

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



SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG

VOLUME 37, NUMBER 1

FALL 2022/INTERSESSION 2023

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
8	10/31/22	11/1/22	11/2/22	11/3/22	11/4/22
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: Wednesday, Oct. 5

Columbus Day – Monday, Oct. 10

Election Day – Tuesday, Nov. 8

(remote classes ONLY)

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)/money order(s). ALL checks/money orders must be made payable to **UFTWF RETIREE PROGRAMS (NO CASH ACCEPTED)**.

- All fees are **NON-REFUNDABLE** and **NON-TRANSFERRABLE**.

- A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.

- Fall 2022, Intersession 2023, Florida Fall 2022 and Florida Intersession 2023 are separate programs. You **MUST** send in the appropriate registration coupon(s) and **checks/money orders for each** program. They cannot be combined.

- **IMPORTANT!** Please provide the correct codes and titles of the courses, seminars and trips on the registration coupon as well as the memo section of the registrant's check(s)/money order(s).

- **DO NOT** staple or tape your check to your registration form.

- **DO NOT** send checks/money orders without a coupon.

- **MEMBERS CANNOT PAY FOR OTHER MEMBERS.**

❖ COURSES/SEMINARS

- The maximum number of courses you may register for is **five**.
- You **MUST** register for the courses/seminars in advance.
- Unless otherwise noted, courses have a **\$10** fee and seminars have a **\$2** fee. All fees are non-refundable and non-transferrable.
- Write one check/money order for course/seminars

❖ 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.

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KEEP THIS ISSUE!

After you have sent in your registration, keep this issue as a reminder of the dates of your courses, seminars and trips.

RETIREE PROGRAMS DEPARTMENT

Michael Mulgrew President, UFT • Tom Murphy Chapter Leader, UFT-RTC • Debra Penny UFT Liaison to the RTC • Gino Giustra Director, UFTWF Retiree Programs
Lynn Lospenuso, Assistant Director, UFTWF Retiree Programs • Christopher Chin, LMSW, Director, UFTWF Retiree Social Services • Gerri Herskowitz Director UFT-RTC Florida Center

BOROUGH LEARNING CENTERS

UFT BRONX LEARNING CENTER 2500 Halsey St., Bronx, NY 10461, Robert Fernandez, Elizabeth Harris, Thomas Whitman, Coordinators (718) 862-6069/(718) 862-6004

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 MANHATTAN LEARNING CENTER 50 Broadway, 2nd fl., NY, NY 10004, Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci, William Richardson, Coordinators (212) 510-6478/(212) 510-6479

UFT QUEENS LEARNING CENTER 118-35 Queens Blvd., 8th fl., Forest Hills, NY 11374, Luchie Canlas (luchie.canlas@gmail.com), Laurie Kingsberry-Ford (lauriekingsberry@gmail.com),
Ray Taruskin (rtaruskin@uft.org), Coordinators (718) 830-5711

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-RTC FLORIDA CENTER Potomac Trail Building, 3200 North Military Trail/Suite 100, Boca Raton, FL 33431 Patti Vitucci, Coordinator (pvitucci@uft.org); Gerri Herskowitz, Director (gherskowitz@uft.org) (561) 994-4929

OUTREACH SECTIONS

UFT NASSAU SECTION Patty Sweeney, Coordinator, (516) 206-0621 • **UFT NEW JERSEY SECTION** Judy Rosenstein, Coordinator, (908) 753-0013

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

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 851 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 851 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

HYBRID MONTHLY RTC MEETINGS

These monthly meetings will include timely information on health, pension, SHIP, Welfare Fund benefits, Legal Plan and Retiree Social Services. These meetings are hybrid (in-person and Zoom) and will run for 90 minutes. You can register on our website: <https://www.uft.org/chapters/retired-teachers-chapter>. No classes will be held from 12-3 on Oct. 18 and Nov. 15. due to the RTC meetings.

Tuesday, Oct. 18, 1 p.m.

Tuesday, Nov. 15, 1 p.m.

Tuesday, Dec. 13, 1 p.m.

Tuesday, Jan. 10, 1 p.m.

Tuesday, Feb. 7, 1 p.m.

SPECIAL EVENTS

Enclose a separate check/money order for event. Refunds are contingent upon policy of the vendor.

BRONX:

XF 651 HOLIDAY PARTY *Friday, Nov. 18*, 12 pm-3 pm. Artie's Steak & Seafood, 394 City Island Ave., Bronx. Advance registration required no later than before *Tuesday, Nov. 1*. Price: \$65 per person. R. Fernandez/E. Harris/T. Whitman..

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'dway) 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.

Thursday, 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, 47 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

ghost and more. Meet at the SE corner of 5th Ave. & 12th St. at 11:15 am for a 11:30 am tour. **Tuesday, Oct. 4.** 11:15 am- 1:30 pm. \$24. R. Fernandez

WF 956 THE BRONX: RICH IN HISTORY, DIVERSITY & MEMORIES BUS TOUR Tour the Bronx, a borough rich in history, diversity and many hidden gems including the Hall of Fame for Great Americans, “Nantucket in the Bronx” and more. Explore the “Real Little Italy” and eat lunch on your own. Meet in front of the Bronx UFT Office, 2500 Halsey St. at 9:45 am for a 10 am bus. Please be prompt. **Wednesday, Oct. 12.** 9:45 am-4 pm. \$69. S. Eisenberg

XF 958 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 Intersession. 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.) 10:45 am for a 11 am tour. **Thursday, Oct. 13.** 10:45 am-1 pm. \$9. M. Mammana

JF 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, Columbus 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. Wear comfortable shoes. Metrocard needed. Meet in front of the Washington Square Arch at 12:45 pm for a 1 pm tour. **Thursday, Oct. 27.** 12:45 pm-3 pm. \$24. M. Mammana

XF 961 SECRETS OF CENTRAL PARK TOUR Experience the magic of Central Park while learning its history. Visit The Dairy, Gapstow and 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

NOVEMBER

XF 962 TRIBUTE TO ARETHA FRANKLIN & LUNCH AT THE BROWNSTONE Get ready to dance the afternoon away celebrating Aretha Franklin’s greatest hits. Enjoy a family-style lunch along while dancing to the voice of Kim Summerson and the Aaron Swimmerton Orchestra. Meet the bus in front of the Bronx UFT Office, 2500 Halsey St. in the Bronx at 8:30 am for a 9 am departure. Please be prompt. **Wednesday, Nov. 9.** 8:30 am- 5 pm. \$118. E. Harris

XF 963 CHRISTMAS AT THE PLAYHOUSE & LUNCH Enjoy a holiday celebration filled with hilarious and heartwarming original stories, traditional holiday favorites, pop Christmas hits, seasonal spirits, spectacular dance numbers and more backed with a live orchestra. Something for everyone! Meet the bus in front of the Bronx UFT Office, 2500 Halsey St. in the Bronx at 8:30 am for a 9 am departure. Please be prompt. **Thursday, Nov. 17.** 8:30 am- 5:30 pm. \$143. E. Harris

IN-PERSON COURSES

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

BRONX

MONDAY

XF 150 QUILTING IDEAS Enjoy a variety of activities: design and piece a landscape quilt, project using paper piercing, 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

