

**QF 906 BROOKLYN WINERY TASTING TOUR** Led by a skilled expert, taste four different wines and learn the nuances of each and the intricacies of urban wine making. Tour the winery and see how the wine is made, aged and stored. Enjoy New American cuisine, the house antipasti spread and a selection of two red and two white wines. Meet in the Brooklyn Winery Parlor Room, 213 N. 8<sup>th</sup> St. (Driggs Ave. & Roebing St.) in Williamsburg, Brooklyn at 10:45 a.m. for an 11 a.m. tour. *Friday, Oct. 25.* 10:45 a.m.-1 p.m. \$76. M. Stahl.

**XF 909 UPPER WESTSIDE STORY TOUR WITH**

**ANTHONY GRIFA** Guided tour of the Shakespeare Garden, Swedish Cottage, Belvedere Castle, The Dellacourt Theater, Turtle Pond, Seneca Village Turf and sites associated with John Lennon, Judy Garland and others on this Central Park walking tour. Meet on the SE corner of 81<sup>st</sup> St. & Central Park West in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Tuesday, Oct. 29.* 10:45 a.m.- 2 p.m. \$22. R. Fernandez.

**MF 908 CHANNEL THIRTEEN-WNET-NY PUBLIC MEDIA TOUR/LUNCH AT THE PALM-WEST SIDE I** Visit post-production audio and video editing facilities, the control room, the sound booth and the engineers who work in these areas on our guided tour of Channel Thirteen. Bring a government issued photo I.D. Meet at the rear entrance of the building in the open plaza, 825 Eighth Ave. (betwn 49<sup>th</sup> & 50<sup>th</sup> Sts.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Tuesday, Oct. 29.* 10:45 a.m.-2:45 p.m. \$40. J. DeNave.

**MF 909 CHANNEL THIRTEEN-WNET-NY PUBLIC MEDIA TOUR/LUNCH AT THE PALM-WEST SIDE II** Meet at The Palm, 250 W. 50<sup>th</sup> St. (Broadway & 8<sup>th</sup> Ave.) in Manhattan at 11:45 a.m. for a 12 noon for family style lunch. Leave at 1:15 p.m. for a 1:30 p.m. tour. Visit post-production audio and video editing facilities, control room, the sound booth and the engineers who work in these areas on our guided tour of Channel Thirteen. Bring a government issued photo I.D. *Tuesday, Oct. 29.* 11:45 p.m.-3:45 p.m. \$40. J. DeNave.

**QF 907 MERCHANT'S HOUSE MUSEUM TOUR** Guided tour of this four story home of NYC hardware merchant, Seabury Treadwell, his family and Irish servants. Highlights include: period rooms and original furnishings. Meet at Merchant's House Museum, 29 E. 4<sup>th</sup> St. (betwn Bowery & Lafayette St.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Tuesday, Oct. 29.* 10:45 a.m.-12:30 p.m. \$15. L. Kingsberry-Ford.

**NF 903 THE ART OF RAVIOLI MAKING** Enjoy the art of making three variations of homemade ravioli and a chicken Caesar salad to accompany them. Meet at A La Carte Culinary Services, 32 Atlantic Ave. in Lynbrook, LI. Free parking around the corner. *Wednesday, Oct. 30.* 2 p.m.-4 p.m. \$71. N. Tribble.

**WF 908 SING SING CORRECTIONAL FACILITY** Meet working teachers and learn about the current educational programs on a tour of Sing Sing. Participate in a discussion with 15 incarcerated men and lunch with them in the mess hall. Meet at the facility, 354 Hunter St. in Ossining, NY at 9:30 a.m. for a 10 a.m. tour. *Thursday, Oct. 31.* 9:30 a.m.-4:30 p.m. \$2. S. Eisenberg.

## NOVEMBER

**XF 911 BOSIE TEA PARLOR** Enjoy high tea with a variety of teas, pastries, scones, tea sandwiches and macaroons at this adorable tea parlor located in the West Village. Meet at Bosie Tea Parlor, 506 LaGuardia Pl. (between Bleeker St. & W. Houston St.) in Manhattan at 11:45 a.m. for a 12 p.m. tea party. *Friday, Nov. 1.* 11:45 a.m.-2 p.m. \$82. E. Harris.

**MF 910 TOUR & WORKSHOP AT UKRAINIAN MUSEUM/LUNCH AT VESELKA** Guided tour includes an exhibition of the Avant-Garde period and the works of Myhallo Turovsky, a contemporary artist whose works are in the permanent collections of the Museum as well as the Memorial Art Museum in Jerusalem. Following the tour, there is a making of an all-occasion ornament workshop. Meet at the Museum, 222 E. 6<sup>th</sup> St. (2<sup>nd</sup> Ave.) in Manhattan at 11:15 a.m. for an 11:30 a.m. tour. *Friday, Nov. 1.* 11:15 a.m.-3:45 p.m. \$49. J. DeNave.

**NF 904 GRAMERCY PARK: STYLE & ELEGANCE WALKING TOUR WITH ANTHONY GRIFA** Tour one of the NYC'S most elegant

neighborhoods and learn the history, architecture and renowned past presidents. See sites associated with Edith Wharton, Stanford White, O'Henry and Teddy Roosevelt. Stroll through the area that includes NYC's only private park. View an art exhibit at the National Arts Club (if available) and commentary on the many styles of architecture. Meet at the SE corner of Broadway & 20<sup>th</sup> St. in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Wednesday, Nov. 6.* 10:45 a.m.- 1 p.m. \$22. N. Tribble.

**MF 911 TOUR & CLASS ON EBRU ART AT THE TURKISH CULTURAL CENTER/LUNCH AT KELLARI TAVERNA** Tour the Center followed by a lecture on the history of Ebru Art (water-marbling technique), a live demonstration and then make your own Ebru designs. Meet at the Center, 56 W. 45<sup>th</sup> St. (6<sup>th</sup> Ave.), 4<sup>th</sup> floor, in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Thursday, Nov. 7.* 10:15 a.m.-3:45 p.m. \$76. J. DeNave.

**WF 909 A CHOCOLATE LOVERS ROMP WALKING TOUR WITH ALEXANDRA LEAF** Learn how fine chocolate is made from bean to bar, what makes a premier brand of chocolate "premier", why is white chocolate white and dark chocolate heart healthy. Enjoy chocolate tastings. Includes light lunch. Meet at City Bakery, 3 W. 18<sup>th</sup> St. (betwn 5<sup>th</sup> & 6<sup>th</sup> Aves.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Thursday, Nov. 7.* 10:45 a.m.-3:45 p.m. \$68. S. Eisenberg.

**XF 913 THE WESTCHESTER BROADWAY THEATRE PRODUCTION OF AN AMERICAN IN PARIS & LUNCH IN ELMSFORD, NY** Enjoy a three-course meal at Westchester's Dinner Theatre followed by Gershwin's award winning musical *An American in Paris*. Meet at the theater, 1 Broadway Plaza, in Elmsford, NY, at 11 a.m. for an 11:15 a.m. lunch and show. *Thursday, Nov. 7.* 11 a.m.-3 p.m. \$64. C. Bing-Howard.

**XF 914 GRAND CENTRAL TERMINAL WALKING TOUR WITH JOE SVEHLAK** Guided walking tour focuses not only on the architecture, but provides a real story about little known secrets, anecdotes, archival material and operations of one of the world's biggest train terminals. Learn the secrets of The Kissing Gallery and The Whispering Gallery. Meet in the main concourse near Track 29, 89 E. 42<sup>nd</sup> St. (Park Ave.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Friday, Nov. 8.* 10:15 a.m.-12:30 p.m. \$12. E. Harris.

**RF 911 SEAL OF APPROVAL** Guided tour of Good Housekeeping Research Institute, where thousands of products are evaluated each year for consumer safety. Meet at the Institute's security desk in the lobby, 300 W. 57<sup>th</sup> St. (8<sup>th</sup> Ave.) in Manhattan at 9:45 a.m. for a 10 a.m. tour. *Friday, Nov. 8.* 9:45 a.m.-11 a.m. \$2. M. Mammanna.

**MF 912 ARCHITECT PAUL RUDOLPH'S MODULIGHTOR BUILDING/LUNCH AT LAND OF PLENTY** Learn about Rudolph's life and career as a 20<sup>th</sup> Century architect. View the actual interior of a duplex apartment that he designed. See vintage objects and antiques in the last townhouse which he built. Meet at 246 E. 58<sup>th</sup> St. (2<sup>nd</sup> Ave.) in Manhattan at 10:45 a.m. for an 11 a.m. tour. *Tuesday, Nov. 12.* 10:45 a.m.-3:45 p.m. \$46. J. DeNave.

**WF 910 CHELSEA ART GALLERIES WITH SYLVIA LAUDIEN-MEO/LUNCH AT BOTTINO'S** Tour the center of contemporary art, West Chelsea. View six to eight of this season's most interesting exhibits: paintings, sculptures, video or installation art. Meet on the SE corner of 10<sup>th</sup> Ave. & 22<sup>nd</sup> St. in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. *Tuesday, Nov. 12.* 10:15 a.m.-3:15 p.m. \$73. S. Eisenberg.

**XF 915 POETRY SPOKEN WORD & LUNCH AT SAVANN RESTAURANT** "Ngoma" is a performance poet, multi-instrumentalist, singer/songwriter and paradigm shifter. He has used culture as a tool to raise socio-political and



spiritual consciousness through work that encourages critical thought. Meet at Savann Restaurant, 2280 Frederick Douglass Blvd. (betwn 122<sup>nd</sup>/123<sup>rd</sup> Sts. & 8<sup>th</sup> Ave.) in Manhattan for an 11:30 a.m. check-in for a 12 noon event. **Thursday, Nov. 14.** 11:30 a.m.-2 p.m. \$71. E. Harris.

**XF 916 BEHIND-THE-SCENES AT THE PLAYERS CLUB/LUNCH IN THE BANQUET HALL** Guided tour of the most private and prestigious clubs in NY – the Player's Club which is typically reserved only for members. The Club was founded in 1888 by Edwin Booth known as the greatest American actor of his time and the brother of John Wilkes Booth. *Dress Code:* Must wear proper business casual attire. No jeans, sneakers, short pants, backpacks or large bags. Meet at the Player's Club, 16 Gramercy Park (South) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Friday, Nov. 15.** 10:15 a.m. -2 p.m. \$70. E. Harris.

**WF 911 WHEN NY WAS NIEUW AMSTERDAM WITH JOE SVELAK/LUNCH AT BOBBY VANN'S** Stroll along the old Dutch streets and the original shoreline while discussing the original Dutch settlement, their legacy of commerce and tolerance and the diverse immigrant population. Meet inside the entrance to the S.I. Ferry (Whitehall St.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Friday, Nov. 15.** 10:15 a.m.-3:45 p.m. \$62. S. Eisenberg.

**QF 908 EXPERIENCE A PROFESSIONAL KITCHEN – JAPANESE STYLE** Prepare and cook a delicious Japanese style lunch under the supervision of a licensed chef and two assistants at the Culinary Tech Center. Learn professional tips and secrets. Wear non-slip flat shoes. Meet at the Culinary Tech Center, 460 W. 34<sup>th</sup> St. (entrance on 10<sup>th</sup> Ave., closer to 33<sup>rd</sup> St.) in Manhattan at 10:45 a.m. for an 11 a.m. cooking lesson. **Monday, Nov. 18.** 10:45 a.m.-3 p.m. \$62. R. Taruskin.

**MF 913 AFRICAN & ALGERIAN ART AT THE WALLACH ART GALLERY AT COLUMBIA UNIVERSITY LENFEST CENTER OF THE ARTS /LUNCH AT DINOSAUR-BAR-B-QUE IN HARLEM** Guided tour of two exhibitions: *After the End: Timing Socialism in Contempo-*

*rary African Art* and *Waiting for Omar Gatlato: A Survey of Algerian Contemporary Art* focuses on migration and the conditions of Algerian immigrants abroad. Meet in the Gallery's ground floor lobby, 615 W. 129<sup>th</sup> St. (Broadway) in Manhattan at 11:45 a.m. for a 12 p.m. tour. **Thursday, Nov. 21.** 11:45 a.m.-4:15 p.m. \$42. J. DeNave.

## DECEMBER

**MF 914 GRAND CENTRAL TERMINAL TOUR WITH JOE SVEHLAK/LUNCH AT THE PALM TOO** Guided tour that takes an in-depth look at the art, architecture, engineering, restoration, history and little known secrets of this beau arts railroad terminal. Highlights include: The Kissing Gallery, The Whispering Gallery and a private apartment. Meet in the main concourse information booth, 89 E. 42<sup>nd</sup> St. (Park Ave.) in Manhattan at 10:15 a.m. for a 10:30 a.m. tour. **Tuesday, Dec. 3.** 10:15 a.m.-3:45 p.m. \$52. J. DeNave.

**QF 909 RADIO CITY CHRISTMAS SPECTACULAR** See the show featuring the world renowned Rockettes. View Santa Claus' ride in 3D, listen to organ pipe music, watch the Rockettes precision dance and more. Meet at Radio City, 1260 Avenue of the Americas (50<sup>th</sup> St.) in Manhattan at 9:45 a.m. for a 10:30 a.m. show. **Friday, Dec. 6.** 9:45 a.m.-12 p.m. \$87. R. Taruskin.

## BUS/TRAM TRIPS

**KF 902 BUS TRIP TO THE SMITHTOWN CENTER FOR THE PERFORMING ARTS PRODUCTION OF MENOPAUSE/LUNCH AT MANNINO'S** Enjoy lunch at Mannino's followed by a performance of *Menopause*, a hilarious musical parody set to the classic tunes from the 60s, 70s and 80s. Meet the bus in front of the Marriot Hotel, next to 335 Adams St. in Brooklyn at 9:15 a.m. for a 9:45 a.m. departure. **Thursday, Sept. 19.** 9:15 a.m.-6 p.m. \$98. E. Oliver.

**KF 904 PAST, PRESENT & FUTURE AT THE BROOKLYN NAVY YARD** For over 150

years, the Brooklyn Navy Yard churned out America's famous fighting ships and today it's a model for urban industrial parks. Tour includes an active dry dock, historical buildings, a history of the Navy Yard and museum tour. Enjoy lunch on your own at the Yard's new food hub. Meet the special bus in front of Wholesome Farms Market, 108 Jay St. (across from York St. train station) in Brooklyn at 9:30 a.m. for a 10 a.m. departure. **Thursday, Sept. 26.** 9:30 a.m.-4 p.m. \$33. E. Oliver.

**XF 906 NEW YORK BRONX BOTANICAL GARDENS (NYBG) TRAM TOUR & BUFFET LUNCH AT STONE MILL** Take a private tram tour of the renowned gardens and architecture of NYBG. Stops include: dramatic rock outcroppings, a river and waterfall, ponds, rolling hills and various gardens and collections. Meet at the Visitor's Center, 2900 Southern Blvd. in the Bronx at 9:45 a.m. for a 10 a.m. tour. **Tuesday, Oct. 15.** 9:45 a.m.-1 p.m. \$87. R. Fernandez.

**WF 905 N. J. BUS TRIP TO THE NEWARK & PATERSON MUSEUMS/GREAT FALLS OF PATERSON/LUNCH AT JUSTIN'S** Visit the Newark and Paterson Museums and the Great Fall of Paterson on our tour of N.J. Learn why Alexander Hamilton founded Paterson, the exploits of Lou Costello, the city's great locomotive and aircraft industries. Meet the bus in front of the Guggenheim Museum, 1071 5<sup>th</sup> Ave. (betwn 88<sup>th</sup> & 89<sup>th</sup> Sts.) in Manhattan at 9 a.m. for a 9:30 a.m. departure. **Wednesday, Oct. 16.** 9 a.m.-5 p.m. \$97. S. Eisenberg.

**KF 906 BUS TRIP TO THE LONG ISLAND WINERY/LUNCH AT JERRY & THE MERMAID IN RIVERHEAD, NY** Enjoy a day of wine tasting at Baiting Hollow Farm Vineyards, a three-course lunch, a visit to Briermere's Farms Market for homemade pies, jellies, jams, pastries, muffins made from fruit grown on the farm and live music. Meet the bus in front of the Marriot Hotel, next to 335 Adams St. in Brooklyn at 8:30 a.m. for a 9 a.m. departure. **Wednesday, Oct. 16.** 8:30 a.m.-6 p.m. \$100. E. Oliver.

**XF 910 BUS TRIP TO THE ROYAL MANOR IN GARFIELD, NJ FOR A SAM COOKE TRIBUTE**

**& FAMILY-STYLE LUNCH** Have a party Sam Cooke style! Enjoy lunch and this sweet celebration of his greatest hits with a live band and dancing to hits such as *You Send Me, Only Sixteen*. Meet the bus in front of the Bronx Learning Center, 2500 Halsey St. in the Bronx at 8:30 a.m. for a 9 a.m. departure. **Wednesday, Oct. 30.** 8:30 a.m.-6 p.m. \$85. E. Harris.

