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.

UFT
WELFARE FUND

SI BEAGLE LEARNING CENTERS PROGRAM

WWW.UFT.ORG VOLUME 41, NUMBER 1 FALL 2026/INTERSESSION 2027

HOW TO REGISTER

FALL 2026 SCHEDULE

REGISTRATION BEGINS: Wednesday, July 15, 2026
REGISTRATION ENDS: Monday, August 17, 2026

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

There are no classes on the following days:
Yom Kippur – Monday, September 21
Italian Heritage/Indigenous People Day – Monday, Oct.12
****Election Day** – Tuesday, Nov. 3 (remote classes ONLY)
Veteran's Day – Wednesday, Nov. 11

INTERSESSION 2027 SCHEDULE

Start date: Tuesday, January 12, 2027
End date: Thursday, February 11, 2027

REGISTRATION BEGINS: Tuesday, October 13, 2026
REGISTRATION DEADLINE: Friday, November 13, 2026

WEEK	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1	—	1/12/27	1/13/27	1/14/27	—
2	—	1/19/27	1/20/27	1/21/27	—
3	—	1/26/27	1/27/27	1/28/27	—
4	—	2/2/27	2/3/27	2/4/27	—
5	—	2/9/27	2/10/27	2/11/27	—

We are excited to announce that you have two convenient ways to register!

❖ ONLINE REGISTRATION

1. It's **simple and convenient**. Just select your courses, click the link in the online catalog and register! The links will be available ***July 15, 2026*** (Fall) and ***October 13, 2026*** (Intersession). The deadlines are ***August 17, 2026***, and ***November 13, 2026***, respectfully.
2. Members and spouses cannot share the same email address.
3. View the Si Beagle offerings online at ***https://www.uft.org/sibeagle***
4. Refunds/Overpayments will be issued within 10 days for credit card payments.

❖ MAIL-IN REGISTRATION

1. If you prefer a more traditional method, send in your registration information and check/money order by mail. It **MUST** be sent to: **UFTWF Retiree Programs**, Si Beagle Learning Centers, 52 Broadway, 17th Floor, New York, NY 10004.
2. The Fall registration begins on ***July 15, 2026***, and must be received no later than ***August 17, 2026***. Intersession registration begins on ***October 13, 2026***, and must be received no later than ***November 13, 2026***. Please do not send your Intersession registration with Fall.
3. Each registrant must **COMPLETE** the registration coupon and send it with his/her own checks/money orders. **ALL** checks/money orders must be payable to **UFTWF RETIREE PROGRAMS** (no cash accepted).
4. A separate coupon for your spouse must be provided if he/she is registering.
5. **DO NOT** send checks/money orders without a coupon.
6. We **CANNOT** check to see if we received your registration.
7. Write one check/money order for all courses and seminars and a separate check/money order for each trip.
8. Refunds/Overpayments will be issued by check at the end of the current semester.
9. You must have an email address to register. Please contact UFT Membership Department @ 212-331-6311 to change or add an email address.

❖ GENERAL INFORMATION

1. UFT retirees are registered before spouses, registered domestic partners, AFT, NYSUT and PSC members.
2. **WAIT LISTED** retirees, spouses, registered domestic partners, AFT, NYSUT and PSC members will be notified of course/seminar/trip openings by a Retiree Programs coordinator and/or by email.
3. All registration fees are **NON-REFUNDABLE** and **NON-TRANSFERABLE** for courses, seminars and trips.
4. **MEMBERS CANNOT PAY FOR OTHER MEMBERS**.
5. Registration confirmations are sent via email. The confirmations includes **WAITLISTED** courses, seminars, and trips as well.
6. We do not accept telephone or walk-in registrations.
7. You may register for a maximum of five trips, five courses and an unlimited number of seminars.
8. You **MUST** register for courses, seminars and trips in advance.
9. Registration fees are written in the description.
10. **IMPORTANT!** Please ensure you select all courses, seminars and trips together prior to submitting your registration and payment. There are no modifications including additions to your registration, once registration and payment are submitted.
11. You may register for courses, seminars, and/or trips either online or mail-in, but not both.
12. You may register for courses/ seminars/trips that are scheduled simultaneously on the same day, but you are still responsible for payment of all registered events.
13. We reserve the right to cancel courses that have fewer than 15 students (remote) or 12 students (in-person) registered before the first session. Registered students will be notified via email.
14. Remote courses, seminars, and trips are not recorded or transcribed.
15. If you did not receive any confirmations/emails or have any questions, please call the UFTWF Retiree Programs @ 212-510-6310, Monday-Friday from 9 am-6 pm.

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RETIREE PROGRAMS DEPARTMENT

Michael Mulgrew, *President, UFT* • **Geof Sorkin**, *Executive Director UFT Welfare Fund* • **Lynn Lospenuso**, *Director, UFTWF Retiree Programs*

BOROUGH LEARNING CENTERS

The Learning Centers are closed from Monday, May 26th through Monday, September 1st. Please contact the UFTWF Retiree Programs office at 212-510-6310 if you have any questions. Thank you.

UFTWF BRONX LEARNING CENTER 2100 Bartow Avenue, 4th Fl., Bronx, NY 10475, *Steven Goldberg, Elizabeth Harris and Tom Whitman, Coordinators · (718) 862-6069/(718) 862-6004/(718)862-6068*
UFTWF BROOKLYN LEARNING CENTER 335 Adams Street, 24th Fl., Brooklyn, NY 11201, *Felicia Armetta, Evelyn Dorell, Eurika Oliver, Coordinators · (718) 722-6961/(718) 722-6962*
UFTWF 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*
UFTWF 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*
UFTWF STATEN ISLAND LEARNING CENTER 1200 South Avenue, S.I., NY 10314, *Jeanne Casanovas, Peggy Munno and Audrey Zimring, Coordinators · (718) 569-4014/(718) 569-3962/(718) 569-4028*
UFT FLORIDA CENTER *New Location:* 4960 Conference Way North Boca Raton, FL 33431, *Gino Giustra, Director, UFT Florida Center (ggiustra@uft.org) · (561) 994-4929*

OUTREACH SECTIONS

UFTWF NASSAU SECTION *Michele Mavrovouniotis, Coordinator (516) 443-2731*
UFTWF NEW JERSEY SECTION *Judy Rosenstein, Coordinator (908) 753-0013*
UFTWF SUFFOLK SECTION *Ira Faber, Coordinator (516) 610-8811*
UFTWF WESTCHESTER/ROCKLAND/PUTNAM SECTION *Rosanna Nesi, Coordinator (914) 966-8873 · Joanne Angelillo (917) 593-5239*

ONLINE REGISTRATION STEP-BY-STEP

1. Hit the link received in the email (the word here) if you are a member. In the email there will be a link for a spouse as well. Please select the correct link.
2. **FOR MEMBERS:** Select REGISTER NOW. Your personal information will appear. Hit next page.
3. **FOR SPOUSES:** On the page, you will see a REGISTER NOW button. Hit it and then select **REGISTER NOW** again. Please select if **UFTWF** spouse. Hit Next Page. You must fill in your personal information and hit Next Page.
4. The sessions page appears. Go halfway down the page to the Search for Sessions box. In this box, you will put the course, seminar and/or trip codes (one at a time). Example: MS 314 – the course will appear below the box. Please include a space in between the S and the first number. This must be done for each selection.
5. You then hit the **SELECT** button or **JOIN WAITLIST** button (if the course, seminar, and/or trip are full).
6. After all your courses, seminars and trips are selected, hit Next Page.
7. On the next page, you **MUST** confirm by checking two boxes that you have selected all your courses, seminars and trips and acknowledging to pay for a course/ trip/seminar even if they are scheduled simultaneously on the same day. Both boxes must be checked in order to proceed.
8. Hit Next.
9. The summary of the courses, seminars and trips are located on this page. You will also select your payment and fill in the credit card information. Then press **SUBMIT**.
10. After submitting your payment, you will receive a confirmation email.
11. If you do not receive the email link, or you are a spouse, a retired NYSUT, AFT, or PSC member and would like to register, please go to https://uft.org/sibeagle. On this page, you will see a **REGISTER NOW** button. Hit it and then select REGISTER NOW again. Please select if you are registering as a retiree, spouse or NYSUT/AFT/PSC member. Hit Next Page. You must fill in your personal information and hit Next Page. Then continue with steps 4 through 10 above.

IN-PERSON

Fees are non-refundable and non-transferable. The times below are correct for both Theater and Dine Arounds. However, you will receive an email confirmation showing the incorrect time. We do this to give you the opportunity to register for these events plus the maximum number of courses (5).

THEATER EXPERIENCE

MF 851 MANHATTAN THEATER EXPERIENCE Enjoy Broadway performances at discounted prices. Bring your checkbook and calendar to each session for the purchase of tickets. Meet at UFT Headquarters, 52 Broadway. Meetings start promptly at 10:30 am. Three ***Thursday sessions: Sept. 17; Oct. 15; Nov. 12***. **$10**. R. DeMarco

XF 851 BRONX THEATER EXPERIENCE Attend dramas, musicals, and Broadway shows at discounted prices. Bring your calendar and checkbook to purchase tickets at each session in the Bronx Si Beagle Learning Center, 2100 Bartow Ave., 4th Floor. Three ***Monday sessions: Sept. 28; Oct. 19; Nov. 16***. 12:30-2. **$10**. S. Goldberg

RF 851 STATEN ISLAND THEATER EXPERIENCE Enjoy Broadway performances at discounted prices. Bring your checkbook and calendar to each session for the purchase of tickets. Meet at the S.I. Si Beagle Learning Center, 1200 South Ave. Meetings start promptly at 10:30 am. ***Three Thursday sessions: Sept. 17; Oct. 15; Nov. 12***. **$10**. A. Gerard

WF 851 WESTCHESTER/ ROCKLAND/PUTNAM THEATER EXPERIENCE On and off Broadway shows at discounted prices. Bring your checkbook and calendar to each session for ticket purchases. All sessions are at the Northeast Jewish Center, 11 Salisbury Road (off Tuckahoe Road), Yonkers. Three ***Friday sessions: Sept. 18; Oct. 23; Nov. 13*** 12:30-2:30. S. Eisenberg

DINE AROUNDS

XF 951 DELECTABLE DINE AROUND: THE BRONX Enjoy different cuisines at three different restaurants in the Bronx and/ or Westchester area. Bring your checkbook to the orientation session on ***Monday, Sept. 14*** at the Bronx Si Beagle Learning Center, 2100 Bartow Ave., 4th Floor from 12:30-2:30. Registration is required for each restaurant at that time. **$10**. T. Whitman

RF 951 EPICUREAN DELIGHT: DINE AROUND Join us at three local restaurants for 5 pm dinner (9/29 & 10/20) and a 12 pm lunch (11/20). Bring your checkbook and calendar to the orientation session at the S.I. Si Beagle Learning Center, 1200 South Ave. on ***Wednesday, Sept. 16***. Payment is required for the restaurants at that time. 10-12. **$10**. A. Gerard

IN-PERSON SPECIAL EVENT

Enclose a separate check/money order for the special event. Fee is non-refundable and non-transferable.

XF 600 BRONX HOLIDAY PARTY
Join us for our end-term holiday party on ***Friday, Nov. 20*** at the Crab Shanty Restaurant, 361 City Island Ave., Bronx. 12 pm- 3 pm. Price: **$68** per person. S. Goldberg/E. Harris/T. Whitman

SAVE THE DATE!

RF 600 STATEN ISLAND MERRY MINGLE
Come and be merry and mingle with your fellow retirees at the holiday party on ***Wednesday, Dec. 2*** at Li Greci's Staaten, 697 Forest Ave., S.I.
12 pm – 3pm. Price: **$76** per person.
Flyers will be available in September at the Learning Center for you to register.
J. Casanovas/P. Munno/A. Zimring

IN-PERSON TRIPS

Refunds are made upon written request up to **FOUR** weeks prior to trip date. Email refund request to the Director at *Lynn.Lospenuso@uftwf.org*. Refunds are contingent upon policy of the vendor and/or a replacement is available..

SEPTEMBER

XF 955 UNTERMYER PARK & GARDENS Come experience the splendor of Untermyer Park and Gardens. Learn about Samuel Untermyer who left this grand legacy and explore the mysteries of the Ruin Garden. Visit the magnificent Walled Garden inspired by ancient Ino-Persian gardens, the Grecian-style open air amphitheater flanked by sphynxes, Temple of the Sky and mosaic styled pool, Temple of Love and its water features, vegetable and orchard and spectacular vistas of the Palisades. Meet at the main entrance, 945 North Broadway in Yonkers, NY at 1:45 pm for a 2 pm tour. ***Wednesday, Sept. 16***. 1:45 pm- 4 pm. **$35**. S. Goldberg

XF 956 CENTRAL PARK WALKING TOUR WITH PHIL DESIERE Central Park is the crown jewel of NYC. Discover its fascinating history, numerous monuments and secrets. Sites include Strawberry Fields, Belvedere Castle, Shakespeare Garden, the Mall and the Lake. Meet at the General Sherman Monument, 5th Ave. & Central Park So. in Manhattan at 12:45 pm for a 1 pm tour. ***Wednesday, Sept. 16***. 12:45 pm-3:30 pm. **$35**. T. Whitman

JF 955 NEWARK'S IRONBOUND NEIGHBORHOOD FOOD TOUR Three stops are included at local eateries that explore the cultural and food traditions of the Ironbound neighborhood. Learn about the city, its people and chat with business owners about the food that makes Newark special while stuffing our faces! Meet at Sihana Café, 71 Ferry St. in Newark, NJ at 10:45 am for an 11 am tour. ***Thursday, Sept. 17***. 10:45 am-1:30 pm. ***$75***. M. Schwartz

MF 955 MORGAN LIBRARY & MUSEUM HIGHLIGHT TOUR & LUNCH Step into the elegance of Old New York with a guided tour of J.P. Morgan's permanent collection, followed by lunch in the sunlit Atrium Café Meet inside the museum entrance, 225 Madison Ave. in Manhattan at 11:15 am for 11:30 am tour. ***Friday, Sept. 18***. 11:15 am- 2:45 pm. **$92**. A. Gerard

XF 957 GREENWICH VILLAGE WALKING TOUR WITH PHIL DESIERE Visit NYC's most storied neighborhood – home to the famous and infamous! See locations and hear stories that have attracted locals and visitors alike. Meet under the Arch in Washington Square Park in Manhattan at 12:45 pm for a 1 pm tour. ***Wednesday, Sept. 23***. 12:45 pm-3 pm. **$35**. T. Whitman

XF 958 FINANCIAL DISTRICT WALKING TOUR The Wall Street district may be the financial capital of the world, but it is key to the formation of the U.S. If you look hard enough, you may still find remnants of Dutch New Amsterdam and Revolutionary America among the skyscrapers. Visit many of these places and learn how the Dutch outpost grew to the financial powerhouse it is today. Sites include Alexander Hamitlon Customs House/Museum of the American Indian, Fraunces Tavern, Hanover Square, Wall Street and more. Meet in front of UFT Headquarters, 52 Broadway in Manhattan at 10:45 am for an 11 am tour. ***Thursday, Sept. 24***. 10:45 am-1 pm. **$35**. S. Goldberg

JF 956 YOGI BERRA MUSEUM & LEARNING CENTER TOUR Celebrate the life and legacy of Lawrence Peter "Yogi" Berra, one of baseball's most beloved figures while using his story as a springboard for character education and lifelong learning. Explore themes of perseverance, teamwork and leadership through its exhibits, artifacts and public programming. Meet at Yogi Berra Museum & Learning Center, 8 Yogi Berra Dr. in Little Falls, NJ at 12:45 pm for a 1 pm tour. ***Thursday, Sept. 24***. 12:45 pm-2:30 pm. **$15**. M. Schwartz

NF 955 LOOKING BACK, MOVING FORWARD: LESSONS OF THE HOLOCAUST AT THE HOLOCAUST MUSEUM & TOLERANCE CENTER We will partake in the core program which consists of a guided museum tour, survivor or second/third generation testimony, and a question and reflection period. Meet at the Museum, Welwyn Preserve, 100 Crescent Beach Rd. in Glen Cove, NY at 11:45 am for a 12 noon tour. ***Thursday, Sept. 24***. 11:45 am-2:30 pm. **$25**. M. Mavrovouniotis

NF 956 DECONSTRUCTING VENUS EXHIBIT TOUR AT HOFSTRA UNIVERSITY MUSEUM OF ART Enjoy a guided tour of the museum's "Deconstructing Venus" exhibition of modern and contemporary art by women who have depicted their experiences, leadership and activism through their work, demonstrating the complexities of their lives beyond the expectation to embody Venus. Meet at the Museum, 112 Hofstra University in Hempstead, NY at 11:45 am for a 12 pm tour. ***Friday, Sept. 25***. 11:45 am-1:30pm. **$10**. M. Mavrovouniotis

QF 955 INTREPID MUSEUM: INTREPID 101 Enjoy a guided tour that explores the unique historical spaces and learn about all the technological marvels in the Museum's collections. Take in the collections, the incredible spaces, and hear the powerful stories from those who made history with exhibitions that are yours to discover. Enjoy a boxed lunch after the tour. Meet at the Intrepid Sea, Air and Space Museum, Pier 86 (12th Ave. & 46th St.) in Manhattan at 10:45 am for an 11 am tour. ***Monday, Sept. 28***. 10:45 am-1 pm. **$49**. M. Gaughan

XF 959 NYBG: VIP FLOWER POWER WALKING TOUR WITH M.J. STRAUSS Channel the spirit of the 60's at Flower Power! Immerse yourself in a groovy, colorful flower show spotlighting the ways in which hippie culture advanced closer relationships with the natural world and explore vibrant monumental installations and botanical tableaus. Stops include the galleries in the Library Building showcasing photography and visual art from the 60's and the Conservatory where installations invite us to "come together" and be empowered to embrace flowers as symbols in our own lives. A lot of walking and steps involved. Meet at the NYBG Moshulu Gate entrance, 2950 Southern Blvd. in the Bronx at 9:45 am for a 10 am tour. ***Tuesday, Sept. 29***. 9:45 am-12:30 pm. **$50**. T. Whitman

RF 955 FABULOUS FOUNTAINS OF NY WITH STEPHANIE AZZARONE Take a close look at some of the city's most distinctive fountains – new and old, famous and little known. Learn stories of why they came to be, the people behind them and what makes them special. Meet in front of the Lowell Fountain in Bryant Park (across from 41st St. & 6th Ave. entrance) in Manhattan at 10:45 am for an 11 am tour. ***Tuesday, Sept. 29***. 10:45 am - 1 pm. **$27**. F. Montalti

XF 960 NATIONAL JAZZ MUSEUM IN HARLEM & LUNCH AT SYLVIA'S RESTAURANT Visit the Jazz Museum in Harlem, a thriving center dedicated to preservation and celebration of Jazz which was founded in 1996. Experience Harlem jazz and enjoy a Jazz Quartet. After the presentation, we will walk to Sylvia's Restaurant to have a soulful lunch. Meet at the Museum, 58 West 129th St. (Ground Floor) in Manhattan at 9:45 am for a 10 am presentation. ***Wednesday, Sept. 30***. 9:45 am-2 pm. **$124**. E. Harris

KF 955 RECLAIMING BLACK SPACES WALKING TOUR Explore how Black New Yorkers experiences were shaped by migration, how communities created a sense of home and how they faced challenges. Lots of historic stops along the way. Meet in front of the Tenement Museum, 103 Orchard St. in Manhattan at 10:45 am for an 11 am tour. ***Wednesday, Sept. 30***. 10:45 am-12:30 pm. **$31**. E. Oliver

OCTOBER

JF 957 ENGLISH TEA & GARDEN TOUR AT VAN VLECK HOUSE & GARDENS Enjoy a refreshing stroll through the grounds to discover the magic of the season with Director of Horticulture at Van Vleck, Laura Roberts followed by a beautifully presented full English tea service in the enchanting Van Vleck House living room. Meet at Van Vleck House & Gardens, 21 Van Vleck St. in Montclair, NJ at 12:45 pm for a 1 pm tour. ***Thursday, Oct. 1***. 12:45 pm-4 pm. **$65**. M. Schwartz

XF 961 STREET ART/GRAFFITTI CULTURE OF THE LOWER EAST SIDE Discover the fascinating history of graffiti culture and street art and how it evolved into the mainstream while learning the difference between traditional aerosol graffiti and other techniques involving stencils, paste-ups, stickers and more on our walking tour. You will see dozens of unique pieces and murals as well as learn about how art became a part of the debate over gentrification in NYC. Meet in front of Maman Café, 239 Centre St. in Manhattan at 9:45 am for a 10 am tour. ***Friday, Oct. 2***. 9:45 am-12 pm. **$40**. T. Whitman

RF 956 GUILDED AGE 5TH AVENUE TOUR WITH BOB GELBER Stroll along 5th Avenue and learn the stories about the wealthiest NYer's of the "Guilded Age". Explore the institutions they founded, the mansions they built and the art they collected. The walk will showcase some of the beautiful architecture they commissioned. Meet at the General Sherman statue located at the southeast corner of Central Park (near 60th St. & 5th Ave.) in Manhattan at 10:45 am for an 11 am tour. ***Friday, Oct. 2***. 10:45 am-1 pm. **$25**. F. Montalti

NF 957 THE ART OF LOUIS COMFORT TIFFANY AT THE NASSAU COUNTY MUSEUM OF ART Learn about the exhibit, "The Art of Louis Comfort Tiffany" on this docent-led tour. The exhibit is held on both floors of the mansion. A tour of the mansion is also included. Meet at the Museum, One Museum Dr. in Roslyn Harbor, NY. ***Friday, Oct. 2***. 12:45 pm-2 pm. **$25**. M. Mavrovouniotis

QF 956 GOVERNOR'S ISLAND TOUR WITH JEREMY WILCOX In the middle of NY Harbor sits a 172-acre island filled with unique history, landmarks and fun activities. Discover the history and highlights of this former U.S. Military and Coast Guard base on our guided tour. The tour involves a 2.5-mile walk, please wear comfortable shoes and clothing. Meet at the Battery Maritime Building, 10 South St. in Manhattan at 9:30 am for a 10 am boat departure. ***Monday, Oct. 5***. 9:30 am-1 pm. **$38**. M Gaughan

RF 957 GREAT KILLS NATURE WALK WITH S.I. NATURALIST, CLIFF HAGEN Explore this 580-acre park which is home to four beaches that stretch across two miles of S.I. shorefront – New Dorp Beach, Cedar Grove Beach, Oakwood Beach and Fox Beach. Great Kills Park is part of the Gateway National Recreation Area. Its diverse habitats and wetlands contained within the park's limits make it a natural home to a variety of wildlife including several species of birds. Meet at 3750 Hylan Blvd. in S.I. (entrance is at Hylan Blvd. & Buffalo St.) at 3:45 pm for a 4 pm tour. ***Tuesday, Oct. 6***. 3:45 pm-6 pm. **$10**. F. Montalti

KF 956 BUILDING ON THE LOWER EAST SIDE WALKING TOUR Explore the various changes before, during and after the era of tenements and how the Lower East Side mirrors debates across the city and country. Meet in front of the Tenement Museum, 103 Orchard St. in Manhattan at 10:45 am for an 11 am tour. ***Wednesday, Oct. 7***. 10:45 am-12:30 pm. **$31**. E. Oliver

RF 958 SAILORS' SNUG HARBOR HISTORICAL TOUR Enjoy a guided tour of the history of Sailors' Snug Harbor. Explore its rich architectural legacy including landmarked sculptures and rare

landmarked interiors. Meet at Snug Harbor, 1000 Richmond Terrace Cottage E. in S.I. at 10:45 am for an 11 am tour. ***Friday, Oct. 9***. 10:45 am-1 pm. **$13**. F. Montalti

RF 959 FRESHKILLS PARK TOUR Enjoy a guided tour to discuss the past, present, and future of Freshkills Park, the largest landfill to park transformation in the world. Highlights include the grass, wetlands, and wildlife. Meet at North Park Phase 1, 350 Wild Ave. in S.I. at 10:45 am for an 11 am tour. ***Tuesday, Oct. 13***. 10:45 am-1 pm. **$15**. F. Montalti

XF 962 FIVE SQUARES & A CIRCLE WITH PHIL DESIERE Learn about the origin and history of the five squares: Washington, Union, Madison, Herald and Times. The tour concludes at Columbus Circle, near the southwest entrance of Central Park. The trip combines walking and two subway rides (bring your OMNY Card to pay for the fare). Meet at Washington Arch in Washington Square Park (5th Ave. & Waverly Pl.) in Manhattan at 12:45 pm for a 1 pm tour. ***Wednesday, Oct. 14***. 12:45 pm-3:30 pm. **$35**. T. Whitman

MF 956 NY PUBLIC LIBRARY HIGHLIGHT TOUR Enjoy a guided walking tour of the iconic Midtown library with focus on its history, architecture and collections. Meet in the Visitors Center (past the lobby to the right),476 5th Ave. in Manhattan at 11:15am for an 11:30am tour. ***Wednesday, Oct. 14***. 11:15 am - 12:30 pm. **$5**. A. Gerard

XF 963 GRAND CENTRAL TERMINAL WALKING TOUR Enjoy one of the most iconic buildings in NYC and become acquainted with the people who were responsible for its creation and for its salvation. Learn its fascinating secrets, some of which are hidden in plain sight yet unnoticed by commuters such as a haunted cocktail lounge, the location of the birth of TV news, and the origin of the famed red carpet. Meet at the clock/information booth in the middle of the terminal at 10:45 am for an 11 am tour. ***Thursday, Oct. 15***. 10:45 am- 1 pm. **$35**. S. Goldberg

RF 960 CATACOMBS BY CANDELIGHT GUIDED TOUR Discover the hidden secrets of the Basilica of St. Patrick's Old Cathedral including exclusive access to its walled cemeteries and historic catacombs. The catacombs have served as the final resting place for bishops and prominent NYer's who shaped American history for over 200 years. A unique opportunity to explore off limit areas and discover the silent legacy of the city's faithful departed. Meet at the Basilica of St. Patrick's Old Cathedral, 266 Mulberry St. (between Houston & Prince Sts.) in Manhattan at 11:45 am for a 12 pm tour. This is NOT St. Patrick's Cathedral in Midtown! ***Thursday, Oct. 15***. 11:45 am-1:30 pm. **$30**. F. Montalti

JF 958 LIBERTY HALL TEA PARTY & BEARING WITNESS HISTORIC HOUSE TOUR Enjoy a private tea party in a beautiful glass enclosed garden room and experience the new Bearing Witness house tour that provides a look into the lives of the people enslaved at Liberty Hall alongside the contexts in which they lived. The exhibit features historical stories of resistance, family, separation and more. Meet at the Liberty Hall Museum, Kean University, 1003 Morris Ave. in Union, NJ at 11:45 am for a 12 pm tea. ***Thursday, Oct. 15***. 11:45 am-2:30 pm. **$55**. M. Schwartz

WF 955 CHELSEA ART GALLERIES WITH SYLVIA LAUDIEN-MEO/LUNCH AT BOTTINO'S Explore a selection of art exhibitions of the season in some of the leading art galleries in Chelsea, the most important center for contemporary art worldwide. Meet on the S.E. corner of 10th Ave. & 22nd St. in Manhattan at 9:45 am for a 10 am tour. ***Thursday, Oct. 15***. 9:45 am-4:45 pm. **$95**. S. Eisenberg

XF 964 ART DECO OF MIDTOWN Art Deco took the world by storm redefining the modern style for an industrial age. Buildings produced in that era remain the most beloved and striking in NY. The tour is largely outdoors. See a few of the more famous Art Deco masterpieces and a couple of hidden gems as well as a few interior lobbies too. Come travel back to the golden age of the skyscraper on this journey. Meet in front of Starbucks Reserve, 350 5th Ave., in Manhattan at 9:45 am for a 10 am tour. ***Friday, Oct. 16***. 9:45 am-12 pm. **$35**. S. Goldberg

QF 957 TENEMENT MUSEUM TOUR, TASTING & LUNCH AT CAFÉ KATJA Get a taste of Kleindeutschland history in the 1870's and explore the neighborhood's impact on America and American food. Visit Café Katja, a neighborhood restaurant, for a tasting. Learn the stories of John and Caroline Schneider, the family-owned saloon and the auction house of Max Marcus. After the tour, we will take a short walk back to Café Katja to enjoy a three-course lunch. Meet in front of the museum, 103 Orchard St. in Manhattan at 11:45 am for an 12 pm tour. ***Friday, Oct. 16***. 11:45 am-4 pm. **$133**. M. Gaughan

RF 961 CONFERENCE, RUTAN & BIDDLE HOUSES GUIDED TOUR/ BUFFET LUNCH AT TRES AMIGOS TAQUERIA Step back in time and explore a grand 1680's manor and the landmark Henry Hogg Biddle House with its striking two-story porticoes. Discover the island's maritime past through beautifully preserved structures including the William H. Rutan House featuring an intact 1950's era kitchen that was part of a modern-day renovation in the 50's. Meet at the Conference House, 7455 Hylan Blvd. in S.I. at 10:45 am for an 11 am tour. ***Friday, Oct. 16***. 10:45 am-4 pm. **$38**. F. Montalti