XF 153 OPERA Opera’s greatest solos, 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

TUESDAY

XF 250 BASIC DRAWING Explore basic shapes. Sketch and draw still-life, landscapes and portraits. Emphasis on tonal contrast and creating textures in realistic drawing. Materials list emailed prior to first class. 10-12. A. Strinsky

XF 251 SENIORS NEED TO EXERCISE Simple seated/standing exercises that will improve balance, mobility and flexibility. Bring light hand weights, resistance bands and a small playground ball to first class. 10-12. M. Aybar

XF 252 MIXED MEDIA: ALL LEVELS Have fun creating sculptural forms with paper, cardboard and wood while learning and working with design/composition, using watercolor, collage and colored pencils. No class: **Oct. 11 & 18.** 10- 12:15. A. Cypry

XF 253 INTERMEDIATE/ADVANCED MOSAICS ONLY Explore advanced techniques in two- and three-dimen-

sional mosaics. Stained glass and multimedia embellishments are used. Must use own tools and supplies. Safety goggles are mandatory. 10-12:15. D. Livson

XF 254 ZUMBA GOLD Combine Latin and International dance rhythms into an energizing cardio workout. A safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing and shoes. No class: **Oct. 18 & Nov. 15.** 12:30-2. M. Stevenson

XF 255 PARTY ON If you know how to do the Electric Slide and would like to learn similar urban line dances to Soul and R & B music – come join the party! No class: **Oct. 18 & Nov. 15.** 12:30-2:30. K. McCarthy

XF 256 LET’S DANCE Get your body ready for a nice workout to Latin rhythms with an energizing warm-up. Improve your stamina, balance, posture and wellness. No class: **Oct. 18 & Nov. 15.** 12:30-2:30. N. DeLaLuz

XF 257 PRESIDENTIAL HISTORY: FRANKLIN D. ROOSEVELT & HARRY S. TRUMAN A study of their lives and administrations. No class: **Oct. 11, 18.** 12:30-2:30. L. Hartstein

XF 258 MOSAICS: INTERMEDIATE/ADVANCED MOSAICS Continue “on

going” projects to begin “new advanced level” projects. Must use your own tools and supplies. Safety goggles are mandatory. No class: **Oct. 18 & Nov. 15.** 12:30-2:45. D. Livson

XF 259 BEGINNER MOSAICS ONLY Learn both design and techniques using glass as the primary medium. Stained glass and multimedia embellishments are used for two- and three-dimensional art projects. Materials list emailed prior to first class by instructor and discussed in class before purchasing. Safety goggles are mandatory. No class: **Oct. 18 & Nov. 15.** 12:30-2:45. D. Livson

WEDNESDAY

XF 350 BRIDGE Learn the fundamentals of duplicate bridge including bidding and responses, scoring and playing the hand to improve your success in the game. For beginners and those with basic knowledge who wish to improve their skills. 10-12. R. Thompson

XF 351 JAZZING IT UP Learn phrasing, improvisation, stage presence, styles of music and how to prepare charts and transpose. Vocal warm-ups and sing songs as a group. Each

participant will work on two songs, culminating in a jazz vocal recital! 10-12. L. Galliher

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 shines and steps to Latin rhythms. 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

THURSDAY

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 connect. 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 Taijiquan, 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 Banagrams 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

BROOKLYN

TUESDAY

KF 250 STAINED GLASS: ALL LEVELS Work on projects using a glass cutter, soldering iron and glass grinder. Safety goggles are mandatory. \$50 includes registration and other materials. 9:30-12:30. K. Pierre

KF 251 PURLS OF WISDOM: ALL LEVELS Learn the basics of knitting, new techniques, pattern abbreviations and patterns. 10-12. M. Brenner

KF 252 THE PLEASURES OF POETRY Discuss and read aloud poems that explore love, aging, friendship and the human condition. No class: *Oct. 18 & Nov. 15*. 12:30-2:30. M. Glenn

KF 253 HOME SEWING Learn how to use professional construction techniques to design unique duvet covers, shams, pillows, curtains and more. No class: *Oct. 18 & Nov. 15*. 1-3. M. Brenner

THURSDAY

KF 450 TAP DANCE: ALL LEVELS

Have fun while learning to tap dance. Tap shoes needed (if you have them). 10-12. N. Cangiano

KF 451 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

KF 452 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

KF 453 LINE DANCE Enjoy the pleasure of dancing and exercising at the same time. 12:30-2:30. N. Cangiano

KF 454 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

KF 455 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

MANHATTAN

TUESDAYS

MF 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

MF 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

MF 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

MF 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

MF 254 RETIREES READ BOOK CLUB: GROUP A Read and discuss one book approximately every three weeks. Read *The Dream of Scipio* by Ianin Pears for first class. Other selections chosen by group. Four sessions: *Sept. 13; Oct. 4, 25; Nov. 1*. You may register for **MF 254** or **MF 504**, not both. 12:30-2:30. M. Garvey

THURSDAYS

MF 450 SING!SING!SING! Have fun singing along to a wide variety of music. Learn harmony and perform some medleys. 10-12. J. DeRanieri

MF 451 ART & EUROPEAN CULTURE AND HISTORY A look at how the fine arts in Europe reflect the history and culture of its time. You may register for **MF 451** or **MF 455**, but not both. 10-12. D. Becker

MF 452 YIDDISH LANGUAGE & CULTURE Conversation, reading, stories, poems and songs. Some knowledge of Yiddish required. 12:30-2:30. M. Leberstein

MF 453 MAH JONGG: BEGINNER/INTERMEDIATE Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to class. 12:30-2:30. H. Rothman

MF 454 IMPROVISATIONAL THEATER Create characters, scenes and even full plays using your imagination and working together. 12:30-2:30. M. Maher

MF 455 ART & EUROPEAN CULTURE AND HISTORY A look at how the fine arts in Europe reflect the history and culture of its time. You may register for **MF 451** or **MF 455**, but not both. 12:30-2:30. D. Becker

QUEENS

TUESDAY

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

QF 251 SPANISH: ADVANCED Experience the joy of reading, writing, speaking and listening in Spanish. Engage in conversations that depict real-life situations. Required textbook: *Advanced Spanish Step-by-Step* by Barbara Bregstein. 10-12. J. Kalish

QF 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

QF 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. 10:45-2:45. Note: *Oct. 18 & Nov. 15* classes are from 9-12:30. \$65. L. Carbone

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

of participants present focusing on various themes to practice using the language within cultural contexts. Required book: *Easy Spanish Step-by-Step* by Barbara Bregstein (ISBN-10: 0071463380). 12:30-2:30. Note: **Oct. 18 & Nov. 15** classes are held on **Oct. 19 & Nov. 16** from 10-12. J. Kalish

QF 255 BRIDGE "DEFENSE": BEGINNER/INTERMEDIATE Learn the basic fundamentals and principles of "defense" (card play techniques as declarer). 1-3. Note: **Oct. 18 & Nov. 15** classes are held on **Oct. 19 & Nov. 16** from 1-3. W. Fuchs

WEDNESDAY

QF 350 BRIDGE: ADVANCED Learn the *2 Over 1 Game Force Bidding* system written by Audrey Grant and Eric Rodwell (ISBN-10: 093946084X or ISBN-13: 978-0939460847). Bidding theory is also covered. 10-12:30. W. Fuchs

