

Academy for Lifelong Learning Saratoga Region
Educational Courses and Social Activities for Adults

2023 Spring Sessions 1 and 2

Registration is now open for 5-week courses

Session 1: April 10 – May 12

Session 2: May 15 – June 16

Sponsored by Prestwick Chase



*Courses & Social Activities
for Adult Learners*

Course Registration Membership Application

Registrations will be accepted for open courses throughout the sessions.
Some courses will sell out.

Noncredit spring courses/study groups are offered on location in classrooms,
outdoors, or by Zoom.

Academy for Lifelong Learning Saratoga Region, Inc
PO Box 4395, Saratoga Springs, NY 12866
Jeff Shinaman, Executive Director, 518-290-6988, Jeff@allsaratoga.org
Lora Brown, Office Manager, 518-290-6968, Lora@allsaratoga.org
Office Hours: Monday – Thursday, 8:30 a.m. to 2:30 p.m.
For more information on A.L.L., go to www.allsaratoga.org

SPRING 2023 SEMESTER CONSISTS OF TWO, FIVE-WEEK SESSIONS

Session 1: April 10 – May 12, Session 2: May 15 – June 16

- **Noncredit educational courses and social activities for older adults is what we do.**
- **If you have the time, we have the activities that will excite and delight and make you smile!**
- **We are a community who enjoys being active and motivated.**
- **We aim to stimulate the mind and energize the body in classroom and social settings.**
- **If you're looking to meet like-minded people and forming new friendships, let's go!**
- **Following CDC guidelines.**

The Academy is following all current CDC and NYS guidelines when conducting Academy events. In addition, when Academy activities are held at public or private locations, our members are also required to adhere to the guidelines set forth by the venue.

WHAT IS THE ACADEMY?

The Academy is one of over 400 lifelong learning programs that share a mission to provide educational experiences for older adults. Membership is open to all persons upon payment of \$75 annual membership dues.

Founded in 1992, the Academy for Lifelong Learning Saratoga Region, Inc. (A.L.L.) is a self-funded, nonprofit membership organization whose members share enthusiasm for learning and socializing.

Despite valued affiliations, it is important to emphasize that the Academy is an independent entity with its own budget and is governed solely by its own membership. It could not function without the active involvement of the people who participate as members, students, volunteer study group leaders, donors, general volunteers, and paid staff who support the central academic mission.

A.L.L.'S SPECIAL INTEREST GROUPS (SIGs)

The Academy's membership committee organizes Special Interest Groups (SIGs), which are offered by, and for, our members. Bridge, book discussion, theater, classical music, gardening, golf, cross-country skiing, snow shoeing and walking groups are examples. Please contact Lois Pflomm for more information: Lpflomm@yahoo.com.

ASSISTANCE

Assistance is available through The Pat Leonard Fund for those with financial need each semester on a confidential basis. To apply, send your request to: Executive Director, Academy for Lifelong Learning, PO Box 4395, Saratoga Springs, NY 12866.

ACADEMY MEMBERSHIP DUES AND PRIVILEGES ANNUAL MEMBERSHIP — \$75

Membership is for 365 days from the date you join.

COURSE FEE — \$50

Please see page 15 of this brochure for your application and waiver.

Study Group Leaders receive a complimentary annual membership valued at \$75.

Academy Membership entitles you to the following benefits:

- Eligibility to enroll in courses all year long.
- Invitation to the Term Kick-Off events prior to the start of each term at the Knights of Columbus Saratoga
- Participation in the Academy's Clubs or Special Interest Groups
- Participation in all special events, trips and programs (Academy Extras)
- Free subscription to A.L.L. The News monthly newsletter and periodic communications.
- Opportunity to be an Academy volunteer and serve on Academy committees
- Eligibility to submit work to "The Apple Tree," the Academy's literary and art journal
- Invitation to, and vote at, the Academy's Annual Meeting Luncheon in June

SPRING TERM KICK-OFF EVENT

Wednesday, April 5, 10:30am

Knights of Columbus, 50 Pine Road, Saratoga Springs

SPRING COURSE REGISTRATION

Applications for spring courses are now being accepted by mail. Registration will continue until courses are filled. Registration is on a first come, first served basis. Send your registration in now. An email confirming your registration will be sent.

Attendance Policy: Study group leaders and speakers are volunteering their time to offer these educational courses and appreciate your attendance. Please let your study group leader and the Academy office know if you anticipate missing more than two classes.

Applications will be accepted for open courses throughout the term until courses are filled.

Course Fees: \$50 per five-week or more course

To encourage good discussion, study group sizes are limited. Please indicate your choice of courses in order of preference. If a study group is filled, you will be placed on a wait list.

Membership dues are \$75 and go for one year from the date you join.

REFUND POLICY

If you have to drop a course, a refund less \$25 processing fee will be granted up to March 31. From April 1 to April 10, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 10, 2023 will be considered on a case-by-case basis. Membership dues are nonrefundable. If A.L.L. cancels a study group, you're welcome to apply for another open course. Refunds or credit for courses canceled by A.L.L. will be given without penalty, your choice.

ACCESSIBILITY

Most A.L.L. study groups, except for outdoor groups and meetings at homes, are handicapped accessible.

DONATIONS

As with other nonprofit organizations, A.L.L. membership dues and course fees are not sufficient to support the continued sustainability of the program. The Executive Council has established one fund for endowment and one for operational purposes. This enables donors to make contributions to fulfill our mission and maintain the caliber of programs members have come to expect. If you would like to join others in supporting the present and future of your organization, please indicate your contribution on the membership application. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

ADDRESSES OF IN-PERSON STUDY GROUP LOCATIONS

SUNY Adirondack Saratoga, 696 Route 9, Wilton
 Moreau Lake State Park, 605 Old Saratoga Road (Route 9), Gansevoort
 Wilton Wildlife Preserve and Park, 80 Scout Road, Gansevoort
 Coburg Village, Coburg Village Way, Rexford
 Brookside Museum, 21 Fairground Ave, Ballston Spa
 Saratoga National Historical Park, 648 Route 32, Stillwater
 Saratoga Spa State Park, State Park Office Building, 19 Roosevelt Dr. Saratoga Springs
 Presbyterian United Church of Christ, 24 Circular Street Saratoga Springs
 The Summit (Theater Room), 1 Perry Rd., Saratoga Springs

Neither A.L.L. nor our class locations assume responsibility for bodily or personal injury or property damage in any way related to an A.L.L. field trip, Special Interest Group activity, study group, or special event. You are at your own risk. If carpooling, please choose drivers and passengers to your satisfaction.

PLEASE BE ADVISED:

Published course times could change. Be sure to take note of these changes published in the Academy's newsletter ALL THE NEWS and notices from your study group leaders during the term.

If you have any concerns, suggestions, or comments, please contact the Academy at 518-290-6988.

A.L.L. STUDY GROUPS FOR SPRING 2023

Most courses are 90-minute, weekly sessions for five weeks unless otherwise noted. **No classes on May 29, Memorial Day**
 This chart identifies: **Course Title and location**. Check descriptions for specific dates and times.

