HOW TO REGISTER

FALL LEARNING CENTER CLASS SCHEDULE
Start date: Monday, September 12, 2022
End date: Wednesday, November 16, 2022

• Registration deadline: The office MUST receive the registration by Friday, August 19, 2022

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays
1 9/12/22 9/13/22 9/14/22 9/15/22 9/16/22
2 9/19/22 9/20/22 9/21/22 9/22/22 9/23/22
3 — — 9/28/22 9/29/22 9/30/22
4 10/3/22 10/4/22 — 10/6/22 10/7/22
5 — 10/11/22 10/12/22 10/13/22 10/14/22
6 10/17/22 10/18/22 10/19/22 10/20/22 10/21/22
7 10/24/22 10/25/22 10/26/22 10/27/22 10/28/22
9 11/7/22 —** 11/9/22 11/10/22
10 11/14/22 11/15/22 **11/16/22 — —

• No classes on the following days:
  Rosh Hashanah — Monday/Tuesday, Sept. 26 & 27
  Yom Kippur — Monday/Tuesday, Sept. 26 & 27

VETERAN’S DAY: Friday, Nov. 11

INTERSESSION SCHEDULE
Start date: Tuesday, January 10, 2023
End date: End date: Thursday, February 9, 2023

• Registration deadline: The office MUST receive the registration by Monday, December 12, 2022

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays
1 — 1/10/23 1/11/23 1/12/23 —
2 — 1/17/23 1/18/23 1/19/23 —
3 — 1/24/23 1/25/23 1/26/23 —
4 — 1/31/23 — 2/2/23 —
5 — 2/7/23 2/8/23 2/9/23 —

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

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

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

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

REGISTRATION PROCEDURE & FEES
• UFT retirees are registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.
• Each registrant must COMPLETE the entire registration coupon(s) and send it with his/her own check(s)/mone(y) order(s). ALL checks/money orders must be made payable to UFTWF RETIREE PROGRAMS (NO CASH ACCEPTED).
• All fees are NON-REFUNDABLE and NON-TRANSFERRABLE.
• A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.

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

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

GENERAL INFORMATION
• You will receive a confirmation regarding your courses, seminars and/or trips in the mail. WAIT LISTED retirees, spouses, registered domestic partners, AFT, NYSUT and PSC members will be notified of course/seminar openings by a Retiree Programs staff member.
• Refunds/Overpayments will be issued in eight weeks beginning August 31, 2022.
• We reserve the right to cancel any courses that has fewer than 12 students (remote) or 8 students (in-person) registered after the registration deadline. Registered students will be notified and issued full refunds.

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

UFT BRONX LEARNING CENTER
2500 Halsey st., Bronx, NY 10461, UFT BRONX LEARNING CENTER

UFT MANHATTAN LEARNING CENTER
335 Adams St., 24th fl., Brooklyn, NY 11201, Felicia Armetta, Evelyn Dorell, Eurika Oliver, Cheryl Richardson, Coordinators (718) 722-6961/(718) 722-6962

UFT QUEENS LEARNING CENTER
335 Adams St., 24th fl., Brooklyn, NY 11201, Felicia Armetta, Evelyn Dorell, Eurika Oliver, Cheryl Richardson, Coordinators (718) 722-6961/(718) 722-6962

UFT STATEN ISLAND LEARNING CENTER
NEW ADDRESS! 1200 South Avenue, S.I., NY 10314, Jeanne Casanovas, Peggy Munno, Audrey Zimring, Coordinators (212) 510-6310

UFT SUFFOLK SECTION
Rosanna Nesi, Coordinator, (914) 966-8873

Outreach Sections
UFT NASSAU SECTION Patty Sweeney, Coordinator, (516) 206-0621 • UFT NEW JERSEY SECTION Judy Rosenstien, Coordinator, (908) 753-0013
UFT SUFFOLK SECTION J/Ja Faber, Coordinator, (516) 610-8811 • UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION Rosanna Nesi, Coordinator, (914) 966-8873

OUTREACH SECTIONS
DINE AROUNDS & THEATRE EXPERIENCE

You must enclose separate $10 checks/money orders for Theatre Experience and Dine Arounds since they are two separate programs. Fees are non-refundable and non-transferable.

Theatre Experience: Individual checks for different shows to be collected at each session.

Dine Arounds: Individual checks for each restaurant will be collected at orientation session. Refunds are contingent upon policy of the vendor.

BRONX:

XF 851 THEATER EXPERIENCE
Attend dramas, musicals, on and off-Broadway at discounted prices. Bring your calendar and checkbook to each session for purchase of tickets. Three Monday sessions: Sept. 19; Oct. 17; Nov. 14. 12:30-2. R. Fernandez

XF 951 DINE AROUND
Enjoy different cuisines at three different restaurants in the Bronx and/ or Westchester area. Bring your checkbook to the orientation session at the Bronx Learning Center, 2500 Halsey St. on Thursday, Sept. 22 from 12:30-2. Registration is required for the restaurants at that time. R. Fernandez

MANHATTAN:

MF 951 THEATER EXPERIENCE
On and off-Broadway performances at discounted prices. Bring your checkbook to each session for the purchase of tickets. Class meets at UFT Headquarters, 52 Broadway, 19th floor, Rms. B & C. Tickets distributed at each class. Three Thursday sessions: Sept. 15; Oct. 13; Nov. 10. 10:30-12:30. R. DeMarco.

STATEN ISLAND:

RF 951 EPICUREAN DELIGHT: DINE AROUND
Enjoy dinner at 5 p.m. at two well-known Staten Island restaurants. Bring your checkbook to the orientation session on Wednesday, Sept. 14 as registration is required for the restaurants at that time. 12:30-2:30. R. Zuckerberg.

WESTCHESTER/ROCKLAND/PUTNAM:

WF 951 THEATER EXPERIENCE
On and off Broadway shows at discounted prices. Bring your checkbook to each session for ticket purchases. All sessions are at the Northeast Jewish Center, 11 Salisbury Road (off Tuckahoe Road), Yonkers. Three sessions: Sept. 21 (Wed.); Oct. 14 (Fri.); Nov. 18 (Fri.). 12:30-2:30. S. Eisenberg

IN-PERSON

We are pleased to announce that there are a limited number of in-person activities during Fall 2022. In order to maintain a safe environment for everyone, registration is limited.

You must provide proof of an FDA-approved Covid-19 vaccination card to enter the building or floors designated for the U.F.T. Masks are optional.

You will receive your confirmation in the mail. Florida registrants will receive an email confirmation.

If you do not receive your confirmation by Friday, Sept. 2nd, please call us at (212) 510-6310 to check which courses you have been accepted.

TRIPS

The fees for each trip are in the description. Refunds are made upon written request up to FOUR weeks prior to trip date.

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

SEPTEMBER

RF 955 CENTRAL PARK TOUR WITH BOB GELBER
Guided tour of several iconic attractions including Delacorte Clock, Bethesda Fountain, Arsenal and Ramble. Meet in front of General Sherman statue, 5th Ave. & 60th St. at 10:45 am for a 11 am tour. Tuesday, Sept. 20. 10:45 am-1 pm. $27. M. Mammana

XF 955 VAN Cortlandt Park Tour with Deborah Dolan
Visit NYC’s third largest park. See Van Cortlandt Mansion and Kingsbridge Burial Ground. Explore Tibbett Meadow with its native flowers, fall migrant birds and the largest freshwater lake known for its abundant fish and water fowl. Meet at Nature Center, 246th St., (off B’way) at 1:45 pm for a 2 pm tour. Wednesday, Sept. 28. 2 pm-4 pm. $22. R. Fernandez

WF 955 BROADWAY MUSICAL BUS TOUR: MUSIC TOURING & ENTERTAINMENT
Enjoy a day of musical entertainment as we travel through NYC. Listen to musical classics performed by professional actors. Travel to sites of many shows while hearing anecdotes about Broadway stars. Lunch on your own. Meet in front of Sumac Diner, 42nd St. & 11th Ave. at 9:45 am for a 10 am tour. Wednesday, Sept. 28. 10 am-4 pm. $74. S. Eisenberg

RF 956 MOHAWKS OF BROOKLYN & THE RISE OF NYC WITH DEB ZELCER
Discover the history of the Kahnewake Mohawks who once had a thriving community in Boerum Hill, Brooklyn. They built some of the towering buildings and bridges of the 20th century. Meet in front of the former Williamsburg Savings Bank Tower, 1 Hanson Pl. at 11:45 am for a 12 pm tour. Thursday, Sept. 29. 11:45 am-2 pm. $32. M. Mammana

JF 955 COOK LIKE YOUR ANCESTORS: HEARTH COOKING CLASS
Participate as the staff at Montclair History Center prepares a few dishes on the hearth fireplace using historic “receipts” (recipes). You will help decipher, prepare and taste the meals using a fireplace, simple tools and local foods. Meet at the Crane House and Historic YMCA, 110 Orange Rd., in Montclair, NJ at 10:15 am for a 10:30 am class.

Thefe, Sept. 29. 10:15 am-12:30 pm. $75. M. Schwartz

XF 956 STRIKES, SPLITS & LUNCH
Enjoy an afternoon of bowling fun and lunch with the Bronx “Splashers” in White Plains. Meet at Bowlero Lanes, 41 Tarrytown Road at 1:45 pm for a 2 pm bowling event. Friday, Sept. 30. 1:45 pm-4 pm. $95. E. Harris

OCTOBER

XF 957 NOOKS & CRANNIES OF GREENWICH VILLAGE WITH ANTHONY GRIFA
Explore Greenwich Village and see the Old MacMillan Press, Church of the Patriots, Salmagundi Club, Mark Twain’s old residence, Willie’s Garden, look for Jimmy Walker’s
For No class:

Free dress rehearsal at the Met. 10-12.

Duet, ensembles and orchestral excerpts.

XF 153 OPERA Opera’s greatest soloists, duets, ensembles and orchestral excerpts performed by the greatest singers and conductors, past and present. Audio and video examples. Includes possible free dress rehearsal at the Met. 10-12. No class: Oct. 17. 10-12. J. Dzik

XF 154 INTERMEDIATE BRIDGE For those who have some knowledge of Bridge. Focus on bidding in the 21st Century with additional inputs in play of the hand and defense. $15 includes registration and materials. 10-12:15. P. Mehta

XF 150 QUILTING IDEAS Enjoy a variety of activities: design and piece a landscape quilt, project using paper piecing, a mystery quilt and smaller quilts for donations to those in need. 10-12. C. Hoist

XF 151 COLLAGE Discover the creative, expressive art of Collage using everyday materials. Materials list emailed prior to class. 10-12. I. Rosenberg

XF 152 WRITING Learn strategies and techniques to improve your writing skills. Share your stories through poetry and prose and receive valuable feedback from colleagues. Let’s prepare to publish our work. 10-12. M.K. Johnson

DUMBO TOUR WITH GARY DENNIS $24 Thursday, Oct. 13. 9:45 am-11:30 am. E. Harris

XF 957 UPTOWN TREASURES WITH ANTHONY GRIFA Visit the Hispanic Museum of America with its 360-degree Sorolla Vision of Spain Gallery, Academy of Letters, Sculpture Garden of the Audubon Terrace and the Church of Intercession. Meet at the NE corner of 155th St. & Broadway at 11:15 am for a 11:30 am tour. Thursday, Oct. 13. 11:15 am–1:30 pm. $24. R. Fernandez

RF 957 BROOKLYN BRIDGE TO DUMBO TOUR WITH GARY DENNIS Considered the 8th Wonder of the World, the Brooklyn Bridge linked two great cities. Learn its history as we cross the bridge into DUMBO. Meet at the Municipal Building, 1 Centre St. (at Chambers St) at 10:45 am for a 11 am tour. Thursday, Oct. 13. 10:45 am-1 pm. $9. M. Mammana

XF 956 “A LA CARTE” ART CLUB Enjoy an interactive, participatory guided tour of the Montclair Art Museum. View the exhibit Lori Field: Tiger Tarot, compositions of human and animal hybrids in imaginative worlds followed by an art-making workshop to create images for your own set of tarot cards. All levels welcome. Meet at the Montclair Art Museum, 3 S. Mountain Ave. in Montclair at 9:45 am for a 10 am tour. Thursday, Oct. 13. 9:45 am-11:30 am. $18. M. Schwartz

XF 959 MYSTERIES OF CHINATOWN IN THE YEAR OF THE TIGER WITH ANTHONY GRIFA Visit a Taoist and Buddhist Temple, Columbia Park and the side streets of Chinatown. See the old New England hotel and Dr. Sun Yat Sen’s secret headquarters. Stroll through Bloody Angle. Meet at NE corner of Canal & Centre Sts. at 11:15 am for a 11:30 am tour. Thursday, Oct. 20. 11:15 am–1:30 pm. $25. R. Fernandez

XF 960 GRAND CENTRAL TERMINAL TOUR Learn the fascinating secrets of the iconic Grand Central Terminal. Discover the haunted cocktail lounge, the location of the birth of TV news, the origin of the red carpet and more. Meet at the clock/information booth in the middle of the terminal at 9:45 am for a 10 am tour. Friday, Oct. 21. 9:45 am–12 pm. $22. E. Harris

RF 958 FIVE SQUARES & ONE CIRCLE WITH PHIL DESIERE Follow the history of NYC as it developed along its major squares from Washington to Times Square. Tour ends at Columbus Circle.

XC 961 SECRETS OF CENTRAL PARK TOUR Experience the magic of Central Park while learning its history. Visit The Dairy, Gapstow & Bow Bridge, The Mall, Bethesda Terrace/Angel of Water Fountain and more. Meet at the Pulitzer Fountain across from the Plaza Hotel, 5th Ave. & 59th St. at 10:15 am for a 10:30 am tour. Friday, Oct. 28. 10:15 am – 12 pm. $22. R. Fernandez

IN-PERSON COURSES

Unless otherwise noted, courses have a $10 non-refundable and non-transferable fee.
XF 352 BELLY DANCE: SECRET DESIRE The movement of this art form gives you a safe whole-body workout without strain to joints and muscles. Warm up exercises, basic belly dance moves and short fun choreographies. Wear comfortable clothing, barefoot and/or dance footwear. No sneakers. 10-12. A. Sherry

XF 353 ADVANCED ACRYLIC PAINTING Explore and improve your painting talent. Materials are available for inspiration or bring your own. Materials list emailed prior to first class by instructor. 10-12:15. M. Mooney

XF 354 WATERCOLOR: BEGINNER/INTERMEDIATE Introduction/review of basic watercolor techniques, created translucent washes while painting a variety of subject matter such as landscapes and still-life. Materials list emailed prior to first class. 10-12:15. $12 includes registration and some materials. A. Strinsky

XF 355 TAKE THE LEAD Dance your stress away with a workout to Salsa, Bachata, Rumba music and more. Shine on the dance floor with new moves and short fun choreographies. Improve your wellness while dancing. 12:30-2:30. N. DeLaLuz

XF 356 BEGINNERS ACRYLIC PAINTING Learn how to paint with acrylics and explore your creative side. Materials are available for inspiration or bring your own. Materials list emailed prior to first class by instructor. 12:30-2:45. M. Mooney

XF 357 KNITTING FOR BEGINNERS Learn the basic skills of knitting including casting on, knitting, purling, binding off and creating an accessory. Project: Easy-Peasy Bulky Scarf. 1-3. J. Parker

THURSDAYS

XF 450 SENIORS NEED TO EXERCISE Simple seated/standing exercises that will make you feel better and stronger. Improve balance, mobility and flexibility. Bring light hand weights, resistance bands and a small playground ball. 10-12. M. Aybar

XF 451 JEWELRY: CREATE, RENEW, REPAIR Learn various new skills to create unique jewelry items. New project suggestions weekly as well as individual attention to projects of choice. Materials list emailed prior to first class. 10-12. R. Demers

XF 452 HATHA YOGA Relax, rewind and reconnect. Return to our oasis of Yoga, the ancient practice of well-being and mindfulness. Bring a mat, small pillow and a light blanket to first class. 10-12. M. Gladwin

