HOW TO REGISTER

FALL LEARNING CENTER CLASS SCHEDULE

Start date: Monday, September 11, 2023
End date: Friday, November 17, 2023

• Registration deadline: The office MUST receive the registration by Wednesday, August 16, 2023 (not post-marked by the date)

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays
1 9/11/23 9/12/23 9/13/23 9/14/23 9/15/23
2 9/18/23 9/19/23 9/20/23 9/21/23 9/22/23
5 10/10/23 10/11/23 10/12/23 10/13/23 10/14/23
6 10/16/23 10/17/23 10/18/23 10/19/23 10/20/23
7 10/23/23 10/24/23 10/25/23 10/26/23 10/27/23
8 10/30/23 10/31/23 11/1/23 11/2/23 11/3/23
10 11/13/23 —• 11/14/23 11/15/23 11/16/23
No classes on the following days:
Yom Kippur: — Monday, Sept. 25
Italian Heritage/Indigenous People Day — Monday, Oct. 9
Election Day — Tuesday, Nov. 7 (remote classes ONLY)

INTERSESSION SCHEDULE

Start date: Tuesday, January 9, 2024
End date: End date: Thursday, February 8, 2024

• Registration deadline: The office MUST receive the registration by Friday, December 15, 2023 (not post-marked by the date)

WEEK Mondays Tuesdays Wednesdays Thursdays Fridays
1 — 1/9/24 1/10/24 1/11/24
2 — 1/16/24 1/17/24 1/18/24
3 — 1/23/24 1/24/24 1/25/24
4 — 1/30/24 1/31/24 2/1/24
5 — 2/6/24 2/7/24 2/8/24

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-TRANSFERABLE.
• A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.
• Fall 2023, Intersession 2024, Florida Fall 2023 and Florida Intersession 2024 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-transferable.
• 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-transferable fee.
• Write a separate check for each trip.
• Refunds are contingent upon policy of the vendor.

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 September 5, 2023.
• We reserve the right to cancel any course that have fewer than 15 students (remote) or 12 students (in-person) registered by the 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 Loepman, Assistant Director; UFTWF Retiree Programs • Christopher Chinn, LMSW, Director, UFTWF Retiree Social Services • Gerri Herskovitz Director UFTWF Florida Center

BOROUGH LEARNING CENTERS

UFT BROOKLYN LEARNING CENTER NEW LOCATION: 2100 Bartow Avenue, Bronx, NY 10475, 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 Armenta, Evelyn Dorell, Eurlala Oliver, Cheryl Richardson, Coordinators (718) 722-6961/(718) 722-6962
UFT MANHATTAN LEARNING CENTER: 90 Broadway, 2nd fl., NY, NY 10003, Jo-an Hauptman, Carolyn Givens Lambert, Carol Melucci, William Richardson, Coordinators (212) 510-6476/(212) 510-6479
UFT QUEENS LEARNING CENTER: 118-35 Queens Blvd., 8th fl., Forest Hills, NY 11374, Luchie Canlas, Maryam Gaughan, Laurie Kingsberry-Foray, Roy Taruskin, Coordinators (718) 830-5710/(718) 830-5711
UFT STATE ISLAND LEARNING CENTER NEW ADDRESS: 1200 South Avenue, S.L., NY 10314, Jeane Casanovas, Peggy Munro, Audrey Zinman, Coordinators (718) 605-1400; ext. 4014, 8962 or 4028
UFT-RTC FLORIDA CENTER: Potomac Trail Building 3200 North Military Trail/Suite 100, Boca Raton, FL 3343, Gerri Herskovitz, Director; UFT-RTC Florida Center (gerskovitz@uft.org) • (561) 994-4929

OUTREACH SECTIONS

UFT NASSAU SECTION: Michele Mannoussi, Coordinator (516) 443-2721 • UFT NEW JERSEY SECTION: Judy Rosenstein, Coordinator, (908) 750-0013
UFT SUFFOLK SECTION: Jane Kaber, Coordinator, (516) 610-8811 • UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION: Rosanna Neri, Coordinator, (914) 966-8873
IN-PERSON 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.

Refunds are contingent upon policy of the vendor.

You will receive your confirmation in the mail. If you do not receive your confirmation by Friday, Sept. 1st, please call us at (212) 510-6310 to check registration status.

SEPTEMBER

WF 955 GROUNDS FOR SCULPTURE IN HAMILTON, NJ/PRINCETON CAMPUS BUS TOUR & LUNCH
Marvel at the Grounds for Sculpture’s 42 acres, where nature and art combine: 270 sculptures, works by renowned artists and emerging contemporary artists. Then to Princeton for a campus tour and lunch. Meet the bus at 8:30 am for a 9 am departure at 42nd St & 10th Ave. in Manhattan. Monday, Sept. 11. 8:30 am-5 pm. $35. M. Mavrovouniotis

RF 955 CENTRAL PARK TOUR WITH BOB GELBER Guided tour through NY’s greatest work of art and playground to the masses. Learn the story behind the importance of the creation of America’s first great public park. Meet in front of General Sherman statue, 5th Ave. & 60th St. (diagonally across from Plaza Hotel) in Manhattan at 10:45 am for a 11 am tour. Wednesday, Sept. 13. 10:45 am-1 pm. $27. F. Montalti

NF 955 GUIDED FIELD TOUR TO OCEANSIDE MARINE NATURE STUDY AREA (MNSA) A conservation biologist leads our tour on salt marsh ecology at MNSA. Wear comfortable walking shoes for this outdoor trip. Cameras and binoculars are encouraged. Meet at MSNA, 500 Slice Dr. in Oceanside, NY at 11:45 am for a 12 pm tour. Wednesday, Sept. 13. 11:45 am-2 pm. $2. M. Mavrovouniotis

XF 955 THE AUDUBON MURAL PROJECT TOUR WITH DEBORAH DOLAN Explore the project that celebrates birds and spotlights the risk that climate change poses to them. Learn about the muralists and the birds they depict inspired by artist and naturalist, John James Audubon. Visit his gravesite at Trinity Church Cemetery and discover why he is considered a controversial figure. Meet at the entrance of Trinity Church Cemetery & Mausoleum, 770 Riverside Dr. in Manhattan at 2:45 pm for a 3 pm tour. Tuesday, Sept. 19. 2:45 pm – 5 pm. $27. R. Fernandez

RF 956 FIVE SQUARES & ONE CIRCLE WITH PHIL DESIERE Follow the history of NYC as it developed along its major squares: Washington, Union, Madison, Herald and Times Square. The tour ends at Columbus Circle. Meet under the Washington Arch in Washington Square (foot of 5th Ave.) in Manhattan at 12:45 pm for a 1 pm tour. Tuesday, Sept. 19. 12:45 pm-4 pm. $24. F. Montalti

KF 955 ARTISANS OF FINE OILS & VINEGARS Learn about extra virgin olive oil and vinegar pairings and have the opportunity to taste foods prepared by a local restaurant. Meet at Patricia and Paul’s, 20 Elm St. in Westfield, NJ at 10:45 am for an 11 am event. Tuesday, Sept. 19. 10:45 am-12:30 pm. $32. M. Schwartz

KF 955 PROSPECT PARK INTERACTIVE GUIDED WALKING TOUR Discover hidden treasures, natural wonders and little-known tales while exploring the fascinating layers of natural and human history architectural eras and new projects underway. Meet on the steps of the Brooklyn Library, 10 Grand Army Plaza at 10:45 am for an 11 am tour. Tuesday, Sept. 26. 10:45 am-1 pm. $27. E. Oliver

XF 956 YANKEE STADIUM TOUR & LUNCH AT THE HARD ROCK CAFÉ Get a new appreciation for the Yankees on this behind-the-scenes tour of the legendary stadium followed by lunch. Meet at Yankee Stadium (Gate #4), 1 E. 161st St, in the Bronx at 9:45 am for a 10 am tour. Wednesday, Sept. 27. 9:45 am – 2 pm. $63. E. Harris

RF 957 MUSEUM AT ELD RIDGE STREET The museum is housed in a restored synagogue built in 1887 and the first of its kind in the U.S and takes visitors through the restoration process of this emblem of Jewish immigration history. Meet at the Museum, 12 Eldridge St. in Manhattan at 10:15 am for a 10:30 am tour. Wednesday, Sept. 27. 10:15 am – 11:30 am. $12. F. Montalti

KF 956 AMERICAN ART AT THE BROOKLYN MUSEUM WITH RICHARD LUBELL Tour the world class collection of American Art including the Hudson School, Western Expansion and the American Genre, American Impressionism and the Aschan School. Meet in front of the Brooklyn Museum, 200 Eastern Parkway at 10:45 am for an 11 am tour. Thursday, Sept. 28. 10:45 am-12 pm. $19. E. Oliver

XF 957 CENTRAL PARK TOUR WITH
Back by popular demand. Visit NYC’s most storied neighborhood that has been home to the famous and infamous. See locations and hear stories that have attracted locals and visitors alike. Meet under the Washington Arch in Washington Square Park in Manhattan at 12:45 pm for a 1 pm tour. **Tuesday, October 10.** 12:45 pm-3 pm. **$27.** T. Whitman

**KF 958 MUSEUM AT ELDRIDGE STREET** Guided tour of this historical landmark of worship along with an exhibition featuring the work of acclaimed artist and writer, Mark Podwal. Meet inside the Museum, 12 Eldridge St. in Manhattan at 10:45 am for an 11 am tour. **Thursday, October 12.** 10:45 am-12 pm. **$12.** E. Oliver

**WF 957 YONKERS, NY BUS TOUR/ LUNCH AT CHEF X20** Visit historic Yonkers, third largest city in NY State. Tour a Hudson River waste treatment plant, Untermyer Park, Hudson River Museum’s art galleries and Glenview Mansion. Meet the bus at Kohl’s on Central Park Ave. in Yonkers at 9:30 am for a 10 am tour. **Thursday, October 12.** 9:30 am-4 pm. **$106.** S. Eisenberg

**XF 960 GRAND CENTRAL TERMINAL WALKING TOUR WITH BETH GOFFE** Learn the fascinating secrets, some of which are hidden in plain sight in a haunted cocktail lounge and a secret staircase. The tour covers both the interior and exterior of the terminal, please take the weather into account as you plan to visit. Meet at the clock/information booth in the middle of the terminal at 10:15 am for a 10:30 am tour. **Friday, October 13.** 10:15 am-12:30 pm. **$25.** E. Harris

**OF 995 THE PLAYER’S CLUB/ LUNCH AT PETE’S TAVERN** Enjoy a docent lead tour of this historic brownstone (3 flights of stairs). See rooms where actors formed Actors Equity, the apartment of 19th Century Shakespearean actor, Edwin Booth, the Hampden-Booth Theater Library and more. Meet at the Player’s Club, 156 Gramercy Park South (between Irving Pl. & Park Ave. So.) in Manhattan at 10:45 am for an 11 am tour. **Friday, October 13.** 10:45 am-2:15 pm. **$54.** M. Gaughan

**NF 956 HOFSTRA UNIVERSITY MUSEUM OF ART** Enjoy a guided tour of the Museum celebrating 60 years of the museum’s art collections – pulling from all genres of art within their 5,000-piece collection. Meet at the Museum, 112 Hofstra University in Hempstade, NY at 10:45 am for an 11 am tour. **Friday, October 13.** 10:45 am-12 pm. **$12.** M. Mavrovouniotis

**XF 961 ART OF ROCKEFELLER CENTER WALKING TOUR WITH PHIL DESIERE** Back by popular demand. View a remarkable collection of art work (mostly Art Deco style) from sculptures to mosaics to murals on canvas at Rockefeller Center. Look at the extraordinary art, its significant buildings (both inside and outside) including the rich history behind it. Meet on the steps of St. Patrick’s Cathedral, 5th Ave. in Manhattan at 12:45 pm for a 1 pm tour. **Tuesday, October 17.** 12:45 pm-3 pm. **$27.** T. Whitman

**NF 957 COURAGEOUS CONVERSATIONS AT THE HOLOCAUST MEMORIAL & TOLERANCE CENTER (HMTCT)** Enjoy a two-hour workshop that deals with confronting tough issues or prejudice, internal bias and other forms of injustice. Learn how to discuss such topics in a safe and healthy manner. Visit other museum exhibits on your own after the workshop. Meet at HMTCT, 100 Crescent Beach Rd. in Glen Cove, NY at 10:15 am for an 11 am tour. **Wednesday, Nov. 8.** 10:45 am-12 pm. **$5.** M. Mavrovouniotis

**MF 956 GRAND CENTRAL TERMINAL TOUR** Enjoy a guided tour where we will immerse ourselves in history and uncover hidden secrets of this magnificent structure. We will use both indoor and outdoor paths, please dress accordingly. Meet at the clock/ information booth in the middle of the terminal in Manhattan at 10:45 am for an 11 am tour. **Tuesday, November 14.** 10:45 am-1 pm. **$25.** A. Gerard

**XF 964 WOODLAWN CEMETERY TROLLEY TOUR** The tour celebrates Woodlawn’s history as the final resting place of leaders (both men and women) who have touched our lives. Woodlawn is recognized as one of the most historically significant properties in America. Meet at the gate house, Jerome & Bainbridge Aves. in the Bronx at 9:45 am for a 10 am trolley tour. **Wednesday, Nov. 15.** 9:45 am-12 pm. **$12.** E. Harris

**JF 958 GEORGE STREET PLAYHOUSE** Enjoy “Having Our Say” Tony Award winning play based on the best-selling book about the Delaney sisters first 100 years. Their personal experiences include growing up as daughters of a former slave who became a respected professor, established successful careers and integrated a NY suburb. Meet at the Playhouse, 9 Livingston Ave. @ the New Brunswick Performing Arts Center in New Brunswick at 1:30 pm for a 2 pm performance. **Thursday, December 7.** 1:30 pm-4 :30 pm. **$63.** M. Schwartz
**In-Person Courses**

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

**Brooklyn**

**Tuesdays**

**KF 250 Stained Glass: All Levels**
Work on projects using a glass cutter, soldering iron and glass grinder. Safety goggles are mandatory. $50 includes registrations and materials. 9:30-12:30. H. Fertig

**KF 251 Purls of Wisdom: All Levels**
Learn the basics and more advanced techniques of knitting, how to follow a pattern and create different stitches while working on a project. 10-12. M. Brenner

**KF 252 Genealogy**
Learn to research your ancestors with resources and tips that will help you to discover your family’s past. Field trip to Municipal Archives: Sept. 19 or Sept. 26. 10-12. M. Marcus

**KF 253 Retiree Book Club**
Discuss author Iris Murdoch’s novels. Read *The Sandcastle* for first class. Future books are discussed. Five sessions. Begins Sept. 12. 10-12. S. Rauschenbush

**KF 254 The Pleasures of Poetry**
Discuss and read aloud poems that explore love, aging, friendship and the human condition. 12:30-2:30. M. Glenn

**KF 255 Kumihimo Braided/Beaded Jewelry**
Create jewelry using a Japanese braiding technique with and without beads. Supply list emailed prior to first class. 12:30-3. Z. Tyson

**KF 256 Zumba Gold**
Improve coordination and memory; develop stamina while working out to great music. 1-3. B. Sayegh

**KF 257 Mah Jongg**
Beginners can learn how to play and the more advanced can find a group to play with. No class: Oct. 3. 1-3. J. Marcus