Session 1: 5 weeks, April 10 – May 12

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-11:00am		Spring Birding ON LOCATION Starts April 18		Spring Birding ON LOCATION Starts April 20	
9am-12noon			Writers Circle March 1, April 12, May 3, June 7 *SOLD OUT*		
9:30-11:00am	Art History & Anatomy Continued SUNY ADK	Variety Speaker Series SUNY ADK	Local News/Media Professionals SUNY ADK ----- The Ancient Game of Go – A Window into Asian Culture and History ZOOM		
10:00-11:30am					Farm Tours ON LOCATION
10:00am-1:00pm			Moreau Lake Hikes for Beginners	Moreau Lake Interpretive Hikes	
10:30am-12noon			The American Revolution: A Comprehensive Look, Part 4 COBURG VILLAGE	Docent Led Museums Tours ON LOCATION	
11:30am-1:00pm	Great Decisions Part 1 SUNY ADK	Climate Change - Its Effect on all Things that Live on our Planet SUNY ADK	The Greatest Story Ever Told: Reading and Writing Compelling Memoir SUNY ADK		
1:30-3:00pm		Walks in Nature with Wilton Wildlife Preserve & Park	Good Food for Less Money ZOOM		
3:00-4:30pm				The Battles of Saratoga SARATOGA NATIONAL HISTORICAL PARK	
4:15-5:45pm				Advanced Italian PUCC	

Session 2: 5 weeks, May 15 – June 16

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00pm	Biology of Aging SUNY ADK	Local Authors Series SUNY ADK	The Picaresque Novel SUNY ADK ----- The Tao of Go ZOOM	All That Jazz THE SUMMIT	Local Walking Tours ON LOCATION
10:00am-1:00pm			Moreau Lake Hikes for Beginners	Moreau Lake Interpretive Hikes	
11:30am-1:00pm	Great Decisions Part 2 SUNY ADK	Ins & Outs of Dining Out SUNY ADK	Enjoying Poetry: Writing and Reading SUNY ADK	Opera Fundamentals Saratoga Spa State Park	
1:30-3:00pm		Exploring Forgotten Crossroads of Saratoga County BROOKSIDE MUSEUM ----- Less Than Human: Eugenics, Immigration Restriction & Jim Crow PUCC ----- Walks in Nature with Wilton Wildlife Preserve & Park			
4:15-5:45pm				Advanced Italian PUCC	

SPRING 2023 STUDY GROUPS DESCRIPTIONS

Most study groups are five, 90-minute weekly courses in two sessions: April 10 – May 12 and/or May 15 – June 16 unless otherwise noted. Classes will not meet on Memorial Day. Courses limited to the number of students in parenthesis ().

PLEASE CONSIDER SUPPORTING OUR LOCAL BOOKSTORES: BARNES & NOBLE AND NORTSHIRE WHEN PURCHASING BOOKS FOR ACADEMY COURSES.

SESSION 1: FIVE WEEKS, APRIL 10 – MAY 12

MONDAY SESSION 1

April 10, 17, 24, May 1, 8

ART HISTORY AND ANATOMY Continued: HOW ART AND SCIENCE OF THE HUMAN BODY HAVE INFLUENCED EACH THROUGH THE AGES (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Mondays, 9:30 – 11am April 10, 24, May 1, 8 (NOTE: April 17 is being rescheduled for another date)

How does a surgeon who is also an artist interpret art history in terms of the biology of the human body and how it was represented throughout history? Find out and join me in this unique journey on how artists and scientists use different venues to describe the human body and the human condition from their perspective. Art history, more than other forms of history, is often very subjective. Therefore, discussions and other viewpoints are most welcome. I promise you will not find similar presentations on this topic anywhere, nor by anyone qualified to speak from both the artistic and scientific approach.

No required reading, but articles will be distributed on select topics, and books will be recommended.

Leader: Gerald Stulc is a surgeon who majored in art and art history in college before entering medical school and continues to paint and draw in his retirement. He has offered a plethora of courses at the Academy.

GREAT DECISIONS 2023: DISCUSSING CURRENT WORLD ISSUES, PART 1 (24)

Mondays, 11:30am – 1:00pm, April 10, 17, 24, May 1, 8

Great Decisions is a program created by the Foreign Policy Association to help the average citizen develop a better understanding of important world issues. Participants will discuss current hot political topics using the 2023 Great Decisions briefing book and videos exploring additional facets on each issue. Discussion topics will be:

- Energy Geopolitics
- War Crimes
- China and the U.S.
- Economic Warfare
- Politics in Latin America

Text and cost: “Great Decisions Briefing Book 2023” (\$35) Please obtain the book and complete the first topic in the book prior to the first class.

Leaders: Sue Stewart, Carol Forman-Pemberton, Ellen Sullivan

TUESDAY SESSION 1

April 11, 18, 25, May 2, 9

SPRING BIRDING ON TUESDAYS IN SARATOGA COUNTY (12) On locations TBD

Tuesdays, 8:00 – 11:00am., 4 weeks starting April 18 (note later start date)

This course is being offered twice each week, one on Tuesdays and one on Thursdays at 8 a.m. PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each course will be limited to 12 students.

Tuesdays, 8 – 11 a.m., April 18 – May 9, meeting location for first course at 8 a.m. on April 18 TBD For the Thursday course, please go to the Thursday listings.

Visit up to six birding hotspots. Locations will likely include Vischer Ferry Nature and Historic Preserve, Saratoga Battlefield, Bog Meadow Brook, and Moreau Lake State Park among others. Expected sightings include numerous migrating waterfowl, songbirds, hawks, eagles, as well as resident breeding birds. Walks may be up to a few miles and take up to three hours. Carpool transportation to and from birding sites will be discussed and arranged on the first day of the study group. Binoculars or spotting scopes are a must.

Text: Field guides are not required but strongly recommended. Preference is “Sibley Birds East” by David Sibley, but any official field guide will do.

Leader: Rob Snell has 40+ years of birding experience. He is a financial advisor with Edward Jones and has led Making Sense of Investing.

VARIETY SPEAKER SERIES (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton**Tuesdays, 9:30–11:00am, April 11, 18, 25, May 2, 9**

This study group features presentations on a different subject each week.

April 11 TBD**April 18 TBD****April 25 Renee Birnbaum, Certified Senior Advisor, A Discussion about Long Term Care****May 2 Ella Fitzgerald and Her Breathtaking Performances, Kate Dudding**

Award winning storyteller Kate Dudding shares stories about and performances by Ella Fitzgerald. Frank Sinatra said, "Ella Fitzgerald is the greatest popular singer in the world, barring none—male or female." Many call her "The First Lady of Song." Watch and listen to many of Ella's performances - from her 1935 performance at age 18 with Chick Web and His Orchestra to her performance in 1989 at the 60th Anniversary Celebration of Sammy Davis Jr. at age 72. Learn about her struggles, both growing up as well as performing in segregated America. Nonetheless, she received awards - her first: a 1934 Amateur Night winner, Apollo Theater, subsequently followed by the 1967 Grammy Lifetime Achievement Award, the Presidential Medal of Freedom in 1992, and numerous others.