XF 453 CANASTA: ALL LEVELS For those new to the game will receive instruction based on the American Canasta Association’s for Modern American Canasta. 10-12. M. Schuster

XF 454 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Bring light hand weights, exercise bands and a sticky floor mat to first class. 10-12. D. Dolan

XF 455 TAI CHI Introduction and practice of Chinese traditional Chen-style Taijiquana, a high-level boxing technique. The practice can relax the whole body and keep you healthy. 12:30-2:30. A. Wang

XF 456 BRAIN GAMES Research shows that learning new skills helps create neural networks to stave off Alzheimer’s. Challenge your mind with brain games and creative word play. Play Scrabble, Up-words, Boggle and Bananagrams and more in a congenial setting. 12:30-2:30. D. Dolan

XF 457 CHALLENGING URBAN LINE DANCE If you know most of the popular line dances including Jerusalem, and want to learn other quick paced dances with intricate steps and those experienced line dancers that can pick up steps easily – come join us. 12:30-2:30. K. McCarthy

XF 458 MAH JONGG: ALL LEVELS Those new to the game will receive instruction based on the National Mah Jongg League’s rules of play. Bring your set if you have one. 12:30-3. M. Schuster

XF 459 MAH JONGG: ADVANCED Learn the basics of playing Mah Jongg, the game of tiles. Advanced rules of play. Bring your set if you have one. 12:30-3. M. Schuster

XF 460 EXPERIENCED SEED BEADING: INTERMEDIATE/ADVANCED LEARN advanced seed beading techniques to produce exquisite jewelry. Materials list emailed prior to first class by instructor. 10-12. P. Williams

XF 461 SEED BEADING MADE SIMPLE: BEGINNERS ONLY Learn various seed beading techniques to produce exquisite jewelry. Materials list emailed prior to first class by instructor. 10-12. E. Esses

XF 462 LINE DANCE Enjoy the pleasure of dancing and exercising at the same time. 12:30-2:30. N. Cangiano

XF 463 EXPERIENCED SEED BEADING: INTERMEDIATE/ADVANCED ONLY Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials list distributed with each project. 12:30-3. C. Horne

XF 464 MULTICULTURAL CROCHET DOLLS Create your own one-of-a-kind crochet doll. Materials list emailed prior to first class by instructor. 1-3. P. Williams

THURSDAYS

MANHATTAN

XF 250 DRAWING TO WATERCOLOR Express yourself and develop your artistic skills. Bring any size watercolor paper, watercolor brushes, quality watercolor pigments and your imagination to first class. 9:45-12:15. A. Massimi

XF 251 BEADWEAVING: INTERMEDIATE/ADVANCED Develop beading skills to create jewelry. Supply list given for each project. Materials list emailed prior to first class. 9:45-12:15. E. Esses

XF 252 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 10-12. B. Sayegh

XF 253 MAH JONGG: ADVANCED INTERMEDIATE/ADVANCED For the experienced player. Bring a current National Mah Jongg League card to class. 12:30-2:30. H. Rothman

XF 254 RETIREES READ BOOK CLUB: GROUP A Read and discuss one book approximately every three weeks. Read The Dream of Scipio by Ianin with each project. 12:30-3. C. Horne

XF 255 EXPERIENCED SEED BEADING: INTERMEDIATE/ADVANCED ONLY Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials list distributed with each project. 12:30-3. C. Horne

XF 256 CROCHET: BEGINNER/INTERMEDIATE Learn basic stitches and terms in addition to using your own patterns and new designs to make beautiful projects. Materials list emailed prior to first class by instructor. 10-12. P. Williams

XF 257 CROCHET: BEGINNER/INTERMEDIATE Learn basic stitches and terms in addition to using your own patterns and new designs to make beautiful projects. Materials list emailed prior to first class by instructor. 10-12. P. Williams

XF 258 CANASTA: ALL LEVELS Those new to the game will receive instruction based on the American Canasta Association’s for Modern American Canasta. 10-12. M. Schuster

XF 259 CROCHET: BEGINNER/INTERMEDIATE Learn basic stitches and terms in addition to using your own patterns and new designs to make beautiful projects. Materials list emailed prior to first class by instructor. 10-12. P. Williams

XF 260 CROCHET: INTERMEDIATE/ADVANCED Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials list distributed with each project. 12:30-3. C. Horne

XF 261 MULTICULTURAL CROCHET DOLLS Create your own one-of-a-kind crochet doll. Materials list emailed prior to first class by instructor. 1-3. P. Williams

THURSDAYS

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


XF 252 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

XF 253 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 mandatory. 10-4:25-4:45. Note: Oct. 18 & Nov. 15 classes are from 9-12:30. $65. L. Carbone

XF 254 BEGINNER SPANISH Introduction to basic vocabulary and language structures. Sessions are organized according to the level
WEDNESDAY


RF 351 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. 10-2. C. Murrell

RF 352 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 mandatory. 10:45-2:45. $65. L. Carbone

RF 353 STAY ACTIVE WITH S.A.I.L. Stay Active and Independent for Life is a strength, balance and fitness program for seniors. Helps to improve tone and balance issues. Exercises can be done sitting or standing and suitable for people that have physical limitations. Two 16 oz. water bottles are needed to use as weights. 1-3. M. Gonzalez

RF 354 TAI CHI Practice the basic principles and movements of this ancient Chinese exercise. Wear comfortable shoes and clothing. Tai Chi Fan included in cost. 1-3. $28 includes registration and materials. Y.H. Wang

THURSDAY

RF 355 KNITTING & CROCHETING Individual instruction for those with no experience. Provide your own set and card. 12-2. C. Patelsky

RF 356 ARMCHAIR TALKS ABOUT NINE S.I. COMMUNITIES Find out about the institutional history, ethnic groups, recreational hot spots, educational establishments and cultural institutions of New Dorp, Prince’s Bay, St. George and many other neighborhoods from a published S.I. historian. 12:15-2:15. P. Salmon

RF 357 TAI CHI FOR BEGINNERS Learn this martial art practiced for its health benefits, meditation and defense training. 12:15-2-15. R. Yuen

RF 358 BOTANICAL WATERCOLORS: INTERMEDIATE For those who have experience working with watercolors. Study the structure of flowers by starting with basic geometric shapes. Explore color and modeling forms of petals and leaves. Materials list emailed prior to first class. 12:15-2:15. K. Fieramosca

RF 359 THE ART OF MAKING JEWELRY: BEGINNERS Focus on necklaces, bracelets and earrings. Class aims to get any beginner on their way to becoming a skilled designer. Bring your own supplies or purchase a Moda jewelry making starter kit on Amazon for first class. 12:30-2:30. N. Keay

FALL 2022 / 5
**IN-PERSON SEMINARS**

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

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**BRONX**

**XF 826 GIRLS JUST WANNA HAVE FUN! MAKE-UP** Learn to apply make-up for different occasions and events. Materials list emailed prior to class by instructor. Three Tuesday sessions: Sept. 13; Oct. 4; Nov. 1-3. $6 J. Parker

**XF 827 BASICS OF SIMPLE PAPER FLOWERS** Make a dogwood, hibiscus and calla lily with letter size copy paper or Astrobrites copy paper. Learn how to make rolled stems, different centers and various leaves and petals. Materials list emailed prior to class by instructor. Wednesday, Sept. 21. 12:30-2:30. M.J. Strauss

**XF 828 PAPER CHRYSANTHEMUMS** Create a football and a spider chrysanthemum. Materials list emailed prior to class by instructor. Monday, Oct. 3. 12:30-3. M.J. Strauss

**XF 829 PAPER LOTUS:ADVANCED** Pre-requisite: some experience in Paper Flowers or taken prior classes. Materials list emailed prior to class by instructor. Monday, Oct. 17. 12:30-2:30. M.J. Strauss

**XF 830 HALLOWEEN PAPER CRAFTS** Create two kinds of 3D pumpkins. Materials list emailed prior to class by instructor. Monday, Oct. 24. 12:30-2:30. M.J. Strauss

**XF 831 IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS** Create a new Christmas tree and time permitting, a poinsettia. Materials list emailed prior to class by instructor. Wednesday, Nov. 2. 12:30-2:30. M.J. Strauss

**XF 832 NAME THAT SONG, DO THAT DANCE** Come compete with others and try to win a small prize by correctly naming and demonstrating some of the most popular urban line dances. Concludes with a dance party/class! Thursday, Nov. 10. 10:30-12:30. K. McCarthy

**KF 827 KUMIHIMO BRAIDED/BEADED JEWELRY** Create jewelry using a Japanese braiding technique with and without beads. Materials list emailed prior to first class by instructor. Three Tuesday sessions: Sept. 13, 20; Oct. 4. 12:30-2:30. $6 Z. Tyson

**KF 828 SCARF PAINTING** Use sharpie markers and simple drawing techniques to create one-of-a-kind scarves. Materials list emailed prior to first class by instructor. Three Tuesday sessions: Sept. 13, 20; Oct. 11. 10-12. $6 M. Marcus

**RF 826 STRIDES WALK: KNIT & CROCHET** Create scarves, headbands, lap blankets and more to donate at the S.I. Making Strides Against Breast Cancer Walk on Oct. 16. Yarn is supplied by UFT. Bring your own needles and/or hooks. Three Friday sessions: Sept. 15, 22, 29. 12:15-2:15. $6 L. Davis

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**STATEN ISLAND**

**RF 825 STRIDES WALK: KNIT & CROCHET** Create several kinds of 3D paper snowflakes and a 3D snowman. Materials list emailed prior to class by instructor. Monday, Nov. 14. 12:30-2:30. M.J. Strauss

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**BROOKLYN**

**KF 825 KUMIHIMO BRAIDED/BEADED JEWELRY** Create jewelry using a Japanese braiding technique with and without beads. Materials list emailed prior to first class by instructor. Three Tuesday sessions: Sept. 13, 20; Oct. 4. 12:30-2:30. $6 Z. Tyson

**KF 827 GENEALOGY** Learn how to search for one’s ancestors with resources and tips to discover your family’s past. Three Tuesday sessions: Sept. 13, 20; Oct. 11. 10-12. $6 M. Marcus

**RF 825 STRIDES WALK: KNIT & CROCHET** Create scarves, headbands, lap blankets and more to donate at the S.I. Making Strides Against Breast Cancer Walk on Oct. 16. Yarn is supplied by UFT. Bring your own needles and/or hooks. Three Friday sessions: Sept. 15, 22, 29. 12:15-2:15. $6 L. Davis

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**FLORIDA**

**FF 826 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, Nov. 2. 8 am-10 am. V. Brauer

**FF 827 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, Nov. 2. 8 am-10 am. V. Brauer

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**IN-PERSON INTERSESSION COURSES**

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

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**FLORIDA**

**TUESDAYS**

**FI 250 CANASTA: ALL LEVELS** Learn or refresh the basic game rules, scoring and some strategies while having fun. 10-12. S. Goldstein

**FI 251 MULTI-CULTURAL DANCE MOVEMENT** Get supple, limber and toned! Enjoy gently paced Dance Movement to a variety of music including from fast to slow, from the “roots songs” culture of Puerto Rico, Greek Island, Cajun, U.S. folksong and more. 11-12:30. H. Levin

**FI 450 SHI BA SHI TAIQI GONG** A combination of Qi Gong and Taiji which consists of 18 movements. Based on Traditional Chinese Medicine which can improve health was created in 1979. 10-11. T. Pakula

**FI 451 DOO WOP: THEY WROTE THE SONGS** Listen to music and stories of great writers of many Doo Wop songs including Lieber & Stoller; King & Goffin; Mann & Weil and many more. 11-1. H. Bloch

**FI 452 INTRO TO MEMOIR WRITING, CREATIVELY** Understand the basics of memoir writing, the goals, and how to begin your memoir to share and preserve

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**THURSDAYS**

**FI 252 MIXED MAH JONGG: ALL LEVELS** Learn and/or enjoy the game of Mah Jongg. 12:30-2:30. R. Rose

**FI 350 LET’S PLAY WITH WATERCOLOR** Learn about tools, water control, how to mix colors and use shapes and values to create fun artworks. No experience necessary. Additional materials list to follow. $14 includes registration, paper and paint. 12:30-3:30. M. Rogers

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**FRIDAYS**

**FI 450 SHI BA SHI TAIQI GONG** A combination of Qi Gong and Taiji which consists of 18 movements. Based on Traditional Chinese Medicine which can improve health was created in 1979. 10-11. T. Pakula

**FI 451 DOO WOP: THEY WROTE THE SONGS** Listen to music and stories of great writers of many Doo Wop songs including Lieber & Stoller; King & Goffin; Mann & Weil and many more. 11-1. H. Bloch

**FI 452 INTRO TO MEMOIR WRITING, CREATIVELY** Understand the basics of memoir writing, the goals, and how to begin your memoir to share and preserve

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**WEDNESDAYS**

**FI 252 MIXED MAH JONGG: ALL LEVELS** Learn and/or enjoy the game of Mah Jongg. 12:30-2:30. R. Rose

**FI 350 LET’S PLAY WITH WATERCOLOR** Learn about tools, water control, how to mix colors and use shapes and values to create fun artworks. No experience necessary. Additional materials list to follow. $14 includes registration, paper and paint. 12:30-3:30. M. Rogers

**THURSDAYS**

**FI 128 DOO WOP: THEY WROTE THE SONGS** Listen to music and stories of great writers of many Doo Wop songs including Lieber & Stoller; King & Goffin; Mann & Weil and many more. 11-1. H. Bloch

**FI 452 INTRO TO MEMOIR WRITING, CREATIVELY** Understand the basics of memoir writing, the goals, and how to begin your memoir to share and preserve

**THURSDAYS**

**FI 252 MIXED MAH JONGG: ALL LEVELS** Learn and/or enjoy the game of Mah Jongg. 12:30-2:30. R. Rose

**FI 350 LET’S PLAY WITH WATERCOLOR** Learn about tools, water control, how to mix colors and use shapes and values to create fun artworks. No experience necessary. Additional materials list to follow. $14 includes registration, paper and paint. 12:30-3:30. M. Rogers

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**FF 955 HIGH TEA** Enjoy a traditional High Tea at Serenity Tea House & Café. 316 Vallette Way, W. Palm Beach. Price: $36 Thursday, Nov. 17. 12 pm-2 pm. P. Vitucci
IN-PERSON SEMINARS

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

FI 826 MIXED MEDIA MOSAICS
Learn the steps needed to complete a mosaic project in one day. $37 includes registration and materials except a pair of nippers. Details sent prior to class. Monday, Jan. 9. 10-3:30. H. Begun

FI 827 COLLAGE PORTRAITURE
Work through a portrait style piece from start to finish using collage materials including magazines. Bring magazines to class. Tuesday, Jan. 10. 10-12. $27 includes registration and other materials. N. Galluccio

FI 828 INTERIOR DESIGN BASICS
Introduction on how to design a space or home including instruction of creating floor plans, space planning, budget for furniture, flooring and fabrics. ½ inch scale ruler needed. Two Wednesday sessions: Jan. 11, 18. 1-4. $4. J. Shapiro

FI 829 POP-UP ART SHOW & TELL
Calling all artists and art lovers! Bring five pieces of your artwork, receive helpful critique and share your thoughts with others. Discussion on how to create a series of work, to frame or not to frame, using Instagram, how to speak and write about your art and how to apply for art shows. Thursday, Jan. 12. 1-4. P. Lowenberg

FI 830 SAY YES TO KABOBS & COMMUNITY
Come together to create a community while learning NEW mouthwatering kabob recipes and skills. Meet new friends and create memories to last a lifetime during this make and take session. Tuesday, Jan. 17. 4-7. $37 includes registration, ingredients and supplies. A. Davis

FI 831 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. Tuesday, Jan. 17. 3-5. V. Brauer

FI 832 BEGINNING CARD MAKING
Learn more about paper crafting and card making. Make three cards to use this spring. Materials list sent prior to class. Wednesday, Jan. 18. 10-11:30. S. Rinker

FI 833 SAY YES TO A PAINTING PARTY
Create a work of art with step-by-step instruction while enjoying the company of friends and sharing food and refreshments. Bring your own snacks. Beverages supplied. Tuesday, Jan. 31. 1-4. $37 includes registration and materials. A. Davis

FI 834 THE BEST OF AMERICAN FILMS
Examine some classic American films that have stood the test of time. Three Wednesday sessions: Jan. 25; Feb. 1. 8. 1-4. $6. R. Presser

FI 835 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS
Explore 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, Jan. 25. 3:30-5:30. V. Brauer

FI 836 URBAN SKETCHING
Learn about composition, 1- & 2-point perspective drawing and urban sketching. First session is at the UFT Boca Raton Center. The second session is at a nearby location for on-site sketching. Materials list to follow. Two Tuesday sessions: Jan. 31; Feb. 7. 9:30-12. $4. J. Fisher

FI 837 INTERIOR DESIGN SELECTIONS
Introduction to select items for space or home inclusive of Color Palette, materials, fabrics, hard surfaces, flooring and purchasing all items for home. Two Wednesday sessions: Feb. 1, 8. 1-4. $4. J. Shapiro

FI 838 PHOTOGRAPHY FOR FUN
Bird Tour at Wakodahatchee Wetlands Enjoy a guided walk focusing on taking and framing photos of birds and plant life. Pre-requisite: knowledge of how to use your camera. Dress comfortably for walking. Binoculars suggested. Thursday, Feb. 2. 9-11. V. Brauer

FI 839 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS
Explore 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, Feb. 8. 9-11. V. Brauer

REMOTE

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) 701-9690. We need this information in order to contact you.