NF 958 FALL HIKE AT NORMAN J. LEVY PARK & PRESERVE Join us to take in the scenery hiking at the Park and Preserve's 3.5 miles of nature trails. Environmental conservation efforts have created a beautiful preserve for plants and wildlife including sheep, dwarf goats, turtles, foxes and many different species of birds. Hiking is mostly on flat surfaces, on looped trails. Spectacular photography opportunities! Meet at the Park & Preserve, 1600 Merrick Rd. in Merrick, NY at 9:45 am for a 10 am hike. ***Monday, Oct. 19***. 9:45 am-12 pm. **$5**. M. Mavrovouniotis

XF 965 TRIBUTE TO THE COMMODORES & LIONEL RICHIE BUS TRIP/LUNCH AT THE BROWNSTONE IN NJ Get ready for an amazing tribute to the Commodores and Lionel Richie. Enjoy a performance featuring hits from the Commodores legendary soul and funk repertoire while having a fabulous family style meal. Meet the bus at the UFT Bronx Office, 2100 Bartow Ave. in the Bronx at 8 am for an 8:30 am departure. ***Tuesday, Oct. 20***. 8 am-5 pm. **$120**. E. Harris

RF 962 BROOKLYN BRIDGE TO DUMBO TOUR WITH GARY DENNIS Known as the 8th Wonder of the World, the Brooklyn Bridge connects the boroughs of Manhattan and Brooklyn. Learn its history as we cross the bridge and explore the trendy DUMBO neighborhood. Meet at 1 Centre St. on the southside of the David M. Dinkins Municipal Building in the colonnade area in Manhattan at 10:45 am for an 11 am tour. ***Tuesday, Oct. 20***. 10:45 am-2 pm. **$14**. F. Montalti

JF 959 JBJ SOUL KITCHEN COOKING DEMO & LUNCH Experience a cooking demonstration and enjoy a delicious 3 course meal prepared by Executive Chef Emily Yasi. JBJ Soul Kitchen is a non-profit Community Restaurant established by the Jon Bon Jovi Soul Foundation. Proceeds from this trip go directly to serving members of the community experiencing food insecurity. Meet at JBJ's Soul Kitchen, 207 Monmouth St. in Red Bank, NJ at 11:15 am for an 11:30 am experience. ***Thursday, Oct. 22***. 11:15 am-1:45 pm. **$65**. M. Schwartz

XF 966 NATIONAL URBAN LEAGUE CIVIL RIGHTS MUSEUM/BILL'S PLACE SPEAKEASY The museum highlights pivotal moments of the Civil Rights Movement through engaging exhibits, personal narratives and historical artifacts. The visit encourages reflection and renewed commitment from those who pave the way. Enjoy a Harlem Jazz Experience at Bill's Place Speakeasy and acknowledge the contributions of important figures who were former residents of Central Harlem. Meet in front of the Museum, 117 West 125th St. at 10:15 am for a 10:30 am tour. ***Friday, Oct. 23***. 10:15 am-2 pm. **$94**. E. Harris

QF 958 BIRDWATCHING IN CENTRAL PARK WALKING TOUR WITH BETH GOFFE Join us for a morning walk in Central Park as we look for beautiful, colorful birds. Explore the wooded paths of The Ramble at an easy pace, stopping often to spot and identify birds by sight and sound. Expect fresh air, good company and the chance to see a variety of bird species up close. Must be able to navigate uneven terrain and stairs. Not recommended for those with mobility issues. Bring binoculars, if you have them. Please wear comfortable clothing and shoes for walking. Meet at the Central Park entrance at West 77th St. & Central Park West at 9:45 am for a 10 am tour. ***Friday, Oct. 23***. 9:45 am-12 pm. **$38**. M. Gaughan

RF 963 RISE NY Enjoy an immersive, three-part Times Square attraction combining a museum, educational film and a 4D flight simulator. Rise NY features seven themed galleries highlighting NYC culture (fashion, Broadway, finance) followed by a 30-foot-high flying ride over the city skyline. Meet at the museum, 160 West 45th St. in Manhattan at 10:45 am for an 11 am tour. ***Friday, Oct. 23***. 10:45 am-12:30 pm. **$33**. F. Montalti

RF 964 BROOKLYN SELTZER MUSEUM TOUR WITH BARRY JOSEPH Explore the world's only museum dedicated to the 2,400-year history and culture of seltzer. Features include century-old machinery, vintage bottles, STEM-based manufacturing insights, delicious egg creams and a chance to operate vintage seltzer filling equipment. Meet at the museum, 474 Hemlock St in Brooklyn at 10:45 am for an 11 am tour. ***Thursday, Oct. 29***. 10:45 am-1 pm. **$30**. F. Montalti

JF 960 BLUE HILL AT STONE BARNES TOUR & FARM TO TABLE LUNCH On our private tour, a team of cooks, farmers and educators will guide us through the farm and restaurant spaces with tastings from the bakery, preservation and whole animal butchery programs. Following the tour, experience a lunch tray at the cafeteria which features a variety of small plates highlighting many of the same products introduced on the tour. Meet at Blue Hill at Stone Barns, 630 Bedford Rd. in Pocantico Hills, NY at 10:45 am for an 11 am tour. ***Thursday, Oct. 29***. 10:45 am-2 pm. **$126**. M. Schwartz

QF 959 GRAND CENTRAL MADISON GUIDED TOUR WITH PHIL DESIERE Visit one of NY's most iconic landmarks, Grand Central Terminal and become familiar with some of the people responsible for its creation and restoration while discovering some of its hidden gems. We will explore the terminal as well as some of the newer art installations that are part of Grand Central Madison. Meet at Pershing Square, East 42nd St. (across from Grand Central Terminal) at 9:45 am for a 10 am tour. ***Friday, Oct. 30***. 9:45 am-12 pm. **$30**. M. Gaughan

NOVEMBER

JF 961 CAKE SHOPPE BATTLE AT LITTLE FOX KITCHEN Enjoy this event where teams created at the Kitchen are given a themed challenge to craft a sheet cake masterpiece. Teams will have time to strategize, plan and bring their creations to life using various colored icings, decorations, candles, ribbons and all the sparkling elements needed to win. Teams will take home their cake. Light snacks provided. Meet at The Little Fox Kitchen, 4 S. Union Ave. in Cranford, NJ at 1:15 pm for a 1:30 pm event. ***Thursday, Nov. 2***. 1:15 pm – 3:30 pm. **$140**. M. Schwartz

QF 960 NOGUCHI MUSEUM GUIDED TOUR Visit the museum which is the home to the world's largest collection of Isamu Noguchi's sculptures, drawings, models and designs. Highlights of our tour: explore the museum's permanent collection featuring works Noguchi personally gifted to them as well as selected works from the museum's collection and special exhibitions while introducing the life and vision of Noguchi. Meet at the Noguchi Museum, 9-01 33 Rd. (Vernon Blvd.) in L.I.C., NY at 10:45 am for an 11 am tour. ***Friday, Nov. 6***. 10:45 am – 12 pm. **$15**. M. Gaughan

RF 965 CLAY & KOLN STUDIO WITH LUNCH FROM FARM TO BAGEL Enjoy an all-inclusive pottery painting session. Select your piece and paint colors while learning new techniques and have your piece glazed and fired for a professional look. While completing your piece, you will enjoy a buffet style lunch. All projects require pick-up after one week from the

studio. Meet at the Studio, 861 Castleton Ave. in S.I. at 10:45 am for an 11 am session. ***Monday, Nov. 9***. 10:45 am-2pm. **$60**. F. Montalti

JF 962 THE SEEING EYE – GUIDE DOG TRAINING SCHOOL VISIT/ LUNCH AT GK'S RED DOG TAVERN IN MORRISTOWN, NJ Learn the 95-year-old history of The See Eye, the world's oldest guide dog training school and the importance of our puppy raising program. A Seeing Eye instructor as well as a graduate with their guide dog will speak about the program. Lunch will follow at the Tavern. Meet at The Seeing Eye, 1 Seeing Eye Way in Morristown, NJ at 9:45 am for a 10 am visit. ***Thursday, November 12***. 9:45 am-2:30 pm. **$56**. M. Schwartz

MF 957 LINCOLN CENTER CAMPUS TOUR Discover the rich history of Lincoln Center on this immersive walking tour across campus. Explore various iconic arts organizations while enjoying a mix of indoor and outdoor spaces. Dress for the weather. Meet inside David Geffen Hall, 10 Lincoln Center Plaza in Manhattan at 11am for the 11:15am tour. ***Friday, Nov. 13***. 11 am - 12:45 pm. **$23**. A. Gerard

NF 959 COLD SPRING HARBOR FISH HATCHERY & AQUARIUM Enjoy a guided tour to view the largest living collection of NY State freshwater reptiles, fishes and amphibians. The tour includes the aquarium buildings and outdoor ponds while learning about the ecosystems of NY State. Meet at Cold Spring Harbor, 1660 Route 25A in Cold Spring Harbor, NY at 1:45 pm for a 2 pm tour. ***Friday, Nov. 13***. 1:45 pm-3 pm. **$12**. M. Mavrovouniotis

XF 967 VIP TOUR OF NEW YORK BOTANICAL GARDEN'S HOLIDAY TRAIN SHOW Enjoy the Annual Holiday Train Show at the NYBG featuring over 40 trains and over 150 metro NY buildings and bridges handmade from bark, leaves, berries, acorns and other plant parts. Those arriving by Metro North or driving who want free parking will be emailed directions where to meet. You will be contacted via email by driving, bus, train and free parking directions after which tickets will be emailed to you. Meet at the NYBG Mosholu Gate Entrance, 2950 Southern Blvd. in the Bronx at 12:45 pm for a 1:15 pm tour. ***Tuesday, Nov. 17***. 12:45 pm-3:15 pm. **$40**. T. Whitman

JF 963 TRIBUTE TO ELTON JOHN & BILLY JOEL AT THE BROWNSTONE IN PATERSON, NJ Listen, sing and dance to classic Elton John and Billy Joel songs while enjoying a complementary drink, lunch from a three-course prix fixed menu with coffee/tea and dessert. Meet at The Brownstone, 351 W. Broadway in Paterson, NJ at 10:45 am for an 11 am event. ***Tuesday, Nov. 17***. 10:45 am-3 pm. **$77**. M. Schwartz

XF 968 VIP TOUR OF NEW YORK BOTANICAL GARDEN'S HOLIDAY TRAIN SHOW Enjoy the Annual Holiday Train Show at the NYBG featuring over 40 trains and over 150 metro NY buildings and bridges handmade from bark, leaves, berries, acorns and other plant parts. Those arriving by Metro North or driving who want free parking will be emailed directions where to meet. You will be contacted via email by driving, bus, train and free parking directions after which tickets will be emailed to you. Meet at the NYBG Mosholu Gate Entrance, 2950 Southern Blvd. in the Bronx at 12:45 pm for a 1:15 pm tour. ***Wednesday, Nov. 18***. 12:45 pm-3:15 pm. **$40**. S. Goldberg

XF 969 HUNTERDON HILLS PLAYHOUSE HOLIDAY SHOW BUS TRIP IN WEST HAMPTON, NJ Enjoy the 50th Anniversary holiday show performance filled with timeless music, breathtaking dance numbers, hilarious and heartwarming comedy, dazzling costumes and holiday cheer. Meet the bus at the UFT Bronx office, 2100 Bartow Ave. at 8:30 am for a 9 pm departure. ***Thursday, Nov. 19***. 8:30 am-5 pm. **$154**. E. Harris

FLORIDA CENTER IN - PERSON TRIPS

Refunds are made upon written request up to ***FOUR*** weeks prior to trip date.
Email Gino Giustra (*ggiustra@uft.org*) the refund request.
Refunds are contingent upon the policy of the vendor.

NOVEMBER

FF 955 LET'S HAVE TEA Enjoy an afternoon tea AT THIS Alice in Wonderland whimsical experience. Includes freshly made tea sandwiches, warm scones with clotted cream, desserts and a pot of tea. Meet at Alice's Teapot Café, 4995 W. Atlantic Ave. in Delray Beach at 12 pm for a 12:15 pm tea. ***Wednesday, Nov. 4***. 12 pm-2:15 pm. **$53**. C. Gary

IN-PERSON COURSES

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, UFT, their officers, agents, representatives, trustees and instructors from any and all claims or causes of action."*

BRONX

Courses are held at the
UFT Bronx Learning Center,
2100 Bartow Ave., 4th Floor.

MONDAYS

XF 150 TABATA Short bursts of exercises carefully selected for seniors followed by a brief rest period (no jumping). Improve your cardiovascular health, burn calories, elevate metabolism, increase muscular endurance and strength. Bring hand weights and a resistance band to first class. 10-12. **$10**. Y. Twiggs

XF 151 OPERA Opera scenes from the archives of the Metropolitan Opera on various themes. Videos include excerpts from a variety of Met productions and singers. Option: to attend a final dress rehearsal at the Met – TBD. No class: ***Oct. 19***. 10-12. **$10**. J. Dzik

XF 152 SEW QUILTY BASIC Basic quilting skills are reviewed. An easy jelly roll project included. A chance to complete previous projects. 10-12:30. **$10**. C. Hoist

TUESDAYS

XF 250 BASIC DRAWING Explore basic shapes. Emphasis on tonal contrast and creating textures in realistic drawing. Sketch and draw still-life, landscapes, and portraits. Intro to charcoal techniques. Color pencils are optional. 10-12. **$10**. A. Strinsky

XF 251 LIFE DRAWING WITH ENDLESS POSSIBILITIES: BEGINNERS/ INTERMEDIATES Learn many effective techniques to draw still lifes and our own poses using charcoal. Explore the versatility of charcoal, pencil and conte crayons to illustrate and capture images. Supply list emailed prior to first class by instructor. 10-12. **$10**. D. Steiner

XF 252 SENIORS NEED 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. **$10**. M. Aybar

XF 253 MOSAICS: INTERMEDIATE/ ADVANCED Explore advanced techniques in two-and three-dimensional mosaics. Stained glass, ceramics and multimedia embellishments are used. Must use own tools and supplies. Safety goggles are mandatory. 10-12:15. **$10**. D. Walton

XF 254 FINELY WIRED JEWELRY CLUB Use wires, tools and beads to create earrings, ear cuffs, bracelets, rings necklaces and potentially art sculptures. 10-12. **$10**. W. Fields

XF 255 CANASTA If you are new to the game, you will receive instruction based on the American Canasta Association's rules of play for Modern American Canasta. Bring your mixers, cards and a tray, if you have them. 10-12. **$10**. M. Schuster

XF 256 JP'S INTRODUCTION TO KNITTING: BASIC & BEYOND Essential knitting skills including casting on, knit/purl stitches, and binding off are taught. Complete a simple scarf or cowl. Learn to read patterns, select yarn/needles, fix mistakes and understand basic garment construction for future projects. 10-12. **$10**. J. Parker

XF 257 LET'S DANCE Get your body ready for a workout to Latin rhythms with an energizing warm-up. Shines and steps to Salsa, Bachata, Merengue and Cha Cha. No partner needed. 12:30-2:30. **$10**. N. DeLaLuz

XF 258 CREATIVE CARD MAKING: ALL LEVELS Produce beautiful types of cards for various occasions. Create shape, interactive and multimedia cards using dies, stamps and inks. Supply list emailed prior to first class. 12:30-2:30. **$10**. D. Davis

XF 259 LINE DANCING: AMATEUR/ BEGINNER Learn to move and groove to the beat with your feet. You will do the Electric Slide, Cupid Shuffle, Cha Cha Slide, Wobble Jerusalema and Boots on the Ground to different music genres as well as basic moves like the Grapevine, Cha Cha, Shuffling, Box Step and others. Come have fun, leave with a smile and a good workout! 12:30-2:30. **$10**. R. Canty

XF 260 BALANCE & MAINTAINING HEART STRENGTH Starting from where you build up lower and upper body strength using resistance bands, light weights, etc. Additionally, strengthen your heart and get in your steps with a cardio workout. 12:30-2:30. **$10**. W. Fields

XF 261 MAH JONGG If you are new to the game, you will receive instruction based on the National Mah Jongg

League's rules of play. Bring your current card. Bring your set, if you have one. 12:30-2:30. **$10**. M. Schuster

XF 262 MOSAICS: INTERMEDIATE/ ADVANCED Explore advanced techniques in two-and three-dimensional mosaics. Stained glass and multimedia embellishments are used. Must use own tools and supplies. Safety goggles are mandatory. 12:30-2:45. **$10**. D. Walton

XF 263 CREATING BEAUTIFUL COLLAGES Creating collages is an artform that is a thousand years old. Learn about its history and evolution. The class will be hands-on in the designing and assembling of exciting and original 3-D pieces. The goal is to create several pieces of art. Supply list emailed prior to first class by instructor. 12:30-2:45. **$10**. D. Steiner

WEDNESDAYS

XF 350 CARDIO DRUMMING This is a senior friendly full body workout that combines rhythmic movement, music, and aerobic exercise typically using drumsticks, an exercise ball and a bucket. A fun cardio session designed to increase heart rate safely, improve coordination, reduce stress and support both physical and mental well-being. Supply list emailed prior to first class. 10-11:30. **$10**. Y. Twiggs

XF 351 DUPLICATE BRIDGE Competitive bidding and popular conventions to improve your ability to successfully compete at the bridge knowledge of the game. 10-12. **$10**. R. Thompson

XF 352 ADVANCED ACRYLIC PAINTING Improve your painting skills and creativity with acrylics. 10-12. **$10**. M. Mooney

XF 353 BEGINNING CROCHET & KNITTING An introduction to the fundamentals of both crochet and knitting in a relaxed, supportive environment. Learn how to hold tools, understand basic terminology, and create essential stitches as well as how to read basic patterns, choose yarn and needles or hooks, and troubleshoot common mistakes are covered. Through guided, hands-on practice, you will complete simple projects like scarves, coasters, or dishcloths while building confidence and developing needlework motor skills. 10-12. **$10**. B. Fox

XF 354 TAKE THE LEAD Dance your stress away with a workout to Salsa, Bachata, Rumba music and more. Shine on the dance floor with new shines and steps to Latin rhythms. Improve your stamina, balance, and posture. No partners necessary. 12:30-2:30. **$10**. N. DeLaLuz

XF 355 CHAIR AEROBICS Jump start your day with chair exercises that help you stay active and independent. A safe and positive way to improve balance, mobility and quality of life for seniors. Resistance bands needed. 12:30-2:30. **$10**. Y. Twiggs

XF 356 BEGINNING ACRYLIC PAINTING Explore your creativity and learn how to paint with acrylics. Supply list emailed prior to first class. 12:30-2:30. **$10**. M. Mooney

XF 357 KNITTING ACCESSORIES Knit these accessories: an ascot, cowl, fingerless gloves, mittens and a matching headband or hat. Learn how to use double pointed needles, increase, decrease, divide stitches, pick up stitches, hold stitches, slip stitches and a host of other beginning and intermediate knitting skills. 12:30-2:30. **$10**. B. Fox

THURSDAYS

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

XF 451 OIL PASTELS Have fun working with the bold colors of oil pastels in both abstract and realist art. Supply list emailed prior to first class. 10-12. **$12** includes registration and materials. I. Rosenberg

XF 452 SCRAPBOOKING/ PHOTOGRAPHY Making memories with old photos and creating new ones with either a smartphone or a camera. Create scrapbooks using materials to make your photos personal and unique. 10-12. **$10**. S. Melendez

XF 453 QUILTING 101+ Beginners will become familiar with quilting tools and terminology while following a step-by-step process to create a small patchwork lap quilt. Beginners+ will create a T Shirt Quilt Top. Directions/materials list emailed prior to first class by instructor. 10-12. **$10**. M. Alvarez

XF 454 CREATE YOUR OWN JEWELRY Learn the skills to create useful and unique jewelry as well as home décor items. Explore the use of bead wire, wrapping beads and polymer clay for a variety of projects. Supply list emailed prior to first class by instructor. 10-12. **$10**. R. Demers

XF 455 CHESS/CHECKERS Rules, fundamentals and strategies are covered and games are played. 10-12. **$10**. J. Roca

XF 456 PROGRESSIVE SOUL LINE DANCE Polish your steps as you enjoy building confidence, mobility, and love for this growing dance craze. 11-12:30. **$10**. T. Coston

XF 457 BALANCE & MAINTAINING HEART STRENGTH Starting from where you build up lower and upper body strength using resistance bands, light weights, etc. Additionally, strengthen your heart and get in your steps with a cardio workout. 12:30-2:30. **$10**. W. Fields

XF 458 SCRAPBOOKING/ PHOTOGRAPHY Making memories with old photos and creating new ones with either a smartphone or a camera. Create scrapbooks using materials to make your photos personal and unique. 12:30-2:30. **$10**. S. Melendez

XF 459 BEGINNER/INTERMEDIATE WATERCOLORS Introduction/review of basic watercolor techniques. Paint a variety of subject matters including landscapes and still-life. Supply list emailed prior to first class by instructor. 12:30-2:30. **$12** includes registration and materials. I. Rosenberg

XF 460 QUILTING 101+ Beginners will become familiar with quilting tools and terminology while following a step-by-step process to create a beautiful, easy and memorable patchwork table runner or pillow. Beginners+ will create an unforgettable T Shirt Quilt Top. Directions/materials list emailed prior to first class by instructor. 12:30-2:30. **$10**. M. Alvarez

XF 461 TAI CHI Learn the basics of rejuvenating chi-gong, Tai Chi (24) Yang style and push hands. 12:30-2:30. **$10**. G. Acevedo

XF 462 BOWLING WITH JP: THE ROOKIE CLUB An introductory experience on the lanes to learn the fundamentals of bowling, equipment and safety, rules and etiquette, scoring and techniques. Involves a mixture of demonstrations, practice drills and a full game play. Cost for games per week: $12 for 3 games or $4.50 per game. Shoe rental is free. Meet at Homefield Bowling Lanes, 938 Saw Mill River Road in Yonkers. 1-3. **$10**. J. Parker

BROOKLYN

Courses are held at the
UFT Brooklyn Learning Center,
335 Adams St., 24th floor.

TUESDAYS

KF 251 LINE DANCE BASICS Learn the basics and enjoy the pleasure of line dancing, exercising and stimulating your mind at the same time. 11-1. **$10**. C. Montgomery

KF 252 MAH JONGG Beginners can learn how to play and the more advanced can find a group to play with. 1-3. **$10**. J. Marcus

KF 253 ZUMBA GOLD Improve coordination and memory; develop stamina while working out to great music. 1-3. $**10**. B. Sayegh

THURSDAYS

KF 450 TAP DANCE: ALL LEVELS Learn tap routines along with tap dance history while having fun and keeping fit. Tap shoes are required. 10-12. **$10**. D. Pace

KF 451 OPERA Great scenes on a variety of thematic topics from the video archives of the Metropolitan Opera and other opera companies. Optional: A final dress rehearsal at the Met. No class: Oct. 15. 10-12. **$10**. J. Dzik

KF 452 CROCHET: BEGINNER/ INTERMEDIATE Learn basic stitches and terms in addition to using your own patterns and new designs. Supply list emailed prior to first class by instructor. 10-12. **$10**. P. Williams

KF 453 AFRICAN DANCE: BEGINNERS Learn simple movements to improve your overall fitness including mind-body connection. Enjoy the music and rhythm of the diaspora. 12:30-2:30. **$10**. D. Pace

KF 454 MULTICULTURAL CROCHET DOLLS Create your own one-of-a-kind crochet doll. Supply list emailed prior to first class by instructor. 1-3. **$10**. P. Williams

FRIDAYS

KF 550 TAI CHI ROBICS Learn simple repeated Tai Chi moves, stretches, and deep breathing done to music. Tai Chi Yang style included. Seven sessions. Begins: ***Oct.*** 2. 10-11:30. **$10**. S. Safford

KF 551 EMBROIDERY EXTRAVAGANZA: ALL LEVELS Beginners will learn basic stitches while others work on new and challenging projects. Supply list emailed prior to first class by instructor. 10-12. **$10**. N. Rabatin

KF 552 BRIDGE: BEGINNERS Learn to play bridge, a game for a lifetime, and keep your brain cells active while having fun. 10-12. **$10**. L. Francis

KF 553 POLYMER CLAY: BEGINNER/ INTERMEDIATE Learn the basics and create beautiful jewelry or abstract art. 11-2:30. **$50** includes registration and materials. V. Hall

KF 554 KEEPING IN STEP WITH CHERRY Have fun and keep fit with various dance styles, smooth movements and awesome camaraderie. 12-2. **$10**. C. Montgomery

KF 555 BRIDGE: INTERMEDIATE Get strategic tips, practice and refresh your skills. Have fun and come play bridge! 12:30-2:30. **$10**. L. Francis

KF 556 QUILTING: ALL LEVELS Create beautiful works of art: hand-sewn quilts, pillows and decorative accessories. Beginners receive step-by-step guidance. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10**. N. Rabatin

KF 557 STRENGTH FOR LIFE Build strength with T-weights, resistance bands and easy stretching for the lower back, hips and knees. Low impact and slow paced. 12:30-2:30. **$10**. B. Sayegh

MANHATTAN

Courses are held at the
UFT Manhattan Learning Center,
50 Broadway, 2nd floor.

MONDAYS

MF 150 BIRDWATCHING IN CENTRAL PARK: GROUP A Stroll through Central Park to see and hear the lovely birds that are migrating through. Be prepared to walk up to 2 miles on sometimes uneven ground, with occasional stairs. Exact location for the walks sent via email. You may register for either **MF 150** or **MF 350**, but not both. 10-12. **$10**. M. Rakowski

TUESDAYS

MF 250 FILM NOIR Films in this category often depict crime and corruption. View and discuss films in this genre. 9:45-12:15. **$10**. C. Friedman

MF 251 DRAWING FUNDAMENTALS An introduction to objective perceptual drawing methods including measuring

techniques, relation of parts to whole, composition, tonal values and blocking. Work from various set-ups. 9:45-12:15. **$10**. R. Bunkin

MF 252 BEGINNING SPANISH An introduction to the Spanish language and culture with emphasis on grammar and conversational skills. Required book: Complete Spanish Step-by-Step by Barbara Bregstein (Premium Second Edition). 10-12. **$10**. E. Lopez

MF 253 LATIN DANCE Have fun dancing to great music while working on Salsa, Mambo and Cha Cha. Improve your memory and stamina. Learn choreography at a slow pace. 10-12. **$10**. B. Sayegh

MF 254 WOMEN ARTISTS THROUGH HISTORY (AM) A look at the contribution and influence of female artists in the art of Europe and America. 10-12. **$10**. D. Becker

MF 255 DRAWING WORKSHOP Select and develop your own projects using traditional drawing materials: charcoal, pencil, or ink on paper. Discussion of drawing issues such as mark-making, control of tone and composition. Some drawing experience is preferable but not required. 12:30-2:30. **$10**. R. Bunkin

MF 256 ACTING & IMPROVISATION Have you ever wanted to improvise a scene? All sorts of situations, serious or comic - pop up here. Step into theater, shift into various characters. Experience emotions, handle objectives and laugh. It's fun. 12:30-2:30. **$10**. M. Maher

MF 257 WOMEN ARTISTS THROUGH HISTORY (PM) A look at the contribution and influence of female artists in the art of Europe and America. 12:30-2:30. **$10**. D. Becker

MF 258 INTERMEDIATE SPANISH Learn to understand and speak fluent Spanish. Emphasis on grammar and vocabulary. Knowledge of reading, writing, and speaking some Spanish is required. Not for beginners. Required book: Complete Spanish Step-by-Step by Barbara Bregstein (premium second edition). 12:30-2:30. **$10**. E. Lopez

MF 259 BALANCE, STRENGTH & MOVES Improve your strength and mobility through fun activities and rhythmic movement patterns. 12:30-2:30. **$10**. M. Marks

MF 260 THE TWILIGHT ZONE Watch and analyze episodes of this legendary and mind-bending TV program that utilized quirky characters, unsettling plot twists and potent visual techniques. 12:30-2:30. **$10**. A. Cooper

WEDNESDAYS

MF 350 BIRDWATCHING IN CENTRAL PARK: GROUP B Stroll through Central Park to see and hear the lovely birds that are migrating through. Be prepared to walk up to 2 miles on sometimes uneven ground, with occasional stairs. Exact location for the walks sent via email. You may register for either **MF 150** or **MF 350**, but not both. 9-12. **$10**. M. Rakowski

THURSDAYS

MF 450 DRAWING FOR ALL LEVELS Develop your drawing skills no matter what your present level. Beginners: exercises will help you draw what you see with a technique dating back to the Renaissance. More advanced: you will have an opportunity to finesse your technique. 9:45-11:45. **$10**. G. Wisniewski

MF 451 ALL IN THE FAMILY Watch and discuss the adventures of Archie, Edith, Mike and Gloria as they navigate the challenges of 1970's America illustrating how high-quality television can use comedy to explore contemporary social issues. 10-12. **$10**. A. Cooper

MF 452 MAH JONGG: ALL LEVELS (AM) Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to class. 10-12. $10. J. Somerville

MF 453 CREATIVE WRITING Use exercises and source material to enhance the "creative imperative" within you. 10-12. $**10**. M. Glenn

MF 454 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching, etc. 10-12. **$10**. B. Sayegh

MF 455 ACRYLIC & WATERCOLOR PAINTING Improve your technique in realistic painting, explore abstract and nonrepresentational painting or get advice on work in a style you've already developed. 12-2:30. **$10**. G. Wisniewski

MF 456 YOGA & MINDFULNESS Baptiste style yoga is paired with mindfulness activities to cultivate strength and freedom in the body while including power and restorative flows with journaling and meditation exercises. Bring a mat if you have one. 12:30-2:30. **$10**. F. Dray

MF 457 MOVE & GLOW! (DANCE) Stay in shape and dance to music such as hip hop, R&B and line dancing. The only requirement is your enthusiasm. 12:30-2. **$10**. R. Davis

MF 458 THE JOY OF OPERA Designed for seasoned opera lovers and newcomers. Video performances of operatic scenes in conjunction with film, photography and other art forms will educate, entertain and inspire. A MET dress rehearsal trip will be offered pending availability. Date: TBA. Four sessions: ***Sept. 24***; **Oct. 8, 22**; ***Nov. 5***. 12:30-2:30. **$10**. L. Barella

MF 459 LEARN TO PLAY CHESS Learn the rules of the game, opening moves and strategies, notations and playing against a clock. Knowledge of how the pieces move is helpful, but not necessary. Eight sessions. Begins ***Sept. 24***. 12:30-2:30. **$10**. J. Rosen

MF 460 MAH JONGG: ALL LEVELS (PM) Learn the game and brush up on prior skills. Bring a current National Mah Jongg League card to class. 12:30-2:30. **$10**. J. Somerville

QUEENS

Courses are held at the
UFT Queens Learning Center,
118-35 Queens Blvd., 8th floor..

