

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



SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG

VOLUME 37, NUMBER 2

SPRING 2023

HOW TO REGISTER

SPRING 2023 CLASS SCHEDULE

Start date: Monday, March 13, 2023

End date: Friday, May 26, 2023

- Registration deadline: Monday, February 13, 2023

WEEK	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1	3/13/23	3/14/23	3/15/23	3/16/23	3/17/23
2	3/20/23	3/21/23	3/22/23	3/23/23	3/24/23
3	3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
4	4/3/23	4/4/23	4/5/23	—	—
5	—	—	—	—	—
6	4/17/23	4/18/23	4/19/23	4/20/23	—
7	4/24/23	4/25/23	4/26/23	4/27/23	4/28/23
8	5/1/23	5/2/23	5/3/23	5/4/23	5/5/23
9	5/8/23	5/9/23	5/10/23	5/11/23	5/12/23
10	5/15/23	5/16/23	5/17/23	5/18/23	5/19/23
11	5/22/23	5/23/23	5/24/23	5/25/23	5/26/23

- There will be no classes on the following days:

SPRING RECESS: Thursday, April 6-Friday, April 14

EID AL-FITR: Friday, April 21

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

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

Please note: We **CANNOT** check to see if we received your registration. Processing the registration and checks takes at least four weeks from the date we receive it in the office and not from the date that you mailed it.

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

❖ REGISTRATION PROCEDURE & FEES

- UFT retirees will be registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.
- Each registrant must **COMPLETE** the entire

registration coupon(s) and send it with his/her own check(s)/money order(s). ALL checks/money orders must be made payable to **UFTWF RETIREE PROGRAMS (NO CASH ACCEPTED)**.

- All fees are **NON-REFUNDABLE** and **NON-TRANSFERRABLE**.
- A separate coupon for your spouse must be provided if he/she is registering. Spouses, registered domestic partners, AFT, NYSUT and PSC members are wait-listed. Therefore, do not enclose a payment.
- Spring 2023 and Florida Spring 2023 are separate programs. You **MUST** send in the appropriate registration coupon(s) and checks/money orders for each program. They cannot be combined.
- **IMPORTANT!** Please provide the correct codes and titles of the courses, seminars and trips on the registration coupon as well as the memo section of the registrant's check(s)/money order(s).
- **DO NOT** staple or tape your check to your registration form.
- **DO NOT** send check(s)/money order(s) without a coupon.
- **MEMBERS CANNOT PAY FOR OTHER MEMBERS.**

❖ COURSES/SEMINARS

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

❖ TRIPS

- You may register for up to **five** trips.
- You **MUST** register for the trip(s) in advance.
- All trips have a non-refundable and non-transferable fee.

- Write a separate check for **each** trip.

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

❖ GENERAL INFORMATION

- You will receive a confirmation in the mail regarding your courses, seminars and/or trips. **WAIT LISTED** retirees, spouses, registered domestic partners, AFT, NYSUT and PSC members will be notified of course/seminar openings by a Retiree Programs staff member.
- Refunds/Overpayments will be issued in eight weeks beginning March 1, 2023.
- We reserve the right to cancel any course that has fewer than 15 students (remote) or 12 students (in-person) registered before the first session. Registered students will be notified and issued full refunds.

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KEEP THIS ISSUE!

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

RETIREE PROGRAMS DEPARTMENT

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

BOROUGH LEARNING CENTERS

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

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

UFT MANHATTAN LEARNING CENTER 50 Broadway, 2nd Fl., New York, NY 10004, Jo-Ann Hauptman, Carolyn Givens Lambert, Carol Melucci and William Richardson, Coordinators, (212) 510-6438/(212) 510-6479

UFT QUEENS LEARNING CENTER 118-35 Queens Blvd., 8th Fl., Forest Hills, NY 11374, Luchie Canlas, Maryan Gaughan, Laurie Kingsberry-Ford and Ray Taruskin, Coordinators, (718) 830-5710/(718) 830-5711

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

UFT-RTC FLORIDA CENTER Potomac Trail Building, 3200 North Military Trail/Suite 100, Boca Raton, FL 33431, Gerri Herskowitz, Director, UFT-RTC Florida Center (gherskowitz@uft.org), (561) 994-4929

OUTREACH SECTIONS

UFT NASSAU SECTION Patty Sweeney, Coordinator, (516) 206-0621

UFT NEW JERSEY SECTION Judith Rosenstein, Coordinator, (908) 753-0013

UFT SUFFOLK SECTION Ira Faber, Coordinator, (516) 610-8811

UFT WESTCHESTER/ROCKLAND/PUTNAM SECTION Rosanna Nesi, Coordinator, (914) 966-8873

IN-PERSON

In order to maintain a safe environment for everyone, registration is limited.

Masks are optional.

You will receive your confirmation in the mail.

HYBRID MONTHLY RTC MEETINGS

The RTC monthly meetings will include timely information on health, pension, SHIP, Welfare Fund benefits, Legal Plan and Retiree Social Services. These meetings are hybrid (in-person and Zoom) and will run for 90 minutes. You can register online at <https://www.uft.org/chapters/retired-teachers-chapter>.

The dates are as follows:

Monday, March 6, 1 p.m.
Tuesday, April 4, 3:30 p.m.
Monday, May 1, 1 p.m.
Tuesday, June 13, 1 p.m.

DINE AROUNDS & THEATRE EXPERIENCE

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

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

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

BRONX:

XS 851 THEATER EXPERIENCE Attend dramas, musicals, on and off-Broadway at discounted prices. Bring your calendar and checkbook to each session for purchase of tickets. Three Monday sessions: *March 27; April 24; May 22*. 12:30-2. R. Fernandez

XS 951 DINE AROUND Enjoy different cuisines at three different restaurants in the Bronx and/or Westchester area. Bring your checkbook to the orientation session at the Bronx Learning Center, 2500 Halsey St. on *Monday, April 3* from 12:30-2. Registration is required for the restaurants at that time. R. Fernandez

MANHATTAN:

MS 851 THEATER EXPERIENCE On and off-Broadway performances at discounted prices. Bring your checkbook to each session for the purchase of tickets. Class meets at UFT Headquarters, 52 Broadway, 19th floor. Tickets distributed at each class. Three Thursday sessions: *March 16 (Rms. B/C); April 20 (Rm. G); May 18 (Rms. D/E)*. 10:30-12:30. R. DeMarco

STATEN ISLAND:

RS 851 THEATER EXPERIENCE On and off-Broadway performances at discounted prices. Bring your checkbook to each session for the purchase of tickets. Two Thursday sessions: *March 16; May 18*. 10:30-12:30. A. Gerard

WESTCHESTER/ROCKLAND/PUTNAM:

WF 851 THEATER EXPERIENCE On and off Broadway shows at discounted prices. Bring your checkbook to each session for ticket purchases. All sessions are at the Northeast Jewish Center, 11 Salisbury Road (off Tuckahoe Road), Yonkers. Three Friday sessions: *March 17; April 14; May 19*. 12:30-2:30. S. Eisenberg

IN-PERSON TRIPS

The fees for each trip are in the description. Refunds are made upon written request and must be received by the office at least **FOUR** weeks prior to trip date. Mail refund request to: UFTWF Retiree Programs, 52 Broadway, 17th Floor, NY, NY 10004. Attn: Gino Giustra, Director.

MARCH

JS 955 YOGI BERRA MUSEUM TOUR

Enjoy the afternoon with a guided tour of the permanent exhibit of Yogi Berra's life and for an added bonus a special exhibit on Billie Jean King and her journey achieving 39 Grand Slams. Meet at the museum, 8 Yogi Berra Dr. in Little Falls, NJ at 12:45 pm. *Thursday, March 23*. 12:45 pm-2:30 pm. \$12. M. Schwartz

JS 956 MONTCLAIR ART MUSEUM ART CLUB: TOUR, CHAT & CAFÉ SNACK

Docent-led tour of the museum's diverse collections and special exhibitions by American and Indigenous artists. After the tour, relax and chat while enjoying a freshly baked good and beverage (included) from MAM's new Cornerstone Café. Meet at MAM, 3 S. Mountain Ave. in Montclair, NJ at 1:45 pm for a 2 pm tour. *Friday, March 24*. 1:45 pm-3:30 pm. \$25. M. Schwartz

RS 955 SKYSCRAPER MUSEUM

Guided tour of the museum's exhibit of skyscrapers as objects of design and products of technology. Meet at the museum's entrance, 39 Battery Place in Manhattan at 10:45 am for a 11 am tour. *Tuesday, March 28*. 10:45 am – 12:30 pm. \$7. M. Mammana

XS 955 THE PLAYERS CLUB Enjoy a

guided tour and scrumptious meal in the Banquet Hall of the Players Club which is typically reserved only for members. *Dress Code:* Business casual. Meet at the Player's Club, 16 Gramercy Park So. in Manhattan at 9:45 am for a 10 am tour. *Friday, March 31*. 9:45 am-2 pm. \$158. E. Harris

JS 957 MONTCLAIR ART MUSEUM ART CLUB: CREATE ART & SNACK

Create your own work of art inspired by the multi-media artist and activist, Vanessa German, who sees art and love as tools to unify communities and bring about change. No prior experience needed. Enjoy a day of creating art, relaxing while having a café snack (included). Meet at MAM, 3 S. Mountain Ave. in Montclair, NJ at 1:45 pm for a 2 pm art class. *Friday, March 31*. 1:45 pm-3:30 pm. \$27. M. Schwartz

APRIL

WS 955 RENEE & CHAIM GROSS FOUNDATION

Visit renowned artist, Chaim Gross' townhouse/studio. Be a guest in his living room and dining rooms. View his sculptures, drawings and prints as well as his large personal collection of art from around the world. Lunch follows (not included in price). Meet at the Chaim Gross Foundation, 526 La Guardia Pl. at 10:45 am for an 11 am tour. *Tuesday, April 4*. 10:45 am-

3:15 pm. \$20. S. Eisenberg

XS 956 NEW YORK BOTANICAL GARDEN (NYBG)

Experience a guided tour of the Orchid Show with designs by Jeff Leathan. Trip includes an all-garden pass admission, Chef's buffet lunch at the Stone Mill and tram transport to/from the Stone Mill. Meet at 2900 Southern Blvd. in the Bronx at 10:30 am for a 10:45 am tour. *Wednesday, April 19*. 10:30 am-2 pm. \$103. E. Harris

WS 956 JAPANESE TEA CEREMONY /ASIA SOCIETY TOUR/LUNCH AT GREAT PERFORMANCES

Visit the Urasenke Chanoyu Center, an authentic Japanese tea house and garden. Participate in the ceremony and learn about Zen tradition while being served tea and sweets. Take a short walk to the Asia Society for a docent led gallery tour. Lunch follows (not included in price). Meet at Urasenke Center, Lexington & 3rd Aves. In Manhattan at 11 am for an 11:15 am ceremony and tour. *Wednesday, April 19*. 11 am-4 pm. \$35. S. Eisenberg

JS 958 PAPERMILL PLAYHOUSE: MURDER ON THE ORIENT EXPRESS

The exotic Orient Express is about to go off the rails with a train full of suspects and an alibi for each one. It's the perfect mystery for Detective Poirot, n'est-ce pas? Meet at the Papermill Playhouse, 22 Brookside Dr. in Millburn, NJ at 1

pm for a 1:30 performance. *Thursday, April 20*. 1 pm-3:35 pm. \$76. M. Schwartz

XS 957 GREENWICH VILLAGE WALKING TOUR WITH PHIL DESIERE

Greenwich Village is NYC's most storied neighborhood and has been home to the famous and infamous. See locations and hear the stories that for decades 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, April 25*. 12:45 pm-3 pm. \$27. T. Whitman

RS 956 CHELSEA MARKET, MEATPACKING DISTRICT TO THE HIGH LINE WITH BOB GELBER

The history of the three have completely transformed an industrial corridor into a reimagined waterfront. Meet at 75 9th Ave. (between 15th & 16th Sts.) in Manhattan at 10:45 am for an 11 am tour. *Tuesday, April 25*. 10:45 am – 1 pm. \$27. M. Mammana

JS 959 TEA & TOUR AT LIBERTY HALL MUSEUM

Enjoy the popular tea service with a sumptuous selection of scones, assorted pastries, traditional finger sandwiches and the freshest fruit followed by a guided tour. Meet at the museum, 1003 Morris Ave. in Union, NJ at 10:45 m for an 11 am tea. *Thursday, April 27*. 10:45 am-1 pm. \$44. M. Schwartz

XS 958 ALICE'S TEA CUP: MAD HATTER TEA PARTY Enjoy Alice's Afternoon Tea take on the traditional Tea Party. Savor freshly baked scones, assorted tea sandwiches, desserts and of course tea. Meet at Alice's Tea Cup, 156 E. 64th St. (off Lexington Ave.) in Manhattan at 11:45 am for a 12 noon tea party on the second floor. **Friday, April 28.** 11:45 am-2 pm. **\$85.** E. Harris

WS 957 GROUNDS FOR SCULPTURE, HAMILTON NJ/PRINCETON CAMPUS/ BUS TOUR Marvel at the Grounds for Sculpture's 42 acres where nature and art combine: 270 sculptures, the works of renowned artists and emerging contemporary artists. Then to Princeton for a campus tour. Includes lunch. Meeting location to follow. **Friday, April 28.** 8:30 am- 5 pm. **\$120.** S. Eisenberg

MAY

XS 959 ROCKEFELLER CENTER ART WALKING TOUR WITH PHIL DESIERE View a remarkable collection of art work (mostly in Art Deco style) from sculptures to mosaics to murals on canvas at Rockefeller Center. Take a look at the extraordinary art, its significant buildings, both inside and outside plus the rich history behind it all. Meet on the steps of St. Patrick's Cathedral, 5th Ave. in Manhattan at 12:45 pm for a 1 pm tour. **Tuesday, May 2.** 12:45 pm-3 pm. **\$27.** T. Whitman

RS 957 SAILORS SNUG HARBOR HISTORICAL TOUR One of the largest

adaptive reuse sites in America, its history is a story of our nation. Explore its rich architectural legacy of landmarked buildings and interiors. Meet at Fillmore & Cottage Row in S.I. at 10:45 am for an 11 am tour. **Tuesday, May 2.** 10:45 am-12:30 pm. **\$10.** M. Mammana

XS 960 THE NATIONAL JAZZ MUSEUM OF HARLEM/LUNCH AT SYLVIA'S Tour of the Museum of Harlem with a presentation of Jazz in Harlem during Civil Rights and the Great Migration. Enjoy a soul food lunch at Sylvia's. Meet at the National Jazz Museum of Harlem, 58 W. 129th St. in Manhattan at 10:15 am for a 10:30 am tour followed by a walk to Sylvia's Restaurant for a 12 pm lunch. **Wednesday, May 3.** 10:15 am- 2 pm. **\$78.** E. Harris

JS 960 PATERSON MUSEUM & PATERSON FALLS TOUR Enjoy guided tours exploring the area's history as the first planned Industrial City in the U.S and the area's first inhabitants (paleo-Indians through Lenape). Meet at the museum, 2 Market St. in Paterson, NJ at 9:45 am for a 10 am tour. **Thursday, May 4.** 9:45 am-12:30 pm. **\$4.** M. Schwartz.