QF 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

QF 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

QF 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

QF 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

STATEN ISLAND

WEDNESDAY

USE BACK ENTRANCE ONLY

RF 350 CANASTA PLAYLAB For those who have played the game or want to brush up. Provide your own cards and tray. 9:30-11:30. C. Patelsky

RF 351 DRAWING FOR BEGINNERS Learn the basic techniques for drawing from observation to create the illusion of three-dimensions on a flat two-dimensional surface using linear

perspective, modeling and more. Step-by-step instructions, demonstrations, constructive critiques and various drawing media included. Materials list emailed prior to first class by instructor. 9:45-11:45. M. Corti

RF 352 LINE DANCING Learn the basics and enjoy this mind and body stimulating experience. Dance socks are suggested to place over your shoes to dance on carpet. 9:45-11:45. L. Kalipetes

RF 353 HOME DÉCOR TO KNIT & CROCHET: ALL LEVELS Decorative projects for the home from table runners to baskets and more. Individual attention for those with no experience. Bring worsted weight yarn #4, "H" crochet hook and/or #8 knitting needles. 9:45-11:45. R. Soloway

RF 354 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 355 MAH JONGG PLAYLAB For those who play and would like to become more experienced. **Provide your own set and card.** 12-2. C. Patelsky

RF 356 ARMCHAIR TALKS ABOUT NINE S.I. COMMUNITIES Find out about the industrial history, ethnic groups, recreational hot spots, educational establishments and cultural institutions of New Dorp, Prince's Bay, St. George and many other neighborhood 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 Modda jewelry making starter kit on Amazon for first class. 12:30-2:30. N. Keay

THURSDAY

USE BACK ENTRANCE ONLY

RF 450 FALL BIRDING IN S.I. PARKS & NATURAL AREAS Learn about birds during the annual autumn migration in natural areas and parks on S.I.. Focus: identification, vocalization and field marks of species. First meeting and introduction at Conference House

Park in Tottenville promptly at 9 AM. Additional locations provided at that time. Requirements: comfortable shoes/sneakers, binoculars. Inclement weather cancels class. 9-11. H. Fischer

RF 451 CANASTA: BEGINNERS For those who never played the game. 9:30-11:30. S. Stanley

RF 452 CANASTA PLAYLAB II For those who play, but would like to become more experienced. Provide your own cards and tray. 9:30-11:30. S. Siegel

RF 453 SEWING: ALL LEVELS Learn to use a machine, sew by hand or refresh your skills. Instructor will guide skill-based projects. Purchase supplies with instructor's guidance after first class. No class: **Oct. 20.** 9:45-11:45. \$15 includes registration and equipment. P. Bartels

RF 454 A FIT FAB YOU WITH LOIS Moderate aerobics, workouts with weights to trim, tone and tighten arms, abs, hips and buns. Bring light weights, stretch band, 5" soft ball and sneakers to first class. 9:45-11:45. L. Martinez

RF 455 KNITTING & CROCHETING FORUM: ALL LEVELS Individual instruction for those with no experience. Patterns and directions for projects are shared. Bring your patience, #8 10" knitting needles and/or "J" crochet hook and 4 ply yarn of your choice to first class. 9:45-11:45. C. Bellitti

RF 456 BELLY DANCING FOR FUN & FITNESS FOR ALL LEVELS Shimmy, sweat and smile while getting in touch with your inner goddess. Learn basic techniques and simple combinations for a lively belly dancing experience. 9:45-11:45. J. Lamonica

RF 457 MAH JONGG: BEGINNERS For those who want to learn the game. Bring a Mah Jongg card to first class. 12-2. S. Siegel

RF 458 MAH JONGG PLAYLAB II For those who play the game and would like to gain experience. **Provide your own set and card.** 12-2. S. Stanley

RF 459 ACRYLIC PAINTING: ALL LEVELS Explore your creative side as you master acrylic techniques and apply them to produce amazing results. Materials list emailed prior to first class. 12:15-2:15. A. Nelson

RF 460 TAI CHI FOR INTERMEDIATES For those with at least two years of experience. 12:15-2:15. R. Yuen

RF 461 YOGA: DO IT YOUR WAY! Designed for those who want to use mat and/or chair and find their comfort zone. Bring two 9" yoga blocks, yoga strap and mat (if you choose) to first class. 12:15-2:15. J. Sobsey

RF 462 CHESS: BEGINNER For those who never played or want to brush up. Become familiar with the fundamental strategies and skills needed to become life-long chess players Six consecutive sessions. Begins Oct. 6.

12:15-2:15. P. Rosado

NEW JERSEY

TUESDAY

JF 250 CURRENT EVENTS: RIPPED FROM THE HEADLINES Enjoy lively discussions on events from current newspapers with emphasis on healthy discourse. Let's learn to listen to each other again! Monroe Township Library, 4 Municipal Plaza. Four sessions: **Oct. 11, 18, 25; Nov. 1.** 10-11:30. J. Schwartz

WEDNESDAY

JF 350 ACRYLIC PAINTING 101 Bring a set of six basic acrylic paints, variety of brushes, pad of canvas paper, canvas board and/or canvas to first class. Freehold Jewish Center, 59 Broad St., Freehold. 10-12. D. Rosen

JF 351 LINE DANCING: ALL LEVELS Get moving to the beat! Learn new and established dances. Freehold Jewish Center, 59 Broad St., Freehold. 10:30-12:30. A. Merengolo Savatieri

THURSDAY

JF 450 MAH JONGG Learn to play the American version and follow the rules of the National Mah Jongg League while using a current card. Freehold Jewish Center, 59 Broad St., Freehold. 10-12. S. Levine

JF 451 CANASTA: ALL LEVELS Enjoy learning and playing Canasta. Freehold Jewish Center, 59 Broad St., Freehold. 12:15-2:15. S. Levine

JF 452 NEW JERSEY HIKING CLUB Enjoy the great outdoors! Take a 3-5 mile walk for about two hours on moderate/intermediate trails and have a picnic lunch after each hike. Encouraged to introduce the group to your favorite spot. Four sessions: **Sept. 22; Oct. 6, 20, 27.** 10-1. M. Schwartz

FLORIDA CENTER

TUESDAY

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

FF 251 MAH JONGG: ALL LEVELS Beginners will learn the basics while others brush up and enhance their abilities playing the game. No class: **Oct. 18; Nov. 8, 15.** 12:30-3. R. Rose

IN-PERSON SEMINARS

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

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.* 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

XF 833 LET IT SNOW, LET IT SNOW, LET IT SNOW 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

BROOKLYN

KF 826 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

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. 4.* 10-12. \$6. A. Gaskin-Feurich

KF 829 THE LINCOLN CENT Learn

the birth of the Lincoln Cent (penny), the changes in the Cent design and the value in today's market. Samples will be given. *Tuesday, Oct. 25.* 10-12. M. Marcus

STATEN ISLAND

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

FLORIDA

FF 826 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS Explore Green Cay Wetlands and learn about the various birds that migrate to Florida and our diverse ecosystem. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. *Wednesday, Sept. 21.* 5 pm-7 pm. 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. *Thursday, Oct. 20.* 4:30 pm- 6:30 pm. V. Brauer