**XF 912 BUS TRIP TO DUTCH APPLE DINNER THEATRE & BUFFET LUNCH IN LANCASTER, PA** Enjoy a buffet lunch and a performance of Will Rogers Follies. A rags-to-riches story of America's beloved humorist, journalist and friend of presidents bursts to life as a Ziegfeld Follies-style extravaganza. Family, fame and fate are center stage in Will's rise from obscurity to stardom. Along the way, he's arm-in-arm with vivacious showgirls and a slew of cowboys. Catch Williamania! Meet the bus in front of the Bronx Learning Center, 2500 Halsey St. in the Bronx at 7 a.m. for a 7:30 a.m. departure. **Thursday, Nov. 7.** 7 a.m.-6:30 p.m. \$102. E. Harris.

**KF 910 THE WESTCHESTER BROADWAY THEATRE PRODUCTION OF AMERICAN IN PARIS & LUNCH IN ELMFORD, NY** Enjoy a three-course meal at Westchester's Dinner Theatre followed by Gershwin's award winning musical *An American in Paris*. Meet the bus in front of the Marriot Hotel, next to 335 Adams St. in Brooklyn at 8:30 a.m. for a 9 a.m. departure. **Thursday, Nov. 7.** 8:30 a.m.-6 p.m. \$98. E. Oliver.

**WF 912 MUSICAL NEW YORK BUS TOUR THROUGH MANHATTAN/LUNCH AT PETE'S TAVERN** Travel through Manhattan while listening to music sung by an Actor's Equity singer. Learn the history of each area and how the music relates to it. Hear anecdotes about Broadway legends and what life is really like in the theatre. Meet the bus outside the Guggenheim Museum, 1071 5<sup>th</sup> Ave. (betwn 88<sup>th</sup> & 89<sup>th</sup> Sts.) in Manhattan at 9:30 a.m. for a 10 a.m. departure. **Thursday, Nov. 21.** 9:30 a.m.-4 p.m. \$97. S. Eisenberg.

# COURSES

*Unless otherwise noted, courses in all boroughs will begin on Monday, September 9 and conclude Tuesday, November 19 and have a \$10 fee (which is non-refundable and non-transferable).*

## NASSAU/ SUFFOLK SECTIONS

### MONDAY

**NF 101 RETIREES READ-BOOK CLUB** Read *Where the Crawdads Sing* by Delia Owens for first class. Group chooses other books: fiction & non-fiction. Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Bring quarters for metered parking. Three sessions: **Sept. 23; Oct. 28; Nov. 18.** 10:30-12:30. \$12 includes registration and materials. B. Mignano.

### THURSDAY

**NF 401 CANASTA** Learn the basics while playing and developing your skills. More advanced players welcome. Plainview Old Bethpage Library, 999 Old Country Road,

Plainview. Eight sessions. No class Oct. 17. **1-3.** \$12 includes registration and materials. R. Biren.

**NF 402 BEGINNERS MAH JONGG** Learn the basics and continue to build your knowledge and skills. More advanced players welcome. Bring your own Mah Jongg card and set (if you have one). Plainview Old Bethpage Library, 999 Old Country Road, Plainview. Eight sessions. No class Oct. 17. **1-3.** \$12 includes registration and materials. A. Seligson.

## SEMINARS

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

**NF 805 STROMBOLI** Make this oven-ready stuffed bread from left overs and/or odds and ends from your fridge. Bring a rolling pin (if you have one). Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Bring quarters for metered parking. **Monday, Sept. 16.** 11-12:30. \$22 includes registration and materials. L. Basini.

**NF 806 PEACH TART** Take home a 9" peach tart made from scratch. Make your crust and custard while the peaches bring this whole desert together in your oven. Bring a rolling pin (if you have one). Freeport Memorial Library, 144 W. Merrick Rd., Freeport. Bring quarters for metered parking. **Monday, Oct. 21.** 11-12:30. \$22 includes registration and materials. L. Basini.

**UF 805 BROADWAY BALLADS & SHOWSTOPPERS** Musical theater has been at the forefront of the performing arts world-wide for over a century. Watch video clips and rare original cast performances from *Oklahoma!*, *The Phantom of the Opera*, *My Fair Lady*, *Girl Crazy*, *Les Miserables*, *Porgy and Bess* and more. Learn about the origin of these shows and the casting and production decisions that made them a success. NYSUT Headquarters - Suffolk, 100 Vanderbilt Motor Parkway, 3<sup>rd</sup> floor in Hauppauge. Two Wednesday sessions: **Nov. 6 & 13.** 10-12. \$4. R. Knox.

**UF 806 THE ART OF GREAT FILMS & FILM DIRECTORS** One person that is

always overlooked by moviegoers is the director. View video clips from a variety of classic movies that demonstrate how essential good direction is to the overall film experience. Examine how directors make use of key elements such as montage, tracking, editing and musical cues to make their films enjoyable even after repeated viewings. NYSUT Headquarters - Suffolk, 100 Vanderbilt Motor Parkway, 3<sup>rd</sup> floor in Hauppauge. Two Wednesday sessions: **Nov. 6 & 13.** 12:30-2:30. \$4. R. Knox.

**UF 807 MAGIC FOR MATURE ADULTS** Have fun with this award-winning workshop where participants learn the Art of Magic. Explore the benefits of simple tricks at first and then more complex effects as they progress. Activities combine education and imagination to help improve participants' abilities in planning, organizing tasks and movements, communication, social behaviors and more. NYSUT Headquarters - Suffolk, 100 Vanderbilt Motor Parkway, 3<sup>rd</sup> floor in Hauppauge. Two Thursday sessions: **Nov. 7 & 14.** 10-12:30. \$15 includes registration and materials. G. Dreifus.



**UF 808 THE BEATLES: THE END OF AN ERA OR WAS IT?** Explore the final two Beatles albums: *Abbey Road* and *Let It Be*. Why was *Let It Be* their last album and why do Beatle historians consider *Abbey Road* their final album? Delve into the clues given to us on *Abbey Road* including their rooftop concert at Apple Studios and the many reasons the Beatles still managed to give us a memorable and unique final "public" performance even though they were coming apart at the seams. NYSUT Headquarters - Suffolk, 100 Vanderbilt Motor Parkway, 3<sup>rd</sup> floor in Hauppauge. Two Thursday sessions: **Nov. 21 & Dec. 5.** 10-12. \$4. E. Sinclair.

## NEW JERSEY SECTION

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

### TUESDAY

**JF 201 CHAIR YOGA** Strive for a strong, healthy body, mind and spirit through breathing, movement and meditation. Wear proper yoga attire. Minnie Veal Recreation Center, 1070 Grove Ave., Edison. 1-3. F. Applebaum.

### WEDNESDAY

**JF 301 ACRYLIC PAINTING** Basic, intermediate and advanced techniques of paint, brushes, composition and subject matter. Bring a set of six basic acrylic paints, a variety of brushes, pad of canvas paper, canvas board and/or canvas to first class. Additional materials list distributed in class. Monmouth County Library, 125 Symmes Drive, Manalapan. 9:30-11:30. D. Rosen.

### THURSDAY

**JF 401 MAH JONGG** Beginners enjoy learning this ancient game that involves skill, strategy and luck. Experienced players gain expertise in finer points. Bring a set and current Mah Jongg card (if you have one). Monmouth County Library, 125 Symmes Road, Manalapan. 10-12. S. Levine.

**JF 402 CANASTA** Review basics and enjoy playing this game. No prior knowledge needed. Bring a deck of cards with two jokers. Monmouth County Library, 125 Symmes Road, Manalapan. 12:15-2:15. S. Levine.

### SEMINARS

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

**JF 805 RETIREE READ BOOK CLUB** Read *Where the Crawdads Sing* by Delia Owens for first class. Other selections are chosen by group. Four Tuesday sessions: **Sept. 10; Oct. 8 & 29; Nov. 12. 10-12.** Minnie Veal Recreation Center, 1070 Grove Ave., Edison. \$8. J. Bevis.

**JF 806 GOOD KIDNEY HEALTH** A discussion on the ways to maintain good kidney health. **Thursday, Nov. 21.** 10-12. Monroe Township Library, 4 Municipal Plaza, Monroe Township. **No Fee.** National Kidney Foundation representative.

## WESTCHESTER/ROCKLAND/PUTNAM SECTION

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

### FRIDAY

**WF 501 MAH JONGG** Beginners receive instruction based on rules sanctioned by the National Mah Jongg League. Bring your own Mah Jongg card and set (if you have one). All levels. Grinton I. Will Library, 1500 Central Park Ave., Projection Rm. (mezzanine level), Yonkers. 10-12. M. Schuster.

**WF 502 CANASTA** Beginners receive instruction on the fundamentals of the Modern American version of this popular game. All levels. Grinton I. Will Library, 1500 Central Park Ave., Projection Rm. (mezzanine level), Yonkers. 12:30-2:30. M. Schuster.

### SEMINARS

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

**WF 805 CALMING CRAFTS** What activities do you do to keep stress free and relaxed? Learn a lot of different ideas that you can use to help clear your head and relax. Two crafts per class. Supply list will be sent prior to first class. Larchmont Public Library, 121 Larchmont Ave., Larchmont. Two Tuesday sessions: **Sept. 10 & Oct. 8.** 10:30-12:30. \$4. J. Angelillo.

**WF 806 ZUMBA GOLD** Learn this dance program inspired by Latin rhythms that have been modified for retirees to suit their needs for a fit and healthy lifestyle. Wear comfortable clothes and shoes. Northeast Jewish Center, 11 Salisbury Rd. (off Tuckahoe Rd. across from Bally's parking lot), Yonkers. **Wednesday, Sept. 11.** 10:30-12:30. A. Hunter.

**WF 807 LET'S PLAY PINOCHLE** Have fun learning to play modern day pinochle. Guaranteed to become a game you will love to play. Greenburgh Public Library, 300 Tarrytown Rd., Elmsford. **Sept. 12 (Thursday) & Sept. 17 (Tuesday).** 10:30-12:30. \$4. R. Stein.

**WF 808 RETIREE BOOK CLUB** Join us if you love to read and discuss books! Read *The Immortalists* by Chloe Benjamin for the first class. Other books chosen by group. Grinton I. Will Library, 1500 Central Park Ave., Projection Rm. (mezzanine level), Yonkers. Three Monday sessions: **Sept. 16; Oct. 7; Nov. 18.** 10:30-12:30. \$6. B. Corcoran.

**WF 809 INTRO TO SELF HYPNOSIS** Learn the basic premises of hypnosis and how it can give you access to use the power of your subconscious mind to relax and encourage healthy behaviors like better sleep, proper food intake and greater focus. Bronxville Women's Club, Tea Room, 135 Midland Ave., Bronxville. **Wednesday, Sept. 18.** 10:30-12:30. R. Demers.

**WF 810 QUIRKY COMEDIES** Watch and share laughs over comedies featuring seniors. Grinton I. Will Library, 1500 Central Park Ave., Auditorium, Yonkers. **Sept. 19 (Thursday) & Oct. 23 (Wednesday).** 10-1. J. Angelillo.

**WF 811 NYACK NEWS! ROCKLAND READERS!** Join us if you love to read and

discuss books! Read *The Autumn of Her Years* by Kathleen Kubik before first class. Other books chosen by group. Nyack Library, Maker Space Rm., 59 S. Broadway, Nyack. Three Monday sessions: **Sept. 23; Oct. 21; Nov. 4.** 11-1. \$6. S. Cerrati-Bates.

**WF 812 DOO WOP** Listen to the music and hear the stories of the groups that came from Pittsburgh. Grinton I. Will Library, 1500 Central Park Ave., Projection Rm. (Mezzanine level), Yonkers. **Tuesday, Sept. 24.** 10:30-12:30. H. Bloch.

**WF 813 INTRO TO 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. Bring a yoga mat to class. Grinton I. Will Library, 1500 Central Park Ave., Projection Rm. (Mezzanine level), Yonkers. Three Wednesday sessions: **Sept. 25; Oct. 16; Nov. 6.** 10:30-12:30. \$6. L. Madsen.

**WF 814 THE GILDED AGE** Discuss the impact on the economic, social and political history of the 19<sup>th</sup> and early 20<sup>th</sup> centuries America. Grinton I. Will Library, 1500 Central Park Ave., Auditorium, Yonkers. **Thursday, Oct. 24.** 10:30-12:30. L. Hartstein.

**WF 815 INTRO TO MEDITATION** Release stress, improve health and enjoy life. Demystify the process of relaxing the mind and body. Greenburgh Public Library, 300 Tarrytown Rd., Elmsford. **Oct. 22 (Tuesday) & Oct. 30 (Wednesday).** 10:30-12:30. \$4. K. Lu.

**WF 816 MUST READ WITH WESTCHESTER AUTHOR** Meet and discuss *Some Nerve: Lessons Learned* with author Patty Chang Anker. Learn how she pushed herself out of life's comfort zone and so can you. Grinton I. Will Library, 1500 Central Park Ave., Auditorium, Yonkers. **Thursday, Nov. 7.** 10:30-12:30. P. Chang Anker.

## BRONX

### MONDAY

**XF 101 BRAIN GAMES** Research shows learning new skills help create neural networks that can stave off the onset of Alzheimer's. Expand your mind and challenge your brain playing classic word games like Scrabble, Upwords and more. 10-12. D. Dolan.

**XF 102 BASIC STITCHES FOR CROCHETING, KNITTING & NEEDLEWORK** Learn the basic stitches for crocheting, knitting and needlework. Bring in your own projects. 10-12. C. Rodriguez.

**XF 103 MAH JONGG** For those new to the game will receive instruction based on rules sanctioned by the National Mah Jongg League. All levels. Bring your own set. 10-12. M. Schuster.

**XF 104 SPANISH: INTERMEDIATE/ADVANCED** Review and refresh your knowledge of the Spanish language and culture. Learn communication skills and popular Spanish and Latin-American songs. One year of Spanish required. 10-12. R. Hollingsworth.

**XF 105 LET'S MOVE!** Gentler exercises for those who want to improve fitness, mobility, strength, balance and general health and wellness by working out together. 10-12. J. Strauss.

**XF 106 INTERMEDIATE QUILTING** Work on various quilting techniques using either hand sewing, machines or both. Continue working on projects that you started or experiment with new materials. 10-12. C. Hoist.

**XF 107 CREATIVE WRITING** Develop and share your family stories, poetry, memoir

anecdotes and short stories. Weekly prompts along with encouragement from fellow writers and the instructor help guides the way. 12:30-2:30. F. McKinnon.

**XF 108 EXERCISE PLUS** Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance well-being included. Bring light hand weights, bands and a sticky floor mat to first class. 12:30-2:30. D. Dolan.

**XF 109 QUILTING FOR BEGINNERS** Create items using needles, thread and all kinds of fabrics. Make a 9 Patch Pillow. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for a supply list prior to first class. 12:30-2:30. J. Goldberg.

**XF 110 OPERA** Audio and video excerpts of great scenes from operas. See a free final dress rehearsal of a complete opera at the Metropolitan Opera House. Optional backstage tour of the Met (additional fee). Seven sessions. No class: Oct. 21. \$20 includes registration and materials. 12:30-2:30. J. Dzik.

**XF 111 INTERMEDIATE BRIDGE** Learn to use strong and weak opening bids and responses, hand play and defense, overcalls and doubles. \$15 includes registration and materials. 12:30-2:45. P. Mehta.

**XF 112 CANASTA** Beginners receive instruction on the fundamentals of the Modern American version of the game. All levels. 12:30-3. M. Schuster.

### TUESDAY

**XF 201 LINE DANCING: BEGINNERS TO EASY INTERMEDIATE** Learn the basic steps and dances such as The Cowboy Charleston, Bartender Stomp and others. No partner needed. 10-12. J. Rombawa.

**XF 202 SHORT STORIES** Read and discuss a short story each week which explores the world and ourselves. Purchase *50 Great Short Stories* by Milton Crane for the first class. 10-12. D. Hammitt.

**XF 203 WATERCOLOR: INTERMEDIATE/ADVANCED** Expand your knowledge and watercolor techniques: wet-on-wet, wet on dry, dry brush etc. Individual guidance given for necessary techniques to complete paintings. Bring a Strathmore 140 lb. watercolor paper, watercolor paints and brushes. Photos provided or bring photos of subjects of interest. 10-12. S. Baruchowitz.

**XF 204 CREATIVE COLLAGE** Use recycled materials such as magazines and junk mail. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for a supply list prior to first class. 10-12. I. Rosenberg.

**XF 205 KNIT ONE..PURL TWO..FOR BEGINNERS ONLY** Learn to cast on, knit, purl and bind off. Project: Garter stitch scarf. Bring a super chunky yarn (200 yds.) and knitting needles (US19) to first class. Field trips to a knitting store and a convention by Stitches East (optional). 10-12. J. Parker.

**XF 206 MOSAICS: INTERMEDIATE/ADVANCED** Explore advanced techniques in two and three dimensional mosaics. Stained glass and multimedia embellishments are used. Must use your own tools and supplies. Safety goggles mandatory. Not for beginners. 10-12:15. P. O'Connell.

**XF 207 BEGINNERS RHYTHM & BLUES LINE DANCING** Learn to do some of the most popular line dances such as The Booty Call, The Wobble and more. You may register for only one Rhythm & Blues Line Dancing class. 12:30-2:30. K. McCarthy.

**XF 208 LET'S DANCE** Increase your stamina and improve your balance and shed the pounds by dancing to the rhythms of Salsa and The Hustle. 12:30-2:30. N. DeLaLuz.

