HOW TO REGISTER

START date: Monday, March 14, 2022
End date: Friday, May 27, 2022

•  Registration deadline: Friday, February 18, 2022

WEEK MondaysTuesdaysWednesdaysThursdaysFridays
1 3/14/22 3/15/22 3/16/22 3/17/22 3/18/22
5 4/11/22 4/12/22 4/13/22 4/14/22—
6 — — — — —
9 5/9/22 5/10/22 5/11/22 5/12/22 5/13/22
10 5/16/22 5/17/22 5/18/22 5/19/22 5/20/22

•  There will be no classes on the following days:
SPRING RECESS: Friday, April 15–Friday, April 22
EID AL-FITR: Monday, May 2

All registration MUST be received BY MAIL ONLY to:

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

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

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

REGISTRATION PROCEDURE & FEES

• UFT retirees will be registered before spouses, registered domestic partners, AFT, NYSUT and PSC members. Each registrant must complete: the entire registration coupon(s) and send it with his/her own check(s)/money order(s). ALL checks/money orders must be made payable to UFTWTF RETIREE PROGRAMS (NO CASH ACCEPTED).
• All fees are NON-REFUNDABLE and NON-TRANSFERABLE. A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.
• Spring 2022 and Florida Spring 2022 are separate programs. You MUST send in the appropriate registration coupon(s) and checks/money orders for each program. They cannot be combined.

IMPORTANT! Please provide the correct codes and titles of the courses, seminars and trips on the registration coupon as well as the memo section of the registrant’s check(s)/money order(s).
• DO NOT staple or tape your check to your registration form.
• DO NOT send check(s)/money order(s) without a coupon.
• MEMBERS CANNOT PAY FOR OTHER MEMBERS.

COURSES/SEMINARS
• The maximum number of courses you may register for is five.
• You may register for as many seminars as you wish. You MUST register for courses and seminars in advance.
• Unless otherwise noted, all courses have a $10 fee and seminars have a $2 fee. All fees are non-refundable and non-transferable.
• Write one check/money order for all courses and seminars.

TRIPS
• You may register for up to five trips.
• You MUST register for the trip(s) in advance.
• All trips have a non-refundable and non-transferable fee.
• Write a separate check for each trip.

NB: View Si Beagle offerings online at https://www.uft.org/chapters/retired-teachers-chapter/retiree-programs/si-beagle-learning-centers. At the bottom of the page, you can view the Si Beagle online and download the coupon(s) to send in for registration.

GENERAL INFORMATION
• You will receive a confirmation via email regarding your courses, seminars and/or trips. WAIT LISTED retirees, spouses, registered domestic partners, AFT, NYSUT and PSC members will be notified of course/seminar openings by a Retiree Programs staff member according to the date registration was received.
• Refunds/Overpayments will be issued in eight weeks.
• We reserve the right to cancel any course that has fewer than 12 students registered before the first session. Registered students will be notified and issued full refunds.

REMOTE PROGRAM: We are using the Zoom platform to meet, greet and interact remotely. Please download the Zoom app.
• You will receive an email invite from your instructor to join the class on Zoom with the necessary links.
• If you have not received your email with the Zoom links at least two days prior to event; please check your “spam/junk” or “trash” folders.
• If it is not in the “spam/junk” or “trash” folders, call us at (212) 510-6310 to send you the Meeting ID/Passcode for the event.

You MUST have an up-to-date email address and telephone number on file with the UFT Membership Department. If this information has changed, please contact the UFT Membership Department at (212) 331-6311 or membership@uft.org. We need this information in order to contact you.

IN-PERSON: We are pleased to announce that the UFTWF Retiree Programs will offer a limited number of in-person activities during Spring 2022.
In order to maintain a safe environment for everyone, registration is limited.
You must provide proof of an FDA-approved Covid-19 vaccination and Photo ID to enter the building or floors designated for the United Federation of Teachers and you MUST wear a mask at all times. You will receive an email confirmation. Please check your “spam/junk” or “trash” folders. If it is not in the “spam/junk” or “trash” folders, call us Tuesday, March 1st at (212) 510-6310 to check which courses you have been accepted.

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.
VIRTUAL TRIPS

The fees for each of these virtual trips are in the description. Trip fees are non-refundable and non-transferable. You will receive a Zoom link for the virtual trip a few days prior to the trip from the trip coordinator. Please do not delete.

MARCH

MS 901 A VIRTUAL GLIMPSE OF BUDAPEST, HUNGARY Visit the oldest part of the city dating back to Medieval and Baroque times: Castle Hill on the Buda side. See the cobbled streets, Baroque houses, Matthias Church, Fisherman’s Bastion and a great view of the river bank on our walk. Wednesday, March 16. Periods in between 11 a.m.-1 p.m. $13. J. DeNave

WS 901 WOMEN OF NEW YORK Learn about the many influential and fabulous NY women who have contributed to the history, politics, business, culture and the arts in NYC. Wednesday, March 16. 11 a.m.-1 p.m. $14. S. Eisenberg

WS 902 A LOOK BEHIND THE CURTAIN OF COMMUNIST PRAGUE Learn what it was like to live behind the iron curtain in Communist Czechoslovakia. Meet the heroes who stood up to the regime and the events leading to the Velvet Revolution. Friday, March 18. 11 a.m.-1 p.m. $14. S. Eisenberg

RS 901 FEMINIST WALK THROUGH HARLEM WITH LEIGH HALLINGBY Tour of women who are honored throughout Central and Spanish Harlem through murals, mosaics, sidewalk plaques, buildings and street corner signs. Tuesday, March 22. 11 a.m.-12:30 pm. $12. M. Mammana

WS 903 GREAT WALL OF CHINA & FORBIDDEN CITY Visit the top two most famous attractions of China: The Great Wall and The Forbidden City on this informative and interactive guided tour. Tuesday, March 22. 10 a.m.-12 p.m. $14. S. Eisenberg

MS 902 SEATTLE, WASHINGTON: DOWNTOWN SEATTLE WALKING TOUR Discover the founding history of the Emerald City from the impact of the Klondike Gold Rush to the history of Chief Seattle and the Duwamish and Suquamish people to the formation of Pike Place market, the Alaskan Viaduct and hear how UPS was founded in Downtown Seattle. Take a virtual jump on the monorail and see the iconic Space Needle. Wednesday, March 23. 1 p.m.-3 p.m. $12. J. DeNave

WS 904 HISTORY & ARCHITECTURE TOUR OF SANTA FE, NEW MEXICO WITH JUSTIN FERATE Santa Fe reflects an ancient and venerated multi-cultural history with its streets of adobe structures and histories of the “City Different.” Discover why Santa Fe and New Mexico became a world-renowned art colony for countless artists. Thursday, March 24. 1 p.m.-3 p.m. $14. S. Eisenberg

WS 902 SUBWAY ART TOUR WITH PHIL DESIERE A tour of the treasure trove of art found in the system since 1904. Mosaic tiles had been a preferred artistic medium then and to this day. Tuesday, March 29. 1 pm – 2:30 pm. $12. S. Eisenberg

MS 903 BROOKLYN’S HISTORIC WEEKSVILLE COMMUNITY WITH SUZANNE SPELLEN James Weeks, a black longshoreman purchased two plots of land in Brooklyn’s 9th Ward in 1838 followed by other black men. By 1850, Weeksville was a growing town of homes, churches and more. Tour this remarkable town and discover the work being done today by the Weeksville Heritage Center. Thursday, March 31. 10:30 a.m.-12:30 p.m. $12. J. DeNave

WS 905 SEATTLE’S SPACE NEEDLE & THE SEATTLE CENTER Visit the Seattle Center, home to the 605’ Space Needle (built in honor of humanity’s Space Age inspirations), the museum of Pop Culture, The Chihuly Garden and Glass Museum, The International Fountain, the Olympic Sculpture Garden and more. Thursday, March 31. 1 p.m.-3 p.m. $14. S. Eisenberg

APRIL

WS 906 I DIDN’T KNOW THAT: NYC’S LITTLE SECRETS Experience NYC’s little-known sites and the people who make it fascinating. Listen to interesting stories about the city including why Houston Street is NOT named after the Texas city and what is buried under Washington Square Park and more. Monday, April 4. 11 a.m.-1 p.m. $14. S. Eisenberg

WS 904 THE LITTLE PILL BOX HAT TOUR: JACKIE KENNEDY ONASSIS & THE PRESERVATION OF OUR NATIONAL TREASURES WITH DEBORAH ZELCER Learn about the important role that our most unforgettable First Lady played in defining good taste, high culture and the importance of preserving the architecture of American cities. Visit buildings associated with her charmed and not-so-charmed existence. Tuesday, April 5. 10:30 a.m.-12:30 p.m. $12. J. DeNave

WS 903 SCENES OF NYC: THE ELIE & SARAH HIRSCHFELD COLLECTION AT THE NY HISTORICAL SOCIETY Tour views of NYC by artists Marc Chagall, Edward Hopper, Georgia O’Keeffe, Norman Rockwell, Andy Warhol and others. Tuesday, April 5. 1 pm-2 pm. $12. M. Mammana

WS 907 NOT JUST THE BORSHT BELT: THE CATSKILLS PART I WITH JUSTIN FERATE Learn about the Jewish summer communities that flourished 150 years ago. Explore the forgotten histories of towns such as Fleischmann’s Tannersville, Saratoga Springs and more which set the groundwork for Sullivan and Ulster County resorts including The Concord, The Nevele and Grossinger’s. Wednesday, April 6. 1 p.m.-3 p.m. $14. S. Eisenberg

KS 901 ST. JOHN THE DIVINE VERTICAL TOUR Virtually climb more than 124 feet through spiral staircases to the top of the world’s largest cathedral. Experience stories of the stained glass and sculpture and study the grand architecture of the cathedral. Thursday, April 7. 11 a.m.-12 p.m. $12. E. Oliver

MS 905 BROOKLYN’S CONEY ISLAND RICH HISTORY WITH SUZANNE SPELLEN Coney Island began with the Canarsie people followed by Henry Hudson and the Dutch and English settlement. The Island was known for bathing beaches and hotels, but wealthy developers expanded the services and catered to the rich which made it more popular than Saratoga Springs and Newport. Amusement parks were introduced at the turn of the 20th century. Thursday, April 7. 10:30 a.m.-12:30 p.m. $12. J. DeNave

MS 906 GLITZ & GLAMOUR ON RODEO DRIVE IN BEVERLY HILLS, CA Walk along Rodeo Drive and see where Pretty Woman was filmed and learn how Beverly Hills became home of the stars. Sneak a peak into an art gallery where masterpieces by Picasso and Dali are for sale. Take a photo of the famous Beverly Hills sign in the Santa Monica Gardens. Wednesday, April 13. 1 p.m.-3 p.m. $12. J. DeNave

RS 904 WOOLWORTH BUILDING WITH BOB GELBER Commissioned by self-made millionaire Frank Woolworth and designed by architect Cass Gilbert, each feature tells a story of wealth, fame and ingenuity. Wednesday, April 13. 11 a.m.-12:30 p.m. $12. M. Mammana

WS 908 SAN JUAN CAPISTRANO
Get a unique perspective on California’s history on a tour of the San Juan Capistrano Spanish Mission built in 1776 by Spanish missionaries in the Los Rios Historic District. Learn how pioneers from the East Coast helped to give rise to a thriving community of Native Americans, soldiers and workers. **Thursday, April 14.** 1 p.m.-3 p.m. **$14. S. Eisenberg**

**RS 905 CENTRAL PARK WITH BOB GELBER** Celebrate Frederick Law Olmstead’s birthday learning the history of Central Park’s creation and the many iconic spots of this “Green Oasis”. **Tuesday, April 26.** 11 am-12:30 pm. **$12. M. Mammana**

**MS 907 PRAGUE, CZECH REPUBLIC: A VISIT TO THE Picturesque OLD TOWN, THE HEART OF THE CITY** Journey through time, full of plot twists, pivotal moments and fascinating characters. Learn about the good King Wenceslas, the greatest woman to ever rule over the country and is the defining feature of these residential enclaves. **Tuesday, May 3.** 11 a.m.-1 p.m. **$12. M. Mammana**