**KF 258 Quilting for Beginners**
Learn the materials and skills needed for quilting. 1-3. M. Brenner

**Thursdays**

**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 Opera**
Explore different types of operatic voices – soprano, tenor, mezzo-soprano, baritone and bass in solo arias, duets and ensembles. 10-12. J. Dzik

**MF 452 Crochet: Beginner/Intermediate**
Learn basic stitches and terms in addition to using your own patterns and new designs to make beautiful projects. Supply list emailed prior to first class. 10-12. P. Williams

**MF 453 Seed Beading Made Simple: Beginners Only**
Learn various seed beading techniques to produce exquisite jewelry. Supply list emailed prior to first class. 10-12. E. Esses

**MF 454 Line Dance**
Enjoy the pleasure of dancing and exercising at the same time. 12:30-2:30. N. Cangiano

**MF 455 Experienced Seed Beading: Intermediate/Advanced**
Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Supply list distributed with each project. 12:30-3. C. Horn

**MF 456 Multicultural Crochet Dolls**
Create your own one-of-a-kind crochet doll. Supply list emailed prior to first class. 1-3. P. Williams

**MF 457 Spanish for Beginners**
Learn some useful vocabulary for travel and the basics of grammar and culture. 1-3. D. Debernardo

**Manhattan**

**Mondays**

**MF 150 Birdwatching in Central Park: Group A**
The Zoom orientation meeting and the exact locations for the walks (approx. two miles) are sent via email. You may register for either MF 150 or MF 350, but not both. 10-12. M. Rakowski

**Wednesdays**

**MF 350 Birdwatching in Central Park: Group B**
The Zoom orientation meeting and the exact locations for the walks (approx. two miles) are sent via email. You may register for either MF 150 or MF 350, but not both. 9-11. M. Rakowski

**Thursdays**

**MF 450 Beginning Charcoal Drawing**
Learn the art of drawing and shading of landscape and still-life images. Create texture with charcoal even using an eraser as a tool and capture any object by interpreting it as basic shapes. 9:30-12. N. Morgan

**MF 451 Politics/History in Film**
View and analyze classic films. 9:30-12. C. Friedman

**MF 452 Creative Writing**
Use exercises and source material to enhance the “creative imperative” within you. 10-12. M. Glenn

**MF 453 Zumba Gold Fitness**
Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching, etc. 10-12. B. Sayegh

**MF 454 Sing/Sing/Sing!**
Have fun singing along to a wide variety of music. Learn harmony and perform some medleys. 10-12. J. DeRanieri

**MF 455 Retirees Read Book Club: Group A**
Read and discuss a different book for each class. Read *The Magician* by Colm Toibin for
first class. Other books chosen by group. You may register for 
MF 455 or MF 505, but not both. 
Four sessions: Sept. 14; Oct. 5, 26; Nov. 16. 10-12. M. Garvey 
MF 456 THE JOY OF MUSIC 
Explore the power of music through interactive workshops including audio/video 
recordings, group discussions and sharing. All instruments are provided. 
No experience required. 12:30-2:30. L. Krevsky 
MF 457 IMPROVISATIONAL THEATER 
Acting exercises loosen you up and lead into situational conflict/comedy scenes that could be inspired by Ricky/ 
Lucy, Charles/Diana, the Sopranos, etc. From camping trips to Judge Judy, job 
interviews or climbing mountaintops. Lots of laughs and depth. All are 
welcome. 12:30-2:30. M. Maher 
MF 458 MAH JONGG: BEGINNER/ INTERMEDIATE 
Learn the game and brush up on prior skills. Bring a current 
MF 458 MAH JONGG: BEGINNER/ INTERMEDIATE 
Learn the game and brush up on prior skills. Bring a current 
MF 458 MAH JONGG: BEGINNER/ INTERMEDIATE 
Learn the game and brush up on prior skills. Bring a current 
MF 460 DOCUMENTARY FILMS 
View and discuss thought-provoking documentaries. 12:30-3. C. Friedman 

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**QUEENS**

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**TUESDAY**

QF 250 TAI CHI 
Exercise in this ancient art of Tai Chi. Wear loose comfortable clothing. 10-11. K. Sullivan 
QF 251 DRAWING & SKETCHING: BEGINNERS 
Learn the basics. Use charcoal and pencil to explore black and white media. Supply list emailed 
prior to first class. You may register for QF 204 (remote) or QF 251 (in-person), but not both. No substituting 
in-person for remote or remote for in-person on a weekly basis. 10-2. D. DeCeglie 
QF 252 STAINED GLASS 
Beginners learn the fundamentals of stained-glass design, glass cutting and copper foil construction method to develop and complete projects. Experienced students receive guidance on more advanced creations. Safety goggles mandatory. 10:45-2:45. $65. L. Carbone 
QF 253 CALLIGRAPHY 
Learn to write the italic calligraphy alphabet and the techniques for holding the pen, proper spacing of the lines, making borders around pages, addressing envelopes and how to combine the calligraphy writing with artwork and embellished capitals. 12-2. J. Susser 
QF 254 ZUMBA GOLD 
Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners. Wear 
comfortable clothing and shoes. 10-12. M. Gonzalez 
QF 255 DRAWING & SKETCHING: INTERMEDIATE 
Use charcoal and pencil to explore black and white media. Supply list emailed prior to first class. You may register for QF 209 (remote) or QF 255 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 12:30-2:30. B. DeCeglie 

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**WEDNESDAYS**

QF 350 CREATIVE WRITING 
Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn the 
key strategies, techniques and obtain valuable feedback to help get work published. 10-12. T. Riccardi 
QF 351 PASTEL PAINTING 
Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos students choose. Supply list emailed prior to first class. You may register for QF 306 (remote) or QF 351 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 10-2. B. DeCeglie 
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 includes registration and materials. L. Carbone 
QF 353 ZUMBA GOLD 
Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners. Wear comfortable clothing and shoes. 12:30-2:30. M. Gonzalez 
QF 355 ISRAELI DANCE 
For those who never danced before or want to brush up on steps while dancing to Israeli music. It’s fun and a good workout. Leather soled shoes preferred. 1:30-3. R. Bass 

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**STATEN ISLAND**

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**MONDAYS**

RF 150 CANASTA: BEGINNERS 
For those who have never played the game. You may not register for a beginner class and a playlab. 9:30-11:30. S. Stanley 
RF 151 CANASTA PLAYLAB I 
For those who play, but would like to become more experienced. Provide your own card and tray. You may not register for two Canasta classes. 9:30-11:30. S. Siegel 
RF 152 CANASTA PLAYLAB II 
For those who have played the game or want to brush up. Provide your own card and tray. You may not register for two Canasta classes. 9:30-11:30. C. Patelksy 

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**TUESDAYS**

RF 250 FALL BIRDING IN S.I.’S PARKS & NATURAL AREAS 
Learn about birds during the fall migration in natural areas and parks on S.I. Focus: identification, vocalization and field 
marks of species. First meeting and introduction is at Clove Lakes Park (Roy- 
al Oak Rd. near Rice Ave.) promptly at 9 a.m. Additional locations provided at that time. Comfortable shoes/sneakers 
required. Binoculars necessary. Inlement weather cancels class. You may register for only one birding class. Five 
consecutive sessions. Begins Sept. 12. 9-11. H. Fischer 

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**WEDNESDAYS**

RF 350 FALL BIRDING IN S.I.’S PARKS & NATURAL AREAS 
Learn about birds during the fall migration in natural areas and parks on S.I. Focus: identification, vocalization and field 
marks of species. First meeting and introduction is at Clove Lakes Park (Roy- 
al Oak Rd. near Rice Ave.) promptly at 9 a.m. Additional locations provided at that time. Comfortable shoes/sneakers 
required. Binoculars necessary. Inlement weather cancels class. You may register for only one birding class. Five 
consecutive sessions. Begins Sept. 12. 9-11. H. Fischer 

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**FALL 2023/INTERSESSION 2024 / 5**
THURSDAYS

I. $20 includes registration and some materials. 12-2:30. W. Carnevale

KF 358 TAI CHI FOR BEGINNERS
Learn this martial art practiced for its health benefits, meditation and defense training. 12-2. R. Yuen

KF 359 A FIT FAB 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. 12-2. L. Martinez

RF 360 THE ART OF MAKING JEWELRY: BEGINNERS
Focus on necklaces, bracelets and earrings. The aim is to get any beginner on their way to becoming a skilled designer. Bring your own supplies or purchase a Moda jewelry making starter kit on Amazon for first class. 12:30-2:30. N. Keay

KF 450 KARATE: NOT JUST BREAKING BOARDS!
Improve strength, balance flexibility, endurance and relieve stress as you learn the basics of this martial art from a black-belt instructor. No contact – instructor uses foam equipment. 9:30-11:30. E. Levitt

KF 451 DRAWING: ALL LEVELS
Learn using various media techniques for drawing from observation to create the illusion of three-dimensions on a flat two-dimensional surface using linear perspective, modeling and more. More advanced students will analyze various art styles to improve their skills. Supply list emailed prior to first class. 9:30-11:30. M. Corti

KF 452 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. $15 includes registration and use of equipment. 9:30-11:30. P. Bartels

RF 453 KNITTING & CROCHETING: 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. 9:30-11:30. C. Bellitti

RF 454 ZUMBA GOLD
Enjoy this dance fitness program designed to provide fun as well as an aerobic workout. Sneakers/appropriate footwear required. 9:30-11:30. K. Pahoke

RF 455 LET’S TALK BEATLES!
Their music, history, songwriter, Beatlemania, their numerous “firsts”, recordings and remembrances and their impact and influence on society, fashion and culture. All aboard the Yellow Submarine as we sing along and virtually tour the Cavern Club, Liverpool and Abbey Road Studio. 12-2. S. Blaine

RF 456 CHAIR YOGA
Get the benefits of yoga that’s designed around and on a chair. Sneakers required. Throw pillow suggested. Optional: straps and blocks. 12-2. K. Pahoke

RF 457 TAI CHI FOR INTERMEDIATES
For those with at least two years of experience. 12. 2. R. Yuen

RF 458 ACRYLIC PAINTING: ALL LEVELS
Explore your creative side as you master acrylic techniques and apply them to produce amazing results. Supply list emailed prior to first class upon request to audreyzimmer@gmail.com. 12:30-2:30. A. Nelson

NASSAU

TUESDAYS

NF 250 CANASTA Review the basic skills, rules and strategies of Canasta. Bring two packs of regular playing cards to first class. Meets at Trinity-St. John’s Church, 1142 Broadway in Hewlett, NY. Four sessions: Oct. 3, 10, 17, 24. 11:30-12:30. A. Seligson

NF 251 MAH JONGG Review the basics of Mah Jongg while playing by the rules of the National Mah Jongg League. Bring a 2023 Mah Jongg card to first class. Meets at Trinity-St. John’s Church, 1142 Broadway in Hewlett, NY. Four sessions: Oct. 3, 10, 17, 24. 1:30-2:30. A. Seligson

WEDNESDAYS

FF 250 CANASTA: ALL LEVELS
Learn or refresh the basic game rules, scoring and some strategies all while having fun. Six sessions. Begins Oct. 3, 10-12. S. Goldstein

FF 251 MAH JONGG: ALL LEVELS

IN-PERSON SEMINARS

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

BROOKLYN

KF 826 DECOUPAGE ON GLASS
Enjoy this art of gluing pictures on objects and filling in the background with paints. Three Thursday sessions: Sept. 14, 21, 28. 10-12. $6.11.

Rothstein

KF 827 BEGINNER BEADING: "IT'S ALL ABOUT THE CLOSURE" PART I
Learn the basic skills and techniques of making beaded jewelry including bead types, wires stringing and more. Supply list emailed prior to first class. Three Thursday sessions: Sept. 14, 21, 28; Oct. 12. 1-3. $6.1. Carson

KF 828 BEGINNER BEADING: "IT'S ALL ABOUT THE CLOSURE" PART II
Continue to learn the basic skills and techniques of making beaded jewelry including bead types, wires stringing and more. Supply list emailed prior to first class. Three Thursday sessions: Oct. 26; Nov. 9, 16, 1-3. $6. I. Carson

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. Thursday, Nov. 16, 10-12. M. Marcus
**STAN ISLAND**

**RF 826 NYSUT CATASTROPHIC INSURANCE & MORE** Join us for an informational seminar that focuses on your catastrophic plan, its claims process, and other NYSUT member benefits. **Thursday, October 5**, 12-2. **No Fee. M. Kennedy**

**FLORIDA CENTER**

**FF 826 CANASTA: BEGINNERS ONLY** Learn the basic game rules while having fun. Three Tuesday sessions: **Sept. 12, 19, 26**, 10-12. **$6. S. Goldstein**

**FF 827 BEGINNER MAH JONGG** Learn how to play the game and understand the Mah Jongg card. Bring a 2023 Mah Jongg card to class. Three Wednesday sessions: **Sept. 13, 20, 27**, 10-12. **$6. R. Rose**

**FI 828 BIRD WATCHING FIELD TRIP: GREEN CAY WETLANDS** Learn about various birds that migrate to Florida and our diverse ecosystem. Both avid bird enthusiasts and novices are welcome. Bring binoculars and/or cameras. Meet at the Wetlands, 12800 Hagen Ranch Road in Boynton Beach. **Wednesday, Oct. 11**, 3:30-5:30. **V. Brauer**

**FI 829 URBAN SKETCHING: ALL LEVELS** Learn about composition, 1 & 2-point perspective drawing and urban sketching. Supply list emailed prior to first class. Three Friday sessions: **Oct. 20** (UFT Florida Center); **Oct. 27 & Nov. 3** (nearby locations for on-site sketching). 10-12:30. **$6. J. Fisher**

**FI 830 BIRD/NATURE WALK: PEACEFUL WATERS SANCTUARY** Enjoy a walk filled with nature and birds. The setting is a combination of boardwalk and walking trails surrounded by ponds. Bring binoculars and/or cameras. Meet at the Sanctuary, 11676 Pierson Road in Wellington. **Tuesday, Oct. 24**, 10-12. **V. Brauer**

**FI 831 PHOTOGRAPHY FOR FUN BIRD TOUR: WAKODAHATCHEE WETLANDS** Take a guided walk focusing on taking and framing photos of birds and plant life. Previous knowledge on how to use your camera is required. Binoculars suggested. Meet at the Wetlands, 13270 Jog Road in Delray Beach. **Thursday, Nov. 2**, 3-5. **V. Brauer**

**FI 832 EXERCISES TO BUILD A HEALTHY BODY & SHARPEN THE MIND** Join us to learn movements which add flexibility, strength, coordination, increases lung capacity and decreases stress. Two Thursday sessions: **Nov. 9, 16**, 10-11:30. **$4. T. Pakula**

**FI 833 BOCA RATON POLICE DEPARTMENT SAFETY TIPS SEMINAR** General safety tips for the home and how to avoid the latest fraud trends. Brief Q & A to follow. **Monday, Nov. 13**, 10:30-11:30. **No fee. Officer Jenney**

**FI 834 BIRD WATCHING FIELD TRIP: GREEN CAY WETLANDS** Learn about various birds that migrate to Florida and our diverse ecosystem. Both avid bird enthusiasts and novices are welcome. Bring binoculars and/or cameras. Meet at the Wetlands, 12800 Hagen Ranch Road in Boynton Beach. **Wednesday, Nov. 15**, 10-12. **V. Brauer**