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.”

TRIPS

The fees for the virtual trips are in the description. Trip fees are non-refundable and non-transferable. You will receive a Zoom link two weeks prior to the trip from the trip coordinator as well as a reminder email on the day of the trip. Please do not delete.

SEPTEMBER

WF 901 ST. PETERSBURG, FLORIDA: A UNIQUE ART EXPERIENCE WITH SYLVIA LAUDIEN-MEO Visit the Dali Museum, James Museum, Museum of Arts & Crafts, the Chihuly Collection, unique and exciting street art and more. Wednesday, Sept. 14. 10:30 am-12:30 pm. $12. S. Eisenberg

MF 901 CANNES CITY WALK Stroll the picturesque streets of this old town and hear how the small fishing village became a non-miss spot on the French Riviera from the International Film Festival, celebrities, glamour, champagne, sandy beaches and much more. Friday, Sept. 16. 11 am-1 pm. $14. J. DeNave

WF 902 I DIDN’T KNOW THAT: MOSAICS OF SPANISH HARLEM Enjoy a guided walk focusing on taking and framing photos of birds and plant life. Pre-requisite: knowledge of how to use your camera. Dress comfortably for walking. Binoculars suggested. Thursday, Feb. 2. 9-11. V. Brauer

WF 903 JACOB SCHIFF: AN HONORABLE JEW ARM CHAIR TOUR WITH JUSTIN FERATE Learn about American financier Jacob Schiff, the most prominent German-Jewish businessman of his era (1880-1920). His benefactions to both Jewish and non-Jewish causes transformed this nation. Many of the institutions founded or financed by him continue to enrich our country. Monday, Sept. 19. 11 am-1 pm. $14. S. Eisenberg

WF 904 SAY YES TO KABOBS & COMMUNITY

WF 905 JACOB SCHIFF: AN HONORABLE JEW ARM CHAIR TOUR WITH JUSTIN FERATE Learn about American financier Jacob Schiff, the most prominent German-Jewish businessman of his era (1880-1920). His benefactions to both Jewish and non-Jewish causes transformed this nation. Many of the institutions founded or financed by him continue to enrich our country. Monday, Sept. 19. 11 am-1 pm. $14. S. Eisenberg

MF 902 TEMPLE EMANU-EL WITH MICHAEL MORGENTHAL Learn about one of the largest synagogues dating back to 1929. Get a detailed look at the main sanctuary including a 175 ft. long hand-painted and gilded ceiling. Guastavino tiled walls, more than 60 stained glass windows and original Hildreth Meiere mosaic works. View rare Tiffany stained glass in the smaller sanctuaries. Wednesday, Sept. 21. 10:30 am-12:30 pm. $14. J. DeNave

WF 906 THE BEST OF AMERICAN FILMS
Examine some classic American films that have stood the test of time. Three Wednesday sessions: Jan. 25; Feb. 1. 8. 1-4. $6. R. Presser

WF 907 BIRD WATCHING FIELD TRIP AT WAKODAHATCHEE WETLANDS Enjoy a guided walk focusing on taking and framing photos of birds and plant life. Pre-requisite: knowledge of how to use your camera. Dress comfortably for walking. Binoculars suggested. Thursday, Feb. 2. 9-11. V. Brauer

WF 908 PHOTOGRAPHY FOR FUN
Bird Tour at Wakodahatchee Wetlands Enjoy a guided walk focusing on taking and framing photos of birds and plant life. Pre-requisite: knowledge of how to use your camera. Dress comfortably for walking. Binoculars suggested. Thursday, Feb. 2. 9-11. V. Brauer

WF 909 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS
Explore 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, Feb. 8. 9-11. V. Brauer

WF 910 THE MURALS & MOSAICS OF SPANISH HARLEM WITH LEIGH HALLINGBY Celebrate Hispanic Heritage Month learning the history, culture and politics of this neighborhood and its residents.

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**November**

**RF 905 LOST BROOKLYN WITH SUZANNE SPELLEN**
Brooklyn is ever changing. What’s here today can be gone tomorrow. Some buildings fall because of fire or urban renewal and others rot until they have to be taken down. Some of them have histories and stories. Our tour examines a selection of Brooklyn buildings to tell their stories.

*Wednesday, Oct. 12* 10:30 am – 12:30 pm  
$12  J. DeNave

**KF 902 INSPIRED INSANITY:** **NIKOLA TESLA IN NEW YORK WITH DEB ZELCER**
Walk in the local New York footsteps of this eccentric and colorful resident, genius and inventor who left a charged impression on Our Fair City.

*Thursday, Oct. 27* 11 am – 1 pm  
$12  E. Oliver

**RF 909 WOOLWORTH BUILDING TOUR WITH BOB GLICER**
Commissioned by self-made millionaire, Frank Woolworth and designed by Cass Gilbert, each feature tells a story of wealth, fame and ingenuity.

*Tuesday, Oct. 17* 1 pm-3 pm  
$14  S. Eisenberg

**RF 906 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 stories of the City Different.” Discover why Sante Fe and New Mexico became a world-renowned art colony for countless artists.

*Monday, Oct. 17*  
1 pm-3 pm  
$14  S. Eisenberg

**MF 906 DISCOVERY PARK IN SEATTLE, WASHINGTON**
Start in Magnolia, a neighborhood north of the Space Needle and hop onto the city’s largest park – Discovery Park. It was built on historic grounds of Fort Lawton containing West Point Lighthouse, a historic officer’s quarters and beautiful Pacific northwest nature. Head south along the ship canal to the Ft. Lawton Marine Drive and see many of the most notable skyscrapers and bridges of the 20th century.

*Wednesday, Nov. 2* 10:30 am-12:30 pm  
$12  J. DeNave

**RF 906 SUBWAY ART TOUR WITH PHIL DESIERE**
Virtual tour of some of the public art in NYC subways from Union Square to Brooklyn and back to Astor Place.

*Thursday, Nov. 3* 1 pm-3 pm  
$12  M. Mammana

**MF 909 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.

*Wednesday, Nov. 9* 10:30 am-12:30 pm  
$12  J. DeNave

**MF 903 MEDITERRANEAN: THE RED CLIFFS OF DRAMONT, FRANCE**
Stroll along the coastline of the French Riviera. Walk along the “Calanques”, many small bays, to see the amazing blues, reds and greens of the surrounding nature. Climb the red stones, walk the forest path and end on top of the cliffs with a magnificent view of the Mediterranean Sea.

*Thursday, Sept. 29* 11 am-1 pm  
$12  S. Eisenberg

**MF 904 LION, FRANCE: A VISIT TO THE OLD TOWN**
Walk through the cobbled streets and admire the 15th-16th Century architecture and gain insight into some local secrets. Learn about Lyon’s gastronomy and discover hidden passageways to those in the know. We will find a street that is home to 3 Michelin star restaurants in the know. We will find a street that is home to 3 Michelin star restaurants as we enter the most picturesque courtyard of the City. The tour ends at the 500-year-old Cathedral Saint-Jean.

*Tuesday, Oct. 4* 11 am-1 pm  
$14  J. DeNave

**RF 902 FRESHKILLS PARK TOUR WITH RACHEL ARONSON**
Watch or participate as the staff with a NY Historical Society docent.

*Thursday, Sept. 29* 11 am-1 pm  
$14  S. Eisenberg

**RF 903 THE FIRST JEWISH MEDITERRANEAN AMERICANS: FREEDOM & CULTURE IN THE NEW WORLD**
View this exhibit which highlights how Jewish settlers came to inhabit and change the New World on a guided tour with a NY Historical Society docent.

*Tuesday, Oct. 11* 1 pm-3 pm  
$12  M. Mammana

**MF 909 LOST BROOKLYN WITH SUZANNE SPELLEN**
Brooklyn is ever changing. What’s here today can be gone tomorrow. Some buildings fall because of fire or urban renewal and others rot until they have to be taken down. All of them have histories and stories. Our tour examines a selection of Brooklyn buildings to tell their stories.

*Wednesday, Oct. 12* 10:30 am – 12:30 pm  
$12  J. DeNave

**KF 901 MUSEUM AT ELDRIDGE STREET**
Explore the first great house of worship by Eastern European Jewish immigrants in the US. The National Historic Landmark has been lovingly restored and today is a touchstone of the Lower East side immigrant experience.

*Thursday, Oct. 13* 11 am-12 pm  
$12  E. Oliver

**WF 908 NOOKS & CRANIES OF NYC WITH JUSTIN FERATE**
NY is rich with secretive delights. Waiting to be discovered are myriad offbeat landmarks, secret gardens, hidden houses and covert byways. Take an armchair romp throughout NY and explore the city’s great, but often overlooked treasures.

*Friday, Oct. 28* 1 pm-3 pm  
$14  S. Eisenberg
**REMOTE COURSES**

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

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**NASSAU/ SUFFOLK**

**MONDAY**

**UF 101 FAMOUS ARTISTS DRAWING SERIES** Create a drawing that takes inspiration from one of four artists including Edward Hopper, Yayoi Kusama, Ted Harrison and Camilla Enstrom. Draw a lighthouse, goldfish, swimming whales and a landscape with a waterfall. Copy paper, pencils, colored pencils and a black marker is all you need. Beginners welcome. Four sessions: Oct. 3, 17, 24, 31. 6 pm-7:30 pm. D. Benter

**UF 202 EARLY ROCK N’ ROLL SONGS** The first decade of the Rock n’ Roll Era was dominated by up-tempo hits and ballads by artists such as Chuck Berry, Elvis Presley, The Platters, Johnny Mathis and more. They were responsible for a large percentage of record sales and became a staple on television programs such as American Bandstand and The Ed Sullivan Show. Four sessions: Oct. 11, 21, 25 (Tuesdays, 1-3); and Nov. 1 (Friday, 10-12). R. Knox

**WEDNESDAY**

**NF 301 WHERE, OH WHERE, HAVE MY FILES & PICTURES GONE? FOR PC/Windows USERS** Learn different ways to manage and organize websites and other online content to easily access your files and pictures when you want them. Four sessions: Sept. 14, 21, 28; Oct. 5. 10-11. S. Seifman

**NF 402 LET’S MAKE A QUILT!** Use modern quilt making tools and techniques to make large Half-Square Triangle blocks by machine. Cutting, piecing, pressing, layering, bast and quilting are covered. Materials list emailed prior to first class by instructor. Six sessions. Begins Sept. 15, 10:30-12. J. Alexandrakis

**NF 403 FIT FOR LIFE** Focus on movements such as squatting, reaching, pulling and lifting done from your chair to increase strength and endurance. Then we move to standing by your chair/wall for balance and weight bearing exercises that work the hips and legs. Equipment list emailed prior to first class by instructor. 1-2. N. Aaronson, OTR

**UF 401 BROOKLYN: A GREAT AMERICAN CITY** Pull up a chair and enjoy a lime rickey or an egg cream. Are you ready to stroll down Flatbush Avenue? Ride the Cyclone? Get a hot dog at Nathan’s? Maybe you just want to hang out at the candy store or play stickball. Brooklyn is so much more than that! Learn its rich history from pre-European settlement times to becoming the third largest city in the USA. Five sessions: Sept. 15, 22, 29; Oct. 6. 13. 1-3. J. Minichelli

**NF 402 CONTEMPORARY SHORT STORY CLUB** Love to read? Join us as we read and share our thoughts about short stories written by contemporary authors of the late 19th & 20th Centuries. Short stories list emailed to all participants. Four sessions: Sept. 22, Oct. 6, 20; Nov. 3. 10-12. R. Miles-Abraham

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**TUESDAY**

**JF 201 SPANISH** A conversation-based course. Pre-requisite: Beginning Spanish or prior knowledge of Spanish (not advanced). Meets on Tuesday and Thursday. 9-10. L. Fechter

**JF 202 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. Bottalico

**JF 203 THE POD SQUAD** A fun, explorative and informative class that takes a deep dive into the medium of listening to podcasts. Five sessions. Begins Sept. 13. 10-11. M. Levine

**JF 204 MAH JONGG** Learn to play the American version and follow the rules of the National Mah Jongg League while using a current card. 10-12. S. Levine

**JF 205 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. No class: Oct. 18, Nov. 15. 1-3. D. Stein

**JF 206 SORT OUT YOUR PAPERWORK: FILE, PILE, SORT, SHRED** Learn which papers to keep, how to file them and what to shred. Sort out the paperwork during class. No class: Oct. 18, Nov. 15. 1-3. J. Novak

**JF 207 ARCHITECTURE: THE DAWN OF CIVILIZATION TO THE INDUSTRIAL AGE** Take a spirited and entertaining journey through the history of architecture from the very beginning – Neolithic period through the Industrial Age. In partnership with the Montclair Art Museum. Four sessions: Oct. 18, 25; Nov. 1, 15. 3-4:30. $80. J. Fotiadis

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**NEW JERSEY**

**MONDAY**

**JF 101 BOLLYWOOD FITNESS WITH VIN** Come dance to the exotic beats featuring the energetic sounds of Bollywood. A blend of Indian dances including classical, folk and the more current R&B and Hip-Hop music. 8:30-9:30. V. Iyer

**JF 102 COOK LIKE A CATERER** Learn new cooking skills from a professional caterer. Recipes and needed equipment emailed prior to first class by instructor. Suggestions welcomed. 10-2. C. Semel

**JF 103 YIDDISH** Focus on the short scenes and songs in Yiddish from Fiddler on the Roof. This musical is the vehicle to teach vocabulary, lyrics and conversational skills. 10:30-12. N. Miller

**JF 104 LEARN TO SING** Learn to read music, how to breathe for singing, practice vocal exercises to build the voice and songs to present in a program with help from the instructor. Handouts emailed weekly by instructor. 1-3. J. Goleme

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**THURSDAY**

**NF 401 WHAT IS GOOGLE & ART JOURNALS** Experiment with & ART JOURNALS

**NF 402 SLOW STITCHING: HAND SEWN PILLOW** Cover all the hand stitches and techniques needed to make an English Paper Pieced Pillow. Materials list emailed prior to class by instructor. 1-2. J. Alexandrakis

**NF 403 BEGINNING CANASTA! GET IN THE GAME** Learn the basic skills, rules and strategies of Canasta. You will be able to sign onto a social media gaming app and/or play with friends, utilizing the skills you have learned. Supplies needed: two packs of regular playing cards. Four sessions: Oct. 12, 19, 26; Nov. 2. 1:30-2:30. A. Seligson

**NF 404 BEGINNING CINEMATIC STUDY** A cinematic study of movies from the very beginning – silent films to modern films. Pre-requisite: Beginning cinematic study. Four sessions: Sept. 29, Oct. 6, 13. 1-3. J. Goleme

**UF 201 YOGA & MEDITATION FOR STRESS RELIEF & THE IMMUNE SYSTEM** Practice Kundalini Yoga breathing techniques and Meditation for physical, mental and spiritual strength and vitality. Relax, reduce stress. Develop lungs and immune system. All levels. Suitable for those who prefer to be seated; go at your own pace. 10-11:30.R. Mahon-Lonesome.