WS 958 YONKERS, NY BUS TOUR/ LUNCH AT CHEF X20 Visit historic Yonkers, the third largest city in NY State. Tour a Hudson River waste treatment plant, Untermyer Park, the Hudson River Museum's art galleries and Glenview Mansion. Enjoy Hudson River views and more. Meet the bus at Kohl's on Central Park Ave. in Yonkers at 9:30 am for a 10 am tour. **Thursday, May 4.**

9:30 am- 4 pm. **\$110.** S. Eisenberg

RS 958 ART WARS! WITH DEB ZELCER The founding of the Met, MOMA and Whitney reveals how the keepers of our first cultural collections defined art they included within their walls as well as building architecture. Meet at the NE corner of 82nd St. & 5th Ave. in Manhattan at 10:45 am for an 11 am tour. **Tuesday, May 9.** 10:45 am-1 pm. **\$32.** M. Mammana

XS 961 A VARIETY OF FLOWER GARDENS: BOTANICAL GARDEN WALKING TOUR WITH M.J. STRAUSS Visit the Native Plant Garden, Azalea Garden and Daffodil Hill on our Botanical Garden walking tour. This is peak time for Azaleas and flowering crabapples. Meet at the Visitors Center, 2900 Southern Blvd. in the Bronx (entrance is opposite Fordham University) at 12:15 pm for a 12:30 pm walk. **Wednesday, May 10.** 12:15 pm- 2:30 pm . **\$22.** R. Fernandez

JS 961 BEYOND THE PLATE FOOD TOUR IN SOMERVILLE, NJ Enjoy a walking tour through three restaurants in Somerville, NJ with an expert foodie guide. All food and selected drink pairings are included. Meeting location to follow. **Thursday, May 11.** 12-2. **\$119.** M. Schwartz

XS 962 WOODLAWN CONSERVANCY FOR JAZZ HISTORY TROLLEY TOUR Woodlawn Cemetery emerged as the chosen burial ground for many entertainers especially those associated with the NY Jazz scene. View the resting places of Miles Davis Duke Ellington, Celia Cruz and more on the trolley tour. Meet at the Jerome Ave.

& Bainbridge gatehouse entrance in the Bronx at 9:45 am for a 10 am tour. Please wear comfortable clothing and shoes. **Friday, May 12.** 9:45 am-1:30 pm. **\$12.** E. Harris

RS 959 HILTON GARDEN INN ART & ROOFTOP GARDEN TOUR WITH LUNCH Tour of the expansive Nicotra's Collection of Art and the rooftop garden that provides produce for the Commons Café. Lunch at Lorenzo's Restaurant to follow. Meet at the Hilton Garden Inn entrance at 10:45 am for an 11 am tour. **Tuesday, May 16.** 10:45 am-3 pm. **\$54.** M. Mammana

XS 963 VAN CORTLANDT PARK TOUR WITH DEBORAH DOLAN Visit the northern forest of Van Cortlandt Park during peak migration and wildflower season. Please wear comfortable clothing. Bring binoculars , if you have them. Meet at the Stables parking area to enter at Broadway and Moshulu Ave. in the Bronx at 1:45 pm for a 2 pm tour. **Wednesday, May 17.** 1:45 pm-4 pm. **\$22.** R. Fernandez

JUNE

WS 959 CHELSEA ART GALLERIES WITH SYLVIA LAUDIEN-MEO/ LUNCH AT BOTTINO'S Tour the center of contemporary art, West Chelsea. View six or seven of the season's most interesting exhibits: paintings, sculptures, video or installation art. Meet on the SE corner of 10th Ave. & 22nd St. at 10:15 am for a 10:30 am tour. **Friday, June 2.** 10:15 am-3:15 pm. **\$98.** S. Eisenberg

IN-PERSON COURSES

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

BRONX

NO CLASSES: MAY 8-12

MONDAYS

XS 150 INTERMEDIATE BRIDGE For those who have some knowledge of Bridge. Focus on hand evaluations, conventions, play of the hand and defense. **\$15** includes registration and materials. 10-12. P. Mehta

XS 151 OPERA Great scenes from opera on various thematic topics, via audio and video performance. Includes free dress rehearsal of Puccini's *La Boheme* at the Met on **April 18th.** 10-12. J. Dzik

XS 152 QUILTING IDEAS Enjoy a variety of activities: wall quilts using foundation piecing. Small quilts for gifts. Discover new quilting techniques and finish previous projects. 10-12. C. Hoist

XS 153 CREATIVE WRITING Learn

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

TUESDAYS

XS 250 SENIORS NEED TO EXERCISE Simple seated/standing exercises that will improve balance, mobility and flexibility. Bring light hand weights, resistance bands and a small playground ball to first class. 10-12. M. Aybar

XS 251 BASIC DRAWING Explore basic shapes. Sketch and draw still-life, landscapes and portraits. Emphasis on tonal contrast and creating textures in realistic drawing. Introduction to charcoal techniques. 10-12. A. Strinsky

XS 252 MIXED MEDIA: ALL LEVELS Create sculptural forms with paper, cardboard and wood while learning and working with design/composition, using

watercolor, collage and colored pencils. No class: **April 18 & 25.** 10- 12. A. Cyprys

XS 253 COLLAGE Discover the creative, expressive art of collage using every day materials. Materials list emailed prior to first class. 10-12. I. Rosenberg

XS 254 MOSAICS: INTERMEDIATE/ADVANCED Explore advanced techniques in two-and three-dimensional mosaics. Stained glass and multimedia embellishment are used. Must use your own tools and supplies. Safety goggles are mandatory. 10-12:15. D. Livson

XS 255 BEGINNER/INTERMEDIATE WATERCOLORS Introduction/review of basic watercolor techniques. Paint a variety of subject matters including landscapes and still-life. Materials list emailed prior to first class. **\$12** includes registration and materials. 12:30-2. I. Rosenberg

XS 256 LET'S DANCE Get your body ready for a nice workout to Latin rhythms with an energizing warm-up. Shines and steps to Salsa, Meringue, Bachata, Rumba and Cha Cha. No partner neces-

sary. 12:30-2:30. N. DeLaLuz

XS 257 PARTY ON If you know how to do the Electric Slide and would like to learn similar urban line dances to Soul and R & B music – come join the party! 12:30-2:30. K. McCarthy

XS 258 MOSAICS: INTERMEDIATE/ADVANCED Explore advanced techniques in two-and three-dimensional mosaics. Stained glass and multimedia embellishment are used. Must use your own tools and supplies. Safety goggles are mandatory. 12:30-2:45. D. Livson

XS 259 MOSAICS FOR BEGINNERS ONLY Learn both design and techniques using glass as the primary medium. Stained glass and multimedia embellishments are used for two- and three-dimensional art projects. Materials list emailed prior to first class and discussed in class before purchasing. Safety goggles are mandatory. 12:30-2:45. D. Livson

XS 260 GIRLS JUST WANNA HAVE FUN! Learn to apply make-up for different events. Materials list emailed prior to class. Four sessions: **March 14, 21;**

April 18, 25. 1-3. J. Parker

WEDNESDAYS

XS 350 ADVANCED ACRYLIC PAINTING

Improve your painting skills and techniques. Materials list emailed prior to first class. 10-12. M. Mooney

XS 351 WATERCOLOR: INTERMEDIATE/ADVANCED Review of washes and glazes. Explore wet-in-wet, spattering use of sponges and creating your own compositions. 10-12. A. Strinsky

XS 352 DUPLICATE BRIDGE Competitive bidding and popular conventions to improve your ability to successfully compete at the bridge table. Some knowledge of game required. Gain confidence when you bid and play to win. 10-12. R. Thompson

XS 353 BELLY DANCE The movement of this art form gives you a safe whole-body workout without strain to joints and muscles. Learn the basic moves, specialized techniques and short fun choreographies. Wear comfortable clothing and dance footwear. No sneakers. 10-12. A. Sherry

XS 354 BEGINNING ACRYLIC PAINTING Explore your creativity and learn how to paint with acrylics. All levels. Materials list emailed prior to first class. 12:30-2:30. M. Mooney

XS 355 TAKE THE LEAD Dance your stress away with a workout to Salsa, Bachata, Rumba Merengue, Rumba and Cha Cha. Improve your stamina, balance and posture. No partners necessary. 12:30-2:30. N. DeLaLuz

XS 356 KNITTING FOR BEGINNERS Learn the basic skills of knitting including casting on, knitting, purling, binding off and creating an accessory. Project: Easy-Peasy Bulky Scarf. 1-3. J. Parker

THURSDAYS

XS 450 SENIORS NEED TO EXERCISE

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

XS 451 HATHA YOGA Relax, unwind and connect. Return to our oasis of Yoga, the ancient practice of well-being and mindfulness. Bring a mat, small pillow and a light blanket to first class. 10-12. M. Gladwin

XS 452 CANASTA: ALL LEVELS For those new to the game will receive instruction based on the American Canasta Association's rules for Modern American Canasta. 10-12. M. Schuster

XS 453 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Bring light hand weights, exercise bands and a sticky floor mat to first class. 10-12. D. Dolan

XS 454 QUILTING 101+ Beginners become familiar with quilting tools and terminology while following a step-by-step process to create patchwork table runner or place mats. Beginners+ will also use a disappearing pinwheel pattern. Machine or hand sew. Directions/materials list emailed prior to first class. 10-12. M. Alvarez

XS 455 CREATE UNIQUE JEWELRY Explore using beads, wire and polymer clay to expand your skills and creative expression to create one-of-a-kind gifts. New projects weekly and attention to projects of your choice. Materials list emailed prior to first class. 10-12. R. Demers

XS 456 CHALLENGING URBAN LINE DANCE If you know how to do the "Jerusalem," you are an experienced dancer and you can learn fast-paced, intricate steps quickly. Join us. 12:30-2:30. K. McCarthy

XS 457 MAH JONGG: ALL LEVELS Those new to the game will receive instruction based on the National Mah Jongg League's rules of play. Bring your set if you have one. 12:30-2:45. M. Schuster

XS 458 BRAIN GAMES Research shows that playing word games and solving puzzles improves cognitive function in the brain. Challenge your mind with brain games and creative word play. 12:30-2:30. D. Dolan

XS 459 TAI CHI Introduction and practice of Chinese traditional Chen-style Taijiquan, a high-level boxing technique. The practice can relax the whole body and keep healthy. 12:30-2:30. A. Wang

XS 460 THE RELAXATION RESPONSE Learn a variety of science-based techniques to facilitate deeper relaxation and better sleep. Each class includes a presentation, discussion and a soothing, guided mediation. 12:30-2:30. R. Demers

BROOKLYN

TUESDAYS

KS 250 STAINED GLASS: ALL LEVELS

Work on projects using a glass cutter, soldering iron and glass grinder. Safety goggles are mandatory. \$50 includes registration and other materials. 9:30-12:30. H. Fertig

KS 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

KS 252 THE PLEASURES OF POETRY Discuss and read aloud poems that explore love, aging, friendship and the human condition. 12:30-2:30. M. Glenn

KS 253 HAND EMBROIDERY: THE ART OF EMBELLISHMENT Learn a variety of stitches that can enhance wearables and produce thread handicraft while working on a project. Materials list emailed prior to first class. 1-3. M. Brenner

THURSDAYS

KS 450 TAP DANCE: ALL LEVELS Have fun while learning to tap dance. Tap shoes needed (if you have them). 10-12. N. Cangiano

KS 451 CROCHET: BEGINNER/INTERMEDIATE Learn basic stitches and terms in addition to using your own patterns and new designs to make beautiful projects. Materials list emailed prior to first class. 10-12. P. Williams

KS 452 SEED BEADING MADE SIMPLE: BEGINNERS ONLY Learn various seed beading techniques to produce exquisite jewelry. Materials list emailed prior to first class. 10-12. E. Esses

KS 453 MULTICULTURAL CROCHET DOLLS Create your own one-of-a-kind crochet doll. Materials list emailed prior to first class. 1-3. P. Williams

KS 454 LINE DANCE Enjoy the pleasure of dancing and exercising at the same time. 12:30-2:30. N. Cangiano

KS 455 EXPERIENCED SEED BEADING: INTERMEDIATE/ADVANCED Have fun using all your beading skills to create new challenging projects. Intermediate and advanced skills are required. Materials lists distributed with each project. 12:30-3. C. Horne

MANHATTAN

MONDAYS

MS 150 BIRDWATCHING IN CENTRAL PARK: GROUP A Orientation Zoom meeting invite (date: TBA) and exact locations for the walks (1 to 2 miles) sent via email. You may register for either **MS 150** or **MS 350**, but not both. 10-12. M. Rakowski

TUESDAYS

MS 250 DRAWING TO WATERCOLOR Express yourself and develop your artistic skills. Materials list emailed prior to first class. 9:45-12:15. A. Massimi

MS 251 BEADWEAVING: INTERMEDIATE/ADVANCED Develop beading skills to create jewelry. Materials list emailed prior to first class. 9:45-12:15. E. Esses

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

MS 253 PLAY BRIDGE Open play. NO Instruction. Self-directed. Bring your own cards. 10-12:30. Supervised by coordinator.