TUESDAYS

QF 250 CANASTA Come to learn and to play! It's a partner's game with two decks of cards and four at a table. A whole new world will open to friendship, laughs and strategies. Card points and melds do matter. 10-12. **$10**. H. Pashko

QF 251 ORIGAMI Learn how to coax pieces of paper into lovely and fun creations including flowers, gift containers, jewelry and more. Paper requirements are emailed prior to first class by instructor. Any questions on purchasing papers, email Rose at origlama@aol.com. 10-12. **$10**. R. Malinconico

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

QF 253 BEGINNER LINE DANCING Strengthen body and mind as you learn dances using your favorite dance style: Cha Cha, Rumba, Tango and Waltz. Exercise in disguise. No partners needed. 12:30-2:30. **$10**. R. Malinconico

QF 254 PLAY CHESS Do you like to play chess? Would you like to learn how to play chess and how to win. 12:30-3. **$10**. B. Konviser

WEDNESDAYS

QF 350 CREATIVE WRITING Dream of publishing your own novel, poem, short story, memoir, essay or play? Learn the key strategies and techniques while obtaining valuable feedback to help get work published. 10-12:30. **$10**. T. Riccardi

QF 351 MAC COMPUTER LITERACY You will come to understand your MAC exploring the computer hardware, peripherals and their functions. Become familiar with the desktop layout and learn how to use menu bars, keyboard shortcuts, the file management systems, various accessibility tools and more. 10-12. **$10**. I. Cueto-Anglarill

QF 352 EASY TAI CHI Discover the many benefits of Tai Chi by experiencing its gentle, flowing movements. Designed to enhance your mind-body well-being with improved balance, energy and relaxation. Perfect for beginners and suitable for all levels. 10-11:30. **$10**. H. Sharen Lin

QF 353 PLAY BRIDGE Come to play bridge, and if you don't know there's an instructor to help you. 10:15-12:15. **$10**. D. Woo

QF 354 STAINED GLASS Beginners learn the fundamentals of stained-glass design, glass cutting and copper foil construction methods to develop and complete projects. Experienced students receive guidance on more advanced creations. Safety goggles mandatory. 10:45-2:45. **$65** includes registration and materials. L. Carbone

QF 355 BRIDGE: SUPERVISED PLAY We are always learning something new in this game of bridge. Bring interesting hands to share, play and discuss bidding, play of the hand and defensive strategies. All are welcome. 12:45-2:45. **$10**. D. Woo

QF 356 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that have been modified for retirees and beginners. Wear comfortable clothing and shoes. 1-2. **$10**. M. Gonzalez

THURSDAYS

QF 450 MAH JONGG Beginners enjoy learning this ancient game of skill and luck. More experienced players come to play. Participants should have or purchase the 2026 National Mah Jongg League card (https://nationalmahjonggleague.org/store.aspx#). 10-12. **$10**. L. Cohen

QF 451 CREATIVE WRITING POETRY & PROSE Whether you write for pleasure or publication, you want your work to be the best it can be. Share your work, get helpful feedback and learn to improve your tone, grammar, implication and more. 10-12:30. **$10**. M. Harber

QF 452 STAINED GLASS Beginners learn the fundamentals of stained-glass design, glass cutting and copper foil construction method to develop and complete projects. Experienced students receive guidance on more advanced creations. Safety goggles mandatory. 10:45-2:45. **$65** includes registration and materials. L. Carbone

QF 453 THE AMERICAN REVOLUTIONARY WAR: CAUSES CHARACTERS & CONSEQUENCES Step back into the turbulent years that gave birth to a nation and explore how ordinary colonists became revolutionary thinkers and fighters. Examine the war through its iconic heroes and villains, decisive battles and radical ideas. Discuss how the Revolution reshaped political ideas, social relationships and continues to shape our modern world. 12:15-2:15. **$10**. M. Harber

QF 454 CHESS FOR CHESS PLAYERS If you play chess and want to be challenged at every game this is for you. We want active chess players to pair up with others for fun and bragging rights. There is no better way to learn how to play your opening, mid-game and ending game than to play with others equal or better players. 12:30-3. **$10**. B. Konviser

STATEN ISLAND

Courses are held at the
UFT Staten Island Learning Center,
1200 South Avenue.

MONDAYS

RF 150 THE LOVE OF OIL PAINTING Learn about the versatility of oil painting. The basic principles of handling the paint, glazing, blending and texturing as well as the six basic components the instructor refers to as "The Art Bible" are covered. Individual attention is given to each student as they work on their own project after each lesson. Supply list emailed prior to first class (can be purchased online or at Michaels). 9:30-11:30. **$10**. L. Butti

RF 151 CARD MAKING USING THE ART OF QUILLING Whether a beginner or experienced crafter, there is always something new to learn with this fun activity. Design your own beautiful cards using essential materials and creativity. Supply list sent prior to first class by instructor, or you can purchase suggested quilling card kit for beginners on amazon ($35) to get you started. Supplies needed for first class. 9:30-11:30. **$10**. N. Keay

RF 152 CANASTA: BEGINNERS For those who have never played the game. You may not register for a beginner class and a playlab. 9:30-11:30. **$10**. S. Stanley

RF 153 CANASTA PLAYLAB I For those who play but would like to become more experienced. Assistance is available, but no instruction. Provide your own card and tray. You may not register for two Canasta classes. 9:30-11:30. **$10**. S. Siegel

RF 154 CANASTA PLAYLAB II For those who have played the game or want to brush up. Assistance is available, but no instruction. Provide your own card and tray. You may not register for two Canasta classes. 9:30-11:30. **$10**. C. Patelsky

RF 155 CONVERSATIONAL ITALIAN Learn the basics of the Italian language or brush up your skills through guided conversation, viewing Italian films, operas and discussing Italian culture. 9:30-11:30. **$10**. F. Corti

RF 156 MAH JONGG: BEGINNERS For those who want to learn the game. Bring a Mah Jongg card to first class. You may not register for a beginner class and a playlab. 12-2. **$10**. S Siegel

RF 157 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 playlab. 12-2. **$10**. S. Stanley

RF 158 QI-GONG Qi-Gong energy cultivation practice helps us gather energy and enhance its flow to improve body and mind functions, balance emotions, increase strength, stamina and flexibility. Learn movement and stillness practices to let go of undesirable habits, reduce stress, quiet the mind and enjoy a peaceful harmonious life.12-2. **$10**. E. Looft

RF 159 STAMINA, STRENGTH & TONE This low impact motivational workout that is set to music targets all body parts to help build stamina, balance, strength and tone as well as helps improve mobility. Bring light weights and a 5-inch ball. 12-2. **$10**. C. Ortlieb

RF 160 WATERCOLORS FOR BEGINNERS An introduction to the elements and principles of design using watercolors including color theory, color mixing, linear perspective and more. Supply list emailed prior to first class. 12:30-2:30. **$10**. E. Byrne

TUESDAYS

RF 250 FALL BIRDING IN S.I.'S PARKS & NATURAL AREAS Learn about birds during the fall migration in natural areas and parks on S.I.. Study identification, vocalization and field marks of species. The first meeting and introduction will be promptly at 9 am at Clove Lakes Park, Royal Oak Rd. and Victory Blvd. (near ballfield). Additional locations provided at that time. Comfortable shoes/sneakers are required. Binoculars are necessary. Inclement weather cancels class. 9-11. **$10**. E. Johnson

WEDNESDAYS

RF 350 BELLY DANCING FOR FUN & FITNESS Shimmy, sweat and smile while getting in touch with your inner goddess. Learn basic techniques and simple combinations for a lively belly dancing experience. All levels. 9:30-11:30. **$10**. J. Lamonica

RF 351 CHAIR YOGA WITH KATHY Strive for a strong healthy body, mind and spirit through breathing, movement, meditation and more. Proper yoga attire recommended. 9:30-11:30. **$10**. K. Beyar

RF 352 LINE DANCING Learn the basics and enjoy this mind and body stimulating experience.9:30-11:30. **$10**. L. Kalipetes

RF 353 CHORALEERS Calling all songbirds! Join our chorus led by our new choral director. Learn a few songs to ring in the holiday season and perform at our holiday party on Dec. 2. Bring a pencil and a black folder for your music to first class. 9:30-11:30. **$10**. L. Kropp

RF 354 WATERCOLOR SKETCHBOOK PAINTING Learn to paint small studies using a watercolor sketchbook with a limited color palette to start a sketchbook habit. Experiment with techniques for painting the elements of a landscape (trees, water, skies). Some perspective drawing principles are taught as we add a lesson on painting a village scene. Not for beginners. Supply list emailed prior to first class. No class: ***Nov. 18***. 9:30-11:30. **$10**. K. Fieramosca

RF 355 PILATES Enjoy a fitness activity that increases core strength, energy, stamina, mobility and is joint friendly. 12-2. **$10**. T. Marten

RF 356 TAI CHI FOR BEGINNERS Learn this martial art practiced for its health benefits, meditation, and defense training. 12-2. **$10**. R. Yuen

RF 357 LOW IMPACT DANCE FITNESS WITH ASTRID A dance-based workout that combines fun and energizing dance with strength training exercise to provide a full body workout. Improve cardiovascular health, build strength and boost mood while protecting your joints. Proper footwear required. 12-2. **$10**. A. Kusumo

RF 358 SOMETHING BROKEN BECOMES BEAUTIFUL: MOSAICS Learn to create a decorative design or picture setting small pieces of tile onto a surface. Supply list emailed prior to first class by instructor (approx. cost $50). 12-2:30. **$20** includes registration and some materials. W. Carnevale

RF 359 THE ART OF MAKING JEWELRY: ALL LEVELS The aim is to get anyone on their way to becoming a skilled designer. Focus on necklaces, bracelets and earrings. Bring your own supplies or purchase a Modda jewelry making starter kit on Amazon for first class. 12:30-2:30. **$10**. N. Keay

THURSDAYS

RF 450 DRAWING: INTERMEDIATE/ ADVANCED For those who have prior experience using techniques in drawing from observation such as perspective and modeling to create the illusion of three dimensions on a flat surface. Various mediums and art styles include figure drawing and portraiture are explored. NOT for beginners. No class: Oct. 22. Supply list emailed prior to first class. 9:30-11:30. **$10**. M. Corti

RF 451 CROCHET CLUB: BEGINNERS/ INTERMEDIATES Beginners learn the basic crochet stitches. Those with more experience will work on individual projects with support from instructor. Beginners: Bring a "J" hook and 4 ply worsted light color yarn to first class. 9:30-11:30. **$10**. M. Plantemoli

RF 452 CHAR'S ZUMBA: FEEL THE BEAT A low impact dance-based fitness program with easy-to-follow choreography set to upbeat music to help improve cardiovascular health, flexibility, balance and strength. 9:30-11:30. **$10**. C. Ortlieb

RF 453 MAH JONGG: BEGINNERS For those who want to learn the game. Bring a Mah Jongg card to first class. 9:30-11:30. **$10**. S. Rubin

RF 454 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 use of equipment. P. Bartels

RF 455 CHAIR YOGA: STRETCH & STRENGTHEN A gentle chair yoga class focusing on stretching, strengthening and improving balance. Includes mindful breathing and meditation to support relaxation and overall well-being. 12-2. **$10**. K. Beyar

RF 456 TAI CHI FOR INTERMEDIATES For those with at least two years of experience. 12- 2. **$10**. R. Yuen

RF 457 FOREVER STRONG Weights and bands are incorporated to increase overall strength, balance, mobility and flexibility to help you through your day with ease. Bring light weights of your choice. 12:30-2:30. **$10**. T. Marten

RF 458 ACRYLIC PAINTING: ALL LEVELS Explore your creative side as you master acrylic techniques and apply them to produce amazing results. Supply list emailed prior to first class upon request to: *audreyzimring@gmail.com*. 12:30-2:30. **$10**. A. Nelson

FRIDAYS

RF 550 CHAIR YOGA FOR BETTER BALANCE Gentle and effective way to improve stability, flexibility and strength. Regain confidence in movement or enjoy a relaxing stretch which will help you feel more grounded and secure in your body. 9:30-10:30. **$10**. M. Heath

RF 551 KNIT/CROCHET CHARITY CIRCLE Bring your talent or learn the basic stitches to create items for Making Strides Against Breast Cancer, UFT Toy & Coat Drive, Project Hospitality and local charities. Materials are supplied by the UFT. 9:30-11:30. **No Fee**. L. Davis

RF 552 BEGINNERS CONVERSATIONAL SPANISH Learn conversational Spanish through interactive practice. Introductions, travel basics, daily vocabulary, culture, music and food. Required book: Easy Spanish Step-By Step by Barbara Bregstein (ISBN #: 978-0-07-148338-6). 9:45-11:45. **$10**. L. Price

RF 553 GENTLE MAT YOGA: ALL LEVELS A peaceful practice that focuses on slow, mindful movements to improve flexibility and stability. Breath techniques are part of the practice to soften stress and tension. Bring a yoga mat, block and strap to first class. 10:45-11:45. **$10**. M. Heath

NASSAU

TUESDAYS

NF 250 PICKLEBALL CLINIC FOR ADVANCED BEGINNERS For those with an understanding of the fundamental game rules, court positioning and scoring. Practice and improve your skills in different aspects of the game including techniques, strategy and fitness with a skilled coach. Athletic sneakers, pickleball paddle, water bottle and ball are mandatory. Meet at Pickleball Smash-It, 1500 Old Country Road in Westbury, NY. Five sessions: S***ept. 15***, ***22***, ***29***; ***Oct. 6***, 13. 9 -11. **$60** includes registration and the use of the court. E. MacDougall

NF 251 CANASTA FOR BEGINNERS Review the basic skills, rules, and strategies of Canasta. Bring two packs of regular playing cards to first class. Meets in the Community room at Trinity-St. John's Church, 1142 Broadway in Hewlett, NY. Four sessions: ***Oct. 6***, ***13***, ***20***, ***27***. 11-12:30. **$10**. A. Seligson

NF 252 MAH JONGG FOR BEGINNERS Review the basics while playing with the rules of the National Mah Jongg League. Bring a Mah Jongg set and current 2026 Mah Jongg card to first class. Meets in the Community room at Trinity-St. John's Church, 1142 Broadway in Hewlett, NY. Four sessions: ***Oct. 6***, ***13***, ***20***, ***27***. 1-2:30. **$10**. A. Seligson

NF 253 INDOOR PICKLEBALL INSTRUCTION FOR BEGINNERS Learn the basic rules of play and practice for the fastest growing sport. Time is split between instruction, drills and practice on two courts. Athletic sneakers, pickleball paddle, water bottle and ball are mandatory. Meet at Pickleball Smash-It, 1500 Old Country Road in Westbury, NY. Four sessions: ***Oct. 20***, ***27***; ***Nov. 10***, ***17***. 9 -11. **$55** includes registration and the use of the court. E. MacDougall

NF 254 TAP DANCING: RELEASE YOUR INNER DANCER Designed to help beginners gain confidence and skills in tap dancing. Learn essential tap steps, rhythm patterns and dance routines while enjoying the lively atmosphere that tap creates. No prior dance experience needed. Tap dance shoes are needed in first class. Meet at Align Dance Studio, 217-14 Northern Blvd. in Bayside, NY. **$90** includes registration and the usage of the dance studio. 3:30- 5. J. Larsen

NEW JERSEY

TUESDAYS

JF 250 GAME DAY Play Mah Jongg, Canasta or a game of your choice in this warm and welcoming setting. Mah Jongg instruction in the morning and Canasta instruction in the afternoon. Perfect for those who like to play for longer periods of time. Meets at Freehold Jewish Center, 59 Broad St. in Freehold. 10-2. **$10**. S. Levine

WEDNESDAYS

JF 350 ACRYLIC PAINTING Let your creative spirit fly! Instruction is given for mixing colors, the use of brushes and different painting techniques. You can bring a picture to paint or choose something in class. Supply list emailed prior to first class by instructor. Meets at Freehold Jewish Center, 59 Broad St., Freehold. 9:30-12:30. **$10**. F. Mednick

JF 351 CROCHETING & KNITTING Learn the joy of knitting and crocheting. Create items that may be sent to shelters, hospitals or simply for you to keep. Supply list emailed prior to first class by instructor. Meets at Jewish Community Center, 1775 Oak Tree Rd., in Edison, NJ. 11-1. **$10**. B. Muhlgheir

JF 352 LINE DANCING: ALL LEVELS Learn new and established dances that will get you moving to the beat in our professional dance studio. Meets at Freehold Jewish Center, 59 Broad St., Freehold. 1-2. **$10**. A. Merengolo Savetierri

FLORIDA CENTER

THURSDAYS

FF 450 PICKLEBALL PLAY: ALL LEVELS Develop strategies in a fun and supportive environment. Participate in drills with other members. Bring a Pickleball paddle, two balls and wear comfortable clothes. Meet at the public courts at Bruce Aaronson South County Regional Park North, 11500 Yamato Rd. in Boca Raton. Five sessions: ***Oct. 15***, ***22***, ***29***: ***Nov. 5***, ***12***. 10:30-12:30. **$10**. J. Amato

IN-PERSON SEMINARS

BRONX

XF 826 APPRECIATION OF MODERN ART A look at the origins, development, and influence of modern art in Europe and America. Three Monday sessions: ***Sept. 14, 28; Oct. 5.*** 10-12. **$6.** D. Becker

XF 827 THE "EVERYDAY GLAM" WORKSHOP FOR BEGINNERS Feeling stuck in your beauty routine or overwhelmed by endless product choices? Our make-over workshop is designed to help you look at the best version of yourself and not someone else. Learn how to declutter your make-up bag, identify the right products for your skin type, and apply a polished, everyday look in minutes. Three Tuesday sessions: ***Sept. 15; Oct. 6; Nov. 10.*** 12:30-2:30. **$6.** J. Parker

XF 828 WOMEN EMPOWERMENT WITH JP Embrace our heritage and become more in tune with ourselves. Focus on building confidence, leadership, and practical skills through creative, collaborative, and reflective exercises. These activities are designed to dismantle barriers and foster a sense of agency in our personal life. Three Tuesday sessions: ***Sept. 22; Oct. 13; Nov. 17.*** 12:30-2:30. **$6**. J. Parker

XF 829 FROM MUD TO MASTERPIECE Experience the satisfaction of creating lasting functional objects made of ceramic clay. Under guided instruction, learn essential techniques such as slab building coiling. pinch pots and surface decoration. Depending on the size/ complexity of your project; you will be able to complete several creations that will be fired and picked up (approx. 3 weeks from the last seminar date). Three Thursday sessions: ***Sept. 24; Oct. 1, 8.*** 12:30-2:45. **$61** includes registration and materials. R. Demers

BROOKLYN

KF 826 BEGINNER CASTANET & MOVEMENT WORKSHOP: PART 1 Learn simple rhythms, hand positioning and timing while strengthening fingers and wrists. Relieve stress while having fun. Three Tuesday sessions: ***Sept. 22, 29; Oct. 6.*** 1:30-2:30. **$6.** D. Torres

KF 827 BEGINNER CASTANET & MOVEMENT WORKSHOP: PART 2 Continue to learn simple rhythms, hand positioning and timing while adding your own movement. Create your own fun. Three Tuesday sessions: ***Oct. 13, 20, 27.*** 1:30-2:30. **$6.** D. Torres

STATEN ISLAND

RF 826 THE BOWERY NYC's first entertainment district, The Bowery, became the main street for immigrants and the working class. It has links to vaudeville, tap dance, Yiddish theater, and modern tattooing. It went from iconic skid row in the 20th century and rebounded to help foster the arts. ***Wednesday, Sept. 16.*** 12:30-2:30. **$2.** D. Mulkins

RF 827 CREATE YOUR OWN DESIGNER BAG Create a designer bag using recycled plastic grocery bags. Learn to cut and connect grocery bags and then crochet them in a self-designer clutch, purse or beach bag. Bring 20-30 plastic grocery bags (NOT trash bags) and a size P crochet hook (N or O are fine too) and scissors to first session. Two Thursday sessions: ***Sept. 17, 24.*** 12-2. **$4.** C. Scheer

RF 828 MADE ON S.I. Industrialization came to the island in 1819 and a manufacturing legacy was created. Everything from beer to biscuits to dental burs were made. Discover the history. Three Thursday sessions: ***Oct. 1, 8, 15.*** 12-2. **$6**. P. Salmon

RF 829 FREDERICK LAW OLMSTEAD ON S.I.: HIS WORK, WOMEN & FRIENDS Learn about the journalist and American landscape architect known as the "Father of American Landscape" who co-designed Central Park, Prospect Park and many others and his connection to S.I. Two Thursday sessions: ***Oct. 22, 29.*** 12-2. **$4.** G. Settinieri

RF 850 RETIREE SOCIAL SERVICES/ LEGAL PLAN This meeting provides information on the UFT Welfare Fund Retiree Social Services and the UFT Welfare Fund Legal Plan benefits. The Hospital Stay In Touch, Telephone Reassurance and other Retiree Social Services programs are discussed in detail. Caregiving, home care and aging issues are also addressed. An attorney from the Legal Plan will discuss the powers of attorney, free simple wills, health care proxies and how to access the plan from different states as well as the elder law supplement, elder law issues and estate planning and trusts. You MUST be registered to attend the seminar. Meets at the UFTWF S.I. Learning Center, 1200 South Avenue. ***Thursday, Oct. 22.*** 10-12. **No Fee.**

RF 830 TUMERIC & THE SPICE MANDALA Explore the concept of the mandala, comparing it to the methods of using and combining spice in Indian cuisine. Turmeric, the "2026 Herb of the Year" is prominently featured in the array of herbs and spices to be discussed. Create a Garam Marsala blend to take home. ***Wednesday, Nov. 4.*** 9:30-11:30. **$7** includes registration and materials. S. Suter

RF 831 YOGA FOR BETTER SLEEP A guided gentle yoga practice in which you will learn tips, tools and poses for a better night's rest. Bring your yoga mat. ***Monday, Nov. 9.*** 12-2. **$2**. T. Solimeo

RF 832 HOLIDAY SWAGS Evergreens are brought into the homes by many cultures to celebrate the season. They are used for decoration, personal care, cleaning and cooking. Design a swag using ribbons and bits and bobs to adorn your holiday creation. You may bring in your own decorations to personalize your swag. ***Wednesday, Nov. 18.*** 9:30-11:30. **$20** includes registration and materials. S. Suter

NASSAU

NF 826 MOTOWN BINGO & TRIVIA Enjoy listening and singing along to your favorite Motown hits while playing musical bingo with some trivia sprinkled in for a challenge. Meet at BRIXX Restaurant, 2819 N. Jerusalem Rd. in East Meadow, at 12:45 pm for a 1 pm game. Food and drinks are not included but may be purchased there. ***Friday, Sept. 18.*** 12:45-3. **$5.** K. Okee

NF 827 LET'S MAKE FALL-THEMED DOORMATS Make decorative fall-themed doormats. Instructions and materials are provided to create and take home your customized, functional art piece. Meet at p[ART]y Art Studio, 62 Covert Ave. in Stewart Manor, NY at 12:15 pm for a 12:30 pm class. ***Monday, Oct. 5.*** 12:15-2:30. **$40.** M. Mavrovouniotis

NF 828 MINI APPLE & PUMPKIN PIES BAKING CLASS A Well-Seasoned Chef will guide us through creating two yummy treats. Prepare a pie crust from scratch and learn how to blind-bake it. Create an apple pie filling, caramel sauce, whipped cream and a pumpkin filling. After baking your pies, everyone will head home with the pies that they prepared. Meet at The Well-Seasoned Chef, 45 New Hyde Park Rd. in Garden City, NY at 3:45 pm for a 4 pm class. ***Monday, Oct. 5.*** 3:45 -6. **$85.** M. Mavrovouniotis

NF 829 BROADWAY SHOW TUNES BINGO & TRIVIA Enjoy listening and singing along to Broadway Show tunes while playing musical bingo with some trivia sprinkled in for a challenge. Meet at BRIXX Restaurant, 2819 N. Jerusalem Rd. in East Meadow, at 12:45 pm for a 1 pm game. Food and drinks are not included but may be purchased there. ***Friday, Oct. 9.*** 12:45-3. **$5.** K. Okee

NF 830 HAND-BUILDING CLAY POTTERY LUMINARIES WORKSHOP Hand-build and sculpt a cozy autumn luminary from stoneware clay using slab and coil techniques designed to hold a warm glowing tea light. Artists will show us how to pinch, smooth, and sculpt clay by hand to make a beautiful piece that is uniquely yours. All materials, tools, trimming, firing and glazing are included. Finished pieces are ready for pickup a few weeks later. Meet at Earth Arts Pottery Studio, 162 W. Park Ave. in Long Beach, NY at 11:45 am for a 12 pm workshop. ***Monday, Oct. 26.*** 11:45-2. **$75**. M. Mavrovouniotis

NF 831 LET'S MAKE A DECORATIVE RESIN TRAY WORKSHOP Learn to create a custom resin tray that combines practicality with artistic flair. Whether you use it for serving, organizing or display; it will reflect your personal style and creativity. Instructions and materials included. Meet at p[ART]y Art Studio, 62 Covert Ave. in Stewart Manor, NY at 12:15 pm for a 12:30 pm class. ***Monday, Nov. 9.*** 12:15-2:30. **$40.** M. Mavrovouniotis

NF 832 EVERYTHING BUT THE BIRD

CULINARY COOKING CLASS A Well-Seasoned Chef will guide us through creating side dishes for your holiday meals. Create a rich-silky butternut squash soup, roasted root vegetables, compound butter, croissant and herb stuffing and the BEST gravy ever! You will receive the recipes to make the dishes at home. Meet at the Well-Seasoned Chef, 45 New Hyde Park Rd. in Garden City at 3:45 pm for a 4 pm cooking class. ***Monday, Nov. 9.*** 3:45-6. **$85.** M. Mavrovouniotis

NEW JERSEY

JF 826 THE BOWERY- MEET THE AUTHOR Join us for a lively discussion with David Mulkins to discuss his illustrated book, *The Bowery*. The book has seminal links to vaudeville, Yiddish theater, free black homesteads, Harry Houdini and more. It became known as skid row, but later rebounded and helped foster beat literature, free jazz and punk rock. Light refreshments and a vocalist included. Outside food or drink is NOT permitted. Meets at the Freehold Jewish Center, 50 Broad St. in Freehold. ***Thursday, Oct. 8.*** 1-3**. $3** includes registration and light refreshments.