**XF 209 AMERICAN HISTORY/AMERICAN**



## PRESIDENTS: CLEVELAND THRU TAFT

A continuing look at and analysis of US Presidents during the "reform age" and the beginning of the 20<sup>th</sup> century. No class: Oct. 15 & 22. 12:30-2:30. L. Hartstein.

## XF 210 WATERCOLOR: BEGINNER/

**INTERMEDIATE** Explore and express your inner artist while learning the art of watercolor painting. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. Additional materials discussed at first class. \$12 includes registration and materials. 12:30-2:30. I. Rosenberg.

## XF 211 RUBBERSTAMPING & PAPER

**CRAFTS** Basic rubber stamping techniques are used to create handmade items: greeting cards, stationery. Work on different project each week. \$35 includes registration and materials. 12:30-2:30. C. Nguyen.

## XF 212 MOSAICS: ALL LEVELS

Learn both design and technique using glass as the primary medium. Glass and multi-media accents are used to produce two and three dimensional art projects. Safety goggles mandatory. 12:30-2:45. P. O'Connell.

**XF 213 MOSAICS: BEGINNERS ONLY** Same description as above. Supplies needed for first class: Weldbond glue, wheeled nippers and safety goggles (mandatory). Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. Additional supplies discussed in class before purchasing the items. 12:30-2:45. P. O'Connell.

## WEDNESDAY

### XF 301 ADVANCED BEGINNERS/

**INTERMEDIATE BRIDGE** Course takes a new direction: minimal book presentation with more supervised play including defense, hand evaluation and analysis and more declarer strategy. \$15 includes registration and materials. 10-12. G. Hudson.

### XF 302 THE WONDERFUL WORLD OF

**KNITTING FOR ADVANCED KNITTERS** Must know the basic skills: casting on, knit and purl and binding off. Incorporation of reading patterns, using circular needles, increasing and decreasing and more. Project: Handbag. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. Field trips to a yarn store and Convention by Stitches East (optional). 10-12. J. Parker.

### XF 303 PRACTICAL SPANISH FOR

**EVERYDAY USE** Discover the joy of learning expressions, idioms, writing and conversational skills. All levels. 10-12. M. Salaman.

**XF 304 TAI CHI** Introduction and practice of the basic principles and movements of this ancient Chinese exercise. 10-12. Y. H. Wang.

**XF 305 ZUMBA GOLD** Combination of Latin and International dance rhythms such as Salsa, Merengue, Tango and Cha Cha into an energizing cardio workout. Safe and effective total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 10:30-12. M. Stevenson.

### XF 306 FILM DIRECTORS: ROBERT

**REDFORD** Discuss his life and works, his choice of script, actors, cinematography, lighting and special effects. 12-3. D. Hammitt.

### XF 307 WRITING WORKSHOP

For writers to edit and polish works in progress. Readings are eight minutes maximum per writer. Class critiques are constructive, non-repetitive and non-anecdotal. Poets must duplicate their pieces for the class. 12:30-2:30. C. Mason.

**XF 308 TAKE THE LEAD** Dance to the rhythms of Salsa and Bacha Tango. Enjoy the flow and dance your stress away. 12:30-2:30. N. DeLaLuz.

**XF 309 TAI CHI** Continue the practices

and basic principles of this ancient art of exercise. All levels. 12:30-2:30. Y. H. Wang.

**XF 310 PIANO FOR BEGINNERS** Class enables you to play simple classical, jazz or pop tunes. Bring a small, portable keyboard to class. Available at Sam Ash stores. 12:30-2:30. N. Zamcheck.

**XF 311 BASIC DRAWING** Sketch still-life, portraits and landscapes. Emphasis on tonal contrast and creating textures in realistic drawings. Field trip: weather permitting. Bring a drawing pad, #2 & #4 pencils, erasers and your favorite photos/pictures to first class. 12:30-2:30. A. Strinsky.

**XF 312 ADVANCED BEGINNERS BRIDGE** For those who have taken the beginners course. Continuation of techniques in bidding, declarer play and defense. Supervised play with declarer strategy. \$15 includes registration and materials. 12:30-2:45. G. Hudson.

## THURSDAY

**XF 401 HATHA YOGA** Learn to develop self-awareness, strength, flexibility and a sense of calm. Bring an exercise mat, a large towel and small pillow to class. 10-12. M. Gladwin.

**XF 402 SENIORS NEED TO EXERCISE!** Feel better and stronger with simple seated and standing exercises that improves strength, balance and flexibility. 10-12. M. Aybar.

**XF 403 DUPLICATE BRIDGE** Learn the basics including scoring and how to compete while improving your success in this game. \$15 includes registration and materials. 10-12. A. Knight.

**XF 404 JEWELRY CREATIONS** Create jewelry that not only looks great, but also shows your own unique style. Learn the skills needed to construct and repair jewelry items and provide freedom to create your own jewelry components. Beginners welcome. 10-12. R. Demers.

### XF 405 INTERMEDIATE/ADVANCED

**ACRYLIC PAINTING** Continue to develop your personal style and creativity through the acrylic medium. 10-12. M. Mooney.

### XF 406 PIANO FOR ADVANCED BEGINNERS

For those who learn at a faster pace. Continue to play simple classical, jazz or pop tunes. Prerequisite: **XF 310**. Bring a portable keyboard to first class. 10-12. N. Zamcheck.

### XF 407 RHYTHM & BLUES LINE

**DANCING:ADVANCED** Fast-paced urban line dancing consisting of fancy, intricate footwork with bouncing and turning. Lots of energy required. Prerequisite: **XF 207**. You may register for only one Rhythm & Blues Line Dancing class. 12:30-2:30. K. McCarthy.

**XF 408 ACRYLIC PAINTING: BEGINNERS/ INTERMEDIATE** Explore your creativity learning simple brush techniques and color theory. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. 12:30-2:30. M. Mooney.

**XF 409 DOO WOP: BILLBOARD'S GREATEST GROUPS** Listen to the music and stories of groups who had the most Top 40 Billboard hits. 12:30-3. H. Bloch.

**XF 410 ZUMBA GOLD** Combination of Latin and International dance rhythms such as Salsa, Merengue, Tango and Cha Cha into an energizing cardio workout. Safe and effective total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 1-2:30. M. Stevenson.

## FRIDAY

**XF 501 MIDDLE EASTERN DANCE** Enjoy

Arabic, North African and Turkish movements while listening to beautiful music and dancing with a veil. All levels. 10-12. A. Beeman.

**XF 502 EXERCISE PLUS** Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance your well-being included. Bring light hand weights, bands and a sticky floor mat to first class. 10-12. D. Dolan.

### XF 503 PHOTOGRAPHY INTO

**SCRAPBOOKING** Learn to put together a coordinated scrapbook without a lot of fuss. Use the camera of your choice to take photos and turn them into wonderful memories. Contact: lynn.lospenuso@uftwf.org for a supply list sent prior to first class. Field trips: Bronx Zoo and Sight Seeing Tour around NYC (optional). 10-1. J. Parker.

**XF 504 CHAIR YOGA** A gentle form of Yoga which combines breathing, movement and meditation to develop a stronger, healthier body, mind and spirit. Practice sitting on a chair or standing using the chair for support. All levels. 12:30-2:30. A. Beeman.

**XF 505 THE MIRACLE OF MINDFULNESS & MEDITATION** A series of guided meditation exercises that can be used on the road or at home during stressful times in one's life. 12:30-2:30. F. DeJesus.

**XF 506 AEROBIC GOLD BY JOYCE** For the young at heart, low-impact aerobics including stretching, toning and aerobics to your favorite tunes. 1:15-2:15. J. Parker.

## SEMINARS

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

### XF 805 INTRODUCTION TO SELF-HYPNOSIS

Learn the basic principles of hypnosis and how you can access the power of your subconscious mind to improve critical areas in your life. Explore ways to use hypnosis to affirm behaviors such as healthy and sustained weight loss, stress reduction and "mind over mood" techniques. *Friday, Sept. 27.* 10-12. R. Demers.

**XF 806 MAKE OVER** Enhance your make-up skills. Learn to apply make-up for your skin tone using basic products. Make-up tips for smokey eyes and/or party looks. *Friday, Oct. 4.* 10-12. J. Parker.

**XF 807 PARTY TIME** Learn the latest line dances done at weddings and on cruises such as the Wobble, the Cupid Shuffle, the Biker's Shuffle and Body Language. *Friday, Oct. 11.* 12:30-2:30. K. McCarthy.

**XF 808 OLE, OLE** Learn the lyrics to the Latin songs that are used in class. Sing along and perhaps dance! *Friday, Nov. 1.* 10-12. N. DeLaLuz.

**XF 809 FROM PHONE TO PRINTED PICTURE** Learn to download your phones photos, edit and print them. Bring your laptop to first class. Three Thursday sessions: *Oct. 17, 24, 31.* 12:30-2:30. \$6. E. McGee.

## BROOKLYN

## MONDAY

**KF 101 STAINED GLASS** Work on projects using a glass cutter, soldering iron and glass grinder. Safety goggles mandatory. All levels. \$50 includes registration and materials. You may register for only one Stained Glass class. 9:30-12:30. K. Pierre.

**KF 102 BEGINNER/INTERMEDIATE LINE DANCE** Enjoy dancing and exercise at the same time. Classic, traditional and new

line dances included. All levels. 10-12. C. Montgomery.

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

**KF 104 CHAIR YOGA** A gentle form of yoga that uses a chair for sitting or for support while standing. Deepens flexibility and supports balance at any fitness level. 10-12. A. Beeman.

**KF 105 MAH JONGG** Enjoy playing this popular game with tiles. Instruction given to beginners. All levels. 12:30-3. E. Scheff.

**KF 106 ADVANCED BEADING** Not for beginners. Materials list distributed at first class. \$15 includes registration and materials. 12:30-3. C. Horn.

**KF 107 PLEASURES OF POETRY** Discuss, write and read aloud poems that explore love, aging, friendship and the human condition. \$15 includes registration and materials. 1-3. M. Glenn.

**KF 108 YOGA** Learn a set of mental and physical exercises. Bring a yoga mat and towel to first class. 1-3. C. LaBue.

**KF 109 SKETCHING & PAINTING WITH GEORGE** Explore and use different types of media including acrylics, pastels, oils and more. Bring a sketch pad, pencils, charcoal, erasers (Optional – pastels, watercolor/ acrylic paints) to first class. 1-3. G. Kerasiotis.

## TUESDAY

**KF 201 KNITTING:ALL LEVELS** Beginners learn the basics. Intermediate/Advanced students select a project and receive assistance in new techniques. Beginners: Bring a size 8 needle and worsted weight yarn (light color) to first class. 10-12. L. Broudy.

### KF 202 CONVERSATIONAL

**ITALIAN:ADVANCED BEGINNER** Focus on conversation with some readings and grammar. Required book: *Italian, A Self-Teaching Guide* by Edoardo A. Lebrano (2<sup>nd</sup> edition). 10-12:30. J. Worth.

### KF 203 BEGINNER JEWELRY MAKING

Learn basic techniques of making beaded jewelry: wire wrapping, bead stringing and stitching, crimping and more. You may register for only one Jewelry Making class. \$25 includes registration and materials. 10-12:30. K. Koppinger.

**KF 204 INTERMEDIATE/ADVANCED BRIDGE** Basic training to improve skills. 10-12:30. R. Goldman.

**KF 205 SKETCHING & DRAWING** Elements of design using various graphic materials. Bring 11" x 14" Strathmore drawing pad, HB pencil and kneaded eraser to first class. 10-12:30. E. Comins.

### KF 206 BEGINNERS ONLY LATIN DANCE

Improve coordination and memory and develop stamina while working out to great music. 12:15-2:15. B. Sayegh.

### KF 207 INTERMEDIATE/ADVANCED SEED

**BEADING** Create handmade jewelry using the art of seed beading. Required: MUST know basic seed beading techniques. NOT for beginners. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. \$15 includes registration and other materials. 1-3. K. Koppinger.

**KF 208 P.A.C.E.** Low impact exercise. 1-3. T. Pratt.

**KF 209 JAZZ JOURNEY** Jazz in the movies! From Cabin in the Sky to Whiplash, jazz has been the music of movies from composers Miles Davis, Duke Ellington and others. \$15 includes registration and materials. 1-3. C. Gerard.

**KF 210 WATERCOLOR WORKSHOP** Various techniques of watercolor explored. Contact



lynn.lospenuso@uftwf.org for a supply list prior to first class. 1-3. E. Comins.

## WEDNESDAY

**KF 301 STAINED GLASS** Work on projects using a glass cutter, soldering iron and glass grinder. Safety goggles mandatory. All levels. \$50 includes registration and materials. You may register for only one Stained Glass class. 9:30-12:30. G. Fishman.

**KF 302 MEDITATION** Learn the art of meditation and deep breathing. 10-12. T. Pratt.

**KF 303 SHAKESPEARE** Read and discuss Henry V. 10-12. J. Trachten.

**KF 304 BOLLYWOOD & BELLYDANCING** Enjoy sampling dance movements from the Mid-East and from Bollywood movies. 10-12. A. Beeman.

**KF 305 FREE-FORM BEAD WRAPPING** Basic and free-form wire wrapping around beads to make bracelets, necklaces and pendants. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. 10-12:30. P. Valentin.

**KF 306 ZUMBA GOLD** Focus on toning and improving one's muscle strength, posture, mobility and coordination. 12:15-2:15. B. Sayegh.

**KF 307 CREATIVE WRITING** Learn specific techniques and receive support in preparing and polishing your materials such as memoirs, poems, fiction and essays. 12:30-3. M. Eller.

**KF 308 MYSTERY & FILM NOIR** Screen and discuss: *The Big Sleep*, *Detour* and *Murder, My Sweet* and more. 12:30-3. R. Romer.

**KF 309 BEADING WORKSHOP** Create beautiful jewelry using beads. NOT for beginners. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. 1-3. T. Gesuele.

**KF 310 MAKE'EM LAUGH! COMEDY SKIT WRITING** Learn the fun basics of creating short comedy skits from brainstorming and collaborating with others to a live classroom performance. Bring a notebook and pen to first class. \$15 includes registration and materials. 1-3. S. Friedman.

## THURSDAY

**KF 401 CROCHET YOUR JEWELRY: BEGINNERS/INTERMEDIATES** Learn to crochet beautiful earrings, bracelets and necklaces to accessorize your outfits. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. \$20 includes registration and other materials. 10-12. P. Williams.

**KF 402 PHOTOGRAPHY ON THE APPLE IPAD/IPHONE OR ANDROID DEVICES** Learn to take better photos with your devices and transfer them to a digital app on your phone or computer and create a photo book. Bring your device(s) to first class. \$30 includes registration and some materials. 10-12. J. Griffith.

**KF 403 TAP DANCE** Introduction to tap dancing. Bring tap shoes, if available. 10-12. N. Cangiano.

**KF 404 OPERA & SYMPHONIES** An in-depth analysis of selected operas and symphonic masterpieces. See a dress rehearsal at the Metropolitan Opera House (free) and a dress rehearsal by the NY Philharmonic (additional fee). \$20 includes registration and materials. 10-12:30. J. Dzik.

**KF 405 JEWELRY MAKING & SEED BEADING: BEGINNERS/INTERMEDIATES** Learn various techniques of jewelry making. Supply list provided at first class. You may register for only one Jewelry Making class.

12:30-3. E. Esses.

**KF 406 CROCHET: BEGINNING/ INTERMEDIATE** Learn basic stitches to make beautiful projects. All levels. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. \$20 includes registration and some materials. 12:30-3. P. Williams.

**KF 407 INTRO TO THE APPLE IPAD** Learn to use the pre-installed programs and discover new possibilities from the app store. Bring your Apple iPad with username/password to first class. \$20 includes registration and materials. 1-3. J. Griffith.

**KF 408 LINE DANCING** Enjoy the pleasure and exercise of line dance. All levels. 1-3. N. Cangiano.

**KF 409 INTERMEDIATE SPANISH** Communication and comprehension are the objectives. Practice conversation through contemporary experience and readings. Some background in Spanish is beneficial. 1-3. E. Drayton.

## FRIDAY

**KF 501 BEGINNERS TAI CHI/CHAIR QI GONG/FOOT EXERCISES** introduction to basic principles and movement. 10-12. J. He.

**KF 502 QUILTING: INTERMEDIATE/ ADVANCED** Create beautiful works of art: hand sewn quilts, decorative accessories and pillows. Supply list sent prior to first class. \$20 includes registration and some materials. 10-12:30. D. Pryor-Holland.

**KF 503 CHORUS** Perform in a group and learn to sing multi-part compositions with other singers. \$15 includes registration and materials. 10-12. J. DeRanieri.

**KF 504 ACRYLIC PAINTING & PASTELS** Introduction to basics of painting that emphasizes drawing, composition, value and color theory. Explore techniques of creating with pastels and acrylics. Bring drawing pad, charcoal pencil, kneaded eraser and paint supplies to first class. 10-12:30. J. Lippmann.

**KF 505 STRETCH & RELAX** Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Bring a large towel or mat to first class. 1-3. T. Pratt.

**KF 506 DOLLMAKING** Explore cloth dollmaking from start to finish. All levels welcome as long as you have basic sewing skills. 1-3. N. Rabatin.