FF 828 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 829 QI GONG QI (energy) Gong (harness) is an ancient practice based on traditional Chinese Medicine. Explore its benefits with individual exercises which can bring health and balance to the physical body. *Monday, Nov. 7.* 10-11. T. Pakula

FF 830 BIRD WATCHING FIELD TRIP AT GREEN CAY WETLANDS Explore Green Cay Wetlands and learn about the various birds that migrate to Florida and our diverse ecosystem. For both avid bird enthusiasts and novices looking for an enjoyable time. Dress comfortably for walking. Bring binoculars and/or cameras. Bird check-off list is provided. *Tuesday, Nov. 15.* 9 am- 11 am. V. Brauer

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 INTERSESSION COURSES

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

FLORIDA

TUESDAYS

Jan. 10, 17, 24, 31; Feb. 7

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

6 / SI BEAGLE LEARNING CENTERS PROGRAM

and more. 11-12:30. H. Levin
FI 252 MIXED MAH JONGG: ALL LEVELS Learn and/or enjoy the game of Mah Jongg. 12:30-2:30. R. Rose

WEDNESDAYS

Jan. 11, 18, 25; Feb. 1, 8

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

Jan. 12, 19, 26; Feb. 2, 9

FI 450 SHI BA SHI TAI QI 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

your family's history with future generations. Begin writing your personal story in a narrative style as well as the stories of relatives who are no longer with us. 2-3. D. Wind

FI 453 EXPLORATIONS IN ASTRONOMY Discover how humans have "used" the sky over the ages through history and what happened when Galileo changed the rules of science "for good." Uncover the little-known history that led to the discovery of Pluto, learn the lives of stars through telescopic views that reveal cosmic secrets and how we came to measure the vast distances to far away galaxies. 2-4. S. Storch

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. ¼ 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) 510-6310.

You MUST have an up-to-date email address and telephone number on file. If this information has changed, please contact the UFT Membership Department 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 Chillhuly 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: NYC'S LITTLE SECRETS

Experience NYC's little-known sites and the people who make it fascinating. Listen to interesting stories about the city including why Houston Street is NOT named after the Texas city and what is buried under Washington Square Park and more. **Friday, Sept. 16.** 11 a.m.-1 p.m. \$14. S. Eisenberg

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

MF 902 TEMPLE EMANU-EL WITH MICHAEL MORGENTHAU 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

RF 901 TOUR 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.

Thursday, Sept. 22. 11 am- 1 pm.
\$12. M. Mammana

WF 904 UKRANIAN ARTISTS: PIONEERS OF MODERNITY WITH SYLVIA LAUDIEN-MEO Learn about Ukranian artists, Sonia Delaunay, Chaim Gross, Louise Nevelson and others who left Ukraine for political reasons. They joined art centers in Paris and NY, developing new artistic language and breaking down borders between mediums. *Friday, Sept. 23.* 10:30 am-12:30 pm. \$12. S. Eisenberg

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. \$14. J. DeNave

JF 901 COOK LIKE YOUR ANCESTORS: HEARTH COOKING CLASS Watch or participate as the staff at Montclair History Center prepares a few dishes on the hearth fireplace using historic “receipts” (recipes). You will help decipher the meals as they use a fireplace, simple tools and local foods. *Thursday, Sept. 29.* 10:30 am-12 pm. \$15. M. Schwartz

OCTOBER

MF 904 LYON, 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 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 Learn about the exciting park planning developments, changes to ecosystems and reclamation of the worlds largest landfill! *Tuesday, Oct. 4.* 11 am-12 pm. \$2. M. Mammana

WF 905 HAMILTON Trace the life of Alexander Hamilton from his humble beginnings to his rise as one of the most important men in American history. Learn about his life in NY, the people he associated with, the women in his life and the legacy he left for the country. Some music and scenes from the Broadway musical included. *Friday, Oct. 7.* 11 am-1 pm. \$14. S. Eisenberg

RF 903 THE FIRST JEWISH

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 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. 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 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 histories of the “City Different.” Discover why Sante Fe and New Mexico became a world-renowned art colony for countless artists. *Monday, Oct. 17.* 1 p.m.-3 p.m. \$14. S. Eisenberg

MF 906 DISCOVERY PARK IN SEATTLE, WASHINGTON Start in Magnolia, a neighborhood north of the Space Needle and home to the city’s largest park – Discovery Park. It was built on historic grounds of Fort Lawton containing West Point Lighthouse, a historic officer’s quarter and beautiful Pacific northwest nature. Head south along the ship canal to the funky neighborhood of Fremont, full of quirky public art. *Wednesday, Oct. 19.* 1 pm-3 pm. \$12. J. DeNave

RF 904 THE LITTLE PILL BOX HAT TOUR WITH DEB ZELCER Enjoy this presentation of the role Jacqueline Kennedy played in preserving the distinctive architectural character of NYC. *Thursday, Oct. 20.* 1 pm- 3 pm. \$12. M. Mammana

WF 907 THE GILDED AGE “IT WAS THE BEST OF TIMES, IT WAS THE WORST OF TIMES” Learn about the most opulent times and the richest families who ever lived in NY including the Astors and their society of 400. It was also the time of greatest poverty in NY. The resulting reform movement of this time will be addressed. *Friday, Oct. 21.* 11 am- 1 pm. \$14. S. Eisenberg

MF 907 THE MILK WARS WITH SUZANNE SPELLEN The longest war

fought by New Yorkers was not the Civil War or the Spanish American War, but the Milk War! It started with the fight to eradicate “swill milk” and ended in a battle of the two largest dairy businesses in the state – Borden’s and Sheffield Farms. Visit the dairy business in NYC and its upstate suppliers highlighting architecture that’s scattered throughout the borough. *Wednesday, Oct. 26.* 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

WF 908 NOOKS & CRANNIES OF NYC WITH JUSTIN FERATE NYC 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

NOVEMBER

RF 905 WOOLWORTH BUILDING TOUR WITH BOB GELBER Commissioned by self-made millionaire, Frank Woolworth and designed by Cass Gilbert, each feature tells a story of wealth, fame and ingenuity. *Tuesday, Nov. 1.* 11 am – 1 pm. \$12. M. Mammana

MF 908 MANHATTAN: A NATIVE AMERICAN SKYLINE Native Americans traded Manhattan to Europeans for trinkets, but later exchanged their talents for a handsome living that took them off the reservations and to dizzying heights. Discover the history of the Kahnawake Mohawks, who built the towering steel structures for NY’s 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

WF 909 AFRICAN AMERICAN CULTURE HONORED IN PUBLIC ART WITH SYLVIA LAUDIEN-MEO Public art throughout NYC is now catching up and filling in historical gaps and honoring people like Harriet Tubman, Sojourner Truth and Frederick Douglas. Increasingly more black artists have been commissioned to create public art for the city. Look at the inspirational art from artists such as Pope L., Martin Puryear, Simon Leigh and more. *Wednesday, Nov. 9.* 10:30 am – 12:30 pm. \$14. S. Eisenberg