MS 254 ACTING Have fun creating characters while experiencing the components of acting scenes through atmosphere, achieving your objectives and playing emotions. 12:30-2:30. M. Maher

MS 255 ART & EUROPEAN CULTURE &

HISTORY A look at how the fine arts in Europe reflect the history and culture of its time. 12:30-2:30. D. Becker

MS 256 MAH JONGG: ADVANCED INTERMEDIATE/ADVANCED For the experienced player. Bring a current National Mah Jongg League card to class. 12:30-2:30. H. Rothman

WEDNESDAYS

MS 350 BIRDWATCHING IN CENTRAL PARK: GROUP B Orientation Zoom meeting invite (date: TBA) and exact locations for the walks (1 to 2 miles) sent via email. You may register for either **MS 150** or **MS 350**, but not both. 9-11. M. Rakowski

THURSDAYS

MS 450 INTRO TO MIXED MEDIA Explore your creativity with various media, experimenting with drawing, collage, watercolor and oil pastel. Focus on expression and exploration while developing and improving skills. 9:45-12:15. E. Greenstein

MS 451 CROCHET: ALL LEVELS Learn the basics and advanced techniques of crocheting, how to follow a pattern and create the different stitches while working on a project. 10-12. M. Brenner

MS 452 SING! SING! SING! Have fun singing along to a wide variety of music. Learn harmony and perform some medleys. 10-12. J. DeRanieri

MS 453 SPANISH FOR BEGINNERS An introduction to the Spanish language and culture with emphasis on grammar and conversational skills. Required book: *Easy Spanish Step-by-Step* by Barbra Bregstein. 10-12. I. Benamu

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

MS 455 MAH JONGG: BEGINNER/INTERMEDIATE Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to class. 12:30-2:30. J. Sommerville

MS 456 SPANISH: INTERMEDIATE Learn to understand and speak fluent Spanish. Emphasis on grammar and vocabulary. Pre-requisite: knowledge of reading, writing and speaking some Spanish. Required book: *Advanced Spanish Step-by-Step* by Barbara Bregstein. NOT for beginners. 12:30-2:30. I. Benamu

MS 457 BEADING: INTERMEDIATE Create beautiful beaded jewelry. Various beading stitches introduced. Pre-requisite: experience with basic beadweaving techniques. Materials list emailed prior to first class. 12:30-3. Z. Tyson

MS 458 KNITTING: ALL LEVELS Learn the basics and advanced techniques of knitting, how to follow a pattern and create different stitches while working on a project. 1-3. M. Brenner

QUEENS

TUESDAYS

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

QS 251 FIT FOR LIFE Learn how to “bullet proof” your body so you can live an independent, pain-free life. Techniques and insights for all levels of fitness to improve posture, balance, strength, endurance, breathing and coordination. 10-12. J. Miglino

QS 252 MAH JONGG Beginners enjoy learning this ancient game of skill and luck. More experienced players gain expertise in fine points. Bring a Mah Jongg card and set (if you have one). 10-12. L. Cohen

QS 253 BRIDGE “PLAY OF THE HAND”: **BEGINNER/INTERMEDIATE** Learn the basic fundamentals and principles of “play of hand” (card play techniques as declarer). 10-12:30. W. Fuchs

QS 254 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

QS 255 BRIDGE “DEFENSE”: **BEGINNER/INTERMEDIATE** Learn the basic fundamentals and principles of “defense” (card play techniques as declarer). 1-3. W. Fuchs

WEDNESDAYS

QS 350 CREATIVE WRITING Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn key strategies, techniques and obtain valuable feedback to help get your work published. 10-12. T. Riccardi

QS 351 BRIDGE: ADVANCED Learn the 2 *Over 1 Game Force Bidding system* written by Audrey Grant and Eric Rodwell (ISBN-10: 093946084X or ISBN-13: 978-0939460847). Bidding theory is also covered. 10-12:30. W. Fuchs

QS 352 ACRYLIC PAINTING Learn application and technique. Emphasis on individual expression, the study of color and composition and design. Be ready to paint at first class. Materials list emailed prior to first class. 10-2. C. Murrell

QS 353 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

QS 354 STAY ACTIVE WITH S.A.I.L. Stay Active and Independent for Life is a

strength, balance and fitness program for seniors. Helps to improve tone and balance issues. Exercises can be done sitting or standing and suitable for people that have physical limitations. Two 16 oz. water bottles are needed to use as weights. 12:30-1:30. M. Gonzalez

QS 355 BRIDGE FOR BEGINNERS Learn the fundamentals and how to play bridge. 1-3. W. Fuchs

QS 356 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners. Wear comfortable clothing and shoes. 1:45-2:45. M. Gonzalez

QS 357 MINDFUL MOTION: ALL LEVELS Stretch and move to release pain, tension and anxiety. Focus on facing the challenges of aging. For those with limited movement, anxiety or chronic pain which prevents pain-free movement and ease of mind. 1-3. J. Miglino

STATEN ISLAND

MONDAYS

RS 150 SPRING BIRDING IN S.I.'S PARKS & NATURAL AREAS Learn about birds during spring migration. Study identification and vocalization field marks of species. First meeting and introduction will be promptly at 9 am at Mount Loretto Unique Area Parking Lot on Hylan Blvd. in Charleston. Additional locations provided at time. Comfortable shoes/sneakers required. Binoculars necessary. Inclement weather cancels class. No class: *May 1*. 9 am- 11 am. H. Fischer

RS 151 DID YOU SAY SCULPEY? WHAT'S THAT? Learn about and experiment with a variety of techniques to create small clay sculptures with sculpey. All levels. Materials list (approx. \$40) emailed prior to first class. 9:30-11:30. W. Carnevale

RS 152 CANASTA: BEGINNERS For those who have never played the game. You may not register for two Canasta classes.. 9:30-11:30. S. Stanley

RS 153 CANASTA PLAYLAB I For those who play, but would like to become more experienced. Provide your own cards and tray. You may not register for two Canasta classes. 9:30-11:30. S. Siegel

RS 154 CANASTA PLAYLAB II For those who have played the game or want to brush up. Provide your own cards and tray. You may not register for two Canasta classes. 9:30-11:30. C. Patelsky

RS 155 MAH JONGG: BEGINNERS For those who want to learn the game. Bring a Mah Jongg card to the first class. You may not register for a beginner class and a play lab. 12-2. S. Siegel

RS 156 MAH JONGG PLAYLAB For those who play the game and would like to gain experience. Provide your own set and card. You may not register for a beginner class and a play lab. 12-2. S. Stanley

RS 157 WATERCOLORS FOR BEGINNERS Introduction to the Elements and Principles of design using watercolors. Color theory, color mixing, linear perspective, how to handle paper, water, paint and more. 12:30-2:30. E. Byrne

WEDNESDAYS

RS 350 BELLY DANCING FOR FUN & FITNESS FOR ALL LEVELS Shimmy, sweat and smile while getting in touch with your inner goddess. Learn basic techniques and simple combinations for a lively belly dancing experience. 9:30-11:30. J. Lamonica

RS 351 CHESS: BEGINNERS/INTERMEDIATES For those who never played or want to brush up. Learn the fundamental strategies and skills needed to become life-long chess players 9:30-11:30. P. Rosado

RS 352 DRAWING FOR BEGINNERS Learn the basic techniques for drawing from observation to create the illusion of three-dimensions on a flat two-dimensional surface using linear perspective, modeling and more. Step-by-step instructions, demonstrations, constructive critiques and various drawing media included. Materials list emailed prior to first class. 9:30-11:30. M. Corti

RS 353 LINE DANCING Learn the basics and enjoy this mind and body stimulating experience. 9:30-11:30. L. Kalipetes

RS 354 CHORALEERS Rock to the 60's with songs that changed music. You may register for **RS 301** (remote) or **RS 354** (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

RS 355 SOMETHING BROKEN BECOMES BEAUTIFUL: MOSAICS Learn to create a decorative design or picture setting small pieces of tile on a surface. Materials list (approx. \$50) emailed prior to first class. 12-2:30. **\$20** includes registration and other materials. W. Carnevale

RS 356 S.I.'S AMAZING CULTURAL COMMUNITY Learn about the museums, historical societies, living history sites, historic houses and more from a S. I. historian. 12-2. P. Salmon

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

RS 358 A FIT FAB YOU WITH LOIS Moderate aerobics, workouts with weights to trim, tone and tighten arms, abs, and buns. Bring light weights, stretch ban, 5” soft ball and sneakers to first class. 12-2. L. Martinez

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

THURSDAYS

RS 450 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. 9:30-12. **\$15** includes registration and equipment. P. Bartels

RS 451 DRAWING: ADVANCED/INTERMEDIATE Participants must have knowledge and experience in using basic techniques for drawing from observation. Included are analyzing and working in various art styles and using various drawing media. Materials list emailed prior to first class. 9:30-11:30. M. Corti

RS 452 SELF-DEFENSE FOR RETIREES Learn, discuss and apply practical self-defense techniques and scenarios with a 1st degree black belt in Karate. Five sessions. Begins *March 16*. 9:30-11:30. E. Levitt

RS 453 KNITTING & CROCHETING FORUM: ALL LEVELS Individual instruction for those with no experience. Patterns and directions for projects are shared. Bring your patience, #8 10” knitting needles and/or “J” crochet hook and 4 ply yarn of your choice to first class. 9:30-11:30. C. Bellitti

RS 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. Paholek

RS 455 IN STITCHES Beginners learn basic needlepoint stitches such as continental and basket weave. For those with some experience will perfect their skills. Class culminates with a project to show off your accomplishments. 12-2. **\$35** includes registration and materials. J. Glassman

RS 456 CHAIR YOGA Get the benefits of yoga from a class designed around and on a chair. Sneakers required. A durable throw pillow suggested. Straps and blocks optional. 12-2. K. Paholek

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

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

NASSAU

TUESDAYS

NS 250 BEGINNING CANASTA! GET IN THE GAME Learn the basic skills, rules and strategies of Canasta. Bring two packs of regular playing cards to class. Meet at Trinity-St. John's Church, 1142 Broadway in Hewlett, NY. Four sessions: *May 2, 9, 16, 23*. 11:30-12:30. A. Seligson

NS 251 MAH JONGG Learn the basics of Mah Jongg and how to play by the rules of the National Mah Jongg League. Bring a Mah Jongg set and the current 2023 Mah Jongg card to class. Meet at Trinity-St. John's Church, 1142 Broadway in Hewlett, NY. Four sessions: *May 2, 9, 16, 23*. 1:30-2:30. A. Seligson

NEW JERSEY

TUESDAYS

JS 250 MAH JONGG Learn to play the American version and follow the rules of the National Mah Jongg League while using a current card. Freehold Jewish Center, 59 Broad St., Freehold.

10-12. S. Levine

JS 251 CANASTA: ALL LEVELS Enjoy learning and playing Canasta. Freehold Jewish Center, 59 Broad St., Freehold. 12:15-2:15. S. Levine

JS 252 INTRO TO PICKLEBALL Want to join the fun and play the fastest growing sport in the country? Pickleball is easy to learn and great exercise. All equipment is supplied for the class. Elite Tennis Academy, 42 Fairfield Pl. in West Caldwell, NJ. Four sessions: *May 2, 9, 16, 23*. 11:30-12:30. \$60 includes registration and supplies for the class. M. Schwartz

WEDNESDAYS

JS 350 ACRYLIC PAINTING 101 Bring a set of six basic acrylic paints, variety of brushes, pad of canvas paper, canvas

board and/or canvas to first class. Freehold Jewish Center, 59 Broad St., Freehold. 9:30-12:30. F. Mednick

THURSDAYS

JS 450 OIL PAINTING Learn the basics including preparing a canvas, planning composition, color mixing and application. Freehold Jewish Center, 59 Broad St., Freehold. 11-2. J. Manco

FLORIDA CENTER

TUESDAYS

FS 250 CANASTA: ALL LEVELS Learn

or refresh the basic game rules, scoring and some strategies all while having fun. 10-12. S. Goldstein

FS 251 THE BEST OF THE BOROUGHS Which group in each of the NYC boroughs had the most Billboard's Top 40 hits. Hear the songs and stories of these great Doo Wop groups. Four sessions: *March 14, 21, 28; April 4*. 10-12. H. Bloch

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

IN-PERSON SEMINARS

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

BRONX

XS 826 SPRINGTIME COOKIE DECORATING Learn cookie decorating techniques. Take home four heart shaped springtime cookies. *Thursday, April 27, 10-12*. \$45 includes registration and baking materials. The presenter is a Baking Coach representative.

nese braiding technique with and without beads. Materials list emailed prior to first class. Three Tuesday sessions: *March 14, 21, 28*. 12:30-2:30. \$6. Z. Tyson

KS 828 THE LINCOLN CENT Learn about the birth of the Lincoln Cent (penny), the changes in the Cent design and the value in today's market. Samples will be given. *Tuesday, May 2*. 10-12. M. Marcus

FS 827 BASEBALL HISTORY DISCUSSION GROUP Introduction to baseball history from the 1800's to the present. Topics include baseball after WWII, great players and personalities, legendary teams and more. Three Tuesday sessions: *March 14, 21, 28*. 1-2:30. \$6. S. King

FS 828 SHORT READS Read and discuss popular and contemporary short stories. Stories are emailed prior to each class. Three Thursday sessions: *March 16, 23, 30*. 10-12. \$6. A. Zuckerberg

FS 829 BIRD/NATURE WALK WITH VALLERI: LOXAHATCHEE Navigate berms and boardwalk and make discoveries. For both avid nature/bird enthusiasts and novices. Dress comfortably for walking. Bring binoculars and/or cameras suggested. Visitors are required to pay an entrance fee (\$10) per car. Fees are waived if entering on foot, bike or in

possession of an America the Beautiful Interagency Pass (per car). *Thursday, March 23*. 4-6 pm. V. Brauer

FS 830 BIRD WATCHING FIELD TRIP WITH VALLERI: WAKODAHATCHEE WETLANDS This late day experience focuses on birds flying back to the trees to settle in for the night and nesting. Dress comfortably for walking. Bring binoculars and/or cameras suggested. *Monday, April 3*. 4-6 pm. V. Brauer

FS 831 BIRD/NATURE WALK WITH VALLERI: OKEEHEELEE Visit the Nature Center and explore a walk through the woods to see what we can discover. For both avid nature/bird enthusiasts and novices. Dress comfortably for walking. Bring binoculars and/or cameras suggested. *Wednesday, May 3*. 9-11 am. V. Brauer

BROOKLYN

KS 826 GENEALOGY Learn how to search for one's ancestors with resources and tips to discover your family's past. Three Tuesday sessions: *March 14, 21, 28*. 10-12. \$6. M. Marcus

KS 827 KUMIHIMO BRAIDED/BEADED JEWELRY Create jewelry using a Japa-

FLORIDA CENTER

FS 826 BIRD/NATURE WALK WITH VALLERI: PEACEFUL WATERS SANCTUARY This setting has a combination of boardwalk and walking trails surrounded by ponds. A walk filled with nature and birds. Dress comfortably for walking. Binoculars and/or cameras suggested. *Tuesday, March 14*. 4-6pm. V. Brauer

REMOTE

You will receive an email invite from your instructor to join the class on Zoom with the necessary links. If you have not received your email with the Zoom links at least two days prior to event; please check your "spam/junk" or "trash" folders. If it is not in the "spam/junk" or "trash" folders, call us at (212) 510-6310.