**WS 910 ART WARS! THE FOUNDING OF THE MET, MOMA & THE WHITNEY** Experience the museums architecture as a reflection of their founders view of art and the collection inside. View and discuss the exterior of the National Academy of Design and the Whitney as well as the facades of the Met and the Guggenheim. **Thursday, April 28.** 11 a.m.-12:30 p.m. **$12. E. Oliver**

**May**

**RS 906 MAFIA METROPOLIS: ORGANIZED CRIME IN NEW YORK THROUGH THE 1980’S** **WITH GARY DENNIS** After the fiscal crisis of the 1970’s ended in NYC, crime families monopolized the construction industry, gaining more influence, power and cash than ever before. **Tuesday, May 3.** 11 a.m.-1 p.m. **$14. S. Eisenberg**

**WS 911 THE “REAL” GANGS OF NEW YORK WITH JUSTIN FERATE** The NY Draft Riots were the bloodiest and most violent urban insurrection of 19th century America. Discover the true and factual story behind “The Gangs of NY”, one of the most critical moments in American history. Learn why and how they took place and how the true story bears great witness to the events of today. **Thursday, May 5.** 1 p.m.-3 p.m. **$14. S. Eisenberg**

**MS 908 HISTORIC HARLEM: FROM THE 1600’S THROUGH THE 1920’S & BEYOND WITH DEBORAH ZELCER** Visit Historic Harlem, once a setting for gracious mansions and later a hub for European immigrants and a destination for Southern blacks fleeing Jim Crow and migrating to the North for jobs and rights. Sites include: Sylvan Terrace, Triple Nickel, Hamilton Grange, Strivers Row and Abyssinian Baptist Church. **Tuesday, May 10.** 10:30 a.m.-12:30 p.m. **$12. J. DeNave**

**WS 912 JAZZ TOUR & STORIES FROM LOUIS ARMSTRONG PARK IN NEW ORLEANS** Learn about New Orleans role in the creation and development of the Jazz genre in American history as well as the Treme neighborhood and how it helped shape Black America today while touring Louis Armstrong Park. Absorb the sounds and vibes as we take a walk along Frenchman Street with our guide. **Wednesday, May 11.** 11 a.m.-1 p.m. **$14. S. Eisenberg**

**RS 907 ROCKEFELLER CENTER & THE AMERICAN CENTURY WITH DEB ZELCER** The Center’s form, decoration and public spaces reflect the legacy of the corporate powerhouse located there and their leaders’ contributions to America’s rise as a superpower. **Tuesday, May 17.** 1 p.m.-3:30 p.m. **$12. M. Mammana**

**MS 909 BROWNSTONE BROOKLYN WITH BEN PAGANELLI** This tour focuses on specific material and the architectural styles which employed it as well as discovering the origins of several iconic Brooklyn neighborhoods. From Greenpoint to Kensington, a big swath of Brooklyn is visually defined by brownstones and is the defining feature of these residential enclaves. **Thursday, May 19.** 10:30 a.m.-12:30 p.m. **$12. J. DeNave**

**WS 913 THE BORSHT BELT: RESORTS OF THE JEWISH CATSKILLS PART II WITH JUSTIN FERATE** Visit the celebrated Jewish resorts of Sullivan and Ulster Counties including The Concord, The Nevele and Grossinger’s where New Yorkers came to for mountain air and good kosher food. Learn how many entertainers launched their careers performing for Catskill audiences and how the Catskills helped shape American Jewish culture. **Thursday, May 19.** 1 p.m.-3 p.m. **$14. S. Eisenberg**

**RS 908 WILD CITY: BEAVERS IN NYC WITH AUTHOR THOMAS HYNES** The most important animal in NYC history, “The beaver became America’s first commodity animal” and by the late 1600’s more than 80,000 pelts were exported annually. **Tuesday, May 24.** 12 p.m.-2 p.m. **$12. M. Mammana**

**MS 910 THE WORLD TRADE CENTER WITH BEN PAGANELLI** This tour reveals how the famous office complex is directly tied to the history of Lower Manhattan and how it was formed to revive the area as a hub for trade and finance. See how the new version of the World Trade Center is helping to revive the financial district as it rebounds from 9/11, the 2008 recession and covid-19. **Wednesday, May 25.** 10:30 a.m.-12:30 p.m. **$12. J. DeNave**

**WS 914 TOUR & STORIES OF PRAGUE JEWISH QUARTER** Stroll through the streets of Prague’s Jewish Quarter and the Josefov quarter. See the remaining six synagogues and one of Europe’s oldest surviving Jewish cemeteries. Discover the stories from WWII and learn about the heroes of that era and the sacrifices that they made to spark some hope during the dark times. **Wednesday, May 25.** 11 a.m.-1 p.m. **$14. S. Eisenberg**

**REMOTE COURSES & SEMINARS**

Courses and seminars begin on Monday, March 14, 2022 and conclude Friday, May 27, 2022. Unless otherwise noted, courses have a $10 fee; seminars have a $2 fee. Fees are non-refundable and non-transferable.

Please remember to complete the appropriate registration form for either New York or Florida Spring courses/seminars. Spring 2022 and Florida Spring 2022 are two separate programs. Do not combine them on one form.

The courses are held REMOTELY from your own home We are using the Zoom platform to meet, greet and interact remotely. Please download the Zoom app. If you have not received your email with the Zoom links at least two days prior to event; please check your “spam/junk” or “trash” folders. If it is not in the “spam/junk” or “trash” folders, call us at (212) 510-6310 to send you the Meeting ID/Passcode for the event.

**DISCLAIMER:** “You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all-risk of injury to yourself, and agree to release and discharge the UFTWF from any and all claims or causes of action.”

**NASSAU/ SUFFOLK SECTIONS**

**TUESDAYS**

**NS 201 SOUL LINE DANCING: BEGINNERS PLUS** For those familiar with basic line dancing steps such as the Cha Cha, Pivot and Kick-Ball-Change. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. 10-11. R. Hogans

**NS 202 QUILTING MACHINE: PIERCED BLOCKS** Come get comfortable with quilt techniques and your sewing machine. Learn half-square triangles, 4 patches, 9 patches, 16 patches. Basic blocks are a great place to get started quilting. 10:30-12 J. Alexandrakis

**NS 203 SOUL LINE DANCING:BEGINNERS** Learn basic line dancing steps and dances that will be performed to Soul, R&B, Jazz and Hip-Hop music. Wear comfortable clothing and shoes. 11:15-12:15 R. Hogans

**US 201 YOGA & MEDITATION:ALL LEVELS** Practice Kundalini Yoga and Meditation for physical, mental and spiritual strength, vitality, relaxation, to reduce stress and to develop the lungs and immune system. Suitable for those who prefer to be seated; modifications can be made. 10-11:30 R. Mahone-Lonesome.

**SPRING 2022 / 3**
THURSDAYS

NS 401 DIGITAL STORYTELLING USING POWERPOINT TECHNIQUES FOR PC USERS ONLY Let people feel and experience the power of your story through the use of creative and stimulating presentations with digital design tools, enhanced with pictures, music and video. Requirement: must have Microsoft PowerPoint software installed on the computer. Five sessions. Begins March 17. 10-11. S. Seifman

NS 807 THE BASICS OF MAH JONGG FOR SOCIAL MEDIA Learn the basics of Mah Jongg and how to play by the rules of the National Mah Jongg League. You will be able to sign onto a social media gaming app and/or play with friends, utilizing the skills you have learned. Materials needed: Mah Jongg set and current 2022 Mah Jong card. Three Wednesday sessions: March 16, 23, 30. 11-12. $6. A. Seligson

US 808 WHAT IS GOOGLE DRIVE & WHY DO I NEED IT? Learn all about the benefits of using Google Drive and how to use it to collaborate online, share your stuff safely with others and use all their set of tools for free. Must sign up for a free G-Mail account prior to course and be able to access the account. Two Wednesday sessions: March 16, 23. 11-12. $4. S. Seifman

US 805 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM & WERE AFRAID TO ASK: BEGINNER Zoom has become an essential tool for personal, social and business reasons in our lives. For those who are NOT new to the Zoom platform and want to learn more advanced techniques including break out room set-up, meeting tools, Zoom settings, how to get the most from your meeting and much more. NOT for beginners. Thursday, March 24. 1-3. $2. M. Levine

US 810 AN ARM & A LEG: FACTS & TRIVIA Join us for a fun and engaging class as the instructor shares facts and trivia about the origins of commonly used expressions that don’t make literal sense. Wednesday, April 6. 11-12. $2. A. Seligson

US 809 A CELEBRATION OF STEPHEN SONDHEIM Explore why this extremely important and prolific master of the American Musical Theater is known as “The Re-Inventor of Musical Theater.” Listen to music from Into the Woods, Sweeney Todd, Merrily We Roll Along and even some earlier works like West Side Story. Two Wednesday sessions: April 6, 13. 1-3. $4. P. Gallagher

US 810 BROADWAY ON A BUDGET Discuss all things Broadway: an update on the current state of Broadway, the history and importance of the Broadway Playbill as well as money-saving tips on how to see Broadway shows for under $50. Thursday, April 7. 1-3. $2. B. Stoll

US 811 THEATER FANS & THE STAGE DOOR EXPERIENCE A theater enthusiast discusses the significant role that theater fans have played within the theater community and why die-hard theater fans may see a show more than 100 times. Learn the secret to taking selfies with and gathering autographs from today’s brightest Broadway stars after they perform on stage. Thursday, April 14. 10-12. $2. B. Stoll

US 812 INTERNET SECURITY & DIGITAL PRIVACY Learn how to recognize scams and phishing as well as how to avoid hacking attempts and the best practices to protect your home computer, smartphone and other devices. Tuesday, April 26. 1-3. $2. J. Goklevent

US 813 BROOKLYN: WHAT A GREAT PLACE TO GROW UP IN WITH AUTHOR, MARTIN BLUMBERG Are you ready to stroll down Pitkin Avenue? Ride the Cyclone and get a hot dog at Nathan’s in Coney Island? Discuss and share our wonderful experiences/memories in Brooklyn with the author who grew up in Brownsville, moved to Canarsie and wrote a memoir about his amazing experiences. Wednesday, April 27. 1-2:30. $2. M. Blumberg
NEW JERSEY SECTION

MONDAY

JS 101 BOLLYWOOD Come dance to the exotic beats featuring the energetic sounds of Bollywood. Bollywood is a blend of all Indian dances including classical, folk, R & B and Hip-Hop music. 8:30-9:30. V. Iyer

JS 102 COOK LIKE A CATERER Learn new cooking skills with all new recipes. A list of recipes and equipment needed emailed prior to class. Suggestions welcomed. 10-12. C. Semel

JS 103 A TASTE OF YIDDISH Learn and view many photos and videos of The Little Tramp, The Great Stoneface and Speedy. Three Wednesday sessions: May 11, 18, 25. $6. L. Wolf

US 820 THE NEW YORK MOB Benjamin “Bugsy” Siegel, Frank “The Prime Minister” Costello, Carl “The Godfather” Gambino and many others have one thing in common: all were gangsters and part of organized crime between the two World Wars. This is the story of the most famous criminals that not only had a reputation in NY, but across the nation. Thursday, May 12. 10-12. $2. H. Ehrlich

JS 821 MOTOWN FROM THE BEGINNING Join us as we talk, share, listen to songs and watch videos of some of the Motown greats such as Stevie Wonder, The Temptations, Martha & the Vandellas and many more. Two Tuesday sessions: May 17, 24. 10-12. $4. V. Wilson

US 822 THE OLD & NEW TESTAMENT ORCHESTRAS OF COUNT BASIE William “Count” Basie may be the greatest musician who ever existed due to his ability to select personnel, pick the correct songs and as a leader in keeping his unit together. His 1930’s “Old Testament” band and his 1950’s “New Testament” band were built on outstanding soloists and great arrangements. Examples of his music before, between and after these bands are featured. Tuesday, May 17. $2. 1-3. M. Zucker