JF 827 EDISON, N.J. BOOK CLUB Join us for a lively discussion about *How to Read a Book* by Monica Wood. Read prior to class. The book has been on the NY Times bestseller list. Light refreshments included. Meets at the Minnie Veal Center, 1070 Grove Ave. in Edison. ***Tuesday, Oct. 6.*** 1-3**. $3** includes registration and light refreshments. F. Mednick/D. Rittner

JF 828 N.J. BOOK CLUB IN FREEHOLD Join our book club to discuss the bestseller, *Theo of Golden* by Allen Levi. Read prior to class. Members will select second selection at meeting. Light refreshments included. Outside food or drink is NOT permitted. Meets at the Freehold Jewish Center, 50 Broad St. in Freehold. Two Thursday sessions: ***Oct. 15; Nov. 5.*** 1-3**. $6** includes registration and light refreshments. F. Mednick/D. Rittner

FLORIDA CENTER INTERSESSION IN–PERSON COURSES

NEW LOCATION! - UFT FLORIDA CENTER, 4960 Conference Way North, Boca Raton, FL 33431

TUESDAYS

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

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

FI 251 ACRYLIC PAINTING Explore the joys of self-expression through art. Have fun with color and substance. Supply list emailed prior to first class. 10-12. **$10.** S. Andujar

FI 252 BILLBOARD'S BEST: THE DOO WOP STORY, NYC Listen to the music and stories of the great NYC groups including the Harptones, Dion and the Belmonts, Drifters and more. 11-1. **$10.** H. Bloch

FI 253 JEWELRY MAKING: ALL LEVELS Learn techniques using special tools provided to create your one-of-a-kind stunning designs. Beginners receive individualized help while more experienced jewelry makers can jump right in. 12:30-2:30. **$45** includes registration and materials. M. Hirsch

FI 254 CHORUS/SING-ALONG Embrace your inner showman with a shared experience of singing to many known and loved Broadway songs. Song sheets and lyrics provided. All are welcome. 1:30-3:30. **$10.** R. DeMuro

WEDNESDAYS

Jan. 13, 20, 27; Feb. 3, 10

FI 350 MAH JONGG: ALL LEVELS Play and enjoy the game of Mah Jongg following the rules of the National Mah Jongg League. Beginners will have a friendly introduction, and more experienced players can jump right in and play with others. Bring your 2026 Mah Jongg card to first class. 10-12. **$10**. R. Rose

FI 351 TAI CHI & QIGGONG FOR BALANCE & HEALTH A great foundation to master yang style tai chi movements based on ancient Qigong forms. Improves balance, strength, coordination and well-being. 10:30-11:30. **$10**. T. Pakula

THURSDAYS

Jan. 14, 21, 28; Feb. 4, 11

FI 450 WATERCOLOR PAINTING: DON'T BE AFRAID OF THE WATER Many people are afraid of watercolor painting because they fear the lack of control. Explore the medium, tools and principles for painting and your creativity. Supply list emailed prior to the first class by instructor. 10-12. **$10**. R. Miller-Katz

FI 451 JEWISH CHARACTERS IN FEATURE FILMS Jewish characters and moguls who created Hollywood have played roles in the evolution of the movies. View movies and have a discussion after viewing. 10-12:30. **$10**. R. Presser

FI 452 PICKLEBALL PLAY: ALL LEVELS Develop strategies in a fun and supportive environment. Participate in drills with other members, learn the rules of the game and how to keep score. Bring a pickleball paddle, two balls and wear comfortable clothing. Meet at the Bruce Aaronson South County Regional Park North, 11500 Yamato Rd. in Boca Raton. 10:30-12:30. **$10**. J. Amato

FI 453 CANASTA: ALL LEVELS Sharpen your strategies and enjoy some lively fun as you play. Whether you're new to the game or looking to refresh your skills you will be guided through the rules and supported. 12:30-2:30. **$10**. D. Arrigo

FI 454 SHORT READS Read and discuss contemporary short stories. Read the first two stories from Table for Two by Amor Towles for first class. 12:30-2:30. $10. A. Zuckerberg

FI 455 COLLAGE & MIXED MEDIA A creative experience that blends diverse materials like paper and fabric with acrylic paint or ink to produce unique artwork. Explore techniques such as image transfers, layering to build textures and depth while developing your own personal style. Emphasis on creative freedom in a relaxed atmosphere. 1-3. **$10**. D. Davis

IN-PERSON SEMINARS

FI 826 BIRTHDAYS THROUGH THE DECADES Take a stroll down memory lane and celebrate the decade that you were born in. Listen to the music, watch movie clips and discuss the fads and culture from the 30's through the 70's. ***Wednesday, Jan. 13***. 11-1. **$2**. A. Fraenkel

FI 827 M*A*S*H* & THE KOREAN WAR The iconic TV show, based on the 1970 movie was written as a "black comedy" set during the Korean War. We briefly cover the Korean War because the main focus is to discuss the characters, plots, and the greatest trick the show ever pulled off. View a full episode of M*A*S*H* followed by a discussion. ***Wednesday, Jan. 20***. 11-1. **$2**. A. Fraenkel

FI 828 THE JEWISH IMMIGRANT EXPERIENCE Jewish immigrants have been coming to America prior to the American Revolution. 1st session: Examine the immigrants that came from 1891-1907 and between 1920-1939 briefly, with emphasis on what obstacles they faced in the interwar period. 2nd session: reflect on how the memory of immigration has changed over the decades and how we can connect younger generations to that experience. Two Wednesday sessions: ***Jan. 27***; ***Feb. 10***. 10:30-12. **$4**. A. Sidransky

IN-PERSON TRIPS

*Refunds are made upon written request up to **FOUR** weeks prior to trip date.*
Email Gino Giustra (ggiustra@uft.org) the refund request. Refunds are contingent upon policy of the vendor.

FI 955 MORIKAMI MUSEUM & JAPANESE GARDENS Enjoy a docent-led tour through the museum and gardens where nature, art, history and symbolism are explained int this special environment. After tour, you may visit the café at your own expense. Meet at the Morikami Museum & Gardens, 4000 Morikami Rd. in Delray Beach at 9:45 am for a 10 am tour. ***Wednesday, Feb. 3***. 9:45 am- 12 pm. **$22**. C. Gary

FI 956 LET'S HAVE TEA Enjoy an afternoon tea AT THIS Alice in Wonderland whimsical experience. Includes freshly made tea sandwiches, warm scones with clotted cream, desserts and a pot of tea. Meet at Alice's Teapot Café, 4995 W. Atlantic Ave. in Delray Beach at 12 pm for a 12:15 pm tea. ***Tuesday, Feb. 9***. 12 pm-2:15 pm. **$53**. C. Gary

REMOTE

You will receive an email invite from your instructor to join the class on Zoom with the necessary links.
The fees for the virtual courses and seminars are non-refundable and non-transferable.
You will receive a Zoom link at 6 pm the night
before as well as an hour before the course/seminar. Please do not delete.
If you do not receive the email, call us at (212) 510-6310.

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

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

REMOTE TRIPS

Trip fees are non-refundable and non-transferable. You will receive a Zoom link at 6 pm the night before the trip as well as an hour before the trip. Please do not delete.

SEPTEMBER

WF 901 JEWISH HARLEM: THE THIRD LARGEST JEWISH COMMUNITY WITH JUSTIN FERATE Discover the rich history of Jewish Harlem (1870-1930's). View important landmarks, legendary people and famous institutions that enriched this critical but often-forgotten segment of American Jewish history and its cultural heritage. ***Tuesday, Sept. 22.*** 10 am -12 pm. **$20** S. Eisenberg

OCTOBER

WF 902 MAINE'S ART COLONIES WITH SYLVIA LAUDIEN-MEO In the late 19th and early 20th centuries, the rugged coastal region of Maine offered a perfect location for art schools making Ogunquit and Mohegan Island the most important art communities for painters like Robert Henri, Rockwell Kent and more. ***Tuesday, Oct. 6.*** 10 am – 12 pm. **$20.** S. Eisenberg

KF 901 NYC: A NATIVE AMERICAN SKYLINE VIRTUAL TOUR WITH DEBORAH ZELCER Discover the history of the Kahnewake Mohawks, who once had a thriving community in the Boerum Hill section of Brooklyn. They fearlessly built the towering steel structures for NY's most notable skyscrapers and bridges of the 20th century,and how their lives were forever changed when High Steel went Up In Smoke. ***Wednesday, Oct. 28.*** 11 am-12:30 pm. **$20.** E. Oliver

WF 903 HISTORIC PENNSYLVANIA STATION & MOYNIHAN TRAIN HALL WITH JUSTIN FERATE "Tour" the masterful fusion of complex underwater train tunnels and the magnificent neoclassical complex that made "Penn Station" one of the nation's greatest engineering feats. Trace the development and the rich history of this legendary place as well as learning about the construction and artworks of the new Moynihan Train Hall. ***Thursday, Oct. 29.*** 10 am- 12 pm. **$20.** S. Eisenberg

WF 904 ALFRED STIEGLITZ'S PHOTO GALLERY WITH SYLVIA LAUDIEN-MEO Alfred Stieglitz's "Little Gallery of the Photo Secession" on NY's 5th Avenue was the single most important center for modern art photography in the early 20th century. It revolutionized the art scene in America through its exhibitions and introduction of avant garde approach. ***Tuesday, Nov. 3.*** 10 am- 12 pm. **$20.** S. Eisenberg

NOVEMBER

WF 905 PARIS IN NY WITH JUSTIN FERATE The elegant architecture and majestic landmarks of Paris greatly influenced and enhanced the beauties of Manhattan from Washington Square Park to Park Avenue, the Upper East Side to Morningside Heights. Come and enjoy this armchair tour of Parris in NY. ***Thursday, Nov. 5.*** 10 am-12 pm. **$20.** S. Eisenberg

REMOTE COURSES

Course fees are non-refundable and non-transferable.

MONDAYS

JF 101 CORE/SCULPT WITH VIN Improve your body muscle and burn calories. Balance improves with a decreased risk of falls while building bone density. 7:45-8:45. **$10.** V. Iyer

JF 102 SPANISH CONVERSATION THROUGH MUSIC: INTERMEDIATE Practice your Spanish while conversing about Latin American and Spanish musical artists by reading their bios, listening, singing and dancing to their songs. Conducted mostly in Spanish. Supply list emailed prior to first class. 8:30-9:30. **$10.** L. Fechter

QF 103 MUSIC HISTORY Learn about the various composers and their musical styles which include music of the Renaissance, Baroque, Classical, Romantic, Impressionist, and Modern eras. 9:30-12. **$10.** M. Patelson

WF 104 GUITAR FOR BEGINNERS Learn or continue to learn the fundamentals of playing the guitar. Note reading, strumming and chords are some topics covered. Required book: *Hal Leonard Guitar Method, Book 1 (2nd edition)*. Guitar and a clip-on tuner needed for first class. 9:30-11:30. **$10.** S. Cabot

XF 105 BASIC STITCHES For those interested in crocheting, knitting, looming, embroidery and other Fiber Arts. Beginners to advanced will learn and review various stitches and methodology. You may bring your unfinished objects, works in progress or materials for a project of your choice. Supply list emailed prior to first class. 9:30-12. **$10.** C. Poindexter-Curry

XF 106 LET'S MOVE MORE Moderate exercise for seniors and those who want to improve fitness, mobility, strength, balance and general health and wellness. Each session includes warm-up, cardio, resistance training, strength building, balance, cool-down and relaxation. Tips on better sleep, nutrition, and health are discussed. Light hand weights and resistance bands are used. Supply list emailed prior to first class by instructor. 9:45-11:45. **$10.** M. J. Strauss

MF 107 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. **$10.** W. Wyss

QF 108 ZUMBA PILATES Dance with Latin and international music followed by Pilates chair with weights. 10-11. **$10.** M. Gonzalez

WF 109 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. **$10.** D. Montefuscoli

WF 110 CARDIO, CORE & MORE WITH JULIET: ALL LEVELS Get a total-body workout that includes a mix of heart pumping cardio exercises with core stabilization movements. Strengthening and tone core muscles, build overall strength and endurance and improve balance and flexibility. 10-11:30. **$10.** J. Gould

XF 111 BEYOND THE NINE PATCH QUILT BLOCK Construct more complex quilt blocks like the Dresden Block, Disappearing Blocks, the Woven Block, the Cathedral Window Block and more. NOT FOR BEGINNERS. Directions/ supplies list emailed prior to first class by instructor. 10-12. **$10.** M. Alvarez

KF 112 CRITICS: FAVORITE FILMS View and discuss Blue Moon (Ethan Hawke), Sinners (Michael B. Jordan), Train Dreams (Joel Edgerton), Peaky Blinders (Cillian Murphy) and more. 10-12. **$10.** M. Eller

KF 113 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. **$10.** A. Beeman

MF 114 WESTERN ART IN PRACTICE & THEORY A curated look at the art and culture of Europe and America from the late medieval period through American modernism. 10-12. **$10.** M. Meyer

MF 115 ITALIAN CONVERSATION FOR BEGINNERS Learn the basics of Italian conversation. Required book: *Italian Dialogues for Beginners, Volume 1* by Federica Lupis. 10-12. **$10.** L. Friscia

QF 116 CHATGPT MADE SIMPLE FOR SENIORS Discover, explore and learn how to use ChatGPT to simplify daily tasks, spark creativity, stay organized and have a little fun along the way. No technology experience needed. Required: download the free version of ChatGPT (chatgpt.com) on your computer. 10-12. **$10.** R. Kornegay

QF 117 COGNICISE Engage in a class combining movement with brain challenges such as memory, counting and coordination. Improve your mental flexibility, balance, circulation and focus while reducing stress through breathing, stretching and mindful awareness. 10-12. **$10.** E. Takamori

RF 118 CREATIVE HAPPY FIGURE DRAWING FOR BEGINNERS Learn the basics of figure drawing with a creative component which incorporates various materials and color supplies. A fun, easy approach for those who want to be imaginative while learning the fundamentals. You may register for only one Happy Figure Drawing class. Supply list emailed prior to first class by instructor. 10-12. **$10.** W.Bradley

RF 119 CHAIR YOGA 1 Strive for a strong healthy body, mind and spirit through breathing, movement, and meditation. Sturdy chair needed. No mats. 10-12. **$10**. I. Dubeau

UF 120 THE WORD CRAFTERS SOCIETY Unlock your imagination and bring your stories to life whether or not you're an aspiring novelist, poet or storyteller. Explore different genres, styles, techniques and different types of creative writing through multiple strategies and writing prompts. Develop your unique voice, sharpen your craft and build confidence in your writing. Six sessions. Begins ***Oct. 5***. 10-12. **$10.** J. Hoffman

WF 121 WRITERS WRITE: ALL LEVELS You have a story to tell, and we want to hear it. It's a story only you can tell. Explore ways to improve your memoirs, fiction, and/or poetry using the workshop model. 10-12. **$10.** S. Williams-Harrigan

WF 122 AUTHOR VISIT BOOK CLUB Enjoy great discussion in real time with the authors: ***Sept. 14*** – Missing Sam with Thrity Umrigar; ***Oct. 5*** – Leaving Eastern Parkway with Matthew Daub; ***Oct. 19*** – Mothers and Other Strangers with Corey Ann Haydu; and ***Nov. 16*** – Street Corner Dreams with Florence Kraut. 10-12. **$10.** J. Frutkin

WF 123 A HISTORY OF THE BROADWAY MUSICAL Discover and discuss the great works of this beloved American theatrical tradition from the 1920's to the present. View clips and complete video performances of classic musicals such as Show Boat and Oklahoma! 10-12:30. **$10.** D. Sheward

KF 124 FILMS OF PRESTON STURGES View and discuss the best films by the master of screwball comedies. Learn insider information on how this Oscar-winning screenwriter/director developed his innovative style. 10-12:30. **$10.** S. Friedman

QF 125 ART WITH AN IMPRESSIONISTIC FLAIR USING ACRYLICS & OILS Learn how to paint in the impressionistic style using still-life and photos. Each class begins with a demonstration. Supply list emailed prior to first class. 10-1. **$10.** B. DeCeglie

QF 126 SEWING 101 Construct a high-low A-line wrap dress with raglan sleeves. Supply list emailed prior to first class. 10-1. **$10.** L. Baptist

MF 127 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights are needed for class. You may register for either **MF 127** or **MF 206,** but not both. 10:30-12. **$10.** G. Lichter

JF 128 YIDDISH Did you ever order something online and think, "This is NOT what I meant to buy!" Turn the world of online shopping into a Yiddish adventure. Practice on how to buy things, return them, complain politely (or not so politely) and decide what we want in easy conversational Yiddish. 10:30-12. **$10.** N. Miller

MF 129 ZUMBA GOLD PLUS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and light weights. 10:30-12:30. **$10.** B Sayegh

JF 130 HOW TO MAKE A PHOTO BOOK & ORGANIZING DIGITAL PHOTOS Turn your favorite memories into something that you can hold and finally get your photo library under control. Learn easy shortcuts to create beautiful photo books while organizing your digital photos at the same time. A live step-by-step hands-on workshop to simplify the process. Bring your Apple or Android device if you would like to practice in real time (optional but recommended). 11-1. **$10.** J. Novak

JF 131 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 guidance from instructor. Handouts emailed weekly. 11-1. **$10.** J. Goleme

MF 132 CANASTA FOR BEGINNERS Learn the rules and strategies to play this popular game. Five sessions: ***Sept. 14, 28; Oct. 5, 19, 26***. 12:15-2:15. **$10.** A. Bass

MF 133 DOCUMENTARY FILMS View and discuss thought-provoking documentaries. 12:15-2:45. **$10.** C. Friedman

KF 134 YOGA DANCE Yoga myth-inspired dance sequences. Standing warm ups and practice to enhance flexibility, mobility, range of motion, breath awareness, balance and memory. No mats. 12:30-1:30. **$10.** A. Beeman

XF 135 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics and lifestyle tips to enhance total well-being are included. Bring light hand weights, exercise bands and a sticky floor mat to stabilize your chair. 12:30-2. **$10.** D. Dolan

XF 136 PAPER FLOWERS & PAPER CRAFTS Create chrysanthemums, dahlias, daisies, a hibiscus, a turkey and a snowman using Astro Brites copy paper, tacky glue, and a wooden skewer. A complete list of supplies emailed prior to first class by instructor. 12:30-2:30. **$10.** M.J. Strauss

MF 137 ITALIAN: ADVANCED BEGINNERS Learn Italian through reading, writing, listening, speaking, and student interaction as well as grammar, vocabulary, and everyday phrases and expressions. Required books: *Italian Made Simple* (revised) by Cristina Mazzoni and *Conversational Italian Dialogues* by Lingo Mastery Vol. 1. 12:30-2:30. **$10.** L. Friscia

QF 138 FRENCH FOR ADVANCED BEGINNERS Build upon basic language skills. Focus on further developing vocabulary, grammar, and conversational abilities. Delve deeper into various topics, such as daily routine, hobbies, travel, and cultural aspects of French speaking countries. Textbook: *French Conversation Comprehensive Study Program* by Eliane Kurbegov. Premium Third Edition ISBN: 9781264257294. 12:30-2:30. **$10.** I. Dubeau

QF 139 IS A PIANO FAKE BOOK REAL? Yes! You will be able to play great songs in lead sheet notation on your piano and be the hit of the party! The melodies as well as chords will be on each page. Come join the fun and enjoy! Required text: *Scott the Piano Guy's Favorite Piano Fake Book* by Scott Houston (ISBN: 1423413172 $29.99). 12:30-3. **$10.** M. Patelson

UF 140 STAR TREK: THE ORIGINAL SERIES Join us as we explore the original series of Star Trek. Each new world the crew arrived on enabled the show's writers to imagine new species, new civilizations, and new challenges. It allowed the writers to tell stories based on issues and create morality plays that probed our contemporary and still relevant views. Racism, war, technology, passion, compassion, and morality. It's all here! 12:45-3:15. **$10.** I. Faber

KF 141 ACRYLIC PAINTING: ALL LEVELS Explore paintings in landscapes, portraits, and still-life using the friendly and clean medium of acrylic paint. Supply list emailed prior to first class by instructor. 1-3. **$10.** R. Lubell

QF 142 ART GALLERIES & MUSEUMS EXPOSED See the top current exhibitions at art galleries and museums from your home. Learn to appreciate the artist, subject matter and creative process. Examples of art history gives perspective on current art. 1-3. **$10.** D. Wells

RF 143 INTERMEDIATE HAPPY FIGURE DRAWING: DEEP DIVE For those who have taken a basic figure drawing class or have experience in drawing the figure. Deep Dive focuses on faces/heads. Explore light and shadow, various mediums, drawing from reference and more advanced approaches. Supplies needed for first class: #2 pencils (art pencils/charcoal acceptable), large, kneaded eraser, 9x12 all-purpose pad. Additional color supplies may be added. You may register for only one Happy Figure Drawing class. 1-3. **$10.** W.Bradley

WF 144 HOW TO STOP PROCRASTINATING Tired of putting things off and feeling stuck? This hands-on workshop will help you break the cycle and start getting things done. Learn practical strategies to overcome procrastination to sharpen your focus and make better use of your time. Through quick written exercises and live guided tasks to put these tools into action right away. 1-3. **$10.** J. Novak

KF 145 GENTLE YOGA FLOW This breath work enhances fitness, relaxation and the ability to focus while using a chair for support while sitting or standing. 2-3. **$10.** A. Beeman

JF 146 BEGINNER UKELELE Learn the basics of playing the ukelele such as how to tune the instrument, play essential chords, practice simple strumming patterns and how to transition smoothly between chords. You'll also learn a few familiar songs to build confidence and enjoy making music. No experience needed. 2-3. **$10.** D. Crowley

FF 147 8 TRIGRAM QIGONG Learn eight separate forms of this ancient Taoist practice. You will cultivate internal vitality, emotional balance and flexibility. 2:30-4. **$10.** T. Pakula

WF 148 INTRO TO AMERICAN SIGN LANGUAGE PART 2 Continued practice in finger spelling, numbers and new vocabulary words to use in conversations. Practice for an end of the term presentation in ASL. Prerequisite: must have taken Intro to ASL Part 1. You may only sign up for one ASL course. Supply list emailed prior to first class by instructor. 3-5. **$10.** K. Brown

JF 149 UKELELE: BEYOND BEGINNER The perfect next step after Beginner Ukelele. Focus building on basic chords, improving chord transitions and developing strumming patterns while playing familiar songs. 3:15-4:15. **$10.** D. Crowley

UF 150 DRAWING FOR PLEASURE Discover the joy of drawing designed to help you see the world through an artist's eye. Whether you're picking up a pencil for the first time or returning to drawing after a long/short break, enjoy a step-by-step guide through fundamental techniques while encouraging personal expression. Supply list emailed prior to first class. 5:30-7:30. **$10.** D. Benter

TUESDAYS

UF 201 SACRED FLOW: YOGA & MEDITATION FOR INNER BALANCE Reconnect with your body, calm your mind and restore your inner balance with this yoga and meditation experience. A blend of mindful movements, breathwork and guided meditation to release tension, build strength and create a space for deep relaxation. Reset, recharge and reconnect wherever you are. 9-10. **$10.** M. Kadish

JF 202 FACE YOGA Increase blood circulation and tone the muscles in your face. A series of exercises that strengthen skin and help create a more radiant complexion. 9:30-10:30. **$10.** S. Ni Amen

QF 203 SPANISH FOR BEGINNERS Learn introductions, personal identification, family and basic travel questions. Required books: *Easy Spanish Step-By-Step* by Barbara Bregstein; and *Easy Spanish Reader* by William T. Tardy. 9:30-11:30. **$10.** L. Veit

WF 204 THE BEST OF MOVIE MUSICALS Watch and discuss some of the greatest musical numbers from the golden age of movie musicals through

today. 9:30-11:30. **$10.** S. Cabot

XF 205 ZUMBA GOLD Combine Latin and International dance rhythms into an energizing cardio workout. It is a safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothes. 10-11**. $10.** M. Stevenson

MF 206 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights are needed for class. You may register for either **MF 127** or **MF 206,** but not both. 10-11:30. **$10.** G. Lichter

JF 207 INTRO TO STRENGTH TRAINING Learn proper form and technique to build a basis for strength exercises that help make everyday tasks easier. Maintain muscle mass is essential for an active lifestyle. Enhance bone and joint health while improving balance and stability. Varying fitness levels. 10-11:30. **$10.** J. Gould Scanlon

XF 208 WATERCOLORS Participants can paint from suggested pictures provided by instructor or can choose their own, if desired. Experience with watercolors is helpful, but not necessary. Supply list emailed prior to first class by instructor. 10-12. **$10.** S. Baruchowitz

KF 209 SKETCHING & DRAWING Learn the elements of design using various graphic materials. Supply list emailed prior to first class by instructor. 10–12. **$10.** E. Comins

MF 210 SHORT STORIES (AM) Discussions of short stories and their styles and significance. Required book: *The Best American Short Stories* (2024) edited by Lauren Groff. Read "The Magic Bangle" and "Jewel of the Gulf of Mexico" for first class. You may register for **MF 210** or **MF 239,** but not both. 10-12. **$10.** A. Zuckerberg

MF 211 HISTORY'S GREATEST MOMENTS Embark on an electrifying journey through epic turning points that forges our world from the rise of mighty empires and groundbreaking revolutions to daring discoveries and battles that shook the globe. Five sessions: ***Sept. 15, 29; Oct. 13, 27; Nov. 10.*** 10-12. **$10.** J. Rossi

MF 212 CHAIR YOGA Use breathing, movement and meditation to develop a strong, healthy body, mind and spirit. Chair used for support. 10-12. **$10.** A. Beeman

MF 213 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 writings. 10-12. **$10.** M. Mangot

QF 214 GENTLE HATHA YOGA FOR ALL LEVELS Slow gentle movements that build strength, flexibility and healthy posture without strain. Includes simple poses, breathing and relaxation to ease tension, improve circulation and calm the nervous system. 10-12. **$10.** E. Takamori

QF 215 "THE LET THEM THEORY" BOOK TALK Engage in an exciting book talk on this NY Times bestselling life-changing book by Mel Robbins. Have deep conversations, share stories and discuss meaningful topics. Increase your emotional energy through the relevant, practical and actionable steps provided so you can have happy and healthy relationships. Read Chapter 1 for first class. 10-12. **$10**. T. London Cooper

QF 216 APPLE IPHONE/IPAD & YOU: INTERMEDIATE Explore the use of Apple's essential features to enhance practical life skills such as Notes, Messages, FaceTime, Photos, Apps and more. Learn how to use the Apple iSuite: Pages, Numbers and Keynote. 10-12. **$10.** R. Kornegay

RF 217 GREAT BOOKS: CLASSICS & POPULAR LITERATURE Read and explore a mix of old and new titles. View film clips and have lively discussions with like-minded bibliophiles. Guest authors are known to drop by for a book chat. Read *Whistler* by Ann Patchett for first class. 10-12. **$10.** L. Baum

RF 218 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 on cards and three-dimensional objects. Any quilling kit for beginners can be purchased on Amazon.com (approx. $35) is suggested. Please have a kit for first class. 10-12. **$10.** N. Keay

RF 219 CHAIR YOGA 2 Strive for a strong healthy body, mind and spirit through breathing, movement, and meditation. Sturdy chair needed. No mats. 10-12. **$10.** I. Dubeau

NF 220 SLOW STITCHING: KAWANDI Learn the hand quilting (quilt as you go) method of the western-India, Siddi community. These descendants of enslaved African people have come to be known only recently for their beautiful patchwork made from sari scraps. Cotton is used (new and upcycled) to recreate these home décor items. Hand sewing only. Supply list emailed prior to first class by instructor. 10-12. **$10.** J. Alexandrakis

NF 221 YOUR FUTURE SELF IS WAITING Gain knowledge and practical applications to cultivate an intentional transformation towards person fulfillment. We'll break down what holds people back and the steps to move forward. Short term distractions and indecision will dissipate as you find a stronger vision of your future self. 10-12. **$10.** R. Demers

WF 222 YOGA FOR OSTEOPOROSIS: BEGINNERS ONLY Learn Dr. Loren Fishman's FDA approved series of yoga postures that build bones and heal osteoporosis. Camera must remain on during class. For those who never took a yoga class. 10-12. **$10.** J. Pell

FF 223 GET SOME PERSPECTIVE Learn the fundamentals of 1- & 2-point perspective and how to develop their vision of 3D onto a 2D surface. The technical skills learned can be applied to freehand sketching, painting and illustrating and allows students to create the illusion of depth in their artwork. Supply list emailed prior to first class. Eight sessions. Ends ***Nov. 3***.10-12:30. **$10.** J. Fisher

QF 224 SEWING 102 Learn how to shorten, lengthen, hem and add elastic to a garment. Enhance a garment by learning how to add a trim, a ribbon and lace. Supply list emailed prior to first class. 10-1. **$10.** L. Baptist

QF 225 QUILTING Create a variation of the Dresden Plate quilt block using a jelly roll and your imagination. Beginners and experts are welcomed. Supply list emailed prior to first class. 10-1. **$10.** E. Reilly

QF 226 PIANO KEYBOARD: BEGINNER/ INTERMEDIATE Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Required textbooks: *Alfred's Adult Basic Piano Course – All In One Course (Lesson, Theory, Technique Level 1* – spiral bound); *Alfred's Complete Essentials of Music Theory; Scale and Chord Book 2* by Nancy and Randall Faber. 10-2. **$10.** M. Patelson

UF 227 BREATH & BALANCE A blend of gentle aerobics, qi gong and tai chi to build strength, balance and coordination. Learn mindful movements and specific exercises designed to prevent falls. Light hand weights and controlled motions help tone muscles and improve postures. Move with ease, feel energized and enjoy feeling and looking your best. 10:30-11:30. **$10.** R. Strugger

WF 228 MICROSOFT WORD 1 Learn and use basic features of Word to create documents, editing, managing, modifying, inserting graphics, pictures and images. Requirements: Microsoft Word 365, two devices: PC, desktop, laptop, tablet, smartphone. No iPads or Macs. 10:30-11:30. **$10.** K. Wallace

KF 229 HOW TO SELF PUBLISH YOUR BOOK Learn how to navigate the self-publishing world while avoiding costly scams and how AI is reshaping the industry. 11-1. **$10.** J. Novak

FF 230 WINTER IMMUNITY A seasonal approach to resilience through food-based inner support, outer barrier care, and simple restorative rituals for simple, kitchen-based systems of care. 11-2. **$10.** N. Kauder