JF 902 “A LA CARTE” ART CLUB Enjoy an interactive, participatory guided tour of the Montclair Art Museum. View artworks with the theme of celebrating many voices, highlighting BIPOC and LGBTQ artists and social justice narratives followed by an art-making workshop to create a piece of artwork to celebrate your artistic voice and vision. All levels welcome. A supply list is emailed to you. *Wednesday, Nov. 9.* 10 am-11:30 am. \$20. M. Schwartz

WF 910 JEWISH HARLEM: THE WORLD’S LARGEST JEWISH COMMUNITY WITH JUSTIN FERATE Discover the rich and varied history from the 1800’s until the 1930’s. View important landmarks, legendary people and famous institutions that enriched the critical, but often forgotten segment of American Jewish history. *Monday, Nov. 14.* 1 pm-3 pm. \$14. S. Eisenberg

WF 911 FROM IMMIGRANT THEATER TO BROADWAY: A STROLL DOWN THE YIDDISH RIALTO WITH ELISSA SAMPSON Yiddish theater attempted to enlighten and entertain with performances ranging from Shakesperean drama to comedy to political puppet theater. Take a stroll down Second Avenue as we view the buildings that once housed the troupes, actors and productions that entertained New Yorkers. Learn about the Rialto’s contribution to present day Broadway and Ny’s theater culture. *Wednesday, Nov. 16.* 11 am- 1 pm. \$14. S. Eisenberg

WF 912 MANHATTAN: THE MARRIAGE OF ART & ARCHITECTURE WITH JUSTIN FERATE Take an armchair tour to discover a treasure trove of artworks both high above and eye level. Visit Rockefeller Center, the NY Public Library, Grand central Terminal and be sure to look up! *Monday, Nov. 21.* 1 pm- 3 pm. \$14. S. Eisenberg

REMOTE COURSES

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

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 Engstrom. 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

TUESDAY

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

NF 202 CREATING CONSCIOUS CHANGE Change is inevitable, continuing to adapt and grow with it is essential for creating a deeper sense of fulfillment and satisfaction. Explore skill sets and techniques to not just survive, but thrive with change. 10-12. R. Demers

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

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. Mahone-Lonesome.

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'S/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 302 PAPERCRAFTING: MAIL ART & ART JOURNALS Experiment with multiple paper crafting techniques and complete an art journal. Participate in a Mail Art Swap circle sending art through the USPS each week. Materials list and budget for postage emailed prior to class by instructor. 10:30-12. J. Alexandrakis.

NF 303 SLOW STITCHING: HAND SEWN PILLOW Cover all the hand stitches and techniques needed to make an English Paper Pierced Pillow. Materials list emailed prior to class by instructor. 1-2. J. Alexandrakis

NF 304 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

UF 301 DOO WOP COVERS So many great Doo Wop hits were covered by other artists- some at the time and many, some years later. Let's compare! Great music audio and video clips to enhance your listening and viewing pleasure. 1-3. H. Bloch

UF 302 ACTING WORKSHOP Explore your creative side – both in comedy and in drama. Learn to use an actor's tools – voice, gesture, body expression and most of all mind and memory to bring a character to life through improvisation and scene study. Six sessions. Begins *Oct. 12*. 10-12. A. Bass

THURSDAY

NF 401 WHAT IS GOOGLE WORKSPACE & WHY DO I NEED IT? FOR PC/WINDOWS USERS Learn all the benefits of using Google Workspace and how to use the Google suite of apps to collaborate online,

share your stuff safely with others and use all their set of tools for free. Must sign up for a free G-Mail account prior to course and be able to access the account. Four sessions: *Sept. 15, 22, 29; Oct. 6*. 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, basting 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

UF 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

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

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

WEDNESDAY

JF 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

JF 302 HOW TO TALK WHEN THE BAND IS TOO LOUD: SIGN LANGUAGE It's often very hard to hear or talk at social events. Learn to fingerspell and do some basic sign language so you can communicate with your partner or friends. 10:30-12. N. Miller

JF 303 APPLE IPHONE/IPAD Learn how to use the features on your devices including your contacts, text messaging, emails, calendars, web browser, taking photos and more. Prerequisite: Must know your Apple password to download apps. 12-2. C. Rosen

JF 304 BELLY DANCING Feel the Middle Eastern music of Belly Dance featuring the exotic and sensual sounds of this genre as well as a blend of all Belly Dance fusion tracks. Become aware of how our bodies truly can move! 1-2. V. Iyer

JF 305 LINE DANCING Dance for exercise, fitness and fun. Line dancing is the current rage all over, so come and join and be a part of it! All levels. Wear comfortable clothing. 12:30-2:30. A. Meringolo.

THURSDAY

JF 401 PILATES Use a chair for both seated exercises and for balance while standing. Use the Pilates principles for alignment and breathing. 10:15-11:15. L. Fechter

FRIDAY

JF 501 DOWNSIZE TO MOVE Thinking of moving? or just want to simplify? Pare down live during class and get a valuable keep, donate, sell and recycle resource list. 1-3. J. Novak

WESTCHESTER/ ROCKLAND/ PUTNAM SECTION

MONDAY

WF 101 BEGINNING PIANO Learn how to read music, learn about timing, theory and hand position. Must have a keyboard or piano for class. 9:30-11. M. Oppel

WF 102 DISCOVER MEDITATION Discover the positive effects

meditation can bring to your life. Deepen your mindfulness and focus on ways to achieve a clear and emotionally calm state of being especially during stressful times. 10-11. D. Montefuscoli

WF 103 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 105 HARLEM RENAISSANCE ENTERTAINMENT Learn about the entertainers and composers who brought forth a new style of music and social life during the Harlem Renaissance. Five sessions. Begins *Oct. 17*. 1-3. R. Miles Abraham

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

TUESDAY

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*. 12-3. 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. Prerequisite: 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

WEDNESDAY

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. Abruzzese

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

THURSDAY

WF 401 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. 10-11. K. Smith

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

WF 403 ADVANCED BEGINNER FRENCH Develop your skills in French conversation through vocabulary expansion and sentence structure. Prerequisite: Beginner/Refresher French or have had some exposure to French. 10-11. H. Bismuth

WF 404 ROOTS OF ROCK N' ROLL Travel through the fifties and hear blues, rock, doo-wop and more. Explore the sounds that became Rock n' Roll with such artists as Fats Domino, Chuck Berry, Buddy Holly, Elvis Presley and more. 11-1. S. Cabot

WF 405 ZUMBA GOLD PLUS TONING Lower intensity Latin and oldies dance that's kind to your joints with no twisting or abrupt movements. Upper body toning is infused by using light weights (1-3 lbs. or two bottle of water). 12-1. A. Hunter

WF 406 LATIN/SWING DANCE Have fun dancing to Jazz and Latin music. Learn how to swing, salsa, mambo, cha cha and samba. 12:30-2:20. K. Sanson

WF 407 ITALIAN FOR BEGINNERS Learn the basics of Italian vocabulary, pronunciation and some culture to impress your family and friends through traditional exercises, videos and fun. 1-2. J. Ferrari

WF 408 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 while having fun. 1-2. A. L. Sherry

WF 409 DOLLAR STORE CRAFTS

Create usable craft projects using simple supplies from the dollar store. Materials list emailed prior to first class by instructor. Four consecutive sessions. Begins Oct. 20. 12-2. A. Fraenkel