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**FLORIDA CENTER IN-PERSON INTERSESSION COURSES**

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

**TUESDAYS**

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

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

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

**FI 350 MAH JONGG: ALL LEVELS** Learn and enjoy the game of Mah Jongg. Bring your 2023 Mah Jongg card to first class. 10-12. **R. Rose**

**FI 351 “MASTERS” INSPIRED WATERCOLOR** Create watercolor paintings inspired by Joan Miro, Marc Chagall and Stuart Davis. Develop your creativity! Supply list emailed prior to first class. 10-12:30. **M. Rogers**

**FI 352 LET’S SKETCH IN WATERCOLOR A LITTLE MORE!** Observe, design create. Combine design ideas into your own realistic (and at least one abstract) watercolor painting. Supply list emailed prior to first class. 1-3:30. **M. Rogers**

**THURSDAYS**

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

**FI 450 SHORT READS** Discuss and read contemporary fiction. Required book: *New York Stories* (Everyman’s Library Pocket Classic series) 10-12. **A. Zuckerberg**

**FI 451 BILLBOARD’S BEST** Hear the songs and stories of groups that had at least two top 40 hits. 11-1. **H. Bloch**

**FI 452 TAI CHI- 8 FORM POSTURE** A short form with only 8 postures to learn. It will help you to focus, relax and improve strength and balance. 2:30-4. **T. Pakula**

**DID YOU REMEMBER TO:**

☑ Make the check(s)/money orders(s) payable to:

UFTWF RETIREE PROGRAMS AND MAIL TO:

52 Broadway, 17th Floor, NY, NY 10004

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**FLORIDA CENTER IN-PERSON INTERSESSION SEMINARS**

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

**FI 826 BOCA RATON POLICE DEPARTMENT SAFETY TIPS SEMINAR** General safety tips for the home and how to avoid the latest fraud trends. Brief Q & A to follow. **Tuesday, Jan. 16**, 10:30-11:30. **No fee. Officer Jenney**

**FI 827 BIRD WATCHING AT GREEN CAY WETLANDS** Learn about various birds that migrate to Florida and our diverse ecosystem. Both avid bird enthusiasts and novices are welcome. Bring binoculars and/or cameras. Meet at the Wetlands, 12800 Hagen Ranch Road in Boynton Beach. **Tuesday, Jan. 16**, 3-5. **V. Brauer**

**FI 828 SMARTPHONE PHOTOGRAPHY PHUN** Learn to take great photos with your android or iPhone during this hands-on experience. Three Wednesday sessions: **Jan. 17, 24, 31**, 10-1. **$6. L. Goradesky**

**FI 829 BIRD/NATURE WALK: PEACEFUL WATERS SANCTUARY** This setting is a combination of boardwalk and walking trails surrounded by ponds. A walk filled with nature and birds. Bring binoculars and/or cameras. Meet at the Sanctuary, 11676 Pierson Road in Wellington. **Thursday, Jan. 25**, 3-5. **V. Brauer**

**FI 830 INTRODUCTION TO GENEALOGY** Learn how to get started in researching your family history. **Tuesday, Jan. 30**, 11-12. **S. Stern**

**FI 831 HOW AN IRANIAN TV STAR BECAME A CANTOR…A MUSICAL JOURNEY** Hear the story of how a teenage TV star in Tehran becomes the first Iranian “Hazzan” in the U.S., serving in congregations throughout the country. **Tuesday, Feb. 6**, 1-2:30. **F. Dardashti**

**FI 832 PHOTOGRAPHY FOR FUN BIRD TOUR: WAKODAHATCHEE WETLANDS** Take a guided walk focusing on taking and framing photos of birds and plant life. Previous knowledge on how to use your camera is required. Binoculars suggested. Meet at the Wetlands, 13270 Jog Road in Delray Beach. **Wednesday, Feb. 7**, 9-11. **V. Brauer**

**FI 833 TRANSFORM GROCERY BAGS INTO A CROCHETED BEACH BAG** Learn how to cut and connect grocery bags into plarn (plastic yarn) and then transform into a self-designed, waterproof, indestructible beach bag. Supply list emailed prior to first class. Two Thursday sessions: **Feb. 8, 15**, 10-12:30. **$4. C. Scheer**

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**FALL 2023/INTERSESSION 2024 / 7**
FLORIDA CENTER IN-PERSON INTERSESSION 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: UFT-RTC Florida Center, Potomac Trail Bldg., 3200 No. Military Trail/Suite 100, Boca Raton, FL 33431. Attn: Gerri Herskowitz, Director. Refunds are contingent upon policy of the vendor.

FI 955 GUMBO LIMBO NATURE CENTER Enjoy a walk on the boardwalk, butterfly garden, aquariums and guided tour explaining the rehabilitation of sea turtles currently at the facility. Meet at Gumbo Limbo, 1801 N. Ocean Blvd. in Boca Raton, FL at 9:45 am for a 10 am tour. Friday, Jan. 19, 9:45 am-11:30 am. $7. L. Marder

FI 956 NOVA SOUTHEASTERN UNIVERSITY (NSU) Guided tour of artwork and displays from around the world. Meet at NSU, 1 E. Las Olas Blvd. in Ft. Lauderdale, FL at 11:15 am for an 11:30 am tour. Tuesday, Jan. 23, 11:15 am-12:30 pm. $10. L. Marder

FI 957 FLAMINGO GARDENS Enjoy a guided tour of this 60-acre botanical garden and wildlife sanctuary which includes birds of prey, avairy, Wray Museum and Arboretum. After the tour, enjoy on your own a free tram ride and wildlife tour. Meet at the Gardens, 3750 S. Flamingo Rd. in Davie, FL at 10:15 am. For a 10:30 am tour. Monday, Jan. 29, 10:15 am-12:30 pm. $18. L. Marder

FI 958 THE BONNET HOUSE MUSEUM Bonnet House is a 35-acre estate built in 1920. Guided tour includes the main house and lush gardens. A free trolley ride is available to tour the grounds. Meet at the Museum, 900 N. Birch Rd. in Ft. Lauderdale, FL at 9:45 am for a 10 am tour. Wednesday, Feb. 7, 9:45 am-11:30 am. $22. L. Marder

REMOTE TRIPS

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) 331-6311. 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.”

The fees for the virtual trips are in the description. Trip fees are non-refundable and non-transferable. You will receive a Zoom link 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

RF 901 MAFIA MADNESS WITH GARY DENNIS This is the true story of how the Sicilian Mafia (aka Cosa Nostra) took advantage of NYC’s building boom in the 1980’s and gained more influence, power and cash then they ever had before and what the U.S. Government did to stop it. Monday, Sept. 18, 11 am-1 pm. $7. F. Montalti

MF 901 SCANDALOUS TALES OF THE UPPER WEST SIDE & HARLEM WITH BETH GOFFE Enjoy a collection of six stories describing the miscueious Upper West Side and Harlem residents. Hear stories about a pre-WWI murder by an unusual method, a creepy “May/ December” romance and an infamous self-made brothel keeper who catered to mobsters and politicians and more. Wednesday, Sept. 20, 10:30 am-12:30 pm. $14. J. DeNave

RF 901 TRAVELING IN STYLE: BRAND NEW PUBLIC ART COMMISSIONS (2022-2023) WITH SYLVIA LAUDIEN-MEO Tour LaGuardia Airport – Terminal C, Newark Airport – Terminal A, Grand Central Madison, its mosaic murals and more. Thursday, Sept. 21, 1 pm-3 pm. $15. S. Eisenberg

RF 902 34TH STREET WITH ZACH RHODES Manhattan’s 34th St. has played an important role in many industries: retail, transportation, hotels, journalism and entertainment. Our tour takes us through the history and the future of this unfairly, maligned part of town. Wednesday, Sept. 27, 10:30-12:30. $14. J. DeNave

WF 908 NOOKS & CRANNIES OF NYC WITH JUSTIN FERATE Discover NYC secret delights: offbeat landmarks, secret gardens, hidden houses and covert byways. NYC’s great, but often overlooked treasures. Friday, Sept. 29, 10 am-12 pm. $15. S. Eisenberg

OCTOBER

RF 902 FRESKILLS PARK TOUR A behind-the-scenes look at the largest landfill to park transformation in the world. Explore this healthy ecosystem and center for scientific research, art and urban planning. Monday, Oct. 2, 11 am-12:15 pm. $2. F. Montalti

MF 903 THE VILLAGE VOICE & THE HISTORY OF 60’S & 70’S ROCK N’ ROLL WITH ANN MCDERMOTT Visit the sites of the legendary Fillmore East, CBGB’s and the Bottom Line are places that launched the careers of some of the biggest names in music. Learn about the “bible” for 70’s music fans, the Village Voice and how the industry showcased new artists. Wednesday, Oct. 4, 10:30 am-12:30 pm. $12. J. DeNave

MF 904 COBBLE HILL WITH ZACH RHODES The former 6th Ward compromised of 40 blocks teaming with historical sites that offer a glimpse into the lives of those who shaped NY and the world. Sites include Kane St. Synagogue, the “Church of the Holy Zebra”, and culinary and artistic mainstays in the community. Wednesday, Oct. 11, 10:30 am-12:30 pm. $14. J. DeNave

RF 903 THE LITTLE PILL BOX HAT TOUR WITH DEB ZELCER Learn about Jacqueline Kennedy Onassis and the preservation of our architectural treasures. Visit buildings associated with her charmed and often not so charmed existence and consider her advocacy work in shaping and preserving NYC. Friday, Oct. 13, 11 am-12:30 pm. $17. F. Montalti

WF 903 PARIS IN NEW YORK WITH JUSTIN FERATE From Washington Square Park to the Upper East Side to Morningside Heights; the majestic landmarks of Paris have greatly influenced the appearance of Manhattan. Friday, Oct. 13, 10 am-12 pm. $15. S. Eisenberg

RF 904 HIDDEN, FORGOTTEN & OFF THE RADAR ART IN NYC WITH SYLVIA LAUDIEN-MEO Tour a treasurehunt of curious, magnificent, hidden, forgotten, dispersed no longer mentioned art from the Gilded Age, mansions, left over public art and more. Tuesday, Oct. 17, 1 pm-3 pm. $15. S. Eisenberg

MF 905 THE MANSIONS OF ST. MARKS DISTRICT IN BROOKLYN WITH SUZANNE SPELLEN St. Mark’s District (between Roger & Kingston Aves.) is the center
of Crown Heights North Historic District with its fine mansions and elegant townhouses. You will get a look at the history, the people, the architecture and get a present day look at this former “Gold Coast.”

**Wednesday, Oct. 18. 10:30 am-12:30 pm.** $14. J. DeNave

**WF 905 THE BORSHT BELT: THE JEWISH CATSKILLS WITH JUSTIN FERATE** Visit and celebrate the resorts of Sullivan and Ulster counties. Learn how bungalow colonies started, how many famous entertainers launched their careers performing there and how the Catskills helped shape American Jewish culture. **Thursday, Oct. 19. 2:30 pm-4:30 pm.** $15. S. Eisenberg

**WF 904 WOOLWORTH BUILDING TOUR WITH BOB GELBER** Learn what the Woolworth building represented not only for self-made millionaire and founder, Frank W. Woolworth, but for the company. It was considered one of the first modern skyscrapers created in the world. **Friday, Oct. 20. 11 am – 12:30 pm.** $12. F. Montalti

**MF 906 LEONA VS. DONALD: BATTLE OF THE REAL ESTATE TITANS WITH BETH GOFFE** During a time while the city emerged from a dark period in the 70’s, Leona Helmsley and Donald Trump used the local news media as the setting to share their business exploits and their battles and become familiar faces to NYers. **Wednesday, Oct. 25. 10:30 am-12:30 pm.** $14. J. DeNave

**RF 905 SUBWAY ART TOUR** Take a virtual tour of the subway stations throughout Manhattan, surveying the commissioned art. Learn about the art and artists for each installation. **Monday, Oct. 30. 1 pm-2:30 pm.** $12. F. Montalti

**November**

**WF 906 JEWISH HARLEM: THE WORLD’S THIRD LARGEST JEWISH COMMUNITY WITH JUSTIN FERATE** Discover the rich and varied history from the 1800’s to present. **Thursday, Nov. 2. 2 pm-4 pm.** $15. S. Eisenberg

**WF 907 PROHIBITION/ SPEAKEASIES WITH SYLVIA LAUDIEN-MEO** Explore the dynamics that led to the passage of the 18th Amendment and the way brewers and general public dealt with it and why it had to end. Learn where the speakeasies were and which survived. **Friday, Nov. 3. 1 pm-3 pm.** $15. S. Eisenberg

**MF 907 WILLIAM REYNOLDS: BROOKLYN’S MOST IMPORTANT DEVELOPER BEFORE HELMSLEY & TRUMP WITH SUZANNE SPELLEN** Did you know that Prospect Heights, Bensonhurst, Coney Island and Long Beach were shaped by the mega-developer William H. Reynolds? He was a risk taking, brash and often opportunistic visionary who used his title, connections and money to build one of the largest real estate empires in the greater NY area. **Wednesday, Nov. 8. 10:30 am-12:30 pm.** $14. J. DeNave

**WF 908 I DIDN’T KNOW THAT: NYC’S LITTLE SECRETS** Learn about NYC’s little-known sites, anecdotes, unusual sculptures, what is really under Washington Square Park and more. **Thursday, Nov. 9. 1 pm-3 pm.** $15. S. Eisenberg

**MF 908 GUIDLED AGE MANSIONS OF FIFTH AVENUE WITH EMMA GUEST CONSALLES** Take a virtual stroll up 5th Ave. to see some of the most lavish mansions and hear stories of their residents during NYC Guided Age including Henry Clay Frick and Andrew Carnegie. **Monday, Nov. 13. 10:30 am-12:30 pm.** $15. S. Eisenberg

**WF 911 CHINATOWN & CHINESE CULTURE** Enter a “foreign country” that’s rich in history, culture, arts and cuisine. Trace the historical evolution of the area from a swamp to a thriving neighborhood. Learn about the good and not so good., the traditions and more. **Tuesday, Nov. 21. 1 pm-3 pm.** $15. S. Eisenberg

**WF 912 NEW YORK SETTLEMENT HOUSES & THE TRANSFORMATION OF AMERICA WITH JUSTIN FERATE** Learn about the impact that these settlement houses had locally and nationally. The diverse opportunities offered ranged from cooking to politics and social activism. **Friday, Dec. 1. 10 am-12 pm.** $15. S. Eisenberg

**Remote Courses**

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

**Nassau/ Suffolk**

**MONDAYS**

**UF 101 DRAWING FOR BEGINNERS** For those who want to learn the basics of drawing and sketching including drawing objects, places, people and animals. Simple supplies will be used. Four sessions: Sept. 11, 18; Oct. 2, 16. 5:30-7:30 pm. D. Benter

**TUESDAYS**

**NF 201 THE ROAD TO GREATER SELF REALIZATION** Develop a roadmap using a process of compassionate self-inquiry while exploring science-based techniques for personal growth. The aim is for everyone to align to their desired destinations. 10-12. R. Demers