NF 231 SOUL LINE DANCING Learn and practice basic soul line dancing steps to stay in shape both mentally and physically. 11:15-12:15. **$10.** R. Hogans

QF 232 ZUMBA PILATES FUSION Experience, enjoy and blend Zumba with core-strengthening movements of Pilates mat work. Build cardio endurance and muscular strength while enhancing flexibility, coordination and balance. Suitable for all fitness levels. Yoga or exercise mat (1-inch or more thickness) needed for first class. 11:30-12:30. **$10.** C. Mitchell

RF 233 CHINESE BRUSH PAINTING: ALL LEVELS Explore brush and ink painting with soft colors from both the traditional and modern approaches. No experience necessary. Supply list emailed prior to first class. 12-2. **$10.** S. Wang

WF 234 MICROSOFT WORD 2 Learn advanced features such as merging documents, modifying files to pdf, arranging content, text boxes, using tools and much more. Requirements: Microsoft Word 365, two devices: PC, desktop, laptop, tablet, smartphone. No iPads or Macs. Prerequisite: must take Microsoft 1 prior to Microsoft 2. 12:30-1:30. **$10.** K. Wallace

KF 235 WATERCOLOR WORKSHOP Various techniques of watercolor are explored. Supply list emailed prior to first class by the instructor. 12:30-2:30. **$10.** E. Comins

KF 236 AGATHA CHRISTIE'S ACCLAIMED POIROT MASTERPIECE SERIES View and discuss the mystery and humor as Agatha Christie's genius detective put his "little grey cells" to work. Series stars the award-winning David Suchet as Poirot. 12:30-2:30**. $10.** M. Eller

MF 237 ITALIAN: INTERMEDIATE/ ADVANCED Grammar, reading and conversation are covered. Required books: *Grammatica Italian per Stranieri-In Italiano* (Edqizioni Guerra-Perugia, ISBN 88-7715-013-0) and *Pinocchio* by Laura Tegazzini and Simplicio Stella (ISBN 9798555748997). NOT for beginners. 12:30-2:30. **$10.** A. DeGennaro

MF 238 MIDDLE EASTERN DANCING Learn the ancient art of belly dancing. Enjoy viewing clips of famous dancers to better understand movements and cultural context learned in class. 12:30-2:30. **$10.** A. Beeman

MF 239 SHORT STORIES (PM) Discussions of short stories and their styles and significance. Required book: *The Best American Short Stories* (2024) edited by Lauren Groff. Read "The Magic Bangle" and "Jewel of the Gulf of Mexico" for first class. You may register for **MF 210** or **MF 239,** but not both. 12:30-2:30. **$10.** A. Zuckerberg

QF 240 HAPPY JOINTS: GENTLE JOINT EXERCISE FOR STRENGTH, MOBILITY & STABILITY Gentle joint movements support mobility, stability, and long-term joint health. Includes balance and bone-strengthening exercises to reduce stiffness, improve circulation and help prevent falls or injury. Suitable for all levels. 12:30-2:30. **$10.** E. Takamori

RF 241 PARLEZ-VOUS FRANCAIS? Learn how to speak French such as common words and phrases for future travel or for fun from a native speaker. For those with little or no experience. Common words and phrases for future travel or just for fun. A different theme each week. 12:30-2:30. **$10.** I. Dubeau

NF 242 POSTURE BUILDERS Learn techniques to decrease pain, lengthen the body, strengthen the core and feel more confident. Exercises are seated, standing and in a plank position. Equipment list emailed prior to first class by instructor. 1-2. **$10.** N. Aaronson

WF 243 FILE, PILE, SORT, SHRED: WHICH PAPERS YOU NEED TO KEEP Long on and learn exactly which documents to keep, how long to keep them, and where they belong. Discover how to use AI tools like ChatGPT to simplify and speed up your paperwork decisions. Learn how to get your name off unwanted mailing lists and identify what really needs to be shredded. Join live, guided paper-sorting sessions and start clearing your piles in real time. 1-3. **$10**. J. Novak

WF 244 YOGA FOR OSTEOPOROSIS For those with some Yoga experience. Learn Dr. Loren Fishman's FDA approved series of yoga postures that build bones and heal osteoporosis. Camera must remain on during class. 1-3. **$10.** J. Pell

JF 245 CORE, STRENGTH & BALANCE Improve stability and posture as well as toning core muscles through a variety of

exercises using body weights, resistance tools and stability challenges. Suitable for all levels with modifications, if needed. 2-3. **$10.** S. Levine

UF 246 AGING GRACEFULLY: PROACTIVE SKINCARE FOR MATURING ADULTS Did you know that your skin is the largest organ of your body? Yes, your skin is constantly changing and recreating itself in cell turnover. Learn the different methods, products and techniques to keep your skin looking and feeling its best at any age. Four sessions: ***Sept. 22, 29; Oct. 6, 13***. 3-4:30. **$10.** J. Hoffman

FF 247 CORE & MORE A gentle, but effective Pilates-based program for the core and whole body using a chair for seated and standing exercises. Supply list emailed prior to first class. 4-5. **$10.** L. Fechter

WEDNESDAYS

JF 301 CORE/SCULPT WITH VIN Improve your body muscle and burn calories. Balance improves with a decreased risk of falls while building bone density. 7:45-8:45. **$10.** V. Iyer

RF 302 ORIGIN OF THE ISRAELITES IN THE LATE BRONZE AGE LAND OF CANAAN Examine the lives of the Hebrew Patriarchs in the Book of Genesis (as well as when and why their stories were written), their connections to ancient Egypt and Mesopotamia and the archaeological finds and written records of the middle and late Second Millennium BC. 9-12. **$10.** L. Warner

MF 303 TAI CHI FOR HEALTH Qi Gong and Tai Chi focus on mind, natural breathing and execution of internal energy and postures. 9:15-11:15**. $10.** P. Tang

XF 304 EXERCISE FOR ARTHRITIS, BALANCE & STRENGTH, RANGE OF MOTION Moderate seated and standing exercises for seniors and those who want to improve their range of motion, balance and strength, flexibility using light hand weights, towels and a stick (cane, dowel, mop handle). Learn special exercises to improve balance, strengthen knees, address stiff necks and achy fingers. Supply list emailed prior to first class by instructor. 9:30- 11. **$10.** M. J. Strauss

RF 305 PHOTOGRAPHY: THE ART OF SEEING Learn to see using a critical eye as we use the example of famous photographers to improve our own picture taking techniques. Discussion and demonstration include both photo taking and editing. Use of any camera or cell phone is compatible for course. 9:30-11:30. **$10.** S. Cabot

MF 306 BEAD WEAVING TO CREATE JEWELRY Create intermediate to advanced level designs using seed beads, a needle and thread. Explore flat and tubular designs for bracelets, earrings and necklaces. Basic bead weaving stitches are reviewed as needed. Supply list emailed prior to the first class by instructor. 9:30-12. **$10.** E. Miller

MF 307 POLITICS/HISTORY IN FILMS View and discuss some of the classic films of the genre. 9:45-12:15. **$10.** C. Friedman

XF 309 GROWING OLD GRACEFULLY Designed for mature individuals who are concerned about the physical changes that occur with age. All exercises are modified using chairs. A total-body workout that incorporates stretching, low-impact cardio, balance, finger flexibility, and building primary muscle toning. Movements are accompanied by motivational music. 10-11. **$10.** B. Harris

XF 308 NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi, and other movement forms. Wear comfortable clothes. 10-11. **$10.** M. Stevenson

QF 309 RESISTANCE BAND CAMP Get a full body workout while enhancing coordination, increasing muscle endurance, help rehabilitate injuries while strengthening your muscle effectively using resistance bands. Equipment list emailed prior to first class by instructor.10-11. **$10.** J. Gould Scanlan

WF 310 GENTLE YOGA Enjoy a mix of Vinyasa and Hatha yoga, meditation, stretching and restorative poses. Develop self-awareness, strength, flexibility, and a sense of calmness. A block or small book to prop yourself up and a strap or towel are needed. 10-11. **$10.** L. Madsen

XF 311 KNITTING BOOTCAMP While learning how to start and complete projects the following is incorporated: using circular needles, selecting the appropriate yarns and how to read a pattern. Pick your project or complete the assigned project. For those who know the basics of knitting (casting on and knit/purl stitches). 10-12. **$10.** J. Parker

KF 312 SHAKESPEARE Read and discuss a Shakespeare play, *Cymbeline.* 10-12. **$10.** J. Trachten

MF 313 EXPERIMENTAL LANDSCAPES IN WATERCOLOR Paint realistic watercolor landscapes by combining the color and techniques of Expressionism with casual illustration. We will look at many ways to transform an image while exploring rural and urban views, seascapes, bucolic vistas, barns and houses. Supply list emailed prior to first class by instructor. 10-12. **$10.** P. Siudzinski

MF 314 CONVERSATIONAL SPANISH Speak fluent Spanish with emphasis on grammar and vocabulary. Pre-requisite: knowledge of reading, writing and speaking some Spanish. Required book: *Complete Spanish Step-By-Step* by Barbara Bregstein (Premium Second Edition). 10-12. **$10**. E. Lopez

QF 315 GOLDEN SNEAKERS Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable clothes and sneakers. 10–12. **$10.** J. Maleeq

QF 316 CHAIR YOGA WITH A TWIST: ALL LEVELS Engage your mind, body and spirit while synchronizing your breath with Vinyasa flow. Achieve mental and physical balance, flexibility and build strength using movement and breathwork to guide you towards self-care and wellness. Chair and yoga strap needed. 10-12. **$10.** T. Guillou

RF 317 WOMEN'S FICTION Read and discuss *The Spanish Daughter* by Lorena Hughes about a resourceful woman who must impersonate a man to claim her inheritance. Book 2 is *The Good Sister* by Sally Hepworth. 10-12. **$10.** A. Zuckerberg

RF 318 FORM, COLOR & BEAUTY: CREATING MASTERFUL ACRYLIC PAINTINGS Learn to apply time-tested painting techniques adapted for acrylic media. Explore a wide range of painting techniques and materials with the aim of creating expressive artworks while developing a signature style working directly from studio set-ups and following step-by-step exercises. For beginners and more experienced painters. Prerequisite: some prior experience with painting and drawing recommended. Supply list emailed prior to first class. 10-12. **$10**. M. Gormley

NF 319 HANDQUILTING A ROSE STAR QUILT Learn the popular hand-patchwork method of English Paper Piercing (EPP). Instructor guides us through this multi-shape pattern from choosing fabric to joining the units together so it's ready to quilt. Hand sewing only. Supply list emailed prior to first class by instructor. 10-12**. $10.** J. Alexandrakis

JF 320 MAH JONGG Learn to play the American version of Mah Jongg by following the National Mah Jongg League rules and using a current card. A good opportunity for those wishing to brush up on their skill as well. 10-12. **$10.** S. Levine

WF 321 WRITING POETRY TO BREATHE AGAIN…THE UNSCRIPTED WORKSHOP Join us to spark your personal expression. Enjoy compelling prompts that will draw on your experiences and imagination. Take a deeper dive into parts of yourself that you had put aside for too long and want to explore. 10-12. **$10.** V. Marin-Harrison

WF 322 ZENTANGLE: ADVANCED For students who have already taken at least one beginner series. Advanced techniques and tangles will be taught with autumn, holiday and winter themes. NOT for beginners. Supply list emailed prior to first class by instructor. 10-12. **$10.** M. Scheblein-Dawson

FF 323 CITY SKETCHING Designed for students to build their artistic skills and explore new ways to capture "The Energy" of the urban world around them. Prerequisite: some knowledge of City Sketching and 1-and 2-point perspective. Supply list emailed prior to first class. No class: ***Nov. 11, 18.*** 10-12:30. **$10.** J. Fisher

QF 324 PIANO KEYBOARD: BEGINNERS/INTERMEDIATE Note reading, chord playing, and a variety of music is covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Required books: *Alfred's Adult Basic Piano Course Adult All-In-One course (Lesson, Theory, Technique Level 1* ISBN: 9780882848181) and *Alfred's Complete Essentials of Music Theory, Scale and Chord Book 2 by Nancy Farber (*ISBN: 1616776625). 10-2. **$10.** Michael Patelson

JF 325 CORE, STRENGTH & BALANCE Improve stability and posture as well as toning core muscles through a variety of exercises using body weights, resistance tools and stability challenges. Suitable for all levels with modifications if needed. 10:30-11:30. **$10.** S. Levine

KF 326 CARDIO FUSION FUN Enjoy cardio dance, boxing and strengthening with light weights and bands. Focus on balance and endurance in a fun standing format. 11-12. **$10.** T. Gilbert

RF 327 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. **$10.** G. Lichter

KF 328 HOW TO WRITE A PICTURE BOOK Got a spark, an idea or a finished draft for a children's book? Bring it to life. Learn the essential structure and follow the journey from the first idea to a polished, submission-ready manuscript. 11-1. **$10.** J. Novak

QF 329 SOUL LINE DANCE: BEGINNERS/INTERMEDIATE Review basic line dance steps. Enhance cardiovascular health, improve mobility, reinforce cognitive and muscle memory. Wear comfortable clothes and shoes. 11:15 – 12:15. **$10.** R. Hogans

XF 330 AGELESS GRACE A gentle seated full-body workout done to upbeat lively music. Focus on joint mobility, spinal flexibility, strength, balance, breath work and movements that stimulate the brain as well as the body. Wear comfortable clothes. 11:30-12:30. **$10.** M. Stevenson

QF 331 ZUMBA GOLD Learn this dance program inspired by Latin rhythms that has been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 12:30– 1:30. **$10.** J. Maleeq

WF 332 FALL FITNESS FUN WITH JULIET Embrace the changing seasons with a workout designed to help you stay strong, flexible and energized while focusing on functional movements that make everyday activities easier and safe. Exercises blend cardio, strength training, balance and flexibility. 12:30-2. **$10.** J. Gould

MF 333 ASTRONOMY: AWE, MYSTERY, WONDER For those who like to tour the cosmos but never had a chance to think about how we know what we know about the stars and planets. Beautiful pictures included. 12:30-2:30. **$10**. R. Marx

RF 334 PAINTING ANDREW WYETH'S LANDSCAPES Studying the compositions of Andrew Wyeth while we paint some of his most dynamic landscapes in watercolor. NOT for beginners. No class: Nov. 18. Supply list emailed prior to first class. 12:30-2:30. **$10**. K. Fieramosca

JF 335 CANASTA Enjoy learning and playing Canasta. Two decks of cards or Canasta cards are suggested. 12:30-2:30. **$10.** S. Levine

MF 336 ITALIAN CINEMA View and discuss thought-provoking Italian films from the past 70 years. 12:30-3. **$10.** J. Worth

QF 337 GET FIT WITH KICKBOXING & BALANCE Experience a full body workout combining martial arts moves with body coordination, improve reaction time, and prevent falls. Stable chair needed. Beginners and advanced welcome. 1-2. **$10.** C. Mitchell

KF 339 CREATIVE WRITING Learn specific techniques and receive support in preparing and polishing your creative materials such as memoirs, poems, fiction and essays. 1-3. **$10.** B. Bolton

KF 340 FREE MOTION QUILTING FOR

BEGINNERS/INTERMEDIATES Create a reverse quilt wall hanging using 9 out of 12 free motion patterns. Select a pillowcase finish or a regular quilt binding to complete the quilt. Prerequisite: MUST have a sewing machine. 1-3. **$10.** A. Smith

MF 341 COMEDY APPRECIATION Explore a variety of comedy experiences from stand-up to skits with early pioneers to newcomers. Occasional graphic language. 1-3. **$10.** G. Sternfeld

UF 342 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 and rich conversation to enhance your listening and viewing pleasure. 1-3. **$10.** H. Bloch

WF 343 SALSA & SWING JAZZ DANCE A complete warm-up focusing on polyrhythms throughout the body to increase flexibility. Learn Mambo, Cha Cha, Samba and Jazz to great music. 1-3. **$10.** K. Sanson

WF 344 FINALLY, CLEAN YOUR CLOTHES CLOSET A hands-on workshop to help you clear the clutter and create a wardrobe that works for you. Learn simple, effective strategies to sort, organize and let go of what no longer fits you. Make visible progress during class with guided activities and real time decision making. Learn what to sell or donate. 1-3. **$10**. J. Novak

QF 345 OWN YOUR GLOW: AGE IS JUST A NUMBER Become your own standard of beauty with an empowering skincare and makeup class targeting skincare regimens, holistic self-care practices, simple makeup tips and trends. Focus on how to personalize your natural beauty at any age. Have your everyday makeup and skincare products on hand. All are welcome. No experience needed. Supply lists emailed prior to each class by instructor. 2-3. **$10.** B. Ford

WF 346 ZENTANGLE FOR BEGINNERS A method of drawing that helps you to relax and de-stress. Create patterns using only the basic strokes you learned to print your name for autumn and holiday themes. Supply list emailed prior to first class by instructor. 2-4. **$10.** M. Scheblein-Dawson

NF 347 DRUMS ALIVE: RHYTHMIC FITNESS CLASS Drums Alive cardio fitness combines rhythm and movement. It can improve your physical health and well-being with the benefits of a traditional physical fitness program. It fosters a healthy balance- physically, mentally, emotionally and socially. Supply list emailed prior to first class. 3-4. **$10.** A. Wool

JF 348 MICRO DECLUTTERING: 10 BAGS IN 10 WEEKS Log on and learn how to reset with live guided decluttering tasks. Learn exactly what to keep, what to toss, and what goes into each bag – no guesswork needed. Stay motivated with built-in accountability in a supportive space where progress feels doable and even fun. 3-5. **$10.** J. Novak

THURSDAY

UF 401 GUITAR GODS & LEGENDS Turn it up and dive into the stories, sounds and styles of the greatest guitarists of all time. Explore videos, interviews, discussions and cultural context to uncover what makes a guitarist truly legendary. 9-10. **$10.** J. Bush

WF 402 SHORT STORY MYSTERY BOOK CLUB Be the detective as we read and solve short story crimes, murders, and mysterious hot and cold cases. 9-11. **$10.** R. Miles-Abraham

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

QF 404 CONVERSATIONAL SPANISH FOR ADVANCED BEGINNERS Progress in grammar, speaking and reading. Must have a minimum of three semesters of Spanish or equivalent. Required books: *Must Know High School Basic Spanish* by Jean Yates, PhD ISBN 978-1260453065 and *Easy Spanish Reader* by William T. Tardy ISBN 978-1260463606. 9:30-11:30. **$10.** L. Veit

QF 405 FRENCH FOR BEGINNERS Learn basic vocabulary, simple and short phrases to exchange and share information for everyday conversation such as asking for directions, making purchases or sharing personal information. Use listening, writing and reading activities to develop and practice skills learned while exploring the French culture. 9:30-11:30. **$10.** C. Numa

WF 406 ROCK OF THE 1970'S Rock in the 70's had something for everyone from prog rock to mellow singer-songwriters to disco to heavy metal and so much more. Let's take it all in! 9:30-11:30. **$10.** S. Cabot

MF 407 ART BASICS 1 A fun intro to drawing using basic supplies to draw still-life, landscapes, faces and more. Supply list emailed prior to first class. 9:30-12. **$10.** W. Bradley

MF 408 CREATING WITH POLYMER CLAY Polymer clay can mimic gemstones and metals and is used to create beads to make necklaces, earrings and other jewelry. Supply list emailed prior to first class. 9:30-12. **$10.** V. Hall

QF 409 MUSIC THEORY: ALL LEVELS Topics covered in the first semester will be expanded with the addition of new material. Areas to be covered are ear training, including sight singing and dictation, advanced chord structure, harmonization, melody writing, harmonic analysis, rhythmic development and conducting basics. Access to a keyboard and manuscript paper are required. For those wishing to expand and explore music theory in fuller depth. Required book: *Alfred's Essentials of Music Theory Complete* ISBN: 10:0882848976. 9:30-12:30. **$10.** M. Patelson

XF 410 NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combines movements and concepts from Yoga, Tai Chi and other movement forms. Wear comfortable clothes. 10-11. **$10.** M. Stevenson

KF 411 KUNDALINI MAT MEDITATION A deep relaxation on the breath to calm the mind, release stress and increase focus. No experience needed. 10-11. **$10.** C. LaBue

WF 412 FRENCH THROUGH MUSIC: ALL LEVELS You are guided through each song with new vocabulary, exercises and discussions on song content and artists. 10-11. **$10.** H. Bismuth

JF 413 SIT & BE FIT Gentle full body workout designed to improve flexibility, strength, circulation and balance seated or using a chair for support. Resistance bands and weights are needed. 10-11:30. **$10.** J. Gould Scanlon

KF 414 ALFRED HITCHCOCK PRESENTS: THE TV SERIES View and discuss more of the best episodes of this innovative TV series. Learn insider information about each episode and how he combined suspense, dark humor, and twist endings to create his unique style. 10-12. **$10.** S. Friedman

KF 415 ART IN PRACTICE & THEORY Discuss the techniques and practices of painters from the Renaissance to today. 10-12. **$10.** M. Meyer

KF 416 CHAIR ZUMBA Seated fitness to international rhythms enhancing muscle memory and total body toning and strength. Light weights needed. 10-12. **$10.** T. Gilbert

MF 417 AMERICAN PRESIDENTAL PROFILES Examine various occupants of the White House, their election and tenure (and quirks). Was their tenure considered a success or a failure? How did it impact on our nation? Lots to examine and discuss. 10-12. **$10.** J. Butterfield

MF 418 GENTLE YOGA Gentle stretching and relaxation practices which bring about a feeling of peace and well-being in the mind, body and spirit. 10-12. **$10**. Z. Kiraly

QF 419 DEMYSTIFY YOUTUBE & MAKE YOUR OWN CHANNEL Learn how to construct a YouTube channel - what you need to know to make it profitable or use it to share your videos with friends and family. 10-12. **$10.** D. Garnes

QF 420 ORIGAMI Learn how to coax pieces of paper into lovely and fun creations including flowers, gift containers, jewelry and much more. Paper requirements are emailed prior to first class by instructor. Any questions on purchasing papers, email Rose at *origlama@aol.com*. 10-12. **$10.** R. Malincanico

QF 421 BECOME A GRAPHIC DESIGN ARTIST USING CANVA! Bring your ideas and make them bigger than life. Create amazing multimedia presentations and personalized cards and flyers with your creativity and flair. APPLE MAC USERS ONLY. There is no CANVA applications for Windows computers and Apple iPads. 10-12. **$10.** R. Kornegay

NF 422 250 YEARS OF QUILTING IN AMERICA Let's explore the history of how quilts have been made in USA from 1776 to 2026. This is not a project class, but students can stitch on any personal project as we talk. 10-12. **$10.** J. Alexandrakis

WF 423 LIFE LESSONS & POSITIVE THINKING BOOK CLUB Read and discuss the first book, You *Can Heal Your Life* by Lousie Hay. There are one or two other positive thinking books by current popular authors that will be discussed in class. 1 0-12. **$10.** P. Miller

WF 424 INTRO TO AMERICAN SIGN LANGUAGE (ASL) PART 1 Explore the world of deafness while learning finger spelling, introductory words to build vocabulary and simple sentences through weekly practice. No prior experience necessary. You may register for only one ASL course. Supply list emailed prior to first class by instructor. 10-12. **$10.** K. Brown

FF 425 MEMOIR WRITING CREATIVELY: BEGINNER Write your own story to share and preserve your family's history or write about a specific period of your life or simply tell the world your story. You may register for **FF 425** or **FF 455,** but not both.10-12. **$10.** D. Wind

FF 426 CITY SKETCHING Grab a sketchbook and let your pencils capture the moment. Focus on simple techniques, build confidence as students learn to sketch city streets, buildings and everyday scenes. Learn about composition and 1- & 2-point perspective. No experience necessary except a love of sketching and cityscapes. Supply list emailed prior to first class. No class: ***Nov. 12.*** 10-12:30. **$10.** J. Fisher

WF 427 DANCING MEDITATION A safe whole-body workout without strain to the joints and muscles which incorporates gentle classic dance stretches, Qi Gong and yoga while our breath and movements lead us to greater peace and connectivity. Build body strength, improve posture, increase flexibility, stamina and core body awareness. 10:30-11:30. **$10.** A. Sherry

QF 428 PAINTING WITH WATERCOLOR The luminosity and nuance of watercolor make it perfectly suited for still-life. Work from a different still-live each week. Explore a range of watercolor techniques such as wet-on-wet, resist, and glazing. Students can use their own photos/prints for source materials. Supply list emailed prior to first class. 10-1. **$10.** B. DeCeglie

UF 429 COMEDY TEAMS Comedy teams usually feature two or more diverse personalities which allow each team member to display their diversity and at times, combative relationship. Presentation includes a lecture and video clips from teams like Laurel & Hardy, Abbott & Costello, the Marx Brothers, Martin & Lewis and more. Four sessions: ***Sept. 17, 24; Oct. 1, 8.*** 11-12. **$10**. A. Vorensky

WF 430 MICROSOFT WORD EXPRESS Create documents, flyers, programs, advertisements using co-pilot, graphics, charts, media types and more. Four sessions: ***Sept. 17, 24; Oct. 8, 15.*** 11-12. **$10.** K. Wallace

QF 431 STRENGTH PLUS BALANCE: EXERCISES FOR GENTLEMEN Combines strength training, flexibility exercises and building stability. Retired men will benefit from improving muscle strength and stretching while building on their confidence and improved balance. Resistance bands, weights and a chair are needed. 11-12:15. **$10.** C. Mitchell

KF 432 BOOK PUBLISHING: HOW TO FIND A LITERARY AGENT Learn exactly what agents are looking for and start crafting materials that get attention. Discover free ways to find reputable literary agents and learn to spot and avoid common publishing scams before it cost you. 11-1. **$10.** J. Novak

RF 433 MANDARIN CHINESE FOR

BEGINNERS Learn to speak simple sentences in Chinese about everyday topics. The Chinese culture and writing system are introduced. 11-1:30. **$10.** G. Lichter

XF 434 ZUMBA GOLD Combine Latin and International dance rhythms (Salsa, Merengue, Tango, Cha Cha) into an energizing cardio workout. It is a safe and total body workout. Movements can be modified to accommodate physical limitations. Wear comfortable clothes. 11:30-12:30. **$10.** M. Stevenson

XF 435 NYC: DOO WOP Continue our trip through the Boros for the great groups of NYC (Dion/Belmonts, Jay/Americans and more). 12-2. **$10.** H. Bloch

RF 436 GUITAR FOR ADVANCED BEGINNERS Continue learning the fundamentals of playing the guitar. For those who have taken previous courses or have some experience playing guitar. Required books: *Hal Leonard Guitar Method, Book 1*. Guitar and Alfred's Basic Guitar Theory 1 & 2. Guitar and a clip-on tuner needed for first class. 12-2. **$10.** S. Cabot

WF 437 ALFRED HITCHCOCK PRESENTS…GOOD EVENING Have fun as we watch, discuss and analyze the thrilling and mysterious style of Alfred Hitchcock's TV episodes. 12-2. **$10.** R. Miles-Abraham

MF 438 QUILTING Create beautiful quilts, pillows and decorative accessories. 12:15-2:45. **$10.** T. Decourcey

UF 439 SIMPLY DELICIOUS COOKING Have you ever gone to a restaurant and said, "I would love to learn how to make that." Join us as we create a simplified version of foods from around the world. 12:30-1:30. **$10.** R. Strugger

WF 440 INTRO TO STRENGTH TRAINING Learn proper form and technique to build a basis for strength exercises to make everyday tasks easier. Maintain muscle mass is essential for an active lifestyle. Enhance bone and joint health while improving balance and stability. All fitness levels welcome.12:30-2. **$10.** J. Gould

KF 441 WRITERS FUNSHOP Bring your fiction, memoirs, non-fiction. Develop, polish and share creative expression in a supportive atmosphere that will help you move your work from head to the page. 12:30-2:30. **$10.** M. Eller

KF 442 ART HISTORY: RANAISSANCE TO BAROQUE ART (1400'S -1700'S) Journey through 300 years of European paintings from the Italian Renaissance to the Dutch Golden Age including Flemish, German and Spanish masters. 12:30-2:30. **$10.** R. Lubell

QF 443 BEGINNER LINE DANCING Strengthen body and mind as you learn dances using your favorite dance style: Cha Cha, Rumba, Tango, and Waltz. It's exercise in disguise. No partners needed. 12:30-2:30. **$10.** R. Malinconico

QF 444 DSLR PHOTOGRAPHY Do you own a DSLR? Do you want to start using it again? Learn how to use your camera in manual mode and the difference between aperture priority and shutter priority, what ISO is used for and what lenses you may need. 12:30-2:30. **$10.** D. Garnes

RF 445 PASTEL PAINTING Learn the art of pastel, also known as dry painting. The elements and principles of design, color mixing, image transfer and various techniques that can be used to create works of art will be discussed. Supply list emailed prior to first class. 12:30-2:30. **$10.** E. Byrne

WF 446 STRENGTHENING & BALANCE TECHNIQUES TO PREVENT FALLS Improve your daily function and prevent falls with the Otago method of strengthening using weights and bands along with specific balance exercises. Emphasis on proper posture and body alignment. Supply list emailed prior to first class by instructor. 1-2. **$10.** N. Aaronson