**UF 202 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. Bottalico

**UF 203 THE POD SQUAD** A fun, explorative and informative class that takes a deep dive into the medium of listening to podcasts. Five sessions. Begins Sept. 13. 10-11. M. Levine

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**UF 205 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. No class: Oct. 18, Nov. 15. 1-3. D. Stein

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**FALL 2022 / 9**
meditation can bring to your life. Deepen your mindfulness and focus on ways to achieve a clear and emotionally calm state of being especially during stressful times. 10-11. D. Monte fuscoli

WF 103 WRITERS WRITE Learn the craft of writing with emphasis on memoir writing. The goal is completing your book. All are welcome. 10-12. J. McSherry

WF 104 BEGINNING PIANO CONTINUED For those who want to press onward and upward in beginning piano. Pre-requisite: Beginning Piano and must have a keyboard or piano to practice. 11:30-1. M. Oppel


WF 106 TAKING BETTER PHOTOS Learn to take better photos, how to capture what you see and share/exhibit your photos that you took with a smartphone or stand alone camera. 12:30-2:30. S. Cabot

WF 201 MICROSOFT WORD: BEGINNERS Learn and use basic features of Microsoft Word to create documents, editing, managing, inserting photos and more. Pre-requisite: must have Microsoft Word installed on your smartphone, laptop, iPad or desktop computer. 10-11:30. K. Wallace

WF 202 ROCK OF THE WEST COAST Enjoy the music and learn about the bands and rockers from San Diego to Seattle including The Beach Boys, Jimi Hendrix, Nirvana and more. 10-12. S. Cabot

WF 203 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

WF 204 ALFRED HITCHCOCK Join a lively group of Hitchcock fans. View his movies and discuss the life and works of Alfred Hitchcock. No class: Oct. 18 & Nov. 15. 12-13. R. Miles-Abraham

WF 205 ITALIAN FOR BEGINNERS II Increase and expand your knowledge of grammar and conversation through dialogues and discussions, the Italian language and culture through traditional exercises, videos and fun. Pre-requisite: Italian for Beginners or basic knowledge of Italian pronunciation, phrases and vocabulary. No class: Oct. 18 & Nov. 15. 1-2. J. Ferrari

WF 206 COOKING FROM AROUND THE WORLD Cooking and baking recipes with a vegetarian point of view. Cook along or just watch as we prepare food from around the world. Enjoy making some Thai and Chinese entrees along with some European and American dishes. Baking will use eggs or egg substitutes. 1-3. No class: Oct. 18 & Nov. 15. P. Gallagher

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

WF 302 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. 10-11:30. K. Wallace

WF 303 THE NEVER-ENDING PATH OF PURPOSE Purpose and self-awareness are fundamental to create fulfillment and meaning. You will have the opportunity to activate greater clarity as you map out your “purpose plan.” 10-12. R. Demers

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

WF 305 MAT PILATES 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. 12-1. K. Smith

WF 306 STRENGTHENING & BALANCE TO PREVENT FALLS Learn about body alignment, the role of the feet, core and overall strength to improve your daily function and prevent falls. 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

WF 307 EXERCISE FOR CANCER SURVIVORS After undergoing cancer treatment, many cancer survivors are left with lingering effects. Specially designed to meet these needs by an occupational therapist and cancer survivor trainer. 2:15-3:15. N. Aaronson

WF 308 COVID METAMORPHOSIS MEMOIR WRITING Sharing, reflecting and discussing the next steps in preparing to publish our Covid memoirs. 1-3. I. Abuzzesze

WF 309 BELLY DANCE: THE SECRET DESIRE Unleash your inner diva and connect with your feminine nature. The movements give you a safe whole-body workout without strain to joints and muscles. Learn the specialized techniques to build body strength, improve posture and body awareness while having fun. Includes warm-up exercises, basic belly dancing moves and short, fun choreographies. 3-4. A. L. Sherry
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<td><strong>WF 501 HEAL YOUR LIFE</strong> Exercise and use techniques to improve the quality of our lives using the book, <em>You Can Heal Your Life</em> by Louise Hay. If you are willing to do the mental work by loving yourself more and limiting thoughts and beliefs; you will gain the ability to heal every area of your life. 10-12. P. Miller</td>
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<th>MONDAY</th>
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<tr>
<td><strong>XF 101 BASIC STITCHES</strong> Basic stitches for Fiber Arts of crocheting, knitting, embroidery and more. Beginners or advance will learn and review many different stitch forms. 10-12. C. Poindexter-Curry</td>
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<th>TUESDAY</th>
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<tr>
<td><strong>XF 201 ZUMBA GOLD</strong> Combine Latin and International dance rhythms into an energizing cardio workout. It is a safe and total body workout. Wear comfortable clothing. 10-11. M. Stevenson</td>
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<td><strong>XF 301 NIA TECHNIQUE</strong> A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi and other movement forms. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson</td>
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<tr>
<td><strong>XF 401 NIA TECHNIQUE</strong> A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson</td>
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<td><strong>XF 501 EXERCISE PLUS</strong> A blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Bring light hand weights, exercise bands and a sticky floor mat to stabilize your chair. 12:30-2:30. D. Dolan</td>
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<tr>
<td><strong>KF 101 YOGA WITH A STABILITY BALL</strong> Gently strengthens your core muscles, maintains balance and relaxes the body. Materials list emailed prior to first class by instructor. 10-11. C. LaBue</td>
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<tr>
<td><strong>KF 201 QI GONG</strong> A traditional Chinese practice that uses breathing techniques and a series of movements to promote health and well-being. Wear comfortable clothes. 10-11. J. Novak</td>
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**KF 202 SKETCHING & DRAWING** Elements of design using various graphic materials. Materials list emailed prior to first class by instructor. 10–12. E. Comins

**KF 203 NOT YOUR REGULAR GRANNY SQUARES** Turn Granny squares into works of art by producing garments, accessories and one-of-a-kind pieces. Materials and projects discussed the first day of class. 10-12. P. Williams

**KF 204 TURNING POINTS IN AMERICAN HISTORY** Experience a new take and learn about patterns in American history through major events that changed our course. 10-12. G. Blume

**KF 205 JAZZ PAIRS** Discuss the pairing of jazz greats such as Ella & Louis, Billie & Lester, Dizzy & Bird and many more. Tony Bennett & Lady Gaga – who knew? 10-12. J. Hirsch

**KF 206 WATERCOLOR WORKSHOP** Various techniques of watercolor are explored. Materials list emailed prior to first class by instructor. No class: **Oct. 18 & Nov. 15.** 12:30-2:30. M. Eller

**KF 207 ZUMBA GOLD** Improve coordination and memory; develop stamina while working out to great music. 12:30-2:30. B. Sayegh

**KF 208 CHANGE YOUR THINKING, CHANGE YOUR LIFE** Learn fun ways to alleviate stress and worry using easy techniques that have proven to ease techniques. Materials list emailed prior to first class by instructor. 10-12. M. Eller

**Tuesday**

**MF 101 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 **MF 101 or MF 301**, but not both. 8 am-10 am. M. Rakowski

**MF 102 SHORT STORY INTO FILM** Read a short story for each class and view the screen adaptation the following week. Discuss the merits of both the literary story and the movie. 9:45-12:15. W. Wyss

**MF 103 THE ART OF THE 21ST CENTURY** A curated tour of the major trends and art movements of art in the 21st Century. You may register for either **MF 103 or MF 106**, but not both. 10–12. M. Meyer

**MF 104 SENIOR FITNESS (FALL STOP MOVE STRONG)** Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights needed for class. You may register for either **MF 104 or MF 201**, but not both. 10:30-12. G. Lichter

**MF 105 DOCUMENTARY FILMS** View and discuss thought provoking documentaries such as Won’t You Be My Neighbor, Gilbert and more. 12:15-2:45. C. Friedman


**Wednesday**

**MF 301 MEDITATION** Learn the art of meditation and deep breathing. 10–12. T. Pratt

**MF 302 SHAKESPEARE** Read and discuss the play, Antony and Cleopatra. 10–12. J. Trachten

**MF 303 FREE FORM BEAD WRAPPING** Basic and free form wire wrapping around beads to make bracelets, necklaces and pendants. Materials list emailed prior to first class by instructor. 10–12. P. Valentin

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

**MF 305 ORGANIZE FOR THE UNEXPECTED: CREATING YOUR EMERGENCY PLAN** Learn what belongs in your Go Binder and how to finally get your important documents organized. 10-12. J. Novak

**MF 306 FAB FILMS** View and discuss fun comedies and dramas including Begin Again, I Love You Man, Tramps (2017), Other People and Edge of Seventeen. 10-12. M. Eller

**MF 307 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

**MF 308 GREAT WORKS OF ART HISTORY** Explore artwork 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

**MF 309 JAZZ EXERCISE** Stretching and dancing to Jazz, R & B, Cha Cha, Swing, Salsa and Mambo. 12:30-2:30. K. Sanson

**MF 310 CREATIVE WRITING** Learn how to break up with your clutter! If you have trouble letting go, learn how to part with items. No class: **Nov. 2, 9, 16.** 1-3. J. Novak

**Thursday**

**MF 401 GREAT OPERAS** View operas by Mozart, Donizetti, Verdi, Wagner, Britten and more via Zoom. Optional: free dress rehearsal at the Met. 10-12. J. Dzik

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

**MF 403 TWILIGHT ZONE** Watch and discuss even more original episodes of Rod Sterling’s iconic TV series. Learn insider info on the development of the series and its themes that are still relevant today. 10-12. S. Friedman

**MF 404 THE BIRTH OF AMERICA** Learn and discuss the founding of our nation from the New World Exploration through Tippecanoe and major issues leading up to War of 1812. 10-12. G. Blume

**MF 405 JEWELRY MAKING** Learn techniques to make jewelry from beads, wire, cord etc. Focus will be on closures and tools of the trade. Materials list emailed prior to first class by instructor. 10-12. K. Koppinger

**MF 406 KEEP WRITING YOUR BOOK:** LET’S WRITE & PUBLISH Keep working on your dream of seeing your book in print. Spend time writing and critiquing. Find out how to get an agent and get published. 1-3. J. Novak

**Friday**

**MF 501 CHORUS** Have fun singing various genres of music. 10 – 12. J. DeRanieri

**MF 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

**MF 503 THE AMERICAN REVOLUTION** Discuss how colonists and a ragtag, mostly volunteer army under the leadership of George Washington, took on the most powerful nation in the world. 10-12. G. Blume

**MF 504 ACRYLIC PAINTING & PASTELS** Learn the basics of painting emphasizing drawing, composition, value and color theory. Explore techniques. Materials list emailed prior to first class by instructor. 10-12. V. Hall

**Monday**

**MF 104 SHORT STORIES** Discussion of short stories and their style and significance. Required book: The Best American Short Stories of the Century edited by John Updike and Katrina Kenison. Read Zelig by Benjamin Rosenblatt and Little Selves by Mary Lerner for first class. You may register for either **MF 104 or MF 206**, but not both. 10-12. A. Beeman

**MF 204 TRAVEL THROUGH HISTORY** Lectures include the history of diverse locations while traveling through early Europe and North/South America. Stories of the people, places and events that shaped those countries. Six sessions. Begins **Sept. 20.** 10-12. J. Rossi

**MF 205 IN OTHER WORDS: IN ITALIANO** Grammar, reading and writing in Italiano. 2:15. B. Haspel

**MF 206 POLYMER CLAY:** INTERMEDIATE/ADVANCED Only Must have a working knowledge of polymer clay and know the basics (skinner blends, plugs, bullseye canes etc.) to create pendants, earrings and other designs. Materials list emailed prior to first class by instructor. 12:30 – 2:30. T. Gilbert

**Tuesday**

**MF 201 SENIOR FITNESS (FALL STOP MOVE STRONG)** Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights needed for class. You may register for either **MF 104 or MF 201**, but not both. 10-11:30. G. Lichter

**MF 202 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

**MF 203 CHAIR YOGA** Use breathing, movement and meditation to develop a strong, healthy body, mind and spirit. Chair used for support. 10-12. A. Beeman

**MF 207 ITALIAN: INTERMEDIATE/ADVANCED** Grammar, reading and conversation are covered. Required books: In Italiano (Edizioni Guerra–Perugia) by Angelo Chiuchiu et al. and In Other Words by Hjumapa Lahiri (ISBN: 978-1-101-875551). NOT FOR MANHATTAN
**WEDNESDAY**

**MF 301 BIRDWATCHING IN CENTRAL PARK: GROUP B** Zoom orientation meeting and the exact locations for the one to two-mile walks will be sent via email from the instructor. You may register for either **MF 101** or **MF 301**, but not both. 8 am-10 am. M. Rakowski

**MF 302 AFRO BEATS DANCE CLASS** Learn basic traditional African dance movements while listening to beautiful music. All levels. No class: **Oct. 18 & Nov. 15**. 12:30-2:30. A. Beeman

**MF 303 POLITICS/HISTORY IN FILM** View and analyze classic movies such as Bridge of Spies, Vice and more. 9:45-12:15. C. Friedman

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

**MF 305 ITALIAN CINEMA** View and discuss thought-provoking Italian films from over the last 70 years. 12:30-3. J. Worth

**MF 306 BEADING: BEGINNER/INTERMEDIATE** Learn basic bead weaving skills to make jewelry. Must be able to thread a fine needle. Materials list emailed prior to first class by instructor. 12:30-3. Z. Tyson

**MF 307 COMEDY APPRECIATION** Explore the psychological and philosophical issues in developing a comic perspective focusing on stand-up comedy. Guest comedians and classic videos. 1–3. P. Herzich

**THURSDAY**

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

V. Hall

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

**MF 403 DRAWING BASICS** A fun intro to drawing using basic supplies such as pencils, charcoal, erasers and possible color to draw still-life, landscapes, faces and more. Materials needed for first class: all-purpose paper, #2 pencils and erasers. 9:45-12:15. W. Bradley

**MF 404 QUILTING** Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. T. Decourcy

**MF 405 ZUMBA GOLD FITNESS** Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:15-2:15. B. Sayegh

**MF 406 WATERCOLOR PAINTING: BEGINNER/INTERMEDIATE** Develop your artistic ability painting landscapes, flowers and seascapes. Materials needed for first class: watercolor set, brush and pad. You may register for either **MF 406** or **MF 505**, but not both. 12:30-2:30. P. Siudzinski

**MF 407 DRAWING:INTERMEDIATE** Continuation of Drawing Basics. Further exploration of various art forms and techniques including still-life, landscapes, faces watercolor, dry mediums and possible other mediums. May include analyzing art of the masters, abstraction and some figure drawing. 12:30-3. W. Bradley

**FRIDAY**

**MF 501 LET’S SPEAK ITALIAN!** Learn “La Bella Lingua” through reading, writing, listening, speaking and interaction as well as grammar, vocabulary, common phrases and everyday expressions. Required book: *Italian Made Simple* by Cristina Mazzoni. 10-12. J. Zarba

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

**MF 503 INTERNATIONAL CINEMA** View and discuss thought-provoking films from various countries around the world. 12:20-3. J. Worth