May 9 TBD**Leader:** Nancy Cameron**CLIMATE CHANGE - ITS EFFECT ON ALL THINGS THAT LIVE ON OUR PLANET (24) SUNY Adirondack****Saratoga, 696 Route 9, Wilton****Tuesdays, 11:30am-1:00pm, April 11, 18, 25, May 2, 9**

We will examine what climate change is exacting on all things that live on our planet, both land and water. How close are we to a tipping point? What can be done to prevent one. We will also take a closer look at how these changes effect where we live, and what we can do in our own daily lives to adapt to this changing environment.

1. First, the bad news. 2. Our Forests. 3. The Oceans and Glaciers. 4. Animal Populations including fish and birds. 5. The Outlook, what is being done, what we can do.

Leader: As a teacher in Early and Special Education, Carol Firestone immersed herself in learning about the environmental crisis facing all of us and has spent many years reading and studying books on trees. Carol has led prior classes on environmental issues at A.L.L., including "How Indigenous Practices May Show Us a Way To Heal Our Earth."

WALKS IN NATURE WILTON WILDLIFE PRESERVE (15) on location, Wilton Wildlife Preserve and Park, Parking Lot Number 1, 80 Scout Rd, Wilton**Tuesdays, 1:30-3:00pm, April 11, 18, 25, May 2 and 9**

For this series, we invite you to immerse yourself in nature! Each session will be a unique adventure and will explore a different trail through the diverse habitats of the Saratoga Sandplains and will include information on the flora and fauna of the habitats. Late spring is the season of the endangered Karner blue butterfly, so there is a possibility of seeing this species on the walks. Wilton Wildlife Preserve & Park's mission is "conserve ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation." Led by experienced naturalists, the walk is geared towards gentle exercise and is for participants at basic fitness levels. Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the plans for the day and provide background information for what trailhead we will be exploring. Each adventure will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water. Regular walkers and experienced hikers should not have an issue. Hiking poles are encouraged as they provide additional support. Come join us this spring!

Leader: Allyson Paradis: Environmental Education Coordinator at Wilton Wildlife Preserve & Park.

WEDNESDAY SESSION 1**April 12, 19, 26, May 3, 10****THE WRITERS CIRCLE - SOLD OUT - (10) In-person and Zoom, Note special dates/time. Wednesdays, 9am-12 noon, four sessions, March 1, April 12, May 3, June 7 (counts as a \$50 course)**

The Writers Circle is for people who enjoy writing and wish to help each other develop writing skills through constructive peer critique in a friendly atmosphere. Some members will be writing to preserve their family's stories; some will be aiming for publication; all will benefit from the experience and expertise of the other class members. New members are always welcome. Due to the popularity of this course, participants are expected to attend all four sessions.

Leader: Margaret French, author and accomplished professional storyteller, will be convening this study group for the 20th time.

THE MEDIUM IS THE MESSAGE: LOCAL MEDIA PROFESSIONALS (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Wednesday, 9:30-11:00am, April 12, 19, 26, May 3, 10

In 1989, Marshall McLuhan wisely told us that the medium through which we choose to communicate holds as much, if not more, value than the message itself. This is dramatically evident in social media today. We've gathered some top-notch, well-respected local media experts to share their experience, concerns and hopes for the future.

April 12

April 19 **Ken Tingley**, Hear about The Post-Star newspaper, the great work done there over a 20-year period, and the difference it made in the community and the reporters and editors that made it happen.

April 26 **Jesse Jackson**, Look Media

May 3 **Rex Smith**, Ethical Journalism in Challenging Times: Democracy depends upon an informed electorate, but both market forces and political currents are hobbling the ability of truth-based media to fulfill their crucial watchdog function. What can we do to protect citizens' ability to find the truth about what goes on beyond their own view?

May 10

Leader: Rachel Baum chaired the committee that selected the first Poet Laureate of Saratoga Springs. For 15 years, she was the At Home Dog Trainer; prior to that, she was Assistant Dean of the College of Computing and Information at UAlbany. Her first poetry chapbook will be published in the Fall of 2023. For more info, visit www.rachelrbaum.net.

THE ANCIENT GAME OF GO – A WINDOW INTO ASIAN CULTURE AND HISTORY (10) Zoom

Wednesdays, 9:30-11am, April 12, 19, 26, May 3, 10

Go is a board game invented in ancient China and growing in popularity throughout the world. The history of the game and its role in Asian culture is explored. The game is introduced on the 9x9 board. As a bonus, join the Academy's Go League special interest group at 11:30am. The "League" is meant for graduates of either "Ancient Go" or "The Tao of Go", or anyone with some knowledge of the game. The group will play and review games, solve puzzles, and otherwise advance their game.

1. Ancient Rural China and Go Origin. Rules I : "Capture Go"
2. China's "Fall & Autumn" Period. Rules II : Counting, "Confucius Go"
3. Go & Buddhism arrive in Japan. The Rise of Edo. Rules III : The Ko Rule
4. Go Goes West; the Fall of Edo. Capturing Tactics, Eyes & Immortality
5. Modern Go, the Rise of the Machine. Patterns & Shapes

Leader: Patrick King has been a professional educator in high school, college, and industrial settings. He has played and taught Chess for over 50 years. He learned Go during COVID and wants to share his new obsession.

MOREAU LAKE HIKES FOR BEGINNERS (12) Moreau Lake State Park

Wednesdays, 10am-1pm (NOTE 3 hours) April 12, 19, 26, May 3, 10

Join the Park Naturalist, Christine, on guided hikes throughout Moreau Lake State Park. These hikes will cover beginner to moderate level terrain and are designed for people who are less experienced hikers or want a more easy-going hiking experience. We will talk about wildlife, foraging, the principles of Leave No Trace and whatever else comes up! Please dress for the weather and wear sturdy, waterproof footwear

Cost: \$5 per hike

Leader: Christine Lambert, Park Naturalist

THE AMERICAN REVOLUTION: A COMPREHENSIVE LOOK, Part 4 (20) Coburg Village, Rexford

Wednesdays, 10:30am-12:00pm, April 12, 19, 26, May 3, 10

This will be the 4th part of the 5-part series although each course stands on its own. Each lecture is topical rather than chronological. Emphasis is on social history this round, examining the role of different groups and how they impacted or were impacted by the Revolutionary War and the changes wrought by the revolutionary movement.

1. Religion and The American Revolution
2. Women and The American Revolution
3. Native Americans and The American Revolution
4. African Americans and The American Revolution
5. The Results of The American Revolution

Text: John Ferling, *WHIRLWIND*; Gordon S. Wood, *THE AMERICAN REVOLUTION: A HISTORY*; or Woody Holton, *LIBERTY IS SWEET*. All are available in paperback. These are excellent introductions to the period but are not required.