**KF 507 ADVANCED TAI CHI & QI GONG EXERCISES** Advanced knowledge of basic moves is required. Improve and perfect your movements. 1-3. J. He.

**KF 508 POLYMER CLAY: BEGINNERS/ INTERMEDIATE** Learn how to condition clay and techniques to create pendants, earrings and brooches. \$30 includes registration and materials. 1-3. V. Hall.

## SEMINARS

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

**KF 805 RETIREE BOOK CLUB** Read *Middlemarch* by George Eliot for first class. Other books decided by group. Three Monday sessions: *Sept. 9; Oct. 7; Nov. 4.* 10-12:30. \$6. S. Rauschenbusch.

**KF 806 GENEALOGY** Learn to research your ancestors with resources and tips to discover your family's past. Three Thursday sessions: *Sept. 12; Oct. 10 & 31.* Two field trips: Municipal Archives (*Sept. 26 or Oct. 3*) and Federal Archives (*Oct. 17 or Oct. 24*). 10-12:30. \$15 includes registration and materials fee. M. Marcus.

**KF 807 MAGIC FOR MATURE ADULTS** Learn the secrets of performing simple magic tricks. Entertain family and friends with

your new skills. Three Friday sessions: *Sept. 13, 20 & 27.* 10-12. \$15 includes registration and materials. G. Dreifus.

**KF 808 INTRO TO TYPES OF MEDITATION** Experience an introduction to walking, singing and silent meditations which are effective in reducing stress and anxiety. Bring a mat to class. Two Monday sessions: *Sept. 16 & 23.* 10-12. \$4. C. LaBue.

**KF 809 RELAX, REFRESH, RENEW** Learn quick, easy, natural and portable techniques to help you feel peaceful, enjoy better health, creativity and more. Three Thursday sessions: *Sept. 19 & 26; Oct. 3.* 10-12. \$6. M. Eller.

**KF 810 INTRODUCTION TO SOGETSU IKEBANA (JAPANESE FLOWER ARRANGING)** Discussion on the different parts and placement of the parts of an Ikebana floral arrangement. Learn the history. Create a simple arrangement that's easy to disassemble. Bring garden shears to class. *Friday, Oct. 4.* 11-2:30. \$37 includes registration and materials. E. M. Smith-Beauchamp.

**KF 811 CROCHET: PATTERNS & CHARTS** Learn how to read crochet patterns and charts. Receive assistance with ongoing projects. Three Friday sessions: *Oct. 11, 18 & 25.* 10-12:30. \$10 includes registration and materials. P. Williams.

**KF 812 SCARF TYING** Learn to tie and coordinate scarves with different styles of clothing. Bring one large square scarf and one large rectangle scarf and a countertop stand-up mirror to class. *Friday, Oct. 11.* 1-3. R. Wilson.

**KF 813 VOLUNTEER! MAKE A DIFFERENCE IN THE WORLD** Discover volunteer opportunities, tutor, campaigning for causes and candidates, assist at animal shelters and more. *Monday, Oct. 21.* 10-12. S. Friedman.

**KF 814 WRITE YOUR OWN MEMOIR** Have fun learning how to write your own memoir. Three Friday sessions: *Oct. 25; Nov. 1 & 8.* 1-3. \$6. M. Eller.

**KF 815 TAKE YOUR BEST VACATION EVER** Strategies to utilize before, during and after your trips including travel planning, journal writing, online apps, souvenirs, photos and more. *Monday, Oct. 28.* 10-12. \$4 includes registration and materials. S. Friedman.

**KF 816 SHARPEN YOUR THINKING SKILLS** Learn memory games, mnemonic tricks and other mental activities to stimulate the brain. *Thursday, Nov. 7.* 10-12. S. Louer.

## MANHATTAN

### MONDAY

**MF 101 CLASSIC WORLD FILMS** Discuss and analyze these films: *Day for Night*, *Amadeus*, *A Face in the Crowd* and more. 9:30-12. R. Romer.

**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. \$20 includes registration and materials. 9:30-12. W. Wyss.

**MF 103 DUPLICATE BRIDGE** Must be an experienced player. \$13 includes registration and materials. 9:45-12:15. E. Lee.

**MF 104 EUROPEAN & AMERICAN MODERN ART HISTORY** A survey of modern art featuring Picasso, Kadinsky and others. You may register for **MF 104** or **MF 110**, but not both. 10-12. D. Becker.

**MF 105 CALLIGRAPHY** Copperplate calligraphy with a pointed pen: review basics, plus variations, flourishes, greeting cards and envelope design. Beginners

welcome. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. 10-12. C. Nguyen.

**MF 106 DANCERISE** Dance and exercise for fitness and fun. Learn Country Western, Folk, Line and Broadway Styles. 10-12. G. Adler.

**MF 107 LET'S SPEAK ITALIAN!** Learn "La Bella Lingua" through reading, writing, listening, speaking and student interaction as well as grammar, vocabulary, common phrases and everyday expressions. Required book: *Italian Made Simple* by Cristina Mazzone. 12:30-2:30. J. Zarba.

**MF 108 GENTLE YOGALATES** A slow yoga practice using chairs, standing poses and guided meditation along with a simple Pilates mat class for body conditioning and strengthening. 12:30-2:30. G. Adler.

**MF 109 VOCAL TECHNIQUE WORKSHOP** Take lessons, find your voice and use it as a means of communication and interpretation. Six sessions. No class: Sept. 16. 12:30-2:30. B. Haspel.

**MF 110 EUROPEAN & AMERICAN MODERN ART HISTORY** A survey of modern art featuring Picasso, Kadinsky and others. You may register for **MF 104** or **MF 110**, but not both. 12:30-2:30. D. Becker.

**MF 111 RUBBER STAMPING & PAPER CRAFTS** Basic techniques to create handmade items: greeting cards, stationery, scrapbook paper, one-of-a-kind gifts. Different project each week. \$35 includes registration and materials. 12:30-2:30. C. Nguyen.

**MF 112 YIDDISH LANGUAGE & CULTURE** Conversation, reading, stories, poems and songs. Some knowledge of Yiddish required. \$16 includes registration and materials. 12:30-2:30. M. Leberstein.

**MF 113 BRIDGE: INTERMEDIATE** Instruction and free play. Bring your own cards. 12:45-2:45. E. Lee.

## TUESDAY

**MF 201 INTERMEDIATE SPANISH** Learn to understand and speak fluent Spanish. Emphasis on grammar and vocabulary. Knowledge of reading, writing and speaking some Spanish is required. NOT for beginners. Required book: *Advanced Spanish Step-by-Step* by Barbara Bregstein. 10-12. P. Orleman.

**MF 202 SING! SING! SING!** Have fun singing along in a group to a wide variety of music. Learn harmony and perform some medleys. \$15 includes registration and materials. 10-12. J. DeRanieri.

**MF 203 WIRE BEAD WRAPPING** Basic and free-form wire wrapping around beads to make bracelets, necklaces and pendants. Contact lynn.lospenuso@uftwf.org for a supply list prior to first class. 10-12. P. Valentin.

**MF 204 DRAWING: BEGINNER/ INTERMEDIATE** Learn to develop the illusion of a three-dimensional form on a two-dimensional surface. Bring HB/6B pencils, kneaded eraser and a Strathmore 11"x14" medium surface (400 series only) drawing pad to first class. 10-12. R. Baumann.

**MF 205 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 206 SHORT STORIES** Discussion of short stories and their style and significance. Required book: *Best American Short Stories 2017* (Meg Wolitzer, editor). Read *Maidencane* and *Are We Not Men* before first class. You may register for **MF 206** or **MF 210**, but not both. 10-12. A. Zuckerberg.

**MF 207 GOLDEN VOICES** The beauty



and thrill of great operatic voices: Brigit Nilsson, Jose Carreras and Anita Rachvelishvili. Six sessions. No class: Sept. 17; Oct 22 & 29. 12:15-2:15. B. Haspel.

**MF 208 CONVERSATIONAL SPANISH FOR BEGINNERS** An introduction to the Spanish language and culture with emphasis on grammar and conversational skills. Required book: *Easy Spanish Step-by-Step* by Barbara Bregstein. 12:30-2:30. P. Orleman.

**MF 209 ITALIAN: INTERMEDIATE/ADVANCED** Learn to understand and speak fluent Italian. Some knowledge of Italian required. Grammar, reading and conversation are covered. Required book: *Italian, A Self-Teaching Guide* by Edorado A. Lebano (2<sup>nd</sup> edition). 12:30-2:30. A. DeGennaro.

**MF 210 SHORT STORIES** Discussion of short stories and their style and significance. Required book: *Best American Short Stories 2017* (Meg Wolitzer, editor). Read *Maidencane* and *Are We Not Men* before first class. You may register for **MF 206** or **MF 210**, but not both. 12:30-2:30. A. Zuckerberg.

**MF 211 MAH JONGG: ADVANCED INTERMEDIATE & ADVANCED** For the experienced player. Bring a current National Mah Jongg League card to class. 12:30-2:30. H. Rothman.

**MF 212 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 STAINED GLASS** Learn glass cutting and construction. Safety goggles mandatory. Some stained glass provided. Bring a Toyo pistol grip glass cutter, breaker plier or combination plier to first class. All levels. \$50 includes registration and some materials. 9:30-12:30. K. Pierre.

**MF 302 BRIDGE: BEGINNERS/INTERMEDIATE** Learn basic bidding with supervised elementary play. \$12 includes registration and materials. 9:45-11:45. J. Kotkin.

**MF 303 COMEDY APPRECIATION** Explore the psychological and philosophical issues in developing a comic perspective focusing on stand-up comedy. Guest comedians and classic videos. 10-12. P. Herzich.

**MF 304 LATIN DANCE MOVES** Low impact cardio workout to the sounds of popular Latin music. Improves balance and coordination. 10-12. C. Mateu.

**MF 305 CREATIVE WRITING** Use exercises and source material to enhance the "creative imperative" within you. All levels. \$13 includes registration and materials. 10-12. M. Glenn.

**MF 306 TAI CHI** Introduction to basic principles and movements of this ancient Chinese exercise to improve balance. 10-12. J. He.

**MF 307 POLITICS/HISTORY IN FILM** View and analyze these films: *The Lion in Winter*, *Nixon*, *A Face in the Crowd* and more. 12:15-2:45. C. Friedman.

**MF 308 RECORDER/INSTRUMENT ENSEMBLE: INTERMEDIATE & ADVANCED** Improve your technique and ensemble playing. Instruments include Recorder, Flute, Violin and Cello. \$13 includes registration and materials. 12:15-2:45. R. Zeitlin.

**MF 309 CANASTA** Learn strategies to improve your play. Different plans for beginning, middle and end play; when to signal your partner and when to play those special hands. All levels. \$12 includes registration and materials. 12:15-2:45. J. Kotkin.

**MF 310 MAH JONGG: BEGINNER/INTERMEDIATE** Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to first class. 12:30-2:30. J. Somerville.

**MF 311 QI QONG (TAI CHI) DEEP BREATHING EXERCISES** First hour standing up; second hour sitting on chairs. 12:45-2:45. J. He.

**MF 312 NUTRITION COGNITION** Beat the high cost of health care by staying well. Apply the science of nutrition to maintain good health and prevent disease and dysfunction. \$20 includes registration and materials. 12:45-2:45. S. Elbaz.

## THURSDAY

**MF 401 BIRDWATCHING IN CENTRAL PARK – GROUP A** Bring binoculars to the orientation session on Thursday, Sept. 12 at 50 Broadway, 2<sup>nd</sup> fl. from 9 a.m.-11 a.m. You will receive the exact locations for the eight (one to two miles) walks by email. Walks begin on Sept. 19 from 9 a.m.-11 a.m. You may register for **MF 401** or **MF 402**, but not both. M. Rakowski.

**MF 402 BIRDWATCHING IN CENTRAL PARK – GROUP B** Bring binoculars to the orientation session on Thursday, Sept. 12 at 50 Broadway, 2<sup>nd</sup> fl. from 12 p.m.-2 p.m. You will receive the exact locations for the eight (one to two mile) walks by email. Walks begin on Sept. 19 from 12 p.m.-2:30 p.m. You may register for **MF 401** or **MF 402**, but not both. M. Rakowski.

**MF 403 CREATE JEWELRY WITH POLYMER CLAY** Polymer clay can mimic gem stones and metals which is used to create beads to make necklaces, earrings and other jewelry. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for a supply list prior to first class. \$15 includes registration and some materials. 9:30-12. H. Weinberg.

**MF 404 THE JOY OF OPERA** Explore, discuss and view operas based on historic people. Operas include: Verdi's *Giovanna D'Arco*; Cilea's *Adriana Lecouvreur*; Mozart's *La Clemenza di Tito* and more. \$15 includes registration and materials. 9:30-12. E. Godfrey.

**MF 405 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 406 SILK PAINTING** Create beautiful paintings on silk using silk paint, resist, wax (batik) and free hand drawing. Bring white synthetic flat and round brushes and a 1" sponge brush to first class. \$20 includes registration and materials. 10-12. P. Jacobs.

**MF 407 FALL STOP MOVE STRONG A** nationally recognized exercise program that helps older adults stay active and safe in their homes and communities. Exercises are done either standing or seated in chairs. Wear sturdy footwear. Bring a set of 2 or 3 lb. hand-weights to first class. \$15 includes registration and materials. No class: Sept. 26. 10-12. G. Lichter.

**MF 408 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 409 ITALIAN CINEMA** View and discuss Italian films with English subtitles. Films include: *The Best of Youth*, *Escape by Night*, *Caravaggio* and more. Discuss readings in English. 12:15-2:45. J. Worth.

**MF 410 BEADING: BEGINNERS** Learn basic bead weaving skills to make jewelry. Must be able to thread a fine needle. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for a supply list prior to first class. Project list distributed in class. 12:15-2:45. H. Weinberg.

**MF 411 QUILTING** Create beautiful quilts, pillows and decorative accessories. \$15 includes registration and materials. 12:15-2:45. D. Pryor-Holland.

**MF 412 DRAWING IN WET & DRY MEDIA** Expressive experience in both medias. Bring a #2 pencil, eraser, paper and/or materials of your choice to first class. 12:15-2:45. J. Comins.

**MF 413 ACTING** Use theater exercises, monologues and scene work to further your skills in a low risk environment. \$13 includes registration and materials. 12:30-2:30. E. Rosen.

## FRIDAY

**MF 501 INTERNATIONAL CINEMA** View and discuss thought-provoking films from various countries around the world including Poland, Germany, Spain and others. Discuss readings on the films in class. 9:45-12:15. J. Worth.

**MF 502 BEAD WEAVING: BEGINNER TO INTERMEDIATE** Learn basic to intermediate skills of bead weaving to create jewelry. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for a supply list prior to first class. List supplied for special projects. 9:45-12:15. E. Esses.

**MF 503 ASIAN BRUSH PAINTING** Learn Chinese and Japanese painting with oriental brushes on rice paper. All levels. Bring rice paper, Sumi ink and brushes to first class. 10-12. P. Siudzinski.

**MF 504 LEARN TO PLAY THE PIANO** Bring your own electronic keyboard to class. Work on the ABC's of piano playing. Beginners and intermediates welcome. Required book: John Thompson's *Adult Piano Course, Book One*. 10-12. A. Zamcheck.

**MF 505 PLAYWRITING** Learn to create dramatic characters and develop a strong plot while writing short scenes and plays. Constructive feedback is offered. Seasoned or first-time playwrights. Bring a notebook to class. \$13 includes registration and materials. 10-12. M. Polsky.

**MF 506 RETIREES READ BOOK CLUB** Read and discuss one book approximately every three weeks. Read *Gingerbread* by Helen Oyeyemi for first class. Other selections chosen by group. Four sessions: *Sept. 13; Oct. 4, 25; Nov. 8*. 12:30-2:30. M. Garvey.

**MF 507 KNITTING** Beginners learn the basics. Intermediate/Advanced will select a project and receive assistance in new techniques. Beginners: Bring a size 8 needle and a light color worsted weight yarn (scarf pattern supplied) for first class. 12:30-2:30. L. Broudy.

**MF 508 WATERCOLOR PAINTING** Develop your artistic ability painting landscapes, flowers and animals. All levels. Bring watercolor set, brush and pad to first class. 12:30-2:30. P. Siudzinski.

**MF 509 IMPROVISATIONAL THEATER** Create characters, scenes and even full plays using your imagination and working together. \$13 includes registration and materials. 12:30-2:30. M. Polsky.

**MF 510 YOGA & MEDITATION** Release stress and tension with yoga postures and a short guided meditation practice. 12:30-2:30. D. Scott.

## SEMINARS

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

**MF 805 NYC'S ONE-HIT WONDERS** Listen to the music and stories of the great NYC groups who had only one national hit. *Tuesday, Sept. 17*. 12:30-2:30. H. Bloch.

**MF 806 FOR SOME-BROOKLYN DODGERS**

**ARE FOREVER** Discuss the significance of the Brooklyn Dodgers to the borough of Brooklyn during post-WWII years. Discussions led by a Brooklyn Dodgers fan, who has every autograph on the roster from 1946-1957. *Wednesday, Sept. 18*. 10-12. J. Goldman.