**MF 504 RETIRES READ BOOK CLUB: GROUP B** Read and discuss a different book for every class. Read *The Dream of Scipio* by Iain Pears for first class. Other books chosen after discussion. Four sessions: **Sept. 16**; **Oct. 7, 21**; **Nov. 4**. You may register for **MF 254** or **MF 504**, but not both. 12:30-2:30. M. Garvey

**MF 505 WATERCOLOR PAINTING: BEGINNER/INTERMEDIATE** Develop your artistic ability painting landscapes, flowers and seascapes. Materials needed for first class: watercolor set, brush and pad. You may register for either **MF 406** or **MF 505**, but not both. 12:30-2:30. P. Siudzinski


**QUEENS**

**MONDAY**

**MF 101 GUITAR: ADVANCED BEGINNERS** Further develop song playing, note reading, fingerpicking skills and basic music theory emphasized. Prerequisite: some previous experience in playing guitar. Required books: *Mel Bay Guitar Method Grade 1, Expanded Edition; Alfred’s Basic Guitar Theory Levels 1 & 2 – 3rd Edition; Easy Folksongs for the Guitar* by Hank Eberle. 9:30-11:30. M. Patelson

**MF 102 SPANISH: INTERMEDIATE** Explore nuances beyond the basics by learning grammar and engaging in activities to improve speaking, reading and listening skills. Join fun and interesting conversation topics with plenty of speaking and writing opportunities. Required textbook: *Easy Spanish Step By Step* by Barbara Bregstein. 10-12. J. Kalish

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

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

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

**MF 106 CRITICS’ BEST FOREIGN FILMS** Watch critics’ best foreign films from around the globe. See how filmmakers influenced one another and discover new cultures from the way they are portrayed on film. Five sessions. Begins **Oct. 3**. 10-1. R. Presser

**MF 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

**MF 108 GUITAR: INTERMEDIATE** Learn a variety of songs with different finger picking patterns. Duets, trios, quartets of different styles and music theory will be studied. Required Books: *Alfred’s Basic Guitar Theory Levels 1 & 2 – 3rd Edition; Morty/Ron Manus; The Standard Guitar Method, Book 3* by Dick Bennett. 12-2. M. Patelson

**TUESDAY**

**MF 201 GENTLE HATHA YOGA** For ALL Listen to your bodies and practice yoga mindfully. Slow-paced and less intense movements will help strengthen muscles, improve mobility, blood circulation and posture. Breathing exercises help relax the body and calm the mind. 10-12. E. Takamori

**MF 202 CARD-MAKING & GIFTING PAPER CREATIONS** Learn how to make cards and gifting items for all seasons. Materials list emailed prior to first class by instructor. Any questions on purchasing materials email Rose at origlama@aol.com. 10-12. R. Malinconico

**MF 203 QUILTING** Project: Nine-block sampler block. Any level is welcomed to create and bring their own project. Materials list emailed prior to first class. 10–1. Note: **Classes on Oct. 18 & Nov. 15** are held from 9-12. R. Cooper

**MF 204 DRAWING & SKETCHING: INTERMEDIATE** Use charcoal and pencil to explore black and white media. Materials list emailed prior to first class. 10-1. Note: **Classes on Oct. 18 & Nov. 15** are held from 9-12. B. DeCeglie

**MF 205 PIANO KEYBOARD: BEGINNER/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 Textbooks: *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. Note: **Classes on Oct. 18 & Nov. 15** are held from 8-12. M. Patelson

**MF 206 LEARN HOW TO USE YOUR APPLE IPHONE/IPAD** Review the basic set-up of your Apple iPhone/ iPad. Learn how to utilize these devices to meet your need, create slideshows/movies and become familiar with apps. 11-2. Note: **Classes on Oct. 18 & Nov. 15** are held from 9-12. A. Cumba

**MF 207 LINE DANCING & CHOREOGRAPHY WITH A BROADWAY THEME** Use your knowledge of line dancing steps to learn and choreograph dances using Broadway tunes. 12:30-2:30. Note:
Classes on Oct. 18 & Nov. 15 will be held on Nov. 17 and Nov. 18 from 12:30-2:30. R. Malinconico

**WEDNESDAY**

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

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

**QF 303 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

**QF 304 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

**QF 305 PASTEL PAINTING** Drawing skills, understanding design concepts and color theory stressed as you paint pastels. Paintings are developed from photos students choose. Materials list emailed prior to first class. 10 – 1. B. DeCeglie

**QF 306 FUND & EASY QUILLING: INTERMEDIATE** Create one-of-a-kind quilled treasures showcasing an array of beautiful designs and patterns. Materials list emailed prior to first class. 10-1. L. Canlas

**QF 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

**QF 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 I – spiral bound) and Alfred’s Essentials of Music Theory Complete. 10-2. Michael Patelson

**QF 309 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. 10-2. C. Murrell

**QF 310 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE** Designed for those familiar with basic line dancing steps, such as the Cha Cha, Pivote and Kick-Ball-Change. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Helps with depression. Wear comfortable clothes and shoes. 11:15 – 12:15. R. Hogans

**QF 311 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. Games

**QF 312 ZUMBA GOLD** Learn this dance program inspired by Latin rhythms that has been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 12:30–2:30. J. Maleeq

**QF 313 BAKING 103** Learn baking secrets, terminology, and tools of the trade for sweet success. Bake quick breads, pies, tarts, cakes and more. Pantry staples, recipes and ingredients are emailed in advance. Bake with instructor or enjoy watching. All levels. 1-3. L. Baker-Simon

**THURSDAY**

**QF 401 DRAWING & SKETCHING: ADVANCED BEGINNER LEVEL II** 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 little about 1 pt. perspective. Materials list emailed prior to first class by instructor. 9:30-11:30. M. Rogers

**QF 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 by instructor. Any questions on purchasing papers, please email Rose at origlama@aol.com. 10-12. R. Malinconico

**QF 403 CREATIVE POETRY & PROSE: BEGINNERS & INTERMEDIATE** Have fun expressing yourself through poetry and short prose. No experience necessary. 10 – 12. J. Cunningham

**QF 404 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

**QF 405 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/paints for source materials. Materials list emailed prior to first class by instructor. 10 – 1. B. DeCeglie

**QF 406 MATURE MOVES** Lively and energizing easy-does-it aerobic and calisthenic workout. Loosen clothing and sneakers required. Check fitness with your doctor. 12–2. J. Maleeq

**QF 407 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

**QF 408 CREATIVE WRITING** Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn key strategies, techniques and obtain valuable feedback to help get your work published. 12:30 – 2:30. J. Cunningham

**QF 409 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

**FRIYDAY**

**QF 501 HOLLYWOOD CLASSIC FILMS** Watch, discuss and analyze classic movies created by the big eight studios during the Golden Age of Hollywood. 9-12. R. Miles-Abraham


**QF 503 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

**QF 504 MINDFUL YOGA** Explore yoga in this creative vinyasa flow to engage your mind, body and spirit. Synchronize your breath with movement and learn how to leverage yoga for self-care and overall wellness by building strength, physical balance and flexibility. Yoga mat needed for first class. Optional: blanket or small pillow, two yoga blocks or large hardwooded books for support. 10-12. T. Guillou

**QF 505 OPERAS** Great Italian, French and German operas of the 19th century by Beethoven, Rossini, Verdi, Wagner and more via Zoom. Optional dress rehearsal at the Met. 10–12:30. J. Dzik

**QF 506 PAINTING WITH CONFIDENCE** Designed for beginners to create a masterpiece following step-by-step instructions. Explore color theory and brush techniques using inexpensive acrylic paint. Materials list emailed prior to first class by instructor. 10-1. R. Cooper

**QF 507 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE** Note reading, chord playing and a variety of music is covered. You must have your own keyboard (61 Keys) and headphones or your own upright or grand piano. Required books: Alfred 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

**QF 508 FITNESS FOR LIVING** A whole body wellness approach for total body conditioning to improve strength, endurance, balance, range of motion and flexibility. Includes stretching, cardio and toning. Wear loose clothing and sneakers. Chair, light hand weights and exercise bands are needed. 1-3. T. Guillou
**RF 103 WATERCOLORS: INTERMEDIATE** For those who have experience working with watercolors. Paint various textures of the elements of nature utilizing a specific watercolor technique for each (wet into wet, glazing and stippling). Principles of aerial perspective and landscape composition are explored through demos and slides. Materials list emailed prior to first class.

10-12. I. Dubeau

**RF 206 DRAWING: ADVANCED & INTERMEDIATE** Pre-requisite: Must have knowledge or experience using the basic techniques for drawing from observation. Analyzing and working in various art styles and using various drawing media. Materials list emailed prior to first class by instructor. Note: Classes on Oct. 18 & Nov. 15 will be held on Nov. 17 and Nov. 18 from 1-3. The Oct. 18 & Nov. 15 classes will be held in the mornings from 10-12. 12:30-2:30. M. Corti

**RF 207 KNOW YOUR ANTIQUES & COLLECTIBLES** Explore the history of antiques/collectibles and bygone eras. Have an item available for research and appraisal. 12:30-2:30. Note: The Oct. 18 & Nov. 15 classes will be held on Wednesdays, Oct. 19 & Nov. 16 from 10-12. M. Mandel

**WEDNESDAY**

**RF 301 QUILLING...not QUILLING FOR BEGINNERS** Quilling, or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Instructor suggests the Biatyn quilling kit for beginners can be purchased on Amazon.com (approx. $35). Please have kit for first class. 10-12. N. Keay

**RF 302 CHORALEERS** Come sing with our chorus. Learn music for the holidays. You may register for RF 302 (remote) or RF 354 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 9:45-11:45. D. DeOrio

**RF 303 WOMEN’S FICTION** Discussion of Olive Kitteridge and Olive by Elizabeth Strout. Read the first three chapters of Olive Kitteridge for first class. The main character is a strong, opinionated teacher as she deals with daily life in a small town. 10-12. A. Zuckerberg

**RF 304 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

**RF 305 BRIDGE FOR BEGINNERS PART I** For those who never played or would like to brush up. Bidding and play of the hand are covered. Complete course by taking part II during Intersession. Six sessions. Begins Oct. 12. 12:30-2:30. A. Bass

**THURSDAY**

**RF 401 WATERCOLORS FOR BEGINNERS** For those who 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. 10-12. K. Fieramosca

**RF 402 CONVERSATIONAL SPANISH FOR BEGINNERS** Basic vocabulary, phrases and verbs and the use of Spanish for travel and everyday living are covered. Required book: High School Basic Spanish by Jean Yates. 10-12. L. Velt

**RF 403 MANDARIN CHINESE FOR BEGINNERS** Learn to speak simple sentences in Chinese about every day topics. Chinese culture and writing system will be introduced. 11-1. G. Lichter

**RF 404 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 that can be used to create works of art will be discussed. Materials list emailed prior to first class. 12:30-2:30. E. Byrne

**FF 303 TAKE A JOURNEY WITH THE FLORIDA HIGHWAYMEN** Enjoy an in-depth multi-media review of the Florida Highwaymen, a group of artists who made a living selling their work in the mid-1950’s to 1980’s. Learn how they used non-traditional items to create a body of work. Create your own works of art in the Highwaymen style. Materials list to follow. 3-3:50. A. Davis, MSW.

**FF 304 MIND & ALIGN** Bring your mind, heart, body and soul into alignment to close out your day and get ready for a good night’s sleep. Various types of meditation and breathing techniques are taught so you can understand the how’s and why’s behind meditation and the benefits it brings to you. 7 pm-8 pm. B. Rhea

**FF 401 ABSTRACT EXPRESS** Dive into the creative, explosive, color-filled world of abstract painting. Try bold color combinations and unique techniques to produce a new painting each week. Learn the connection between abstract art, music and dance as we produce fun masterpieces. Materials list to follow. No class: Oct. 13. 12:30-3. P. Lowenberg

**FF 402 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

**FF 403 INTERNATIONAL EATING: COOKING AROUND THE WORLD CARIBBEAN WIDE** Learn new cooking skills and techniques while “traveling” to exotic Caribbean locations. Expand your knowledge and palette while contributing to a healthy lifestyle and learn about new, exciting places and foods. 4-6. A. Davis, MSW.

**TUESDAY**

**RF 204 GREAT BOOKS: CLASSICS & POPULAR LITERATURE** Read and discuss a mix of old and new titles. View film clips and lively discussions with like-minded bibliophiles. Read The Lincoln Highway by Amor Towles for first class. 10-12. L. Baum

**RF 205 PARLEZ-VOUS FRANCAIS?** Learn how to speak French from a native speaker. Common words and phrases for future travel or for fun. Different theme each week. Required book: Easy French Step-By-Step by Myrna Bell Rochester. Note: The Oct. 18 & Nov. 15 classes will be held on Thursdays, Oct. 20 & Nov. 17 from 10-12. 12:30-2:30. I. Dubeau

**FLORIDA CENTER**

**TUESDAY**

**FF 201 STILL-LIFE IN ACRYLICS** Still-life set-ups will come to life with acrylics. Work through composition, blending, highlighting and shading using a photo. Materials list to follow. 10-12. N. Galluccio

**FF 202 WHAT IN THE WORLD IS GOING ON?!? Take a global look at the most important and amusing issues, people and events facing the world today. Focus will be on what is often overlooked and what needs to be understood more fully. 10-12. E. Weinstein

**FF 203 BEGINNER/ADVANCED BEGINNER WATERCOLOR** Still-life and landscape paintings. Create three values of each primary color, mix colors and use them to create watercolor studies and then paintings. Materials list to follow. 3:30-6:30. M. Rogers

**FF 204 CORE & MORE** Strengthen abdominals, back, upper and lower body and stretch too using a chair for sitting or balance. Mat options shown too. Exercise based on Pilates and other disciplines. 4-5. L. Fechter

**WEDNESDAY**

**FF 301 CITY SKETCHING** Grab a sketchbook and let your pencil capture the moment! Turn your photos into quick sketches while learning about composition and 1-and 2-point perspective. No experience necessary.


**FF 302 CLASSIC AMERICAN HOLLYWOOD & INDEPENDENT FILMS** When we think of English language movies, we think Hollywood. Since the breakup of the old studio system the has been a proliferation of independent films. Watch and compare Hollywood and independent films. Five sessions. Begins Sept. 28. 10-1. R. Presser
REMOTE SEMINARS

UNLESS OTHERWISE NOTED, SEMINARS HAVE A $2 NON-REFUNDABLE AND NON-TRANSFERABLE FEE.