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

REMOTE TRIPS

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

MARCH

WS 901 STORM KING ART CENTER WITH SYLVIA LAUDIEN-MEO Visit

one of the largest collections of contemporary outdoor sculpture. Experience art in communication with nature, outside confining walls. View the works of Alexander Calder, Henry

Moore, Isamu Noguchi and more. *Thursday, March 16*. 1 pm-3 pm. \$18. S. Eisenberg

RS 901 FEMINIST WALK THROUGH

HARLEM WITH LEIGH HALLINGBY Tour of women who are honored throughout Central and Spanish Harlem with murals, mosaics, statues,

sidewalk plaques, buildings and street signs. **Tuesday, March 21.** 11 am-12 pm. \$12. M. Mammana

MS 901 NYC ISLANDS TOUR Follow Manhattan's 520-mile coastline. Learn about many of NYC's 42 islands including the history behind Hart Island's Potter's Field, the crown jewel of Dutch East India Co. and the details of such familiar tales like "Typhoid Mary." **Wednesday, March 22.** 10:30 am – 12:30 pm. \$12. J. DeNave

RS 902 COVER STORY: KATHARINE GRAHAM, CEO PRESENTATION WITH JEANNE GUTIERREZ View this virtual exhibit which highlights the life and legacy of trailblazing women in the business and media world on this guided tour with a NY Historical Society docent. **Thursday, March 23.** 1 pm-3 pm. \$12. M. Mammana

WS 902 PARIS IN NY WITH JUSTIN FERATE See how Paris, France influenced the appearance of Manhattan from Washington Square Park to Park Avenue, from the Upper East Side to Morningside Heights. **Friday, March 24.** 10 am- 12 pm. \$17. S. Eisenberg

MS 902 LOST BROOKLYN 2 WITH SUZANNE SPELLEN Brooklyn is ever changing; not just the rise and fall of buildings themselves but changes in housing, entertainment, industry and technology that can doom the most beautiful and best of buildings. Structures that only exist in pictures across the boroughs are highlighted. **Wednesday, March 29.** 10:30 am – 12:30 pm. \$12. J. DeNave

WS 903 STANFORD WHITE'S NY WITH JUSTIN FERATE World renowned architect, Stanford White is considered to be the greatest designer in NYC history. Discover his grand buildings and magnificent moments

which surround us daily and continue to enhance our lives with elegance. **Thursday, March 30.** 1pm-3 pm. \$17. S. Eisenberg

APRIL

RS 903 HISTORY OF THE UNDERGROUND NYC SUBWAY WITH GARY DENNIS Trace the history and inside story of the creation of the original 1904 subway that grew into an extensive transportation system. **Tuesday, April 4.** 1 pm- 3 pm. \$12. M. Mammana

MS 903 EAST HARLEM El Barrio, Spanish Harlem, Italian Harlem and East Harlem are the many names used for the neighborhood between E. 96th St. to E. 125th St. in Manhattan. Begin the tour in the late 19th Century when an influx of Sicilian, Jewish and German immigrants moved to the area. View sites associated with the Genovese crime family and Manhattan's first Little Italy. **Wednesday, April 5.** 10:30 am – 12:30 pm. \$12. J. DeNave

RS 904 SUBWAY ART TOUR THREE WITH PHIL DESIERE Virtual tour of some of the public art in NYC subways from Hudson Park to Harlem. **Tuesday, April 18.** 1 pm-3 pm. \$12. M. Mammana

MS 904 ULYSSES S. GRANT: ALIVE & DEAD IN BROOKLYN WITH SUZANNE SPELLEN President and General Ulysses S. Grant and his wife moved to Manhattan in 1881. He made a disastrous business investment with a Brooklyn Heights con man who robbed him blind. Learn more little-known stories. After his death in 1885, his grand old party built a massive monument and tomb on Riverside Dr. while Crown Heights North in Brooklyn also built a

monument. **Wednesday, April 19.** 10:30 am – 12:30 pm. \$12. J. DeNave

WS 904 NOOKS & CRANNIES OF NYC WITH JUSTIN FERATE NYC is rich with secretive delights. Waiting to be discovered are myriad offbeat landmarks, secret gardens, hidden houses and covert byways. Take an armchair romp throughout NY and explore the city's great, but often overlooked treasures. **Friday, April 21.** 10 am-12 pm. \$17. S. Eisenberg

MS 905 SAVING RADIO CITY MUSIC HALL: A DANCER'S TRUE STORY Hear the true story of how one of NYC's iconic cultural landmarks was saved from demolition. A former dancer of the Radio City Music Hall Ballet Co. in the 70's reveals how she and dedicated colleagues joined forces to save the Rockefeller establishment. **Tuesday, April 25.** 10:30 am – 12:30 pm. \$12. J. DeNave

MAY

MS 906 LOST NEIGHBORHOODS OF NYC This tour covers neighborhood names including why there are so many areas honoring swine and an area named for a famous organized crime figure. Learn why there is such a large presence of Middle Easterners on Atlantic Avenue and find the fire escape where Maria & Tony sang "Tonight". **Thursday, May 4.** 10:30 am – 12:30 pm. \$12. J. DeNave

WS 905 CLOES OLDENBURG & POP ART, THE NY ART SCENE WITH SYLVIA LAUDIEN-MEO Re-visit the extraordinary creative art scene of the 60's. Enjoy the works of artists like Warhol, Rivers and more who embraced life in its banality, drawing attention to the world of objects.

Monday, May 8. 10 am-12 pm. \$17. S. Eisenberg

WS 906 HISTORIC PENNSYLVANIA STATION WITH JUSTIN FERATE The demolition of the majestic Pennsylvania Station is a tragic loss that continues to be felt to this day. Trace the development, history and glories of the legendary Penn station. **Tuesday, May 16.** 1 pm-3 pm. \$17. S. Eisenberg

MS 907 MERCANTILE HEAVEN: BROOKLYN'S DOWNTOWN SHOPPING DISTRICT There was a time when a Brooklynite needed to go no further than Fulton St. to shop in large department stores (A & S) or go to theaters and restaurants. Our tour looks at the history and evolution of all of them including the people who created them. Meet mercantile geniuses and examine great architecture. **Wednesday, May 17.** 10:30 am – 12:30 pm. \$12. J. DeNave

MS 908 CALVERT VAUX: THE FIRST ARCHITECT OF CENTRAL PARK Explore the early life of Calvert Vaux in England why he later arrived in NY. The area that was to become Central Park was placed in the hands of a commission which decided to hold a design competition. Vaux partnered with Frederick Law Olmstead and their plan won the competition. **Wednesday, May 24.** 10:30 am – 12:30 pm. \$10. J. DeNave

WS 907 ST. PETERSBURG, FLORIDA: A UNIQUE ART EXPERIENCE WITH SYLVIA LAUDIEN-MEO Visit the Dali Museum, James Museum, Museum of Arts & Crafts, the Chilhuly Collection, unique and exciting street art and more. **Friday, May 26.** 10 am-12 pm. \$17. S. Eisenberg

REMOTE COURSES

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

DISCLAIMER: "You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all-risk of injury to yourself, and agree to release and discharge the UFTWF from any and all claims or causes of action."

NASSAU/SUFFOLK

MONDAYS

US 101 BASIC DRAWING FOR BEGINNERS TO ADVANCED Draw still-life, landscapes, portraits and more. Several works will be inspired by famous artists that take inspiration from one of four artists including Albrecht Durer, Georgia O'Keefe and other contemporary artists. Six sessions. Begins **March 13.** 5: 30 pm-7:30 pm. D. Benter

TUESDAYS

NS 201 RESILIENCE REVISITED Explore techniques and teachings to develop a greater connection with your innate inner power. Learn about the science backed methods aimed at building a stronger sense of self-assurance, fulfillment and deeper relaxation. 10-12. R. Demers

NS 202 PAPER CRAFTS: ALTERED JOURNALS Make a beautiful piece of art from an old hard cover book. A mixed media art class. 10-12. J. Alexandrakis

NS 203 SOUL LINE DANCING FOR

EVERYONE Learn basic soul line dancing steps to stay in shape both mentally and physically. 11:15-12:15. R. Hogans

NS 204 FIT FOR LIFE Focus on movements such as squatting, reaching, pulling and lifting done from your chair to increase strength and endurance. Move onto standing by your chair/wall for balance and weight bearing exercises that work the hips and legs. Equipment list emailed prior to first class. 1-2. N. Aaronson, OTR

US 201 MEDITATION FOR STRESS RELIEF & THE IMMUNE SYSTEM Practice Kundalini Yoga breathing

techniques and Meditation for physical, mental and spiritual strength and vitality. Relax, reduce stress. Develop lungs and immune system. All levels. Suitable for those who prefer to be seated; go at your own pace. 10-11:30. R. Mahone-Lonesome.

WEDNESDAYS

NS 301 INTRODUCTION TO GOOGLE WORKSPACE FOR PC ONLY Learn about some of the possibilities of Google workspace for file storage, collaborative document creation and more. If you have a Gmail account,

you have free access to Google Workspace. Four sessions. Begins **March 15**. 10-11. S. Seifman

NS 302 HAND QUILTED WALL HANGING Learn to make a wall hanging with applique and pierced portions. This is a HAND sewing class. Pre-requisite: basic sewing skills. 10-12. J. Alexandrakis

US 301 DOO WOP (& OLDIES) COVERS So many great Doo Wop hits were covered by other artists- some at the time and many, some years later. Let's compare! Great music audio and video clips to enhance your listening and viewing pleasure. 10-12. No class: **May 10**. H. Bloch

US 302 THE ORIGINS & HIGHLIGHTS OF COMEDY What makes us laugh? Learn the origins dating back to the Bible and ancient Greece. Topics include vaudeville, film, radio and T.V., and the stand-up comedians who learned their craft entertaining in nightclubs and in the Catskill hotels. Commentary on comedy's role in our political and social thought included. Five sessions. Begins **March 15**. 1-3. A. Voransky

US 303 WINES OF THE WORLD Learn about the grapes and the places that produce the wines you might be familiar with, but also some lesser known wines of the world. Sharpen your tasting techniques and learn more about wine making, pairings, storage and more. Four sessions: **May 3, 10, 17, 24**. 12:45-2:45. B. Kenner

THURSDAYS

NS 401 LET'S MAKE A T-SHIRT QUILT! Make your favorite t-shirts into a throw sized quilt. A sewing machine, 10-15 t-shirts and basic sewing skill needed. Nine sessions. Begins **March 16**. 10-12. J. Alexandrakis

US 401 CANASTA FOR ALL LEVELS Whether you're learning the game or have been playing for a while, you will be able to pick up valuable strategies for successful play. Five sessions. Begins **March 16**. 10-12. A. Bass

US 402 CONTEMPORARY SHORT STORY CLUB Love to read? Join us as we read and share our thoughts about short stories written by contemporary authors of the late 19th & 20th Centuries. All stories are emailed prior to class. Four sessions: **March 23; April 20, 27; May 4**. 1-3. R. Miles-Abraham

NEW JERSEY SECTION

MONDAYS

JS 101 BOLLYWOOD FITNESS WITH

8 / SI BEAGLE LEARNING CENTERS PROGRAM

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

JS 102 FACE YOGA tone the muscles in your face. Go through a series of exercises to create a slimmer and younger complexion. 9-10. B. Kleinman

JS 103 COOK LIKE A CATERER 2.0 Enjoy themed menus such as "lunch in the garden", brunch ideas for special occasions and delicious desserts. 10-11:30. C. Semel

JS 104 BEGINNER YIDDISH Learn expressions, create dialogues and learn about the beautiful Yiddish language. 10:30-12. N. Miller

JS 105 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 meetings, create Zoom accounts and break out rooms. Four sessions: **March 13, 20, 27; April 3**. 12-2. M. Levine

JS 106 LEARN TO SING Learn to read music, how to breathe for singing, practice vocal exercises to build the voice and songs to present in a program with help from the instructor. Handouts emailed weekly. 1-3. J. Goleme

TUESDAYS

JS 201 FLAMENCO DANCE Enjoy a workout for the body and soul with powerful arm and body movements, rhythmic foot stomping and hand clapping. Shoes with solid heel or sneakers required. 10-11. L. Bottalico

JS 202 BEGINNER BRIDGE It's necessary to access both Bridge Base for instruction (free software) and Zoom. You must be able to use separate windows on a computer or two separate devices such as a smartphone and a tablet. 1-3. D. Stein

JS 203 HAPPIER NOW: HOW TO SIMPLIFY YOUR LIFE Find more joy by streamlining your to-do list, calendar time, clutter, email and more. 1-3. J. Novak

WEDNESDAYS

JS 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

JS 302 MAH JONGG Learn to play the American version and follow the rules of the National Mah Jongg League while using a current card. 10-12. S. Levine

JS 303 HOW TO TALK WHEN THE BAND IS TOO LOUD: SIGN LANGUAGE It's often very hard to

hear or talk at social events. Learn to fingerspell and do some basic sign language so you can communicate with your partner or friends. 10:30-12. N. Miller