WF 458 BELLY DANCE FUN A safe whole-body workout with no strain on joints or muscles. Learn the specialized techniques while building body strength, improve posture, core body awareness, increase flexibility, stamina and having fun. Warm-up exercise, basic belly dance moves and short fun choreographies. Wear comfortable clothes for stretching. 1-2. **$10.** A. Sherry

MF 447 ART BASICS 2 Continuation of basic art. Further exploration of various art forms and techniques including still-life, landscapes, and faces in watercolor, dry mediums, and more. May include analyzing art of the masters, abstraction, and some figure drawing. Supply list emailed prior to first class. 1-3. **$10.** W. Bradley

JF 448 FROM OVERWHELMED TO ORGANIZED: YOUR PRE-HOLIDAY PREP PLAN Feeling behind before the holidays begin? Learn how to tackle unfinished to-dos, declutter what's weighing you down, and build a personalized system to stay organized through the busy weeks ahead. Includes a printable holiday planner. 1-3. **$10**. J. Novak

WF 449 OILING THE JOINTS A stretch class based on Pilates and good old-style jazz and modern dance flexibility workout. Building stamina using the floor, chair, weights and balancing exercises. 1-3. **$10**. K. Sanson

WF 450 ITALIAN FOR BEGINNERS Learn the basics of Italian vocabulary, pronunciation, and some culture to impress your friends and family through traditional exercises, videos, and fun. Also, learn to converse in Italian through vocabulary and basic grammar. 1-3. **$10.** J. Ferrari

FF 451 BIBLE TALK: A PERSONAL JOURNEY For those new to the Bible and for continuing students. Listen to what the Bible has to say to us today. Both advice and wisdom from the sages to personal experience and interpretations. Study in community, take time to journal and share what we can directly apply to our lives, families and the times we are living inThe Bible – Old Testament (Tanach), New Testament, notebook and pen needed. . Six sessions: ***Sept. 17, 24; Oct. 1, 8, 15, 22.*** 1-3. **$10.** B. Lowenberg

UF 452 THE JOY OF TEACHING MAGIC Focus is on basic magic tricks for adults and children. You will be able to amaze and entertain family and friends. Join us and have fun! Deck of cards, paper, coins and a rope needed for first class. 2-3. **$10.** S. Goldstein

FF 453 DRAGON MERIDIAN QIGONG An ancient Taoist practice fused in modern science to boost clarity, strength, energy, longevity and vitality. 2:30-3:30. **$10.** T. Pakula

FF 454 MEMOIR WRITING CREATIVELY: ADVANCED Continue your journey to writing your own story. Share and preserve your family's history or write about a specific period in your life or simply tell the world your story. You may register for **FF 425** or **FF 454,** but not both.2:30-5. **$10.** D. Wind

NF 456 RESISTANCE BAND FITNESS Use resistance bands to gain strength, improve your strength and flexibility. Stretch/resistance bands are low impact fitness, reducing stress on your joints and preventing pain and stiffness as you age. Resistance fitness or stretch band, water bottle and athletic shoes needed. 3-4 **$10.** A. Wool

UF 457 GREAT LADIES & GENTS OF GOSPEL MUSIC Gospel music has shaped numerous talented individuals. Key figures include pioneers who defined the genre and contemporary artists who brought it to wider audiences. Learn about and listen to the great inspirational sounds of Mahalia Jackson, Aretha Franklin, Dr. Martin Luther King, Rev. James Clevland and many others. 3:30-5. **$10.** K. Ray

FRIDAYS

JF 501 CORE/SCULPT WITH VIN Improve your body muscle and burn calories. Balance improves which decreases the risk of falls while building bone density. 7:45-8:45. **$10.** V. Iyer

QF 502 THE ART OF STORYTELLING Learn how to make attention gripping stories that people will love to hear. Practice the art of storytelling and how to make your stories reach the listeners' ear to get their attention and want to hear more. 9:30-12. **$10.** D. Garnes

XF 503 GROWING OLD GRACEFULLY All exercises are modified using chairs. A total-body workout that addresses stretching, low-impact cardio, balance, finger flexibility, and building primary muscle strength. Movements are accompanied by motivational music. Stay hydrated in the hours leading up to your workout. Supplies emailed prior to first class. 10-11. **$10.** B. Harris

MF 504 MORNING YOGA Get centered for the day with yoga movements designed to foster proper alignment, build strength and increase mobility combined with breathing and stretching. 10-11. **$10.** R. Davis

QF 505 PLEASURES OF READING Read and discuss short stories from *The Best Short Stories 2026: The O. Henry Prize Winners* edited by Tommy Orange and Jennifer Minton Quigley (ISBN: 0593689623). Read the first two stories prior to first class. Book is out Sept. 8 and can be pre-ordered on Amazon.com. 10-11. **$10.** M. Levinson

XF 506 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. **$10.** D. Dolan

JF 507 FALL FITNESS FUN WITH JULIET Embrace the changing season with a workout designed to help you stay strong, flexible and energized. Focus on functional movements makes everyday activities easier and safer. Exercises blend cardio, strength training, balance and flexibility. 10-11:30. **$10.** J. Gould Scanlon

MF 508 MODERN ASIAN BRUSH PAINTING Learn this exciting art of pure discovery. Flowers, fish, birds, and landscapes will spring from your brush. No experience necessary. Supply list emailed prior to first class by instructor. 10-12. **$10.** P. Siudzinski

MF 509 AMERICAN CRISES Discuss our nation's crises from its founding, such as revolution, economic depression, the Civil War, the Cold War and territorial disputes – the causes, resolutions and effects. 10-12. **$10.** J. Butterfield

QF 510 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. 10-12. **$10.** M. Gonzalez

QF 511 FITNESS FOR LIVING Whole body wellness approach for total body conditioning to improve strength, endurance, balance, range of motion and flexibility Includes stretching, cardio, toning and fun. Wear loose clothes and sneakers. A chair, light hand weights, exercise bands/strap and small light ball are needed. 10-12**. $10.** T. Guillou

WF 512 MINDFUL ZENTANGLES A fun and relaxing way to create beautiful organic and geometric images by drawing structured patterns. It's more than an art form; it helps to relieve stress and offers enormous pleasure. Supply list emailed prior to first class by instructor. 10-12. **$10.** T. Ullman

WF 513 ARGUING WITH GOD A look at what scholars say about the most popular book in the bible – *The Book of Psalms*. 10-12. **$10**. D. Skolnik

QF 514 OPERA The most performed operas (#18 through #24) in the history of the Met. Operas shown via Zoom from the archives of the Metropolitan Opera include: *Tannhauser; Tristian und Isolde; Die Meirstersinger von Nurnberg; Der Rosenkavalier; Turandot; Romeo et Juliette; and Otello. A final live dress* rehearsal to an opera: TBD. No class: ***Oct. 16***. 10-12:30. **$10.** J. Dzik

QF 515 PAINTING WITH CONFIDENCE FOR BEGINNERS Create your masterpiece following step-by-step instructions. Explore color theory and brush techniques using inexpensive acrylic paint. Supply list emailed prior to first class. 10-1. **$10.** R. Cooper

QF 516 PIANO KEYBOARD: BEGINNER/INTERMEDIATE Note reading, chord playing, and a variety of music are covered. You must have your own keyboard (61 Keys), upright or grand piano. Required books: A*lfred's Basic Adult Piano/ Adult Course All-In-One Level 1 Course* (Lesson, Theory, Technic Level 1) ISBN: 9780882848181 and *Alfred's Complete Essentials of Music Theory, Scale and Chord Book 2* by Nancy Faber (ISBN: 1616776625). 10-2. **$10.** Michael Patelson

KF 517 ACRYLIC PAINTING & PASTELS: INTERMEDIATE Emphasis on composition, color, and values. Learn how

current exhibitions and exposure to artists of the past inspire our classwork. Some art experience helpful. Supply list emailed prior to first class by instructor. 10:30-12:30. **$10.** J. Lippman

MF 518 GENTLE CHAIR ZUMBA Dance and stretch using a chair. A variety of music genres complement the workouts and exercise routines which are adjustable to all fitness levels. Posture alignment supports full body muscle use. Light weights needed. 11-12. **$10.** C. Eccles

WF 519 SOULFUL BITES Celebrate the flavors and traditions of family and friends and cooking great tasting foods. Enjoy the dynamic and lively conversations as we cook together. Menus and recipes are emailed prior to first class by instructor. Five sessions: ***Sept. 18; Oct. 2, 16, 30; Nov. 13.*** 11-2**. $10**. K. Bradley

WF 520 MAT PILATES A workout program that will improve your muscle tone, flexibility, spinal support, body balance, increase strength and lower back health. Movements are performed on the ground using a Pilates or yoga mat. Optional: Pilates circle and use of resistance bands. 12-1. **$10.** K. Smith

MF 521 INTERNATIONAL CINEMA View and discuss thought-provoking films from various countries around the world. 12-2:30. **$10.** J. Worth

QF 522 CARDIO, CORE & MORE WITH JULIET: ALL LEVELS Get a total body workout that includes a mix of core stabilization movements and cardio exercises. Strengthening and toning muscles, build overall strength, endurance and improve balance and flexibility. 12:30-2. **$10.** J. Gould Scanlan

KF 523 LOW IMPACT AEROBICS Dance exercise that's gentle on the joints and focuses on building endurance, strength and balance. 12:30-2:30. **$10.** T. Gilbert

MF 524 WATERCOLOR HOW TO Work with dry brush, wet-on-wet, washes, and other techniques to paint a variety of subjects: flowers, animals, landscapes, birds, etc. or paint from your own photos/pictures. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10.** P. Siudzinski

MF 525 RETIREE BOOK CLUB Read and discuss a different book each class. Read *The Weight of Ink* by Rachel Kadish for first class. Other books chosen after discussion. Four sessions: ***Sept. 18; Oct. 2, 23; Nov. 13.*** 12:30-2:30. **$10**. A. Zuckerberg

MF 526 DANCE PARTY Learn simple dance steps to all types of music – Jazz, Pop, Latin, Line and music throughout the decades. Everyone is welcome! 1-2. **$10.** M. Marks

JF 527 CHAIR EXERCISE Exercises can range from simple standing to more challenging ones that involve weight or resistance. Adapted to students' needs. 3:30-4:30. **$10.** S. Levine

REMOTE SEMINARS

Seminar fees are non-refundable and non-transferable.

MONDAYS

UF 805 MODERN MARVELS Do you know how all technology works? Or how the NYC subway was built? Through the lens of Modern Marvels, a series that focuses on inventions, technology, machine evolution and all technology-related things, this activity is for you. Lots of discussion along with a fun real-time trivia quiz competition. ***Sept. 14.*** 10-11:30. **$2.** P. Romani

QF 806 CRITICS' BEST FOREIGN FILMS Watch the 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. Three sessions: ***Sept 14, 28; Oct. 5.*** 10-1. **$6.** R. Presser

KF 807 CROCHET PATTERN READING: PART 1 Learn basic abbreviations in crochet pattern reading resulting in a final crochet project. Supply list emailed prior to first class by instructor. Three sessions: ***Sept. 14, 28; Oct. 5.*** 1-3. **$6.** P. Williams

UF 808 GREAT MUSICAL PERFORMANCES Focus on the enjoyment of watching great musical performances. It's like going to a great concert with many top-quality performers from the world of Blues, Pop, Rock and more. Discussion and a fun real-time trivia quiz competition will follow (headphones/good computer speakers will enhance the experience). ***Sept. 28.*** 10-11:30. **$2.** P. Romani.

NF 809 BRAIN BUSTING TRIVIA Join us in the exciting world of trivia to challenge your knowledge and to have a great time socializing online. Paper and pencil are needed. Three sessions: ***Sept. 28; Oct. 19; Nov. 16.*** 1-2. **$6**. M. Mavrovouniotis

NF 810 LET THEM THEORY SELF-HELP BOOK CLUB Using Mel Robbins', *Let Them Theory* book to discuss the insights and practical applications addressing these themes: Reclaiming Personal Agency, Freedom through Non-Attachment and Redirecting One's Energy toward Empowering Choices. Discuss simple strategies that work by not giving your power away and focusing on what we can control: ourselves. Purchase and read the book prior to the first session. Three sessions: ***Sept. 28; Oct. 19; Nov. 16.*** 3-5. **$6.** M. Mavrovouniotis

KF 811 VERMEER'S PAINTINGS PART 1 Explore the early paintings of Johannes Vermeer. Examine his works in chronological order and the controversy of the "camera obscura." Two sessions: ***Oct. 19, 26.*** 1-3. **$4.** J. Yaeger

KF 812 CROCHET PATTERN READING: PART 2 Continue to learn basic abbreviations in crochet pattern reading resulting in a final crochet project. Supply list emailed prior to first class by instructor. Three sessions: ***Oct. 19, 26; Nov. 2.*** 1-3. **$6.** P. Williams

KF 813 VERMEER'S PAINTINGS PART 2 Continue to explore Johannes Vermeer's paintings including "the Girl with the Pearl earring." Prerequisite; must have taken Vermeer's Paintings Part 1. Two sessions: ***Nov. 2, 9.*** 1-3. **$4.** J. Yaeger

TUESDAYS

JF 814 KOSHER COOKING: HAPPY CHALLAH DAYS Designed for participants who would like to make challah from scratch whether you've made it before or it's the first time. Feel free to cook along or just observe. Ingredients list emailed prior to class by instructor. ***Sept. 15.*** 1-4. **$2.** I. Marcus

UF 815 APPLE IPHONE & IPAD ACCESSIBILITY Delve into the world of accessibility focusing on making your iPhone/iPad easier to use and more customized to your preferences and individual needs. ***Sept. 15.*** 4-5. **$2.** R. France

UF 816 FOOD SAFETY: WHAT YOU DON'T KNOW MAY KILL YOU! A brief history on food safety from both a regulatory and manufacturing standpoint. Topics include common food-borne illnesses and how to avoid them, sanitation practices both at home and in commercial food establishments, good manufacturing practices, reading food labels and much more. Food safety is critical for us, let's strive to be as healthy as possible. Two sessions: ***Sept. 15, 22.*** 12-1:30. **$4.** M. Parlo

KF 817 CROCHET STITCH OF THE WEEK PART 1: INTERMEDIATE/ADVANCED Learn a new "stitch of the week" to crochet blankets, cushions, shams and runners. Supply list emailed prior to first class by instructor. Three sessions: ***Sept. 15, 22, 29.*** 10-12. **$6**. P. Williams

JF 818 CINEMA SPOTLIGHT: IT'S A WONDERFUL LIFE Discuss the original short story upon which It's a Wonderful Life is based, the production of the film, the film's resurgence in the 1980's & 1990's, and its status as a masterpiece. Please watch film prior to first session. Three sessions: ***Sept. 15, 22, 29.*** 11-12:30. **$6.** M. Lyons.

KF 819 DIVERSE CROCHET BAGS PART 1 Learn to crochet beautiful bags of various styles for every season. Basic knowledge of crochet stitches required. Supply list emailed prior to first class by instructor. Three sessions: ***Sept. 15, 22, 29.*** 1-3. **$6.** P. Williams

WF 820 TUESDAY TALK WITH AUTHORS Meet three popular female authors at our book club to discuss their works. Read each book prior to the session. ***Sept. 15-*** Sadequa Johnson, *Keeper of Lost Children;* ***Oct. 13*** – Janie Chang, *Porcelain Moon*; ***Nov. 17*** – Rebecca Rosenberg, *License to Thrill.* 10-12**. $6.** J. Frutkin

UF 821 NYSUT CATASTROPHIC INSURANCE & MORE Focus on Catastrophic Plan, its claim process, and other NYSUT member benefits. ***Sept. 29.*** 12-1:30. **No Fee.** M. Kennedy

QF 822 HOUSE PLANT CARE IN THE FALL Learn about how to prepare plants to bring them inside for Fall. Discussion on transplanting strategies on watering the plants and propagation for them to survive and continue to thrive. Two sessions: ***Sept. 29; Oct. 6.*** 3:15-5:15. **$4.** A. Pancholi

WF 823 POETRY MASTERCLASS The three sessions include 'body awakenings" and guided light meditation to motivate you with your writing. ***Sept. 29*** **-** Writing between Worlds**;** ***Oct. 13*** **–** The Everyday Epiphany**;** ***Nov. 10*** **–** Creating your Legacy. 1-3. **$6.** V. Marin-Harrison

UF 824 FRANKIE VALLI & THE FOUR SEASONS Starting with their first big hit, Sherry in 1962, the Four Seasons remained the top American hit making group even surviving the British Invasion in 1964. Focus is on the music made by the original Four Seasons up until 1966. Enjoy the highly satisfying music of the Four Seasons including their hits, original songs and covers of others' hits and information about this still idolized singing group. **Oct. 6.** 12:30-2:30. **$2.** M. Zucker

JF 825 KOSHER COOKING: MARVELOUS MESCHE Stuff your vegetables and yourself with this delectable Sephardic dish. Ingredients list emailed prior to class by instructor. Vegetable corer is highly recommended for scooping veggies. ***Oct. 6.*** 1-4. **$2.** I. Marcus

UF 826 SIMON & GARFUNKEL Their first album sold few copies but gave them not only their first smash hit but launched what would be one of the most outstanding groups of the mid-60's and beyond. The harmonies of the duo featuring the unforgettable compositions of Paul Simon and the vocals of Art Garfunkel defined the spirit and mood of the era. ***Oct. 13.*** 12:30-2:30. **$2.** M. Zucker

KF 828 CROCHET STITCH OF THE WEEK PART 2: INTERMEDIATE/ADVANCED Continue to learn a new "stitch of the week" to crochet blankets, cushions, shams and runners. Supply list emailed prior to first class by instructor. Three sessions: ***Oct. 13, 20, 27.*** 10-12. **$6**. P. Williams

KF 829 DIVERSE CROCHET BAGS PART 2 Continue learning how to crochet beautiful bags of various styles for every season. Basic knowledge of crochet stitches required. Supply list emailed prior to first class by instructor. Three sessions: ***Oct. 13, 20, 27.*** 1-3. **$6.** P. Williams

UF 830 HARLEM ON MY MIND: NEIGHBORHOODS & NIGHTLIFE We'll visit and explore the rich neighborhoods and extensive nightlife of Harlem. Two sessions: ***Oct. 20, 27.*** 12-2. **$4.** R. Miles-Abraham

UF 831 STYLE TO SELL: PREPARING YOUR HOME FOR A SUCCESSFUL SALE Learn how to transform your home into a space that captures buyers' attention and maximize its market appeal with expert guidance. Discover practical staging tips, simple design strategies and key improvements that help sell your home faster and for a better price. Two sessions: ***Oct. 20, 27.*** 2:30-3:30. **$4.** M. Kadish

UF 832 WOW, I CAN DO SO MANY THINGS WITH MY APPLE IPHONE! The iPhone is much more than a phone. Topics include photos (taking, sending, receiving, editing, storing), text messaging, phone calls, FaceTime, downloading apps and so much more. Three sessions: ***Oct. 20, 27; Nov. 3.*** 4-5. **$6.** R. France

UF 833 HARLEM ON MY MIND: HARLEM CHURCHES We'll visit and explore the rich history of the variety of churches in Harlem.

Three sessions: ***Nov. 3, 10, 17.*** 12:30-2:30. **$6.** R. Miles-Abraham

UF 834 NYSUT CATASTROPHIC INSURANCE & MORE Focus on Catastrophic Plan, its claim process, and other NYSUT member benefits. ***Nov. 10.*** 3-4:30. **No Fee.** M. Kennedy

UF 835 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices including how to recognize scams, phishing and avoiding hacking attempts. You may register for only one Internet Security and Digital Privacy seminar. ***Nov. 17.*** 3-5. **$2.** J. Goklevent

WEDNESDAYS

UF 836 BENNY HILL: INTERNATIONAL FUNNYMAN The saucy and world-famous English comedian from television began as a shy man with a stage act that needed work. Afraid of hostile audiences, he turned to television and eventually became a world-famous clown who was loved by millions in 140 countries. Find out why his immensely popular show was cancelled. Watch some of his hilarious sketches and laugh silly. ***Sept. 16.*** 10-12. **$2.** L. Wolff

UF 837 INTRO TO AI & USING CHAT GPT Learn how to set up for success with the basics of artificial intelligence (AI) including: What is it? What is ChatGPT? How do I start? What can AI do for me in my daily life? Learn the steps to enhance your ability to use AI for day-to-day tasks like searching the internet, replying to emails, writing stories for grandkids and more. You may register for **UF 837** or **UF 847,** but not both. Two sessions: ***Sept. 16, 23.*** 5-6. **$4.** J. Varon

KF 838 A POPULAR MUSIC FAN'S GUIDE TO "CLASSICAL" MUSIC Learn about the different periods in music history and gain an appreciation for "classical" music from a non-pompous perspective. Three sessions: ***Sept. 16, 23, 30.*** 1-3. **$6.** J. Yaeger

NF 839 SEPTEMBER RESTORE CALM YOGA Learn a series of self-nurturing restorative gentle yoga poses and focused breathing for self-care on the go. Designed to encourage calmness and deeper self-awareness. No experience necessary. Supply list emailed prior to first session by instructor. Three sessions: ***Sept. 16, 23, 30.*** 1:30-2:30. **$6.** S. Brown

UF 840 NO MORE BORING SALADS! Perk up your salad bowl with some bold and exciting fruits and vegetables. Let's make tasty dressings that even a picky eater will find enticing. Supplies/ingredients emailed prior to each class by instructor. Three sessions: ***Sept. 16, 23, 30.*** 3:30-4:30**. $6.** R. Strugger

QF 841 BE A BETTER BAKER: ALL LEVELS Practice methods and techniques to improve skills. Discover secrets and enjoy the world of baking while making scrumptious goodies. Bake with instructor or enjoy watching. Pantry staples, recipes and ingredients emailed prior to each session by instructor. Three sessions: ***Sept. 16, 30; Nov. 18.*** 1-3. **$6.** L. Baker-Simon

UF 842 TRIBUTE TO NEIL SEDAKA Born in Brooklyn, Julliard trained, composer and singer extraordinaire, Sedaka could do it all! Besides being a successful solo artist, he was a member of the Tokens, wrote or co-wrote 100's of songs for other performers, and played piano on Bobby Darin's hit, *Dream Lover*. Explore and enjoy the talent of this amazingly talented performer! ***Sept. 23.*** 10-11:30. **$2.** R. Knox

UF 843 STEVE & EYDIE: NO SURNAMES NEEDED Steve Lawrence and Eydie Gorme were American pop vocal duo who began working together in 1954. A career spanning a half century, they became a significant presence on records, television, variety shows and in nightclubs from Vegas to the Catskills. View videos of these two outstanding talents as they perform together and as soloists from the Great American Songbook during their many live concert appearances and television specials. ***Sept. 30.*** 10-11:30. **$2.** R. Knox

QF 844 FUN & EASY QUILLING: INTERMEDIATE Create on-of-a-kind quilled treasures showcasing an array of beautiful designs and patterns. Supply list emailed prior to first class. Three sessions: ***Sept. 30; Oct. 14; Nov. 4.*** 3-5. **$6.** L. Canlas

UF 845 TRIBUTE TO CONNIE FRANCIS Connie Francis was an American singer, musician, author and actress. She is one of the best-selling musical artists in history with over 100 million records sold. View videos of some of her most memorable numbers. We will examine her career as a teen songstress growing up in a very strict household in Newark, NJ. Connie had a series of devastating personal tragedies which she managed to overcome with great dignity and strength and resumed her recording and performing career. ***Oct. 7.*** 10-11:30. **$2.** R. Knox

KF 846 EDOUARD MANET'S (NOT CLAUDE MONET) GREATEST PAINTINGS Examine specific details of some of Manet's pieces and gain an understanding of his place in art history. Learn why his work was rejected from being displayed at the Paris Salon. Two sessions: ***Oct. 7, 14.***1-3. **$4.** J. Yaeger

UF 847 INTRO TO AI & USING CHAT GPT Learn how to set up for success with the basics of artificial intelligence (AI) including: What is it? What is ChatGPT? How do I start? What can AI do for me in my daily life? Learn the steps to enhance your ability to use AI for day-to-day tasks like searching the internet, replying to emails, writing stories for grandkids and more. You may register for **UF 837** or **UF 847**, but not both. Two sessions: ***Oct. 7, 14.*** 5-6. **$4.** J. Varon

JF 848 THE HEALTHY CHEF An interactive experience designed to equip participants with the knowledge and skills to make nutritious meals at home. Each session introduces a current nutrition topic for discussion. Feel free to cook along or just observe. Three sessions: ***Oct. 7, 14, 21.*** 10-12. **$6.** M. Roth

NF 849 OCTOBER RESTORE CALM YOGA Learn a series of self-nurturing restorative gentle yoga poses and focused breathing for self-care on the go. Designed to encourage calmness and deeper self-awareness. No experience necessary. Supply list emailed prior to first session by instructor. Three sessions: ***Oct. 7, 14, 21.*** 1:30-2:30. **$6.** S. Brown

UF 852 SWEET & SAVORY DESSERTS If you really love desserts and wish you could eat them first before dinner, then this class is for you. Ingredients/supplies are emailed prior to each session. Three sessions: ***Oct. 7, 14, 21.*** 3:30-4:30. **$6.** R. Strugger

JF 853 KOSHER COOKING: REMARKABLE RUGELACH Treat yourself to these delicious homemade pastries any day of the week. Stuff your vegetables with this delectable Sephardic dish. Feel free to cook along or just observe. Ingredients list emailed prior to class by instructor. ***Oct. 14.*** 1-4. **$2.** I. Marcus

UF 854 BASEBALL: THE ARCHITECTS OF GLORY How did the great baseball dynasties come into existence? Explore how teams assembled the components that formed the ultra-successful teams since 1901. Three sessions: ***Oct. 14, 21, 28.*** 10-11:30. **$6. S.** King

FF 855 NYSUT CATASTROPHIC INSURANCE & MORE Focus on Catastrophic Plan, its claim process, and other NYSUT member benefits. ***Oct. 21.*** 10:30-11:30. **No Fee.** M. Kennedy

UF 856 APPLE IPHONE & APPLE WATCH SAFETY FEATURES Learn about essential features on your iPhone or /and Apple watch to help you stay safe and ensure your well-being in various situations. A range of features designed to keep you protected and connected are covered. ***Oct. 21.*** 5-6. **$2.** R. France

JF 857 KOSHER COOKING: TRADITIONAL SHABBAT DINNER Whether you are savoring dishes from your past or would like to make new traditions, come and join us. Feel free to cook along or just observe. The menu will include recipes for a full dinner and dessert. Ingredients list emailed prior to class by instructor. ***Oct. 28.*** 1-4. **$2.** I. Marcus

UF 858 YES, SOUP FOR YOU! If you love soup, then throw away your can-opener and make some hearty and delicious soups from scratch. Ingredients/supplies are emailed prior to each session. Three sessions: ***Oct. 28; Nov. 4, 18.*** **3**:30-4:30. **$6.** R. Strugger

NF 859 LAUGHTER YOGA TO INCREASE YOUR ENERGY Learn simple, playful exercises to reduce stress, improve circulation and increase energy. A combination of intentional laughter, deep breathing techniques and gentle low impact movements in a relaxed setting. Most activities are done either sitting or standing. Supply list emailed prior to first session by instructor. Two sessions: ***Oct. 28; Nov. 18***. 1:30-2:30**. $4**. S. Brown

UF 860 THE THREE STOOGES: MASTERS OF MAYHEM Discover how these loveable knuckleheads from humble beginnings, vaudeville acts and their split with the man that originated the act to screen stardom were more than "Three Stooges" in this iconic act and that some of them were actually brothers. Their popularity continues around the world today as their films are still televised on a regular basis. ***Nov. 4.*** 10-12. **$2.** L. Wolff

UF 861 AI IN ACTION: TAKING CHATGPT FURTHER TO THE NEXT LEVEL FOR INTERMEDIATES For those who are comfortable with the basics of AI and want to go further. Learn how to use ChatGPT more effectively, explore additional AI tools and apply AI to everyday tasks in a practical way. An intro on how to create your own simple, personalized AI helper. Two sessions: ***Nov. 4, 18.*** 5-6. **$4.** J. Varon

UF 862 THE ADDAMS FAMILY MEETS THE MUNSTERS Compare and contrast these two unforgettable shows. A nostalgic and fun morning awaits as you relive two of the most offbeat and funny series ever to appear on a major network. Learn about the creation, background and making of both shows. ***Nov. 18.*** 10-12. **$2.** L. Wolff

THURSDAYS

QF 863 DOCUMENTARIES & DOCUDRAMAS Compare and contrast as we examine some of the best films in both genres. Discuss the differences between the two. Which format tells the story more effectively? What are the different challenges faced by the director? What would you have done? Three sessions: ***Sept. 17, 24; Oct. 1.*** 10-1. **$6.** R. Presser

WF 864 M*A*S*H* & THE KOREAN WAR The iconic TV show, based on the 1970 movie was written as a "black comedy" set during the Korean War. We briefly cover the Korean War because the main focus is to discuss the characters, plots, and the greatest trick the show ever pulled off. View a full episode of M*A*S*H* followed by a discussion. Two sessions: ***Oct. 8, 15.*** 12-2. **$4.** A. Fraenkel