**MF 807 ENLIVEN YOUR RETIREMENT LIFE STYLE** Enliven your retirement with social and personal growth activities which provide meaning and structure to your everyday existence. Examine and share your reactions to actual experiences of retirees from the writings of Erik Erikson and others. Complete a "Lifetime of Activities Summary Chart" to initiate a plan of life-enriching activities. \$4 includes registration and materials. *Thursday, Sept. 19*. 10-12. L. Gendelman.

**MF 808 TRAVEL THROUGH HISTORY** Travel the world and experience past cultures and civilizations while creating a new perspective on our own heritage. Three Thursday sessions: *Sept. 26; Oct. 3, 10*. 10-12. \$6. J. Rossi.

**MF 809 DOO WOP REWIND** Relive the sounds and days of Doo Wop. See performances by the Shirelles, Platters and others. Learn the stories behind their names and their history. Three Wednesday sessions: *Oct. 2, 16, 23*. 10-12. \$6. D. Isoldi.

**MF 810 CONQUER THE CLUTTER** the need to get organized is all around us - your home, the garage, the mail, bills and finances. "Ask the Organizer." UFT Headquarters, 52 Broadway, 19<sup>th</sup> floor, Room G. *Monday, Oct. 21*. 12:30-2:30. L. Gessert.

**MF 811 SING ALONG: RODGERS & HAMMERSTEIN** Have fun singing along to the hits and learning about the history of their collaboration. Packet of lyrics included. \$4 includes registration and materials. *Tuesday, Oct. 22*. 12:30-2:30. E. Ratner.

**MF 812 ITALIAN CULTURE** Explore Italy: its geography, main destinations and locations; the history from pre-Rome to its current unification; art, sculptures, painting and the main Italian Maestros. Three Thursday sessions: *Oct. 24, 31; Nov. 7, 10-12*. \$9 includes registration and materials. D. Gorreri.

**MF 813 DOO WOP: THE I'S HAVE IT** Listen to popular songs that all have the letter "i" in their titles by groups such as the Belmonets, Chantels, Impalas and more. *Tuesday, Oct. 29*. 12:30-2:30. W. Elovitch.

**MF 814 MOTOWN MEMORIES** Relive the 1960's through the music of Detroit. Sing along to the hits and some that didn't make it to the top of the charts. Three Wednesday sessions: *Oct. 30; Nov. 6, 13*. 10-12. \$6. P. Orleman.

## QUEENS

### MONDAY

**QF 101 TAI CHI: ANCIENT CHINESE MARTIAL ART** Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. You may register for only one Tai Chi class. 10:15-12:15. Y. H. Wang.

**QF 102 CRITICS CHOICE** View and discuss these films: *Witness for the Prosecution*, *All is True* and more. 10:15-12:45. M. Eller.

**QF 103 BRIDGE: INTERMEDIATE** Bring your bridge game to higher levels. Supervised play emphasizing defense, hand evaluation and analysis, declarer strategy and some instruction. 10:15-1:15. G. Hudson.

**QF 104 GUITAR: INTERMEDIATE** Note reading, chord progressions and finger picking patterns. Songs from old and



popular genres included. Bring your own guitar, preferably with nylon strings. 10:15-1:15. M. Patelson.

#### **QF 105 CROCHET & KNIT: BEGINNERS**

Learn the basics. First four sessions: crochet instructions. Bring a J crochet hook and worsted weight yarn to first class. Last four sessions (starts Oct. 21): knitting instructions. Bring #8 knitting needles, worsted weight yarn and a “big eye” yarn needle. Patterns provided. \$12 includes registration and materials. 10:15-1:15. J. Kotkin.

#### **QF 106 ART WITH AN IMPRESSIONIST 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 mailed prior to first class. Begins *Sept. 16*. 10:15-2:15. B. DeCeglie.

**QF 107 APPLE IPAD PROJECTS** Review basic Apple iPad apps. Create projects combining photos and videos. Share projects using other devices and social media. Bring your Apple iPad to class. 10:30-1:30. A. Cumba.

**QF 108 YOGA** Learn to relieve stress while becoming stronger and more flexible practicing Ashtanga yoga. Adapted poses are for beginners to experienced yogis, those with injuries and illnesses as well as the physically fit. You may register for only one Yoga class. 12:45-2:45. M. Mancini.

## TUESDAY

**QF 201 SPANISH: ADVANCED BEGINNERS/ INTERMEDIATE** Improve basic Spanish skills using conversational games and exercises. Focus on pronunciation, vocabulary building, grammar and syntax. Required textbook: *Easy Spanish Step-by-Step* by Barbara Bregstein. 10:15-12:15. E. Martin.

**QF 202 ORIGAMI: JAPANESE ART OF PAPER FOLDING** Projects include gift containers, flowers, butterflies, birds, other animals and more. Items may be used as gifts. Materials discussed at first class. 10:15-12:15. R. Malinconico.

**QF 203 TAI CHI: MODERN INTERPRETATION** A modern interpretation where you learn exercises to build strength, flexibility and coordination for improved health. Wear comfortable shoes and clothing. You may register for only one Tai Chi class. 10:15-12:15. K. Sullivan.

**QF 204 DRAWING & SKETCHING: BEGINNERS** Use elements of drawing composition, perspective and values. Supply list mailed prior to first class. Begins *Sept. 17*. 10:15-12:15. B. DeCeglie.

**QF 205 MAH JONGG** Beginners will learn this ancient game involving skill and luck. More experienced players will gain expertise in fine points. Bring your own Mah Jongg card and set (if you have one). 10:15-1:15. R. Feldman.

**QF 206 QUILTING** Beginners learn the art of quilting by creating place mats/table runners by hand and/or machine. Advanced beginners/intermediates create quilts using jelly rolls or work on their own projects. Supply list mailed prior to first class. \$20 includes registration and materials. 10:15-2:15. R. Cooper.

**QF 207 STAINED GLASS** Beginners learn the fundamentals of stained glass design, glass cutting and copper foil assembly to develop and complete their projects. Experienced students receive guidance on more advanced creations. Safety goggles mandatory. Supply list mailed prior to first class. You may register for only one Stained Glass course. \$65 includes registration and materials. 10:30-2:30. L. Carbone.

**QF 208 CLASSIC FILMS: AMERICA'S PASTIMES** View and discuss films that

highlight America's obsession with sports: A League of Their Own, Chariots of Fire and more. Film list distributed at first class. Begins *Sept. 24*. 11-2. P. Levenson.

**QF 209 SPANISH: ADVANCED** In-depth exploration of the Spanish language. Practice reading, writing, speaking and listening skills. Required textbook: *Advanced Spanish Step by Step* by Barbara Bregstein and Better Reading Spanish, 2<sup>nd</sup> edition by Jean Yates. 12:45-2:45. E. Martin.

**QF 210 DRAWING & SKETCHING: INTERMEDIATE** Use charcoal and pencil. Explore black and white media. Bring a sketch pad and #2B pencil to first class. Supply list mailed prior to first class. Begins *Sept. 17*. 12:45-2:45. B. DeCeglie.

**QF 211 LINE DANCING: BEGINNERS** Great way to exercise by learning dances with a variety of musical styles. No partner or experience necessary. 12:45-2:45. R. Malinconico.

## WEDNESDAY

**QF 301 GOLDEN SNEAKERS** Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable clothes and sneakers. 10-12. J. Maleeq.

**QF 302 CREATIVE WRITING** Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn key strategies, techniques and valuable feedback to help get your work published. \$23 includes registration and materials. 10:15-12:15. J. Cunningham.

**QF 303 BRIDGE: ADVANCED BEGINNERS** Learn various strategies to enter the auction after opponents have opened the bidding. Develop further techniques for declarer play and defense. Must have knowledge and an understanding of beginners bridge. Required textbook: *Bridge Basics 2* by Audrey Grant. (ISBN: 90-939460-91-2). \$12 includes registration and materials. 10:15-1:15. D. Woo.

**QF 304 FUN & EASY QUILLING** Want to improve mental focus, manual dexterity and fine motor skills? Learn the art of quilling – rolling, curling, crimping, looping, combing, fringing and turning colorful strips of paper into decorative items with unique patterns and designs which can be displayed in a shadow box. Supply list mailed prior to first class. 10:15-1:15. L. Canlas.

**QF 305 PASTEL PAINTING** Drawing skills, understanding design concepts and color theory are stressed as you paint with pastels. Paintings are developed from photos students choose. Supply list mailed prior to first class. 10:15-2:15. C. Oberghell.

**QF 306 STAINED GLASS** Beginners learn the fundamentals of stained glass design, glass cutting and copper foil assembly to develop and complete their own projects. Experienced students receive guidance on more advanced creations. Safety goggles mandatory. Supply list mailed prior to first class. \$65 includes registration and materials. You may register for only one Stained Glass course. 10:30-2:30. L. Carbone.

**QF 307 PIANO KEYBOARD: BEGINNERS/ INTERMEDIATE** Note reading, chord playing and a variety of music is covered. Bring your own keyboard (61 keys) and headphones. 10:30-1:30. M. Patelson.

**QF 308 DOO WOP: BILLBOARD'S BEST** Listen to the music and view videos of great groups who had more than six Top 40 hits. 12:30-3. H. Bloch.

**QF 309 ZUMBA GOLD** Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners in their exercise routine. Wear

comfortable clothes and shoes. You may register for only one Zumba Gold course. 12:30-2:30. J. Maleeq.

## THURSDAY

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

**QF 402 CANASTA** Introduction to the basics. Enjoy playing and developing your skills. Nine sessions. No class: Oct. 17. 10:15-12:15. A. Dryshpel.

**QF 403 CANASTA** Learn to play or enjoy playing and developing your skills. 10:15-12:15. L. Cohen.

**QF 404 CREATIVE POETRY & PROSE** Open the door to a creative inner self. Have fun expressing yourself through poetry and short prose. No experience necessary. 10:15-12:15. J. Cunningham.

**QF 405 FIT FOR LIFE** Learn fitness activities and life skills designed to “bullet proof” your body so you can live an independent, pain-free life. Dynamic movements for all levels is used to improve each individual's posture, balance, strength, breathing and coordination. Wear comfortable clothing. 10:15-12:15. J. Miglino.

**QF 406 ACRYLIC PAINTING** Application and technique with emphasis on individual expression, the study of color, composition and design. Be ready to paint at first class. Bring either vinyl, latex or non-latex rubber gloves. 10:15-2:15. C. Murrell.

**QF 407 PAINTING IN WATERCOLORS** Work from a different still-life each week. Explore a range of watercolor techniques such as wet-on-wet, resist and glazing. Bring photos or prints for source material. All levels. 10:15-2:15. C. Rickey.

**QF 408 MAH JONGG** Beginners enjoy learning this ancient game involving skill and luck. More experienced players gain expertise in fine points. Bring your Mah Jongg card and set (if you have one). 12:45-2:45. L. Cohen.

**QF 409 ZUMBA GOLD** Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. You may register for only one Zumba Gold course. 12:45-2:45. J. Ramirez.

## FRIDAY

**QF 501 PLEASURES OF READING** Read and discuss contemporary short stories from *The O. Henry Prize Stories 100<sup>th</sup> anniversary* Edition 2019 (Laura Furman, editor) ISBN: 97805255655536. Read the first two stories before first class. 10:15-12:15. M. Levinson.

**QF 502 YOGA** Learn how to release stress while becoming stronger and more flexible. The adapted poses allow everyone from beginners to experienced yogis, those with injuries and illnesses, and the physically fit to enjoy the class. You may register for only one Yoga class. 10:15-12:15. M. Mancini.

**QF 503 BRIDGE: 2 OVER 1 GAME FORCE** If you mastered the Standard American Bridge system, then the next step is to improve your game by moving on to Two-Over-One. Learn the techniques that the experts use to reach close games or slams, how to get the right contract during competitive auction, defensive and declarer strategy that will awe opponents and mastering the many bridge tools that give you the upper-hand at the bridge table. 10:15-12:15. G. Hudson.

**QF 504 OPERA & SYMPHONIES** An in-depth analysis of selected operas and symphonic masterpieces. See a dress rehearsal at the

Metropolitan Opera House (free) and a dress rehearsal by the NY Philharmonic (additional fee). \$20 includes registration and materials. 10:15-12:45. J. Dzik.

**QF 505 PAINTING WITH CONFIDENCE FOR BEGINNERS** Create your masterpiece following step-by-step instructions. Explore color theory and brush techniques using inexpensive acrylic paint. Supply list sent prior to first class. 10:15-2:15. R. Cooper.

**QF 506 FILMS WITH JEWISH THEMES** View and discuss films that portray Jewish connections in America, anti-Semitism, the Holocaust and other Jewish themes. Films include: *1945, Itzhak, Aida's Secrets* and more. 12:30-2:45. M. Levinson.

**QF 507 BRIDGE WORKSHOP: ADVANCED** Supervised practice with limited instruction for experienced players. Discussion of modern methods of bidding and play. 12:45-2:45. G. Hudson.

**QF 508 STAY ACTIVE WITH SAIL** Stay Active and Independent for Life (SAIL) is a fitness program for seniors that helps improve strength and balance. SAIL exercises can be done standing or sitting. 1-3. M. Gonzalez.

## SEMINARS

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

**QF 805 ONE STROKE PAINTING** Learn the basic strokes of a special art technique using glass, tile, wood and other materials to make a personalized work of art. Decorate your own glasses, cutting board and more. Supply list sent prior to first class Two Wednesday sessions: *Sept. 11 & 18*. 10:15-12:15. \$4. S. Swinburne.

**QF 806 THE BAKING COACH: RAVIOLI** Learn how to make fresh pasta and 12-18 raviolis ready to take home to a pot of boiling water. Bring your apron and rolling pin (if you have one). Ingredients provided. *Friday, Sept. 20*. 10:30-12:30. \$28 includes registration and materials. L. Basini.

**QF 807 OSTEOPOROSIS** Review the common signs, symptoms, risk factors and preventative measures. *Wednesday, Sept. 25*. 10:30-12:30. No Fee. UFT Nurses.

**QF 808 WHY IS THE DOCTOR SENDING ME FOR ALL THESE TESTS** Learn about the many tests the doctor sends you for, why they are recommended, what's involved in preparing for them, what happens during them and what to expect. *Wednesday, Oct. 2*. 10:30-12:30. No Fee. UFT Nurses.

**QF 809 THE BAKING COACH: HALLOWEEN CUPCAKE DECORATING** Learn to make eight spooky cupcakes using fondant and buttercream icing. Take home your creations in a pastry box. Ingredients provided. *Friday, Oct. 18*. 10:30-12:30. \$28 includes registration and materials. L. Basini.

**QF 810 TRASH TO TREASURE** Personalize and decorate “useless” objects to add charm to your home. Bring a cardboard box (any size) to class and turn it into an attractive piece of storage. Two Wednesday sessions: *Oct. 23 & 30*. 10:15-12:15. \$4. J. Kalish.

**QF 811 THE BAKING COACH: APPLE PIE** Learn to make this classic dessert and leave with a 9 inch pie ready to bake in the oven. Bring your apron and rolling pin (if you have one). Ingredients provided. *Friday, Nov. 1*. 10:30-12:30. \$28 includes registration and materials. L. Basini.

**QF 812 PLANT WORKSHOP** Learn tips on how to care for fresh flowers and houseplants. Create your own floral arrangement and take a lovely house plant to tend to at home. *Wednesday, Nov. 6*. 11:45-2:45. \$24 includes registration and materials. D. Temkin.



# STATEN ISLAND

## MONDAY

**RF 101 MOSAICS** Learn basic designs and techniques for this art form. All levels. Contact [azimring@uft.org](mailto:azimring@uft.org) for a supply list prior to first class. \$25 includes shared supplies. Meets in annex. 9:30-12. P. Wasserstein.

**RF 102 CHAIR YOGA** Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. No mats. Proper yoga attire. You may register for only one Chair Yoga class. Meets in annex. 10-12. I. Dubeau.

**RF 103 ITALIAN: INTERMEDIATE** For those who speak and read Italian and want to improve their comprehension, pronunciation and conversation skills. Emphasis on reading and grammatical principles. Meets in annex. \$12 includes registration and materials. 10-12. R. Caputo.

**RF 104 CANASTA: BEGINNERS** For those who have never played the game. Do not register if you had more than three semesters as a beginner. 10-12. S. Stanley.

**RF 105 CANASTA: PLAYLAB I** For the experienced player. Provide your own cards and tray. 10-12. U. Mackler.

**RF 106 CANASTA PLAY LAB II** For those who play, but would like to become more experienced. Provide your own cards and tray. 10-12. S. Siegel.

**RF 107 JEWELRY & BEADING DESIGN: BEGINNERS/INTERMEDIATE** For those who have little or no experience using the tools necessary to create jewelry with beads. Individual attention given to new participants. Purchase materials with instructor's guidance. You may register for only one Jewelry class. 10-12. G. Catanzaro.

**RF 108 INTRODUCTION TO GERMAN** Learn the culture of Germany, Austria, Switzerland and the language common to all. Extra attention available for those with little or no previous knowledge of German. All levels. Meets in annex. 12:15-2:15. J. Rueckert.

**RF 109 JEWELRY DESIGN & BEADING: ADVANCED** Those with prior beading experience will learn how to use beads creatively through their own designs with instructor guidance. Contact [azimring@uft.org](mailto:azimring@uft.org) for a supply list prior to first class. You may register for only one Jewelry class. \$12 includes registration and pattern fee. 12:15-2:15. N. Keay.