JS 823 THE BROOKLYNDodgers ARE FOREVER An expanded discussion of the significance of the Brooklyn Dodgers to the borough of Brooklyn from their origins in the 19th Century to the post WWII years from a fan who has every Dodger autograph on the roster from 1946 through 1957. Two Thursday sessions: May 19, 26. 10-12. $4. J. Goldman

BEGINNER Hear and learn to speak this colorful language. Each class will have a theme covering songs, pets, Facebook in Yiddish and more. 10:30-12. N. Miller

JS 104 LEARN TO SING Learn how to read music, how to breathe for singing, practice vocal technique and sing a song. Pre-requisite: able to carry a tune, printing papers for class and must have a keyboard or one downloaded on phone or computer is fine. 1-2:30. J. Goleme

TUESDAYS

JS 201 BEGINNER SPANISH Learn about pronunciation, vocabulary, grammar, Spanish and Latin American culture as well as listening, speaking, reading and writing in Spanish. You may register for $201 or $401, but not both. This class is being held twice - on Tuesday and Thursday. 9-10. L. Fetcher

JS 202 YOGA FOR STRESS MANAGEMENT: ALL LEVELS Experience the calming influence of yoga, meditation and breathwork. Learn skills to help move through the day relaxed and smiling. Accommodations suggested. 9-10:30. M. Schwartz

JS 203 THE POWER & PASSION OF FLAMENCO DANCE Enjoy a workout for the body and soul with powerful arm and body movements, rhythmic foot stomping and hand clapping. Shoes with solid heel or sneakers required. 10-11. L. Botalico

JS 204 MAH JONG Learn this ancient game through visuals explaining the game. For those who want to learn or just brush up on their skills. A set is not necessary. 10-12. S. Levine

JS 205 WHAT DEFINES A TURNING POINT IN HISTORY? Enjoy a new take on American history through Turning Points in American History. Live moderation of day in history trivia and group discussion. 10-12. G. Blume

JS 206 BREATHE CENTERED YOGA Improve your mood, strength and flexibility. Move on your breath to calm your mind and nourish your body. Accommodations suggested. Pre-requisite: some experience with Yoga. 10-11:30. M. Schwartz

JS 207 CANASTA: ALL LEVELS Learn the fine points and new strategies of this team game. Get on the road to becoming a master player. 12:15-2:15. S. Levine

JS 208 BEGINNER BRIDGE It’s necessary to access both Bridge Base for instruction (free software) and Zoom. You must be able to use separate windows on a computer or two separate devices such as a smartphone and a tablet. No previous Bridge knowledge is needed. 1-3. D. Stein

WEDNESDAYS

JS 301 HOW TO TALK WHEN THE BAND IS TOO LOUD: SIGN LANGUAGE Remember going large events with loud music and lots of conversation? Learn to fingerspell and do some basic sign language in this fun class. Different theme each week. 10:30-12. N. Miller

JS 302 HEBREW ULPAN Learn to speak Hebrew Ulpam-style (learn Hebrew in Hebrew) like an Israeli in a relaxed and fun-filled atmosphere. All are welcome. 7 pm-8 pm. I. Rozett

THURSDAYS

JS 401 BEGINNER SPANISH Learn about pronunciation, vocabulary, grammar, Spanish and Latin American culture as well as listening, speaking, reading and writing in Spanish. You may register for $201 or $401, but not both. This class is being held twice - on Tuesday and Thursday. 9-10. L. Fetcher

JS 402 PILATES Use a chair for both seated exercises and for balance while standing. Use the Pilates principles for alignment and breathing. 10:15-11:15. L. Fechter


FRIDAYS

JS 501 BELLY DANCE Feel the Middle Eastern music of Belly Dance featuring the exotic and sensual sounds of this genre as well as a blend of all Belly Dance fusion tracks. Become aware of how our bodies truly can move! 1-2. V. Iyer

JS 502 SORTING PHOTOS Too many boxes of photos? An expert organizer guides us through live photo sorting. By the end of the series, you can expect to have made progress on your photo sorting. 1-3. J. Novak

SEMINARS

JS 805 LET’S ZOOM: BEGINNERS Learn the basics of Zoom including account set-up, creating meetings,
hosting and co-hosting and much more. Monday, March 14. 1-3. $2. M. Levine

**JS 806 SAVE TIME & ORGANIZE YOUR LIFE INTO ONE NOTEBOOK**
Have you wasted time looking for important papers and information? Join us for a hands-on class of not wasting anymore time looking for lost things by making your own personal notebook with important information at your fingertips. Three Thursday sessions: March 17, 24, 31. 1-3. $6. J. Novak

**JS 807 LET’S ZOOM: INTERMEDIATE**
Learn more about Zoom techniques including break out room set-up, Zoom settings, meeting tools and much more. Pre-requisite: basic knowledge of Zoom. Monday, March 21. 1-3. $2. M. Levine

**JS 808 KOSHER COOKING**
Spring into Kosher cooking! Get ready to cook and bake some classics as well as preparing a few specialties for the upcoming holidays. Three Wednesday sessions: March 23; April 6; May 4.

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

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

**WS 106 BEGINNING PIANO CONTINUED**
For those who want to press onward and upward in beginning piano. Pre-requisite: Beginning Piano from the Fall and must have a keyboard or piano to practice. 11:30-1. M. Oppel

**WS 107 TAKING BETTER PHOTOS**
Learn to take better, how to capture what you see and sharing/exhibiting your photos that you take with a smartphone or stand-alone camera. 12:30-2:30. S. Cabot

**WS 108 MICROSOFT WORD: INTERMEDIATE**
Learn advanced features including merging documents, modifying files to pdf, arranging content and more. Pre-requisite: must have Microsoft Word installed on your smartphone, laptop, iPad or desktop computer. Four sessions: April 11, 25; May 9, 16. 10-11. K. Wallace

**WS 201 OIL YOUR JOINTS**
Wake up your body parts that feel constricted and stiff in order to bring better circulation through isolated stretches for better mobility. 10-12. K. Sanson

**WS 202 ROCK & ROLL OF THE SIXTIES**
Trace the development of Rock n’ Roll as we listen and watch performances. Discuss some of the greatest performers in Rock history. 10-12. S. Cabot

**WS 203 READING & WRITING THE SHORT STORY**
Read short stories by some of the masters – Baldwin, Chandler, Diaz, Joyce and more. Discuss how and why these stories are so effective and use them as a guide when you begin to write your own stories. Six sessions. Begins March 15. 10:30-12:30. J. Smith

**WS 204 MULTI-CULTURAL DANCE**
Free form dance along with varied music from Puerto Rico, Greek Islands, Japanese lute, Scottish Folk and more. Brief music intros and some instruction. Five consecutive sessions. Begins March 15. 11-12. H. Levin

**WS 205 ADVANCED MEMOIR WRITING**
For those writing their life stories and like to offer and receive feedback of their work. Share written pieces before each class. Work is discussed in-depth each week. 11-12:30. B. Rosenblatt

**WS 206 ALFRED HITCHCOCK**
Join a lively group of Hitchcock fans. View his movies and discuss the life and works of Alfred Hitchcock including his TV shows. 12-3. R. Miles-Abraham.

**WS 207 INTERMEDIATE ITALIAN**
For those with a basic knowledge of Italian. Increase your knowledge of Italian through traditional exercises, videos and fun. 1-2. J. Ferrari

**WEDNESDAYS**

**WS 301 JAZZ OF THE 1950’S**
Listen to and discuss some of the greatest performances and performers including Miles Davis, John Coltrane and many more. 9:30-11:30. S. Cabot

**WS 302 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. Materials needed: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madson

**WS 303 SHORT STORIES WITH HARTE**
Bring your life’s experiences to reading, discussing and analyzing an assigned story. Required book: The Best American Short Stories of the Century by John Updike, ed. And Katrina Jennison, ed. et. al. Read Hemingway’s In Another Country for first class. 10-12. J. Harte

**WS 304 WRITING LIFE STORIES: ALL LEVELS**
Do you want to share important life experiences through writing? It’s what makes us human. Jumpstart your memories, organize your ideas and edit your work. Required book: Writing the Memoir by Judith Barrington. Bring a notebook to each class. 11-12:30. B. Rosenblatt

**WS 305 MAT PILATES**
A workout program that will improve your muscle tone, flexibility, spinal support, body balance and lower back health. Movements are performed on the ground using a Pilates or yoga mat. 12-2. K. Sanson

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

**WS 401 MAT PILATES**
A workout program that will improve your muscle tone, flexibility, spinal support, body balance and lower back health. Movements are performed on the ground using a Pilates or yoga mat. 10-11. K. Smith

**WS 402 BEGINNER FRENCH**
Learn to converse in French through the use of everyday vocabulary and basic grammar. Materials list emailed prior to first class by instructor. 10-11. H. Bismuth

**WS 403 F. D. R.**
Learn all about F.D.R.’s life, presidency, the New Deal and his wartime leadership. Five sessions. Begins March 31. 11-1. L. Hartstein

**WS 404 VITALITY BREAK**
Build up your energy through constant movement and body sculpting using stretches based on yoga and Pilates. 12-2. K. Sanson

**WS 405 BEGINNER ITALIAN**
Learn the basics of Italian vocabulary and pronunciation, and some culture to impress your family and friends. 1-2. J. Ferrari

**FRIDAYS**

**WS 501 TURN ON THE RELAXATION RESPONSE**
Learn various techniques to lower stress, improve quality of sleep and enjoy greater health and happiness. Explore EFT, meditation and more. 9:30-11. R. Demers

**SEMINARS**

**WS 805 MONDAY MORNING BOOK CLUB**
Join us if you love to read and discuss books! Read If You Want to Make God Laugh by Bianca Marais before first class. Three Monday sessions: March 14; April 4; May 9. 10-12. $6. B. Naliboff

**WS 806 THE PROBLEMS OF FACEBOOK**
Discuss some of the plusses and minuses of Earth’s largest social media company. Friday, March 25. 10-12. $2. S. Cabot

**WS 807 SHORT STORY BOOK CLUB: MASTERPIECES BY AMERICAN WOMEN WRITERS**
Read, discuss and analyze short stories by women of the 20th and 21st centuries. Stories are emailed prior to class by the instructor. Three Monday sessions: March 28; April
11, 25. 1-3. $6. R. Miles-Abraham

WS 808 KATE QUINN AUTHOR STUDY BOOK CLUB Kate Quinn fans have a chance to meet the author and discuss her books at each meeting. Read The Rose Code for first class. Three Monday sessions: March 28; April 25; May 23. 12-2. $6. J. Frutkin

WS 809 INTERNET PRIVACY & SAFETY An average home has as many as 15 devices connected to the internet. Learn how to keep yourself safe and protect your privacy. Friday, April 29. 10-12. $2. S. Cabot

WS 810 20TH CENTURY STARS OF THE HEALTH FOOD MOVEMENT: A SHORT HISTORY An historical look at the history of the health food movement in the U.S.A. Wednesday, May 4. 11-1. $2. H. Levin

WS 811 PROTECTING YOURSELF FROM FRAUDSTERS & SCAMMERS Everyday people are scammed and defrauded out of money by phone, email and in person. Learn the signs of a potential scam and how to protect yourself. Friday, May 6. 10-12. $2. S. Cabot

WS 812 FOLK MUSIC HEROES OF THE 50’S & 60’S FROM THE USA & BEYOND Listen to the music and learn about the folk music heroes of the 50’s & 60’s. Wednesday, May 11. 11-1. $2. H. Levin

WS 813 WISDOM IN THE BIBLE Explore and learn about the nature of wisdom as depicted in the Bible. Study of the Wisdom Books, Proverbs, Job and Ecclesiastes and in the Song of Songs and Psalms. Three Thursday sessions: May 12, 19, 26. 10-12. $6. D. Skolnik