UF 865 HEALTHY EATING HABITS Eating healthy contributes to good health. Topics deal with the relationship of nutrition and a healthier life as well as gut health vs. gut hell. Three sessions: ***Oct. 15, 22, 29.*** 10:30-12. **$6.** C. Pollak

NF 866 ALL HANDS-ON DECK: ALL ABOUT CARING FOR OUR HANDS Learn some simple anatomy of your hands and how we can protect and strengthen them throughout life for maximal function. We will use simple tools found in the home, including bands and coins. Supply list emailed prior to class. ***Oct. 29.*** 1-2. **$2.** N. Aaronson

UF 867 GAMES ARE USEFUL & BENEFICIAL Researchers say that there are games that reduce your chances of developing dementia. That's GREAT! Obtain methods to diminish it. Let's have fun playing one of the suggested games while working to maintain good mental health. ***Nov. 5.*** 10:30-11:30. **$2.** R. Yordan

JF 868 BROADWAY BARGAINS & MORE Learn how to use sites that won't break your budget for Broadway/Off-Broadway tickets. TDF, Digital Lotteries and more are discussed. ***Nov. 5.*** 12:30-2. **$2.** S. Levine

UF 869 ANTARTICA Explore this remarkable continent with our award-winning presenter who will share up-close footage of remarkable icebergs, penguins and other wildlife moving about and communicating. Hear Drake Passage and other stories and tips regarding global warming. A remarkable journey accompanied by amazing photographs and videos. ***Nov. 12.*** 10-12. **$2.** R. Yordan

FRIDAYS

RF 870 ORGANIZING YOUR PHOTOS & VIDEOS Learn how to keep your photos and videos organized in Google photos, Apple photos and Amazon photos. Learn to sort by subject, location, date or whatever else works best for you. ***Sept. 18.*** 9:30-11:30. **$2.** S. Cabot

RF 871 THE MARX BROTHERS Celebrate the careers of the greatest family comedy team of all time. From their early success in theater to their amazing run of feature

films. Photos, film clips and discussions. Two sessions: ***Sept. 18, 25.*** 10-12. **$4.** F. Agnello

WF 872 RELEASE & RELEASE WITH EFT, HAVENING & BREATHWORK Knowledge and practical applications for using science-based practices that improve your state of being are provided. Gain strategies for lowering stress and tension in the body as well as the mind. Three sessions: ***Sept. 18, 25; Oct. 2.*** 10-12. **$6.** R. Demers

RF 873 ARTIFICIAL INTELLIGENCE (AI) What is AI? How is it used? How can we use it? What are its promises and perils? Find out what has been described as "The most important invention of the 20th Century." Two sessions: ***Sept. 25; Oct. 2.*** 10-12. **$4.** S. Cabot

WF 874 CHAIR STRETCHES Stretches that use a chair for increased flexibility, pain relief, strengthening the legs and balancing exercises. Three sessions: ***Sept. 25; Oct. 9, 23.*** 11-1. **$6.** K. Sanson

NF 875 THE POWER & WISDOM OF DREAMS: A JOURNEY INTO MEANING, GUIDANCE & INSIGHT Dreams have influenced history, medicine, philosophy, psychology and the arts and sciences. Yet, dreams remain one of the best kept secrets of human experience. Explore the foundational principles of dreamwork through discussion, guided reflection and creative expression. Learn simple ways to remember, understand, work with and share your dreams. Three sessions: ***Sept. 25; Oct. 23; Nov. 13.*** 10-12. **$6.** J. Matturro

RF 876 JUST DESSERTS Is dessert your favorite part of the meal? Do you ever wonder where the concept of ending a meal with sweets began? Find out which desserts were popular in the past or in other parts of the world as we feast our eyes on some of our favorites and their history. ***Oct. 2.*** 10-12. **$2.** E. Levitt

WF 877 TRANSFORMATIVE AFFIRMATIONS Learn how the power of transformative affirmation can be harnessed to align yourself intentionally with greater wellness and peace in all areas of life. Two sessions: ***Oct. 2, 9.*** 11-1. **$4.** S. Sharma

RF 878 TAME YOUR GMAIL INBOX: ORGANIZE & CLEANUP Declutter your Gmail inbox with smart tools and techniques to sort, clean and stay organized. Learn efficient email management using your computer with tips that apply to your mobile too. Take control and keep important emails from getting lost in the mess. ***Oct. 9.*** 9:30-11:30. **$2.** S. Cabot

RF 879 CHARLIE CHAPLIN Remembering the career of arguably the world's greatest comedian covering short films to features, silent to sound, success to controversy. Enjoy clips, photos and discussions. Three sessions: ***Oct. 9, 16, 23.*** 10-12. **$6.** F. Agnello

RF 880 MASTERING MYCHART/EPIC MEDICAL APP Learn how to create an account through your healthcare provider's website. Using the MyChart account on a computer or mobile device to access your health records, message your doctors or office staff, manage appointments, view test results, pay bills and keep a reminder calendar. ***Oct. 16.*** 9:30-11:30. **$2.** S. Cabot

RF 881 AMERICAN ART: REGIONALISM, SOCIAL REALISM, AMERICAN SCENE PAINTERS (1930'S EARLY 1940'S) American art made a great swing from Realism to Abstraction following the Armory Show of 1913, but many American artists continued to work Realism. Experimental painting lost much of its impetus and the effects of the Depression turned American eyes elsewhere. View works by Edward Hopper, Grant Wood, Jacob Lawrence and more. ***Oct. 16.*** 10-12. **$2.** M. Corti

RF 882 THE JEWISH METROPOLIS: NY (1654-2025) An overview of the history of Jews in NYC from the arrival of the first boatload of refugees in 1654 to the 21st century. ***Oct. 16.*** 10-12**. $2.** D. Soyer

WF 883 REST & RECHARGE Do you struggle to fall asleep, stay asleep or feel rested in the morning? Discover practical ways to improve sleep by understanding the science of sleep. You will have the knowledge and tools to create a sustainable plan for better sleep and overall wellness. Two sessions: ***Oct. 16, 23.*** 10-12. **$4.** R. Demers

RF 884 ID THEFT PREVENTION & CONSUMER CYBER SAFETY: ESSENTIAL TIPS FOR THE CYBER SAVVY CONSUMER Extreme online usage has taken center stage throughout our daily lives following the age of Covid. Now more than ever, scammers seek to take advantage of our vulnerable status. Identity theft and cyber scams are taking on new forms that may be more difficult to detect or correct. Results can be traumatic. Spot the red flags for early detection, leverage tips for prevention and take key steps to minimize the damage. Be sure to incorporate this critical information into your daily routine. ***Oct. 23***. 10-12. **No Fee.** B. Rauer, Better Business Bureau representative.

WF 885 BASIC HINDI FOR TRAVEL Are you interested in the languages and culture of India? Are you thinking of travelling to India? Learn how to order food, take taxis, ask prices and feel confident speaking Hindi. Come join the fun. ***Oct. 23.*** 11-1. **$2.** S. Sharma

RF 886 ANDROID TIPS & SECRETS Learn to use your Android device more effectively. Discover how to use built-in apps, Facetime (iPhone users), take better photos, setup reminders and more. Three sessions: ***Oct. 23, 30; Nov. 6.*** 9:30-11:30. **$6.** S. Cabot

RF 887 SIGNATURE STYLE: ADVANCED ACRYLIC PAINTING Referencing historical art periods and accompanying materials and techniques, students will study a range of methodologies and recreate masterworks as a means to borrow and adapt painting techniques to their own studio work. Suited for painters familiar with acrylic media and interested in further developing their individual style. Supply list emailed prior to first session. Three sessions: ***Oct. 23, 30; Nov. 6.*** 10-12**. $6.** M. Gormley

RF 888 JOHN FORD: THE GOLDEN AGE OF HOLLYWOOD Learn why he was John Wayne's favorite director and his career from Westerns to war films and human drama to light comedy. Look back at his life through photos, film clips and discussions. Three sessions: ***Oct 30; Nov. 6, 13.*** 10-12. **$6**. F. Agnello

RF 889 RESPONSES TO IMMIGRATION Just as they do now, Americans responded to the mass wave of immigration in the late-19th and early-20th centuries in a variety of ways. The lecture explores several responses: the Americanization movement, pluralism, and restriction. ***Oct. 30.*** 10-12. **$2.** D.Soyer

RF 890 BUILD A HEALTHY LIFE BY CHANGING WHAT IS ON YOUR PLATE Plant Powered Metro New York brings you an engaging Food for Life nutrition and cooking series designed for healthy aging. Watch cooking demos from licensed Food for Life instructors, hear top doctors and dieticians and gain practical easy-to-follow tips that help you feel your best every day. Delicious, simple recipes are emailed to registrants to recreate at home. ***Nov. 6*** – Embrace the Power of Your Plate for a Healthy Life; ***Nov. 13*** – Use Whole Foods to Achieve Healthy Blood Pressure. 10-12. **$4.**

RF 891 WHAT'S UP WITH WHATSAPP? Learn the basics of how to communicate over Wi-Fi without data charges via video and voice calls, and how to chat with your family, colleagues, friends and family anywhere in the world. Find out how to set up an account and use your contacts to connect with those already using WhatsApp. ***Nov. 13.*** 9:30-11:30. **$2.** S. Cabot

RF 892 NY'S MAJOR, MINOR PARTIES New York is unusual in that its election law allows small parties to play a major role in the politics of city and state. Look at the history of such major minor parties as the American Labor Party, the Liberal Party, the Conservative Party, and the Working Families Party. ***Nov. 13***. 10-12. **$2.** D. Soyer

REMOTE INTERSESSION COURSES

Registration begins on October 13th and concludes on November 13th. Unless otherwise noted, courses and seminars begin on Tuesday, January 12, 2027, and conclude Thursday, February 11, 2027. Course fees are non-refundable and non-transferable.

TUESDAYS

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

RI 201 STRONG & SERENE A blend of seated weight training, gentle yoga and calming meditation to improve strength, flexibility and mindfulness all from the comfort of your chair. 9:30-10:30. **$10.** I. Dubeau

JI 202 FACE YOGA Increase blood circulation and tone the muscles in your face. A series of exercises that strengthen skin and help create a more radiant complexation. 9:30-10:30. **$10.** S. Ni Amen

RI 203 QUILLING NOT QUILTING FOR BEGINNERS Quilling or paper filigree is an art form that involves strips of paper that are rolled, shaped, and glued together to create decorative designs. Supply list emailed prior to first class by instructor. 9:30-11:30. **$10.** N. Keay

RI 204 ADVANCED BEGINNERS SPANISH For those who would like to excel in grammar, reading and speaking. Pre-requisite: studied three semesters of Spanish. NO beginners. Required books: *Must Know High School Basic Spanish* by Jean Yates, PHD. ISBN#: 978-1260453065; *Easy Spanish Reader* by William T. Tardy ISBN#: 978-1260463606. 9:30-11:30. **$10.** L. Veit

WI 205 THE MUSIC OF PAUL MCCARTNEY Explore the music of one of the most beloved and successful musicians of the 20th & 21st centuries from his early skiffle days through the Beatles years, Wings and his solo career. Lots of archival recordings. 9:30-11:30. **$10.** S. Cabot

XI 206 LET'S MOVE! MORE Moderate exercises for seniors who want to improve fitness, mobility, strength, balance and general health and wellness. Each class includes warm-ups, cardio, resistance training, strength building, balance, cool down and relaxation. Tips on better sleep, nutrition and health are discussed. Light hand weights and resistance bands are used. Supply list emailed prior to first class by instructor. 9:45-11:45. **$10.** M.J. Strauss

RI 207 COZY CROCHET CIRCLE Learn the basic stitches or bring your skills to create beautiful items from your pattern or one that is provided. 9:45-11:45. **$10.** M. Plantemoli

RI 208 LINE DANCING Learn the basics and enjoy this mind and body stimulating experience. 9:45-11:45. **$10.** L. Kalipetes

CI 209 SHORT STORIES INTO FILM Read a short story followed by a screening of the film adaption. Discuss the merits of both the literary story and the film. 9:45-12:15. **$10.** W. Wyss

XI 210 ZUMBA GOLD Combine Latin and International dance rhythms into an energizing cardio workout. It is a safe and total body workout. Movements are modified to accommodate physical limitations. Wear comfortable clothes. 10-11. **$10.** M. Stevenson

XI 211 GROWING OLD GRACEFULLY All exercises are modified using chairs. A total-body workout that addresses stretching, low-impact cardio, balance, finger flexibility, and building primary muscle strength. Movements are accompanied by motivational music. Bring water, a hand towel, light weights, a chair, and dress comfortably. Continuously hydrate hours before the workout begins. 10-11. **$10.** B. Harris

WI 212 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. 10-11. **$10.** D. Montefuscoli

KI 213 SHORT STORIES INSPIRED BY WORKS OF ART, MUSIC & FILM PAINTINGS Discuss short stories that

draw inspiration from works of art including paintings, music and film. Required book: *Art from Art: A Collection of Short Stories Inspired by Art,* Edited by Stephen Soucy. 10-11:30**. $10.** J. Hirsch

WI 214 PRACTICING YOGA FOR OSTEOPOROSIS For those who have already learned Dr. Loren Fishman's FDA-approved series of yoga postures that heal osteoporosis. Practice and improve our postures from Dr. Fishman's Series 2 are introduced. Prerequisite: camera MUST be on during class. 10-11:30. **$10**. J. Pell

WI 215 CARDIO, CORE & MORE WITH JULIET: ALL LEVELS A total body workout that includes a mix of heart pumping cardio exercises with core stabilization movements. Strengthening and tone core muscles, build overall strength and endurance and improve balance and flexibility. 10-11:30. **$10.** J. Gould

XI 216 MAKE AN ART QUILT Create a Mountain Scene or a Beach Scene Art Quilt. Directions/Supplies list emailed prior to first class by instructor. 10-12. **$10**. M. Alvarez

XI 217 WATERCOLORS FOR ALL Paint from pictures provided or choose your own pictures, if desired. Some basic knowledge of watercolors is helpful but not required. 10-12. **$10.** S. Baruchowitz

KI 218 BAG MAKING & BAG CHARMS: INTERMEDIATE/ADVANCED Crochet beautiful bags of various styles for every season with matching charms. Must have knowledge of how to read a crochet pattern. Supply list emailed prior to first class by instructor. **$10**. P. Williams

CI 219 ABSTRACT LANDSCAPES IN WATERCOLOR Paint realistic watercolor landscapes based on what you see by combining the color and techniques of Abstract and Expressionistic painting with casual illustration for pure discovery. Look at many ways to transform an image as we explore rural and urban views, seascapes, bucolic vistas, barns and houses. Supply list emailed before first class by instructor. 10-12. **$10.** P. Siudzinski

CI 220 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. **$10.** M. Mangot

CI 221 CONVERSATIONAL ITALIAN DIALOGUES Learn the basics of Italian conversation. Required book: *Conversational Italian Dialogues* by Lingo Mastery (Conversational Dual Language Books Volume 1). 10-12. **$10.** L. Friscia

CI 222 CHAIR YOGA Use breathing, movement, and meditation to develop a strong, healthy body, mind and spirit. 10-12. **$10.** A. Beeman

QI 223 APPLE IPHONE, IPAD & YOU: INTERMEDIATE Explore the use of Apple's essential features to enhance practical life skills such as Notes, Calendar, Messages, FaceTime, Photos and more. 10-12. **$10.** R. Kornegay

RI 224 FILMS OF THE 1950'S Join us for a look at over 40 essential films of the decade, marking the transition from the Hollywood Studio system to the Modern Era. Features photos, video clips and discussions. 10-12. **$10.** F. Agnello

NI 225 EXPLORE THE POWER OF SELF-SUGGESTION TO INCREASE FOCUS & REDUCE STRESS Learn the proven techniques to reconfigure old beliefs and behaviors that no longer serve you. Find out how to harness the power of your mind while integrating, mindfulness, body scans and breath work to gain clarity and self-fulfillment. An opportunity to practice and personalize your own script for positive change at each session. 10-12. **$10.** R. Demers

NI 226 SEW THE REDWOOD TOTE FROM NOODLEHEAD Make a Redwood Tote - a straightforward pattern from one of the most popular bag designers of her generation, Anna Graham. Instructor walks you step-by-step through the pattern. Prerequisite: Must purchase the pattern. The supply list is on the back of the pattern label. 10-12. **$10.** J. Alexandrakis

WI 227 SHORT STORIES BY COLM TOIBIN Read and discuss a collection of short stories. Required book: *The News from Dublin* by Colm Toibin. Stories to be read are emailed a week before class by the instructor. 10-12. **$10.** J. Frutkin

QI 228 PAINTING IN WATERCOLORS The luminosity and nuance of watercolor make it perfectly suited for still life. Work from a different still life each week. Explore a range of watercolor techniques such as wet-on-wet, resist and glazing. Students can use their own photos/prints for source materials. Supply list emailed prior to first class. 10-1. **$10**. B. DeCeglie

QI 229 SEWING 101 Know the parts of a sewing machine and how to use it. Understand how to read and measure pattern size, select fabric, pattern layout, cut, and sew to complete garments. Supply list emailed prior to first class. 10-1. **$10.** L. Baptist

QI 230 PIANO KEYBOARD: BEGINNER/ INTERMEDIATE Students receive an individual mini lesson weekly and should have access to either a keyboard (61 keys) or acoustic piano. Scales and music theory included. Required textbooks: *Alfred's Basic Adult Piano Course – All In One Course (Lesson, Theory, Technique Level 1* – spiral bound); *Alfred's Complete Essentials of Music Theory.* 10-2. **$10.** M. Patelson

KI 231 SEATED CADIO FUSION FUN Cardio dance, boxing, toning and strengthening in a low impact format. 10:30-11:30. **$10.** T. Gilbert

WI 232 MICROSOFT WORD 1 Learn and use basic features of Word to create documents, editing, managing, modifying, inserting graphics, pictures and images. Requirements: Microsoft Word 365, two devices: PC, desktop, laptop, tablet, smartphone. No iPads or Macs. 10:30-11:30. **$10.** K. Wallace

CI 233 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights are needed for class. You may register for either **CI 233** or **CI 332,** but not both. 10:30-12. **$10.** G. Lichter

RI 234 CHAIR YOGA Strive for a strong, healthy body, mind, and spirit through breathing, movement and meditation. Sturdy chairs needed. No mats. 10:45-11:45. **$10.** I. Dubeau

KI 235 HOW TO GET YOUR BOOK PUBLISHED IN 2027 Discover which of the three publishing paths is the right fit for your goals, timeline and vision. A breakdown of traditional publishing, hybrid models and self-publishing in clear practical terms so you can make a confident and informed decision. 11-1. **$10.** J. Novak

CI 236 ZUMBA GOLD FITNESS Improve stamina, balance and memory while having fun. Dance combined with fitness exercises, stretching and more. 11-1. **$10.** B. Sayegh

QI 237 SOUL LINE DANCE: BEGINNERS PLUS Soul dancing is like Country except it is performed to Soul, Funk, R & B, Hip Hop, Pop, and Gospel music. Have fun and relieve stress while keeping physically and mentally active. No partners needed. 11-1. **$10.** R. Hogans

FI 238 STOP HATING TOFU: FROM TERRIBLE TO TASTY Let's take tofu from bland, spongy or disappointing to deeply flavory using practical techniques that turn it crisp, creamy or tender depending on your goal. Whether you want to hide it or feature it, we'll spill the beans. 11-2. **$10.** N. Kauder

XI 239 NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combining movements and concepts from Yoga, Tai Chi, and other movement forms. Wear comfortable clothes. 11:30-12:30. **$10.** M. Stevenson

QI 240 ZUMBA PILATES FUSION Experience, enjoy and blend Zumba with core-strengthening movements of Pilates mat work. Build cardio endurance and muscular strength while enhancing flexibility, coordination and balance. Suitable for all fitness levels. A yoga or exercise mat (1 inch or more thickness) is needed. 11:30-12:30. **$10.** C. Mitchell

UI 241 BREATH & BALANCE A blend of gentle aerobics, qi gong and tai chi to build strength, balance and coordination. Learn mindful movement and specific exercises designed to prevent falls. Light hand weights and controlled motions help tone muscles and improve posture. 12-1. **$10**. R. Strugger

CI 242 INTERNATIONAL FILMS View and discuss a variety of thought-provoking international films from around the world. 12:15-2:45. **$10.** J. Worth

XI 243 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics included and lifestyle tips to enhance total well-being. Light hand weights, exercise bands and sticky floor mat to stabilize your chair is needed. 12:30-2. **$10.** D. Dolan

JI 244 SIT & BE FIT Stay active, mobile and strong right from your chair. A gentle full-body workout is designed to improve flexibility, circulation and balance while sitting or using a chair for support. Resistance bands and light weights needed. 12:30-2. **$10.** J. Gould Scanlon

KI 245 ZUMBA GOLD Experience international dance fitness rhythms in a fun low impact standing and seated format. Focus on coordination, balance and muscle memory. 12:30-2:30. **$10**. T. Gilbert

KI 246 ACRYLIC PAINTING: INTERMEDIATE Explore paintings of landscapes, portraits and still-life using the friendly and clean medium of acrylic paint. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10.** R. Lubell

KI 247 POLYMER CLAY: INTERMEDIATE Learn to condition clay to create necklaces, earrings, pendants and brooches. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10.** V. Hall

KI 248 WRITERS FUNSHOP Bring your fiction, non-fiction, memoirs to develop, polish and share creative expression in a supportive atmosphere that moves your work from head to page. 12:30-2:30. **$10.** M. Eller

CI 249 MIDDLE EASTERN DANCING: ALL LEVELS After a full body warmup, enjoy this ancient art of belly dance while listening to beautiful Arabic, North African and Turkish music. 12:30-2:30. **$10.** A. Beeman

CI 250 ITALIAN: INTERMEDIATE/ ADVANCED Grammar, reading and conversation are covered. Required book: *Grammatica Italian per Stranieri-In Italiano* (Edqizioni Guerra-Perugia, ISBN 88-7715-013-0) .NOT for beginners. 12:30-2:30**. $10.** A. DeGennaro

NI 251 POSTURE BUILDERS Learn techniques to decrease pain, lengthen the body, strengthen the core and feel more confident. Exercises are seated, standing and in a plank position. Equipment list emailed prior to first class by instructor. 1-2. **$10.** N. Aaronson

WI 252 PRACTICING YOGA FOR OSTEOPOROSIS For those who have already learned Dr. Loren Fishman's FDA-approved series of yoga postures that heal osteoporosis. Practice and improve our postures from Dr. Fishman's Series 2 are introduced. Prerequisite: camera MUST be on during class. 1-2:30. **$10**. J. Pell

KI 253 CROCHET STITCHES OF THE WEEK Learn a new "stitch a week" to make crochet blankets, cushions, shams and a runner. Must have knowledge of how to read a petter. Supply list emailed prior to first class by instructor.1-3. **$10.** P. Williams

JI 254 AI FOR EVERYDAY LIFE: SIMPLE WAYS TO SAVE TIME & DESTRESS IN 2027 Curious about AI but not sure where to start? For those who want to make everyday life a little bit easier. Learn simple, practical ways to use AI tools to save time, reduce stress and stay organized. No technical experience necessary. Explanations step-by-step. 1-3. **$10.** J. Novak

NI 255 BINGO FUN TUESDAYS There's nothing quite like a good old-fashioned game of bingo. Play for fun, social aspect and/or the challenge to earn the title WINNER! Print or handwrite the Bingo cards that are sent via email prior to first game. 2:30-3:30. **$10.** M. Mavrovouniotis

JI 256 BEGINNER UKULELE Learn how to tune your ukulele, play basic chords, practice simple strumming patterns, transition smoothly between chords and play a few familiar songs to build confidence and enjoy making music. No experience needed. 3-4. **$10.** D. Crowley

JI 257 BOLLYWOOD WITH VIN Enjoy the exotic beats of Bollywood, Hip Hop and more. 3-4. **$10.** V. Iyer

JI 258 UKULELE: BEYOND BEGINNER Ready to keep going? For those players who know the basic chords and want more practice. We'll build on basic chords, improve transitions, learn new strumming patterns and play familiar

songs. 4:15-5:15. **$10.** D. Crowley

WEDNESDAYS

Jan. 13, 20, 27, 26; Feb. 3, 10

JI 301 CORE/SCULPT WITH VIN Improve your body muscle and burn calories. When balance improves it decreases the risks of falls while building bone density. 7:45-8:45. **$10.** V. Iyer

WI 302 CLASSIC FILM NOIR Join us as we watch and analyze films of the 1940's and 50's. 9-11. **$10.** R. Miles-Abraham

RI 303 CHAIR YOGA FOR BETTER BALANCE Gentle and effective way to improve stability, flexibility and strength. Regain confidence in movement or enjoy a relaxing stretch which will help you feel more grounded. 9:30-10:30. **$10.** M. Heath

XI 304 EXERCISES FOR ARTHRITIS, BALANCE, STRENGTH & RANGE OF MOTION Moderate seating and standing exercises for seniors and those who want to improve flexibility, strength, balance, and overall wellness using light hand weights, a towel and a stick (mop handle, dowel or cane). Learn special exercises to strengthen knees, stiff necks and achy fingers. Supply list emailed prior to first class. 9:30-11. **$10.** M.J. Strauss

WI 305 GUITAR PRACTICE Continue honing your skills. Learn new chords and hone your technique. Suitable for all levels. Guitar and a clip-on tuner are needed for class. Required book: Hal Leonard Guitar Method Book 1, Second Edition. 9:30-11:30. **$10.** S. Cabot

RI 306 ABRAHAM LINCOLN IN THE LAST YEARS OF THE CIVIL WAR Study the life of Abraham and Mary Lincoln during the Civil War (1864 – 1865). Highlights include Lincoln's relationship with Ulysses S. Grant, his stormy re-election, the 2nd Inaugural Address, visit to Richmond, and much more. 9:30-12:30. **$10.** L. Warner

RI 307 LOW IMPACT DANCE FITNESS Enjoy a dance-based workout that includes fun, dance and strength training for a full body workout. Helps improve cardiovascular health, strength, and boosts your mood while protecting your joints. Proper footwear necessary. You may register for only one Low Impact Dance Fitness course. 9:45-10:45. **$10.** A. Kusumo

RI 308 DISCOVER YOUR INNER GODDESS THROUGH BELLY DANCE Learn basic techniques and simple combinations for a lively experience. 9:45-11:45. **$10.** J. Lamonica

CI 309 THE BEST OF THE BRITS View and discuss British classic films. 9:45-12:15. **$10.** C. Friedman

WI 310 GENTLE YOGA Enjoy a mix of Vinyasa and Hatha yoga, meditation, stretching and restorative poses. Develop self-awareness, strength building, flexibility, and a sense of calm. A block/small book to prop yourself, and a strap/towel are needed. 10-11. **$10.** L. Madsen

XI 311 NIA TECHNIQUE A full body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combines movements and concepts from Yoga, Tai Chi and other movement forms. Wear comfortable clothes. 10-11. **$10.** M. Stevenson

KI 312 FEMALE JAZZ VOCALISTS OFTEN OVERLOOKED Perhaps temporarily, but not forgotten: Abbey Lincoln, Etta Jones (not James), Cleo Lane, Carmen McRae and Anita O'Day. 10-11;30. **$10.** J. Hirsch

WI 313 INTRO TO STRENGTH TRAINING Learn proper form and technique to build a basis for strength exercises to make everyday tasks easier. Maintain muscle mass is essential for an active lifestyle. Enhance bone and joint health while improving balance and stability. Varying fitness levels are welcome. 10-11:30. **$10.** J. Gould

WI 314 BOOK ARTS ARE BACK Learn to make tiny and small books/journals with new or recycled/repurposed materials from around the house. Many different style techniques and materials are explored. All new projects. Supply list emailed prior to first class. 10-12. **$10.** M. Scheblein-Dawson

CI 315 CONVERSATIONAL SPANISH FOR BEGINNERS Introduction to the Spanish language and culture. Emphasis on grammar and conversational skills. Required book: *Easy Spanish Step-By-Step* by Barbara Bregstein. 10-12. **$10.** E. Lopez

CI 316 MODERN ASIAN BRUSH PAINTING Learn the exciting art of Asian Brush Painting. Fish, birds, flowers, and landscapes will flow from your brush. This is pure discovery. No experience needed. Supply list emailed prior to first class by the instructor. 10-12. **$10.** P. Siudzinski

JI 317 MAH JONGG Learn to play the American version by following the National Mah Jongg rules and using a current card. A good opportunity for those wishing to merely brush up on their skills. 10-12. **$10.** S. Levine

NI 318 MAKING A FAMILY HANDPRINT WALL HANGING Stitch a family handprint wall hanging using the tracings of your children and grandchildren's handprints. Cut them from felt and layer on a background panel. Full embellishment encouraged. Learn how to make a rod pocket to hang on the wall. Beginners welcome. Hand or machine sewing. Supply list emailed prior to first class by instructor. 10-12. **$10.** J. Alexandrakis

KI 319 CHAIR YOGA A gentle meditation form of yoga that uses a chair for support while sitting or standing. Deepens flexibility and supports balance at any fitness level. 10-12. **$10.** A. Beeman