JS 304 APPLE IPHONE/IPAD Learn how to use the features on your devices including your contacts, text messaging, emails, calendars, web browser, taking photos and more. Prerequisite: Must know your Apple password to download apps. 12-2. B. Kleinman

JS 305 BELLY DANCING Feel the Middle Eastern music of Belly Dance featuring the exotic and sensual sounds of this genre as well as a blend of all Belly Dance fusion tracks. Become aware of how our bodies truly can move! 1-2. V. Iyer

THURSDAYS

JS 401 SPANISH A conversation-based course. Must be able to answer questions about different subjects in Spanish. New topics include songs, short readings and videos. Chat and breakout rooms are used on Zoom. 9-10:15. L. Fechter

JS 402 PILATES Use a chair for both seated exercises and for balance while standing. Use the Pilates principles for alignment and breathing. 10:30-11:30. L. Fechter

JS 403 GOOGLE Learn about Google apps. Overview and understanding of Gmail, calendar, chat voice, docs and much more. Pre-requisite: must have a gmail account and know your username and password. 4-6. B. Kleinman

JS 404 UKELELE Learn simple chords and strum patterns that have you playing songs in no time. 6-7 pm. D. Crowley

FRIDAYS

JS 501 PHOTO SORTING LIVE Organize bins and boxes of paper, photographs live during class. Get a system in place to successfully sort years of photos. 1-3. J. Novak

WESTCHESTER/ ROCKLAND/ PUTNAM SECTION

MONDAYS

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

WS 102 DISCOVER MEDITATION Discover the positive effects

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

WS 103 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-Harrigan

WS 104 ROD SERLING'S TWILIGHT ZONE Explore Serling's life, loves, career and TV show as we enter the fifth dimension of his world. 10-12. R. Miles-Abraham

WS 105 BEGINNING PIANO CONTINUED For those who want to press onward and upward in beginning piano. Pre-requisite: Beginning Piano and must have a keyboard or piano to practice. 11:30-1. M. Oppel

WS 106 PHOTO TECHNIQUE & TECHNOLOGY Learn how to improve your photos with new ways of seeing and using software to enhance and edit the photos. 12:30-2:30. S. Cabot

WS 107 SHORT STORY BOOK CLUB: MASTERPIECES BY WOMEN WRITERS Read, discuss and analyze short stories written by women of the 20th & 21st Centuries. Stories are emailed prior to class. 1-3. R. Miles-Abraham

TUESDAYS

WS 201 SHORT STORY MYSTERY BOOK CLUB: WHO DUNNIT? Have fun reading short story mysteries – examining the evidence and solving the crimes. 9-11. R. Miles-Abraham

WS 202 INTERMEDIATE FRENCH Continue your journey in French through the study of new vocabulary, sentence structure and cultural themes. Pre-requisite: Advanced Beginning French or has some exposure to French. 10-11. H. Bismuth

WS 203 READING THE SHORT STORY Read stories by writers who bring modern voices to familiar themes. Discuss how authors "make new and curious combinations" and how we respond to them. For those who want to read closely and share ideas or writers who want to learn more about the craft. NOT a writing class. 10-11. J. Smith

WS 204 OIL YOUR JOINTS Wake up your body parts that feel constricted and stiff in order to bring better circulation through isolated stretches for better mobility. 10-12. K. Sanson

WS 205 ZENTANGLE An easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. There's no way to do it wrong. Participants will complete a piece of art at the end of each class. With a few inexpensive materials, you'll soon awaken the artist you are meant to be. Four sessions: **March 14,**

21, 28; April 4. 10-12. M. Schebiein-Dawson

WS 206 ROCK OF THE EAST COAST Enjoy the music and learn about the Rock n' Roll from the East Coast including Boston to NY to NJ and beyond. 10-12. S. Cabot

WS 207 NON-FICTION WRITING: PERSONAL ESSAYS, OP-EDS & MEMOIRS Explore a potpourri of choices: political beliefs, personal stories, humorous essays are some examples. Tips are provided on how to get your work published. 10:30-12. B. Rosenblatt

WS 208 ALFRED HITCHCOCK Join a lively group of Hitchcock fans. View his movies and discuss the life and works of Alfred Hitchcock. 12-3. R. Miles Abraham

WS 209 ITALIAN FOR BEGINNERS II Increase and expand your knowledge of grammar and conversation through dialogues and discussions, the Italian language and culture through traditional exercises, videos and fun. Prerequisite: Italian for Beginners I or basic knowledge of Italian pronunciation, phrases and vocabulary. 1-2. J. Ferrari

WS 210 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 good workout! 1-2:30. R. Bass

WS 211 ORIGAMI Learn the art, science, math and technology of folding paper with the basics. Focus on models that are beautiful and useful at the same time during Springtime. Four sessions: *March 14, 21, 28; April 4.* 1:30-3:30. M. Schebiein-Dawson

WEDNESDAYS

WS 301 GENTLE YOGA Develop self-awareness, strength, flexibility and a sense of calm. Materials needed: a block or small book to prop yourself up and a strap or towel. 10-11. L. Madsen

WS 302 MUSIC OF THE MOTOR CITY: MOTOWN Explore the beginning of the record company, its influence and the artists and producers that made the hits. Audio and visual tapes/media and instructor knowledge are used. Share memories and discussions. 12-3. V. Wilson

WS 303 ITALIAN FOR BEGINNERS Learn the basics of Italian vocabulary, pronunciation and some culture using traditional exercises and videos to impress your family and friends. 1-2. J. Ferrari

WS 304 STRENGTHENING & BALANCE TO PREVENT FALLS Learn about body alignment, the role of the feet, core and overall strength to improve your daily function and prevent falls. Strengthen muscles in your shoulders, hips, abdominal region,

back and legs with chair and standing exercises. Materials list emailed prior to class. 1-2. N. Aaronson

WS 305 COVID METAMORPHOSIS WRITING COMMUNITY Sharing personal memoirs, vignettes and proses responding to life's passages over the last three years and across precious past times. Join us for a guided collaboration of the writing process. For publication or your own family legacies. 1-3. I. Abruzzese

WS 306 MAT PILATES Improve your muscle tone, flexibility and posture through a series of mat exercises which engage both mind and body. Mat, towel, band and ball are needed. 2:15-3:15. N. Aaronson

WS 307 BELLY DANCE: THE SECRET DESIRE Unleash your inner diva and connect with your feminine nature. The movements give you a safe whole-body workout without strain to joints and muscles. Learn the techniques while having fun.. 3-4. A. L. Sherry

THURSDAYS

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

WS 402 HEAL YOUR LIFE Exercise and use techniques to improve the quality of our lives using the book, *You Can Heal Your Life* by Louise Hay. If you are willing to do the mental work by loving yourself more and limiting thoughts and beliefs; you will gain the ability to heal every area of your life.. 10-12. P. Miller

WS 403 THE BEATLES: YESTEDAY & TODAY A musical history of the Fab Four from their days in Hamburg to the latest from Paul and Ringo. 10-12. S. Cabot

WS 404 ADVANCED BEGINNER FRENCH Develop your skill in French conversation through vocabulary expansion and sentence structure. For those who have taken Beginner Refresher French or had exposure to French. 11:15-12:15. H. Bismuth

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

WS 406 TV SITCOMS Sitcoms have been some of the most popular and significant shows on TV. View and discuss two different shows, starting in the 50's and continue through the decades. Four sessions: *May 4, 11, 18, 25.* 12-2. A. Fraenkel

WS 407 LATIN/SWING DANCE Have fun dancing to Jazz and Latin music. Learn how to Swing, Salsa, Mambo, Cha Cha and Samba. 12:30-2:30. K. Sanson

WS 408 BELLY DANCE: THE SECRET DESIRE Unleash your inner diva and connect with your feminine nature. The movements give you a safe whole-body workout without strain to joints and muscles. Learn the techniques while having fun. 1-2. A. L. Sherry

WS 409 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

FRIDAYS

WS 501 BODY, MIND & HEART FULLY CONNECTED Examine the science backed approaches to how integrating physical sensation with your heart and mind can provide deeper fulfillment and relaxation. 9:30-11. R. Demers

WS 502 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. 11-12. K. Smith

WS 503 INTRODUCTION TO AMERICAN SIGN LANGUAGE (ASL) Learn the basics including how to fingerspell and communication skills. 12-2. K. Brown

BRONX

MONDAYS

XS 101 BASIC STITCHES Interested in Fiber Arts? Beginner or advanced will learn and review stitches for crocheting, knitting, looming and other fiber arts. 10-12. C. Poindexter-Curry

XS 102 LET'S MOVE! Moderate seated and standing exercises for seniors who want to improve fitness, mobility, strength, balance, general health and wellness. Light hand weights and exercise bands are used. 10-12. M. J. Strauss

XS 103 SPRING FLOWERS Create paper flowers using Astrobrites copy paper, a wooden skewer and tacky glue. Some flowers we will make are daffodils, tulips and land lilies. Five sessions. Begins *March 20.* 12:30-2:30. M. J. Strauss

TUESDAYS

XS 201 ZUMBA GOLD Combine Latin and International dance rhythms such as Salsa, Merengue, Tango and Cha Cha into an energizing cardio workout. It's a safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothing. 10-11. M. Stevenson

XS 202 WHAT MAKES A POEM Read and discuss selected contemporary poems with a broad range of topics and techniques. Participants will receive writing prompts to create their own poems. Writing exercises that will inspire new poems included. All levels. 10-12. S. Stern

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

XS 204 WATERCOLORS Participants can paint from suggested paintings suggested by the instructor for each session or choose their own project. Techniques will be taught for each painting. All levels. 10-12. S. Baruchowitz

XS 205 EXERCISE PLUS A blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Bring light hand weights, bands and a sticky floor mat to stabilize your chair. 12:30-2. D. Dolan

XS 206 LIVES & PRESIDENCIES OF FRANKLIN D. ROOSEVELT & HARRY S. TRUMAN A study of the lives and presidencies of F.D.R. and Truman including their domestic and foreign policies and challenges that they faced. 12:30-2:30. L. Hartstein

WEDNESDAYS

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

XS 302 EXERCISE FOR ARTHRITIS, FLEXIBILITY & BALANCE Moderate seated and standing exercises for seniors who want to improve their range of motion. Learn stretches for strengthening knee muscles and other exercises for a stiff neck and shoulders. Light hand weights, a towel and stick (mop handle, dowel, cane) needed for class. 10-11. M. J. Strauss

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

XS 304 TAI CHI Introduction and practice of Chinese traditional Chen-style Taijiquan, a high-level boxing technique, the traditional Taiji fan and Qigong Baduanjin. Practice can relax the whole body, improve blood circulation and keeping healthy. 10-12. A. Wang

XS 305 ALPHA PIANO For those

who have no musical instruction. Introduction to musical theory, reading notes, rhythms, practice with keyboard. Includes both classical, jazz and blues pieces. Text book required: *John Thompson, Adult Piano Course Book #1*. Piano or touch sensitive/responsive electric keyboard and notebook with musical staves needed. 10-12. N. Zamcheck

XS 306 LET'S MOVE MORE Moderate and advanced exercises for seniors to increase flexibility, mobility, strength and balance using hand weights and stretch loop bands. Exercises include chair boxing, cardio, strengthening your core, back, hips and legs. Six sessions. Begins **March 15**. 11:15-12:15. M. J. Strauss

XS 307 AGELESS GRACE A fitness and wellness program performed while sitting in a chair. Although its beneficial for everyone, this program is particularly good for those with limited mobility or strength. Practice anti-aging techniques such as joint mobility, spinal flexibility and more. Wear comfortable clothing. 11:30-12:30. M. Stevenson

XS 308 BETA PIANO Prerequisite: Beginner (Alpha) Piano or equivalent. Ability to play increasingly complex pieces paying attention to musical expression markings, phrasing, tone dynamics and transitions. Emphasis on fluid, legato style. Textbooks required: *John Thompson, Adult Piano Course Book #1* and *The Real Book* (6th edition). Piano or touch sensitive electric keyboard needed. 12:30-2:30. N. Zamcheck

THURSDAYS

XS 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. Those with physical limitations can participate in a chair. Wear comfortable clothing. 10-11. M. Stevenson

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

XS 403 ZUMBA GOLD Combine Latin and International dance rhythms such as salsa, merengue, tango and cha cha into an energizing cardio workout. Safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable

clothing. 11:30-12:30. M. Stevenson
XS 404 DOO WOP USA Listen to the music and stories of the great Doo Wop groups from the Midwest and West Coast (Flamingos, Midnighters, Penguins, Platters and more). No class: **May 11**. 12-2. H. Bloch

FRIDAYS

XS 501 EXERCISE PLUS A blend of exercises to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being included. Light hand weights, exercise bands and a sticky floor mat to stabilize your chair is needed. 10-11:30. D. Dolan

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

BROOKLYN

MONDAYS

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

KS 102 EXERCISE FOR PEOPLE WITH ARTHRITIS Designed to increase coordination, flexibility and reduce pain and stiffness for those with arthritis. 10-12. T. Pratt

KS 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

KS 104 ZOOM: MASTER YOUR SKILLS Take your Zoom skills up a level. Learn advanced features including account settings, break out rooms and more. 10-12. G. Blume

KS 105 FASCINATING DOCUMENTARIES View films that offer insight into the events and lives of some of the most interesting and fascinating people. 10-12. M. Eller

KS 106 ALFRED HITCHCOCK Watch and discuss his best films. Learn insider information about each movie and how Hitchcock developed his style. Identify the "macguffans" and spot his cameos. 10-12:30. S. Friedman

KS 107 KUNDALINI YOGA Learn a set of disciplines that incorporate breath, movement and meditation to maintain balance and harmony. Materials

needed: yoga mat and firm pillow. 12:30-2:30. C. LaBue

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

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

KS 110 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. Materials list emailed prior to first class. 1-3. R. Lubell

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

TUESDAYS

KS 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

KS 202 LEARN TO QUILT FOR BEGINNERS Quilting for the first time? Learn the materials and skills you'll need to complete a small quilt or runner. 10-12. L. Grabash

KS 203 SKETCHING & DRAWING Learn the elements of design using various graphic materials. Materials list emailed prior to first class. 10 - 12. E. Comins

KS 204 SOUL TO SOUL: FROM HITSVILLE TO SOULSVILLE Get on board the Soul Train as it winds around Motown, Memphis, Philly and points in-between. Get your groove on, funk it up or hear a symphony of love. 10-12. J. Hirsch

KS 205 NOT YOUR ORDINARY GRANNY SQUARES Turn Granny squares into works of art by producing garments, accessories and one-of-a-kind pieces. Materials and projects discussed the first day of class. 10-12. P. Williams

KS 206 TURNING POINTS IN AMERICAN HISTORY II Our nation's path is determined by key events. Enjoy a combination of selected recorded lectures accompanied by discussion and trivia. 10-12. G. Blume

KS 207 WATERCOLOR WORKSHOP Various techniques of watercolor are explored. Materials list emailed prior to first class. 12:30-2:30. E. Comins

KS 208 DIVERSE CROCHET BAGS Learn to crochet beautiful bags of various styles and sizes. 12:30-2:30. P.