**NF 202 BASEBALL HISTORY DISCUSSION GROUP** Discuss baseball history from the 1800’s to present.

**NF 203 SOUL LINE DANCING: ALL LEVELS** Learn and practice basic soul line dancing steps to stay in shape both mentally and physically. 11:15 -12:15. R. Hogans

**NF 204 FIT FOR LIFE** Focus on movements such as squatting, reaching, pulling and lifting done from a chair to increase strength and endurance. Move to standing near chair/for exercises for hips and legs. Equipment list emailed prior to first class. 1-2. N. Aaronson, OTR

**NF 205 ZUMBA GOLD TONING** Shake and sculpt your way to a healthy body for an active lifestyle. Zumba Gold Toning combines the international rhythms of a slower-paced Zumba Gold dance class with the sculpting moves of a Zumba Toning class. Light weights (3 lbs or less) are needed for first class. 1-2. A. Wool

**NF 206 POSTURE & PILATES** Learn both seated and mat pilates exercises designed to improve your back and core strength, whole body flexibility and balance. Must be able to transition down to the floor. 2:15-3:15. N. Aaronson, OTR

**NF 301 QUILTING: MAKE A SAMPLER QUILT BY HAND** Learn 12 block designs to make a throw-size quilt entirely by hand. All levels. Supply list emailed prior to first class. 10-12. J. Alexandrakis

**WF 302 FALL INTO GARDENING** Review past work with mini greenhouse gardening and venture into using your hands to construct an

**Remote Courses**

**FALL 2023/INTERSESSION 2024 / 9**

**WEDNESDAYS**

**NF 301 QUILTING: MAKE A SAMPLER QUILT BY HAND** Learn 12 block designs to make a throw-size quilt entirely by hand. All levels. Supply list emailed prior to first class. 10-12. J. Alexandrakis

**NF 302 FALL INTO GARDENING** Review past work with mini greenhouse gardening and venture into using your hands to construct an
NEW JERSEY

MONDAY

JF 101 BOLLYWOOD FUSION
Come dance to the energetic beats 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 themed menus such as "lunch in the garden", brunch ideas for special occasions and delicious desserts. Recipes and needed equipment emailed prior to first class. 10-12. C. Semel

JF 103 YIDDISH VACATION IN THE CATSKILLS
Take a trip to the hotels like The Nevele, Grossingers or Kutcher's including making a reservation, arriving, eating, complaining, shows at night, the comics and the activities. 10:30-12. N. Miller

JF 104 HAPPY HOURS: SIMPLIFY YOUR LIFE & DECLUTTER YOUR MIND
Declutter with live guided organizing tasks during class so you simplify and slow down. 11-1. J. Novak

JF 105 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. Handouts emailed weekly. 11-1. J. Golene

TUESDAYS

JF 201 FACE YOGA
Increase blood circulation and tone the muscles in your face. Go through a series of exercises to strengthen skin and help create a more radiant complexion. 9:30-10:30. B. Kleinman

JF 202 DIGITAL DECLUTTERING
Learn how to organize digital photos and emails to create more storage space on your device. 11-1. J. Novak

JF 203 BARRE FUSION
Low impact exercises that combine elements of barre, yoga and Pilates to improve strength, balance, flexibility and mobility. Exercises are performed at a ballet barre or wall for support. 4-5. V. Iyer

JF 204 UKELELE
Learn simple chords and strum patterns that have you playing songs in no time. 6-7 pm. D. Crowley

JF 205 INTERMEDIATE UKELELE
For those with some knowledge of chords and strumming. 7:15-8:15 pm. D. Crowley

WEDNESDAYS

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 IPHONE
Learn how to use the features on your phone including your contacts, text messaging, emails, Safari, pre-installed apps and more. Prerequisite: Must know your Apple password to download apps. 9:30-11:30. B. Kleinman

JF 303 YIDDISH VACATION IN THE CATSKILLS
Take a trip to the hotels like The Nevele, Grossingers or Kutcher's including making a reservation, arriving, eating, complaining, shows at night, the comics and the activities. 10:30-12. N. Miller

THURSDAYS

JF 401 YOGA FOR HEALTHY AGING
Learn breathing techniques and simple yoga sequences that will improve your mood, strength and flexibility. Materials will be supplied to continue building lifelong habits for healthy aging after class ends. 8:30-9:45. M. Schwartz

JF 402 SPANISH
For those who know some basic Spanish and have taken classes with this instructor. Learn more vocabulary. Not an advanced class. Materials emailed prior to each class. 8:45-10:15. L. Fechter

JF 403 FACE YOGA
Increase blood circulation and tone the muscles in your face. Go through a series of exercises to strengthen skin and help create a more radiant complexion. 9:30-10:30. B. Kleinman

JF 404 FILE, PILE, SORT, SHRED: HOW LONG TO KEEP PAPERS
Learn what papers to keep and sort out and files of paperwork live during class. 11-1. J. Novak

FRIDAYS

JF 501 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. 8-9. V. Iyer

WESTCHESTER/ROCKLAND/PUTNAM SECTION

MONDAYS

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

WF 102 SPANISH: INTERMEDIATE
Have fun practicing, speaking, listening, reading and writing. Must have some Spanish ability. Required textbook: Easy Spanish Step By Step by Barbara Bregstein. 9:30-11:30. J. Kalish

WF 103 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. Montefusco

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

WF 105 THE SONGS OF BROADWAY
Explore the best songs from the history of the Broadway stage from the 1920’s through today. 10-12. S. Cabot

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

WF 107 VEGETARIAN COOKING
Learn to prepare vegetarian (including seafood and dairy) dishes inspired by two CNN series – Stanley Tucci’s Searching for Italy and Eva Longoria’s Searching for Mexico. Dishes include handmade pasta, various sauces tortillas, beans and squashes. 12-2. L. Gallagher

WF 108 PHOTO TECHNIQUES & TECHNOLOGY
Learn how to improve your photos taken with any camera or smartphone with new ways of seeing and using software to enhance and edit your photos. 12:30-2:30. S. Cabot

TUESDAYS

WF 201 SHORT STORY MYSTERY BOOK CLUB
Have fun reading short story mysteries and examining the

10 / SI BEAGLE LEARNING CENTERS PROGRAM
evidence and solving the crimes. Cases and stories emailed prior to class. 9-11. R. Miles Abraham

**WF 202 INTERMEDIATE FRENCH**
Continue the journey in French. Study new vocabulary, sentence structure and cultural themes. For those who have some exposure to French or have taken Advanced Beginning French. 10-11. H. Bismuth

**WF 203 CHAIR YOGA**
Use breath work through simple postures to achieve relaxation and gentle stretching using a chair. No strain on joints or muscles. Chair with a back and no arms is needed to place feet firmly on the ground. Eight sessions. Begins Sept. 18. 10-11. J. Pell

**WF 204 WOMEN OF ROCK & ROLL**
Enjoy the music and learn about the women performers and composers of Rock & Roll from Big Mama Thornton to today. 10-12. S. Cabot

**WF 205 INTERMEDIATE SPANISH**
Have fun practicing, speaking, listening, reading and writing. Must have some Spanish ability. Required textbook: Easy Spanish Step By Step by Barbara Bregstein. 10-12. J. Kalish

**WF 206 SHORT STORY BOOK CLUB: MASTERPIECES WRITTEN BY WOMEN**
Read, discuss and analyze stories written by women of the 19th, 20th, and 21st centuries. Stories are emailed prior to class. 12-2. R. Miles Abraham

**WF 207 INTERMEDIATE ITALIAN**
Increase your knowledge of the Italian language and culture through traditional exercises, videos and fun. Pre-requisite: Basic knowledge of Italian. 1-2. J. Ferrari

**WF 208 ISRAELI DANCE: BEGINNER/INTERMEDIATE**
For those who never danced before or want to brush up on steps while dancing to Israeli music. It’s fun and a great workout! 1-2:30. R. Bass

**WF 209 ISRAELI DANCE: ADVANCED II**
For those who know the basic steps and have some experience with Israeli dancing. Learn the basics and have more time for beginner/intermediate level dances. 3-4:30. R. Bass

**WF 210 ZUMBA GOLD PLUS TONING**
Lower intensity Latin and oldies dance class that’s kind to your joints with no twisting or abrupt movements. Upper body toning is infused by using light weights (2 bottles of water). 5-5:45. A. Hunter

**THURSDAYS**

**WF 401 BEGINNER/REFRESHER FRENCH**
Learn to converse in French through the use of everyday vocabulary and basic grammar. Supply list emailed prior to first class. 10-11. H. Bismuth

**WF 402 WHEELCHAIR YOGA**
Modified yoga postures to keep the body strong and flexible. Breath is used continually focusing on the mind and relaxing the body. Must be able to sit up straight in wheelchair, using a pillow if necessary. Wear socks or go barefoot needed to work the feet. Nine sessions. Begins Sept. 21. 10-11. J. Pell

**WF 403 ROCK FROM THE HEARTLAND**
Enjoy and explore the rock and rollers from Lubbock, Texas to Hobbins, Minnesota and points in between and beyond. 10-12. S. Cabot

**WF 404 ORIGAMI FOR ADULTS**
Learn the basics including how to fold cards and much more. Seven sessions. Begins Oct. 5. 10-12. M. Scheblein-Dawson

**WF 405 HEAL YOUR LIFE**
Use techniques and exercise to improve our lives using the book, You Can Heal Your Life by Louise Hay. If you are willing to love yourself more and limit thoughts and beliefs; you will gain the ability to heal every area of your life. 10-12. P. Miller

**WF 406 CONVERSATIONAL FRENCH**
Develop your skills in French conversation through vocabulary expansion and sentence structure. Prerequisite: Beginner/Refresher French or had some exposure to French. 11:15-12:15. H. Bismuth

**WF 407 TV SITCOMS**
Sitcoms have been some of the most popular and significant shows on TV. View and discuss. Four sessions: Oct. 5, 12, 19, 26. 12-2. A. Fraenkel

**WF 408 JAZZ/LATIN STRETCH CLASS**
Have some fun dancing to Jazz and Salsa with Swing and Mambo steps and stretch. 12:30-2:30. K. Sanson

**WF 409 BELLY DANCE: THE SECRET DESIRE**
Explore the finer points. Experience movement, learn, fun and relaxing way to develop self-awareness, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility and a sense of calm. Supplies needed for first class: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madsen

**WF 410 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 411 JUNK JOURNALING**
Use bits and bobs of all kinds of paper to impress your family and friends with your creative talents. Seven sessions. Begins Sept. 18. 12:30-2:30. M.J. Strauss

**WF 412 ROCK FROM THE HEARTLAND**
Enjoy and explore the rock and rollers from Lubbock, Texas to Hobbins, Minnesota and points in between and beyond. 10-12. S. Cabot

**WF 413 CONVERSATIONAL FRENCH**
Develop your skills in French conversation through vocabulary expansion and sentence structure. Prerequisite: Beginner/Refresher French or had some exposure to French. 11:15-12:15. H. Bismuth

**WF 414(ROOTS) TO THE HEARTLAND**
Explore the finer points. Experience movement, learn, fun and relaxing way to develop self-awareness, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility and a sense of calm. Supplies needed for first class: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madsen

**WF 415 BELLY DANCE: THE SECRET DESIRE**
Explore the finer points. Experience movement, learn, fun and relaxing way to develop self-awareness, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility and a sense of calm. Supplies needed for first class: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madsen

**WF 416 CONVERSATIONAL FRENCH**
Develop your skills in French conversation through vocabulary expansion and sentence structure. Prerequisite: Beginner/Refresher French or had some exposure to French. 11:15-12:15. H. Bismuth

**WF 417 TV SITCOMS**
Sitcoms have been some of the most popular and significant shows on TV. View and discuss. Four sessions: Oct. 5, 12, 19, 26. 12-2. A. Fraenkel

**WF 418 JAZZ/LATIN STRETCH CLASS**
Have some fun dancing to Jazz and Salsa with Swing and Mambo steps and stretch. 12:30-2:30. K. Sanson

**WF 419 BELLY DANCE: THE SECRET DESIRE**
Explore the finer points. Experience movement, learn, fun and relaxing way to develop self-awareness, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility and a sense of calm. Supplies needed for first class: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madsen

**WF 420 WHEELCHAIR YOGA**
Modified yoga postures to keep the body strong and flexible. Breath is used continually focusing on the mind and relaxing the body. Must be able to sit up straight in wheelchair, using a pillow if necessary. Wear socks or go barefoot needed to work the feet. Nine sessions. Begins Sept. 21. 10-11. J. Pell

**XF 101 BASIC STICKS**
Basic quilting skills and tools are reviewed. Projects include a mystery quilt, T-shirt quilt and possibly small gift ideas. 10-12. C. Poindexter-Curry

**XF 102 LET’S MOVE!**
Moderate exercise for seniors and those who want to improve fitness mobility, strength, balance and general health and wellness. Tips on better sleep, nutrition, and health are discussed. Light hand weights and exercise bands are used. Supply list emailed prior to first class. 10-12. M. J. Strauss

**XF 103 SEW QUILTY**
Basic quilting skills and tools are reviewed. Projects include a mystery quilt, T-shirt quilt and possibly small gift ideas. 10-12. C. Poindexter-Curry

**XF 104 OPERA**
See and hear a wide array of operatic performances from the archives of the Metropolitan Opera House via Zoom. Includes a free dress rehearsal at the Met. 10-12. J. Dzik

**XF 105 EXERCISE PLUS**
Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Light hand weights, exercise bands and a sticky floor mat to stabilize your chair are needed. 12:30-2:30. D. Dolan

**XF 106 PAPER FLOWERS & HOLIDAY PAPER CRAFTS**
Create several flowers including chrysanthemums, balloon flowers, a poinsettia, tropical flowers as well as paper napkins, bats, snowman and more. Supply list emailed prior to first class. Seven sessions. Begins Sept. 18. 12:30-2:30. M.J. Strauss

**FALL 2023/INTERSESSION 2024 / 11**

**BRONX**

**FRIDAYS**

**WF 501 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 502 AMERICAN SIGN LANGUAGE (A.S.L.) INTRODUCTION**
Learn the basics including how to fingerspell and communication skills. Further information emailed by instructor. 12-2. K. Brown

**MONDAYS**

**XF 104 OPERA**
See and hear a wide array of operatic performances from the archives of the Metropolitan Opera House via Zoom. Includes a free dress rehearsal at the Met. 10-12. J. Dzik

**XF 105 EXERCISE PLUS**
Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Light hand weights, exercise bands and a sticky floor mat to stabilize your chair are needed. 12:30-2:30. D. Dolan

**XF 106 PAPER FLOWERS & HOLIDAY PAPER CRAFTS**
Create several flowers including chrysanthemums, balloon flowers, a poinsettia, tropical flowers as well as paper napkins, bats, snowman and more. Supply list emailed prior to first class. Seven sessions. Begins Sept. 18. 12:30-2:30. M.J. Strauss

**TUESDAYS**

**XF 201 ZUMBA GOLD**
Combine
Latin and International dance rhythms into an energizing cardio workout. It is a safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

**XF 202 WATERCOLORS FOR ALL LEVELS** Participants can paint from suggested pictures provided by instructor or can choose their own, if desired. Some basic knowledge or watercolors needed, but not necessary. Supply list emailed prior to first class. 10-12. S. Baruchowitz