WF 814 FRENCH CHANSONS PETITUES: AN EDU-CONCERT Learn about the great collaborations between French poets and composers: sung, shared, translated – some live, some recorded. Wednesday, May 18. 11-1. H. Levin

WS 815 DOLLAR STORE CRAFTS Create craft projects using simple supplies from the dollar store. Materials list emailed prior to first class by instructor. Three Thursday sessions: April 28; May 5, 12. 12-2. $6. A. Fraenkel

BRONX

MONDAY

XS 101 BASIC STITCHES: ALL LEVELS Beginner or advanced, you will learn crocheting, knitting, looming and other thread arts. Beginners – have a light colored #4 worsted yarn and US K-11 crochet hook, US 10 or 11 knitting needles or circular or long loom set for first class. All others may bring your UFOs (unfinished objects) or materials for a project of your choice. 10-12. C. PoINDEXter-Curry

XS 102 LET’S MOVE! Moderate exercises for those who want to improve their fitness, mobility, strength, balance and general health. Tips on better sleep, nutrition, and health discussed. Light hand weights and exercise bands needed for class. 10-12. M. Strauss

XS 103 OPERA A wide array of operas in different styles, eras and languages from the archives of the Metropolitan Opera. Featured operas include Anna Bolena, I Puritani, Semiramide and more. Optional: free dress rehearsal of Lucia di Lammermoor at the Metropolitan Opera on April 20 at 10:30 am. 10-12. J. Dzik

XS 104 EXERCISE PLUS A blend of exercises to tone, strengthen and increase stamina and flexibility. Low impact aerobics included and lifestyle tips to enhance total well-being. Lightweight hand weights, exercise bands and a sticky floor mat to stabilize chair needed for class. 12:30-1:30. D. Dolan

TUESDAYS

XS 201 ZUMBA GOLD A safe and total body workout that combines Latin and international dance rhythms such as Salsa, Merengue, Tango, and Cha Cha into an energizing cardio workout. Movements can be modified to accommodate limitations. Wear comfortable clothing. 10-11. M. Stevenson

XS 202 WATERCOLOR: ALL LEVELS New techniques using salt, plastic wrap, India ink and more. Paint New techniques using salt, plastic wrap, India ink and more. Paint

XS 203 PHOTOGRAPHY & SCRAPBOOKING Life is like a camera – focus on what’s important. Capture the good times, develop the negatives and if it doesn’t work out, take another shot. Learn to display your special photos in a scrapbook to share and preserve the memories. 10-12. J. Parker

XS 204 PRESIDENCIES OF CALVIN COOLIDGE, HERBERT HOOVER & FDR Focusing on the impact of the Roaring Twenties, the Depression, the New Deal and the WWII years had during this era. Eight sessions. Begins March 29. 12:30-2:30. L. Hartstein

WEDNESDAYS

XS 301 NIA TECHNIQUE A full body workout that is easy on the joints, promotes flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi and other movement forms. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson

XS 302 TAI CHI Introduction and practice of the basic principles of Tai Chi. 10-12. A. Wang

XS 303 KNITTING OBSESSION: BROICHE SCARF Learn to knit a brioche with one color or challenge yourself with two. You can also work independently on a specific project. 10-12. J. Parker

XS 304 EXERCISE, ARTHRITIS & BALANCE MOTION Moderate seated and standing exercises for seniors who want to improve flexibility, balance and strength using light hand weights, towels and a cane, curtain rod, mop handle or dowel. Exercises to strengthen knees and stiff neck included. 10-11. M. J. Strauss

FRIDAYS

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

XS 502 SHORT STORIES Discuss a new short story weekly from 100 Years of the Best American Short Stories, edited by Lorrie Moore and Heidi Pitlor. Stories by Raymond Carver, Joyce Carol Oates and more are covered. 11 -1. D. Hammitt

XS 503 INDEPENDENT FILMS Discuss recently released independent films from around the world. Film list emailed prior to first class by instructor. Find these thought-provoking films at your library or through Amazon Prime or cable TV service. 1:30-2:30. D. Hammitt

THURSDAYS

XS 401 NIA TECHNIQUE A full body workout that is easy on the joints, promotes flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi and other movement forms. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson

XS 402 ADVANCED PIANO (GAMMA) Knowledge of basic theory and keyboard is required. Explore more challenging pieces from the classical and jazz repertoire. Students will study basic chord structure and jazz harmony. 10-12. N. Zamcheck

XS 403 THE DOO WOP STORY: EAST COAST/SOUTH Listen to the stories and music of many great groups such as The Five Satins, Shirelles, Duprees and many more. Nine sessions. No class: May 26. 12-2. H. Bloch

SEMINARS

XS 805 PAPER FLOWER BASICS Create simple paper flowers such as a dogwood flower, hibiscus and a calla lily using letter-size copy paper or Astrobrites paper. Learn how to make rolled stems, different centers and various leaves and petals. Materials list emailed prior to first class by instructor. Five consecutive sessions. Begins March 16. 12:30-2:30. M.J. Strauss
XS 806 CREATING YOUR OWN BEAUTIFUL JEWELRY Learn the foundation skills for making beaded necklaces, earrings, and bracelets. Create unique items that reflect your personal style. Two Monday sessions:  March 14, 28. 12-3. $4. R. Demers

XS 807 DAFFODILS, DAFFODILS, DAFFODILS Learn how to make different kinds of paper daffodils using various origami techniques. Materials list emailed prior to first class by instructor. Monday, March 21. 12:30-3. $2. M. J. Strauss

XS 808 FUN & EASY PAPER BEAD MAKING Learn to create attractive paper beads using magazine pages and/printed napkins. These beads are durable and can be integrated into your other creations. Monday, April 4. 12-2:30. $2. R. Demers

XS 809 SPRING PARADE PAPER CRAFTS Make several kinds of bunnies and cute little chicks using copy paper or Astrobrites paper, glue, tape and markers. Materials list emailed prior to first class by instructor. Monday, April 4. 12:30-3. $2. M. J. Strauss

XS 810 TIPTOE THROUGH THE TULIPS Learn to make paper tulips two ways. A free-standing tulip that could be used on a card/origami tulip. Materials list emailed prior to first class by instructor. Monday, May 9. 12:30-3. $2. M. J. Strauss

XS 811 CREATING WIRE WRAPPED JEWELRY Learn basic wire wrapping techniques to create rings, pendants and earrings. Materials list emailed prior to first class by instructor. Two Monday sessions: May 9, 23. 12-2:30. $4. R. Demers

XS 812 MAKE-UP: GIRLS JUST WANNA HAVE FUN – PART I Learn to give yourself a makeover and customize your daily routine with a fresh look. Focus on different looks for different occasions or going from day to evening. Tuesday, May 24. 1-3. $2. J. Parker

XS 813 MAKE-UP: GIRLS JUST WANNA HAVE FUN – PART II Learn to give yourself a makeover and customize your daily routine with a fresh look. Focus on different looks for different occasions or going from day to evening. Wednesday, May 25. 1-3. $2. J. Parker

KS 101 YOGA WITH A STABILITY BALL Gently strengthen your core muscles, maintain balance and relaxes the body. Materials list emailed prior to first class by instructor. 10-11. C. LaBue

KS 102 EXERCISE FOR PEOPLE WITH ARTHRITIS A program designed to increase coordination, flexibility and reduce pain and stiffness for those with arthritis. 10-11. T. Pratt

KS 103 CAKE DECORATING: BEGINNERS Get tips of the trade to create cakes, icings and fillings. Learn how to use decorating tools to create and decorate a professional looking custom cake. Materials list emailed prior to first class by instructor. 10-12. K. Stubbs

KS 104 THE MARX BROTHERS View and discuss the Marx Brothers best movies. Learn insider information about the brothers and how they created their zany comedy that’s still funny today. 10-12:30. S. Friedman

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

KS 106 SHORT STORY BOOK CLUB Read and discuss short stories by award-winning authors (all available free online). Read The Swimmer by John Cheever before first class. Further readings chosen by the group. 12:30 – 2:30. M. Eller

KS 107 KUNDALINI YOGA Learn a set of disciplines that incorporate breath, movement and meditation to maintain balance and harmony and quiet the mind. Materials needed: yoga mat and a firm pillow. 12:30-2:30. C. LaBue

KS 108 LOW IMPACT AEROBICS Dance exercise that is gentle on the joints and focuses on building endurance, strength and balance. 12:30-2:30. T. Gilbert

KS 109 CAKE DECORATING: INTERMEDIATE Learn to use buttercream and fondant to decorate and use gum paste to create sugar art. Pre-requisite: Must have mastered beginner level cake decorating skills. Materials list emailed prior to first class by instructor. 1-3. K. Stubbs

KS 110 ACRYLIC PAINTING FOR BEGINNERS Learn to paint in the quick and easy water-based medium of acrylics. Develop skills in painting portraits, still-life and landscapes. Materials list emailed prior to first class by instructor. 1-3. R. Lubell

KS 201 SKETCHING & DRAWING Learn the elements of design using various graphic materials. Materials list emailed prior to first class by instructor. 10-12. E. Comins

KS 202 NOT YOUR REGULAR GRANNY SQUARE Turn Granny squares into works of art by producing garments, accessories and one-of-a-kind pieces. 10-12. P. Williams

KS 203 STOP PROCRISTANATING & TIDY UP Learn how to tidy up your home and declutter your to do list. Declutter a different room each week. 10-12. J. Novak

KS 204 WATERCOLOR WORKSHOP Various techniques of watercolor are explored. Materials list emailed prior to class by instructor. 12:30 - 2:30. E. Comins

KS 205 ZUMBA GOLD Improve coordination and memory; develop stamina while working out to great music. 12:30-2:30. B. Sayegh

KS 206 INTERMEDIATE MANDARIN CHINESE Continue to learn to speak Mandarin Chinese. NOT for beginners. 12:30 – 2:30. C. Ng

KS 206 AGELESS PILATES & BARRE A mind/body exercise focusing on breathing, posture and alignment while increasing flexibility and improving muscle function throughout the body. Must be able to transition from standing to floor and back up again. Materials needed: mat, TheraBand, 8” ball. 1-2. N. Aaronson

KS 207 HOW TO FINALLY WRITE YOUR BOOK If you dream of seeing your book in print, put a pen to paper and get it written. Info on how to find an agent to getting it published. Come with an idea or a partially or completed manuscript. 1-3. J. Novak

KS 208 LOST JAZZ DEMOS, ALTERNATE TAKES & COVERS Explore original demos, alternate takes and cover versions of many well-known recordings in Jazz, Blues, R & B and Rock n’ Roll. Rare examples and some long-lost favorites are included. 1-3. J. Hirsch

KS 209 I HAVE NOTHING TO WEAR Declutter a different room each week. Learn how to tidy up your home and declutter your to do list. 10-12. P. Williams

KS 210 SKETCH OUT LOUD TUESDAYS BRING YOUR BOOK AND JOIN US AS WE EXPLORE THE BOOKS AND ARTWORK OF 20TH CENTURY AMERICAN WRITERS. 10:00-12:00, M. Eller

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

KS 302 SHAKESPEARE Read and discuss the play, Henry VI, Part 3. 10–12. J. Trachten

KS 303 THIRD EYE TUESDAYS IN A QUIET MIND: EXPERIENCE BEGINNERS ONLY Experience the power of the third eye. 10-12. W. Ashley

KS 304 A REPERTOIRE OF LINE DANCES Learn old- and new-line dances in preparation for your party or celebration. 10-12. T. Gilbert

KS 305 COOKING HISTORY Explore and discuss the history of culturally diverse dishes by learning foundational methods in menu planning and cooking from a recipe. 10-12. K. Hughes

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

KS 307 GREAT WORKS OF ART HISTORY Explore art from the Renaissance to realism, impressionism and post-impressionism with a look at American, Dutch, Flemish and Spanish masters. 12:30-2:30. R. Lubell

KS 308 100 YEARS OF AMERICAN JAZZ DANCE Learn different jazz dances and their history that were influenced by various styles of dance from 1920-2020. 12:30-2:30. K. Sanson