QI 320 GOLDEN SNEAKERS Get the most out of breathing and stretching exercises. Learn basic dance routines. Wear comfortable clothes and sneakers. Chair and weights needed. 10–12. **$10.** J. Maleeq

RI 321 WOMEN'S FICTION Read and discuss *The Things We Never Say* by Elizabeth Strout. A story about a lonely Massachusetts history teacher with a life altering secret. 10-12. **$10.** A. Zuckerberg

RI 322 CONVERSATIONAL FRENCH Learn practical words and phrases for everyday situations – travel, dining, shopping and conversation. 10-12. **$10.** I. Dubeau

WI 323 CULTIVATING CONNECTIONS: STEPS TO BUILD STRONGER & FULFILLING RELATIONSHIPS Current knowledge and practical skill building to improve the quality of your relationships. Emphasis on, but not limited to self-awareness, emotional regulation, communication and conflict repair. 10-12. **$10.** R. Demer

FI 324 NYC ARCHITECTURAL HISTORY SKETCH WORK Learn the fundamentals of 1- & 2-point perspective drawing and how to create architectural sketches. Focus is on a select number of NYC buildings/sites and providing some fun historical facts. Demos, perspective lessons and individual assistance provided. All levels welcome. An understanding of 1- & 2-point perspective is helpful. Supply list emailed prior to first class. No class: ***Feb. 10.*** 10-12:30. **$10.** J. Fisher

QI 325 PAINTING WITH CONFIDENCE Create your masterpiece following step-by-step instructions exploring color theory and brush techniques. Designed for beginners. Supply list emailed prior to first class. 10-1. **$10.** R. Cooper

QI 326 QUILTING Journey into the world of Foundation Paper Piecing to create beautiful mini quilts. Textbook : *Favorite Foundation Pieced Minis Book 2* by Miriam Neuringer. Supply list emailed prior to first class. 10-1. **$10.** E. Reilly

QI 327 SEWING 102 Learn to create a blouse featuring sleeves and ruffles. Supply list emailed prior to first class. 10-1. **$10.** L. Baptist

QI 328 ART WITH IMPRESSIONISTIC FLAIR IN ACRYLICS & OIL Learn how to paint in the impressionistic style using still-life and photos. Each class begins with a demonstration. Supply list emailed prior to first class. 10-1. **$10.** B. DeCeglie

RI 329 CLOUDS & TREES IN WATERCOLOR Unwind, explore, and reconnect with your creativity focused on the beauty of nature. Capture the soft movement of clouds, the organic shape of trees and the subtle interplay of light and color to bring landscapes to life. Open to beginners and those who want to refine their skills. Supply list emailed prior to first class. 10-1. **$10.** N. Morgan

QI 330 PIANO KEYBOARD: BEGINNER/INTERMEDIATE Note reading, chord playing and a variety of music covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Texts: *Alfred's Adult Basic Piano Course – All in One Course (Lesson, Theory, Technique Level 1 – spiral bound); Alfred's Complete Essentials of Music Theory; Scale and Chord Book 2* by Nancy and Randall Faber. 10-2. **$10.** Michael Patelson

JI 331 CORE, STRENGTH & BALANCE Improve stability and posture while toning core muscles through a variety of exercises using weights, resistance tools and stability challenges. Suitable for all levels with modifications, if needed. 10:30-11:30. **$10.** S. Levine

CI 332 SENIOR FITNESS (FALL STOP MOVE STRONG) Exercise to develop muscle strength, increase flexibility and improve balance. No floor exercises. Light hand weights are needed for class. You may register for either **CI 233** or **CI 332,** but not both. 10:30-12. **$10.** G. Lichter

RI 333 GENTLE YOGA ON YOUR MAT: ALL LEVELS A peaceful practice that focuses on slow, mindful movements to improve flexibility and stability. Breath techniques are part of the practice to soften stress and tension. Yoga mat, block and strap are needed. 10:45-11:45. **$10.** M. Heath

RI 334 LOW IMPACT DANCE FITNESS Enjoy a dance-based workout that includes fun, dance and strength training for a full body workout. Helps improve cardiovascular health, strength, and boosts your mood while protecting your joints. Proper footwear necessary. You may register for only one Low Impact Dance Fitness course. 11-12. **$10.** A. Kusumo

KI 335 GET IT WRITTEN: USING AI TO TURN IDEAS INTO FIRST DRAFTS Hands-on writing series with one goal: finishing your first draft. Take ideas and learn how to shape, structure and develop them into real writing. AI tools are used to help with brainstorming, organizing ideas and improving clarity, while keeping your voice in control. 11-1. **$10**. J. Novak

XI 336 AGELESS GRACE A gentle seated full body workout done to upbeat lively music. Focus on joint mobility, spinal flexibility, balance, strength, and breathing that stimulate the brain and body. Wear comfortable clothes. 11:30-12:30. **$10.** M. Stevenson

XI 337 DOO WOP: FROM LEAD SINGER TO SOLOIST Hear the music and the stories of famous Doo Wop lead singers who went solo (Dion, Ben E. King and more.)12-2. **$10.** H. Bloch

XI 338 PAPER FLOWERS & VALENTINES DAY PAPER CRAFTS Create early spring flowers: a hellebore and a plumeria flower and some special Valentine's Day hearts and a heart flower - all using Astrobrites copy paper, tacky glue and a wooden skewer. Supply list emailed prior to first class by instructor. 12:15-2:15. **$10.** M. J. Strauss

CI 339 ITALIAN CINEMA View and discuss thought-provoking Italian films. Films are shown with English subtitles. 12:15-2:45. **$10.** J. Worth

QI 340 ZUMBA GOLD Learn the dance program inspired by Latin rhythms that has been modified for retirees and beginners in their exercise routine. Wear comfortable clothes and shoes. 12:30-1:30. **$10.** J. Maleeq

CI 341 WATERCOLOR HOW-TO Focus on techniques that allow the brush to do the work so what you paint looks the way you want it. Work with dry brushes, wet-on-wet, washes and other techniques to paint a variety of subjects - flowers, animals, landscapes and more. You can also paint from your own photos/prints. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10.** P. Siudzinski

JI 342 NEW YEAR, STRONGER YOU WITH JULIET Kickstart your year with safe movements designed to improve strength, balance and mobility. Enhance confidence and independence for daily tasks through exercises using resistance bands, weights and cardio. 12:30-2:30. **$10.** J. Gould Scanlon

XI 343 EXERCISE PLUS Blend of exercises designed to tone, strengthen and increase stamina and flexibility. Low impact aerobics included and lifestyle tips to enhance total well-being. Light hand weights, exercise bands and sticky floor mat to stabilize your chair is needed. 12:30-2. **$10.** D. Dolan

CI 344 SHORT STORIES Discuss and analyze modern-day short stories. Required book: *Show Don't Tell* by Curtis Sittenfeld. Read "Show Don't Tell" and "The Marriage Clock" for first class.

12:30-2:30. **$10.** A. Zuckerberg

JI 345 CANASTA Enjoy learning and playing Canasta. Two decks of cards or Canasta cards are suggested. 12:30-2:30. **$10.** S. Levine

KI 346 GREAT BOOKS TO GREAT FILMS View and discuss Guillermo Del Toro's *Frankenstein*, *The Green Knight, Jane Eyre* and more. 12:30-2:30. **$10.** M. Eller

KI 347 BOLLYWOOD & BELLY DANCE Enjoy dancing to the energizing music of classic and contemporary Bollywood movies using belly dance and Indian folk techniques in short combos and choreography. 12:30-2:30. **$10.** A. Beeman

KI 348 DRAWING FOR BEGINNERS/ INTERMEDIATE Learn the fundamentals of drawing. Supply list emailed prior to first class by instructor. 12:30-2:30. **$10.** R. Lubell

RI 349 BEGINNERS JEWELRY MAKING Learn the fundamentals of jewelry making. Bring your own materials or create a piece from a pattern provided in class. 12:30-2:30. **$10**. N. Keay

RI 350 HERBS, SPICES & SUPERFOODS Learn how to enhance the flavor of meals using herbs, spices and superfoods and reaping their health benefits without relying on salt, sugar or oil. 12:30-2:30. **$10.** N. Kauder

QI 351 GET FIT WITH KICKBOXING & BALANCE Experience a full body workout combining martial arts moves with cardio. Balance exercises help with body coordination, improving reaction time, and prevent falls. Stable chair needed. Beginners and advanced welcome. 1-2. **$10.** C. Mitchell

WI 352 STRENGTHENING & BALANCE TECHNIQUES TO PREVENT FALLS Improve your daily function and prevent falls with the Otago method of strengthening using weights and bands along with specific balance exercises. Emphasis on proper posture and body alignment. Supply list emailed prior to first class by instructor. 1-2. **$10.** N. Aaronson

UI 353 OLDIES & DOO WOP MUSIC We'll explore oldies and doo wop music all based around certain topics including geometry, going to the circus or Valentine's Day. Some of the songs you know while others are so obscure that you might be hearing them for the first time. Learn about the performers, the songs and listen to some great music. 1-3. **$10.** I. Faber

WI 354 SWEDISH DEATH CLEANING MADE SIMPLE: CLEAR CLUTTER, KEEP WHAT MATTERS Learn where to begin with removing the clutter, how to progress and why getting organized can bring a powerful sense of relief and peace of mind. Take steps toward creating order in your space through live, guided mini assignments. Feel lighter and more in control. 1-3. **$10.** J. Novak

KI 355 LANDSCAPE WALL HANGING QUILT Create a landscape applique collage wall hanging quilt using a one-piece pattern and adding scraps of fabric. Supply list emailed prior to first class by instructor. 1-3. **$10**. A. Smith

WI 356 SALSA/SWING/JAZZ DANCE CLASS Complete body warm-up focusing on polyrhythms throughout the body to increase flexibility. Learn Mambo, Cha Cha, Samba, Swing and Jazz to great music. 1-3. **$10.** K. Sanson

WI 357 SLOW STITCHING IS BACK Slow stitching is relaxing, no stress, no mistakes way to use up bits and bobs of fabric and other materials. No sewing experience is required, but it's helpful if you know how to sew on a button. Never too early to start collecting fabric scraps, trimmings and more. Supply list emailed prior to first class by instructor. 2-4. **$10.** M. Scheblein-Dawson

FI 358 8 TRIGRAM QIGONG PART 2 For those who have taken Part 1. We'll go into the meanings of 8 Trigrams in relation to the forms you've already learned. Learn how to stitch the movements together. 2:30-4. **$10.** T. Pakula

THURSDAYS

Jan. 14, 21, 28; Feb. 4, 11

WI 401 SHORT STORY MYSTERY BOOK CLUB Be the detective as we read and solve true and fake hot and cold mystery crime cases. 9-11. **$10.** R. Miles-Abraham

CI 402 ART BASICS I A fun intro to drawing using basic supplies to draw still-life, landscapes, faces and more. Supply list emailed prior to first class. 9:30-12. **$10.** W. Bradley

JI 403 FACE YOGA Increase blood circulation and tone the muscles in your face. A series of exercises strengthen your skin and help create a more radiant complexion. 9:30-10:30. **$10.** S. Ni Amen

WI 404 PHOTOGRAPHY: DEVELOPING YOUR UNIQUE VISION Develop and enhance your skills to become a better photographer. Learn new techniques and from established master photographers. Suitable for all cameras, from cell phones to the latest mirrorless cameras. 9:30-11:30. **$10.** S. Cabot

CI 405 ZUMBA CHAIR PLUS Get toned, work your cardio and feel great. Stretch and move to choreographed dance routines using a chair, light weights (1, 2, or 3 lbs.) and resistance loop bands are needed for class. 10-11. **$10.** B. Sayegh

UI 406 AGING GRACEFULLY: PROACTIVE SKINCARE FOR MATURING ADULTS Did you know that your skin is the largest organ of your body? Yes, your skin is constantly changing and recreating itself in cell turnover. Learn the different methods, products and techniques to keep your skin looking and feeling its best at any age. No class: ***Jan. 14.*** 10-11:30. **$10.** J.Hoffman

WI 407 RESISTANCE BAND CAMP & CARDIO Get a full body workout while enhancing coordination, increasing muscle endurance, joint mobility and overall cardiovascular health. Help rehabilitate injuries while strengthening your muscles, using resistance bands. Strength training combined with cardio boosts your aerobic fitness and improves muscular endurance. 10-11:30. **$10.** J. Gould

CI 407 BEGINNING BEADING Explore the craft of bead weaving to create jewelry from seed beads using needles and thread. Learn different stitch designs to make flat and tubular braclets and necklaces. Supply list emailed prior to first class. 10-12. **$10.** E. Miller

CI 408 THE AVANT GARDE, KITSCH & CULTURE Learn what the avant Garde, Kitsch and artistic traditions are and their effects on Western society. 10-12. **$10.** M. Meyer

CI 409 FOR THE LOVE OF SHORT STORIES Read, enjoy and discuss stories from classic to postmodern writers. Read two themed stories each week (accessible online). Read *The Boarding House* by James Joyce and *After the Funeral* by Tessa Hadley for first class. 10-12. **$10.** M. Mangot

CI 410 AMERICAN CRISES Discuss our nation's crises from its founding such as revolution, economic depression, the Civil War, the Cold War and territorial disputes – the causes, resolutions and effects. 10-12. **$10.** J. Butterfield

QI 411 CHATGPT MADE SIMPLE FOR SENIORS Discover, explore and learn how to use ChatGPT to simplify daily tasks, spark creativity, stay organized and have a little fun. No technology experience needed. Download the free version of ChatGPT (chaptgpt.com) on your computer. 10-12. **$10.** R. Kornegay

QI 412 ART GALLERIES & MUSEUMS EXPOSED See the current exhibitions at art galleries and museums from your home. Learn to appreciate the artist, subject matter and creative process. Art history examples give perspective on current art. 10-12. **$10.** D. Wells

QI 413 FRENCH FOR ADVANCED BEGINNERS Build up basic language skills, focus on developing vocabulary, grammar, and conversational abilities. Delve deeper into various topics such as daily routines, hobbies, travel and cultural aspects of French speaking countries. Textbook: *French Conversation Comprehensive Study Program* by Eliane Kurbegov. Premium Third Edition ISBN: 9781264257294. 10-12. **$10.** I. Dubeau

NI 414 WONKY STARS IMPROVISATIONAL QUILTING Learn how to make stars from your tiniest fabric scraps, then assemble them into a quilt or stitch them onto whatever you'd like. Prior sewing experience is helpful. Machine piercing only. Final projects may vary. 10-12. **$10.** J. Alexandrakis

WI 415 MINDFUL ZENTANGLES A fun and relaxing way to create beautiful, organic and geometric images by drawing structured patterns. It's more than an art form; it helps relieve stress and offers pleasure. Supply list emailed prior to first class by instructor. 10-12. **$10.** T. Ullman

WI 416 WRITERS WRITE You have a story to tell, and we want to hear it. Focus on the craft of writing memoirs, fiction and/ or poetry using the workshop model. The goal is to complete your book. 10-12. **$10.** S. Williams-Harrigan

QI 417 FILM CLASSICS Watch and examine movie classics from start of the talkies in the early 30's through screwball comedies of the 40's. Observe the changes in filmmaking techniques and audience expectation from black and white to technicolor. 10-1. **$10.** R. Presser

QI 418 DRAWING & SKETCHING: INTERMEDIATE Use charcoal and pencil to explore black and white media. Supply list emailed prior to first class. 10-1. **$10.** B. DeCeglie

QI 419 PIANO KEYBOARD: BEGINNER/ INTERMEDIATE Note reading, chord playing and a variety of music is covered. Use your own keyboard (61 keys) and headphones or your own upright or grand piano. Required textbooks: *Alfred's Adult Basic Piano Course – All In One Course (Lesson, Theory, Technique Level 1 –* spiral bound); *Alfred's Complete Essentials of Music Theory; Scale and Chord Book 2 by Nancy and Randall Faber.* 10-2. **$10.** Michael Patelson

WI 420 DANCING MEDITATION A safe whole-body workout without strain to the joints and muscles which incorporates gentle classic dance stretches, Qi Gong and yoga while our breath and movements lead us to greater peace and connectivity. Build body strength, improve posture, increase flexibility, stamina and core body awareness. 10:30-11:30. **$10.** A. Sherry

JI 421 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 instructor's help. Handouts emailed weekly. 10:30-12. **$10.** J. Goleme

QI 422 EXERCISE FOR GENTLEMEN Combines strength training, flexibility exercises and building stability. Retired men will benefit from improving muscle strength and stretching while building on their confidence and improved balance. Resistance bands, weights and chair are needed. 11-12:15. **$10.** C. Mitchell

JI 423 NEW YEAR, FRESH START: 10 EASY THINGS TO DECLUTTER FOR AN ORGANIZED 2027 Start the year off right with 10 quick decluttering wins that make a big difference. Learn clever shortcuts to make spring cleaning less overwhelming. Tackle a few live guided mini tasks together in class and experience the "aha" moment of instant progress. 11-1. **$10.** J. Novak

CI 424 MANDARIN CHINESE FOR ADVANCED BEGINNERS Build upon basic language skills, develop vocabulary and conversational ability. Practice in pronunciation and recognizing Chinese characters as well as aspects of Chinese culture. Previous experience in learning Mandarin is required. 11-1:30. **$10.** G. Lichter

WI 425 MAT PILATES A workout program that improves muscle tone, flexibility, spinal support, body balance and lower back health. Movements are performed on the ground using Pilates or a yoga mat. Optional: Pilates circle, Pilates mini-ball and usage of resistance bands. 12-1. **$10.** K. Smith

UI 426 HISTORY OF SOAP OPERAS Step into the dramatic world of television's most addictive storytelling in this lively look at the history of soap operas. From daytime favorites to prime-time hits! We'll explore the scandals, romances, rivalries and cliffhangers that captivated millions. Special mention to the gothic phenomenon, Dark Shadows, that brought vampires and the supernatural to daytime TV. Perfect for fans of classic television and pop culture history. 12-2. **$10.** J. Bush.

WI 427 ALFRED HITCHCOCK PRESENTS…. GOOD EVENING Watch, discuss and analyze the thrilling and mysterious style of Alfred Hitchcock's TV episodes. 12-2. **$10.** R. Miles-Abraham

CI 428 QUILTING Create beautiful quilts, pillows, and decorative accessories. 12:15-2:45. **$10.** T. DeCourcy

CI 429 DOCUMENTARY FILMS View and discuss thought-provoking documentaries. 12:15-2:45. **$10.** C. Friedman

JI 430 SILVER FITNESS WITH JULIET

Build strength and your ability to move through daily activities. Improve flexibility, balance, coordination, agility and cardio in a seated or standing position using light weights and possibly an exercise band. 12:30-2. **$10.** J. Gould Scanlon

WI 431 BELLY DANCE FUN A safe whole-body workout without strain to joints or muscles. Learn the specialized techniques to build body strength, improve posture, increase flexibility and more while having fun dancing. Warm-ups, basic belly dance moves and short, fun choreographies included. Wear comfortable clothes that allow for stretching. 1-2. **$10.** A. Sherry

WI 432 ITALIAN THROUGH MUSIC: FROM CLASSICS TO CONTEMPORARY Explore the Italian language through cultural and musical icons like Pavarotti, Bocelli, Sal DaVinci and more. Learn the history of the songs and singers as well as the words and meaning of the song. Practice the language with enjoyable singalongs. 1-2. **$10.** J. Ferrari

CI 433 ART BASICS 2 A continuation of basic art. Further exploration of various art forms and techniques including still-life, landscapes, and faces in watercolor, dry mediums, and more. May include analyzing art of the masters, abstraction, and some figure drawing. 1-3. **$10.** W. Bradley

WI 434 WHAT'S IT WORTH? APPRAISING COLLECTIBLES FOR FREE Learn simple and completely free ways to identify and appraise your treasures. Discover how to uncover the potential value behind the items you already own. Bring a smartphone or tablet along with a favorite item for a hands-on experience. Gain practical skills that you can use anytime to explore and understand your treasures. 1-3. **$10.** J. Novak

WI 435 OILING THE JOINTS A stretch class based on Pilates and good old-style jazz and modern dance flexibility workout. Building stamina using the floor, chair, weights and balancing exercises. 1-3. **$10**. K. Sanson

FI 436 THE BIBLE: A TRUE FAMILY PORTRAIT Let's take a trip through the Bible together across the Millenia. From Adam to Jesus, let's focus in on how families fulfilled divine purposes and made a lasting impact throughout the generations. 1-3. **$10.** B. Lowenberg

FI 437 TAI CHI: YANG 8 FORM FOR HEALTH & BALANCE Learn the 8 forms in a short form which takes little space, improve clarity, strength, flexibility and balance. 2:30-3:30. **$10.** T. Pakula

UI 438 CARDIO, CORE & MORE WITH JULIET: ALL LEVELS Get a total body workout that includes a mix of heart pumping cardio exercises with core stabilization movements. Strengthening and tone core muscles, build overall strength and endurance and improve balance and flexibility. 2:30-4. **$10.** J. Gould Scanlon

REMOTE INTERSESSION SEMINARS

Seminar fees are non-refundable and non-transferable.

TUESDAYS

UI 805 UNUSUAL INSTRUMENTS USED BY THE BEATLES & THE ROLLING STONES Both groups expanded the landscape of rock music in the 60's by incorporating unconventional instruments, often under the influence of global musical traditions and new technology. Let's explore them together. Three sessions: ***Jan. 12, 19, 26.*** 10-11:30. **$6.** R. Marinello

UI 806 HARLEM ON MY MIND Journey through the rich cultural landscape of the Harlem Renaissance. You'' be brought back to the cultural movement of the 20's & 30's that transformed Harlem into the center of African American art, literature, music and intellectualism. Two sessions: ***Jan. 12, 19.*** 2-4. **$4.** R. Miles-Abraham

UI 807 INTRO TO AI & USING CHATGPT Learn how to set up for success with artificial intelligence (AI) including: 1. What is AI? 2.What is ChatGPT? 3. What can AI do for me in daily life? 4. How do I start? Enhance your ability to use AI for day-to-day tasks like searching the internet, replying to emails and more. You may register for **UI 807** or **UI 813**, but not both. Two sessions: ***Jan. 12, 19.*** *5*-6. **$4**. J. Varon

WI 808 TRANSFORMATIVE AFFIRMATIONS Learn how the power of transformative affirmations can be harnessed to align yourself intentionally with greater wellness and peace in all areas of life. ***Jan. 19.*** 11-1. **$2.** S. Sharma

UI 809 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices including how to recognize scams, phishing and avoiding hacking attempts. You may register for only one Internet Security and Digital Privacy seminar. ***Jan. 26.*** 3-5. **$2.** J. Goklevent

UI 810 NAT KING COLE Nat King Cole's fame lasted throughout his life. We will focus on the vocalist, his hits and other works. He remains well loved among popular music enthusiasts. You will LOVE this class! ***Feb. 2.*** 1:30-3:30. **$2.** M. Zucker

UI 811 FRANK SINATRA There were numerous chapters in Frank Sinatra's storied career. After his work with Harry James and Tommy Dorsey, he became a solo act in movies and recordings, the time Columbia Records forced him to sing unbecoming songs, his film failures, and how he lost his voice to illness. We will also deal with his rebirth and his great success as a singer and actor. ***Feb. 9.*** 1:30-3:30. **$2.** M. Zucker

UI 812 ANTARTICA We will explore this remarkable continent with our award-winning presenter who will share up-close footage of remarkable icebergs, penguins and other wildlife moving about and communicating. Hear Drake Passage and other stories and tips regarding global warming. A remarkable journey accompanied by amazing photographs and videos. Two sessions: ***Feb. 2, 9.*** 10-11:30. **$4.** R. Yordan

UI 813 INTRO TO AI & USING CHATGPT Learn how to set up for success with artificial intelligence (AI) including: 1. What is AI? 2.What is ChatGPT? 3. What can AI do for me in daily life? 4. How do I start? Enhance your ability to use AI for day-to-day tasks like searching the internet, replying to emails and more. You may register for **UI 807** or **UI 813**, but not both. Two sessions: ***Feb. 2, 9.*** *5*-6. **$4**. J. Varon

WEDNESDAYS

UI 814 CASABLANCA: HOLLYWOOD'S GREATEST LOVE STORY The most romantic film of all time! This film cemented Humphrey Bogart as a tough and sexy leading man and superstar of his day along with Ingrid Bergman and a superb supporting cast. Learn the backstory behind the film and why this was such a rousing hit. ***Jan. 13.*** 10-12. **$2.** L. Wolff

UI 815 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices including how to recognize scams, phishing and avoiding hacking attempts. You may register for only one Internet Security and Digital Privacy seminar. ***Jan. 13.*** 3:30-5:30. **$2.** J. Goklevent

JI 816 COZY UP WITH KOSHER COOKING Prepare dishes that will have you feeling warm and cozy during the winter months. Ingredient list/recipes emailed prior to first class by instructor. Two sessions: ***Jan. 13, 20.*** 1:30-3:30**. $4.** I. Marcus

RI 817 GRISAILLE: ACRYLIC PAINTING FOR REAL Develop a realistic painting style by learning how to create underpaintings in shades of gray. Ideal for both intermediate and advanced painters and best taken in combination with Secret Glazing Techniques. Three sessions: ***Jan. 13, 20, 27.*** 9:30-11:30. **$6.** M. Gormley

RI 818 SECRET GLAZING TECHNIQUES FOR ACRYLIC PAINTERS Learn how to apply translucent layers of paint to create lifelike images that glow with an inner light. Ideal for both intermediate and advanced painters wishing to develop a realistic painting style. Three sessions: ***Jan. 13, 20, 27.*** 12:30-2:30. **$6.** M. Gormley

UI 819 THE ODD COUPLE: FROM STAGE TO SCREEN TO TELEVISION Discover how it began as a real-life situation, became a play, a memorable film and then one of the greatest television series of all time. How did the casting come about for Broadway, film and television? ***Jan. 20.*** 10-12. **$2.** L. Wolff

UI 820 NYSUT CATASTROPHIC INSURANCE & MORE Focus on Catastrophic Plan, its claims process and other NYSUT member benefits. ***Jan. 20.*** 3:30-5. **No Fee.** M. Kennedy, NYSUT.

UI 821 SINGING THE "BLUES" Over the past century, composers and lyricists have incorporated the word "blue" in a vast array of song titles and used it as a recurring theme in the lyrics. Relive a variety of memorable numbers such as Irving Berlin's *Blue Skies*, Neil Diamond's *Song Sung Blue* and experience some wonderful vocal renditions by Frank Sinatra, Ella Fitzgerald and more. ***Jan. 27.*** 10:30-12. **$2.** R. Knox

UI 822 BEHIND THE CAMERA: THE ART OF GREAT FILM DIRECTING This presentation will demonstrate just how essential good direction is to the overall film experience by means of video clips. Examine how great directors (past and present) like Kubrick, Welles, Scorsese, Hitchcock, and Spielberg make use of key elements such as montage, effective editing techniques and musical cues to make their films enjoyable even after multiple viewings. ***Feb. 3.*** 10:30-12. **$2.** R. Knox

UI 823 INTERNET SECURITY & DIGITAL PRIVACY Learn the best practices to protect your home computer, smartphone and other devices including how to recognize scams, phishing and avoiding hacking attempts. You may register for only one Internet Security and Digital Privacy seminar. ***Feb. 3.*** 3:30-5:30. **$2.** J. Goklevent

UI 824 MALT SHOP INSTRUMENTALISTS Prior to Rock & Roll, most music was composed without lyrics, and they have never ceased to lose their popularity. Following this tradition, some early Rock & Roll performers such as Duane Eddy, the Champs, the Ventures, Santo & Johnny and Dave Cortez were responsible for some of the best-selling recordings of the Malt Shop era. Relive some of their compositions and examine how and why they had such universal appeal. ***Feb. 10.*** 10:30-12. **$2.** R. Knox

UI 825 WHAT'S YOUR BEST GUESS: A BLACK HISTORY CELEBRATION Engage in an interactive game show celebrating Black History Month. Topics include film, music, sports, historical leaders and in the field of science. Accompanied by music and video selections. ***Feb. 10***. 3:30-5:30. **$2.** R. Yordan

THURSDAYS

UI 826 HOW TO SELF PUBLISH YOUR BOOK & PROMOTE IT Learn the steps to self-publish your book beginning with writing, editing, illustrating, creating the covers, organizing content, transferring the book to publisher's website and finally applying for a copyright. Find out the ways to promote the book as well. ***Jan. 14.*** 10-11:30. **$2.** L. Sarnoff

WI 827 BIRTHDAYS THROUGH THE DECADES Take a stroll down memory lane and celebrate the decade you were born. From the 30's through the 70's, we'll listen to music, watch clips of the movies and discuss the fads and culture of the decade. ***Jan. 21.*** 12-2**. $2.** A. Fraenkel

NI 828 ALL HANDS-ON DECK: ALL ABOUT CARING FOR OUR HANDS Learn some simple anatomy of your hands and how we can protect and strengthen them throughout life for maximal function. We'll use simple tools found in the home including bands and coins. ***Jan. 28.*** 1-2. **$2.** N. Aaronson

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Seminars (not included in five-course limit).

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