**XF 203 WRITING THROUGH FOOD THAT INSPIRES** In these extraordinary times, many have turned to food for comfort or appreciating what has been taken for granted. Join other writers and poets using food as a recipe for inspiration. Read and discuss selected contemporary prose and poetry, some of which use food as a metaphor and more. Receive prompts and have a specific write, share and discuss our work. 10-12. S. Stern

**XF 204 INTERMEDIATE BRIDGE** Explore how to enjoy and play better bridge with lessons on bidding, play and defense to those who already know how to play bridge. 10-12. P. Mehta

**XF 205 SENIORS NEED TO EXERCISE** Simple seated/standing exercises that will improve balance, mobility and flexibility. Bring light hand weights, resistance bands and a small play-ground ball to first class. 10-12. M. Aybar

**XF 206 THE COMPLETION OF THE FDR PRESIDENCY: LIFE & PRESIDENCY OF 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. 12:30-2:30. L. Hartstein

**XF 207 LET'S DANCE** Get your body ready for a nice workout to Latin rhythms with an energizing warm-up. Shines and steps to Salsa, Bachata, Merengue and Cha Cha. No partner necessary. 12:30-1:30. N. DeLaLuz

**WEDNESDAYS**

**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. Wear comfortable clothing. 10-11. M. Stevenson

**XF 302 EXERCISE FOR ARTHRITIS, BALANCE & STRETCHING** Moderate seated and standing exercises for seniors and those who want to improve their range of motion using light hand weights, towels and a stick. Learn special exercises to improve balance, strengthen knees, address stiff necks and achy fingers. Supply list emailed prior to first class. 10-11:30. M. J. Strauss

**THURSDAYS**

**XF 401 NIA TECHNIQUE** A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi and other movement forms. Wear comfortable clothing. 10-11. M. Stevenson

**XF 402 SENIORS NEED TO EXERCISE** Simple seated 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 403 QUILTING 101+** Beginners become familiar with quilting tools and terminology. Follow a step-by-step process to create beautiful, easy and memorable patchwork table runner or place mats. 10-12. M. Alvarez

**XF 404 JEWELRY** Learn the skills to create not only beautiful jewelry, but also make décor for the home. Engage in a variety of projects using beads, wire, paper and polymer clay. Supply list emailed prior to first class. 10-12. R. Demers

**XF 405 ZUMBA GOLD** Combine Latin and International Dance rhythms into an energizing cardio workout. It is a safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 11:30-12:30. M. Stevenson

**XF 406 DOO WOP: WEST COAST** Listen to the music and stories of the great groups from the West Coast. 12-2. H. Bloch

**FRIDAYS**

**XF 501 SHORT STORIES** Discuss and analyze more of his best films. Learn insider info about each film and how he developed his style. Spot his cameos and identify the ‘MacGuffins.’ 10:15-12:15. S. Friedman

**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 102 EXERCISE FOR PEOPLE WITH ARTHRITIS** Designed to increase coordination, flexibility and reduce pain and stiffness for those with arthritis. 10-12. 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 ALFRED HITCHCOCK** Watch and discuss more of his best films. Learn insider info about each film and how he developed his style. Spot his cameos and identify the ‘MacGuffins.’ 10:15-12:15. S. Friedman

**KF 105 SCHMOOZING & SWAPPING SHORT ORAL MEMOIR PIECES** Learn simple techniques to recall and polish memoirs and creative pieces. Share and connect through experiences that make us laugh, taught us lessons and more. 12:30-2:30. M. Eller

**KF 106 KUNDALINI YOGA** Learn a set of disciplines that incorporate breath, movement and meditation to maintain balance and harmony. Supply list emailed prior to first class. 12:30-2:30. C. LaBue

**KF 107 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 108 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 109 ACRYLIC PAINTING: BEGINNERS/INTERMEDIATE** Learn to paint in the quick and easy water-based medium of acrylics. Develop skills in painting portraits, still-life and landscapes. Supply list emailed prior to first class. 1-3. R. Lubell

**KF 110 ORGANIZE PHOTOGRAPHS** Organize boxes of photographs, both paper and digital, through live guided sessions. 1-3. J. Novak

**KF 111 NOIR ALLEY** View, analyze and discuss well-known and little-known and neo-noir films. 12:30-3. J. Hirsch

**TUESDAYS**

**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 207 LET'S DANCE** Get your body ready for a nice workout to Latin rhythms with an energizing warm-up. Shines and steps to Salsa, Bachata, Merengue and Cha Cha. No partner necessary. 12:30-1:30. N. DeLaLuz

**KF 101 YOGA WITH A STABILITY BALL** Gently strengthens your core muscles, maintains balance and relaxes the body. Supply list emailed prior to first class. 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. 10-12. T. Pratt

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**TUESDAYS**

**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
**WEDNESDAYS**

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

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

**KF 303 A REPertoire of LINE DANCES** Learn old- and new-line dances while working on your coordination, memory and balance while having fun. 10-12. T. Gilbert

**KF 304 TURNING POINTS IN AMERICAN HISTORY** View, discuss and play trivia on 19th and 20th century events that changed our history. Topics include Westward Expansion, suffrage, WWII, Vietnam, Watergate and more. 10-12. G. Blume

**KF 305 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 306 JAZZERCISE** Stretching and dancing to Jazz, R & B, Cha Cha, Swing, Salsa and Mambo. 12:30-2:30. K. Sanson

**KF 307 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 308 LET YOUR HEART BE LIGHT** Easy, fun techniques to help you destress, feel peaceful, greater self-appreciation, creativity and more. 12:30-2:30. M. Eller

**THURSDAYS**

**KF 401 STRETCH & RELAX** Improve flexibility and balance with gentle exercise. Learn relaxation techniques. Large towel or mat needed for class. 10-12. T. Pratt

**KF 402 ALFRED HITCHCOCK PRESENTS: THE TV SERIES** Watch and discuss the best episodes of this innovative TV series. Learn insider information about each episode and how he combined “MacGuffins”, suspense, humor and twist endings to create his unique style. 10-12. S. Friedman

**KF 403 WORLD WAR II UNSUNG HEROES** View and discuss key events in the European and Pacific fronts through the stories of everyday people from select WWII Up Close & Personal recordings. 10-12. G. Blume

**KF 404 YOUR LIFE STORY & LEGACY: AN INTERACTIVE DISCUSSION GROUP** Go through activities and engage in discussion to unpack your life story and plan for your next chapter. Brainstorm and share your work in critique groups while learning about traditional and self-publishing. 1-3. J. Novak

**FRIDAYS**

**KF 501 CHORUS** Have fun singing various genres of music. Learn breathing exercises during vocal warm-ups to develop intonation and beauty of tone in singing. 10 – 12. J. DeRanieri

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

**KF 503 ACRYLIC PAINTING & PASTELS** Learn the basics of painting emphasizing drawing, composition, value and color theory. Explore techniques. Supply list emailed prior to first class. 10:30-12:30. J. Lippmann

**KF 504 CHAIR ZUMBA** Seated dance fitness that incorporates movements to improve overall energy and strength. 12:30-2:30. T. Gilbert

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

**KF 506 DOLLMAKING** Explore cloth dollmaking from start to finish. Basic sewing skill required. Supply list emailed prior to first class. 12:30-2:30. N. Rabatin

**KF 507 PUBLISHING 101: GET AN AGENT OR SELF-PUBLISH** Learn all about how to get your work published. 1-3. J. Novak

**MANHATTAN**

**MONDAYS**

**MF 101 TAI CHI** Qi Gong and Tai Chi focus on mind, natural breathing and execution of internal energy and postures. You may register for MF 101 or MF 301, but not both. 9:15-10:15. P. Tang

**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 MASTERS OF MODERN ART** An in-depth look at the most important artists of the 20th 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 202, but not both. 10:30-12. G. Lichter

**MF 105 ITALIAN CONVERSATION FOR BEGINNERS** Learn the basics of Italian conversation. 12:30-2:30. L. Frisica

**MF 106 MASTERS OF MODERN ART** An in-depth look at the most important artists of the 20th Century. You may register for either MF 103 or MF 106, but not both. 12:30-2:30. M. Meyer

**MF 107 ZUMBA GOLD FITNESS** Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:30-2:30. B. Sayegh

**TUESDAYS**

**MF 201 THE WRITER’S CRAFT** Turn ordinary moments into extraordinary poetry and prose. Analyze and enjoy the work of established poets and writers and apply their craft to your own writing. 9:45-11:45. M. Mangot

**MF 202 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 202, but not both. 10-11:30. G. Lichter

**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 301 TAI CHI** Qi Gong and Tai Chi focus on mind, natural breathing and execution of internal energy and postures. You may register for MF 101 or MF 301, but not both. 9:15-10:15. P. Tang

**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 AMERICAN POLITICAL CRISIS** Discuss our nation’s crises from its founding such as revolution, economic depression, the Civil War, the Cold War and territorial disputes – the causes, resolutions and effects. 10-12. J. Butterfield

**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. Seven sessions. Begins Sept. 19. 10-12. J. Rossi


**MF 208 MIDDLE EASTERN DANCING** Ancient art of belly dancing. Enjoy Arabic, North African and Turkish movements while listening to beautiful music. All levels. 12:30-2:30. A. Beeman

**WEDNESDAYS**

**MF 301 TAI CHI** Qi Gong and Tai Chi focus on mind, natural breathing and execution of internal energy and postures. You may register for MF 101 or MF 301, but not both. 9:15-10:15. P. Tang

**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
THURSDAYS

MF 304 FITNESS FUSION Set to music, combine low-impact cardio and strength training along with some chair yoga while developing flexibility and balance. Light weights may be used. 12:30-2:30. K. Paholek

MF 305 BEADING BASICS Create necklaces, bracelets and earrings using basic beads and techniques. 12:30-3. V. Hall

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

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

MF 308 ITALIAN INTERMEDIATE Learn “La Bella Lingua” through reading, writing, listening, speaking and interaction as well as grammar, vocabulary and everyday phrases and expressions. Required book: Italian Made Simple by Cristina Mazzoni. 10-12. J. Zarb

MF 309 ASIAN BRUSH PAINTING Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. All levels. Supply list emailed prior to first class. 10-12. P. Siudzinski

MF 310 INTERNATIONAL CINEMA View and discuss thought-provoking films from various countries around the world. 12-2:30. J. Worth

MF 505 RETIREES READ BOOK CLUB GROUP B Read and discuss a different book for every class. Read The Magician by Colm Toibin for first class. Other books chosen after discussion. Four sessions: Sept. 15; Oct. 6, 27; Nov. 17. You may register for MF 455 or MF 505, but not both. 12:30-2:30. M. Garvey

MF 506 WATERCOLOR PAINTING: BEGINNER/INTERMEDIATE Develop your artistic ability painting landscapes, flowers and animals. Supply list emailed prior to first class. You may register for either MF 405 or MF 506, but not both. 12:30-2:30. P. Siudzinski


QF 102 ZUMBA PILATES Dance with Latin and International music followed by Pilates chair with weights. 10-12. M. Gonzalez

QF 103 TAII CHI (TAJJ) Learn and practice the basic principles and movements of this traditional Chinese Chen-style Taijiquan to relax the whole body, improve circulation, and stay healthy. Wear comfortable shoes and clothing. Tai Chi fan needed. 10 – 12. Y. H. Wang

QF 104 MINDSET MATTERS Discover how what you think matters to your health and wellness. The mind is your superpower for change. Required textbook: The Shift by Gary Foster. 10-12. E. Perkins

QF 105 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. 10-1. R. Presser

QF 106 SEWING 101:BEGINNERS Learn the rudiments of sewing machine and how to use it as well as how to read and measure for pattern size, select fabric, pattern layout, cut and sew to complete garments. Supply list emailed prior to first class. 10-1. L. Baptist

QF 107 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS Learn how to paint in the impressionistic style using still-life and photos. Each class begins with a demonstration. Supply list emailed prior to first class. 10-1. C. DeCeglie

QF 108 GUITAR: BEGINNERS Learn the rudiments of guitar playing that includes note reading, chord playing, fingerpicking patterns, basic music theory and tuning the guitar. Required books: Alfred’s Basic Guitar Theory Levels 1 & 2 - 3rd Edition; Easy Folksongs for the Guitar by Hank Eberle; Mel Bay Guitar Method Grade 1, Expanded Edition. Guitar tuner, picks, capo, extra strings and nylon string instruments recommended. 1-3. M. Patelson

QF 201 SPANISH FOR BEGINNERS Learn introductions, personal identification, family and basic travel questions. Required book information emailed prior to first class. 9:30-11:30. L. Veit

QF 202 GENTLE HATHA YOGA Learn and practice the basic principles and movements of yoga mindfulfully. 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 203 CARD-MAKING & GIFT PAPER CREATIONS Learn how to make cards and gifting items for all seasons. Supply list emailed prior to first class. Any questions on purchasing materials email Rose at origlama@aol.com. 10-12. R. Malinconico

QF 204 DRAWING & SKETCHING: BEGINNER Learn the basics. Use charcoal and pencil to explore black and white media. Supply list emailed prior to first class. You may register for QF 204 (remote) or QF 251 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 10-12. C. DeCeglie

QF 205 QUILTINING Designed for beginners to advanced. Work with blocks made with jelly rolls and fat quarters. Supply list emailed prior to first class. 10–1. R. Cooper

QF 206 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); Alfred’s Complete Essentials of Music Theory; Scale and Chord Book 2 by Nancy and Randall Faber. 10-2. M. Patelson

QF 207 LEARN 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 needs, create slideshows/movies and become familiar with apps. 11-2. A. Cumba

QF 208 MEDITATION: PEACEFUL MIND Learn the principles of meditation and how to develop a meditation practice. 10-2. A. Z. Miller

QF 209-aged BEYOND: HIPPIE YOGA Learn breathing techniques, how to flow and how to feel alive. 12:30-2:30. S. Grant


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

QF 302 CHAIR YOGA WITH A TWIST: ALL LEVELS Engage your mind, body and spirit while synchronizing your breath with Vinyasa flow. Achieve mental and emotional balance. 10:30–11:30. E. Takamori
physical balance, flexibility and build strength using movement and breathwork to you towards self-care and wellness. Chair and yoga strap needed. 10-12. T. Guillou

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

**QF 304 BASIC BEADED JEWELRY MAKING FOR BEGINNERS** Explore multiple options to create beaded jewelry. Decide on a length to make necklaces, bracelets, anklets and multiple wrap items. Techniques include bead stringing and bead weaving with needle and thread. Supply list emailed prior to first class. 10-1. K. Koppinger

**QF 305 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 Adult All-In-One course* (Lesson, Theory, Technique Level 1 – spiral bound) and *Alfred’s Essentials of Music Theory Complete*. 10-2. Michael Patelson

**QF 306 PASTEL PAINTING** Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos students choose. Supply list emailed prior to first class. You may register for QF 306 (remote) or QF 351 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 10:30-1:30. C. DeCeglie

**QF 307 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE** Review basic line dance steps. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Wear comfortable clothes and shoes. 11:15 – 12:15. R. Hogans

**QF 308 ZUMBA GOLD** Learn this dance program inspired by Latin rhythms that has been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 12:30 – 1:30. J. Maleeq

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

**QF 310 BAKING 105** 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. No class: Oct. 4, 11; Nov. 1. 1-3. L. Baker-Simon