Leader: Jim Sefcik has taught undergraduate, graduate, and ALL courses on the American Revolution in Pennsylvania, New Orleans, and Cape Cod as well as at Union College and ESC for more than 18 years. He has also lectured at Hudson Valley Community College, The Summit at Saratoga, and Prestwick Chase.

THE GREATEST STORY EVER TOLD: READING AND WRITING COMPELLING MEMOIR (15) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Wednesdays, 11:30am-1pm, April 12, 19, 26, May 3, 10

Most of us have personal stories worth sharing. A few of us write them down. Even fewer get them published. If you'd like to memorialize an experience in your life for a readership wider than friends and family, this literary course is for you.

Because good writers are good readers, students will be expected to read two memoirs (one of their choosing) to understand and integrate literary devices that will compel readers to care about their personal story! Students should bring a laptop or similar electronic writing tool to class. More guidance will be provided prior to the first class.

Text: Required text: Patricia A. Nugent, *Healing with Dolly Lama: Finding God in Dog*, 2021, ISBN #978-0-578-25348-0 (available at discount from instructor)

Required reading: One best-selling memoir released in 2022 (student's choice)

Cost: \$5 materials fee for those unable to print attachments from their home computer.

Leader: Patricia A. Nugent is a retired school administrator and adjunct communication professor who now writes to give voice to those who might otherwise be silenced. She's the author of the book *They Live On: Saying Goodbye to Mom and Dad* and editor of the anthology *Before They Were Our Mothers: Voices of Women Born Before Rosie Started Riveting.* Her latest book is *Healing with Dolly Lama: Finding God in Dog*. She's been published numerous times in professional and literary journals as well as in anthologies.

GOOD FOOD FOR LESS MONEY (10) Zoom

Wednesdays, 1:30-3:00pm, April 12, 19, 26, May 3, 10

Eat more nutritious meals and cut your costs using these tips. A little more planning, fewer trips to the store, and about an hour a month in your kitchen can result in easy, quick, and healthful meals.

1. Nutrition and costs 2. Finding the bargains 3. Freezing portion sizes for your own needs 4. Cooking, part 1
5. Cooking, part 2

Text: Digital handouts written by Margaret, instructor. Short term digital access to New York Times for latest nutritional information, weekly ads for local stores, preferably through \$3/week Sunday paper delivery or free online.

Leader: Margaret Pearson cut her own food costs by 75% in the 1990s and has taught these methods for six years at Saratoga Public Library.

THURSDAY SESSION 1

April 13, 20, 27, May 4 and 11

SPRING BIRDING ON THURSDAYS IN SARATOGA COUNTY (12) On locations TBD

Thursdays, 8:00-11:00am, 4 weeks starting April 20, April 27, May 4, 11, 18 (note later start date)

This course is being offered twice each week, one on Tuesdays and one on Thursdays at 8 a.m. PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each course will be limited to 12 students.

Thursdays, 8 – 11 a.m., April 20 – May 11, Meeting location for first course at 8 a.m. on April 20 TBD. For the Tuesday course, please go to the Tuesday listings.

Visit up to six birding hotspots. Locations will likely include Vischer Ferry Nature and Historic Preserve, Saratoga Battlefield, Bog Meadow Brook, and Moreau Lake State Park among others. Expected sightings include numerous migrating waterfowl, songbirds, hawks, eagles, as well as resident breeding birds. Walks may be up to a few miles and take up to three hours. Carpool transportation to and from birding sites will be discussed and arranged on the first day of the study group. Binoculars or spotting scopes are a must.

Text: Field guides are not required but strongly recommended. Preference is "Sibley Birds East" by David Sibley, but any official field guide will do.

Leader: Rob Snell has 40+ years of birding experience. He is a financial advisor with Edward Jones and has led Making Sense of Investing and Spring Birding multiple times in the past for the Academy.

MOREAU LAKE STATE PARK INTERPRETIVE HIKES (20) Moreau Lake State Park

Thursdays, 10:00am – 1:00pm (NOTE: 3 hours) April 13, 20, 27, May 4, 11

Rebecca will lead weekly interpretive hikes in Moreau Lake State Park. We will be walking through woods over rocks, roots, and sometimes streams. Please plan and dress accordingly.

Cost: \$5 per hike

Leader: Rebecca Mullins

DOCENT LED MUSEUMS TOURS (12) On location

Thursdays, 10:30am – 12noon, April 13, 20, 27, May 4, 11

Museums are wonderful places to appreciate the art, history, and the achievements of people who live in our local community. Join us as we explore museums in the Glens Falls, Fort Edwards, and Ballston Spa.

April 13 – The Hyde is one of the Northeast's exceptional small art museums with distinguished collections of European and American art featuring several special exhibits. <https://www.hydecollection.org/>

April 20 –The Folklife Center at Crandall Public Library is charged with the mission to research and present the cultural traditions of the upper Hudson Valley and southern Adirondacks of upstate New York. <https://www.crandalllibrary.org/folklife-center/>

April 27 – The Chapman Museum, located in Glens Falls where the Hudson River leaves the Adirondack Mountains, feature exhibits about the history of the Glens Falls – Queensbury area. <https://www.chapmanmuseum.org/>

May 4 – The National Bottle Museum® was created to preserve, research, and exhibit bottles and objects related to bottle making. Visitors are offered an opportunity to view videos on the use of hand tools on display, general glass making techniques, and ways to locate old bottles. <https://nationalbottlemuseum.org/>

May 11- The Rogers Island Visitors Center interprets, educates, and promotes the prehistory/history, social/cultural development, and diversity of the region along the Hudson River, Lake George and Lake Champlain Corridor. rogersisland.org

Cost: \$20 total for tours.

Leader: Roy Hansen, past Chair of the Curriculum Committee and has arranged for these tours. Roy served fifteen years as Parish Pastor and 26 years as Hospital Chaplain, taught ethics & religion classes as an adjunct professor with the Department of Philosophy and Religion at Elmira College, Elmira, NY, before retiring in 2011. Roy has led several study groups for A.L.L. including Justice: What is the Right Thing to Do?; The 2016 Election; Supreme Court Decisions; and organized two tours of Saratoga Springs museums.

“THE GREAT AND IMPORTANT EVENT TO THE NORTHWARD”: THE BATTLES OF SARATOGA (20) Saratoga National Historical Park, 648 Route 32, Stillwater, NY

Thursdays, 3-4:30pm., April 13, 20, 27, May 4, 11.

Did you know that one of the most important battles in history took place right here in Saratoga County? In September and October 1777, two great armies faced off in the fields and forests that today make up Saratoga National Historical Park. Join Park Rangers to discover more about this pivotal world-altering event, the people who made it happen, and how it was remembered and memorialized by later generations of proud Americans. Classes will be approximately 1 hour in length. Questions and participation are encouraged! Participants are welcome to enjoy the park before or after class.