**RF 110 MAH JONGG: BEGINNERS** For those who want to learn the game. Bring a Mah Jongg card to first class. Do not register if you had more than three semesters as a beginner. 12:15-2:15. R. Entis.

**RF 111 MAH JONGG PLAY LAB I** For those who play the game. Bring your own set and card. 12:15-2:15. S. Doctor.

**RF 112 MAH JONGG PLAY LAB II** For those who play the game. Bring your own set and card. 12:15-2:15. S. Siegel.

**RF 113 YOGA** Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Wear proper yoga attire. Bring a yoga block and mat to first class. 12:15-2:15. I. Dubeau.

## TUESDAY

**RF 201 STAINED GLASS** For those who have some experience using basic stained glass tools and equipment to work on projects independently. Safety goggles mandatory. \$15 includes registration and use of large equipment. 9-12. C. Pato.

**RF 202 THE LANGUAGE OF FILM** View and

discuss classic and contemporary films: *Baby Face*, *Cold War*, *Gloria Bell* and more. Meets in annex. 9:45-12. F. Grieco.

**RF 203 GREAT BOOKS: CLASSICS & POPULAR LITERATURE** Class will choose the books from a list of various genres provided by the instructor. 10-12. L. Baum.

**RF 204 AEROBICS** Variety of low impact aerobic and dance movements to build cardiovascular endurance. Breathing, posture and form are emphasized. Sneakers required. Bring an exercise ball (approx. 5") and small weights to first class. You may register for only one Aerobics class. 10-12. K. Paholek.

**RF 205 LINE DANCING** Learn the basics and enjoy this mind and body stimulating activity. 10-12. L. Kalipetes.

**RF 206 BELLY DANCING** Come shimmy, shake, snake and have fun while dancing to exotic Middle Eastern tunes. All are welcome. 12:15-2:15. J. Lamonica.

**RF 207 CHAIR YOGA** Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. No mats. Proper yoga attire. You may register for only one Chair Yoga class. 12:15-2:15. C. DeVito.

**RF 208 CONVERSATIONAL ITALIAN** For those who have taken at least one year of Italian and want to gain confidence or improve their skills and discover Italian culture. Develop basic communication skills through a thematic approach. \$12 includes registration and materials. 12:15-2:15. R. Caputo.

**RF 209 FIT-ERCISE** Variety of low impact aerobic exercises for cardio-endurance, muscle conditioning and strengthening. Flexibility and relaxation through gentle stretching. Work at your own pace. Appropriate footwear required. Bring light weights, a band and a 3"-5" ball to first class. 12:15-2:15. L. Martinez.

## WEDNESDAY

**RF 301 IN SEARCH OF THE ANCIENT HEBREW PATRIARCHS** Placing Old Testament patriarchs in history, archaeology and culture. Look at ancient Canaanite, Syrian, Mesopotamian, Egyptian and Hebrew life and the meaning of patriarch narratives for the writers. \$20 includes registration and materials. 9:45- 11:45. L. Warner.

**RF 302 QUILTING: BLOCKS OF THE WEEK** Each week, different class members will present two quilt blocks for the class to try, culminating in enough blocks for each member to put together their own quilt. Must have knowledge of basic sewing techniques, but new quilters welcome. Purchase own supplies with instructor guidance. Six sessions. No class: Sept. 25: Oct. 2: Nov. 13. 10-12. P. Elrich.

**RF 303 BROADWAY MUSICALS** Experience the enchantment of Broadway while singing the best-loved tunes and viewing historic and contemporary musicals including masterpieces by Stephen Sondheim, Cole Porter and Rodgers & Hart. Eight consecutive sessions. Meets in annex. 10-12. F. McKinnon.

**RF 304 CHORALEERS** Share the joy of group singing and learn the basics of music in the process. Course culminates with a performance at the end term party on Dec. 4. \$15 includes registration and materials. 10-12. D. DeOrio.

**RF 305 WATERCOLORS** For those who have completed a Beginners Watercolors class. Techniques as well as the study of color using landscape as the subject matter focusing on sky studies, tree studies and aerial perspective. Contact [azimring@uft.org](mailto:azimring@uft.org) for a supply list prior to first class. Meets in annex. 10-12. K. Fieramosca.

**RF 306 WOMEN'S FICTION** Discuss the

suspenseful tale of two women in London in the 1600's and the present. Read the first three chapters of *The Weight of Ink* by Rachel Kadish for first class. \$12 includes registration and materials. 10-12. A. Zuckerberg.

**RF 307 THE LIFE & WORK OF CHARLES DARWIN** Study the early life of Darwin and his times, the Voyage of the Beagle and his conversion from theologist to geologist and evolutionary scientist. \$20 includes registration and materials. 12:15-2:15. L. Warner.

**RF 308 WRITER'S WORKSHOP** Develop and share your family stories, poetry, memoir anecdotes and short stories. Weekly prompts help guide the way along with encouragement from the instructor and fellow writers. Eight consecutive sessions. Meets in annex. 12:15-2:15. F. McKinnon.

**RF 309 DRAWING** Learn the basic techniques of drawing from observation that are used in all art forms. All levels. Beginners must bring a #2HB pencil to first class. Supply list will be distributed. 12:15-2:15. M. Corti.

**RF 310 CHAIR YOGA** Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. No mats. Proper yoga attire. You may register for only one Chair Yoga class. Meets in annex. 12:15-2:15. I. Dubeau.

**RF 311 TAI CHI: BEGINNERS** Learn the basic principles of Tai Chi. For those with little or no experience. 12:15-2:15. R. Yuen.

**RF 312 AEROBICS** Variety of low impact aerobic and dance movements to build cardiovascular endurance. Breathing, posture and form are emphasized. Sneakers required. Bring an exercise ball (approx. 5") and small weights to first class. You may register for only one Aerobics class. 12:15-2:15. K. Paholek.

## THURSDAY

**RF 401 FINDING BIRDS IN S.I. DURING THE FALL MIGRATION** First walk meets at Clove Lakes Park at Royal Oak Rd. (near Rice Ave.) at 9 a.m. on Sept. 12. You will be provided the eight additional locations at first walk. Rain cancels all bird walks. Binoculars necessary. Sneakers/light hiking boots mandatory for each two hour walk. 9-11. H. Fischer.

**RF 402 SEWING** For those with little or no hand or sewing machine experience and those who want to brush up. All levels. Purchase supplies with instructor's guidance. Meets in annex. \$15 includes registration and materials. 9:30-12. P. Bartels.

**RF 403 YOGA** Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Wear proper yoga attire. Bring a mat to first class. 10-12. K. Paholek.

**RF 404 CANASTA PLAY LAB III** For those who wish to gain more experience. 10-12. C. Patelsky.

**RF 405 ACRYLIC PAINTING: INTERMEDIATE** Bring out your creative side by painting. 10-12. A. Nelson.

**RF 406 ZUMBA GOLD PLUS & ZUMBA GOLD TONING** The original Zumba programs have been modified so that adults of any age and fitness level can achieve success. More intense movements offered for those who choose to advance. Appropriate footwear required. Toning sticks recommended. No weights permitted. 10-12. M. Deturris.

**RF 407 EASY BREEZY FITNESS** Fun fitness that incorporates movement and weights. Stretching and balance techniques included. For beginners or those who want a gentle experience. Proper footwear required. 12:15-2:15. L. Martinez.

**RF 408 KNOW YOUR ANTIQUES & COLLECTIBLES** Explore the history of objects and eras and learn how to use ebay. Bring an

item for research/appraisal. Meets in annex. 12:15-2:15. M. Mandel.

**RF 409 MAH JONGG: BEGINNERS** For those who want to learn the game. Bring a Mah Jongg card to first class. Do not register if you had more than three semesters as a beginner. 12:15-2:15. R. Entis.

**RF 410 MAH JONGG PLAY LAB** For those who play the game. Bring your own set and card. 12:15-2:15. C. Patelsky.

**RF 411 YOU CAN SPEAK ITALIAN TOO!** Beginners will focus on vocabulary applicable to travel in Italy. Be able to live, shop and eat like an Italian. Required book: Barron's E-Z Italian. 12:15-2:15. P. Orleman.

**RF 412 TAI CHI: INTERMEDIATE** For those who have at least two years experience. 12:15-2:15. R. Yuen.

## FRIDAY

**RF 501 STAINED GLASS FOR BEGINNERS** Learn to use a glass cutter, grinder, foiler and soldering iron to create unique projects. Purchase your own materials. Materials may cost upwards of \$100. Safety goggles mandatory. Contact [azimring@uft.org](mailto:azimring@uft.org) for a supply list prior to first class. \$15 includes registration and large equipment. 9:30-12:30. C. Pato.

**RF 502 DISCOVERING THE NEW WORLD** Look at the clash of lives of indigenous people of coastal America with the people of 15<sup>th</sup> century Spain at the time of America's discovery. Columbus' four voyages and the first contacts with the Indians of the Caribbean included. Five consecutive sessions. Begins Sept. 13. \$13 includes registration and materials. 9:45-12:45. L. Warner.

**RF 503 KNITTING & CROCHETING** Beginners learn the basics to complete a project. Those with experience will receive instruction to further their skills. Bring to first class: worsted weight yarn #4 on label, # 8 needles (for knitting) or H hook (for crocheting). Meets in annex. 10-12. R. Soloway.

**RF 504 CROCHETING** Beginners learn the basics to complete a project and those with experience will receive instruction to further their skills. Bring to first class: light colored worsted weight yarn #4 on label and an H hook. Meets in annex. 10-12. L. Davis.

## SEMINARS

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

**RF 805 MODEL RAILROADING** Brief history of American railroads and people who built them. Learn how Roman chariots, railroads and Saturn rockets are connected. Operating trains on display. *Friday, Sept. 13.* 10-12. P. Killen.

**RF 806 COMMUNITY POLICING** Are you aware that your S.I. neighborhood has its own personal police officers to help with your neighborhood issues? Find out about this policing program and get tips on phone scamming, identity theft, internet safety and more. *Friday, Sept. 13.* 10-12. *No Fee.* L. Sanfillippo/T. Uster, NYPD.

**RF 807 CONQUER THE CLUTTER** The need to be organized is all around us. Learn about the health benefits of being organized. "Ask the Organizer" session to follow. *Friday, Sept. 20.* 10-12. L. Gessert.

**RF 808 BRILL BUILDING MUSIC** Sing along to the music and learn the history of the legendary songwriting studios of NY's greatest hitmakers. Focus is on the music of Jeff Barry and Ellie Greenwich. *Friday, Sept. 20.* 10-12. P. Orleman.

**RF 809 CASC & NY CONNECTS** Community Agency for Seniors and NY Connects are



agencies that offer assistance and resources regarding elder abuse, transportation, crime prevention, victim assistance, home repairs and much more. **Friday, Sept. 27.** 10-12. No Fee. J. Zieff.

**RF 810 RODGERS & HAMMERSTEIN SING-ALONG** Share the sounds of music in a sing-along to iconic hits by these masters and the history behind their writings. **Friday, Sept. 27.** 10-12. \$3 includes registration and materials. E. Ratner.

**RF 811 THE BAKING COACH: HALLOWEEN CUPCAKES** Learn how to decorate cupcakes with pastry bags and tips to create ghosts, mummies and more. Take home your eight creations in a bakery box. **Friday, Oct. 11.** 10-12. \$28 includes registration and baking fees. L. Basini.

**RF 812 STOP THE BLEED!** Serious injuries can happen in an instant and can be fatal if there's uncontrolled bleeding. Learn to control the bleeding until help arrives. **Friday, Oct. 11.** 10-11:30. **No Fee.** J. Glauboch, S.I. University Hospital.

**RF 813 BULBS "R" US** Learn how to prepare for a spring bulb flower garden. Participants will receive a sample bulb to plant. **Friday, Oct. 18.** 10-11:30. \$5 includes registration and materials. H. Fischer.

**RF 814 DARLENE LOVE** Relive the golden age of Rock "n" Roll with songs from this extraordinary artist who went from back-up singer to iconic solo artist. **Friday, Oct. 18.** 10-12. P. Orleman.

**RF 815 FIRE SAFETY IN THE HOME** Critical life saving strategies focusing on fire prevention and the City's most vulnerable populations. **Friday, Oct. 18.** 10-12. **No Fee.** J. Pontecorvo, FDNY.

**RF 816 LICORICE HERBS** Bet you didn't know there are many herbs that taste or smell like licorice. Enjoy samples of Anis Hyssop and other herbs with licorice accents to take home. Meets in annex. **Tuesday, Oct. 22.** 10-12. \$5 includes registration and materials. S. Griffith-Suter.

**RF 817 INTRODUCTION TO MEDITATION** An

introduction..breadth and walking, sitting and singing and a silent meditation with breaks in-between. Bring a yoga or exercise mat and pillow to class. **Friday, Oct. 25.** 9:30-12:30. C. LaBue.

**RF 818 FALL STOP MOVE STRONG** A nationally recognized exercise program that helps older adults stay active and safe in their homes and communities. Exercises are done either standing or seated in chairs. Wear sturdy footwear. Bring a set of 2 or 3 lb. hand-weights to class. Two Friday sessions: **Oct. 25 & Nov. 1.** 11-1. \$5 includes registration and materials. G. Lichter.

**RF 819 SALT OF THE EARTH** Why do we need salt? Find out ways we can use salt in our everyday lives such as in the kitchen, personal care, cleaning the home and more. Make an herbal salt to take home. Meets in annex. **Tuesday, Oct. 29.** 10-12. \$5 includes registration and materials. S. Griffith-Suter.

**RF 820 FOLK MUSIC OF THE 60'S** Relive our generation's music by listening to songs of war and peace and coffee houses before

Starbucks! **Friday, Nov. 1.** 10-12. P. Orleman.

**RF 821 TASTE OF KOREA: FERMENTATION IN KOREAN FOOD & VEGETARIAN TRADITION** The Korean Spirit & Culture Project presents a seminar about health benefits of Korean food. Enjoy a full meal on Banjja (traditional Korean tableware). **Friday, Nov. 8.** 10-12. \$10 includes registration and materials. Y. Han.

**RF 822 THREE SISTERS HARVEST** Learn about the agricultural practicalities behind growing corn, beans and squash together known to Native American's "Three Sisters." Cooking demo and tasting with recipes included. Meets in annex. **Tuesday, Nov. 12.** 10-12. \$5 includes registration and materials. S. Griffith-Suter.

**RF 823 DECORATING FOR THANKSGIVING, NATURALLY** Learn how to use natural materials to create centerpieces, napkin rings and other festive elements for the Thanksgiving table or autumn home. Create "flowers" from natural elements. Meets in annex. **Tuesday, Nov. 19.** 10-12. \$7 includes registration and materials. S. Griffith-Suter.

## INTERSESSION

*Unless otherwise noted, the registration fee is \$10.00 for the course (which is non-refundable and non-transferable).*

### BRONX

**Coordinator: Cheryl Bing-Howard.** All sessions will be held at the Bronx Learning Center, 2500 Halsey Street.

#### TUESDAY

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

**XI 214 EXERCISES PLUS** A blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobic and yoga segments. Bring light hand weights, bands and sticky floor mats to class. 10-12. D. Dolan

**XI 215 CANASTA** Beginners receive instruction on the fundamentals of the Modern American version of this popular game. All levels. 10-12. M. Schuster

**XI 216 QUILTING** Different theme each week: Bear's Paw & Swamp Angel; Shawtooth Star & Madison House Tree; Memory Square & Star: Heart & Kaliedoscope and Making Peace with your UFO's (unfinished projects). 10-2. H. Whitaker

**XI 217 BRAIN GAMES** Expand your mind and challenge your brain by playing classic word games such as Scrabble, Bananagrams, Upwords and more. 12:30-2:30. D. Dolan

**XI 218 MAH JONGG** Supervised play for those already familiar with the rules of the game. 12:30-3. M. Schuster

**XI 219 FUN WITH CARD EMBOSsing** Different card project each week. Use the dry embossing technique followed by heat embossing with instruction on how to use the machine safely. Leave with samples at the end of each class. Bring your basic craft supplies kit along with a ruler, glue, tape scissors etc. \$20 includes registration and other materials. 12:30-3. VA Barrow

#### WEDNESDAY

Jan. 8, 15, 22, 29; Feb. 5

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

**XI 314 PIANO FOR NOT JUST BEGINNERS** Learn to play simple classical, jazz or pop tunes. Bring a small portable keyboard to

first class. Inexpensive keyboards available at Sam Ash music stores. 10-12. N. Zamcheck

**XI 315 KNITTING OBSESSION** Continue working on basic skills: casting on, knit one, purl two, increasing/decreasing and binding off. Have fun with a mystery project. 10-12. J. Parker

**XI 316 INTERMEDIATE & ADVANCED BRIDGE** Continuation of techniques in bidding, declarer play and defense. \$15 includes registration and materials. 10-12:15. G. Hudson.