**QF 311 GET FIT WITH KICKBOXING & BALANCE** Experience a full body workout combining martial arts with cardio. Class helps with body coordination, improve cardio. Helps reaction time and prevent falls. Stable chair needed. Beginners and advanced welcome. 2-3. C. Mitchell

**THURSDAYS**

**QF 401 ORAGAMI: JAPANESE ART OF PAPER FOLDING** Learn how to coax pieces of paper into some lovely and fun creations including flowers, gift containers, jewelry and more. Paper requirements are emailed prior to first class. Any questions on purchasing papers, please email Rose at origrama@aol.com. 10-12. R. Malinconico

**QF 402 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. Required book: *Alfred’s Essential of Music Theory Complete* (ISBN 10: 0882849767). Access to a keyboard and manuscript paper are required. 10-12. M. Patelson

**QF 403 CLASSICS OF HOLLYWOOD OLDIES** Learn the basics of drawing the human form on paper. Supplies needed: #2 pencils (art pencils/charcoal accepted), large pencils/charcoal accepted), large supplies needed: #2 pencils (art pencils/charcoal accepted), large pencils/charcoal accepted), large supplies needed: #2 pencils (art pencils/charcoal accepted), large

**QF 404 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. Supply list emailed prior to first class by instructor. 10-30-1:30. C. DeCeglie

**QF 405 HOW TO USE YOUR ANDROID PHONE OR TABLET** Learn to utilize these devices to meet your needs, organize your schedule, create projects and become familiar with apps. 11-2. A. Cumba

**QF 406 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 407 MATURE MOVES** Lively and energizing easy-does-it aerobic and calisthenic workout. Loose clothing and sneakers required. Check fitness with your doctor. 12:30-2:30. J. Maleeq

**QF 408 MUSIC THEORY: ADVANCED** For those who wish to expand and explore music theory in fuller depth. 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. Required book: *Alfred’s Essential of Music Theory Complete* (ISBN 10: 0882849767). Access to a keyboard and manuscript paper are required. 1-3. M. Patelson

**FRIDAYS**


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

**QF 503 FITNESS FOR LIVING** Whole body wellness approach for total body conditioning to improve strength, endurance, balance, range of motion and flexibility. Includes stretching, cardio, toning and fun. Wear loose clothing and sneakers. Chair, light hand weights, exercise bands/strap and small light ball are required. 10-12- T. Guillou


**QF 505 OPERA** Explore great operas of the French repertoire. Operas include Carmen, Faust, La Fille du Regime, Samson et Dalila and more via Zoom. Free dress rehearsal at the Metropolitan Opera. 10-12. 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. Supply list emailed prior to first class. 10-1. R. Cooper

**QF 507 ACRYLIC PAINTING** Learn application and technique with emphasis on individual expression, the study of color and composition and design. Be ready to paint for first class. Supply list emailed prior to first class. 10-1. C. Murrell

**QF 508 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/Adult Course All-In-One Level 1 Course* (Lesson, Theory, Technique – Level 1) and *Alfred’s Complete Essentials of Music Theory, Scale and Chord Book 2 by Nancy Faber* (ISBN: 1616776625). 10-2. M. Patelson

**QF 509 MINDFUL YOGA** Explore yoga in this creative vinyasa flow to engage your mind, body and spirit. Synchronize your breath with movement. Learn how to leverage yoga for self-care and overall wellness by building strength, physical balance and flexibility. Yoga mat and strap needed for first class. Optional: blanket or small pillow, two yoga blocks or large hand-covered books for support. 1-3. T. Guillou

**STATEN ISLAND**

**MONDAYS**

**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. Supplies needed: #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. L. Dubeau

**RF 103 ZUMBA GOLD BODY WORK** Enhance your Zumba with body work using toning sticks. Chair optional. Proper clothing and sneakers required. 10-12. M. Deturris
TUESDAYS

RF 201 QUILLING...not QUILLING FOR BEGINNERS Quilling, or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. The Baiyun quilling kit for beginners can be purchased on Amazon.com (approx. $35) is suggested. Please have kit for first class. 9:30-11:30. 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 enjoy lively discussions with like-minded bibliophiles. Read The Stationery Shop by Marjan Kamali for first class. Class on Nov. 7 will be held from 3-5 pm for a special guest. 10-12. L. Baum

RF 205 PARLEZ-VOUS FRANCAIS? Learn how to speak French such as common words and phrases for future travel or for fun. For those with little or no experience. Different theme each week. Supply list emailed prior to first class. Begins Sept. 14. No class: Oct. 5, 12. 10-12. M. Rogers

RF 302 CHORALEERS Celebrate the holidays by singing with the Choraleers. All you need is a love of the music and singing. You may register for RF 302 (remote) or RF 355 (in-person), but not both. No substituting in-person for remote or remote for in-person on a weekly basis. 9:30-11:30. D. DeOrio

RF 303 TOWARD THE END OF THE CONFEDERACY A detailed study of the important events and battles of the Civil War after Robert E. Lee’s defeat at Gettysburg. The Battle of Chattanooga and many more are highlighted. 9:30-12. L. Warner


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

RF 306 A JOURNEY OF POPULAR MUSIC THROUGH THE DECADES Post WWII to present day – Swing, Blues, Rock, Disco and more. Reminisce about teen idols and share your experiences and interests. 12:30-2:30. S. Blaine

RF 307 THE POET IN YOU Explore, nurture and develop your inner poet in a welcoming and supportive class. Bring one of your poems to the first class. 12:30-2:30. A. Wing

RF 308 CANASTA For those who would like to learn the game or brush up. Pick-up valuable strategies for successful play. Six consecutive sessions. Begins Sept. 13. 12:30-2:30. A. Bass

RF 309 A STUDY OF ANDREW WYETH’S WORK For those who have prior experience working with watercolors. Paint as you study Wyeth’s watercolor work, his compositions, color palette and subject matter. Supply list emailed prior to first class. 12:30-2:30. K. Fieramosca

RF 310 WATERCOLORS: ALL LEVELS Learn various methods such as wet on wet and layering to create one-of-a-kind watercolor painting through color, value and composition. Supply list emailed prior to first class. No class: Nov. 1. 9:30-11:30. W. Carnevale

FLORIDA CENTER TUESDAYS

FF 201 SHOULD RETIREES GET MOST OF THEIR INFORMATION FROM THE MAIN STREAM MEDIA (MSM)? Let’s look at MSM including “gold standards” like the NY Times, 60 Minutes, NPR and other news outlets and media sources – the internet, social media and apps. Are retired Americans making a mistake when it comes to information by being “loyal” to MSM? Five consecutive sessions. 10-12. E. Weinstein

FF 202 GET SOME PERSPECTIVE: BEGINNERS Learn fundamentals of 1 & 2-point perspective, how to develop your vision of 3D onto a 2D surface and create the illusion of depth. Technical skills learned can be applied to freehand sketching, painting and illustrating. Supply list emailed prior to first class. Six consecutive sessions. 10-12. J. Fisher

FF 203 HOLLYWOOD CLASSICS: OLD & NEW Some of the greatest films ever made still stand the test of time. Notice new things at each viewing. Explore the reasons these films remain classics. 10-11. R. Presser

FF 204 SAY YES TO ACRYLICS ONLINE PAINT PARTY Follow step-by-step instruction or “go rogue” to create your own work of art. Relax and embrace your own style. Supply list emailed prior to first class. 3-5. A. Davis, MSW

FF 205 CORE & MORE Work the whole body both seated and standing using a chair and a long stretch band with an emphasis on the core. Gentle, but effective. 4:30-5:30. L. Fechter

FF 206 MIND & ALIGN Learn about meditation, breathwork and the benefits of the two to help relax your mind and body. Learn how to tap into your own true power and live with the strength and capabilities to handle everyday stressors. 6 pm-7 pm. B. Rhea

WEDNESDAYS

RF 301 WATERCOLORS: ALL LEVELS Learn various methods such as wet on wet and layering to create one-of-a-kind watercolor painting through color, value and composition. Supply list emailed prior to first class. No class: Nov. 1. 9:30-11:30. W. Carnevale

RF 302 MANDARIN CHINESE FOR BEGINNERS Learn to speak simple sentences in Chinese about every day topics. Chinese culture and writing system will be introduced. 11-1:30. G. Lichter

RF 401 CONVERSATIONAL SPANISH FOR ADVANCED BEGINNERS Progress in grammar, speaking and reading. Pre-requisite: a minimum of three semesters of Spanish. Required books: Must Know High School Basic Spanish by Jean Yates, PhD and Easy Spanish Reader by William T. Tardy. 9:30-11:30. L. Veit

WEDNESDAYS

RF 307 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. Supply list emailed prior to first class. Six consecutive sessions. 10-12. J. Fisher

RF 308 SMART PHONE PHOTOGRAPHY PHUN Learn to take great photos with your Android or i-Phone during this hands-on experience. Five consecutive sessions. Begins Oct. 11. 11-1. L. Goradesky

RF 309 SAY YES TO ZENTANGLING IN DETAIL Review the basics and embark on an exploration designed to hone your zentangling abilities while learning specific tangles, applying them to larger projects and sharing with other tanglers. No artistic skills needed. Supply list emailed prior to first class. 6 pm-8 pm. A. Davis, MSW.

THURSDAYS

RF 401 LET’S DRAW WITH COLORED PENCILS Thumbnails, sketches, color and blending in one finished drawing. Supply list emailed prior to first class. Seven sessions. Begins Sept. 14. No class: Oct. 5, 12. 10-12:30. M. Rogers

RF 402 CALLING ALL ARTISTS & WRITERS: LET WOMEN ARTISTS OF THE MODERN ERA INSPIRE YOU View the artwork of famous women artists, their styles, lives and challenges. With prompts and tips, create your own visual art and writing from painting and drawing to poetry and essays with prompts and tips. Eight consecutive sessions. 12:30-3. B. Lowenberg

RF 403 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. Supply list emailed prior to first class. Six consecutive sessions. 10-12. J. Fisher

RF 404 MEMORIAL WRITING FOR ALL Share and preserve your family’s history or let the world know your story. Learn how to write your personal story or stories of relatives who are no longer with us, using a narrative style. 3-5. D. Wind
REMOTE SEMINARS

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

BRONX

MONDAYS

XF 805 PAPER FLOWERS MAKING BASICS Create simple paper flowers using Astrobrites copy paper. Learn how to make rolled stems using a wooden skewer, different kinds of centers and various leaves and petals. Make a hibiscus and lavender stalk. Supply list emailed prior to class. Good foundation if you are taking paper flow-er holiday paper crafts. Monday, Sept. 11, 12:30-2:30. M.J. Strauss

XF 806 REACHING FOR YOUR BET-TER SELF Explore and use practical applications from science-based strategies and techniques that offer the potential for feeling lessed stress and better re-lationships with others. Two Thursday sessions: Sept. 14, 21. 12:30-2:30. $4. R. Demers

STATEN ISLAND

RF 805 TAKING BETTER PHOTOS FOR APPLE IPHONE/IPAD USERS ONLY Learn to use the settings, pin your cam-era and find apps that can help make your photos better. Friday, Sept. 15. 10-12. S. Cabot

RF 806 FALL CLEANING & DECLUT-TERING Learn what to clean first and take the overwhelm out of decluttering with live guided tidy sessions during class. Two Friday sessions: Sept. 15, 22. 10-12. $4. J. Novak

RF 807 SEVEN FOODS TO EAT DAILY FOR OPTIMAL WELLNESS WITH CHEF NINA Thrive with a winning routine that allows a ton of culinary cre-ativity and variety too. Cook along or just watch and enjoy the conversation. Supply list emailed prior to first class. Three Friday sessions: Sept. 15, 22, 29. 10-12. $6. N. Kauder

RF 808 STREAMING: CUTTING THE CORD Learn the difference between streaming and cable. How they work, the cost and what they provide. Friday, Sept. 22. 10-12. S. Cabot

RF 809 MANAGING YOUR PASS-WORDS 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, Sept. 29. 10-12. S. Cabot

RF 810 MICRO-ORGANIZING it’s a new trend of teeny-tiny organizing proj-ects that make a big difference. Tidy up live during class with bite-size projects for your whole home. Two Friday ses-sions: Sept. 29, Oct. 6. 10-12. $4. J. Novak

RF 811 DADA, SURREALISM & FANTASY ART There is an assump-tion that we see in nature should correspond to the forms that an artist paints. Modern art broke with this idea in the decades after WW1. Friday, Oct. 6. 10-12. M. Corti

RF 812 USING GOOGLE FOR MORE THAN SEARCH Google offers dozens of free features to make your life easier including word processing, organizing photos, keeping track of your important dates, fitness and more.

Three Friday sessions: Oct. 6, 13, 20. 10-12. $6. S. Cabot

RF 813 ANIMATION: A BRIEF STUDY OF CARTOONS OLD & NEW Explore the history of such greats as Disney, Hanna-Barbera, Warner Bros. and currents like The Simpsons, Gibili Studios and more. Friday, Oct. 13. 10-12. E. Levitt

RF 814 SAVE TIME & ORGANIZE IN ONE NOTEBOOK Learn how to create a personal notebook to keep all your information at your fingertips. Two Friday sessions: Oct. 13, 20. 10-12. $4. J. Novak

RF 815 WOMEN IN SPORTS: THEN & NOW Achievements in tennis, gymnastics, basketball, soccer, the Olympics, milestones such as Title IX, the contro-versial transgender issue and more. Friday, Oct. 20. E. Levitt

RF 816 KNOW YOUR ANCESTORS Find out about the best paid and free sites to learn about your forebears. Discover ways to find, organize and present your information. Two Friday sessions: Oct. 27; Nov. 3. 10-12. $4. S. Cabot

RF 817 THE GREAT CLOSET CLEA-NOUT Clean out the clothes, hall, linen and utility closets overflowing with stuff. Guided thorough sorting sessions to tidy up. Two Friday sessions: Oct. 27; Nov. 3. 10-12. $4. J. Novak

RF 818 INTRODUCTION TO ANCIENT EGYPT Learn the history, culture, geo-graphical and cultural characteristics that made the Ancient Egyptians such fascinating people who emerged on the banks of the Nile River about 5,000 years ago. Friday, Nov. 3. 10-12. L. Warner

RF 819 THE FUTURE OF CARS Californi-a and NY have set an end date for the sale of traditional internal combustion engine cars in favor of zero emission vehicles. How will it affect you? What are the alternatives? Friday, Nov. 17. 10-12. L. Warner

RF 820 MONUMENTS OF ANCIENT EGYPT ALONG THE NILE The great temples, pyramids, statues and cities that lie in ruins along the Nile River represent the remains of the once great civilizations of Egypt’s Old Kingdom, Middle Kingdom and New Kingdom. Friday, Nov. 17. 10-12. L. Warner

NASSAU/ SUFFOLK

NF 805 POETRY WRITING FOR EVERYONE Generate new poems in a supportive atmosphere. Read and discuss poems in free verse and use them as a jumping point – begin writ-ing. Opportunities to read and re-AD SING-A-LONG WITH JOE Have fun while singing along to some of your favorite Broadway show tunes while the instructor plays his piano. Reap the physical and mental benefits of a shared musical experience. Two Thursday sessions: Sept. 14, 21. 3:30-5. $4. J. Howard