FRIDAY

WF 501 HEAL YOUR LIFE Exercise and use techniques to improve the quality of our lives using the book, *You Can Heal Your Life* 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

BRONX

MONDAY

XF 101 BASIC STITCHES 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

XF 102 LET'S MOVE! Moderate exercise for seniors and those who want to improve fitness and general health and wellness by working out together. Tips on better sleep, nutrition, and health are discussed. Light hand weights and exercise bands are used. 10-12. M. J. Strauss

XF 103 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Bring light hand weights, exercise bands and a sticky floor mat to stabilize your chair. 12:30-2:30. D. Dolan

TUESDAY

XF 201 ZUMBA GOLD 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

XF 202 WATERCOLOR: ALL LEVELS Participants can paint from suggested pictures provided by instructor that will include using all watercolor techniques. Materials list emailed prior to first class. Some basic knowledge or watercolors needed, but not necessary. 10-12. S. Baruchowitz

XF 203 SCRAPBOOKING & PHOTOGRAPHY Take your photography skills to a new level using your favorite camera or phone. Incorporate your photos into a work of art through scrapbooking. 10-12. J. Parker

XF 204 WRITING: WHAT MAKES

A POEM Read and discuss selected contemporary poems with a broad range of topics and techniques. Discussions, writing prompts, and time to create poems and share. Writing exercises to inspire new poems included. 10-12. S. Stern

WEDNESDAY

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

XF 302 TAI CHI Introduction and practice of Chinese traditional Chen-style Taijiquan, a high-level boxing technique, the traditional Taiji fan. Practice can relax the whole body, help lose weight and keep healthy. 10-12. A. Wang

XF 303 KNITTING OBSESSION Welcome to the wonderful world of knitting. Pre-requisite: knowledge of basic knitting skills. Project: The Love Note Sweater. 10-12. J. Parker.

XF 304 EXERCISE FOR ARTHRITIS Moderate seated and standing exercises for seniors and those who want to improve their range of motion. Discussion on how diet and exercise can affect this problem. Light hand weights, towels and a stick needed for class. 10-11. M. J. Strauss

XF 305 BEGINNER ALPHA PIANO For those who have no musical instruction. Introduction to musical theory, reading notes, rhythms, practice with keyboard. Includes both classical, jazz and blues pieces. Text book required: *John Thompson, Adult Piano Course Book #1*. Piano or electric keyboard needed. 10-12. N. Zamcheck

XF 306 AGELESS GRACE (CHAIR EXERCISE) A fitness and wellness programs performed while sitting in a chair. Although its beneficial for everyone, this program is particularly good for those with limited mobility or strength. Focus on anti-aging techniques such as joint mobility, spinal flexibility and more. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XF 307 INTERMEDIATE BETA PIANO Prerequisite: Beginner (Alpha) Piano or equivalent. Ability to play increasingly complex pieces. Pay attention to musical expression markings, tone and triadic voicing for jazz and blues piano. Textbook required: *John Thompson, Adult Piano Course Book #1* and *The Real Book* (6th edition – beige cover). Piano or electric keyboard needed.

12:30-1:30. N. Zamcheck

THURSDAY

XF 401 NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson

XF 402 ADVANCED GAMMA PIANO A continuation of Beta class. Proceed to famous classical pieces in musical repertoire by a classical composer. Continue working with triadic harmony and practicing and performing pieces using knowledge of voicing and bass rhythms from Book #1. Text book required: *John Thompson, Adult Piano Course Book #2* and *The Real Book* (6th edition – beige cover). Piano or electric keyboard needed. 10-12. N. Zamcheck

XF 403 PRESEDENCIES OF FRANKLIN D. ROOSEVELT & HARRY S. TRUMAN A study of the lives and presidencies of FDR and Truman including their domestic and foreign policies and the challenges they face. 10-12. L. Hartstein

XF 404 DOO WOP USA Continuation of our musical trip through the USA as we listen to the music and stories of the great groups from the South and Mid-West (Five Keys, Zodiacs, Moonglows, and more). 12-2. H. Bloch

FRIDAY

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

XF 502 SHORT STORIES Enjoy a lively, informative discussion of classic and contemporary short stories. Read and converse about stories from the 1900's to the 2010's. Required book: *100 Years of the Best American Short Stories*, edited by Lorrie Moore and Heidi Pitlor. 11-1. D. Hammitt

XF 503 INDEPENDENT FILMS Enjoy a weekly movie night featuring recent independent films. Film list emailed prior to first class by instructor so you watch the films ahead of time and be ready to discuss. 1:30-2:30. D. Hammitt

BROOKLYN

MONDAY

KF 101 YOGA WITH A STABILITY

BALL Gently strengthens your core muscles, maintains balance and relaxes the body. Materials list emailed prior to first class by instructor. 10-11. C. LaBue

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

KF 103 CHAIR YOGA A gentle, meditative form of yoga that uses a chair for support while sitting or standing. Deepens flexibility and supports balance at any fitness level. 10-12. A. Beeman

KF 104 SHORT STORY BOOK CLUB Read and discuss short stories by award winning authors (available free online). Read *The Swimmer* by John Cheever before first class. 10-12. M. Eller

KF 105 ZOOM 101 Learn and practice basic toolbar functions, how to schedule a meeting, tips for looking and sounding your best and more. 10-12. G. Blume

KF 106 CHARLIE CHAPLIN Watch and discuss the best films of the iconic comedian. Learn insider info about his life and how he developed his classic career. 10-12:30. S. Friedman

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

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

KF 109 BOLLYWOOD & BELLY DANCING Enjoy sampling a fusion of dance movements from Bollywood movies and the Mid-East after a thorough full body warm-up to build strength and flexibility. 12:30-2:30. A. Beeman

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

KF 111 STEP-BY-STEP SELLING Learn the basics of how easily to list your items for sale online. Practice creating listings for clothing, shoes, accessories and much more. 1-3. J. Novak

TUESDAY

KF 201 QI GONG A traditional Chinese practice that uses breathing techniques and a series of movements to promote health and well-being. Wear comfortable

clothing. 10-11. T. Valentino

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. E. Comins

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 enhance mind and body health. No class: *Oct. 18 & Nov. 15.* 12:30-2:30. M. Eller

WEDNESDAY

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

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

KF 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

KF 304 A REPERTOIRE OF LINE

DANCES Learn old- and new-line dances in preparation for your party or celebration. 10-12. T. Gilbert

KF 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

KF 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

KF 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

KF 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

KF 309 JAZZERCISE Stretching and dancing to Jazz, R & B, Cha Cha, Swing, Salsa and Mambo. 12:30-2:30. K. Sanson

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

KF 311 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

KF 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

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

KF 403 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 his themes that are still relevant today. 10-12. S. Friedman

KF 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

KF 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

KF 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

KF 501 CHORUS Have fun singing

various genres of music. 10 – 12. J. DeRanieri

KF 502 QUILTING: INTERMEDIATE/

ADVANCED Create beautiful works of art: hand sewn quilts, pillows and decorative accessories. Materials list emailed prior to first class by instructor. 10 – 12. N. Rabatin

KF 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

KF 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. 10:30-12:30. J. Lippmann