**XI 317 INTERMEDIATE & ADVANCED MOSAICS** Continue "on going" projects or begin "new advanced level" projects. Bring your own tools and supplies. NOT for beginners. 10-1:30. P. O'Connell

**XI 318 ROBERT REDFORD** Learn and discuss his early life and works as an actor. View one full feature film and clips. **Feb. 5.** 10-3. \$18 includes a light lunch. D. Hammit

**XI 319 SCRAPBOOKING/PHOTOGRAPHY** Learn to take professional photos using a cell phone or camera of choice and turn them into beautiful memories through scrapbooking. 12:30-2:30. J. Parker

**XI 320 DUPLICATE BRIDGE** Learn the basics on scoring and how to compete while improving your success in this game. \$15 includes registration and materials. 12:30-2:45. G. Hudson

### BROOKLYN

**Coordinator: Kathy Giannou.** All sessions will be held at the Brooklyn Learning Center, 335 Adams Street, 24<sup>th</sup> Floor.

#### WEDNESDAY

Jan. 8, 15, 22, 29; Feb. 5

**XI 311 STAINED GLASS** Work on projects using a glass cutter, soldering iron and glass grinder. All levels. Safety goggles mandatory. \$35 includes registration and materials. You may register for only one Stained Glass course. 9:30-12:30. G. Fishman

**XI 312 CHAIR YOGA** A gentle form of yoga using a chair for support or sitting in a chair

to deepen the flexibility and strengthen the body's awareness at any fitness level. 10-12. A. Beeman

**XI 313 BETTER SLEEP THROUGH MEDITATION** Learn to practice research-based, deep relaxation techniques during the day to promote better sleep quality at night. 10-12. T. Pratt.

**XI 314 CHORUS** Types of music and level of complexity are determined in class. Music and/or parts may be taught with or without music sheets. \$15 includes registration and some materials. 10-12:30. J. DeRanieri

**XI 315 QUILTING: INTERMEDIATE/ADVANCED** Create beautiful works of art: hand sewn quilts, pillows and decorative accessories. Supply list sent prior to first class. \$15 includes registration and some materials. 10-12:30. D. Pryor-Holland

**XI 316 FOR LAUGHING OUT LOUD!** Watch a classic movie (comedies) each week followed by a discussion. Laugh away the winter blues! 12:30-3. M. Eller.

**XI 317 BOLLYWOOD & BALLYDANCE** Enjoy sampling Bellydance and Bollywood dance movements. All levels. 1-3. A. Beeman

**XI 318 INTRO TO THE APPLE IPAD** Learn to use your pre-installed programs and discover new possibilities from the Apple App store. Bring your Apple iPad (with username and password) to class. \$15 includes registration and some materials. 1-3. J. Griffith

**XI 319 POLYMER CLAY: BEGINNER/INTERMEDIATE** Learn to condition clay to create pendants, earrings and brooches. \$25 includes registration and materials. 1-3. V. Hall

**XI 320 YOGA** Learn a set of mental and physical exercises using breath, movement and meditation. Bring a yoga mat and towel to first class. 1-3. C. LaBue

#### THURSDAY

Jan. 9, 16, 23, 30; Feb. 6

**XI 410 STAINED GLASS** Work on projects using a glass cutter, soldering iron and glass grinder. All levels. Safety goggles mandatory. \$35 includes registration and materials. You may register for only one Stained Glass course. 9:30-12:30. D. Johnson

**KI 411 PHOTOGRAPHY USING THE APPLE IPAD, IPHONE OR ANDROID DEVICES** Learn to take better photos with your devices and transfer them to a computer to make a photo book. Bring your Apple iPhone, iPad or android device(s) to class. \$25 includes registration and materials. 10-12. J. Griffith

**KI 412 JAZZERCISE** Stretching and dancing to Jazz, Rhythm & Blues, Cha-Cha, Swing, Salsa and Mambo. 10-12. K. Sanson

**KI 413 WRITE YOUR OWN MEMOIR!** Have fun recalling, writing and sharing the precious and/or mundane moments of your life. 10-12:30. M. Eller

**KI 414 CROCHET** Learn basic stitches to make beautiful projects. Contact lynn. lospenuso@uftwf.org for a supply list prior to first class. \$15 includes registration and some materials. 10-12:30. P. Williams

**KI 415 INTRODUCTION TO JEWELRY MAKING: BEGINNERS ONLY** Learn the basic techniques of making beaded jewelry: wire wrapping, bead stringing and stitching, crimping and more. \$20 includes registration and materials. 1-3. K. Koppinger

**KI 416 TAI CHI & QI GONG EXERCISES** Principles and movements of Tai chi and Qi Gong. All levels. 1-3. J. He

**KI 417 KNITTING: BEGINNERS/INTERMEDIATE** Beginners learn the basics; intermediates select a project and receive assistance in new techniques. Beginners: Bring size 8 needles and light colored worsted weight yarn to class. \$15 includes registration and some materials. 1-3. P. Williams

**KI 418 SKETCHING & PAINTING WITH GEORGE** Explore and use different types of media including acrylics, pastels, oils and more. Bring a sketch pad, pencils, charcoal, eraser (pastels, watercolor, acrylic paint – optional) to first class. 1-3. G. Kerasiotis

**KI 419 ZUMBA GOLD** Focus on toning and improving muscle strength, posture, mobility and conditioning. 1-3. T. Gilbert.

### MANHATTAN

**Coordinator: Jo-Ann Hauptman.** All sessions will be held at the Manhattan Learning Center, 50 Broadway, 2nd Floor.



## TUESDAY

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

### CI 213 BEADWEAVING: BEGINNERS TO INTERMEDIATE

Learn the basic and intermediate skills to create jewelry. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for supply list prior to first class. List of special projects supplied. 9:45-12:15. E. Esses

### CI 214 FASCINATING BIOGRAPHICAL FILMS

View and discuss critically acclaimed movies of people who live extraordinary lives including *Nowhere Boy*; *Women in Gold*; *42* and more. Discuss readings about the films in class. 9:45-12:15. M. Eller

**CI 215 CONVERSATIONAL SPANISH FOR BEGINNERS ONLY** An introduction to the Spanish language and culture. Review the basics and reinforcement of grammatical and conversational techniques. Required book: *Easy Spanish Step by Step* by Barbara Bregstein. 10-12. P. Orleman

**CI 216 IMPROV THEATER** Enjoy creating group situations, scenes and plays using your imagination. No experience required. \$12 includes registration and materials. 10-12. M. Polsky

**CI 217 TRAVELS 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 218 LOVE YOUR APPLE IPAD & APPLE IPHONE** Learn to use and become comfortable with your Apple devices while emailing, surfing the web, playing games and using other apps. Bring your Apple device(s), password and email address to class. 10-12. J. Griffith

**CI 219 ZUMBA GOLD FITNESS** Improve stamina, balance and memory while having fun. Dance combined with fitness, exercises and stretching. 12:15-2:15. B. Sayegh

**CI 220 JOY OF OPERA** Explore, discuss and view operas and operettas including Rossini's *Il Turco in Italia*; Mozart's *La Finta Giardiniera*; Gilbert & Sullivan's *HMS Pinafore* and more. \$15 includes registration and materials. 12:15-2:45. E. Godfrey

**CI 221 MOTOWN MEMORIES** Re-live the 1960's through the music of Detroit. Sing along to the hits and sing songs that did not make it to the top of the charts. 12:30-2:30. P. Orleman

**CI 222 MIDDLE EASTERN DANCING** Enjoy the ancient art of belly dancing while listening to Arabic, North African and Turkish music. 12:30-2:30. A. Beeman

**CI 223 DRAWING & WATERCOLOR** Learn watercolor techniques and the fundamentals of drawing. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for supply list prior to first class. 12:30-3. M. Rogers.

**CI 224 TAI CHI** Learn the basic principles and movements of this ancient Chinese exercise that improves balance. 12:45-2:45. J. He

## WEDNESDAY

Jan. 8, 15, 22, 29; Feb. 5.

### CI 313 THE BROADWAY MUSICAL EXPERIENCE

Explore and discuss the Broadway musical from its beginning through the 1950's with recordings and visuals of the brightest stars and their hit musicals. 9:45-12:15. W. Wyss

**CI 314 DUPLICATE BRIDGE** Must be an experienced player. 9:45-12:15. E. Lee

**CI 315 CANASTA** Learn to play the Modern American version of the popular game that's considered easy to play, but difficult to master. 10-12:30. J. Kotkin

**CI 316 JERRY SEINFELD & LARRY DAVID:**

### BRILLIANT COMEDIANS WHO LEFT NO STONE UNTURNED

View and discuss their most famous creations Seinfeld and Curb Your Enthusiasm as well as excerpts from their early stand-up comedy performances. Requests for specific episodes will be considered. 10-12. P. Herzich

### CI 317 CALLIGRAPHY: FLORALS & FLOURISHES

Quickly review basic letter forms and move into alternate forms and variations. Experiment with flourishes and floral design. Prerequisite: MUST be familiar with the pointed pen. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for supply list prior to first class. \$15 includes registration and other materials. 10-12. C. Nguyen

**CI 318 RUBBERSTAMPING: VALENTINE & OTHER OCCASIONS** Create rubber-stamped cards with unusual folds and pop-ups for Valentine's Day or other special occasions. Bring sharp scissors, adhesive, bone folder and colored pencils to class. \$20 includes registration and other materials. 12:15-2:15. C. Nguyen

**CI 319 QUILTING** Create quilts, pillows and decorative accessories. Work on new projects or one that you have. Contact [lynn.lospenuso@uftwf.org](mailto:lynn.lospenuso@uftwf.org) for supply list prior to first class. \$15 includes registration and other materials. 12:30-2:30. J. Stafford

**CI 320 ITALIAN: INTERMEDIATE/ADVANCED** Review grammar and practice the language in conversation. Required books: *Grammatica Italiana per Stranieri in Italiano* (EDIZIONI GUERRA-PERUGIA) and *Beppe Severgnini - Un Italiano in America*. 12:30-2:30. A. DeGennaro

### CI 321 ACADEMY AWARD WINNING FILMS

View and discuss these films: *Shakespeare in Love*; *Rebecca*; *The Lost Weekend*; *All the King's Men* and *A Man for All Seasons*. 12:30-3. R. Romer

**CI 322 MAH JONGG** Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to class. All levels. 12:45-2:45. J. Sommerville

**CI 323 BRIDGE: INTERMEDIATE** Instruction and free play. Bring your own cards. 12:45-2:45. E. Lee

### CI 324 KNITTING & CROCHETING: BEGINNERS

Learn the basics and how to use a knitting loom for hats and scarves. Bring #8 knitting needles or J crocheting hook and your own projects. Patterns are supplied for scarves, hats and more. \$12 includes registration and instructional materials. 12:45. 2:45. J. Kotkin

## THURSDAY

Jan. 9, 16, 23, 30; Feb. 6.

### CI 414 NYC: ITS HISTORY & CULTURE

Explore how the Revolutionary War, Dutch influences, later immigrants and waterways helped build NYC into the "capital of the world." 10-12. P. Laskowich

**CI 415 ADVANCED BEADING** Must be experienced with extremely advanced beading techniques. 10-1. J. Schatz

### CI 416 BIRDWATCHING IN CENTRAL PARK

Focus is on looking for ducks, owls and other winter birds. Bring binoculars to the orientation session on Thursday, Jan. 9 at 50 Broadway, 2<sup>nd</sup> floor. Four (one or two mile) walks in Central Park begin on Jan. 16. 10-12. M. Rakowski.

### CI 417 FRESCO PICTORIAL CYCLES IN ITALY

View and discuss the work of *Michelangelo*, *Giotto*, *Piero della Francerca* and more. 10-12. D. Becker.

**CI 418 YOGA** Gentle stretching and relaxation practices that bring a feeling of peace and well-being in the mind, body and spirit. 10-12. D. Scott

**CI 419 LET'S LATIN DANCE** Increase your stamina, improve your balance and shed

some pounds through Latin dancing.

10:15-12:15. B. Sayegh

### CI 420 RETIREES READ BOOK CLUB

Explore and discuss themes, significance and style of short stories. Read *The Dead* by James Joyce before first class. 10:15-12:15. M. Garvey

**CI 421 SHOWING NOW! NEW YORK ART MUSEUMS 2020** What is happening in the art scene today. 12:30-2:30. D. Becker

**CI 422 CREATIVE WRITING** Use exercises and source materials to enhance the "creative imperative" within yourself. \$12 includes registration and materials. 12:30-2:30. M. Glenn

**CI 423 DRAWING** Learn the basics to create volume. Develop the illusion of three-dimensional form and gain the understanding of cube, contour, sphere and gesture as part of the process. Contact [Lynn.Lospenuso@uftwf.org](mailto:Lynn.Lospenuso@uftwf.org) for supply list prior to first class. 12:30-2:30. R. Baumann

**CI 424 MINDFULNESS & MEDITATION** Learn simple techniques that help you to live in the flow of life effortlessly. 12:30-2:30. D. Scott

**CI 425 POLITICS IN FILM** View and analyze these classic films: *Braveheart*, *Sparticus*, *Advise and Consent* and more. 12:30-3. C. Friedman

## QUEENS

**Coordinator: Margaret-Ann Stahl.**

All sessions will be held at the Queens Learning Center, 118-35 Queens Blvd., 8<sup>th</sup> Floor.

## TUESDAY

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

### QI 212 PAINTING WITH CONFIDENCE

Create your masterpiece following step-by-step instructions exploring color theory and brush techniques. For beginners. Supply list sent prior to class. 10-2. R. Cooper

**QI 213 YOGA** Learn to release stress while becoming stronger and more flexible. Beginners to experienced yogis. 10:15-12:15. M. Mancini

**QI 214 MAH JONGG** Beginners enjoy learning and experienced students will gain expertise. Bring your own set and current card (if you have one). 10:15-12:15. J. Kotkin

**QI 215 FUN WITH QUILTING** Learn the art of rolling, curling, crimping, looping and turning colorful strips of paper into decorative patterns and designs. Make one-of-a-kind notecards or gift tags with them. Supply list sent prior to first class. 10:15-1:15. L. Canlas

**QI 216 CLASSIC FILMS: FILM NOIR** View and discuss the role of women in Noir films. 11-2. P. Levenson

**QI 217 DUPLICATE BRIDGE** A new world awaits those experienced players who never played duplicate bridge. Learn the basics on scoring and how to compete with success. 11-3. G. Hudson

**QI 218 CANASTA** introduction to the modern American version. Enjoy playing while working on techniques and skills. 12:45-2:45. J. Kotkin

## WEDNESDAY

Jan. 8, 15, 22, 29; Feb. 5.

**QI 310 GOLDEN SNEAKERS** Learn basic dance routines. Get breathing and stretching exercises. Wear comfortable shoes and clothes. 10-12. J. Maleeq

**QI 311 DRAWING & SKETCHING** Capture what we see and put your own spin on it! Study shapes, light contrast and composition. Supply list sent prior to class. 10-1. M. Rogers

**QI 312 IMPRESSIONISTIC OIL** Learn to paint in the impressionistic style. Supply list sent prior to class. 10-2. B. DeCeglie

**QI 313 SIMPLE SPANISH CONVERSATION** Learn to use simple dialogues in everyday situations to converse on different topics fluently. Knowledge of Spanish is required. 10:15-12:15. J. Kalish

**QI 314 INTRODUCTION TO BRIDGE** Are you a novice or want to learn bridge in a few lessons? Learn bidding, the play of hand, defense and scoring. 10:15-1:15. D. Woo

**QI 315 STAINED GLASS** Beginners learn the fundamentals of stained glass design, cutting, and copper foil assembly to develop and complete unique projects. Experienced students receive guidance on more advanced creations. \$35 includes registration and materials. 10:30-2:30. L. Carbone

**QI 316 ZUMBA** Learn the dance program inspired by Latin rhythms that is modified for retirees and beginners. Wear comfortable clothes and shoes. Bring a water bottle and towel. 12:45-2:45. M. Gonzalez

## STATEN ISLAND

**Coordinator: Jeanne Casanovas.** All sessions will be held at the Staten Island Learning Center, 4456 Amboy Road.

## TUESDAY

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

### RI 209 BEGINNERS STAINED GLASS

Learn the skills to complete a stained glass project with instructor guidance. Safety goggles are mandatory. Supplies are provided. 9:30-12:30. \$25 includes registration and materials. C. Pato

**RI 210 BELLY DANCING** Come shimmy, shake and snake as you dance to Middle Eastern music. All levels. 9:30-10:30. J. Lamonica

### RI 211 BEGINNERS JEWELRY DESIGN

For the beginner and those who want a better understanding of the fundamentals of jewelry design and beading. Learn to make a necklace with a clasp and earrings to match. Bring your own materials. \$13 includes registration and pattern fee. Contact [jcasanovas@uft.org](mailto:jcasanovas@uft.org) for supply list prior to class. 9:45-11:45. N. Key

### RI 212 INTRODUCTION TO MOSAICS

Learn a basic design and techniques to create a simple project with instructor guidance. Supplies provided. \$20 includes registration and materials. 10-12. P. Wasserstein

**RI 213 LINE DANCING: BEGINNERS** Learn the basics and enjoy this mind and body activity. Wear comfortable shoes. 10:30-12:30. L. Kalipetes

**RI 214 KUNDALINI YOGA** Kundalini Yoga uses breath, movement and meditation to balance the body, increase energy flow and quiet the mind. Bring a towel and mat to class. Wear loose clothing. All levels. 10:30-12:30. C. LaBue

**RI 215 MAH JONGG PLAY LAB** For those who wish to gain more experience. Anyone can sit at any table to make a foursome. 10:30-1. S. Stanley

**RI 216 AEROBICS** Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers required. 11-12. K. Paholek

### RI 217 INTRODUCTION TO PAINTING

Explore your creativity and learn the basic techniques of paint, brushes, composition, color theory and subject matter. Contact [jcasanovas@uft.org](mailto:jcasanovas@uft.org) for supply list prior to class. 11-1. L. DeRosa



## WEDNESDAY

Jan. 8, 15, 22, 29; Feb. 5.