April 13: Overview of the Campaign and Battles — Ranger Eric Schnitzer

April 20: Correcting Historical Errors: The Nathaniel Bacheller Letter — Ranger Eric Schnitzer

April 27: What Makes a Turning Point? — Ranger Garrett Cloer

May 4: The Original Battlefield Tour — William Valosin

May 11: The Civilian Conservation Corps at Saratoga — William Valosin

Leaders: Ranger Garrett Cloer, Ranger Eric Schnitzer, Ranger William Valosin. Each of the leaders are historical interpretive park rangers at Saratoga NHP.

ITALIAN LANGUAGE AND CULTURE ADVANCED (15) Nolan House, Presbyterian United Church of Christ, 24 Circular Street, Saratoga Springs

Thursdays, 4:15 - 5:45pm April 13, 20, 27, May 4, 11

Italy, and the spring and first love all together should suffice to make the gloomiest person happy. — Bertrand Russel.

Join us as we explore Italian language and culture through this informal, yet rigorous and participatory conversation group. Learn to express yourself accurately and authentically in Italian. This course will tackle more complicated verb conjugations and sentence structures while building a sophisticated vocabulary. This group is appropriate for anyone who would like to practice and learn in a fun, collegial atmosphere while honing his or her skills. Some prior knowledge of Italian is suggested; all eager conversationalists are welcome. Emphasis will be on accurate pronunciation and grammar usage in spoken Italian, with weekly discussions of current events and culture.

Readings and materials: *“Practice Makes Perfect Italian Sentence Builder”* by Paola Nanni-Tate, listed at \$13, published by McGraw-Hill and available at Amazon.com. Additional materials to augment the text will be provided by the instructor.

Leader: Francesca Cichello grew up in a trilingual home, with Italian, Spanish, and English spoken. Her formal study of Italian language and literature took place at Skidmore College, where she also was trained in the Rassias method and worked as a language driller for small groups of students throughout her undergraduate experience. She as previously led 19 Italian courses.

FRIDAY SESSION 1

April 14, 21, 28, May 5, 12

LOCAL FARM TOURS SERIES (20) On location in the Saratoga Region.

Fridays, 10:00 – 11:30 am, Several tours will conclude with an added activity. Carpooling is encouraged.

Join us as we travel through Saratoga and surrounding counties to tour five farms. Learn about agriculture-based businesses and local farms; what they grow, raise, make and sell. Hear about the challenges, discoveries, history and rewards of each local agri-business.

April 14 The Argyle Cheese Farmer, 2358 Burgoyne Ave, Hudson Falls, NY 12839

Offers high quality products using milk from their own herd of cows and adding all natural flavoring sources locally. It is a New York State Grown and Certified Producer of yoghurt, both plain and Greek, aged cheeses, milk, and other delicious products. Marge and Dave Randles built the Cheese House on Dave’s family farmstead in Argyle, in operation since 1860. In 2020, they partnered with Ideal Dairy Farms and expanded into an 11,000 sq. ft. processing facility. Visit the website: [Argyle Cheese Farmer.com](http://ArgyleCheeseFarmer.com)

April 21 Therapeutic Horses of Saratoga, 683 Lake Ave., Saratoga Springs, NY 12866

Therapeutic Horses of Saratoga is a not-for-profit organization supporting vulnerable racehorses and people in leading a safe and meaningful life by nurturing the horse-human connection through therapeutic programming. Tour this special place where staff and horses come together to help people build confidence, discover new coping skills, and reconnect with themselves.

April 28 The Kemp Sanctuary at Nettle Meadow Farm, 484 S Johnsbury Rd, Warrensburg, NY 12885

We'll start at the Kemp Animal Sanctuary in Thurman where you'll have a chance to meet many of our 130 retired and rescued sanctuary animals, learn a bit about the history of dairy farming in the southern Adirondacks and hear how Nettle Meadow Artisan Cheese Company came to be! Then we will travel to Lake Luzerne and enjoy a delicious lunch in the Tavern at the Hitching Post where we can also watch cheese being made and wander through the gourmet shop where you can purchase your favorite Nettle Meadow Cheese.

May 5 Fossil Stone Farms, 331 Grange Rd., Greenfield Center, NY 12833

Tour this family-owned and operated farm combining locally grown and produced wine, a history of horses, and the breathtaking beauty of Upstate NY. A one-of-a-kind place that simply warms your heart and calms your soul. Wine tasting to follow.

May 12 Gardenworks Farm, 1055 County Route 30, Salem, NY 12865

Enjoy a tour and talk about their farm history and the new chapters in the farm story. Possible addition of a sit-down lunch following the tour.

Cost: Additional cost for lunch/wine at the conclusion of several tours.

Leader: Scheryl LoMonico is a long-time Academy member and recent past chair of the Academy's Executive Council. She led the farm tours this past spring.

SESSION 2: FIVE WEEKS, MAY 15 – JUNE 16

MONDAY SESSION 2

May 15, 22, June 5, 12 (make-up to be scheduled for May 29)

BIOLOGY OF AGING (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Mondays, 9:30 – 11am, May 15, 22, June 5, 12 (make-up to be scheduled for May 29, Memorial Day)

Aging is a normal process that, biologically speaking, begins before you are born. It is a continuous and irreversible process affecting all living things. But it does not have to be associated with a decline and loss of a productive, worthwhile life. Learn the most current data on geriatric science. The goal of the presentations will be to give you objective, scientific information on what aging really entails, and what can slow or speed it up. The five-part series considers the following: Week One: the biology of the aging process; Week Two: the physiology of, and organ systems affected by the aging process; Week Three: The neurological and psychological aspects of aging; Week Four: the social and spiritual aspects of aging; Week Five: strategies and lifestyles to keep our minds, bodies, and souls optimally active during the aging process: the facts vs. the fallacies

Leader: Dr. Gerald Stulc is a retired surgeon and medical researcher who has not only taken care of many senior patients through the years and been a caregiver for his own family, but he and his wife, also a physician, have done considerable research into the topic of aging. They have applied many of these concepts to their own lifestyle as a means to increase the quality of life through the aging process.

GREAT DECISIONS 2023: DISCUSSING CURRENT WORLD ISSUES, PART 2 (24)

Mondays, 11:30am – 1:00pm, May 15, 22, June 5, 12 (NOTE: No Class May 29, Memorial Day)

Great Decisions is a program created by the Foreign Policy Association to help the average citizen develop a better understanding of important world issues. Participants will discuss current hot political topics using the 2023 Great Decisions briefing book and videos exploring additional facets on each issue. Discussion topics will be:

- Global Famine
- Iran at a Crossroads
- Climate Migration
- Conclusions/Final Discussions

Text and cost: "Great Decisions Briefing Book 2023" (\$35) Please obtain the book and complete the first topic in the book prior to the first class.

Leaders: Sue Stewart, Carol Forman-Pemberton, Ellen Sullivan

TUESDAY SESSION 2
May 16, 23, 30, June 6, 13

LOCAL AUTHOR SERIES (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Tuesdays, 9:30 – 11:00am, May 16, 23, 30, June 6, 13

Each week we'll hear from a different local author about their inspiration, process, and content.