KF 505 DOLLMAKING Explore cloth dollmaking from start to finish. Basic sewing skill required. Materials list emailed prior to first class by instructor. 12:30-2:30. N. Rabatin

KF 506 CHAIR ZUMBA Seated dance fitness that incorporates movements to improve overall energy and strength. 12:30-2:30. T. Gilbert

KF 507 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. V. Hall

MANHATTAN

MONDAY

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 after each film. 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

MF 106 THE ART OF THE 21ST

CENTURY A curated tour of the major trends and movements of art in the 21st Century. You may register for either **MF 103** or **MF 106**, but not both. 12:30-2:30. M. Meyer

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 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 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 **MF 203** or **MF 206**, but not both. 10-12. A. Zuckerman

MF 206 GOLDEN VOICES

Enjoy the golden voices and artistry of the world's famous opera stars including Renee Fleming, Joans Kaufman and more. View their performances on video and analyze what makes them great. Six sessions. Begins *Sept. 13.* No class: *Oct. 18 & Nov. 15.* 12:15-2:15. B. Haspel

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 Jhumpa Lahiri (ISBN: 978-1-101-875551). NOT for

beginners. No class: *Oct. 18 & Nov. 15*. 12:30-2:30. A. DeGennaro

MF 208 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 **MF 203** or **MF 206**, but not both. No class: *Oct. 18 & Nov. 15*. 12:30-2:30. A. Zuckerberg

MF 209 MIDDLE EASTERN DANCING Ancient art of belly dancing. Enjoy Arabic, North African and Turkish movements while listening to beautiful music. All levels. No class: *Oct. 18 & Nov. 15*. 12:30-2:30. A. Beeman

WEDNESDAY

MF 301 BIRDWATCHING IN CENTRAL PARK: GROUP B Zoom orientation meeting and the exact locations for the one to two-mile walks are sent via email from the instructor. You may register for either **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 set to contemporary Afro Beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 9:45-11:45. D. Scott

MF 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. Herzlich

THURSDAY

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

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. 12-2:30. J. Worth

MF 504 RETIREES 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

MF 506 YOGA & MEDITATION Release stress and tension with yoga postures and a short-guided meditation practice. 12:30-2:30. D. Scott

QUEENS

MONDAY

QF 101 GUITAR: 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

QF 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

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

QF 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

QF 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

QF 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

QF 107 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS Learn how to paint in the impressionistic style using still-life and photos. Each class begins with a demonstration. Materials list emailed

prior to first class. 10-1. B. DeCeglie

QF 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

QF 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

QF 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

QF 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

QF 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

QF 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

QF 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

QF 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

QF 208 AGING WITH WISDOM, GRACE & VITALITY Explore the practices to live a purpose-driven life. Engage in self-reflection, journaling and thought-provoking discourse to customize an individual action plan. Required textbook: *Wise Aging* by Rachel Cowan and Linda Thal. 1-3. Note: Classes on *Oct. 18 & Nov. 15* will be held on *Nov. 17* and *Nov. 18* from 1-3. T. London Cooper

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. Games

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

QF 306 FUN & 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 1 – 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, Pivot and Kick-Ball-Change. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Helps with depression. Wear comfortable clothes and shoes. 11:15 – 12:15. R. Hogans

QF 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, cookies and other desserts. 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 Open the door to a creative inner self. Have fun expressing yourself through poetry and short prose. No experience necessary. 10– 12. J. Cunningham

QF 404 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/prints 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. Loose 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

FRIDAY

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 502 PLEASURES OF READING Read and discuss contemporary short stories from *The Best American Stories 2022: The O. Henry Prize Winners* edited by Valeria Luiselli (ISBN: 13: 9780593467541). Read the first two stories before first class. 10 – 11. M. Levinson

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 hardcovered 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

STATEN ISLAND

MONDAY

RF 101 HAPPY FIGURE DRAWING FOR BEGINNERS Learn the basics of drawing the human figure using a fun, easy approach. No prior experience needed. Draw, share and discuss the human form on paper. Materials needed for first class: #2 pencils (art pencils/charcoal accepted), large kneaded eraser, and a 9"x12" all-purpose pad. You may register for only one Happy Figure Drawing class. 10-12. W. Bradley

RF 102 CHAIR YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and

meditation. Sturdy chair needed. No mats. 10-12. I. Dubeau

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. K. Fieramosca

RF 104 ZUMBA GOLD The original Zumba program has been modified so that adults of any age and fitness level can achieve success. Appropriate footwear and toning sticks recommended. 10-12. M. Deturris

RF 105 INTERMEDIATE HAPPY

FIGURE DRAWING For those who have taken the basic figure drawing class or has experience drawing the figure. Explore light and shadow, various mediums, drawing from reference and more advanced approaches. Materials needed for first class: #2 pencils (art pencils/charcoal accepted), large kneaded eraser, and a 9"x12" all-purpose pad. Additional color supplies may be added. You may register for only one Happy Figure Drawing class. 1-3. W. Bradley

TUESDAY

RF 201 QUILLING...not QUILTING FOR BEGINNERS Quilling, or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Instructor suggests the Baiyun quilling kit for beginners can be purchased on Amazon.com (approx. \$35). Please have kit for first class. 10-12. N. Keay

RF 202 CHAIR YOGA II Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 10-12. I. Dubeau

RF 203 EASY-BREEZY FITNESS Incorporate aerobic movement, light weights, stretching and balance techniques. For beginners who want a gentle experience. Sturdy chair, 5" soft ball and stretch bands are needed. 10-12. L. Martinez

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

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 GETTYSBURG & VICKSBURG

A detailed study of the Battles of Gettysburg in the east and Vicksburg in the west, which civil war historians designate as the turning point of the war. Other 1863 events included. 9:30-12. L. Warner

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 graded 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. Veit

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

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. Materials list to follow. Six sessions Begins *Sept. 14*. 10-12. J. Fisher

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 there has been a proliferation of independent films. Watch and compare Hollywood and independent films. Five sessions. Begins *Sept. 28*. 10-1. R. Presser

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. 3:30-5:30. 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

THURSDAY

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.

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 its 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 HOT SPOTS IN YOUR HOME Does your side chair collect clutter? The junk drawer? How can you easily organize those areas 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 thousands of miles across several countries to flee antisemitism while maintaining his tremendous love of life. *Monday, Sept. 19.* 6 pm-7:30 pm. R. Robbins

NF 806 RETIREES READ BOOK CLUB Read and discuss one book a month. Read *The Living and the Lost* by Ellen Feldman for first class. Group chooses other books: fiction or non-fiction. Three Monday sessions: *Sept. 19; Oct. 17; Nov. 14.* 10-12. \$6. B. Mignano

UF 809 ANTARCTICA: A CITIZEN SCIENTIST'S VIRTUAL TOUR View up-close footage of spectacular icebergs, penguins and other wildlife moving about and communicating. Hear Drake Passage and other stories and doable tips regarding global warming. *Tuesday, Sept. 20.* 1-3. R. Yordan

UF 810 FAVORITE BROADWAY MUSICALS Listen at and view excerpts from such Broadway musicals such as *She Loves Me, Ragtime, Sweeney Todd, Kiss Me Kate* and others. Two Wednesdays: *Sept. 21, 28.* 10-12. \$4. P. Gallagher

UF 811 STAN GETZ & THE BOSSA NOVA Stan Getz made the first of numerous records that was purchased by all segments of music lovers and won Grammy Awards for album and song in 1964. Although it is Bossa Nova that unifies what we listen to, the variety of what was created will make for 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

with. **Thursday, Oct. 27.** 10-12. B. Katz.