BROOKLYN

KF 805 SLEEP & ALZHEIMER’S/DEMENTIA RISKS Various dementia types, Alzheimer’s disease, strategies for healthy brain aging and the associations between disturbed sleep and Alzheimer’s are discussed. Tuesday, Sept. 13. 10-12. C. Aird

KF 806 THE AVANT GARDE & KITSCH A look at High Art and Low or Popular Art. Thursday, Sept. 15. 10-12. M. Meyer

KF 807 HEALTHY RELATIONSHIPS Receive support in discussing challenges and strengths in your relationships. Friday, Sept. 16. 12:30-2:30. T. Valentino

KF 808 THE ELEMENTS OF ART A look at color theory, line, form and composition through the history of art. Thursday, Sept. 22. 10-12. M. Meyer

QUEENS

QF 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, Sept. 12. 8 am-10 am. A. Cumba

QF 806 HOORAY FOR HOLLYWOOD Hollywood may be an actual place, but it has come to mean American films. View a showcase of the finest films to come out of the Hollywood studio system. Three Thursday sessions: Oct. 27; Nov. 3; 10. 10-1. $6. R. Presser

STATEN ISLAND

RF 805 TAKING BETTER PHOTOS FOR APPLE IPHONE/IPAD USERS ONLY Learn to use the settings, pin your camera and find apps that can help make your photos better. Friday, Sept. 16. 10-12. S. Cabot

RF 806 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: Sept. 16, 23. 10-12. $4. J. Novak

RF 807 ARE YOU A BABY BOOMER? Take a trip down memory lane and celebrate the 50’s. View and discuss actual footage of the pop culture, historical events, TV, music and more. Three Friday sessions: Sept. 16, 23, 30. 10-12. $6. A. Zuckerberg

RF 808 USING GOOGLE FOR MORE THAN SEARCH Google offers dozens of free features to make your life easier. From word processing to organizing photos, keeping track of your important dates, translating documents, and more. Learn how to use the assortment of services available from Google. Three Friday sessions: Sept. 23, 30; Oct. 7. 10-12. $6. S. Cabot

RF 809 CALM & IN CONTROL: DECLUTTER YOUR MIND Feeling frazzled? Learn to declutter your mind so you can stop feeling overwhelmed, get more done and gain clarity. Two Friday sessions: Sept. 30; Oct. 7. 10-12. $4. J. Novak

RF 810 EARLY PICASSO, FAUVISM, EXPRESSIONISM & MATISSE Building on the innovations of Impressionism and Post-Impressionism, early 20th century artists rapidly expanding their art into new areas. Learn how they influenced the changing art styles of the 20th century and became the basis of modernism. View works by Matisse, Derain, Picasso and more. Friday, Oct. 7. 10-12. M. Corti

RF 811 MANAGING YOUR PASSWORDS Learn to tame all the passwords for the apps and websites you use. Topics include picking a username, making your own passwords, using password manager and two factor authentication. Friday, Oct. 14. 10-12. S. Cabot

RF 812 THE TOP 10 CLUTTER HOTSPOTS IN YOUR HOME Does your side chair collect clutter? The junk drawer? How can you easily organize areas that you can’t seem to keep clean. Two Friday sessions: Oct. 14, 21. 10-12. $4. J. Novak

RF 813 TIPS & SECRETS OF THE APPLE IPHONE/IPAD Learn to make and take calls, use apps, the calendar/contact features, banking and handle online commerce. Use the navigation apps and never get lost again! Apple iPhone/IPad users only. Three Friday sessions: Oct. 21, 28; Nov. 4. 10-12. $6. S. Cabot

RF 815 SAVE TIME & ORGANIZE IN ONE NOTEBOOK Don’t waste time looking for important information. Learn how to create a personal notebook to keep all your information at your fingertips. Two Friday sessions: Oct. 28; Nov. 4. 10-12. $4. J. Novak

NASSAU/SUFFOLK

NF 805 OH NO! I BROKE THE COMPUTER FOR PC USERS ONLY Learn to adjust your settings, personalize your desktop and make that PC work for you. Tuesday, Sept. 13. 10-12. S. Seifman

UF 805 THE BEGINNINGS OF “STEREO” & ULTRA AUDIO RECORDS By the end of the 50’s, listening to music from home became a great pleasure. United Artists Records produced a series of records in stereo and featured top recording artists. Listen to a wide variety of selections from these recordings. You’ll be surprised by who is featured. Tuesday, Sept. 13. 1-3. M. Zucker

UF 806 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices. Recognize scams and phishing and how to avoid hacking attempts. Wednesday, Sept. 14. 10-12. J. Goklevent

UF 807 RE-IMAGINE YOUR LIFE: SEVEN SECRETS TO ACHIEVE YOUR DREAMS Receive 7-guided messages to help assist us to achieve our dreams. Walk away with at least one mind changing idea that will create a desire for motivation, self-improvement and effective ways to obtain success. Three Thursday sessions: Sept. 15, 29; Oct. 13. 10-12. $6. R. Yordan

UF 808 HANDS OF GOLD: A CONVERSATION WITH THE AUTHOR Listen to the award-winning author bring her late grandfather’s inspiring experiences and memories to life. Hands of Gold is a work of fiction based on a true story: a man who survived tuberculosis, a workplace shooting, an accidental killing walking through the snow, a workplace shooting and a workplace shooting. By the end of the 50’s, listening to music from home became a very interesting listening experience. Tuesday, Oct. 4. 1-3. M. Zucker

NF 809 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. A Mah Jongg set and the current 2022 Mah Jong card is needed for first class. Three Wednesday sessions: Oct. 12, 19, 26. 11:30-12:30. $6. A. Seligson

UF 810 THE ART OF STONE CARVING A master craftsman will share his experiences of carving decorative elements on buildings, dedicating himself to saving the stone carving tradition and share knowledge on some NYC landmarks he has worked on. He will also show the tools of his trade and demonstrate stone carving techniques from his workshop. Two Thursday sessions: Oct. 20, 27. 1-2:30. $4. C. Pellettieri

UF 813 RADIO IN THE GOLDEN AGE OF TELEVISION Do the names Murray the “K”, Cousin Brucie, The WMCA Good Guys, Barry Gray, Long John Nebel and Jean Shepherd have special meaning to you? If yes, you were listening to some of the people who helped saved radio and kept it relevant during the first generation of television. Discuss and share memories of these and other important people behind the scenes who gave us something to connect

NF 808 AN ARM & A LEG: FACTS & TRIVIA Grab a pencil and paper for a fun and engaging hour of trivia, word games and fun. Wednesday, Nov. 2. 11:30-12:30. A. Seligson

UF 814 TOYS, GAMES & COLLECTIBLES Reminisce about your favorite toys, games and collectibles that you enjoyed while growing up and still might have hidden in a house closet. Thursday, Nov. 3. 1-3. H. Ehrlich

UF 815 LUCILLE BALL: QUEEN OF TELEVISION COMEDY Explore the life and career of Lucille Ball from model, radio actress to B movie star to the world’s funniest and most celebrated female personality and studio executive. Video clips of some of her most comedic moments included. Friday, Nov. 4. 10-12. L. Wolff

UF 816 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices. Recognize scams and phishing and how to avoid hacking attempts. Thursday, Nov. 10. 10-12. J. Goklenbe

UF 817 OUR PRESIDENTS IN RETIREMENT Did you ever wonder what our past presidents did in their retirement? Were they productive? Did they fade into history? Take a look back to see how our past chief executives spent these precious years of their lives. Thursday, Nov. 10. 1-3. H. Ehrlich

NEW JERSEY

JF 805 LET’S ZOOM: ALL LEVELS If you are new to Zoom or already using it, there are new things to learn with this everchanging technology. Set-up a meeting, create Zoom accounts, breakout rooms and more. Three Monday sessions: Sept. 12, 19; Oct. 3. 1-3. $6. M. Levine

JF 806 MOTHER JONES: THE MOST DANGEROUS WOMAN IN AMERICA Examine the life and contributions of an indomitable Irish immigrant who, despite opposition became the “Mother” of America’s labor movement in the early 1900s. Tuesday, Sept. 13. 10-12. M. Dunphy

JF 807 KOSHER COOKING Prepare hearty soups, scrumptious sides and other delicious dishes to satisfy your Kosher palate. Three Wednesday sessions: Oct. 26; Nov. 2. 9. 1:30-3:30. $6. I. Marcus

JF 808 ATTIC TREASURES: CASH IN ON DECLUTTERING If you are ready to pare down, learn how to appraise treasures, collectibles and souvenirs and where to sell them. Three Wednesday sessions: Nov. 2, 9, 16. 1-3. $6. J. Novak

WESTCHESTER/ROCKLAND/PUTNAM SECTION

WF 805 MONDAY MORNING BOOK CLUB Join a group of readers who love to have lively discussions on the latest books. Read The Personal Librarian by Marie Benedict and Victoria Christopher Murray before first class. Other books decided by group. Three Monday sessions: Sept. 12, 19; Oct. 3. 7. 10-12. B. Naliboff

WF 806 SHORT STORY BOOK CLUB: MASTERPIECES BY 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: Sept. 12, 19; Oct. 3. $6. 1-3. R. Miles Abraham

WF 807 THE PROBLEMS OF FACEBOOK Discuss some of the plusses and minuses of Earth’s largest social media company. Wednesday, Sept. 14. 10-12. S. Cabot

WF 808 TV TALK & MUSE View a relevant movie each week and then discuss the social and real life headlines that parallel the movie. Watch I Care A Lot for the first class. Three Thursday sessions: Sept. 15, 22, 29. 12-2. $6. A. Fraenkel

WF 809 ROBERT DRAGONE AUTHOR STUDY Meet author Robert Dragone and discuss his books. He will be present at each session. Read While the World Played Chess for the first class. Three Monday sessions: Sept. 19; Oct. 24; Nov. 14. 12-2. $6. J. Frutkin

WF 810 REDUCE STRESS THE EASY WAY WITH TAPPING EFT Tapping is a powerful stress relief technique that can create a better sense of well-being. Learn how to practice tapping and several tapping resources are provided for future use. Two Monday sessions: Sept. 19; Oct. 3. 10-12. $4. R. Demers

WF 811 ABSTRACT ART & ITS IMPORTANCE Hear about theories of the Greats, then see the richness of the Art of the 20th and 21st centuries. Tuesday, Sept. 20. 11-1. H. Levin

WF 812 EASY CROCHET Learn easy crochet stitches to make a soft chenille lap blanket. Materials list emailed prior to first class by instructor. Two Tuesday sessions: Sept. 20; Oct. 4. 12-3. L. Weber

NINA Skip the drive-through with super creative, homemade fast-food solutions. Tasty fun for everyone that’s easy, affordable and creative. Friday, Sept. 16. 1-4. N. Kauder

FF 806 NEW & EXCITING FUN AT THE MOVIES To break-up the long week, enjoy some entertainment by viewing a film and a stimulating discussion. Three Wednesdays: Sept. 21; Oct. 19; Nov. 16. 6:30 pm-9:30 pm. $6. L. Bloomgarden

FF 807 CHEF NINA’S HOLLER FOR CHALLAH Bake and braid challahs, vegan, vegetarian and conventional, family-sized or individual buns and French toast or bread pudding with leftovers. Friday, Sept. 23. 1-4. N. Kauder

FF 808 FRENCH COOKING & CULTURAL EXPERIENCE WITH CHEF NINA Spend your afternoon cooking a 3-course French meal with language, culture and music all woven in. Monday, Oct. 3. 1-4. N. Kauder

FF 809 REVERSING AGING PROCESS NATURALLY Increase your lifespan and health span by practicing some of the healthiest habits known so far to delay the aging process. Three Monday sessions: Oct. 17, 24, 31. 10-12. $6. C. S. Bajo Gurierrez

FF 810 SOME MORE EXPLORATIONS IN ASTRONOMY Explore the modern universe. Visit some of the curiosities in our solar system, learn how the sun generates so much energy and learn how astronomers measure distances to remote galaxies across an expanding universe. Three Monday sessions: Oct. 17, 24, 31. 10-12. $6. S. Storch

FF 811 BEGINNING BIRDING (BIRDING 101) Learn the basics of birdwatching. Emphasis on Florida birds (repeat of a previous class). Wednesday, Oct. 19. 4-6. S. Rinker

FLORIDA CENTER

FF 805 EAT & LIVE WELL WITH SALADS IN A JAR WITH CHEF NINA Skip the drive-through with super creative, homemade fast-food solutions. Tasty fun for everyone that’s easy, affordable and creative. Friday, Sept. 16. 1-4. N. Kauder

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

FALL 2022 / 17
REMOTE INTERSESSION

Unless otherwise noted, courses and seminars begin on Tuesday, January 10, 2023 and conclude Thursday, February 9, 2023. Please remember to complete the appropriate registration form for either New York or Florida Intersession courses/seminars. Intersession 2023 and Florida Intersession 2023 are two separate programs. Do not combine them on one form.

Courses

Courses have a $10 non-refundable and non-transferable fee.

BRONX

Coordinator: Felicia Armetta
TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
XI 201 ZUMBA GOLD Combine Latin and International dance rhythms such as salsa, merengue, tango and cha-cha into an energizing cardio workout. It is a safe and total body workout. Movements are modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

XI 202 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Light hand weights, bands and sticky floor mat to stabilize your chair needed. 10-11. D. Dolan

XI 203 TRIP AROUND THE WORLD QUILT Follow a step-by-step process to create a beautiful and memorable Trip Around the World quilt. Options given for a mini or large quilt. Demonstration on how to make a mini quilt. Materials list and directions emailed prior to first class by instructor. 10-12. M. Alvarez

XI 204 LET’S MOVE Moderate seated and standing exercises for seniors and those who want to improve fitness, mobility, strength, balance and general health and wellness by working out together. Tips on better sleep, nutrition, and health are discussed. Light hand weights and exercise bands needed. Website to purchase equipment emailed prior to class by instructor. 10-12. M. J. Strauss

XI 205 WATERCOLORS: ALL LEVELS Suggested pictures that will include using all watercolor techniques are provided. Materials list emailed prior to first class. 10-12. S. Baruchowitz

XI 206 TAIJI (TAI CHI) Introduction and practice of Chinese traditional Chen-style Taijiquan, a high-level boxing technique, the traditional Taiji fan and Qigong Baduanjin that’s simple and easy to learn. It can relax the whole body, improve blood circulation and functions of the body, lose weight and keep healthy. 10-12. A. Wang

XI 207 WHAT MAKES A POEM? Read and discuss selected contemporary poems with a broad range of topics and techniques. Writing exercises that will inspire new poems provided. You will have time to write your own poems and share them. All levels. 10-12. S. Stern

XI 208 JEWELRY DESIGN I Learn basic and advanced jewelry making skills. Locate any jewelry items you already own that need repair or renewal. Have an opportunity to use beads, polymer clay and wire to create useful and unique items. 10-12. R. Demers

XI 209 BEGINNING BEGINNERS ALPHA PIANO Master basic musical concepts and play simple musical pieces. Some simple jazz/blues tunes. Classical and jazz component. Little or no knowledge of music notation or basics of piano keyboard needed. Required book: John Thompson, Adult Piano Course Book 1. 10-12. N. Zamcheck

XI 210 THE NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability and strength. Combines movements and concepts from Yoga, Tae Kwon Do and other movement forms. Wear comfortable clothing. 11:30-12:30. M. Stevenson

WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
XI 301 THE NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability and strength. Combines movements and concepts from Yoga, Tae Kwon Do and other movement forms. Wear comfortable clothing. 10-11. M. Stevenson

XI 302 EXERCISES FOR ARTHRITIS, RANGE OF MOTION, FLEXIBILITY & BALANCE Moderate seated and standing exercises for seniors and those who want to improve flexibility, balance and strength using light hand weights, towels and one of the following: cane, curtain rod, mop handle or dowel. Exercises/stretches for feet, knees, stiff necks and shoulders. How diet affects inflammation and arthritis discussed. Website lists to purchase hand weights emailed prior to first class by instructor. 10-11:30. M. J. Strauss

XI 303 TAIJI (TAI CHI) Introduction and practice of Chinese traditional Chen-style Taijiquan, a high-level boxing technique, the traditional Taiji fan and Qigong Baduanjin that’s simple and easy to learn. It can relax the whole body, improve blood circulation and functions of the body, lose weight and keep healthy. 10-12. A. Wang

XI 304 INTERMEDIATE BEGINNERS BETA PIANO Continuation of Beginning Beginners. Practice and reading, increasingly demanding pieces. Intro to jazz and pop chords and rhythm concepts. Learn chord voicings. Required book: John Thompson, Adult Piano Course Book 1. 10-12. N. Zamcheck

XI 305 AGELESS GRACE This fitness and wellness program is performed while primarily sitting in a chair. Practice anti-aging techniques such as joint mobility, spinal flexibility, balance, confidence and playfulness. Beneficial for everyone even those with limited mobility or strength. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XI 306 YOU CAN WRITE Express yourself through writing prompts in a safe space in prose or a variety of poetic forms. All you need is a pen or pencil, paper, memories and your imagination. 1-2. D. Dolan

BROOKLYN

Coordinator: Evelyn Dorell
WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
XI 301 CHORUS Sing along with piano accompaniment. Music and/or parts may be taught with or without music sheets. 10-12. J. DeRanieri

XI 302 QUILTING: INTERMEDIATE Create beautiful works of art using various quilting techniques. Create wall hangings, decorative accessories and pillows. Must have basic machine- or hand-sewing skills. Materials and projects discussed at first class. 10-12. N. Rabatin