May 16 Patricia A. Nugent writes to give voice to those who might otherwise be silenced. She's the author of the books *They Live On: Saying Goodbye to Mom and Dad*, and *Healing with Dolly Lama: Finding God in Dog*, as well as editor of the anthology *Before They Were Our Mothers: Voices of Women Born Before Rosie Started Riveting*. She is a long-time volunteer instructor at A.L.L.

May 23 Hollis Palmer Over the last twenty years, Hollis Palmer, PhD, has published fourteen books including *See and be Seen: Saratoga in the Victorian Era*, the winner of the Ruth Emery Award given by the Victorian Society of America for the best regional history book. To reach a wider audience and to increase interest in the history of Saratoga, Hollis switched from writing history to writing what he refers to as historical (almost) fiction. The difference is that many (not all) of the events actually happened but are told as stories. A storyteller since he was able to talk, Hollis is now immersed in the writing of book three, *Bankrupt*, of a seven-book series, *Gilded Saratoga*. This book features the Saratoga Gold rush – an incident that actually happened, yet most people have never heard of it. The series follows incidents that happened to five prominent Saratoga families from 1886 – 1925. The series features the Lathrops of Annandale, Lawton Villa, and Gunning Cottage; the Hansons of Clinton Cottage; the Davidsons of what is currently Saratoga Dreams on Union Avenue; and the Batchellers of the mansion named in their honor. Spoiler alert, the last book in the series is entitled *The Mess They Left Behind*.

May 30 Lale Davidson is a distinguished professor of writing at SUNY Adirondack and winner of the SUNY Chancellor's award for Excellence in Creative Activities. Red Penguin Books published her fabulist fiction collection *Strange Appetites*, including the winner of the Wigleaf top 50 of Very Short Fiction award, "The Opal Maker." Her debut novel, *Blue Woman Burning* was released in 2021, *Against the Grain*, an environmental thriller with a mystical twist, in 2022, and *Beyond Sight*, a supernatural mystery based on Saratoga Springs history, is due out in October 2023. For more information visit Laledavidson.com.

June 6 Field Horne, *The Saratoga Reader*

June 13 Mary Sanders Shartle's novel, *The Truth and Legend of Lily Martindale* (2014 SUNY Press), won numerous national and regional awards. Her story "The Wives of Immanuel Kant" was published with *Hamilton-Stone Review* in November 2022. She is a member of "The Three Poets" with colleagues Marilyn McCabe and Elaine Handley, three-time winners of the Adirondack Center for Writing Poetry Award. In 2020 she was one of the poets represented in the Adirondack Center for Writing "Raining Poetry Project." She is an instructor for the popular Anne LaBastille Women's Writing Weekend at Great Camp Sagamore in Raquette Lake, NY, and also teaches writing workshops for seniors in Saratoga County. Shartle has served on the board of the Adirondack Center for Writing and as a host during their 2022 KickAss Writers' Festival in Saranac Lake, NY. For more information: www.marysandersshartle.com "Writing Quietly, Reading Aloud."

THE INS & OUTS OF DINING OUT: ISSUES & INFORMATION OF WHAT GOES ON IN THE DINING ROOM (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton

Tuesdays, 11:30 a.m. – 1:00 p.m., May 16, 23, 30, June 6, 13

There is a revolution in dining out. The average American regardless of age, income, status, or occupation eats out multiple times a week so we should know what we are doing. The course discusses the how-to's on navigating, understanding, and enjoying the restaurant experience. This class is going to cover the dining out and service experience, sort of a Front of the House 101. The instructor will share her ideas, thoughts, knowledge, pet peeves, and experiences to teach the consumer about everything from good service to bad customers, doggie bags to décor, sharing the bill to tipping the hostess, etiquette to atmosphere.

1. **Intro** Setting up for service, kinds of service, expectations
2. **Service** Right, left, timing, facts, issues, pet peeves
3. **Customer responsibility** It's a two-way street: complaining, returning, reviews, take your hat off, turn phone off
4. **The Experience** Now what do I do?
5. **Everything Else** What should I call you, eating with children, etc.

Leader: Anita Hanaburgh made restaurants her career. As a Professor of Hospitality Management for 25 years at Fulton Montgomery Community College, she taught 14 different courses. For 8 years she wrote a column called Anita Ala Carte. She holds a bachelor's degree in foods and nutrition and a master's degree in education. Her resume includes the Gideon Putnam, served athletes at the Olympics in Lake Placid, and Union Coach House in Saratoga. Anita has chaired over 20 community events, entertains at home, and has a banquet of information and stories to tell.

EXPLORING FORGOTTEN CROSSROADS OF SARATOGA COUNTY (30) Brookside Museum, 21 Fairground Ave, Ballston Spa

Tuesdays, 1:30-3:00pm, May 16, 23, 30, June 6, 13

The class will use the recently released Film “Bacon Hill – A Forgotten Crossroads” to explore various aspects of the history, memories and daily lives that hold small communities together while facing the challenges of modern life. In this course we will view segments of the film each week focused on specific topics and engage the class in discussions with the assistance of participants in the film. Forgotten Crossroads is a research project of the Saratoga County History Center to bring to life the small communities of Saratoga County unknown to most residents living in our cities and suburban developments.

1. Creating a project vision and local team. 2. Uncovering community and family history. 3. Capturing memories and oral narratives. 4. Discovering community social and economic bonds. 5. Visioning the future of forgotten crossroads

Leaders: **Jim Richmond** is the author and publisher of several books on local history. As a Trustee of the Saratoga County History Center, he has led several programs including weekly publication of historical articles written by local authors, development of a Black History exhibit at Brookside Museum, and currently directs the museum’s Forgotten Crossroads video series. Assisted by **Dave Waite**, film videographer and **Anne Clothier**, Education Director at Brookside.

LESS THAN HUMAN: EUGENICS, IMMIGRATION RESTRICTION & JIM CROW RACISM (20) Presbyterian United Church of Christ, 24 Circular Street Saratoga Springs, NY

Tuesdays, 1:30-3:00pm, May 16, 23, 30, June 6, 13

We will explore how “true Americans” were historically defined as white Anglo-Saxon protestants (WASPs). People lacking these traits were considered inferior, often unfit to procreate or live. Darwin’s *On the Origin of Species*, combined with Galton’s Eugenics and Mendel’s genetics studies incited righteous brutality, oppression and exploitation of non-whites, Catholics, Jews and other marginalized groups. The largely ignored eugenics mania for breeding “better babies” and “fitter families” consumed scientists, reformers, clergy, politicians, and most WASPs. Allied with Jim Crow racists and the “America First” movement to restrict immigration, American eugenicists also forged enduring partnerships with their admiring Nazi colleagues. We will also learn how “Race Science” underlying these atrocities was shattered by psychologists and anthropologists whose careful observations of human behavior refuted accepted theories.