Williams

KS 209 ZUMBA GOLD Improve coordination and memory; develop stamina while working out to great music. 12:30-2:30. B. Sayegh

WEDNESDAYS

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

KS 302 SHAKESPEARE Read and discuss the play, *Henry VIII*. 10-12. J. Trachten

KS 303 BUTTON UP YOUR LIFE Walk through securing important documents without getting overwhelmed with an expert organizer. 10-12. J. Novak

KS 304 A REPERTOIRE OF LINE DANCES Learn old- and new-line dances while working on your coordination, memory and balance. 10-12. T. Gilbert

KS 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

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

KS 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

KS 308 SORTING OUT SENTIMENTAL CLUTTER Learn how to detach from and declutter treasures, souvenirs, keepsakes and more. Get resources for what to do with all the stuff. 1-3. J. Novak

THURSDAYS

KS 401 OPERA A survey of great operas from around the world in five languages: Italian, French, German, Russian and English via Zoom. Includes a free dress rehearsal of *La Boheme* at the Met on **April 18th**. 10-12. J. Dzik

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

KS 403 TWILIGHT ZONE Watch and discuss original episodes of Rod Serling's classic TV series. Learn insider information and how Serling's themes are still relevant today. 10-12. S. Friedman

KS 404 AMERICA IN THE GILDED AGE The most pivotal time in our history was the 50-year period following the Civil War. Enjoy a combination of bite-sized portions of select America in the Gilded Age

recorded lectures accompanied by discussion and trivia. 10-12. G. Blume
KS 405 WRITERS SHOWCASE Writing or have a creative idea? Brainstorm and share your work in critique groups while learning about traditional and self-publishing. 1-3. J. Novak

KS 406 HISTORY OF THE U.S.: FROM EXPLORATION THROUGH JOHN ADAMS Enjoy a combination of bite-sized portions of select *The History of the United States* recorded lectures accompanied by discussion and trivia. 1-3. G. Blume

FRIDAYS

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

KS 502 TURNING POINTS IN MODERN HISTORY From Gutenberg's print revolution through walking on the moon. Enjoy a combination of bite-sized portions of select recorded lectures accompanied by discussion and trivia. 10-12. G. Blume

KS 503 QUILTING: INTERMEDIATE/ADVANCED Create beautiful works of art: hand sewn quilts, pillows and decorative accessories. Materials list emailed prior to first class. 10-12. N. Rabatin

KS 504 ACRYLIC PAINTING & PASTELS Learn the basics of painting emphasizing drawing, composition, value and color theory. Explore techniques. Materials list emailed prior to first class. 10:30-12:30. J. Lippmann

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

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

KS 507 POLYMER CLAY: INTERMEDIATE/ADVANCED Must have a working knowledge of polymer clay and know the basics (skinner blends, plugs, bullseye canes etc.) to create pendants, earrings and other designs. Materials list emailed prior to first class. 12:30 – 2:30. V. Hall

MANHATTAN

MONDAYS

MS 101 SHORT STORY INTO FILM Read a short story for each class and view the screen adaptation the following week. Discuss the merits of both the literary story and the movie after each film. 9:45-12:15. W. Wyss

MS 102 THE ART OF THE 21st CENTURY A curated tour of the major art movements and art of the 21st

Century and its foundations. You may register for either **MS 102 OR MS 105**, but not both. 10-12. M. Meyer

MS 103 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 **MS 103** or **MS 201**, but not both. 10:30-12. G. Lichter

MS 104 DOCUMENTARY FILMS View and discuss thought provoking documentaries such as *Alt-Right: Age of Rage*, *The Last Waltz* and more. 12:15-2:45. C. Friedman

MS 105 THE ART OF THE 21st CENTURY A curated tour of the major art movements and art of the 21st Century and its foundations. You may register for either **MS 102 OR MS 105**, but not both. 12:30-2:30. M. Meyer

TUESDAYS

MS 201 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance, No floor exercises. Light hand weights needed for class. You may register for either **MS 103** or **MS 201**, but not both. 10-11:30. G. Lichter

MS 202 THE WRITER'S CRAFT Turn ordinary moments into extraordinary poetry and prose. Analyze and enjoy the work of established poets and writers and apply their craft to your own writing. 10-12. M. Mangot

MS 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

MS 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 March 14*. 10-12. J. Rossi

MS 205 SHORT STORIES Discussion of short stories and their style and significance. Required book: *The Best American Short Stories of the Century* edited by John Updike and Katrina Kenison. Read "The Peach Stone" by Horgan and "That in Aleppo One..." by Nabokov for first class. You may register for **MS 205** or **MS 207**, but not both. 10-12. A. Zuckerberg

MS 206 ITALIAN: INTERMEDIATE/ADVANCED Grammar, reading and conversation are covered. Required *Books In Italiano* (Edizioni Guerra-Perugia) by Angelo Chiuchiu et al. and *In Other Words* by Jhumpa Lahiri (ISBN: 978-1-101-875551) NOT for beginners. 12:30-2:30. A. DeGenarro

MS 207 SHORT STORIES Discussion of short stories and their style and significance. Required book: *The Best American Short Stories of the Century*

edited by John Updike and Katrina Kenison. Read "The Peach Stone" by Horgan and "That in Aleppo One..." by Nabokov for first class. You may register for **MS 205** or **MS 207**, but not both. 12:30-2:30. A. Zuckerberg

MS 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

MS 301 AFRO BEATS DANCE CLASS Learn basic traditional African dance movements set to contemporary Afro Beats music. Take a trip around the diaspora in movement and music. No prior dance experience necessary. 9:45-11:45. D. Scott

MS 302 POLITICS/HISTORY IN FILM View and analyze classic movies such as *Harriet*, *V for Vendetta* and more. 9:45-12:15. C. Friedman

MS 303 FITNESS FUN Focus on low impact cardio, strength training, endurance, flexibility, balance and stretching. Light weights may be used. Done to music. 12:30-2:30. K. Raden

MS 304 ITALIAN CINEMA View and discuss thought-provoking Italian films over the last 70 years. 12:30-3. J. Worth

MS 305 RETIREES READ BOOK CLUB: GROUP A Read and discuss a different book for each class. Read *Joan is Okay* by Weike Wang for first class. Other books chosen after discussion. Five sessions. Begins *March 15*. You may register for **MS 305** or **MS 505**, but not both. 12:30-2:30. M. Garvey

MS 306 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

THURSDAYS

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

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

MS 403 DRAWING BASICS A fun intro to drawing using basic supplies such as pencils, charcoal, erasers and possible color to draw still-life, landscapes, faces and more. Materials list sent prior to first class. 9:45-12:15. W. Bradley

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

MS 405 ZUMBA GOLD FITNESS

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

MS 406 WATERCOLOR PAINTING: BEGINNER/INTERMEDIATE Develop your artistic ability painting landscapes, flowers and seascapes. Materials list sent prior to first class. You may register for either **MS 406** or **MS 506**, but not both. 12:30-2:30. P. Siudzinski

MS 407 ART BASICS: INTERMEDIATE Continuation of basic drawing. Further exploration of various art forms and techniques including still-life, landscapes and faces in watercolor, dry medium and others. May include analyzing art of the masters, abstraction and some figure drawing. 1-3. W. Bradley

FRIDAYS

MS 501 SUPREME COURT DECISIONS Examine famous Supreme Court cases that have had an impact on our nation. 10-12. J. Butterfield

MS 502 LET'S SPEAK ITALIAN! Learn "La Bella Lingua" through reading, writing, listening, speaking and student interaction as well as grammar, vocabulary and everyday expressions and phrases. Required book: *Italian Made Simple* by Cristina Mazzoni. Other readings provided. 10-12. J. Zarba

MS 503 ASIAN BRUSH PAINTING Learn the meditative art of Asian Brush Painting. Bamboo and orchids will flow from your brush. All levels. Materials list emailed prior to first class. 10-12. P. Siudzinski

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

MS 505 RETIREES READ BOOK CLUB: GROUP B Read and discuss a different book for each class. Read *Joan is Okay* by Weike Wang for first class. Other books chosen after discussion. Five sessions. Begins *March 17*. You may register for **MS 305** or **MS 505**, but not both. 12:30-2:30. M. Garvey

MS 506 WATERCOLOR PAINTING: BEGINNER/INTERMEDIATE Develop your artistic ability painting landscapes, flowers and seascapes. Materials list sent prior to first class. You may register for either **MS 406** or **MS 506**, but not both. 12:30-2:30. P. Siudzinski

QUEENS

MONDAYS

QS 101 GUITAR: ADVANCED BEGINNERS Further develop song playing, note reading, fingerpicking skills and basic music theory

emphasized. Prerequisite: some previous experience in playing guitar. Required books: *Mel Bay Guitar Method Grade 1*, Expanded Edition; *Alfred's Basic Guitar Theory Levels 1 & 2 - 3rd Edition*; *Easy Folksongs for the Guitar* by Hank Eberle. 9:30–11:30. M. Patelson

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

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

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

QS 105 CRITICS' BEST FOREIGN FILMS Watch critics' best foreign films from around the globe. See how filmmakers influenced one another. Discover new cultures from the way they are portrayed on film. Six sessions. Begins *March 13*. 10-1. R. Presser

QS 106 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS Learn how to paint in the impressionistic style using still-life and photos. Each class begins with a demonstration. Materials list emailed prior to first class. Eight sessions. Begins *March 13*. 0-1. B. DeCeglie

QS 107 GUITAR: INTERMEDIATE Learn a variety of songs with different finger picking patterns. Duets, trios, quartets of different styles and music theory studied. Required Books: *Alfred's Basic Guitar Theory Levels 1 & 2 - 3rd Edition* Morty/Ron Manus; *The Standard Guitar Method*, Book 3 by Dick Bennett. 12-2. M. Patelson

TUESDAYS

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

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

QS 203 QUILTING Create a window scene using different seasons by piercing, appliqueing and gluing pieces together. Materials list emailed prior

to first class. Eight sessions. Begins *March 14*. 10– 1. R. Cooper

QS 204 DRAWING & SKETCHING: INTERMEDIATE Use charcoal and pencil to explore black and white media. Materials list emailed prior to first class. Eight sessions. Begins *March 14*. 10-1. B. DeCeglie

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

QS 206 LEARN HOW TO USE YOUR APPLE IPHONE/IPAD Review the basic set-up of your Apple iPhone/iPad. Learn how to utilize these devices to meet your needs, create slideshows/movies and become familiar with apps. 11-2. A. Cumba

QS 207 HAPPY JOINTS: JOINT ACTIVATION PRACTICE FOR ALL (JAPA) Move the major joints of the body gently to strengthen your bones and muscles for support and stability. Improve circulation, body awareness, increase mobility and prevent injuries. 12:30-1:30. E. Takamori

QS 208 LINE DANCING & CHOREOGRAPHY WITH A BROADWAY THEME Use your knowledge of line dancing steps to learn and choreograph dances using Broadway tunes. 12:30-2:30. R. Malinconico

QS 209 AGING WITH WISDOM, GRACE & VITALITY Explore the practices to live a purpose-driven life. Engage in self-reflection, journaling and thought-provoking discourse to customize an individual action plan. Required textbook: *Wise Aging* by Rachel Cowan and Linda Thai. 1-3. T. London Cooper

WEDNESDAYS

QS 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

QS 302 CHAIR YOGA WITH A TWIST: ALL LEVELS Engage your mind, body and spirit while synchronizing your breath with Vinyasa flow. Achieve overall mental and physical balance, flexibility and build strength using movement and breathwork to guide you towards self-care and wellness. Chair is needed. 10-12. T. Guillou

QS 303 PASTEL PAINTING Drawing skills, understanding design concepts and color theory stressed as you paint using pastels. Paintings are developed from photos students choose. Materials list emailed prior to first class. No class:

May 17 & 24. 10 – 1. B. DeCeglie
QS 304 FUN & EASY QUILTING: INTERMEDIATE Create one-of-a-kind quilted treasures showcasing an array of beautiful designs and patterns. Materials list emailed prior to first class. 10-1. L. Canlas

QS 305 BEADED ROPE NECKLACES & BRACELETS Explore multiple options to create beaded ropes. Decide on the length to make necklaces, bracelets, multiple wrap items and anklets. Techniques include: bead stringing, bead weaving with a needle and thread. Learn to make jewelry using seed beads, thread and needle. All levels. Materials list emailed prior to first class. 10-1. K. Koppinger

QS 306 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Required books: *Alfred's Adult Basic Piano Course All-In-One course* (Lesson, Theory, Technique Level 1 – spiral bound) and *Alfred's Essentials of Music Theory Complete*. 10-2. Michael Patelson

QS 307 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE Designed to review basic soul line dancing steps. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Wear comfortable clothes and shoes. No class: *May 24*. 11:15 – 12:15. R. Hogans

QS 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– 2:30. J. Maleeq

QS 309 BAKING 104 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: *May 3 & 24*. 1-3. L. Baker-Simon

THURSDAY

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

QS 402 CREATIVE POETRY & PROSE Open the door to a creative inner self. Have fun expressing yourself through poetry and short prose. No experience necessary. 10– 12. M. Friedman

QS 403 HOORAY FOR HOLLYWOOD Hollywood may be an actual place, but to

millions around the world it has come the mean American films. Some of the finest films to come out of Hollywood will be showcased. Five sessions. Begins *March 16*. 10-1. R. Presser