KS 309 I HAVE NOTHING TO WEAR Learn 10 steps to organizing any closet, what a capsule wardrobe is and how to decide which clothes to keep. 1-3. J. Novak

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

KS 401 OPERA OFF THE BEATEN TRACK Explore some lesser-known performances from the Metropolitan Opera archives. Optional: free dress rehearsal of Lucia di Lammermoor at the Met on April 20 at 10:30 am. 10-12. J. Dzik

KS 402 STRETCH & RELAX Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Large towel or mat needed for first class. 10–12. T. Pratt

KS 403 HISTORICAL EVENTS THAT TRANSFORMED AMERICA Experience lifelong learning through lecture and discussion on historical events that transformed our nation and continues to affect us today. 10-12. G. Blume

KS 404 CONTEMPORARY SCIENCE FICTION BOOK CLUB Discuss how science fiction writers often speculate on social change and how they deal with questions on freedom, prejudice and climate change. Read Vox by Christine Dalcher for first class. 12:30-2:30. L. White

KS 405 HEALTHY EATING & COOKING Learn the benefits of knowing what’s healthy and what’s not.
not in certain foods and how to read ingredient labels and what chemicals to avoid to stay healthy. 12:30-2:30. C. Aird, MPH

FRIDAYS

KS 501 CHORUS Have fun singing various genres of music. 10-12. J. DeRanieri
KS 502 QUILTING: INTERMEDIATE/ADVANCED Create beautiful works of art: hand sewn quilts, pillows and decorative accessories. Materials list emailed prior to first class by instructor. 10-12. N. Rabatin
KS 503 ACRYLIC PAINTING & PASTELS Learn the basics of painting. Emphasize on drawing, composition, value and color theory. Explore techniques of creating with acrylics and pastels. Materials list emailed prior to first class by instructor. 10:30–12:30. J. Lippmann
KS 504 DOLLMAKING Explore cloth dollmaking from start to finish. Basic sewing skills required. Materials list emailed prior to class by instructor. 12:30 – 2:30. N. Rabatin
KS 505 CHAIR ZUMBA Seated dance fitness that incorporates movements to improve overall energy and strength. 12:30–2:30. T. Gilbert
KS 506 POLYMER CLAY: INTERMEDIATE/ADVANCED MUST Have a working knowledge of polymer clay and know the basics (skinner blends, plugs, bullseye canes, etc.) to create pendants, earrings and other designs. Materials list emailed prior to first class by instructor. 12:30–2:30. V. Hall

SEMINARS

KS 805 BECOMING A ZOOM PRO Overview of basic Zoom functions, customizations of participant features and do’s and don’t’s of virtual backgrounds. Three Monday sessions: March 14, 28; April 11. 1:30-2:30. $6. G. Blume
KS 806 THE ART OF DIEGO VELAZQUEZ A curated tour of the life and works of Spain’s greatest painter. Thursday, March 17. 10-12. $2. M. Meyer
KS 807 ART IN THE AGE OF BLACK POWER A focus on the 2018 landmark exhibition, Soul of the Nation about black artists who fought for empowerment and inclusion from the 1960’s – 1980’s. Two Friday sessions: March 18, 25. 11-1. $4. R. Lubell
KS 808 CHANGE YOUR THINKING, CHANGE YOUR LIFE Learn fun ways to alleviate stress and worry using easy techniques that have proven to enhance mind and body health. Three Monday sessions: March 21, 28; April 4. 12:30-2:30. $6. M. Eller
KS 809 THE ART OF FRANCISCO GOYA A detailed look at the last old master and the first modernist artist. Thursday, March 24. 10-12. $2. M. Meyer
KS 810 WREATH DESIGNING Learn how to make seasonal wreaths using Dollar Tree supplies. Materials list emailed prior to first class by instructor. Three Thursday sessions: April 14, 28; May 5. 10-12. $6. P. Valentin
KS 811 JUICING VS. SMOOTHIES Learn the difference between juicing and smoothies along with their nutritional values. First class introduces you to fruits and vegetables you have available. Three Tuesday sessions: April 26; May 3. 10-12. $6. C. Aird, MPH

MANHATTAN

MONDAYS

MS 101 BEADING: BEGINNERS Learn basic bead weaving skills to make jewelry. Must be able to thread a fine needle. Materials list emailed prior to first class. 9:45-12:15. Z. Tyson
MS 102 SHORT STORY INTO FILM Read a short story for each class and view the screen adaptation the following week. Discuss the merits of both the literary story and the movie after each film. 9:45-12:15. W. Wyss
MS 103 AMERICAN ART OF THE 20TH CENTURY A curated tour of the major art movements and artists of the most important period in American art. You may register for either MS 103 or MS 106, but not both. 10-12. M. Meyer
MS 104 SENIOR FITNESS (FALL, SPRING) Endurance, flexibility, balance and stretching. No prior dance experience necessary. 12:30-3. P. Herzich

TUESDAYS

MS 201 THE WRITER’S CRAFT Turn ordinary moments into extraordinary poetry and prose. Analyze and enjoy the work of established poets and writers and apply their craft to your own writing. 10-12. M. Mangot
MS 202 TRAVEL THROUGH HISTORY Lectures include the rich, history of diverse locations while traveling through early Europe and North/South America. Telling the stories of the people, places and events that shaped those countries. Seven sessions. Begins March 15. 10-12. J. Rossi
MS 203 SHORT STORIES Discuss short stories style and significance. Required book: 100 Years of the Best American Short Stories edited by Lorrie Moore (stories available online). Read The Gay Old Dog by Edna Ferber and Brothers by Sherwood Anderson prior to first class. You may register for either MS 203 or MS 206, but not both. 10-12. A. Zuckerberg
MS 204 GOLDEN VOICES Enjoy the golden voices and artistry of the world’s most famous opera stars as we view their performances on video and analyze what makes them great. Artists include Jonas Kaufmann, Rene Fleming and more. Six sessions. Begins March 22. 12:15-2:15. B. Haspel
MS 205 ITALIAN: INTERMEDIATE/ADVANCED Grammar, reading and conversation are covered. Required book: In Italiano (Edizioni Guerra–Perugia) by Angelo Chiuchi and Non Soltanto Un Baule (Edizioni Guerra) by Dawn Turner. NO FOR beginners. 12:30-2:30. A. DeGennaro
MS 206 SHORT STORIES Discuss short stories style and significance. Required book: 100 Years of the Best American Short Stories edited by Lorrie Moore (stories available online). Read The Gay Old Dog by Edna Ferber and Brothers by Sherwood Anderson prior to first class. You may register for either MS 203 or MS 206, but not both. 12:30-2:30. A. Zuckerberg

WEDNESDAYS

MS 301 BIRDWATCHING IN CENTRAL PARK: GROUP A Zoom orientation meeting and the exact locations for the one to two-mile walks are sent via email from the instructor. You may register for either MS 301 or MS 401, but not both. 8 am-10 am. M. Rakowski
MS 302 AFRO BEATS DANCE CLASS Learn basic traditional African dance movements set to contemporary Afro Beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 9:45-11:45. D. Scott
MS 303 POLITICS/HISTORY IN FILM View and analyze classic movies such as Bob Roberts, Amistad, Viva Zapata and more. 9:45-12:15. C. Friedman
MS 304 FITNESS FUN Focus on low impact cardio, strength training, endurance, flexibility, balance and stretching. Done to music. 12:30-2:30. K. Raden
MS 305 RETIrees READ BOOK CLUB: GROUP A Read and discuss a different book for each class. Read Three Girls from Bronzeville: A Uniquely American Memoir of Race, Fate and Sisterhood by Dawn Turner for first class. Other books are chosen after group discussion. Four sessions: March 16; April 6, 27, May 25. You may register for either MS 305 or MS 505, but not both. 12:30-2:30. M. Garvey
MS 306 ITALIAN CINEMA View and discuss thought-provoking Italian films from over the last 70 years. 12:30-3. J. Worth
MS 307 COMEDY APPRECIATION Explore the psychological and philosophical issues in developing a comic perspective focusing on stand-up comedy. Guest comedians and classic videos. 1 – 3. P. Herichz

THURSDAYS

MS 401 BIRDWATCHING IN CENTRAL PARK: GROUP B Zoom orientation meeting and the exact locations for the one to two-mile walks are sent via email from the instructor. You may register for either MS 301 or MS 401, but not both. 8 am-10 am. M. Rakowski
MS 402 CREATING WITH POLYMER CLAY Polymer clay can mimic gemstones and metals and is used to create beads to make necklaces, earrings and other jewelry. 9:30-12. V. Hall
MS 403 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
MS 404 DRAWING BASICS A fun intro to drawing using basic supplies such as pencils, charcoal, erasers and possible color to draw still-life drawings, landscapes, faces and more. Materials needed: all-purpose paper, #2 pencils and erasers. 9:45-12:15. W. Bradley
MS 405 QUILTING Create beautiful quits, pillows and decorative accessories. 12:15-2:45. T. Decourcy
**MONDAYS**

**QUEENS**


**QS 102 CHAIR YOGA FOR LIFE** Support mind and body with gentle stretching, joint mobilization, breathwork and meditation. Wear comfortable clothing. 10-11. C. Wang

**QS 103 ZUMBA PILATES** Dance with Latin and International music followed by Pilates chair with weights. 10-12. M. Gonzalez

**QS 104 TAI CHI** Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. Tai Chi fan is needed. 10 – 12. Y. H. Wang

**QS 105 MINDSET MATTERS** Discover how what you think matters to your health, wellness and weight loss. Your mind is your superpower for change. Required book: *The Shift* by Gary Foster. 10-12. E. Perkins

**QS 106 CRITICS’ BEST FOREIGN FILMS** Watch the critics’ choices for best foreign films from around the globe. Discuss how these filmmakers influenced one another. Five sessions. Begins Mar 14. 10-1. R. Presser

**QS 107 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS** Learn how to paint in the impressionistic style, using still life and photos. Each class begins with a demonstration. Materials list emailed prior to first class. 10–1. B. DeCeglie

**QS 108 GUITAR: INTERMEDIATE** Learn a variety of songs with different finger picking patterns. Duets, trios, and quartets of different styles and music theory will be studied. Required books: *Alfred’s Basic Guitar Theory I & 2 Morty/Ron Manus and The Standard Guitar Method, Book Three* by Dick Bennett. 12-2. M. Patelson

**QS 109 GARDENINGindoors & OUTDOORS** Topics include houseplants, cuttings, propagation and outdoor flowers. Learn how to start a vegetable garden and growing worms. 12:30-2:30. A. Pancholi

**TUESDAYS**


**QS 201 HATHA YOGA WITH SOUND BATH** A mind & body practice (on mat & standing) based on Hatha yoga to enhance strength, flexibility and balance. Physical poses, breathing practice, brief meditation and final relaxation with sound bath. 10-12. E. Takamori

**QS 202 DRAWING & SKETCHING: INTERMEDIATE** Use charcoal and pencil to explore black and white media. Materials list emailed prior to first class. 10-1. B. DeCeglie

**QS 203 QUILTING** Quilters will work on a nine-block sampler block. Al are welcome to create and bring their own project. Materials list emailed prior to class. 10-1. R. Cooper

**QS 204 LEARN HOW TO USE YOUR APPLE iPHONE/IPAD** Review the basic set-up of your iPhone or iPad. Learn how to utilize these devices to meet your needs, becoming familiar with apps and how to create slideshows and movies. 10:30-1:30. A. Cumba

**QS 205 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE** Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Required books: *Alfred’s Adult Basic Piano Course All-In-One course (Lesson, Theory, Technique Level 1 – spiral bound) and Alfred’s Complete Essentials of Music Theory.* 10-2. M. Patelson

**QS 206 SPANISH: ADVANCED BEGINNERS** Introduce and build on basic vocabulary and language structures. Learn and practice the language within cultural contexts by engaging in conversations about stories, themes and topics. Required textbook: *Easy Spanish Step-by-Step* by Barbara Bregstein. 12-2. J. Kalish