NF 806 SING-A-LONG WITH JOE Have fun while singing along to some of your favorite Broadway show tunes while the instructor plays his piano. Reap the physical and mental benefits of a shared musical experience. Two Thursday sessions: Sept. 14, 21. 3:30-5. $4. J. Howard

NF 807 RETIREE READ BOOK CLUB Read and discuss one book a month. Read Lessons in Chemistry by Bonnie Garmus for first class. Group chooses other books – fiction/non-fiction. Three Monday sessions; Sept. 18; Oct. 16; Nov. 13. 10-12. $6. B. Mignano

UF 805 THE ROSENBERGS: THE CONTROVERSIAL ESPIONAGE CASE THAT ROCKED THE NATION Examine the events that led up to the trial, prosecution and defense presentations, the appeals and ultimate execution of the Rosenbergs. Decide for yourself at the end of the presentation as to their innocence or guilt. Thursday, Sept. 21. 1-3. H. Ehrlich

UF 806 OUR PRESIDENTS IN RETIREMENT Did you ever wonder what our past presidents did in their retirement? Take a look back to see how our past chief executives spent those precious years of their lives. Thursday, Oct. 5. 1-3. H. Ehrlich

UF 807 WHAT’S YOUR BEST GUESS? Let’s have FUN! Use your knowledge or best guess to answer questions on Broadway shows, films, music, sports, people and places from 1914 to present. View video and music selections. Thursday, Oct. 19. 1-3. R. Yordan

UF 808 ACHIEVING YOUR GOALS & THRIVING IN RETIREMENT We should never stop achieving our goals even in retirement. Let’s join together and start (or continue) this exciting journey to accomplish these goals. Monday, Oct. 23. 5:30-7:30 pm. E. Brody

UF 809 THE MUSIC OF KANDER & EBB You may not know their names, but you certainly are familiar with their music! John Kander and Fred Ebb were a highly successful American songwriting team that are primarily known for stage musicals including Cabaret, Chicago and much more. They also scored several movies and musicals.
wrote an amount of material associated with Chita Rivera and Liza Minnelli. Two Thursday sessions: Oct. 26; Nov. 9. 10-12. $4. P. Gallagher

UF 810 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices including how to recognize scams, phishing and avoiding hacking attempts. Monday, Oct. 30. 5:30-7:30 pm. 10-12. J. Goklevent

UF 811 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM BUT WERE AFRAID TO ASK! FOR BEGINNERS ZOOM has become an indispensable tool in our lives. Learn the basics such as account setup, create meetings, hosting (co-hosting) meetings and much more. Thursday, Nov. 2. 10-12. B. Kleinman

UF 812 DOLLS AS COLLECTIBLES & HISTORICAL ARTIFACTS The doll is not only a child’s toy, but a reflection of society’s culture and a record of period influences. Learn how the study of dolls crosses many different areas of study. Two Monday sessions: Nov. 6, 13. 5:30-7:30 pm. $4. L. Nardone

UF 813 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. Tuesday, Nov. 7. 7-11. J. Goklevent

UF 814 MICROSOFT WORD: GET MORE OUT OF THIS PROGRAM! Discover some advanced features including how to use keyboard shortcuts, creating a private file to save sensitive information and much more. Learn to type a letter or resume using the program menu and utilizing many functions. Two Thursday sessions: Nov. 9, 16. 1-3. $4. N. Tricouros

UF 815 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ZOOM BUT WERE AFRAID TO ASK!: INTERMEDIATE/ADVANCED If you’re not new to the ZOOM platform and want to learn more advanced techniques such as break-out room setup, settings, and how to get the most from your meeting and more - then this class is for you! Thursday, Nov. 16. 10-12. B. Kleinman

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 ever-changing technology. Set-up a meeting, create Zoom accounts, breakout rooms and more. Two Monday sessions: Sept. 11, 18. 10-12. $6. M. Levine

JF 806 OUT OF THE WHIRLWIND: RESOURCES TO LOCATE HOLOCAUST SURVIVORS Review the best and some obscure resources and methods for determining the fate of those involved in the Holocaust with the daughter of two Holocaust survivors. Q & A follows presentation. Tuesday, Sept. 12. 9:30-11:30. D. Long

JF 807 FROM AUSCHWITZ TO BROOKLYN: A FAMILY’S JOURNEY The presenter shares his family’s struggles to survive in Hungary under Nazism and then Communism and their escape to the USA. Wednesday, Sept. 27. 10-12. P. Rosenfeld

JF 808 KOSHER COOKING AROUND THE WORLD Prepare Chinese dishes, Italian specialties and Mexican delicacies while in the comfort of your own kitchen. Three Wednesday sessions: Oct. 11, 25; Nov. 1. 12:30-3:30. $6. I. Marcus

JF 809 COOK DELICIOUS PLANT-BASED MEALS Learn three delicious, easy-to-prepare, plant-based meals and tips on how to incorporate more nutrient-rich, budget-friendly whole plant foods into any meal. Three Wednesday sessions: Nov. 1, 8, 15. 5:30-7:30. $6. D. Aronson

WESTCHESTER/ROCKLAND/PUTNAM SECTION

WF 805 EFT TAPPING: FEEL BETTER FAST Learn how tapping gently on certain acupuncture points on your body while reviewing how particular thoughts can bring you to a calmer state of being. Two Monday sessions: Sept. 11, 18. 10-12. $4. R. Demers

WF 806 MONDAY MORNING BOOK CLUB Discuss and share thoughts on books chosen by class. Read Mad Honey by Jodi Picoult and Jennifer Finney Boylan for first class. Three Monday sessions: Sept. 11; Oct. 2; Nov. 6. 10-12. $6. B. Naliboff

WF 807 AUTHOR VISIT BOOK CLUB Three different authors discuss their books with the group. Meet Heather Webb (The Night Ship Home); Sadequa Johnson (The House of Eve) and Noelle Salazar (The Flight Girls). Three Monday sessions: Sept. 18; Oct. 16; Nov. 13. 10-12. $6. J. Frutkin

WF 808 INTERNET PRIVACY & SAFETY Learn how to protect yourself and keep information safe and secure from prying eyes both online and offline. Wednesday, Sept. 27. 10-12. S. Cabot

WF 809 IMPROVE THE QUALITY OF YOUR SLEEP Poor sleep is a major health problem and has a profound effect on your well-being. Science-backed evidence that helps with your sleep and teaches ways to turn on relaxation responses provided. Two Monday sessions: Oct. 2, 16. 10-12. $4. R. Demers

WF 810 PROTECTING YOURSELF FROM FRAUDSTERS & SCAMMERS Learn how to keep yourself safe from those who want to take your information (passwords, money etc.). Wednesday, Oct. 11. 10-12. S. Cabot

WF 811 UNDERSTANDING ARTIFICIAL INTELLIGENCE What is AI? Chat GPT? How will the expanded use of artificial intelligence affect your life? Find out all you need to know. Wednesday, Nov. 15. 10-12. S. Cabot

REMOTE INTERSESSION COURSES

Unless otherwise noted, courses and seminars begin on Tuesday, January 9, 2024 and conclude Thursday, February 8, 2024. Please remember to complete the appropriate registration form for either New York or Florida Intersession courses/seminars. Intersession 2022 and Florida Intersession 2022 are two separate programs. Do not combine them on one form.

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

BRONX

Coordinator: Tom Whitman

TUESDAYS

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

XI 201 ZUMBA GOLD Combine Latin and International dance rhythms such as salsa, merengue, tango and cha-cha into an energizing cardio workout. It is

a safe and total body workout. Movements are modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

XI 202 CLUSTERED GEMS LAYER CAKE QUILT TOP Follow step-by-step process to create a beautiful and memorable quilt top using a layer cake. Options are given for a mini or large quilt. Directions and supplies emailed prior to first class. 10-12. M. Alvarez

XI 203 WRITING THROUGH FOOD THAT INSPIRES Become inspired with other writers and poets in a workshop that uses food as a recipe for inspiration. Read and discuss selected contemporary and traditional prose and poetry with some using food as a metaphor. Write, share and discuss their own work. 10-12. S. Stern

XI 204 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, Tai Kwon Do and other movement forms. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XI 205 EXERCISE PLUS Blend of exercises designed to tone, strengthen and
increase stamina and flexibility. Low impact aerobics included and lifestyle tips to enhance total well-being. Light hand weights, exercise bands and sticky floor mat to stabilize your chair is needed. 12:30-2. D. Dolan

WEDNESDAYS
Jan. 10, 17, 24, 31; Feb. 7
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 TAIJI (TAI CHI) Introduction and practice of Chinese traditional Chen-style Taijiquan, Baduanjin and traditional Taiji fan. Simple and easy to learn. It can relax the whole body, improve blood circulation and keep healthy. 10-12. A. Wang

XI 303 AGELESS GRACE: TIMELESS FIT & BALANCE A gentle seated full body workout done to upbeat lively music. Focus on joint mobility, spinal flexibility, balance, strength and breath work. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XI 304 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics included and lifestyle tips to enhance total well-being. Light hand weights, exercise bands and sticky floor mat to stabilize your chair is needed. 12:30-2. D. Dolan

BROOKLYN

Coordinator: Evelyn Dorell

TUESDAYS
Jan. 9, 16, 23, 30; Feb. 6
KI 201 YOGA WITH A STABILITY BALL Gently strengthen your core muscles, maintain balance and relax the body. Supply list emailed prior to first class. 10-11. C. LaBue

KI 202 QI GONG A traditional Chinese practice using breathing techniques and a series of movements to promote health and well-being. Wear comfortable clothing. 10-11. T. Valentino

KI 203 BETTER SLEEP THROUGH MEDITATION Learn to practice research-based, deep relaxation techniques during the day to promote better sleep quality at night. Large towel or mat needed. 10-12. T. Pratt

KI 204 CROCHET PATTERNS Learn how to read crochet patterns. 10-12. P. Williams

KI 205 INTRO TO 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 206 INTERMEDIATE CROCHET Work on individual projects with assistance from instructor. Not for beginners. 12:30-2:30. P. Williams

KI 207 YOGA A set of mental and physical exercises using breath, movement and meditation. Yoga mat and towel needed. 12:30-2:30. C. LaBue

KI 208 ZUMBA GOLD Focus on improving muscle strength, posture, mobility and conditioning. 12:30-2:30. T. Gilbert

KI 209 KANTA QUILTING Using a traditional Indian embroidery technique to learn this colorful art of quilting. 10-12. N. Rabatin

KI 210 TECHNIQUES IN MEMOIR WRITING View works of published authors to discern their writing techniques. Incorporate these techniques while writing in class and share our work. 10-12. D. White

KI 211 STRETCH & RELAX Improve flexibility and balance with gentle exercise. Learn relaxation techniques. A mat or large towel needed for class. 10-12. T. Pratt

KI 212 BOLLYWOOD & BELLYDANCE: ALL LEVELS Enjoy sampling dance movements from the Middle East and Bollywood movies. 10-12. A. Beeman

KI 213 SHORT STORIES INSPIRED BY EDWARD HOPPER Numerous writers drew inspiration from Edward Hoppers painted subjects that depicted loneliness, solitude and serenity to write short stories. Discussion will be using In Sunlight or in Shadows: Stories Inspired by the Paintings of Edward Hopper. 10:30-12. J. Hirsch

KI 214 JAZZERCISE Stretching and dancing to Jazz, Rhythm & Blues, Cha Cha, Swing, Salsa and Mambo. 12:30-2:30. K. Sanson

KI 215 POLYMER CLAY: INTERMEDIATE Learn to condition clay to create necklaces, earrings, pendants and brooches. Supply list emailed prior to first class. 12:30-2:30. V. Hall

KI 216 SHORT STORY BOOK CLUB Discuss short stories by well-known authors. Read I Stand Here Ironing by Tillie Olsen for first class. 1-3. B. Bolton

KI 301 FILM COMEDIES View and discuss classic comedies. 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

MANHATTAN

Coordinator: Jo-An Hauptman

TUESDAYS
Jan. 9, 16, 23, 30; Feb. 6
CI 201 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. 9:45-11:45. M. Mangot

CI 202 SHORT STORIES INTO FILM Discuss short stories by crime writer, Cornell Woolrich (aka William Irish), followed by a screening of the film adaptation. Discuss the merits of both the film and literary story. 9:45-12:15. W. Wyss

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

CI 204 RETIREES READ BOOK CLUB Read and discuss a short story each week. Read Foster by Clair Keegan for first class. Other short stories are available online and sent prior to class. 10-12. M. Garvey

CI 205 INTERNATIONAL FILMS View and discuss a variety of thought-provoking international films from around the world. 12-3. J. Worth

CI 206 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 12:15-2:15. B Sayegh


CI 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

WEDNESDAYS
Jan. 10, 17, 24, 31; Feb. 7
CI 301 FILM COMEDIES View and discuss classic comedies. 9:45-12:15. C. Friedman

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

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

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

CI 305 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light weight needed for class. 11-12:30. G. Lichter

CI 306 ITALIAN CINEMA View and discuss thought-provoking Italian films. Films are shown with English subtitles. Discussion in English. 12:15-2:45. J. Worth

CI 307 SHORT STORIES Reading and discussion of contemporary literature by George Saunders. Required book: Tenth of December. Read “Victory Lap” and “Sticks” for first class. 12:30-2:30. A. Zuckerberg

CI 308 WATERCOLOR PAINTING: BEGINNERS/INTERMEDIATES Develop your artistic ability painting landscapes, flowers and animals. Supplies needed: watercolor set, brush and pad. 12:30-2:30. P. Siudzinski

CI 309 COMEDY: THE STUDY OF GEORGE CARLIN Analyze the professional and private life of George Carlin. A detailed discussion of the Seven Words You Can’t Say is also examined. Carlin’s work seems more relevant than ever. 1-3. P. Herzich

THURSDAYS
Jan. 11, 18, 25; Feb. 1, 8
CI 401 BEAD WEAVING: BEGINNER/INTERMEDIATE Create beautiful beaded jewelry. Learn basic intermediate beading techniques. Materials list emailed prior to first class by instructor. 9:45-12:15. Z. Tyson

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

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

CI 404 MASTERS OF 20TH CENTURY ART A curated view with discussions of the leading artists of the 20th Century. Look at Impressionism and Minimalism and their lasting effect on contemporary art. 10-12. Meyer

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

CI 406 DOCUMENTARY FILMS View and discuss thought-provoking documentary. 12:15-2:45. C. Friedman
**QUEENS**

Coordinator: Luchie Canlas

**TUESDAYS**

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

**QI 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, small light ball and exercise bands are required. 10-12. T. Guillou

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

**QI 203 DRAWING AND SKETCHING: INTERMEDIATE** Use charcoal and pencil to explore black and white media. Supply list emailed prior to first class. 10–11. B. DeCeglie

**QI 204 PAINTING WITH CONFIDENCE** Create your masterpiece following step-by-step instructions exploring color theory and brush techniques. Designed for beginners! Supply list emailed prior to first class. 10–11. R. Cooper

**QI 205 PIANO KEYBOARD:BEGINNER/INTERMEDIATE** Note reading, chord playing and a variety of music covered. Use your own keyboard (61 keys) or you own upright or grand piano and headphones. Required books: Alfred’s Complete Essentials of Music Theory; Scale and Chord Book 2 by Nancy and Randall Faber and Alfred’s Adult Basic Piano Course, All in One Course (Lesson, Theory, Technique Level 1 – spiral bound). 10-2. M. Patelson