QS 404 MUSIC THEORY: BEGINNER Learn the basic elements of music theory including key signatures, major and minor scales, chord structure, intervals, rhythm, harmony, ear training, sight singing and basic composition. 10-12. M. Patelson

QS 405 PAINTING IN WATERCOLORS: ALL LEVELS The luminosity and nuance of watercolor make it perfectly suited for still-life. Work from a different still-life each week. Explore a range of watercolor techniques, such as wet-on-wet, resist, and glazing. Students can use their own photos/prints for source materials. Materials list emailed prior to first class. 10– 1. B. DeCeglie

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

QS 407 LINE DANCING: BEGINNERS Strengthen body and mind while learning dances using your favorite dance style: Cha Cha, Rumba, Tango and Waltz. No partners needed. 12:30 – 2:30. R. Malinconico

QS 408 MUSIC THEORY: ADVANCED For those who wish to expand and explore music theory in fuller depth. Pre-requisite: Music Theory One. Topics are expanded from first semester as well as new material including ear training, sight singing and dictation, advanced chord structure, harmonization, melody writing and much more. Access to a keyboard and manuscript paper are required. 1-3. M. Patelson

FRIDAYS

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

QS 502 PLEASURES OF READING Read and discuss contemporary short stories from *The Best American Stories 2022* edited by Andrew Sean Greer (ISBN: 13: 9780358664710). Read the first two stories before first class. 10 – 11. M. Levinson

QS 503 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 10–12. M. Gonzalez

QS 504 OPERAS Great operas by Mozart. Video performances from the archives of the Metropolitan Opera via Zoom featuring outstanding casts and conductors. Includes *The Marriage of Figaro*, *Don Giovanni*, *The Magic*

Flute and a few others. No class: **May 26.** 10–12:30. J. Dzik

QS 505 PAINTING WITH CONFIDENCE

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

QS 506 PIANO KEYBOARD: BEGINNERS & INTERMEDIATE

Note reading, chord playing and a variety of music is covered. You must have your own keyboard (61 Keys) and headphones or your own upright or grand piano. Required books: *Alfred Basic Adult Piano Course All-In-One Level 1 Course* (Lesson, Theory, Technique – Level 1) and *Alfred's Complete Essentials of Music Theory*. 10–2. M. Patelson

QS 507 FITNESS FOR LIVING A whole body wellness approach for total body conditioning to improve strength, endurance, balance, range of motion and flexibility. Includes stretching, cardio and toning. Wear loose clothing and sneakers. Chair, light hand weights and exercise bands/strap small light ball are needed. 10-12. T. Guillou

QS 508 ACRYLIC PAINTING Learn application and technique, emphasis on individual expression, the study of color and composition and design. Be ready to paint at first class. Materials list emailed prior to first class. 10-1. C. Murrell

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

STATEN ISLAND

MONDAYS

RS 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. #2 pencils (art pencils/charcoal accepted), large kneaded eraser, and a 9"x12" all-purpose pad are needed. You may register for only one Happy Figure Drawing class. 10-12. W. Bradley

RS 102 CHAIR YOGA Strive for a strong healthy body, mind and spirit through breathing, movement and meditation. Sturdy chair needed. No mats. 10-12. I. Dubeau

RS 103 ZUMBA GOLD The original Zumba program has been modified so that adults of any age and fitness level can achieve success.

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

RS 104 INTERMEDIATE HAPPY FIGURE DRAWING For those who have taken the basic figure drawing class or have experience drawing the figure. Explore light and shadow, various mediums, drawing from reference and more advanced approaches. #2 pencils (art pencils/charcoal accepted), large kneaded eraser, and a 9"x12" all-purpose pad are needed. Additional color supplies may be added. You may register for only one Happy Figure Drawing class. 1-3. W. Bradley

Explore light and shadow, various mediums, drawing from reference and more advanced approaches. #2 pencils (art pencils/charcoal accepted), large kneaded eraser, and a 9"x12" all-purpose pad are needed. Additional color supplies may be added. You may register for only one Happy Figure Drawing class. 1-3. W. Bradley

TUESDAYS

RS 201 QUILLING...NOT QUILTING FOR BEGINNERS & INTERMEDIATES

Quilling, or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Instructor suggests the Baiyun quilling kit for beginners which can be purchased on Amazon.com (approx. \$35). Please have kit for first class. 9:30-11:30. N. Keay

RS 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

RS 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 needed. 10-12. L. Martinez

RS 204 GREAT BOOKS: CLASSICS & POPULAR LITERATURE

Read and discuss a mix of old and new titles. View film clips and lively discussions with like-minded bibliophiles. Read *Moonlight in Odessa* by Janet Skeslien Charles for first class. 10-12. L. Baum

RS 205 PARLEZ-VOUS FRANCAIS?

Learn how to speak French from a native speaker. Common words and phrases for future travel or for fun. Different theme each week. For those with little or no experience. Required book: *Easy French Step-By-Step* by Myrna Bell Rochester. 12:30-2:30. I. Dubeau

RS 206 KNOW YOUR ANTIQUES & COLLECTIBLES

Explore the history of antiques/collectibles and bygone eras. Have an item available for research and appraisal. 12:30-2:30. M. Mandel

WEDNESDAYS

RS 301 CHORALEERS Rock to the 60's with songs that changed music. You may register for **RS 301** (remote) or **RS 354** (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

RS 302 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, the Fall of Atlanta and many more are highlighted. 9:30-12. L. Warner

RS 303 WOMEN'S FICTION Read pages 1-79 of *A Spark of Light* by Jodi Picoult for first class. *Things I Never Told You* by Celeste Ng is book #2. 10-12. A. Zuckerberg. 10-12. A. Zuckerberg

RS 304 FALL PREVENTION (FALL STOP MOVE STRONG) Learn strategies to prevent falls and exercises to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights suggested. 11-12:30. G. Lichter

RS 305 BRIDGE FOR INTERMEDIATES A continuation of the beginner's course or for those with a basic knowledge of the game or who would like to fine tune their skills and learn more advanced techniques and bidding conventions. 12:30-2:30. A. Bass

RS 306 A DAY AT THE ZOO Crochet stuffed animals such as teddy bears, cats and more. NOT for beginners. Bring your crochet hooks and some worsted yarn of your choice. 12:30-2:30. L. Davis

THURSDAYS

RS 401 CONVERSATIONAL SPANISH FOR BEGINNERS Basic vocabulary, phrases and verbs and the use of Spanish for travel and everyday living are covered. Required book: *High School Basic Spanish* by Jean Yates. 10-12. L. Veit

RS 402 MANDARIN CHINESE FOR BEGINNERS Learn to speak simple sentences in Chinese about every day topics. Chinese culture and writing system will be introduced. 11-1. G. Lichter

RS 403 PASTEL PAINTING Learn the art of pastel, also known as dry painting. The elements and principles of design, color mixing, image transfer and various techniques that can be used to create works of art is discussed. Materials list emailed prior to first class. 12:30-2:30. E. Byrne

FLORIDA CENTER

TUESDAYS

FS 201 CURRENT EVENTS ON "STERIODS" Focus is on current events along with background "stories" connected to those events. We'll predict where these events might be heading. Topics are timely, informative, relevant, fun and interesting. 10-12. E. Weinstein

FS 202 GET SOME PERSPECTIVE FOR

BEGINNERS Learn the fundamentals of 1-and 2- point perspective and how to develop your vision of 3D onto a 2D surface. Technical skills learned can be applied to freehand sketching, painting and illustrating. Create the illusion of depth in your artwork. Materials list to follow. Five consecutive sessions. Begins **March 14.** 10-12:30. J. Fisher

FS 203 MORE CLASSIC AMERICAN HOLLYWOOD & INDEPENDENT FILMS American films have dominated this art form the last 100 years. Look at both Hollywood and independent classics (new & old) to gain a better understanding of this medium. Six sessions: **March 14, 21,28; April 4; May 16, 23.** 1:30-4:30. R. Presser

FS 204 BEGINNER WATERCOLOR PAINTING Learn the basics of how to sketch your painting and develop your composition using your watercolor brush. Moving from monochromatic to polychromatic painting. Materials list to follow. 3-6. M. Rogers

FS 205 CORE & MORE Strengthen abdominals, back, upper and lower body and stretch too, using a chair for sitting or balance. Mat options shown too. Exercise based on Pilates and other disciplines. 4-5. L. Fechter

FS 206 SAY YES TO COOKING ALL AROUND THE WORLD Learn new recipes, cooking skills and techniques while traveling and learning about new places. Experience new flavors and expand your knowledge and palette while contributing to a healthier lifestyle. Supply list to follow. 4-6. A. Davis, MSW

WEDNESDAYS

FS 301 CITY SKETCHING Grab a sketchbook and let your pencil capture the moment! Turn your photos into quick sketches while learning about composition and 1-and 2-point perspective. No experience necessary. Materials list to follow. Six consecutive sessions. Begins **March 15.** 10-12. J. Fisher

FS 302 DRAWING FUNDAMENTALS FOR BEGINNERS Learn about shapes, forms and using values to create simple compositions. Materials list to follow. 12:45-3:45. M. Rogers

FS 303 COOKING AROUND THE BLUE ZONES WITH CHEF NINA Since doctors all agree that we need to eat more veggies, we learn from those doing it the best living in the Blue Zones. No class: **April 5.** 3-5. N. Kauder

FS 304 MIND & ALIGN Dive deep into what meditation is and put it into practice. Learn about the history of meditation and how it intertwines with the energy of ourselves and the world around us to give us a better understanding of living a more fulfilled life. 6-8 pm. No class: **April 5.** B. Rhea

THURSDAYS

FS 401 ZUMBA GOLD CHAIR A safe and effective aerobic workout performed while seated. It provides a cardio workout for those who cannot stand for a prolonged amount of time or may be new to exercise while reducing the risk of injury or a fall. 12:30-1:30. M. K. Manrique

FS 402 ABSTRACT POP: OPEN YOUR IMAGINATION Try various styles from making abstract selfies to designing pattern paintings to suit your décor. Pop open your imagination and walk away with your own mini-masterpieces. Materials list to follow. All levels. 12:30-3. Seven consecutive sessions. Begins *March 16*. B. Lowenberg

FS 403 MEMOIR WRITING FOR ALL Do you want to share and preserve your family's history with your children, grandchildren and great-grandchildren or let the world know your story? Memoir is a way to insure your family will know you and their history. Learn how to write your personal story in the narrative style, as well as the stories of relatives who are no longer with us. 2-4. D. Wind

FS 404 SAY YES TO COMFORT FOOD COOKING Explore comfort food cooking recipes and learn ways to make not only the best recipes, but also healthy alternatives when needed. Supply list to follow. 4-6. A. Davis, MSW

SEMINARS

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

BRONX

XS 805 PAPER CHICKS & BUNNIES Create cute bunnies and chicks using Astrobrites paper, tacky glue and markers. Materials list emailed prior to class. Monday, *March 13*. 12:30-3. M.J. Strauss

BROOKLYN

KS 805 PICTURES ABOUT NOTHING: WHY ABSTRACT ART? A look into the origins of abstraction in western art with curated examples beginning in the 19th Century. Distinction between abstraction, non-figurative and non-representational are explored. *Thursday, April 20*. 10-12. M. Meyer

KS 806 PICTURES ABOUT NOTHING: MINIMALISM Explore the works of 20th Century "suprematism" founder Kazimir Malevich through the works of Frank Stella. *Thursday, April 27*. 10-12. M. Meyer

KS 807 PICTURES ABOUT NOTHING:

SATIRE, IRONY & ABSTRACT ART

Explore the works of the pop artists Robert Rauschenberg, Jasper Johns, Andy Warhol and Roy Lichtenstein. *Thursday, May 4*. 10-12. M. Meyer

KS 808 ABSTRACT ART TODAY

A view of today's most important abstract artists. *Thursday, May 11*. 10-12. M. Meyer

KS 809 RELATIONSHIP WITH SELF

Emphasis on the difference between being and doing. Participants will practice tools to reinforce self-esteem and self-efficacy. *Friday, May 5*. 10-12. T. Valentino

KS 810 SILVER SAFETY TIPS

How to avoid being targeted and basic techniques are discussed to empower senior citizens on safety and awareness. *Friday, May 19*. 10-12. T. Valentino

QUEENS

QS 805 INTRO TO ZOOM Step-by-step instructions on how to get started on Zoom. Learn to download the app on devices/computer and the basics of logging into a Zoom meeting. *Monday, March 13*. 8-10. A. Cumba

STATEN ISLAND

RS 805 TAKING BETTER PHOTOS FOR APPLE IPHONE/IPAD ONLY Learn to use the settings, pin your camera and find apps that can help make your photos better. *Friday, March 17*. 10-12. S. Cabot

RS 806 PERFORMERS OF NY Look at the careers of many actors and actresses who were born in or whose creative roots started in NY. *Friday, March 17*. 10-12. E. Levitt

RS 807 BOTANICAL DRAWING Learn the basic geometric shapes used to construct flowers, use shading to refine and spend time on composition of flowers on the page. Three Friday sessions: *March 17, 24, 31*. 10-12. \$6. K. Fieramosca

RS 808 MANAGING YOUR PASSWORDS Learn to tame all the passwords for the apps and websites you use. Topics include picking a username, making your own passwords, using password manager and two factor-authentication. *Friday, March 24*. 10-12. S. Cabot

RS 809 SAVE TIME & ORGANIZE IN ONE NOTEBOOK Learn how to create a personal notebook to keep all your information at your fingertips. Two Friday sessions: *March 24, 31*. 10-12. \$4. J. Novak

RS 810 STREAMING: CUTTING THE CORD Learn the difference between streaming and cable. How they work, cost and what they provide. *Friday, March 31*. 10-12. S. Cabot

RS 811 CUBISM, FUTURISM & OTHER

EARLY 20TH CENTURY STYLES

Abstract art represented a radical turning point in Western art including sculpture and architecture rejecting traditional art to express the modern experience. Works shown are Picasso, Boccioni, Leger and more. *Friday, April 28*. 10-12. M. Corti

RS 812 INSIDER SPRING CLEANING SECRETS Professional and insider hints to spring clean like a pro including shortcuts and decluttering tips. Two Friday sessions: *April 28; May 5*. 10-12. \$4. J. Novak

RS 813 USING GOOGLE FOR MORE THAN SEARCH Google offers dozens of free features to make your life easier. From word processing to organizing photos and more. Learn how to use the assortment of services available from Google. Three Friday sessions: *April 28; May 5, 12*. 10-12. \$6. S. Cabot

RS 814 INSPIRING WOMEN WHO CHANGED THE WORLD Learn about powerful, influential women who changed the course of history. Three Friday sessions: *May 5, 12, 19*. 10-12. \$6. A. Zuckerberg

RS 815 THE GREAT CLOSET CLEANOUT Finally cleanout the hall, linen or utility closet overflowing with stuff. Guided through sorting sessions to tidy up. Two Friday sessions: *May 12, 19*. 10-12. \$4. J. Novak

RS 816 KNOW YOUR ANCESTORS Learn about the best paid and free sites to learn about your forebearers and ways to find, organize and present your information. Two Friday sessions: *May 19, 26*. 10-12. \$4. S. Cabot

RS 817 PERFORMERS OF NYC Look at the careers of many NY born or raised musicians, dancers and comedians whose creative roots are in the Big Apple. *Friday, May 26*. 10-12. E. Levitt

NASSAU/ SUFFOLK

NS 805 BASEBALL HISTORY DISCUSSION GROUP Introduction to baseball history from the 1800's to present. Topics include baseball after WWII, great players and personalities, legendary teams and more. Three Tuesday sessions: *March 14, 21, 28*. 10:30-12. \$6. S. King

US 805 WINES OF THE WORLD: AN INTRODUCTION If you want to become knowledgeable about wines, this is for you! Discuss the different tasting techniques, the most popular red and white wines and more. You don't have to spend a lot of money to get a nice bottle of wine (\$10-\$15 bottles are discussed). You will boost your confidence and be able to embark on a deeper exploration of the exciting world of wine with the knowledge gained. Two Tuesday sessions: *March 14 & 21*. 1-3. \$4. B. Kenner.