**QS 207 PILATES FOR STRENGTH & BALANCE** Workout program for flexibility, strength, balance, lower back, core and posture. Movements done on floor and standing. Use a chair or wall for balance. Materials needed: Pilates/yoga mat, small weights or cans of food. 1-2. C. Wang

**QS 208 SPANISH: INTERMEDIATE** Further develop language skills, increase your vocabulary and knowledge of Spanish by engaging in conversation to help understand the language more. Required book: *Colloquial Spanish of Latin America 2: The Next Step in Language Learning* by Roberto Rodríguez-Saona. 1-3. C. Rovira

**QS 209 AGING WITH WISDOM,**

**FRIDAYS**

**MS 501 BEADWEAVING: INTERMEDIATE/ADVANCED** Develop beading skills to create jewelry. Materials list given for each project. Must have two colors of 11/0 or 8/0 seed beads, Fireline 6 or 8 lbs., #10 beading needle a smooth cloth to bead on and scissors for class. 10-12. E. Esses

**MS 502 ASIAN BRUSH PAINTING** Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. All levels. Materials needed rice paper, Sumi ink and brushes. 10-12. P. Siudzinski

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

**MS 504 INTERNATIONAL CINEMA** View and discuss thought-provoking films from various countries around the world. 12-2:30. W. Wyss

**MS 505 RETIREE READ BOOK CLUB: GROUP B** Read and discuss a different book for each class. Read *Three Girls from Bronzeville: A Uniquely American Memoir of Race, Fate and Sisterhood* by Dawn Turner for first class. Other books are chosen after group discussion. Four sessions: *March 18; April 8, 29; May 27*. You may register for either MS 305 or MS 505, but not both. 12:30-2:30. M. Garvey

**MS 506 WATERCOLOR PAINTING** Develop your artistic ability painting landscapes, flowers and animals. All levels. Materials needed: watercolor set, brush and pad. You may register for either MS 408 or MS 506, but not both. 12:30-2:30. P. Siudzinski

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

**WEDNESDAYS**

**QS 301 SOUL LINE DANCE: BEGINNERS** Learn basic line dancing steps and dances will be performed to Soul, R & B, Jazz and Hip-Hop Music. Wear comfortable clothes and shoes. 10-11. R. Hogans

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

**QS 303 CHAIR YOGA FOR LIFE (SAIL)** SAIL is a strength, balance and fitness program for seniors that can help improve tone and balance issues. Exercises can be done standing or sitting and is suitable for those with physical limitations. Materials needed: 2-16 oz. water bottles to be used as weights. 10-12. M. Gonzalez

**QS 304 CHAIR YOGA WITH A TWIST: ALL LEVELS** Engage your mind, body and spirit while synchronizing your breath with Vinyasa flow. Achieve overall mental and physical balance, flexibility and build strength using movement and breathwork to guide you towards self-care and wellness. Chair is needed. 10-12. T. Guillou

**QS 305 HOW TO GET STARTED WITH PODCASTING: BEGINNERS** Create, record and edit a podcasting episode to share with other group members. Materials list emailed prior to first class. 10-12. D. Garnes

**QS 306 PASTEL PAINTING** Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos students choose. Materials list emailed prior to first class. 10 – 1. B. DeCeglie

**QS 307 BASIC BEADED JEWELRY MAKING FOR BEGINNERS** Learn to make jewelry using seed beads, thread and needle. Must be able to thread a fine needle. Several stitches are included such as peyote, brick, spiral weave and more. Materials list emailed prior to first class by instructor. 10-1. K. Koppinger

**QS 308 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE** Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) and headphones.
or your own upright or grand piano. Required books: Alfred’s Adult Basic Piano Course All-In-One course (Lesson, Theory, Technique Level 1 – spiral bound) and Alfred’s Complete Essentials of Music Theory. 10-2. Michael Patelson

QS 309 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE
Designed for those familiar with basic line dancing steps, such as the Cha Cha, Pivot and Kick-Ball-Change. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Wear comfortable clothes and shoes. 11:15 – 12:15. R. Hogans

QS 310 THE ART OF STORYTELLING: BEGINNERS/INTERMEDIATE
Speaking skills and writing techniques are used to create personal true stories from each participant. Share stories without scripts in front of an audience. Storytelling increases empathy, memory, decreases isolation and increases community. 12:30-2:30. D. Barnes

QS 311 ZUMBA GOLD Learn this dance program inspired by Latin rhythms modified for retirees and beginners. Wear comfortable clothes and shoes. 12:30– 2:30. J. Maleeq

THURSDAYS

QS 401 DRAWING & SKETCHING: BEGINNER/ADVANCED BEGINNER
Learn how to observe with intention of drawing, using the pencil tip, side and range of motion. Create studies and thumbnails using values including using three values in composition and a 1 pt. and 2 pt. perspective. Materials list emailed prior to first class by instructor. 9:30-11:30. M. Rogers

QS 402 ORAGAMI: JAPANESE ART OF PAPER FOLDING Learn how to coax pieces of paper into some lovely and fun creations including flowers, gift containers, jewelry and more. Paper requirements are emailed prior to first class. Any questions on purchasing papers, please email Rose at origalama@aol.com. 10-12. R. Malinconico

QS 403 MATURE MOVES Lively and energizing easy-does-it aerobic and calistenic workout. Loose clothing and sneakers required. Check fitness with your doctor. 10– 12. J. Maleeq

QS 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– 12. J. Cunningham

QS 405 MUSIC THEORY: BEGINNER Learn the basic elements of music theory including key signatures, major and minor scales, chord structure, intervals, rhythm, harmony, ear training, sight singing and basic composition. 10-12. M. Patelson

QS 406 PAINTING IN WATERCOLORS: ALL LEVELS The luminosity and nuance of watercolor make it perfectly suited for still-life. Work from a different still-life each week. Explore a range of watercolor techniques, such as wet-on-wet, resist, and glazing. Students can use their own photos/prints for source materials. Materials list emailed prior to first class by instructor. 10– 1. B. DeCeglie

QS 407 CLASSIC FOREIGN FILMS From the early days of Russian filmmakers such as Sergei Eisenstein and his theories of montage to German Expressionism, American filmmakers have been influenced by foreign innovations in this new art form. Look at some classics from the French and Italian New Wave as well as more contemporary classics from abroad. Five sessions. Begins March 17. 10–1. R. Presser

QS 408 LINE DANCING: BEGINNERS Strengthen body and mind while learning dances using your favorite dance style: Cha Cha, Rumba, Tango and Waltz. No partners needed. 12:30 – 2:30. R. Malinconico

QS 409 CREATIVE WRITING Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn key strategies, techniques and obtain valuable feedback to help get your work published. 12:30 – 2:30. J. Cunningham

QS 410 MUSIC THEORY: ADVANCED For those who wish to expand and explore music theory in fuller depth. Pre-requisite: Music Theory One. Topics are expanded from first semester as well as new material including ear training, sight singing and dictation, advanced chord structure, harmonization, melody writing and much more. Access to a keyboard and manuscript paper are required. 1-3. M. Patelson


FRIDAYS


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


QS 504 SOULFUL YOGA Explore yoga in this creative vinyasa flow to engage your mind, body and spirit. Learn to synchronize your breath with movement and to leverage yoga for self-care and overall wellness by building strength, physical balance and flexibility. Yoga mat needed. Optional: blanket or small pillow, two yoga blocks or large hardcovered books for support. 10-12. T. Guillou

QS 505 OPERAS OF PUCCINI An in-depth exploration of Puccini operas from the archives of the Metropolitan Opera. Operas include: Manon Lescaut, La Boheme, Tosca, Madame Butterfly and more. Optional dress rehearsal at the Met of Lucia di Lammermoor on April 20 at 10:30 am. 10– 12:30. J. Dzik

QS 506 ACRYLIC PAINTING Learn application and technique, emphasis on individual expression, the study of color and composition and design. Be ready to paint at first class. Materials list emailed prior to first class by instructor. 10– 1. C. Murrell

QS 507 PAINTING WITH CONFIDENCE Designed for beginners to create a masterpiece following step-by-step instructions. Explore color theory and brush techniques using inexpensive acrylic paint. Materials list emailed prior to first class by instructor. 10-1. R. Cooper

QS 508 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE Note reading, chord playing and a variety of music is covered. You must have your own keyboard (62 Keys) and headphones or your own upright or grand piano. Required books: Alfred Basic Adult Piano Course All-In-One Level 1 Course (Lesson, Theory, Technique – Level 1) and Alfred’s Complete Essentials of Music Theory. 10 – 2. M. Patelson

QS 509 BAKING 102 Learn baking secrets, terminology and tools of the trade to bake such classics as quick breads, pies, cookies, cakes, tarts and decadent desserts that will impress family and friends. Pantry staples, recipes and ingredients emailed prior to class by instructor. You can bake with the instructor or just enjoy observing! 1-3. L. Baker-Simon

SEMINARS

QS 805 INTRO TO ZOOM Step-by-step instructions on how to get started on Zoom. Learn to download the app on devices/computer and the basics of logging into a Zoom meeting. Monday, March 14. 8-10. $2. A. Cumba

QS 806 INTRO TO ZOOM Step-by-step instructions on how to get started on Zoom. Learn to download the app on devices/computer and the basics of logging into a Zoom meeting. Tuesday, March 15. 8-10. $2. A. Cumba

QS 807 INTRO TO ZOOM Step-by-step instructions on how to get started on Zoom. Learn to download the app on devices/computer and the basics of logging into a Zoom meeting. Wednesday, March 16. 8-10. $2. A. Cumba

STATEN ISLAND

MONDAYS

RS 101 BRIDGE: INTERMEDIATE & ADVANCED For those with an understanding of standard bidding techniques and strategies for effective play of the hand. Bidding conventions are introduced and sample hands are provided. 10-12. A. Bass

RS 102 HAPPY FIGURE DRAWING FOR BEGINNERS Learn the basics of drawing the human figure using a fun, easy approach. No prior experience needed. Draw, share and discuss the human form on paper. Materials needed: #2 pencils (art pencils/ charcoal accepted), large kneaded eraser, and a 9”x12” all-purpose pad. 10-12. W. Bradley

RS 103 KNITTING & CROCHETING FORUM For those who have knit or crocheted before. Websites will be shared to find patterns and directions for projects and get answers to questions. Materials needed: patience, size 8 ten-inch long needles, crochet hook “J” and 4 ply yarn. 10-12. C. Bellitti

RS 104 CHAIR YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 10-12. I. Dubau

RS 105 ZUMBA GOLD The original Zumba program has been modified so adults of any age and fitness level can achieve success. Appropriate

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footwear and toning sticks recommended. 10-12. M. Deturris

RS 106 JEWELRY DESIGN & BEADING For those with some prior beading experience. Review the pattern and materials in an interactive discussion to create a pendant and twisted herringbone chain. Learn some history, share YouTube tutorials and express your creativity. Materials list emailed prior to first class by instructor. 12:30-2:30. N. Keay

RS 107 INTERMEDIATE HAPPY FIGURE DRAWING For those who have taken the basic figure drawing class or have experience drawing the figure. Explore light and shadow, various mediums, drawing from reference and more advanced approaches. Materials needed #2 pencils (art pencils/charcoal accepted), large kneaded eraser and a 9"x12" all-purpose pad. Additional color supplies may be added. 1-3. W. Bradley

TUESDAYS

RS 201 EASY-BREEZY FITNESS Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want a gentle experience. Materials needed: sturdy chair, 5" soft ball and stretch bands. 10-12. L. Martinez

RS 202 QUILLING....not QUILTING FOR BEGINNERS/INTERMEDIATES Quilling, or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Materials needed the Baiyun quilling kit for beginners (Amazon approx. $35). 10-12. N. Keay

RS 203 GREAT BOOKS: CLASSICS & POPULAR LITERATURE Read and discuss a mix of old and new titles. View film clips and enjoy lively discussions with like-minded bibliophiles. Read Cloud Cuckoo Land by Anthony Doerr for first class. 10-12. L. Baum