1. Constitutionally White; Manifest Destiny. 2. Slavery, Reconstruction & Jim Crow. 3. Well-born: Eugenics & Breeding Pure Americans. 4. The Matrix We Built... 5. Revolution or Extinction

Texts: Suggested Texts (all available at SS Public Library):

Cohen, Adam (2016) *Imbeciles: The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck*; Penguin Books; 2016; ISBN 978-1-59420-418-0; \$16.99 (Paper)

Okrent, Daniel (2019) *The Guarded Gate: Bigotry, Eugenics, and the Law That Kept Two Generations of Jews, Italians, and Other European Immigrants Out of America*; Scribner; ISBN 978-1-4767-9803-5; \$15.99 (Paper)

Brookwood, Marilyn (2021) *The Orphans of Davenport: Eugenics, the Great Depression, and the War Over Children’s Intelligence*; Liveright Publishing; ISBN 978-1-63149-4868-0; \$25.95 (Hard)

Saini, Angela (2019) *Superior: The Return of Race Science*. Boston: Beacon Press. ISBN: 978-0-8070-7691-0. \$13.95 (Paper)

Leader: Mark Long – MPA, University of Georgia; B.A. Philosophy, Old Dominion University. Served 38 years in public health programs and human research protection with the Centers for Disease Control & Prevention (CDC), The University of Medicine & Dentistry of New Jersey (UMDNJ), St. Jude Children’s Research Hospital and the Department of Veterans Affairs, Office of Research Oversight. OLLI/NCSU, ALL/Saratoga: Previously taught courses on public health, pharmaceutical regulation, development & research; history of science/research rebels; scientific atrocities & ethics; systemic racism, forest bathing.

WALKS IN NATURE WILTON WILDLIFE PRESERVE (15) on location, Wilton Wildlife Preserve and Park, Parking Lot Number 1, 80 Scout Rd, Wilton, NY 12831

Tuesdays, 1:30-3:00pm, May 16, 23, 30, June 6 and 13

For this series, we invite you to immerse yourself in nature! Each session will be a unique adventure and will explore a different trail through the diverse habitats of the Saratoga Sandplains and will include information on the flora and fauna of the habitats. Late spring is the season of the endangered Karner blue butterfly, so there is a possibility of seeing this species on the walks. Wilton Wildlife Preserve & Park’s mission is “conserve ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation.” Led by experienced naturalists, the walk is geared towards gentle exercise and is for participants at basic fitness levels. Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the plans for the day and provide background information for what trailhead we will be exploring. Each adventure will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water. Regular walkers and experienced hikers should not have an issue. Hiking poles are encouraged as they provide additional support. Come join us this spring!

Leader: Allyson Paradis: Environmental Education Coordinator at Wilton Wildlife Preserve & Park

WEDNESDAY SESSION 2**May 17, 24, 31, June 7, 14****THE PICARESQUE NOVEL – ORIGINS AND EVOLUTION – PART 1 THE ORIGINS (Part II to follow in the fall) (24)****SUNY Adirondack Saratoga, 696 Route 9, Wilton, NY 12831****Wednesdays, 9:30-11:00am, May 17, 24, 31, June 7, 14**

How best to describe and judge an unjust cruel world? Perhaps in no better way than through comedy, satire, irony - visions of society no less serious or important than those treated in so-called "serious" works of art. The picaresque novel, from ancient Rome to modern times, has served this purpose better than any other genre. We will read and discuss some of the great examples in this tradition. So, if satire is your thing welcome aboard.

Texts: Petronius, *The Satyricon*; tr. P.G.Walsh; Oxford World Classics (1997), paperback. *Lazarillo de Tormes and The Swindler*; tr. Michael Alpert; Penguin Classics (1969), paperback; Apuleius, *The Golden Ass*, Trans. Robert Graves; FSG Classics - Paperback (2009).

Leader: Marino D'Orazio, a native of Italy, is an attorney who also holds a Ph.D. in Comparative Literature from The Graduate Center of the City University of New York. He has been a college professor of Italian and English and is a translator of both fiction and nonfiction books from the Italian. Most recently he has translated an award winning short story collection which he hopes to see published in the near future. He led Italian for Beginners Part 1 and Part 2, Contemporary American Short Stories and intermediate Italian and Dante's Divina Commedia, Imagining America, Stories from the Promised Land; Boccaccio's Decameron, Machiavelli's The Prince, and The Penguin Book of Italian Short Stories.

THE TAO OF GO (10) Zoom**Wednesday, 9:30-11:00am, May 17, 24, 31, June 7, 14**

"The Ancient Game of Go" is a prerequisite for this class. The transition from the 9x9 to the 13x13 board is presented by exploring the dualities of the game in the context of Taoism. As a bonus, join the Academy's Go League special interest group at 11:30am. The "League" is meant for graduates of either "Ancient Go" or "The Tao of Go", or anyone with some knowledge of the game. The group will play and review games, solve puzzles, and otherwise advance their game.

1. Taoism – Lao Tze vs. Confucius – Introduction to the 13x13 board
2. "Pu", the Uncarved Block – Unlearning – Loosening up on "Confucian Strategy"
3. "Wu Wei", Acting without Acting – Influencing your opponent, Joseki Beginnings
4. Yin and Yang – Seki, Mutual Life
5. Seeing the Mountain Top

Leader: Patrick King has been a professional educator in high school, college, and industrial settings. He has played and taught Chess for over 50 years. He learned Go during COVID, and wants to share his new obsession.

MOREAU LAKE HIKES FOR BEGINNERS (12) Moreau Lake State Park**Wednesdays, 10am-1pm (NOTE 3 hours) May 17, 24, 31, June 7, 14**

Join the Park Naturalist, Christine, on guided hikes throughout Moreau Lake State Park. These hikes will cover beginner to moderate level terrain and are designed for people who are less experienced hikers or want a more easy-going hiking experience. We will talk about wildlife, foraging, the principles of Leave No Trace and whatever else comes up! Please dress for the weather and wear sturdy, waterproof footwear

Cost: \$5 per hike

Leader: Christine Lambert, Park Naturalist

ENJOYING POETRY: WRITING AND READING (20) SUNY Adirondack Saratoga, 696 Route 9, Wilton, NY**Wednesdays, 11:30am – 1pm, May 17, 24, 31, June 7, 14**

This course is open to all members who are interested in writing their own original poetry. We will be reading poetry of all kinds as well, from Shakespeare to contemporary poets, focusing on different poetic forms, and experimenting with writing those forms. We will use these poems as springboards for writing poetry. The course is primarily a writing course.

Participants will be encouraged to write and share their own work. All levels of experience and interest are welcome. This is not a repeat of previous study groups. We will be using different material than used in previous terms.

Leader: Janice Cutbush, a retired high school English teacher, is a published poet and writer who has won several prizes and contests. She has led 14 previous poetry writing study groups for A.L.L.