US 806 2001: A SPACE ODYSSEY

- CRITICAL FILM STUDY 2001: A Space Odyssey is arguably director, Stanley Kubrick's masterpiece. Discuss Kubrick and the meaning and making of this landmark film. Please try to watch the film, even if you watched it before so its fresh in your mind. *Thursday, March 16*. 1-3. D. Winograd

NS 806 SUCCESSFUL DRUMMERS: THE INSIDE TRACK Get a drummer's perspective of the music, drum kits and methods contributing to the overall sound used by rock and jazz drummers. Two Thursday sessions: *March 16, 23*. 10-11. \$4. F. Raspanti

NS 807 RETIREES READ BOOK CLUB Read and discuss one book a month. Read *The Pearl that Broke it's Shell* by Hashimi Nadia for first class. Group chooses other books: fiction or non-fiction. Three Monday sessions: *March 20; April 17; May 22*. 10-12. \$6. B. Mignano

NS 808 DISCOVER THE LANGUAGE OF GEN Z Introduction to the language culture of the "Zoomer" generation, Gen Z (1995-2010). Discuss a mix of popular media clips and recorded interviews with Gen Z volunteers. Three Thursday sessions: *April 20, 27; May 4*. 1-3. \$6. J. Alexandrakis

NS 809 TEACHER, TEACHER HOW DOES YOUR GARDEN GROW? Learn gardening from inside out. Make a seed tape to plant outside. Q & A to improve your garden. Materials list emailed prior to first class. Three Thursday sessions: *May 11, 18, 25*. 12-1. \$6. D. Oliviero

US 807 SIGHT & SOUND: INTEGRATION OF FILM MONTAGE & MUSIC Motion pictures accompanied by music is a tradition in Hollywood that goes back to the silent film era. Examine how great directors and outstanding composers enhanced the audience involvement and enjoyment with musical scores. *Tuesday, March 28*. 1-3. R. Knox

US 808 BROADWAY MEGA STARS: KELLI O'HARA & BRIAN STOKES MITCHELL Few performers have graced the stages of Broadway theaters over the past two decades with more critical acclaim than Kelli O'Hara and Brian Stokes Mitchell. Their performances have endeared them to generations of theatergoers who admire their amazing vocal talent and acting ability. A variety of video clips of songs and interviews are used. *Thursday, March 30*. 1-3. R. Knox

US 809 THE OLD & NEW TESTAMENT ORCHESTRAS OF COUNT BASIE William "Count" Basie may be the greatest musician who ever existed due to his ability to select personnel, picking the correct songs, ability as pianist/organist and his subtle ability as a leader keeping a unit together. Music – before, between and after these bands

Continued on page 16

PLEASE FOLLOW INSTRUCTIONS ON PAGE ONE CAREFULLY.

UFT retirees will be registered first before spouses, domestic partners, AFT, NYSUT & PSC members. Members of AFT, NYSUT & PSC must provide their social security number if they have not registered before. If registering for both tri-state Spring 2023 courses and Florida 2023 Spring courses; you must send in separate registration coupons and checks. You must send separate checks/money orders for the following categories: Courses, seminars and each trip.

SPRING 2023

SPRING 2023 COURSE REGISTRATION

CHECK ONE: UFT MEMBER SPOUSE (use separate coupon)

CHECK ONE: NYSUT AFT PSC

MEMBER NAME (PLEASE PRINT)

UFT ID # (6 digits)/SS # (last 4 digits)

PHONE

E-MAIL ADDRESS

SPOUSE NAME (IF REGISTERING)

ADDRESS

APT #

CITY

STATE

ZIP

Seminars (not included in five-course limit).

NUMBER TITLE FEE (IF ANY)

1.		
2.		
3.		
4.		
5.		

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

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

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

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

DID YOU REMEMBER TO:

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

FLORIDA SPRING 2023

UFT/WF RETIREE PROGRAMS FLORIDA COURSE REGISTRATION SPRING 2023

CHECK ONE: UFT MEMBER SPOUSE (use separate coupon)

CHECK ONE: NYSUT AFT PSC

MEMBER NAME (PLEASE PRINT)

UFT ID # (6 digits)/SS # (last 4 digits)

E-MAIL ADDRESS

SPOUSE NAME (IF REGISTERING)

ADDRESS

APT #

CITY

STATE

ZIP

CELL PHONE/FLORIDA PHONE#

You may register for up to 5 courses only and seminars (not counted in 5 course limit). List in order of preference:

NUMBER	TITLE	FEE (IF ANY)
1.		
2.		
3.		
4.		
5.		
SEMINARS (not in 5 course limit):		
6.		
7.		
8.		
9.		
10.		

DID YOU REMEMBER TO:

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

SPRING 2023 / 15

will be featured. **Tuesday, April 4.** 1-3. M. Zucker
US 810 THE BEAUTY & SUCCESS OF ROGERS & HAMMERSTEIN Explore the tremendous successes of Rodgers & Hammerstein as well as the productions that did not rise to the heights of their blockbusters. **Tuesday, April 18.** 1-3. M. Zucker

US 811 THE BOWERY BOYS/DEAD END KIDS: AMERICA'S PERENNIAL ADOLESCENTS Review the longest running comedy series in the history of Hollywood. Explore the stars' lives and film careers. Film highlights included. **Tuesday, April 25.** 1-3. L. Wolff

US 812 EVERYTHING YOU WANTED TO KNOW ABOUT ZOOM: BEGINNERS Learn the basics of Zoom such as account set-up, creating meetings, hosting (co-hosting) meetings and more. **Wednesday, April 26.** 1-3. M. Levine

US 813 JAMES CAGNEY: TOUGH GUY (& MORE) EXTRAORDINAIRE Learn how this poor Irish kid from Hell's Kitchen became a dancer, one of the screen's toughest gangsters and one of Hollywood's best loved stars. Film highlights included. **Tuesday, May 2.** 1-3. L. Wolff

US 814 HOW PRESIDENTS ARE PORTRAYED IN THE MOVIES Discuss and view how Lincoln, Adams, LBJ, Kennedy and many more were portrayed by actors such as Daniel Day Lewis, Paul Giamatti, Bryan Cranston, Martin Sheen and others. Two Thursday sessions: **May 4 & 11.** 10-12. \$4. H. Ehrlich

US 815 INTERNET SECURITY & DIGITAL PRIVACY Learn how to recognize scams and phishing as well as avoiding hacking attempts and the best practices to protect your home computer, smartphone and other devices. **Tuesday, May 9.** 1-3. J. Goklevent

US 816 BROADWAY ON A BUDGET Our theater enthusiast gives us an update on the current state of Broadway, why many die-hard theater fans may see a production more than 100 times, the history and importance of the Playbill and money-saving tips on how to see Broadway shows for under \$50. **Wednesday, May 10.** 10-12. B. Stoll

US 817 EVERYTHING YOU WANTED TO KNOW ABOUT ZOOM: INTERMEDIATE Learn some advanced Zoom techniques such as break out room set-up, Zoom settings, meeting tools, how to get the most from your meeting and more. **Thursday, May 11.** 1-3. M. Levine

US 818 BROOKLYN DODGERS ARE FOREVER Discuss the significance of the Brooklyn Dodgers to the borough of Brooklyn from their origins in the 19th century to the post-WWII years from a Brooklyn Dodger fan who has the autograph of every Dodger on the roster from 1946 through 1957 when they abandoned Brooklyn. Two Thursday sessions: **May 18, 25.** 10-12. \$4. J. Goldman.

US 819 THE BEATLES: MY SPIRITUAL JOURNEY TO LIVERPOOL The Beatles have been in our lives for more than 60 years and their music will live on forever. The presenter sheds light on his experience to Liverpool, England. He shares his itinerary and thorough insights to many of the places mentioned in their songs. Audio and video clips included. Two Thursday sessions: **May 18, 25.** 1-3. \$4. E. Sinclair

US 820 INTERNET SECURITY & DIGITAL PRIVACY Learn how to recognize scams and phishing as well as avoiding hacking attempts and the best practices to protect your home computer, smartphone and other devices. **Tuesday, May 23.** 1-3. J. Goklevent

NEW JERSEY SECTION

JS 805 JAMES HOBAN: THE IRISHMAN WHO BUILT THE WHITE HOUSE Examine the life of James Hoban from his early adversity in Ireland to his achievements in America. Learn about the architectural influences that fueled his inspiration and unique style. Two Wednesday sessions: **March 15, 22.** 10-12. \$4. M. Dunphy Brady

JS 806 KOSHER COOKING Prepare delicious dishes to satisfy your Kosher palate. Three Wednesday sessions: **March 15, 22, 29.** 1:30-3:30. \$6. I. Marcus

JS 807 COOK DELICIOUS PLANT-BASED MEALS Learn three easy-to-prepare, delicious plant-based meals and tips how to incorporate them into any meal. Three Wednesday sessions: **April 19, 26; May 3.** \$6. 5:30-7:30 pm. D. Aronson

JS 808 MISUNDERSTOOD DOG BREEDS Explore the misunderstandings of the sweetest dogs: Rottweilers, Dobermans, Boxers and Border Colies. Email photos of your pets and teacher will prepare a slide show. **Tuesday, May 2.** 3-5. B. Kleinman

WESTCHESTER/ ROCKLAND/ PUTNAM SECTION

WS 805 MONDAY MORNING BOOK CLUB Join a group of readers who love to have lively discussions on the latest books. Read *The Stationery Shop* by Marjan Kamali before first class. Other books decided by group. Three Monday sessions: **March 13; April 3; May 1.** 10-12. \$6. B. Naliboff

WS 806 THE FUTURE OF CARS California 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? **Wednesday, March 15.** S. Cabot

WS 807 EASY CROCHET Learn easy crochet stitches to make scarves, shawls and throws using a thick, soft yarn and a large smooth crochet hook. Three Wednesday sessions: **March 15; April 19; May 17.** 12-2. \$6. L. Weber

WS 808 MICHAEL CRICHTON AUTHOR STUDY Read and discuss some of this prolific writer's great books. Read *Timeline* before first class. Three Tuesday sessions: **March 21; April 25; May 23.** 12-2. \$6. L. Weber

WS 809 NELSON DEMILLE BOOK CLUB DeMille uses sarcasm and dry humor and writes in the first person. His books follow a linear plotline in which the reader moves along with the main character. Read *Gold Coast* before first class. Three Thursday sessions: **March 23; April 27; May 25.** 12-2. \$6. L. Weber

WS 810 KRISTINA MCMORRIS AUTHOR STUDY Meet author Kristina McMorris and discuss her books. She will be present at each session. Read *Sold on a Monday* for the first class. Three Monday sessions: **March 27; April 24; May 22.** 12-2. \$6. J. Frutkin

WS 811 INTERNET PRIVACY & SAFETY Learn how to protect yourself and your information safe and secure from prying eyes both online and offline. **Wednesday, March 29.** 10-12. S. Cabot

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WS 812 PROTECTING YOURSELF FROM FRAUDSTERS & SCAMMERS Learn how to keep yourself safe from those who want to take your money, passwords and personal information. **Wednesday, April 19.** 10-12. S. Cabot

WS 813 GUIDE TO BUYING A GUITAR Discuss the different types of guitars, why nylon string guitars may not be the best choice for and how to pick out the right guitar for you. **Wednesday, May 3.** 10-12. S. Cabot

FLORIDA CENTER

FS 805 NEW & EXCITING FUN AT THE MOVIES To break-up the long week, enjoy some entertainment by viewing a film and a stimulating discussion. Three Wednesdays: **March 15; April 19; May 10.** 6:30-9:30 pm. \$6. L. Bloomgarden

FS 806 HEALTHY WAYS TO DECREASE INFLAMMATION Why are anti-inflammatory diets so popular? How do they work? This and other tips. Two Thursday sessions: **April 20, 27.** 10-12. \$4. C. Bajo Gutierrez

FS 807 INTRO TO THE BIBLE, THE WORLD'S BESTSELLER 2.0! Get a bird's eye view of the Old and New Testaments. Who wrote these fascinating books and how they can speak to us today. Zero in on the Ten Commandments and the Sermon on the Mount as foundational keys for healthy individuals and healthy societies. Two Thursday sessions: **May 18, 25.** \$4. 1-3. B. Lowenberg