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


RS 206 DRAWING: INTERMEDIATE/ADVANCED Explore art styles from realism to abstraction and use various drawing media. Requirement: must have some experience using the basic techniques for drawing from observation. Materials list emailed prior to first class. 12:30-2:30. M. Corti

WEDNESDAYS

RS 301 BELLY DANCING FOR FUN & FITNESS: ALL LEVELS Shimmy, sweat and smile while getting in touch with your inner goddess. Learn basic techniques and simple combinations for a lively belly dancing experience. 12:30-2:30. J. Lamonica

RS 302 THE CIVIL WAR IN 1862 An examination of main events and battles during the second year of the war: The Peninsula Campaign, rise of U.S. Grant, Shiloh, the Seven Days Battle, Second Manassas, Antietam and the Emancipation Proclamation. 10-12. L. Warner

RS 303 WOMEN’S FICTION Read and discuss Things We Cannot Say by Kelly Rimmer (Prologue and Chapters 1-4 for first class). The Paris Library by Janet Skeslien Charles is the second book. 10-12. A. Zuckerberg

RS 304 CHORALEURS Sing popular hits from the 50’s & 60’s. Learn to record your voice. No experience necessary. 10-12. D. DeOrio

RS 305 FALL PREVENTION (FALL STOP MOVE STRONG) Learn strategies to prevent falls and exercises to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights suggested. 11-12:30. G. Lichter

RS 306 WATERCOLORS: INTERMEDIATE Learn to paint the various textures of the elements of nature utilizing a specific watercolor technique for each (wet into wet, glazing and stippling). The principles of aerial perspective and landscape composition are explored. Step-by-step instruction, slide presentations and demonstrations. Materials list emailed prior to first class by instructor. Eight sessions. Begins March 16. 12:30-2:30. K. Fieramosca

THURSDAYS

RS 401 LOOM KNITTING: KNITTING WITHOUT NEEDLES Learn how to knit using a variety of inexpensive knitting looms that are easy on the hands. Create scarves, hats, household items even stuffed toys. No knitting experience necessary. First project: a hat. Materials list emailed prior to first class by instructor. 10-12. A. Ritchie

RS 402 WATERCOLORS FOR BEGINNERS For those who have never painted or would like to brush up. Focus on watercolor techniques of wet into wet, glazing, dry brush and blending, flat and graduated washes, stippling, hatching, shading and masking. Watercolor supplies and color mixing exercises included via instructor demos and slide presentations. Materials list emailed prior to first class by instructor. Eight sessions. Begins March 17. 10-12. K. Fieramosca

RS 403 THE TWILIGHT ZONE Watch more original episodes of Rod Serling’s classic TV show. Learn insider information about the series and discuss how Serling’s themes are still relevant today. 10-12. S. Friedman

RS 404 CONVERSATIONAL SPANISH FOR BEGINNERS Basic vocabulary, phrases and verbs are covered. Use of Spanish for travel and everyday living as well. Required book: High School Basic Spanish by Jean Yates. 10-12. L. Veit

RS 405 AEROBICS WITH KAREN Variety of low impact aerobic and dance movements to build cardiovascular endurance. Breathing, posture and form are emphasized. Materials needed: 5” exercise ball, light weights, sneakers and a sturdy chair. 10-12. K. Paolek

RS 406 MANDARIN CHINESE FOR BEGINNERS Learn to speak simple sentences in Chinese about everyday topics. The Chinese culture and writing system will be introduced. 11-1-2. G. Lichter

RS 407 PASTEL PAINTING Learn the art of pastel also known as dry painting. The elements and principles of design, color mixing, image transfer and various techniques can be used to create works of art are discussed. Materials list emailed prior to first class by instructor. 12:30-2:30. E. Byrne

RS 408 KNOW YOUR ANTIQUES & COLLECTIBLES Explore the history of antiques/collection and bygone eras. Have an item available for research and appraisal. 12:30-2:30. M. Mandel

RS 409 CHAIR YOGA II Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 12:30-2:30. I. Dubeau

FRIDAYS

RS 501 HAVE FUN & GET FIT WITH KAREN Exercise doesn’t have to be a drag! Do a variety of low impact aerobic and dance movements to build cardiovascular endurance. Materials needed: 5” exercise ball, light weights, sneakers and a sturdy chair. 10-12. K. Paolek

RS 502 TURNING POINTS IN MODERN HISTORY SERIES A different video and discussion each week showcasing key historical topics between 1676 and 2004 ranging from the invention of Leeuwenhoek’s microscope to the rise of social media. How it changed our view of the world and what we are capable of. Some trivia time included. 10-12. G. Blume

RS 503 ACRYLICS FOR BEGINNERS Learn the seven basic elements of design and the principles of basic building blocks of any composition used in acrylics to create a work of art. Materials list emailed prior to first class by instructor. 10-12. E. Byrne

RS 504 BEAUTIFUL BABY GIFTS TO KNIT OR CROCHET Create hats, sweaters and blankets for your favorite baby. Prerequisite: some knitting or crochet experience. 10-12. R. Soloway

SEMINARS

RS 805 TAKING BETTER PHOTOS WITH APPLE IPAD/IPHONE ONLY Learn to use the settings, pin your camera and find apps that can help make your pictures better. For Apple iPad/iPhone users ONLY. Thursday, March 17. 10-12. S. Cabot

RS 806 FAMOUS PEOPLE OF STATEN ISLAND Discover the saints, sinners and celebrities who were born, grew up or lived in Staten Island. Look at the lives of Paul Zindel, Mamie Smith, Langston Hughes, Paul Castellano and others through discussions, videos, writings and recordings. Three Friday sessions: March 18, 25; April 1. 10-12. $6. P. Salamon

RS 807 TAKING BETTER PHOTOS WITH AN ANDROID PHONE ONLY Learn to use the settings, pin your camera and find apps that can help make your pictures better. For Android users ONLY. Thursday, March 24. 10-12. S. Cabot

RS 808 TIPS & SECRETS OF THE Apple IPAD/IPHONE Learn to make and take calls, use apps, the calendar and contact features, banking and handling online commerce. Use device’s navigation apps and never get lost again. For Apple iPad/iPhone users ONLY. Three Thursday sessions: March 31; April 7, 14. 10-12. $6. S. Cabot

RS 809 KEEP THIS & TOSS THAT Trying to declutter and having trouble deciding what is trash and what is a treasure? Find out if it’s worthwhile to sell something and how and where to sell it easily. Two Friday sessions: April 1, 8. 10-12. $4. J. Novak
FLORIDA CENTER

MONDAYS

FS 101 CITY SKETCHING Grab a sketchbook and let your pencil capture the moment! Turn your photos into quick sketches while learning about composition and 1 point and 2-point perspectives. No experience necessary. Materials list emailed prior to first class by instructor. Six sessions. Begins March 14. 10-12. J. Fisher

FS 102 INTRO TO MIXED MEDIA NATURE JOURNALING: WORDS & PICTURES Whether you’re an avid outdoor explorer or prefer watching birds through the window, it will open the world of nature journaling. Using watercolor, ink, pencil, pen and other media as well as creative writing, learn new ways into this fun, educational and even therapeutic practice. Materials list emailed prior to class by instructor. 1-2:30. A. Kioti Home

FS 103 PRACTICAL FRENCH FOR VACATIONS, CULINARY ADVENTURES & ARMCHAIR TRAVELS Enjoy French conversation with a lifelong francophile and francophile “Bon-Vivant” focuses on traveling (including recent Covid info) and navigating basic French menus, eating out, shopping, drinking and cooking. Some eating and cooking traditional French foods and beverages take place IN French during the second hour of class. 3-5. N. Kauder

FS 104 MOVE TO THE GROOVE A fun, dance-inspired workout that improves your cardio fitness with easy-to-follow moves set to energizing music that makes you move to the groove. 4-5. M. Manrique

TUESDAYS

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


FS 203 A TROPICAL WATERCOLOR EXPERIENCE Enjoy a fun-filled immersive experience filled with tropical treats and landmarks while learning and developing watercolor skills. Complete multiple showcase-worthy projects. Materials list emailed prior to first class by instructor. 6 pm-8 pm. A. Davis

FS 204 MIND & ALIGN Explore different meditation and breathing techniques each week to help guide you to a mindful alignment. A perfect way to close out your day and get ready for a great night’s sleep. 7 pm-8 pm. B. Rhea

WEDNESDAYS

FS 301 WEDNESDAY WAKE UP YOGA Gentle/slow flow yoga using chairs and mats for full body awareness and to help wake up your body and get your mind and spirit ready for the day. Great for beginners and those looking for more flexibility. Begin and end with a short meditation to help bring consciousness to our mind, body and spirit. 9-10. B. Rhea

FS 302 MIXED MEDIA & ACRYLICS Learn how to incorporate new mediums with acrylics and how to add mediums to our paint, use paper collage alongside acrylics. Explore adding other upcycled items and texture into your work. Experience with acrylics required. Materials list emailed prior to class by instructor. 10-12. N. Galluccio

FS 303 PHOTOSOP-FIVE STEPS TO IMPROVE PHOTOS: BEGINNER/INTERMEDIATE Learn the beginning steps to photo editing using Photoshop to make your photos perfect. For anyone that wants to improve their photos. Requirement: Adobe Photoshop or Adobe Elements. 12-1:30. L. Goradesky

FS 304 CORE & MORE: ALL LEVELS Work the core muscles, arms and legs in both seated and standing positions using a chair. A gentle, but effective workout that leaves you feeling lengthened, strengthened, stretched and refreshed. Optional: a stretch band. 4:15-5:15. L. Fechter

THURSDAYS

FS 401 PHOTOGRAPHY FUN USING YOUR SMARTPHONE CAMERA: BEGINNER/INTERMEDIATE Learn the many features of your smartphone camera and how to capture clear landscapes, fun subjects and fabulous portraits. Come away with much more confidence and skills. For Android and iPhone smartphones. 12-1:30. L. Goradesky

FS 402 ABSTRACT PAINTING: POP OPEN YOUR IMAGINATION Learn various styles from making abstract selfies to designing pattern paintings to suit your décor. All levels. Pop open your imagination and walk away with your own mini-masterpieces. Materials list emailed prior to first class by instructor. Five sessions. Begins March 17. 12:30-3. B. Lowenberg

FS 403 MEMOIR WRITING, CREATIVELY Do you want to share and preserve your family’s history with your children, grandchildren and great-grandchildren? Memoir is a way to insure your family will know you and their history. Learn how to write your personal story in the narrative style, as well as the stories of relatives who are no longer with us. 2-3:30. D. Wind

FS 404 "ONE SIMPLE CHANGE" HEALTHY COOKING WITH CHEF NINA Learn what kitchen and pantry ingredient swaps to make and create lighter and healthier meals that are still TASTY and above all – new foods requiring no apologies. 3:30-5:30. N. Kauder

SEMINARS

FS 805 STOP LOSING YOUR STUFF Are you always misplacing things? A professional organizer shares tips on how to get organized. Learn what to do first and how to decide what to keep and where to store it. If you’re ready for a humorous take on all the clutter, this is for you! Two Monday sessions: March 14, 21. 1-3. $4.1 Novak

FS 806 WOMEN ON BOTH SIDES OF THE PAGE When you read a good book, you want to talk about it. That’s what we will do. Read the following books prior to three Monday sessions: March 14 – Sankofa by Chibundo Onuzo; April 11 – Eleanor Oliphant is Completely Fine by Gail Honeyman; May 16 – TBD. 7 pm-8 pm. $6. P. Ruggieri

FS 807 NEW & EXCITING: FUN AT THE MOVIES! It doesn’t have to be a comedy for you to have fun at the movies. You will be delighted in what you see and learn; you may laugh or even cry when we share three different films at this seminar. Three Wednesday sessions: March 16; April 13; May 18. 6:30 pm-9:30 pm. $6. L. Bloomgarden

FS 808 WHAT WAS SPECIAL ABOUT THE 1950’S? The 1950’s was a decade marked by post-WWII prosperity, the Cold War and the Civil Rights movement. Actual footage during the second hour of class. The 1950’s was A DECADE MARKED by post-WWII prosperity, the Cold War and the Civil Rights movement. Actual footage during the second hour of class. Three Wednesday sessions: March 16; April 13; May 18. 6:30 pm-9:30 pm. $6. L. Bloomgarden

FS 809 “MENTORSHIP MATTERS” FILM SERIES Enjoy award-winning documentary films, background information about the film and discussions on inspirational topics related to the film. The series showcases the importance of mentorship and the power of intergenerational connection. Three Tuesday sessions: March 22; April 5; May 3. 7 pm-9pm. $6. G. Blume

FS 810 BEGINNING CARD MAKING Do you want to learn more about paper crafting and card making. Create three cards to use this spring.
**IN-PERSON COURSES**

We are pleased to announce that the UFTWF Retiree Programs will offer a limited number of in-person activities during Spring 2022. In order to maintain a safe environment for everyone, registration is limited.