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. Goklevent

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. Dunphry

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; Oct. 3; Nov. 7.** 10-12. \$6. 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
WF 813 INTERNET PRIVACY & SAFETY Learn how to keep yourself safe and protect your privacy. **Wednesday, Sept. 28.** 10-12. S. Cabot

WF 814 PROTECTING YOURSELF FROM FRAUDSTERS & SCAMMERS Learn the signs of a potential scam by phone, email or in-person and how to protect yourself. **Wednesday, Oct. 2.** 10-12. S. Cabot

WF 815 AMERICAN FOLKSONG STARS OF THE 50'S Listen and learn about American Folksong stars along with some International counterparts from Europe, the Caribbean, Africa, The Middle East and Latin America. **Tuesday, Oct. 4.** 11-1. H. Levin

WF 816 GURUS OF LONGEVITY Learn about the gurus of longevity and well-being and their contributions including de Grey, Sinclair, Hyman, Davis and more. **Tuesday, Oct. 11.** 11-1. H. Levin

WF 817 SOLUTIONS FOR BETTER SLEEP Explore and practice techniques and tools of sleep. Devise your own plan to achieve better sleep and a relaxing sleep meditation included. Two Monday sessions: **Oct. 17, 24.** 10-12. \$4. R. Demers

WF 818 UNDERSTANDING NEW MEDIA ART: BEYOND VIDEOS Take a unique look at new media art as America catches up with Europe. **Tuesday, Nov. 1.** 11-1. H. Levin

WF 819 CRYPTOCURRENCY: WHAT IS IT? What is cryptocurrency and what are the advantages and disadvantages of it? **Wednesday, Nov. 9.** 10-12. S. Cabot

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
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

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
- ✓ 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

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, meringue, 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

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 clasps, 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

BROOKLYN

Coordinator: Evelyn Dorell

WEDNESDAYS

Jan. 11, 18, 25; Feb. 1, 8

KI 301 CHORUS Sing along with piano accompaniment. Music and/or parts may be taught with or without music sheets. 10-12. J. DeRanieri

KI 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

KI 404 BOLLYWOOD & BELLYDANCE: ALL LEVELS Enjoy sampling dance movements from the Middle East and Bollywood movies. 10-12. A. Beeman

KI 405 INTRO TO APPLE IPHONE & IPAD Learn to use your pre-installed programs and discover new possibilities. Emphasis taking photos on your Apple device. Apple iPhone or iPad needed (must know username and password). 10-12. J. Griffith

KI 406 YOGA Learn a set of mental and physical exercises using breath, movement and meditation. Yoga mat and towel needed. 12:30-2:30. C. LaBue

KI 407 ZUMBA GOLD Focus on improving muscle strength, posture, mobility and conditioning. 12:30-2:30. T. Gilbert

MANHATTAN

Coordinator: Jo-Ann Hauptman

TUESDAYS

Jan. 10, 17, 24, 31; Feb. 7

KI 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

KI 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

KI 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

KI 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

KI 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

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

KI 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 Jhumpa Lahiri (978-1-101-875551). NOT for beginners. 12:30-2:30. A. DeGennaro

KI 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. Beeman

KI 209 RETIREES 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

KI 301 FILM COMEDIES View and discuss classic comedies: *Some Like It Hot*, *The Sunshine Boys* and more. 9:45-12:15. C. Friedman

KI 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

KI 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

KI 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. Siudzinski

KI 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

KI 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. Zuckerberg

KI 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. Siudzinski

KI 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

KI 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

KI 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

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

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

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

KI 406 DOCUMENTARY FILMS

View and discuss thought-provoking documentaries such as *Free Solo*, *Religulous* and more. 12:15-2:45. C. Friedman

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

KI 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

KI 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

KI 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

KI 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

KI 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. 10-1. 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. 10-1. 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 Casanovas

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 self-confidence while toning your body. Simple dance combination include snakes, shimmies and isolations. 10-12. J. Lamonica

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

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. 12-1. I. Dubeau

RI 210 CRITIC'S PIX View and discuss fascinating films including *Croupier*, *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. Nalitt

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 pre-Columbian civilizations in the Americas. 9:30-12. L. Warner

RI 304 WATERCOLORS FOR BEGINNERS Study wet into wet, glazing, drybrush and blending, flat and graduated washes, stippling and more. Materials list emailed prior to first class. You may register for only one Watercolors class. 9:30-11:30. K. Fieramosca

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 307 BEGINNERS BRIDGE PART II A continuation of the basics: rules, bidding techniques and playing strategies. Pre-requisite: Bridge Part I from Fall 2022. 10-12. A. Bass

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, 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 Rosenstein

TUESDAYS

Jan. 10, 17, 24, 31; Feb. 7

JI 201 BOLLYWOOD Dance to exotic

beats featuring the energetic sounds of Bollywood which is a blend of all Indian dances including classical, folk, R & B and hip hop music. 8:30 am-9:30 am. V. Iyer

JI 202 ZUMBA GOLD Focus on balance, range of motion including cardiovascular muscle conditioning, flexibility and coordination with easy to follow Zumba choreography. 9-10. L. Fechter

JI 203 JANUARY JUMPSTART: DECLUTTER YOUR LIFE CHALLENGE Keep your New Year's resolution to finally get and stay organized! Live, guided tidy-up assignments for every area of your home. 1-3. J. Novak

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 principals 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. 12:15-2:15. 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

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-FLAMMATORY 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 IPHONE/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 IPHONE/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 ESPINOAGE 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 enthrall 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. Goklevent

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. Wolff

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

content to easily access time and time again. 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

WESTCHESTER/ROCKLAND/PUTNAM SECTION

WI 805 WHERE, OH WHERE, HAVE MY FILES & PICTURES GONE? Learn how to organize and manage your files/pictures so you can find them when you want. Find out different ways to manage and organize websites and other online

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

Fall 2022 COURSE REGISTRATION

CHECK ONE: UFT MEMBER SPOUSE (use separate coupon)

CHECK ONE: NYSUT AFT PSC

MEMBER NAME (PLEASE PRINT) _____

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

E-MAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

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

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

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

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

Seminars (not included in five-course limit).

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

DID YOU REMEMBER TO:

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

FLORIDA FALL 2022

**FLORIDA
REGISTRATION
COUPON ONLY**

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:

NUMBER	TITLE	FEE (IF ANY)
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MEMBER NAME (PLEASE PRINT) _____

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

E-MAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

Seminars (not included in five-course limit).

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

FALL 2022 / 23

UFT/WF RETIREE PROGRAMS INTERSESSION 2023 COURSE REGISTRATION

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

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

MEMBER NAME (PLEASE PRINT) _____

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

E-MAIL ADDRESS _____

SPOUSE NAME (IF REGISTERING) _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

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

NUMBER	TITLE	FEE (IF ANY)
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ALTERNATES:		
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7.	_____	_____

Seminars (not included in five-course limit).

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

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

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