**QI 206 SOUL LINE DANCE: BEGINNERS** 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 PHOTOGRAPHY WITH YOUR APPLE IPHONE/IPAD** Learn to improve your photo taking, editing photos, create projects and share photos with family and friends. Intro to posting photos on social media. Students should log into Zoom on a second device so they will have their iPhone/IPad free to follow along. 11-2. A. Cumba

**WEDNESDAYS**

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

**QI 301 CHAIR YOGA WITH A TWIST** Engage your body, mind and spirit while synchronizing your breath with Vinyasa flow. Achieve mental and physical balance, flexibility and build strength using movement and breathwork to guide you towards self-care and wellness. All levels. Chair and yoga strap needed. 10-12. T. Guillou

**QI 302 QUILTING: ALL LEVELS** Design different star patterns for a placemat or throw quilt. Supply list emailed prior to first class. 10-1. R. Cooper

**QI 303 ART WITH IMPRESSIONISTIC FLAIR USING OILS & ACRYLICS** Learn to paint in the impressionistic style using still-life and photos. Class begins with demonstration. Supply list emailed prior to first class. 10-1. B. DeCeglie

**QI 304 CRITICS’ BEST FOREIGN FILMS** Watch critics’ best foreign films from around the world. See how filmmakers influenced one another and discover new cultures from the way they are portrayed on film. 10-1. R. Presser

**QI 305 CREATING VIDEOS & MOVIES USING YOUR APPLE IPHONE/IPAD** Learn to improve your video taking, editing videos, create projects using clips and iMovie apps to share with family and friends. Intro to posting videos on social media. Students should log into Zoom on a second device so they will have their iPhone/IPad free to follow along. 11-2. A. Cumba

**QI 306 SIGHT SINGING & MUSIC HISTORY** Develop the ability to sight, sing melodies in different keys. Music history is devoted to learning about the various composers and their styles including baroque, romantic, classical, impressionist and modern eras. 12-2. M. Patelson

**QI 307 ZUMBA** Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners. Wear comfortable clothing and shoes. Water bottle and towel needed. 12:30-2:30. M. Gonzalez

**QI 308 THE ART OF STORYTELLING: BEGINNER/INTERMEDIATE** Speaking skills and writing techniques are used to create personal true stories. Share your stories in front of an audience without scripts. Storytelling increases empathy, memory, decreases isolation and increases community. 12:30-2:30. D. Games

**THURSDAYS**

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

**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 and strap 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. Supply list emailed prior to first class. Any questions on purchasing papers, please email Rose at origlamata@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. Supply list emailed prior to first class. 10–1. B. DeCeglie

**QI 404 DOCUMENTARIES** Watch some of the most interesting ones from recent years including Academy Award winners. 10-1. R. Presser

**QI 405 PIANO KEYBOARD:BEGINNER/INTERMEDIATE** Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) or upright or grand piano and headphones. Required books: Alfred’s Complete Essentials of Music Theory; Scale and Chord Book 2 by Nancy and Randall Faber and Alfred’s Adult Basic Piano Course, All in One Course (Lesson, Theory, Technique Level 1 – spiral bound). 10-2. M. Patelson

**QI 406 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

**STATEN ISLAND**

Coordinator: Jeanne Casanovas

**TUESDAYS**

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

**RI 201 CHAIR YOGA I** Improve your self 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. 9:30-10:30. I. Dubeau

**RI 202 AERODANCE II** Enjoy a class that integrates and mixes aerobics and dance. Proper exercise attire and sneakers required. 9:30-10:30. L. DeRosa

**RI 203 ADVANCED BEGINNERS SPANISH** For those who would like to advance in grammar, reading and speaking. Pre-requisite: Studied 3 semesters of Spanish. NO beginners! 9:30-11:30. L. Veit

**RI 204 CHARCOAL DRAWING FOR BEGINNERS** Learn to draw and shade with a focus on still-life images and how to capture any object by interpreting it as basic shapes. Supply list prior to first class. 9:30-11:30. N. Morgan

**RI 205 KNIT & CROCHET COZY FOOT-RUM** Explore, learn and utilize technology to enhance your prior knowledge of knitting and crocheting. Share and use websites to find patterns/directions for our projects and questions. Supply list emailed prior to first class. 9:45-11:45. C. Bellitti

**RI 206 BEGINNERS LINE DANCE** Enjoy this mind and body activity by learning new and old-line dances to all types of music. 9:45-11:45. L. Kalipetes

**RI 207 YOGA** Gain a healthy body through breathing, movement and meditation. Proper exercise/yoga attire and belt/strap are required. 10:45-11:45. I. Dubeau

**RI 208 AERODANCE I** Enjoy a class that integrates and mixes aerobics and dance. Proper exercise attire and sneakers required. 10:45-11:45. L. DeRosa

**RI 209 LATIN FOR TODAY, TOMORROW** A deep dive into the roots of English words, increase your vocabulary and your curiosity about words. Serves as a foundation for the study of Latin in the future. 12-2. S. Brockman

**RI 210 HOW TO CONDUCT A FOOD AUDIT WITH CHEF NINA** Out with the old, in with the new. Know what to pitch, save and replace and upgrade. 12-2. N. Kauder

**RI 211 CHAIR YOGA II** Improve your self 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. 12-2. I. Dubeau

**WEDNESDAYS**

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

**RI 301 BEGINNING COMPETITIVE CHESS PLAY** Face off against each other while improving your skills within the three stages of the game. Learn tactics to improve playing skills and basic endgame checkmates. NOT for beginners! 9:30-11:30. P. Rosado

**RI 302 COLOR THEORY & WATERCOLOR TECHNIQUES FOR BEGINNERS** Focus on color mixing and basic
to standing by chair/wall for balance and weight bearing exercises for hips and legs. Equipment list emailed prior to first class. 1-2. N. Aaronson

NI 202 POSTURE & PILATES Practice both seated and mat Pilates exercises designed to improve both your back and core strength, flexibility and balance. You should be able to transition to the floor. 2:15-3:15. N. Aaronson

THURSDAYS
Jan. 10, 17, 24, 31; Feb. 7
NI 301 QUILTING: ENGLISH PAPER PIECED POUCH Instructor guides you through basting, sewing, quilting and forming a hexagon pouch. This is a hand sewing technique, machines may be used to assemble the pouch. 10-12. J. Alexandrakis

NI 401 ADVANCED QUILTMaking: IMPROV TECHNIQUES Learn improvisational quilting techniques. Sewing machine and intermediate sewing skills required. 10-12. J. Alexandrakis

NEW JERSEY

FALL 2023/INTERSESSION 2024 / 21

NASSAU

Coordinator: Michelle Mavrovouniotis

TIUESDAYS
Jan. 9, 16, 23, 30; Feb. 6
NI 201 FIT FOR LIFE Focus on movements such as squatting, reaching, pulling and lifting done from a chair to increase strength and endurance. Move

NI 302 DOO WOP (AND OLDIES) COVERS So many Doo Wop hits were covered by other artists — some at the time and some many years later. Let’s compare. Audio, video clips and rich conversation enhance your listening and viewing pleasure. 1-3. H. Bloch

THURSDAYS
Jan. 11, 18, 25; Feb. 1, 8
UI 401 MUSIC THEORY & LISTENING AS IT’S APPLIED TO THE ART OF IMPROVISATION Join our Julliard trained instructor as he provides us with the “key” musical language skills necessary in performing Blues and Jazz solos. Students are encouraged to “bring” their instrument(s) and/or voice and music history questions. 10:30-12:30. F. Pedulla

WESTCHESTER/ROCKLAND/PUTNAM SECTION

Coordinate: Rosanna Nesi

TIUESDAYS
Jan. 9, 16, 23, 30; Feb. 6
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 CONVERSATION SPANISH Practice speaking Spanish. Focus on a particular topic with pronunciation and vocabulary practice followed by break-out rooms where you will chat with others in Spanish. 9:30-11. J. Kalish

WI 203 DISCOVER 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. Montefusco

WI 204 ORIGAMI FOR ADULTS Learn the many facets of Barbra Streisand from her earliest days. Watch concert performances and experts from her films and listen to recordings. 10-12. S. Cabot

WI 206 ISRAELI DANCE: BEGINNER For those who never danced before or want to brush up on steps while dancing to Israeli music. 1-2:30. R. Bass

WI 207 SLOW STITCHING FOR RELAXATION Hand sewing that helps you relax. A simple version of embroidery, a lot less structured and more free form. Make projects for gifts or yourself. No previous sewing experience necessary, but helps if you can sew a button. 1:30-3:30. M. Scheblein-Dawson

WI 208 ISRAELI DANCE: BEGINNER For those who know the basic steps and have some experience with Israeli music. Less time teaching basics and more time dancing beginner/intermediate dances. 3-4:30. R. Bass

WI 209 ZUMBA GOLD PLUS TONING Lower intensity Latin and oldies dance class that’s kind to your joints with no twisting or abrupt movements. Upper body toning is infused with light weights. 5-5:45. A. Hunter

THURSDAYS
Jan. 11, 18, 25; Feb. 1, 8
JI 201 BOLLYWOOD Dance to exotic beats featuring the energetic sounds of Bollywood, a blend of all Indian dances including classical, folk, R & B and Hip Hop music. 8:30-9:30. V. Iyer

JI 202 STOP PROCRISTINATING & TIME MANAGEMENT TIPS Stop putting things off and wasting time to get more done. Guided tasks given during class. 1-3. J. Novak

JI 203 BELLY DANCING Feel the exotic and sensual sounds of Middle eastern music as well as a blend of all Belly Dance fusion tracks. Become aware of how our bodies can move. 4-5. V. Iyer

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

THURSDAYS
Jan. 11, 18, 25; Feb. 1, 8
JI 401 CHAIR PILATES Use a chair for both seated and standing exercises. Sturdy chair and long stretch band are needed. 9-10. 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

JI 404 ADVANCED SINGING For those who have some music reading background, sing with a choir, took voice lessons or have taken the Learn to Sing class. Concentrate on performing in front of people and advanced technique methods, sight singing and acting for singers. 2-4. J. Goleme
UI 807 WOW, I CAN DO SO MANY THINGS WITH MY IPHONE! Topics that are dealt with include photos (taking, sending, editing, storing, receiving), texting, phone calls, FaceTime, downloading apps, organizing home screen and so much more. Two Thursday sessions: Jan. 25; Feb. 8. 1-3. S. Kleiman

UI 808 ANTARTICA: A CITIZEN SCIENTIST’S VIRTUAL TOUR View up-close footage of spectacular icebergs, penguins and other wildlife moving about and communicating. Hear Drake Passage plus other stories and doable tips regarding global warming. Amazing photos and videos accompany the stories. Thursday, Feb. 1. 1-3. R. Yordan

UI 809 WHAT’S YOUR BEST GUESS: A BLACK HISTORY CELEBRATION Engage in an interactive activity using your knowledge or best guess. Topics include famous black people in films, music, sports, historical leaders and in the field of science. View photos and excerpts of music and video selections. Tuesday, Feb. 6. 1-3. R. Yordan

NEW JERSEY

JI 805 KOSHER COOKING FOR ONE OR TWO Do you ever feel like you are cooking too much? Prepare delicious Kosher dishes on a smaller scale. Three Wednesday sessions: Jan. 10, 17, 24. 1:30-3:30. $6. I. Marcus

WESTCHESTER/ROCKLAND/PUTNAM SECTION

WI 805 FALL PREVENTION STRATEGIES AT HOME Learn how to minimize your fall risk in the home by looking at the factors that can cause the falls. Thursday, Jan. 11. 1-2. N. Aaronson

FI 805 BEGINNING CARD MAKING Learn more about paper crafting and card making. Make three cards to use this spring. Supply list emailed prior to class. Wednesday, Jan. 17. 6:30 pm-8 pm. S. Rinker

FLORIDA CENTER

Director: Gerri Herskowitz

THURSDAYS
Jan. 11, 18, 25; Feb. 1, 8
FI 201 MORE HOLLYWOOD CLASSICS: OLD & NEW Revisit these classics and learn what made them great and why we still love them today. 10-11. R. Presser

FI 202 OH-MY-OMEGAS! Understanding why balancing our Omegas matter and the tasty ways to enjoy all the benefits. 4-5. N. Kauder

FI 203 SAY YES TO ZEN! ZENTANGLING THAT IS! Learn about “The Art of Zentangling” the basics and design. Learn how to use this meditative doodling practice to find your inner artist and zen collectively. Supply list emailed prior to first class. 6-8 pm. A. Davis, MSW

SUFFOLK

UI 805 GOING BACK TO BROOKLYN Pull up a chair by the stoop as we travel back to Brooklyn. Meet Marty Blumberg who grew up in Brownsville moved to to Canarsie and wrote two memoirs about his experiences. Thursday, Jan. 11. 1-3. M. Blumberg

UI 806 SHADOWS WE CARRY: A CONVERSATION WITH AUTHOR, MERYL AIN Meet this award-winning author as she discusses her new novel, Shadows We Carry. It’s the 60’s, the cloud of the Holocaust is still looming and a momentous change for women is taking place. It is a time of upheaval as our characters struggle with their family’s ancestry and how much it influences their lives. Explore the impact of immigration, identity, prejudice, secrets and lies. Thursday, Jan. 18. 1-3. M. Ain

UI 807 LEARN TO QUILT Learn to quilt using your own style and enjoy an evening with fellow artists. Supply list emailed prior to class. 4-6. A. Davis, MSW
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 2023 courses, Fall Florida 2023, tri-state Intersession 2024 and Florida Intersession 2024 are separate programs. You MUST send in separate coupons and separate checks for each program.

**Fall 2023 COURSE REGISTRATION**

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E-Mail Address

Spouse Name (if registering)

Address

City | State | Zip

Seminars (not included in five-course limit).

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Did you remember to:

1. Sign your check(s)/money order(s)
2. Make the check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS AND MAIL TO 52 Broadway, 17th Floor, NY, NY 10004
3. Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
4. Do not fill information in for spouse, unless he/she is registering for programs
5. You must send in a separate form for your spouse
6. Members cannot pay for other members

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Did you remember to:

1. Sign your check(s)/money order(s)
2. Make the check(s)/money order(s) payable to UFTWF RETIREE PROGRAMS AND MAIL TO 52 Broadway, 17th Floor, NY, NY 10004
3. Provided the correct course/seminar/trip code(s) and course/seminar/trip title(s)
4. Do not fill information in for spouse, unless he/she is registering for programs
5. You must send in a separate form for your spouse
6. Members cannot pay for other members
**UFT/WF RETIREE PROGRAMS INTERSESSION 2024 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)**

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**E-MAIL ADDRESS**

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

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MAIL TO: 52 Broadway, 17th Fl., NY, NY 10004. Attn: Lynn Lospenuso

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✔ MEMBERS CANNOT PAY FOR OTHER MEMBERS

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**UFT/WF RETIREE PROGRAMS FLORIDA INTERSESSION 2024 COURSE REGISTRATION**

CHECK ONE: ☐ UFT MEMBER ☐ SPOUSE

CHECK ONE: ☐ NYSUT ☐ AFT ☐ PSC

Make checks payable to: UFTWF RETIREE PROGRAMS, 52 Broadway, 17th Fl., NY, NY 10004. Attn: Lynn Lospenuso

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