You must provide proof of an FDA-approved Covid-19 vaccination and Photo ID to enter the building or floors designated for the United Federation of Teachers and you MUST wear a mask at all times.

Courses begin on Monday, March 14, 2022 and conclude Friday, May 27, 2022. Unless otherwise noted, courses have a $10 fee; seminars have a $2 fee. Fees are non-refundable and non-transferable.

Please remember to complete the appropriate registration form for either New York or Florida Spring courses/seminars. Spring 2022 and Florida Spring 2022 are two separate programs. Do not combine them on one form.

You will receive an email confirmation. Please check your “spam/junk” or “trash” folders, or call us Tuesday, March 1st at (212) 510-6310 to check which courses you have been accepted.

**STATEN ISLAND OFFICE HAS MOVED...**

The S.I. UFT office has moved to 1200 South Avenue. Construction at the new Learning Center has not been completed. Therefore, there are no in-person classes during the Spring 2022 semester. The class below will be held at different parks and not the Learning Center.

We hope to return to our normal programming in future semesters. Please check our website for future updates.

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**BRONX**

**TUESDAYS**

**XS 250 QUILTING: PRE-CUT FABRICS**

Ever wonder what pre-cuts are? Pre-cuts include jelly rolls, layer cakes, charm packs, fat quarters, fat eights and 2.5” squares. Let’s see what we can make with them. 10-12. C. Hoist

**XS 251 COLLAGE**

Discover the creative, expressive art of collage using everyday materials (magazines, photos etc.). Materials list emailed prior to first class. 10-12. I. Rosenberg

**XS 252 BASIC DRAWING**

Explore basic shapes. Sketch and draw still-life, landscapes and portraits. Emphasis on tonal contrast and creating textures in realistic drawing. Materials needed: drawing pad, #2 & #4 pencils, rulers. 10-12. A. Strinsky

**XS 253 ZUMBA**

Combine Latin and International dance rhythms such as Salsa, Merengue, Tango and Cha Cha into an energizing cardio workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 12:30-2. M. Stevenson

**XS 254 LET’S DANCE**

Get your body ready for a nice workout to Latin rhythms (Salsa, Bachata Rumba, Cha Cha) with an energizing warm-up. Beginners welcome. Materials list emailed prior to first class. 12:30-2:30. M. Aybar

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**WEDNESDAYS**

**XS 350 TAKE THE LEAD**

Dance your stress away with a workout to Latin music. Shine on the dance floor with new patterns and turns. Improve your stamina, balance, posture and wellness. No partners necessary. 12:30-2:30. N. DeLaLuz

**XS 351 ACRYLIC PAINTING: ALL LEVELS**

Explore your creativity! Beginners welcome. Materials list emailed prior to first class. 12:30-2:30. M. Mooney

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**THURSDAYS**

**XS 450 SENIORS NEED TO EXERCISE**


**XS 451 HATHA YOGA**

Focus on physical health and mental well-being. The goal is to bring about a sound, healthy body and a clear peaceful mind. Materials needed: a mat, a small pillow and a light blanket. 10-12. M. Gladwin

**KS 451 CROCHET: BEGINNERS ONLY**

Learn basic stitches and terms to make beautiful projects. Materials list emailed prior to first class. 12:30-2. P. Williams

**KS 452 CROCHET: INTERMEDIATES ONLY**

Use your own patterns and explore new designs to make beautiful projects. Materials list emailed prior to first class. 12:30-2:30. P. Williams

**KS 453 EXPERIENCED SEED BEADER: INTERMEDIATE/ADVANCED ONLY**

Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials lists distributed with each project. 12:30-3. C. Horne

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**MANHATTAN**

**TUESDAYS**

**MS 250 DRAWING TO WATERCOLOR**

Develop your watercolor skills and techniques. Materials needed: 140 lb. watercolor paper, good brushes and good pigment. 9:45-12:15. A. Massimi

**MS 251 MAH JONGG: BEGINNER/INTERMEDIATE**

Learn the game and brush up on prior skills. Bring a current deck of cards to use this spring. Two Friday sessions: May 20, 27. 1-3. $4. A. Davis, MSW

**KS 450 INTERNATIONAL FOLK DANCING**

Learn folk dances from around the world. It’s fun, great exercise and improves cognitive agility. No partner needed. 10-12. E. Sohn

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**BROOKLYN**

**THURSDAYS**

**KS 451 CROCHET: BEGINNERS ONLY**

Learn basic stitches and terms to make beautiful projects. Materials list emailed prior to first class. 12:30-2. P. Williams

**KS 452 CROCHET: INTERMEDIATES ONLY**

Use your own patterns and explore new designs to make beautiful projects. Materials list emailed prior to first class. 12:30-2:30. P. Williams

**KS 453 EXPERIENCED SEED BEADER: INTERMEDIATE/ADVANCED ONLY**

Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials lists distributed with each project. 12:30-3. C. Horne

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PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.
UFT retirees will be registered first before spouses, domestic partners, AFT, NYSUT & PSC members. Members of AFT, NYSUT & PSC must provide their social security number if they have not registered before. If registering for both tri-state Spring 2022 courses and Florida 2022 Spring courses; you must send in separate registration coupons and checks. You must send separate checks/money orders for the following categories: Courses, seminars and each trip.

SPRING 2022 COURSE REGISTRATION

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

MEMBER NAME (PLEASE PRINT)
UFT ID # (6 digits)/SS # (last 4 digits) PHONE
E-MAIL ADDRESS
SPOUSE NAME (IF REGISTERING)
ADDRESS APT #
CITY STATE ZIP

Seminars (not included in five-course limit).
NUMBER TITLE FEE (IF ANY)
1. 
2. 
3. 
4. 
5. 
6. 
7. 

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

UFT/WF RETIREE PROGRAMS FLORIDA COURSE REGISTRATION SPRING 2022

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

MEMBER NAME (PLEASE PRINT)
UFT ID # (6 digits)/SS # (last 4 digits) PHONE
E-MAIL ADDRESS
SPOUSE NAME (IF REGISTERING)
ADDRESS APT #
CITY STATE ZIP
CELL PHONE/FLORIDA PHONE#

You may register for only five trips. Add 2 alternates in case first choices are filled. List in order of preference:
NUMBER TITLE FEE (IF ANY)
1. 
2. 
3. 
4. 
5. 
6. 
7. 

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

SEMINARS (not in 5 course limit):
6. 
7. 
8. 
9. 
10. 

**NEW JERSEY**

**THURSDAYS**

**JS 450 NORTHERN NEW JERSEY HIKING CLUB**
Enjoy the great outdoors with a weekly hike! Begin with a short history about the trail and a stretch to warm-up our hiking muscles. Approx. 3 miles. Pack a snack for mid-hike and a picnic lunch for after the hike. Easy/Intermediate trails around multiple Northern NJ locations. 10-1. M. Schwartz

**QUEENS**

**TUESDAYS**

**QS 250 TAI CHI**
Exercise in this ancient art of Tai Chi. Wear loose comfortable clothing. 10-11. K. Sullivan

**QS 251 BRIDGE "PLAY OF THE HAND": BEGINNER/INTERMEDIATE**
Learn the basic fundamentals and principles of “play of hand” (card play techniques as declarer). 10-12:30. W. Fuchs

**QS 252 STAINED GLASS**
Beginners learn the fundamentals of stained-glass design, glass cutting and copper foil construction method to develop and complete projects. Experienced students receive guidance on more advanced creations. Safety goggles required. 10:45-2:45. $65. L. Carbone

**QS 253 TAI CHI**
Exercise in this ancient art of Tai Chi. Wear loose comfortable clothing. 11:15-12:15. K. Sullivan

**QS 254 BRIDGE "DEFENSE": BEGINNER/INTERMEDIATE**
Learn the basic fundamentals and principles of “defense” (card play techniques as declarer). 1-3. W. Fuchs

**FLORIDA CENTER**

**TUESDAYS**

**FS 250 BEGINNER’S CANASTA**
Learn or refresh the basic game rules, scoring and some strategies all while having fun. 10-12. S. Goldstein

**FS 251 MORE ACADEMY AWARD WINNERS & NOMINEES**
The Academy Awards present the best in American films, but over time some films fade in memory while others find their audiences and grow in stature. Look at Oscar winners and nominees that have stood the test of time and became classics. Five sessions. Begins March 15. 10-1. R. Presser

**FS 252 MAH JONGG FOR BEGINNERS**
Learn all the basics so that you can play and enjoy this fun game. 1-3. P. Barnes

**WEDNESDAYS**

**QS 350 BRIDGE: ADVANCED**

**FS 450 INTERMEDIATE & ADVANCED MAH JONGG**
Improve your Mah Jongg skills and enjoy playing with guidance, if necessary. 10-12. R. Rose

**FS 451 NOT FOR BEGINNERS CANASTA**
Freshen your Canasta skills and learn different strategies and table rules. 12:30-3. F. Kassler

**FS 452 CHAIR YOGA/MEDITATION: ALL LEVELS**
Explore a combination of postures, breathing and meditation to help create better harmony between your body, mind and spirit. Wear comfortable clothing and feel free to bring towels or blankets for extra cushioning. Five sessions. Begins April 28. 1-2. P. Vitucci

**STATEN ISLAND**

**THURSDAYS**

**RS 450 SPRING BIRDING IN S.I. PARKS & NATURAL AREAS**
Observe and identify birds that are spring migrants as well as local avian residents. Focus: species identification, vocalization and field marks. First walk in Brookfield Park (Arthur Kill Rd.& Brookfield Ave.) promptly at 9 AM. Requirements: comfortable shoes/sneakers, binoculars. Inclement weather cancels class. 9-11. H. Fischer

**FS 830 BIRD WATCHING FIELD TRIP AT WAKODAHATCHEE WETLANDS**
Timing is everything! This late day experience at Wakodahatchee Wetlands focuses on birds flying back to the trees to settle in for the night. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. Thursday, March 31. 4 pm-6 pm. $2. V. Brauer

**FS 832 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS**
Explore the Green Cay Wetlands and learn about the various birds that migrate to Florida and our diverse ecosystem. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. Thursday, April 7. 8 am-10 am. $2. V. Brauer

**FS 834 BIRD WATCHING FIELD TRIP AT WAKODAHATCHEE WETLANDS**
Timing is everything! This late day experience at Wakodahatchee Wetlands focuses on birds flying back to the trees to settle in for the night. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. Wednesday, April 13. 4:30 pm-6:30 pm. $2. V. Brauer

**FS 835 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS**
Explore the Green Cay Wetlands and learn about the various birds that migrate to Florida and our diverse ecosystem. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. Wednesday, May 11. 5 pm-7 pm. $2. V. Brauer

**SEMINARS**

**FS 831 MAKING STRIDES KNITTING/ CROCHETING CIRCLE**
Be part of a group that makes headbands to be given out at the 2022 Making Strides event. All levels. Must know basic stitches. The yarn is supplied. Bring “G” crochet hook or US 6 knitting needles to class. Friday, March 25. 10-1. No Fee. D. Albirt