KI 303 TECHNIQUES IN MEMOIR WRITING View works of published authors to discern their writing techniques incorporate these techniques in your writings and share. 10-12. D. White

KI 304 BETTER SLEEP THROUGH MEDITATION Learn to practice research-based, deep relaxation techniques during the day to promote better sleep quality at night. Have large towel or mat available for class. 10-12. T. Pratt

KI 305 THE MAGIC OF MOVIE MUSIC Discuss how film scores influence movies. Film clips are included with and without original music from favorite scenes. Film composers include Herrmann, Steiner and more. Different music genres as well. 10-12. J. Hirsch

KI 306 SHORT STORY BOOK CLUB Discuss short stories by well-known authors (all stories available free online). Read A & P by John Updike for first class. 12:30-2:30. B. Bolton

KI 307 STRETCH & RELAX Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Have a mat or large towel for class. 12:30-2:30. T. Pratt

KI 308 POLYMER CLAY: INTERMEDIATE Learn to condition clay to create necklaces, earrings, pendants and brooches. Materials list emailed prior to first class. 12:30-2:30. V. Hall

THURSDAYS
Jan. 12, 19, 26; Feb. 2, 9
KI 401 YOGA WITH A STABILITY BALL Gently strengthen your core muscles, maintain balance and relax the body. Materials list emailed prior to first class by instructor. 10-11. C. LaBue

KI 402 FINISHING HANDMADE JEWELRY Explore unique tools and techniques to finish your jewelry such as using clasp, buttons and more. Materials list emailed prior to first class by instructor. 10-12. K. Koppinger

KI 403 JAZZERCISE Stretch and dance to the music of Jazz, Rhythm and Blues, Cha-Cha, Swing and Mambo. 10-12. K. Sanson
MANHATTAN

Coordinator: Jo-Ann Hauptman

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
CI 201 SHORT STORIES INTO FILM
Discuss short stories by British writer, Somerset Maugham followed by a screening of the film adaptation. 9:45-12:15. W. Wyss

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

CI 203 THE WRITER’S CRAFT
Turn ordinary moments into extraordinary poetry and prose. Analyze and enjoy the works of established poets/writers and apply their craft to your own writing. 10-12. M. Mangot

CI 204 ART HISTORY OF THE 19TH CENTURY
The 19th Century Art: Hudson River School, Art & Photography of the Civil War and American Impressionism. 10:30-12. C. Andersen

CI 205 ZUMBA GOLD FITNESS
Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:15-2:15. B. Sayegh

CI 206 INTERNATIONAL FILMS
View and discuss a variety of thought-provoking international films from around the world. 12:15-2:45. J. Worth

CI 207 ITALIAN: INTERMEDIATE/ADVANCED

CI 208 MIDDLE EASTERN DANCING
Enjoy the ancient art of belly dancing while listening to beautiful Arabic, North African and Turkish music. All levels. 12:30-2:30. A. DeGennaro

CI 209 RETIREE READ BOOK CLUB
Read and discuss a short story each week. Read *Billy Budd* by Herman Melville for first class. Other short stories are shorter, most recent and available online. Story/Book list emailed prior to first class by instructor. 12:30-2:30. M. Garvey

WEDNESDAYS –
Jan. 11, 18, 25; Feb. 1, 8
CI 301 FILM COMEDIES
View and discuss classic comedies: *Some Like It Hot*, *The Sunshine Boys* and more. 9:45-12:15. C. Friedman

CI 302 AFRO BEATS
Learn basic traditional African dance movements set to contemporary Afro Beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 10-12. D. Scott

CI 303 TRAVEL THROUGH HISTORY
Take a virtual tour through different parts of the world learning the history, culture and landscapes of each destination. 10-12. J. Rossi

CI 304 ASIAN BRUSH PAINTING
Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. Materials needed: rice paper, Sumi ink, basic watercolors and brushes. 10-12. P. Szudiwinski

CI 305 ITALIAN CINEMA
View and discuss thought-provoking Italian films. Films are shown with English subtitles. Discussion in English. 12:15-2:45. J. Worth

CI 306 SHORT STORIES
Discussion of contemporary literature. Required book: *The Refugees* by Viet Thanh Nguyen. The stories are set in Vietnam and America. Read *Black-Eyed Women* and *The Other Men* before first class. 12:30-2:30. A. Zuckenberg

CI 307 WATERCOLOR PAINTING: BEGINNERS/INTERMEDIATES
Develop your artistic ability painting landscapes, flowers and seascapes. Materials needed: watercolor set, brush and pad. 12:30-2:30. P. Szudiwinski

CI 308 COMEDY: THE STUDY OF JERRY SEINFELD & LARRY DAVID
View and discuss Jerry Seinfeld’s and Larry David’s famous creations: *Seinfeld* and *Curb Your Enthusiasm*. Excerpts from their early stand-up comedy performances included. 1-3. P. Herzich

THURSDAYS
Jan. 12, 19, 26; Feb. 2, 9
CI 401 BEAD WEAVING: BEGINNER/INTERMEDIATE
Create beautiful, beaded jewelry. Learn basic intermediate beading techniques.

Materials list emailed prior to first class by instructor. 9:45-12:15. Z. Tyson

CI 402 DRAWING BASICS
An intro to drawing using pencils, charcoal, erasers and possible color. Basic still-life, landscapes, drawing faces and more are covered. Share your work and discuss techniques and approaches. All-purpose paper, #2 pencils and erasers needed for first class. 9:45-12:45. W. Bradley

CI 403 GENTLE YOGA
Release stress and tension with yoga postures and a short, guided meditation practice. 10-12. D. Scott

CI 404 CONTEMPORARY ART HISTORY STUDY
A curated view with discussions of the most important artists of the 20th Century. 10-12. M. Meyer

CI 405 FOCUS ON FITNESS
Focus on strength training, balance, flexibility, stretching and some Pilates. 12-1. B. Sayegh

CI 406 DOCUMENTARY FILMS
View and discuss thought-provoking documentaries such as Free Solo, Religious and more. 12:15-2:45. C. Friedman

CI 407 QUILTING
Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. T. DeCourcy-O’Grady

CI 408 ART HISTORY STUDY: PICTURES OF NOTHINGNESS
Examines the concept of abstraction based on a series of lectures and discussion by a prominent art historian. What is it good for – we as individuals and/or for society? 12:30-2:30. M. Meyer

QUEENS

Coordinator: Luchie Canlas

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
CI 201 FITNESS FOR LIVING
Stay fit and well with whole body conditioning to improve strength, balance, endurance, range of motion and flexibility. Stretching, cardio exercises, strength training and toning included. Wear loose clothing and sneakers. Chair, light hand weights and exercise bands are required. 10-12. T. Guillou

QI 202 CARD MAKING & GIFTING PAPER CREATIONS
Learn how to make cards and gifting items for all seasons. Materials list emailed prior to first class by instructor. Any questions on purchasing materials email Rosas at cortigiana@aol.com. 10-12. R. Malinconico

QI 203 DRAWING AND SKETCHING: INTERMEDIATE
Use charcoal and pencil to explore black and white media. Materials list emailed prior to first class. 10 – 1. B. DeCeglie

QI 204 PAINTING WITH CONFIDENCE
Create your masterpiece following step-by-step instructions exploring color theory and brush techniques. Designed for beginners! Materials list emailed prior to first class. 10 – 1. R. Cooper

QI 205 PIANO KEYBOARD: BEGINNER/INTERMEDIATE
Each student receives an individual mini lesson weekly. Access to either a 61-key keyboard or acoustic piano required. Scales and music theory will be included. All levels. Required books: Alfred’s Complete Essentials of Music Theory and Alfred’s Basic Adult Piano Course, Adult All in One Course Level 1. 10-2. M. Patelson

QI 206 SOUL LINE DANCE: BEGINNERS PLUS
Similar to Country except it is performed to Soul, Funk, R & B, Hip Hop, Pop and Gospel music. Have fun and relieve stress while you keep physically and mentally active. No partner needed. 11 – 1. R. Hogans

QI 207 LINE DANCING & CHOREOGRAPHY WITH A BROADWAY THEME
Use your knowledge of line dancing steps to learn and choreograph dances using Broadway tunes. 12:30-2:30. R. Malinconico

WEDNESDAYS –
Jan. 11, 18, 25; Feb. 1, 8
QI 301 CHAIR YOGA WITH A TWIST
Engage your body, mind and spirit while synchronizing your breath with Vinyasa flow. Achieve mental and physical balance, flexibility and build strength using movement and breathwork to guide you towards self-care and wellness. All levels. Chair needed. 10-12. T. Guillou

QI 302 STAY ACTIVE WITH SAIL SAIL
is a strength, balance and fitness program for seniors to help improve tone and balance issues. Exercises can be done sitting or standing. 2 - 16 oz. water bottles are needed to use as weights. 10-12. M. Gonzalez

QI 303 QUILTING
Beginners learn the art of quilting by creating place mats and table runners, hand or machine sewn. Advanced Beginners/Intermediate quilters can create a quilt using jellyrolls or their own projects. Materials list emailed prior to class. 10-1. R. Cooper

QI 304 ART WITH IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS
Learn how to paint in the impressionistic style using still-life and photos. Each class begins with demo. Materials list emailed prior to class. 10-1. B. DeCeglie

QI 305 ZUMBA
Learn the dance program inspired by Latin rhythms
that is modified for retirees. Wear comfortable clothes and shoes. Have a water bottle and towel. 12:30-2:30. M. Gonzalez

THURSDAYS
12, 19, 26; 2, 9
QI 401 MINDFUL YOGA Explore yoga in this creative vinyasa flow to engage your mind, body and spirit. Synchronize your breath with movement and learn how to leverage yoga for self-care and overall wellness by building strength, physical balance and flexibility. Yoga mat needed for first class. Optional: blanket or small pillow, two yoga blocks or large hardcovered books for support. 10-12. T. Guillou

QI 402 ORIGAMI: 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 by instructor. Any questions on purchasing papers, please email Rose at origlama@aol.com. 10-12. R. Malinconico

QI 403 PAINTING IN WATERCOLORS The luminosity and nuance of watercolor make it perfectly suited for still-life. Work from a different still-life each week. Explore a range of watercolor techniques, such as wet-on-wet, resist, and glazing. Students can use their own photos/prints for source materials. Materials list emailed prior to first class. 10-12 B. DeCeglie

QI 404 PAPER QUILLING FOR BEGINNERS Learn the art of using strips of paper that are rolled into different shapes and glued together to create 3D-like pictures. For Beginners ONLY. Materials list emailed prior to first class. 10-11. R. Cooper

QI 405 PIANO KEYBOARD-BEGINNER/INTERMEDIATE Each student receives an individual mini lesson weekly. Access to either a 61-key keyboard or acoustic piano required. Scales and music theory will be included. All levels. Required books: Alfred's Complete Essentials of Music Theory and Alfred's Basic Adult Piano Course, Adult All in One Course Level 1. 10-2. M. Patelson

QI 406 LINE DANCING: BEGINNERS Strengthen body and mind while learning dances using your favorite dance style: Cha Cha, Lindy, Rumba, Tango and Waltz. No partners needed. 12:30-2:30. R. Malinconico

QI 407 HOLLYWOOD CLASSIC FILMS Watch, discuss and analyze classic movies created by the big eight studios during the Golden Age of Hollywood. 12-3. R. Miles-Abraham

STATEN ISLAND
Coordinator: Jeanne Casanova

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
RI 201 YOGA Lose your stress and gain a healthy body, mind and spirit through breathing movement and meditation. Wear proper exercise/ yoga attire. Belt or strap needed for class. 9:30-10:30. I. Dubeau

RI 202 INTRODUCTION TO BEADING/JEWELRY CREATIONS Create a unique piece while discussing the history of the piece. Share YouTube tutorials and express your creativity. Use your own supplies or purchase online after receiving supply list from instructor (via email). 9:30-11:30. N. Keay

RI 203 SPANISH FOR BEGINNERS Learn introductions, greetings, personal identification, numbers and basic travel questions. Required book information emailed prior to class. 9:30-11:30. L. Veit

RI 204 BEGINNERS LINE DANCE Learn new and old-line dances to all types of music. Enjoy this mind and body activity. 10-12. L. Kalipetes

RI 205 BELLY DANCING FOR ALL Enjoy this art form that raises your body and spirit. Learn new and old-line dances to all types of music. Enjoy this mind and body activity. 10-12. J. Lamonica

RI 206 ZUMBA GOLD & TONING Shimmery, stretch and dance to the latest Latin beats. Exercise apparel, sneakers and 1 lb. toning sticks required. 10-12. M. DeTurris

RI 207 YOU CAN READ MUSIC A basic understanding of rhythms and melodies, sing or play along with more confidence as your understanding of printed music grows. 10-12. D. DeOrio

RI 208 CHAIR YOGA I Improve yourself spiritually and mentally through breathing, movement and meditation. No mats. Proper exercise/ yoga attire and equipment required. You may register for only one Chair Yoga class. 10:45-11:45. I. Dubeau

RI 209 CHAIR YOGA II Improve yourself spiritually and mentally through breathing, movement and meditation. No mats. Proper exercise/ yoga attire and equipment required. You may register for only one Chair Yoga class. 10-12. I. Dubeau

RI 210 CRITIC'S PIX View and discuss contemporary films including Croupier, Brett's The Guilty, Ladybird, Philomena and Middle of Nowhere. 12:30-2:30. M. Eller

RI 211 HEALTHY EATING WITH CHEF NINA Shake-up your wake-up. Revisit what you eat for the ever important first daily meal. 1-3. N. Kauder

RI 212 S.A.I.L. Stay Active and Independent for Life is a strength, balance and fitness program for adults. Exercise is the single most important activity for adults. Exercise is the most important activity that you can do to prevent falling. 1-2. D. Nalit

RI 213 THERAPEUTIC ART Learn how the seven elements of art are used for originality in your interpretation, in creating an element based on shapes and a name mandala on repetition of letters. Materials list emailed prior to first class by instructor. 1-3. P. Rosado

WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
RI 301 INTRODUCTION TO QUILLING Learn this art form that involves the use of paper strips that are rolled, shaped and glued together to create decorative designs. Materials list emailed prior to first class by instructor. 10-12. N. Keay

RI 302 KNIT & CROCHET COZY FORUM Explore, learn and utilize technology to enhance our prior knowledge of knitting and crocheting. Share and use websites to find patterns/directions for our projects and questions. Materials list emailed prior to first class. 9:30-11:30. C. Bellitti

RI 303 THE AZTECS, INCAS & MAYAS Study the history, culture and Spanish conquest of these high and ancient civilizations in the Americas. 9:30-12. L. Warner

RI 304 WATERCOLORS FOR BEGINNERS Study wet into wet, isolations. 10-12. J. Lamonica

RI 305 AEROBICS Variety of low impact aerobics and dance movements to build cardio endurance. Breathing, posture and form are emphasized. Sneakers proper clothing and gear needed. 9:30-11:30. L. DeRosa

RI 306 WOMEN'S FICTION Read and discuss contemporary short stories. Required book: Both Ways is the Only Way I Want It by Maile Meloy. Read Travis B and Red from Green before first class. 10-12. A. Zuckerberg


RI 308 FRENCH FOR BEGINNERS Learn greetings, identifications, numbers and basic travel questions. Required book information emailed prior to class 10-12. I. Dubeau

RI 309 ANTIQUES/TREASURES IN YOUR HOME Search your attic, garage, closets and cabinets for treasures. Specific topic and YouTube tutorials presented to enrich your treasure hunts. 10-12. M. Mandel

RI 310 MANDARIN CHINESE FOR BEGINNERS Must have prior knowledge of Mandarin Chinese. Learn simple sentences about everyday conversational topics, Chinese characters and aspects of Chinese culture. 11-1. G. Lichter

RI 311 INTERMEDIATE WATERCOLORS Learn various textures of skies, trees, rocks and water using specific techniques. Materials list emailed prior to first class. You may register for only one Watercolors class. 12-2. K. Fieramosca