THURSDAY SESSION 2**May 18, 25, June 1, 8, 15****ALL THAT JAZZ (16) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs, NY 12866****Thursdays, 9:30-11:00am, May 18, 25, June 1, 8, 15**

If you enjoy Jazz music or would like to know more about Jazz' path from plantation cakewalks to Dixieland to Ragtime to Big Band to Bebop to Cool Jazz to Free, Fusion and New Age, then join this study group as we learn about some of the significant aspects of each of these elements of the jazz idiom, in context with the cultural evolution of our nation. No prior jazz knowledge required.

Leader: Rick Hasenauer has provided a number of music related courses focusing on the Blues, Gospel, Pop and Country genres as well as songs used in protest and reflection. Rick is past chair of the Academy's Executive Council and currently serves as chair of the Finance Committee.

MOREAU LAKE STATE PARK INTERPRETIVE HIKES (20) Moreau Lake State Park

Thursdays, 10am-1pm (NOTE: 3 hours) May 18, 25, June 1, 8, 15

Join an environmental educator on a guided hike around Moreau Lake State Park. Each week we will hike a different trail and learn some fun facts about the native flora and fauna and maybe throw in some Leave No Trace Principles. We will be walking through woods over rocks, roots, and sometimes streams. Please plan and dress accordingly.

Cost: \$5 per hike

Leader: Rebecca Mullins

OPERA FUNDAMENTALS (20) Saratoga Spa State Park, State Park Office Building (directly across the reflecting pool area from the Hall of Springs) 19 Roosevelt Dr. Saratoga Springs

Thursdays, 11:30am-1:00pm, May 18, 25, June 1, 8, 15

Students will learn a brief history of opera and will explore the different styles of opera and opera voices, along with notes on approaches to directing, staging, and costuming operatic works. The class will take a more in-depth look at Donizetti's 1843 Italian opera buffa *Don Pasquale* and Assad and Palmer's contemporary *The Selfish Giant* through studying their synopses and listening to selected arias. This class is sponsored by Opera Saratoga

Leader: Carol Markley is a member of the Board of Directors of Opera Saratoga, and a life-long opera fan. Other members of the Saratoga Opera company will also participate as class instructors/singers.

ITALIAN LANGUAGE AND CULTURE ADVANCED (15), Presbyterian United Church of Christ, 24 Circular Street, Saratoga Springs

Thursdays, 4:15 - 5:45pm, May 18, 25, June 1, 8, 15

Italy, and the spring and first love all together should suffice to make the gloomiest person happy. — Bertrand Russel.

Join us as we explore Italian language and culture through this informal, yet rigorous and participatory conversation group. Learn to express yourself accurately and authentically in Italian. This course will tackle more complicated verb conjugations and sentence structures while building a sophisticated vocabulary. This group is appropriate for anyone who would like to practice and learn in a fun, collegial atmosphere while honing his or her skills. Some prior knowledge of Italian is suggested; all eager conversationalists are welcome. Emphasis will be on accurate pronunciation and grammar usage in spoken Italian, with weekly discussions of current events and culture.

Readings and materials: *"Practice Makes Perfect Italian Sentence Builder"* by Paola Nanni-Tate, listed at \$13, published by McGraw-Hill and available at Amazon.com. Additional materials to augment the text will be provided by the instructor.

Leader: Francesca Cichello grew up in a trilingual home, with Italian, Spanish, and English spoken. Her formal study of Italian language and literature took place at Skidmore College, where she also was trained in the Rassias method and worked as a language driller for small groups of students throughout her undergraduate experience. She has previously led 19 Italian courses.

FRIDAY SESSION 2

May 19, 26, June 2, 9, 16

LOCAL WALKING TOURS (25) On location

Fridays, 9:30-11am, May 19, 26, June 2, 9, 16

Join us as we walk and learn about these wonderful places.

May 19. Congress Park and Tasting of the Springs. Gloria Jean Marceau, We will meet at the Visitor Center and then cross over to the Park. Cups for tasting will be provided. Most walking is on flat surfaces though we do go up the hill to the Native Dancer statue then back down the hill.

May 26. Reading Room, National Museum of Racing & Hall of Fame, Oklahoma Track, and Fasig-Tipton Sales Pavilion. Join **Georgia Horner** and explore the areas surrounding the Saratoga Race Course. Meet on the southeast corner of Nelson & Union Avenues by the Reading Room.

June 2 Beekman Street Arts District, Just when you thought Saratoga couldn't get more appealing, along comes the next big thing: - a newly revitalized and bustling neighborhood located on the west side of Saratoga just a few blocks from Broadway. Tour the shops, galleries, and restaurants with Don Shore of L'esperance Tile Works and Cecelia Frittelli of Textile Studio

June 9 TBD

June 16. Saratoga Springs' Broadway 1874, Gloria May

Leader: TBD

ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Applications will be processed on a first-come, first-served basis. Applications will be accepted for open courses throughout the term.

Name _____
 Address _____
 City, State, Zip _____ Email _____
 Phone _____ Cell _____ Emergency contact/phone # _____

COURSE REGISTRATION: Please list your choices in order of preference and indicate session 1 and/or session 2. When listing your choices below, you will be enrolled in those courses and should pay for them now. Listing an alternate course (see alternate line below) indicates the course you wish to be enrolled in if any of your chosen courses are full when your application is processed. (HINT: List your preferred course that you predict might sell out as your first choice.)

First course _____ Session _____
 Second course _____ Session _____
 Third course _____ Session _____
 Fourth course _____ Session _____

If one of your courses is sold out at time of placement, you will be placed on a waiting list and enrolled in your alternate course. You will have the option of enrolling in additional courses in early April based on availability. Please wait to pay for additional courses until you register for them.

Alternate course _____ Session _____

MEMBERSHIP DUES and COURSE FEES

Membership: (Current Members Disregard) \$75.00

First Course (\$50) + \$ _____
Second Course (\$50) + \$ _____
Third Course (\$50) + \$ _____
Fourth Course (\$50) + \$ _____

Subtotal \$ _____

GIFT GIVING

I wish to be anonymous _____

A.L.L Fund Contribution: Amount to be applied to
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Would you like to volunteer _____
 If you would prefer not to have your personal information shared, please check here _____ Please make checks payable to:
Academy for Lifelong Learning.

Mail application, payment and completed waiver to: A.L.L. Spring 2023 Registration, Academy for Lifelong Learning, PO Box 4395, Saratoga Springs, NY 12866

Are you a new member? _____ **If so, how did you hear about the Academy?** _____

ACKNOWLEDGMENT RELEASE AND WAIVER

The undersigned does hereby acknowledge that he/she is participating in a program or activity by or through the ACADEMY FOR LIFELONG LEARNING SARATOGA REGION, INC. Saratoga Springs, N.Y., referred to herein as "A.L.L."
 The undersigned does waive and release said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive Council from any and all claims for injury or damage sustained by, through or as a result of said activity, and does further hold said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive harmless for any claims resulting therefrom.

Yes _____ No _____ A.L.L. may reproduce for publicity and news releases any photo images of me taken while participating in A.L.L. activities. (If you've checked "NO," it is YOUR responsibility to remove yourself from the photo before it is taken.)

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