**RI 313 ZUMBA GOLD PLUS TONING I** Modified Zumba program for the active adult to achieve fitness success. Sneakers required. You may register for only one Zumba class. 9:45- 10:45. L. DeRosa

**RI 314 STUDY OF THE NEOLITHIC AGE** Detailed look at the birth of farming around 9000 B.C., mainly in the Fertile Crescent of the Middle East including the earliest villages, towns and cities that sprang up around it. \$16 includes registration and materials. 9:45-12:45. L. Warner

**RI 315 CHAIR YOGA** Strive for a healthy body, mind and spirit through breathing, movement and meditation. No mats. Wear yoga or exercise apparel. You may register for only one Yoga class. 10-11. I. Dubeau

**RI 316 BEGINNERS WATERCOLORS** Introduction to the techniques and materials of watercolor focusing on color mixing and matching. Instruction on still-life objects, fruit, flowers and vegetables. Contact [jcasanovas@uft.org](mailto:jcasanovas@uft.org) for supply list prior to class. 10-12. K. Fieramosca

**RI 317 CARD MAKING** Create unique greeting cards using card stock, stickers, buttons and more. Bring a scissor, ruler and pencil with eraser to class. All other materials supplied. \$25 includes registration and materials. 10-1. B. Smith

**RI 318 ROCK TO THE SOUNDS OF "MOTOWN"** Take a musical journey through time. Listen to and relive the music of Diana Ross & the Supremes, The Temptations, Marvin Gaye, Doo Wop and much more. 10:30-12:30. P. Orleman

**RI 319 ZUMBA GOLD PLUS TONING II** Modified Zumba program for the active adult to achieve fitness success. Sneakers required. You may register for only one Zumba class. 11-12. L. DeRosa

**RI 320 YOGA** Strive for a healthy body, mind and spirit through breathing, movement and meditation. Bring a yoga mat and block to class. Wear proper yoga attire. You may register for only one Yoga class. 11:15-12:15. I. Dubeau

## FLORIDA

**Boca/Delray:** Florence Fidell (561) 731-4695

**Broward:** Albert Guastafeste (954) 255-9161

**Dade:** Leon Brum (305) 864-4318

**Ocala:** Stanley Greenblum((561) 459-7071

**Orlando** Donesa Jackson (407) 359-3459

**TampaBay** Lynne Winderbaum (727) 289-5720

**West Palm Beach:** Lois Porcella (561) 965-7777

**West Coast:** Stewart Cohen (941) 685-6361

## LEGAL PLAN MEETINGS

Speaker: Steven Kramer, Senior Associate, Feldman, Kramer and Monaco

**BOCA/DELRAY: FF 811** Tuesday, Oct. 29. 11:30-2:30. South County Civic Center, 16700 Jog Rd., Delray Beach.

**BROWARD: FF 821** Thursday, Oct. 31. 1-3. Leonard Weisinger Community Center, 6199 NW 10th St., Margate.

**DADE: FF 831** Wednesday, Oct. 30. 1-3. Surfside Community Center, 9301 Collins Ave., Surfside.

**OCALA: TF 801** Wednesday, Nov. 6. 10:30-12:30. Marion County Public Library, 2720 E. Silver Spring Blvd., Ocala, Room C

**ORLANDO: OF 801** Thursday, Nov. 7. 1-3.

## 14 / SI BEAGLE LEARNING CENTERS PROGRAM

TBA

**TAMPA BAY: BF 801** Monday, Nov. 4. 1-3. Pinellas Park City Auditorium, 7690 59th St. N., Pinellas Park

**WEST PALM BEACH: FF 841** Tuesday, Oct. 29. 11:30-2:30. South County Civic Center, 16700 Jog Rd., Delray Beach.

**WEST COAST: SF 801** Tuesday, Nov. 5. 1-3. Laurel Oak Country Club, 2700 Gary Player Blvd., Sarasota.

## ANNUAL BENEFITS MEETINGS

Online registration is available at [uft.org/RTCannualmeetings](http://uft.org/RTCannualmeetings) after Sept. 1st. Speakers: *Debra Penny, Gino Giustra, Ken Goodfriend and a UFT health consultant.*

**BOCA/DELRAY: FI 812** Tuesday, Jan. 21. 11:30-2:30. South County Civic Center, 16700 Jog Rd., Delray Beach.

**BROWARD: FI 822** Thursday, Jan. 23. 1-3. Leonard Weisinger Community Center, 6199 NW 10th St., Margate.

**DADE: FI 832** Wednesday, Jan. 22. 1-3. Surfside Community Center, 9301 Collins Ave., Surfside.

**OCALA: TI 802** Tuesday, Jan. 14. 10:30-12:30. Marion County Public Library, 2720 E. Silver Spring Blvd., Ocala, Room C

**ORLANDO: OI 802** Monday, Jan. 13. 10:30-12:30. Eastmonte Civic Center, 830 Magnolia Drive, Altomonte Springs.

**TAMPA BAY: BI 802** Wednesday, Jan. 15. 1-3. Pinellas Park City Auditorium, 7690 59th St. N., Pinellas Park

**WEST PALM BEACH: FI 842** Tuesday, Jan. 21. 11:30-2:30. South County Civic Center, 16700 Jog Rd., Delray Beach.

**WEST COAST: SI 802** Thursday, Jan. 16. 1-3. Laurel Oak Country Club, 2700 Gary Player Blvd., Sarasota.

## FLORIDA OFFICE FALL COURSES

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

### MONDAY

**FF 101 SYMPHONIES OF BEETHOVEN** Learn the techniques and meanings behind Beethoven's symphonies. *Oct. 21, 28; Nov. 4, 18, 25; Dec. 2.* 10-12. A. Guastafeste

**FF 102 MAH JONGG** Begin with a short lesson followed by supervised play. Bring a 2019 Mah Jongg card to class. *Oct. 21, 28; Nov. 4, 18, 25; Dec. 2.* 10-12. B. Salamon

### TUESDAY

**FF 201 OPERA** View a different opera each week followed by a Q&A session *Oct. 15, 22, 29; Nov. 12, 19, 26.* 10-12. M. Minzer

**FF 202 CANASTA** Learn and/or sharpen your playing skills. Begin with a short lesson followed by supervised play. *Oct. 15, 22, 29; Nov. 12, 19, 26.* 10-12. S. Goldstein

**FF 203 CANASTA** Learn and/or sharpen your playing skills Begin with a short lesson followed by supervised play. *Dec. 3, 10, 17; Jan. 7, 14, 21.* 10-12. S. Goldstein.

### WEDNESDAY

**FF 301 DOCUMENTARY FILMS** View a

different documentary film each week followed by a Q&A session. *Oct. 23, 30; Nov. 6, 13, 20.* 10-12. B. Wolk

**FF 302 CANASTA FOR BEGINNERS** For those individuals who have either limited or no experience. Begin with a short lesson followed by supervised play. *Oct. 23, 30; Nov. 6, 13, 20.* 10-12. F. Kassler

**FF 303 CANASTA FOR INTERMEDIATES** Designed for players familiar with the game. Begin with a short lesson followed by supervised play. *Nov. 27; Dec. 4, 11, 18; Jan. 8.* 10-12. F. Kassler

**FF 304 OPERA** View a different opera each week followed by a Q&A session. *Dec. 4, 11, 18; Jan. 8, 15, 22.* 10-12. M. Minzer

### THURSDAY

**FF 401 FILMS OF MICHAEL MOORE** View a different film each week followed by a Q&A session. *Oct. 17, 24, 31; Nov. 7, 14, 21.* 10-1. E. Weinstein

**FF 402 BOOK CLUB** Discuss a different book each month. Read *Where The Crawdads Sing* by Delia Owens for first class. *Oct. 24; Nov. 14; Dec. 5; Jan. 9.* 10-12. R. Mann

**FF 403 FILMS FROM DOWN UNDER** View a different film each week followed by a Q&A session. *Dec. 5, 12, 19; Jan. 2, 9, 16.* 10-1. R. Presser

### FRIDAY

**FF 501 FILMS: MISTAKEN OR SWITCHED IDENTITIES** View a different film each week followed by a Q&A session. *Nov. 1, 8, 15, 22; Dec. 6, 13.* 10-1. R. Presser

**FF 502 NEEDLEPOINT** Learn different stitches while working with a plastic matrix to make a number of small projects. *Nov. 15, 22; Dec. 6, 13, 20.* 10-12. B. Orville

## FLORIDA OFFICE INTERSESSION COURSES

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

### MONDAY

**FI 103 MUSIC OF TCHAIKOVSKY** Learn the techniques and meanings behind some of Tchaikovsky's favorite pieces. *Dec. 9, 16; Jan. 6, 13, 27; Feb. 3.* 10-12. A. Guastafeste

**FI 104 SHORT STORY DISCUSSIONS** Participants must purchase "New York Stories" from Everyman Publishers. Read *Pillar of Salt* and *The Making of a New Yorker* for first class. *Jan. 6, 13, 27; Feb. 3, 10, 24.* 10-12. A. Zuckerberg

### TUESDAY

**FI 204 DOO WOP: THE MID-WEST SOUND** Hear the music of groups from Pittsburgh (*The Skyliners, Marcells, Del-Vikings*), Cleveland (*The Moonglows*) and Chicago (*the Flamingos*). You may register for **FI 204** or **FI 205**, but not both. *Dec. 10, 17; Jan. 7, 14, 21, 28.* 10-12. H. Bloch.

**FI 205 DOO WOP: THE MID-WEST SOUND** Hear the music of groups from Pittsburgh (*The Skyliners, Marcells, Del-Vikings*), Cleveland (*The Moonglows*) and Chicago (*the Flamingos*). You may register for **FI 204** or **FI 205**, but not both. *Feb 4, 11; Mar 3, 10, 17, 24.* 10-12. H. Bloch.

## THURSDAY

**FI 404 MAH JONGG** Begin with a short lesson followed by supervised play. Bring a 2019 Mah Jongg card to first class. *Jan. 16, 23, 30; Feb. 6, 13, 27.* 10-12. B. Salamon

**FI 405 FILMS FROM EASTERN EUROPE** View a different film each week followed by a Q&A session. *Jan. 23, 30; Feb. 6, 13, 27.* 10-1. R. Presser

## FRIDAY

**FI 503 FILMS: THE IMMIGRANT EXPERIENCE** View a different film each week followed by a Q&A session. *Jan. 3, 10, 17, 24, 31.* 10-1. R. Presser

## FLORIDA OFFICE SEMINARS

All seminars have a \$2 fee (which is non-refundable and non-transferable). Instructor: J. Becker

**FI 805 BETTER LIFE, BETTER LIVING THROUGH SIMPLE PHILOSOPHY** Asking the right questions and using critical thinking that helps us develop a useful vision of reality, which may help get us through life's situations. *Tuesday, Feb. 11.* 10-12.

**FI 806 STORY TELLING** Learn the techniques of oral story telling. Bring an experience that you would like to share with the group. *Thursday, Jan. 2.* 10-12.

**FI 807 THE 1950'S: THE GOLDEN AGE OF AMERICA** Let's take a look at life where we grew up, our time in school, the friends that influenced us and what made the society and culture of the 1950's. *Tuesday, Jan. 28.* 10-12.

**FI 808 WRITING YOUR HISTORICAL MEMOIRS** If you enjoy telling stories that start with "When I was your age" or "When I was growing up" then shake loose those events in your life and share them. *Friday, Jan. 31.* 10-12.

**FI 809 USING YOUR TEACHING SKILLS IN OTHER ENDEAVORS** Use your skills acquired during or after your teaching careers and translate these skills into another job. *Friday, Feb. 28.* 10-12.

## FLORIDA TRIPS

**FI 901 SARASOTA OPERA HOUSE** Enjoy a guided backstage tour of the Opera House. Lunch not included. Meet at the Opera House, 61 North Pineapple Ave., Sarasota, at 10:15 a.m. for a 10:30 a.m. tour. *Monday, Dec. 9.* 10:15 a.m.- 12 noon. \$12. S. Cohen.

**FI 902 DELRAY BEACH PLAYHOUSE** Enjoy a performance of *Fascinating Rhythms: The Songs of George Gershwin* at the Playhouse. Lunch not included. Meet at the Playhouse, 950 NW 9th St., at 1:45 p.m. for a 2 p.m. performance. *Wednesday, Dec. 18.* \$25. F. Kassler.

**FI 903 BIRDWATCHING 101 AT LOXAHATCHEE NATIONAL WILDLIFE REFUGE** View various birds on this guided walk of the Marsh Trail. Learn now to use your binoculars to enhance your viewing prior to the walk. Rain or shine. You must wear closed-toe, closed-heel flat shoes. Meet in the visitors' parking lot, 10216 Lee Rd. in Boynton Beach at 8:15 a.m. for an 8:30 a.m. walk. *Thursday, Jan. 9,* 8:15 a.m.-10:30 a.m. Walk: \$2. Parking fee: \$5. America the Beautiful pass-holders: *no fee* for parking. G Herskowitz.



# PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.

UFT retirees will be registered before spouses, domestic partners, AFT NYSUT and PSC members. Members of AFT, NYSUT and PSC must provide their full Social Security Number and local number in order to register. Each registrant must complete separate registration coupons along with separate checks/money orders for Fall 2019 and Intersession 2020 as well as Florida's Fall 2019 and Intersession 2020 programs. Duplicate separate registration coupons for your spouse. You must send separate checks/money orders for the following categories: courses, seminars, trips, special events, dine arounds and theatre experience.

FALL 2019

## Fall 2019 COURSE REGISTRATION

You must present this registration form at every course, seminar and trip.

CHECK ONE:  UFT MEMBER  SPOUSE (use separate coupon)

CHECK ONE:  NYSUT  AFT  PSC Local # \_\_\_\_\_

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

MEMBER NAME (PLEASE PRINT) \_\_\_\_\_

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

E-MAIL ADDRESS \_\_\_\_\_

SPOUSE NAME (IF REGISTERING) \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

You may register for up to 3 courses only. Add 2 alternates in case first choices are filled. List in order of preference:

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

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

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

Seminars, theater, dine-around (not included in three-course limit).

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

- ✓ Provide 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
- ✓ Do not staple or tape your checks to the coupon
- ✓ You must send in a separate form for your spouse
- ✓ Members cannot pay for other members

**DID YOU REMEMBER TO:**

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

*A separate check must be sent for intersession courses.*

INTERSESSION 2020

## INTERSESSION REGISTRATION 2020

You must present this registration form at every course, seminar and trip.

CHECK ONE:  UFT MEMBER  SPOUSE (use separate coupon)

CHECK ONE:  NYSUT  AFT  PSC LOCAL#: \_\_\_\_\_

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

PLEASE PRINT MEMBER NAME \_\_\_\_\_

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

E-MAIL ADDRESS \_\_\_\_\_

SPOUSE NAME (IF REGISTERING) \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

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

- ✓ Provide 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
- ✓ Do not staple or tape your checks to the coupon
- ✓ You must send in a separate form for your spouse.
- ✓ MEMBERS CANNOT PAY FOR OTHER MEMBERS.

COURSE REGISTRATION FEE IS \$10.

**DID YOU REMEMBER TO:**

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

FALL 2019 / 15



# 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](http://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.

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INTERSESSION 2020  
FALL 2019

## UFT/WF RETIREE PROGRAMS FLORIDA COURSE REGISTRATION FALL 2019 AND INTERSESSION 2020

CHECK ONE:  UFT MEMBER  SPOUSE

CHECK ONE:  NYSUT  AFT  PSC

Local # \_\_\_\_\_

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

MEMBER NAME (PLEASE PRINT) \_\_\_\_\_

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

EMAIL ADDRESS \_\_\_\_\_

SPOUSE NAME (IF REGISTERING) \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CELL PHONE/FLORIDA PHONE NO. \_\_\_\_\_

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

**COURSE REGISTRATION FEE IS \$10, UNLESS OTHERWISE NOTED.**

**DID YOU REMEMBER TO:**

- ✓ Sign your check(s)/money order(s)
- ✓ Make the check(s)/money orders(s) payable to **UFTWF RETIREE PROGRAMS**
- ✓ **Complete the information on the coupon**
- ✓ Provide the correct course/seminar/trip code(s) and course/seminar/trip title(s)
- ✓ Do not fill information in for spouse, unless he/she is registering for programs
- ✓ Do not staple or tape your checks to the coupon
- ✓ You must send in a separate form for your spouse
- ✓ Members cannot pay for other members

**REFUNDS ARE MADE UPON WRITTEN REQUEST UP TO FOUR WEEKS PRIOR TO TRIP DATE.**

Mail refund request to: **UFTWF Retiree Programs**, 52 Broadway, 17th Floor, NY, NY 10004. Attn: Gino Giustra, Director.

## HOW TO REGISTER FOR FLORIDA

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