RI 312 DECLUTTER YOUR LIFE & RELAX Learn how organization can help you to save money and plug leaks, reclaim your kitchen countertops, table and drawers and bathroom. Live assignments during class. 12:30-2:30. J. Novak

RI 313 BEGINNER CHESS: PRY YOUR GRANDCHILDREN AWAY FROM THE VIDEO GAMES Learn the basic fundamentals of common strategy through pawn race and face off. 1-3. P. Rosado

SUFFOLK
Coordinator: Ira Faber

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
UI 201 YOGA & MEDITATION FOR STRESS RELIEF AND THE IMMUNE SYSTEM Practice Kundalini Yoga breathing techniques and meditation for physical, mental and spiritual strength and vitality. Relax, reduce stress. Develop lungs and immune system. All levels. Go at your own pace. 10-11:30. R. Mahone-Lonesome

WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
UI 301 DOO WOP: ORIGINAL VS. COVER: WHICH DO YOU LIKE BEST? Doo wop music offers some amazing songs. That is why so many have been done by original doo wop performers and then covered by other great artists and vice versa. Discuss the original song and its cover(s). Audio and video clips. 1-3. H. Bloch

NEW JERSEY
Coordinator: Judy Rosenberg

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
JI 201 BOLLYWOOD Dance to exotic...
Keep your New Year’s resolution to DECLUTTER YOUR LIFE CHALLENGE balance, range of motion including JI 202 ZUMBA GOLD am-9:30 am. V . Iyer folk, R & B and hip hop music. 8:30 of Bollywood which is a blend of all beats featuring the energetic sounds of Bollywood which is a blend of all Belly exotic and sensual sounds of the genre as well as a blend of all Belly dance fusion tracks. Become aware of how our bodies can move. 1-2. V. Iyer

WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
JI 301 SCULPT/TONE Improve your body’s muscle mass and burn calories which is an integral part of a fitness regimen. Balance will improve with a decreased risk of falls as it helps to build bone density. 8:30-9:30. V. Iyer

JI 302 BELLY DANCING Feel the exotic and sensual sounds of the genre as well as a blend of all Belly Dance fusion tracks. Become aware of how our bodies can move. 1-2. V. Iyer

THURSDAYS
Jan. 12, 19, 26; Feb. 2, 9
JI 401 PILATES Use a chair for both seated and standing Pilates principles for alignment and breathing. 10-5: 11-15. L. Fechter

JI 402 MAH JONGG Learn to play the American version of Mah Jongg by following the National Mah Jongg League rules and use a current card. 10-12. S. Levine

JI 403 CANASTA Learning and play Canasta. All are welcome. 12-1:5. S. Levine

WESTCHESTER/ ROCKLAND/ PUTNAM SECTION

TUESDAYS
Jan. 10, 17, 24, 31; Feb. 7
WI 201 PIANO PRACTICE Work with the instructor to help you progress through your knowledge and ability to play the piano. 9:30-11. M. Oppel

WI 202 MEDITATION Discover the positive effects meditation can bring to your life. Deepen your mindfulness and focus on ways to achieve clear and emotionally calm state of being especially during stressful times. 10-11. D. Montefuscoli

WI 203 THE ROLLING STONES Roll with the Stones from their early years in London through today as the “World’s Greatest Rock n’ Roll Band”. Look into their solo work and side projects. 10-12. S. Cabot

WI 204 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 and flexibility. 12- 2. K. Sanson

WEDNESDAYS
Jan. 11, 18, 25; Feb. 1, 8
WI 301 LOVE Explore all categories of love (friends, soulmates, family and beyond) while cultivating stronger connections with yourself and others. 9:30-11. R. Demers

WI 302 GENTLE YOGA Explore how yoga can help develop self-awareness, strength, flexibility and a sense of calm. A block/small book (to prop yourself up) and a strap/towel are needed for first class. 10-11. L. Madsen

WI 303 ROD SERLING’S TWILIGHT ZONE Explore his life, loves, career and TV shows as we enter the fifth dimension of his world. 1-3. R. Miles-Abraham

WI 304 BELLY DANCE: THE SECRET DESIRE Learn the specialized techniques as we build body strength, improve posture and body awareness. A safe whole-body workout without strain to the joints and muscles. Warm-up exercises, basic belly dance moves and short fun choreographies. Unleash your inner diva! 3-4. A. L. Sherry

THURSDAYS
Jan. 12, 19, 26; Feb. 2, 9
WI 401 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 or bottles of water. 12-1. A. M. Hunter 1

WI 402 BELLY DANCE: THE SECRET DESIRE Learn the specialized techniques as we build body strength, improve posture and body awareness. A safe whole-body workout without strain to the joints and muscles. Warm-up exercises, basic belly dance moves and short fun choreographies. Unleash your inner diva! 1-2. A. L. Sherry

FLORIDA CENTER

Coordinator: Patti Vitucci

THURSDAYS
Jan. 12, 19, 26; Feb. 2, 9
FI 401 CHOOSING NUTRIENT-DENSE, ANTI-INFLAMMATORY EATING FOR OPTIMAL HEALTH Focus on healthy choices for reducing inflammation in our bodies, brains and lifestyles. 1-3. N. Kauder

REMOTE SEMINARS

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

QUEENS

QI 805 CRITICS’ BEST FOREIGN FILMS Watch critics’ best foreign films from around the globe and see how filmmakers influenced one another. Discover new cultures from the way they are portrayed on film. Three sessions: Jan. 24, 31; Feb. 7. 10-1. $6. R. Presser

QI 806 APPLE IPOHONE/IPAD PHOTOGRAPHY Learn how to improve your photo taking, edit photos, create projects, sharing photos with your family and friends and intro to posting photos on social media. Log onto Zoom from a computer or a second Apple device so your iPad/iPhone is free to follow along with the instructor. Three Tuesday sessions: Jan. 24, 31; Feb. 7. 11-2. $6. A. Cumba

QI 807 HOLLYWOOD ICONS FROM NY Many Hollywood film stars were actually transplanted NYers. Watch these leading men and women in films that made them household names. Three Wednesday sessions: Jan. 25; Feb. 1, 8. 9-12. $6. R. Presser

QI 808 APPLE IPOHONE/IPAD VIDEO PROJECTS Learn to improve your video taking, edit videos, create projects using clips and iMovie apps to share with family and friends. Posting photos on social media introduced. Log into Zoom on your computer or a second Apple device so you will have your iPad/iPhone free to follow along with instructor. Three Wednesday sessions: Jan. 25; Feb. 1, 8. 11-2. $6. A. Cumba

QI 809 INTRO TO ZOOM Step-by-step instructions on how to get started on Zoom. Learn how to download the app and the basics of logging into a Zoom meeting. Thursday, Feb. 9. 11-2. A. Cumba

SUFFOLK

UI 805 FRANK SINATRA: A RETROSPECTIVE Explore the career of this outstanding vocalist from his early years growing up in NJ to his success with the “big bands”, his film career, amazing success on records and in live performances. The post-war documentary, The House I Live In, a testament to Sinatra’s life-long campaign for racial and religious tolerance, as well as video and audio clips are included. Tuesday, Jan. 10. 1-3. R. Knox

UI 806 JACK BENNY: MASTER COMEDIAN The life and career of the comedian’s comedian; Jack Benny. He served as a model for everyone from Johnny Carson to Kelsey Grammar. Some of his funniest moments are included. Wednesday, Jan. 11. 10-12. L. Wolff

UI 807 NEW YORK YANKEES: A BRIEF HISTORY & LIFELONG LOVE AFFAIR Examine the evolution of the NY Yankees, the winningest team in Major League Baseball history. Learn, share and discuss The Highlanders, Babe and Lou, Casey, Mickey, Yogi, Reggie, Derek, and many other Yankee greats. Two Thursday sessions: Jan. 12, 19. 10-12. $4. B. Casanovas

UI 808 WHY LAUREL & HARDY AND ABBOTT & COSTELLO STILL MATTER Explore the careers of these two famous comedy teams, Laurel & Hardy and Abbott & Costello. How did these two acts come to be? Why do they still matter? Their work is part of American culture and their back stories are surprisingly compelling. Two Thursday sessions: Jan. 12, 19. 1-3. $4. B. Katz

UI 809 ALFRED HITCHCOCK RETROSPECTIVE The “Master of Suspense” directed numerous films that have become an indelible part of cinema. Short film clips and excerpts from many interviews he gave are included. Examine memorable scenes from films and how he used various camera and editing techniques to manipulate the audience’s emotions and character identification. Tuesday, Jan. 17. 1-3. R. Knox

UI 810 WEST SIDE STORY Since its Broadway opening in 1957, West Side Story has captured the imagination of all who are interested in music, sociology, dance, linguistics, movie and show. The new movie version has further increased interest. Focus on the many artists who have endeavored to offer their interpretations of the music from West Side Story. Wednesday, Jan. 18. 10-12. M. Zucker

UI 811 A CELEBRATION OF LEONARD BERNSTEIN His work as composer, pianist, author, music lecturer and longtime conductor cemented his reputation worldwide as one of the most talented and successful musicians America has ever produced. Enjoy video segments of Bernstein conducting “symphonic dances” from West Side Story and his amazing dual role as pianist/ conductor during a performance of Gershwin’s “Rhapsody in Blue” and more. Tuesday, Jan. 24. 1-3. R. Knox
UI 812 THE BIG THREE OF GILBERT & SULLIVAN Gilbert & Sullivan wrote 14 light operas, but the big three that are most well-known and performed are The Mikado, The Pirates of Penzance and HMS Pinafore. We concentrate on these shows and what makes them popular while also touching on a few of their lesser-known masterpieces. Three Wednesday sessions: Jan. 25; Feb. 1, 8. 10-12. $6. P. Gallagher

UI 813 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM & WERE AFRAID TO ASK: BEGINNER Zoom has become an indispensable tool for personal, social and business reasons in our lives. Learn the basics including account set-up, creating meetings, hosting (co-hosting) meetings and much more. Thursday, Jan. 26. 10-12. M. Levine

UI 814 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM & WERE AFRAID TO ASK: INTERMEDIATE 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, Jan. 26. 1-3. M. Levine

UI 815 A CONVERSATION WITH MASTOR OF ESPINOAGNE AUTHOR, JONATHAN DUNSKY The author of seven crime novels which take place in the early days of the State of Israel featuring private investigator Adam Lapid, a holocaust survivor and former soldier and Nazi hunter. He will discuss his novels and enthral us with his tales of what it is to be a great writer. Tuesday, Jan. 31. 1-3. J. Dunsky

UI 816 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. Thursday, Feb. 2. 10-12. J. Golkevent

UI 817 THE ROSENBERGS: THE CONTROVERSIAL ESPIONAGE CASE THAT ROCKED THE NATION Examine this historical case that includes the events that led up to the trial, the prosecution and defense presentations as well as the appeals and ultimate execution of the Rosenbergs. You will have to decide for yourself as to their innocence or guilt at the end of the presentation. Thursday, Feb. 2. 1-3. H. Ehrlich

UI 818 BENNY GOODMAN & RACIAL EQUALITY IN 1935 Benny Goodman met Teddy Wilson and their partnership lasted on and off for 50 years and it was groundbreaking in establishing steps for equality for all Americans. Along with Gene Krupa and Lionel Hampton, the Benny Goodman Quartet will always be known for excellent music and for the barriers it broke down. Discuss this important topic and listen to great music. Tuesday, Feb. 7. 1-3. M. Zucker

UI 819 THE MARX BROTHERS TRIBUTE From their poor surroundings, to touring Vaudeville as a children’s act then a family act (rotating fourth brother), headlining three Broadway shows and breaking all screen rules to become the classic film comedians we know today. They also had successful solo careers and appeared on radio and television. View some of their funniest screen moments. Thursday, Feb. 9. 10-12. L. Wolf

UI 820 HARRY TRUMAN Take a look at the life of this “average American” president. Most historians now feel that Truman was one of our most outstanding presidents. Find out why plus much more. Thursday, Feb. 9. 1-3. H. Ehrlich

UI 821 THE CRIME OF THE CENTURY (1953) The Rosenbergs. You will have to decide for yourself as to their innocence or guilt at the end of the presentation. Two Tuesday sessions: Jan. 10, 17. 11-12. $4. S. Seifman

WI 806 OH NO! I BROKE THE COMPUTER! FOR PC USERS ONLY Don’t panic. Learn how to adjust your settings, personalize your desktop and make that PC computer work for you. Three Wednesday sessions: Jan. 11, 18, 25. 11-12. $6. S. Seifman

WI 807 EASY CROCHET Learn easy crochet stitches to make a soft chenille lap blanket. Two Wednesday sessions: Jan. 11, 25. 12-3. $4. L. Weber

WI 808 WHAT IS GOOGLE PHOTOS & WHY WOULD I WANT IT? Learn all about the benefits of using Google photos and how to use it to organize, share your photos and more. Three Thursday Sessions: Jan. 12, 19, 26. 11-12. $6. S. Seifman

WI 809 IT’S A GREAT TIME TO MAKE SOUP! Join Patty as she prepares some warm and filling Winter soups. Learn how to make vegetarian soups including minestrone, mushroom barley and more. Make some accompanying sides and/or toppings. Three Thursday sessions: Jan. 12, 26; Feb. 9. 1-3. $6. P. Gallagher

WI 810 WHEN THE OLD TESTAMENT WAS WRITTEN & WHEN IT BECAME HOLY Discuss some modern scholarship’s many theories about when and why the books of the OT were written and became regarded as sacred. Three Thursday sessions: Jan. 26; Feb. 2, 9. $6. D. Skolnik

HONOR A FORMER COLLEAGUE IN AN OBITUARY ON THE UFT WEBSITE

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

NEW JERSEY

JI 805 SARAH PARKER REDMOND: AFRICAN ABOLITIONIST IN IRELAND (1859) Discuss a woman who defied social, political and gender barriers to become an international champion of justice. Tuesday, Feb. 7. 10-12. M. Dunphy

JI 806 KOSHER COOKING Prepare Kosher dishes that will keep family and friends asking for more. Three Wednesday sessions: Jan. 11, 18, 25. 1:30-3:30. $6. I. Marcus

FLORIDA CENTER

FI 805 G-RATED BIBLE STORIES FOR GROWN-UPS! Explore amazing, suspenseful, colorful stories from both the Tanach (Old Testament) and the New Testament where human nature, the twists and turns of events, life lessons, history and sometimes even miracles, converge. Thursday, Jan. 19. 1-3. B. Lowenberg

FI 806 SAY YES TO ZENTANGLING THAT IS! Learn about the art of Zentangling, the basics and design. Learn how to use meditative doodling practice to find your inner artist and zen collectively. Materials list to follow. Two Tuesdays: Jan. 24; Feb. 7. 4-6. $4. A. Davis, MSW

FI 807 BEGINNING CARD MAKING Learn more about paper crafting and card making. Make three cards to use this spring. Materials list to follow. Wednesday, Feb. 1. 7 pm-8 pm. S. Rinker
PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.

UFT retirees will be registered first before spouses, domestic partners, AFT, NYSUT & PSC members. Members of AFT, NYSUT & PSC must provide their social security number if they have not registered before. Tri-state Fall 2022 courses, Fall Florida 2022, tri-state Intersession 2023 and Florida Intersession 2023 are separate programs. MUST send in separate coupons and separate checks for each program.

Fall 2022 COURSE REGISTRATION

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

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

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DID YOU REMEMBER TO:

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

FLORIDA FALL 2022 COURSE REGISTRATION

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

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

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

<table>
<thead>
<tr>
<th>NUMBER</th>
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# UFT/WF Retiree Programs InterSession 2023 Course Registration

**Member Name (Please Print)**

<table>
<thead>
<tr>
<th>SS # (last 4 digits) or UFT ID # (6 digits)</th>
<th>Phone</th>
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**E-mail Address**

**Spouse Name (If Registering)**

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### Seminars (Not Included in Five-Course Limit)

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**UFT/WF Retiree Programs Florida InterSession 2023 Course Registration**

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