



*Courses & Social Activities
for Adult Learners*

Academy for Lifelong Learning
Saratoga Region

2025 Fall Course Catalog

October 6 - November 21, 2025

Sponsored by



Noncredit educational courses and social activities for adults.

Courses are offered on location in classrooms, outdoors, or by Zoom.

Most courses are 6 weeks starting the week of **October 6**

Learn all about it! Attend the Academy's Free
Open House and Fall 2025 Course Preview
Thursday, September 11, 2:00pm. See flyer on page 14 or go to
www.allsaratoga.org for details.

Academy for Lifelong Learning Saratoga Region, Inc
PO Box 4395, Saratoga Springs, NY 12866

Jeff Shinaman, Executive Director, 518-290-6988, jeff@allsaratoga.org

Staff Hours: Monday – Thursday, 8:30 a.m. to 2:30 p.m.

For more information on A.L.L., go to www.allsaratoga.org



WELCOME TO THE ACADEMY FOR LIFELONG LEARNING SARATOGA REGION, INC.

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 people 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, 501c3 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 course leaders, donors, general volunteers, and paid staff who support the central academic mission.

A.L.L.'S SPECIAL INTEREST GROUPS (SIGs) Special Interest Groups (SIGs) are free extracurricular learning and recreational opportunities for Academy members. They are designed by Academy members who share a common interest and like to meet outside the normal class environment to enjoy, learn, and share in their activity. As a member of A.L.L., you are eligible to join SIGs and help create new ones! Please refer to the Academy's website at www.allsaratoga.org for more current details.

Mission Statement

The Academy for Lifelong Learning Saratoga Region, Inc. is an IRS-registered 501c3 non-profit organization that provides non-credit academic courses and social opportunities to enrich the lives of adults who have a continuing passion for learning.

VISION: Our vision is to be the premier non-credit adult learning entity in Saratoga and surrounding area through inclusive educational and social opportunities that enhance the lives of more and more retired seniors.

We hope you'll join us and participate in some of these fall courses.

WELCOME!

Fall 2025 Course Schedule

*Most courses are six, 90-minute weekly courses October 6 – November 21 unless otherwise noted.
Courses are limited to the number of students in parenthesis in descriptions.*

Annual Membership - \$75, Courses \$50 each

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am-12noon			Writers Circle Sept 17, Oct 15, Nov 12, Dec 10 Prestwick Chase Conference Room		
9:30-11:00 AM	Music Genres - History and Sampling (Zoom)	History of China SUNY ADK	Fall Hikes at Moreau Lake State Park	The Beatles Part 1: The Rise of Beatlemania Summit SS	
10:00-11:00AM			Introduction To Tai Chi IV: Yang 48 BSpa Pres Church (On location & Zoom)		
10:00-11:30AM					Teacher Tales Kaffee House
10:30 AM-12:00 PM			More Aspects of The American Revolution Coburg Village	Female Rulers Maligned in History Knight of Columbus	Local Walking Tours On location
11:00-12:00PM			Introduction To Tai Chi I And Qigong BSpa Pres Church (On location & Zoom)		
11:00-12:30 PM			The Great American Songbook, Prestwick Chase Congress Hall		
11:30 AM-1:00 PM	Monday Speaker Series Knights of Columbus	Topics in Foreign Policy: Great Decisions 2025 Part II SUNY ADK Introduction To the Appreciation of Classical Music Summit SS		iPhone Basics Saratoga Sr. Ctr.	
1:00PM – 2:30 PM			Imagining America: Multicultural Short Stories		
1:30-3:00 PM	Advanced Zentangle & Paper Folding (not origami) Prestwick Chase Autumn Walking in Nature with Wilton Wildlife Preserve & Park on location	History's AnniverSeries Brookside Museum	Easing Pain, Calming Mind: The Easy Mindfulness Methods of Thich Nhat Hanh (Zoom)	Fun With AI (Artificial Intelligence) Zoom	
2:00PM-4:00PM		Enjoying Poetry			
3:00-4:30 PM				Drawing Out Your Inner Artist Prestwick Chase	

FALL 2025 COURSE DESCRIPTIONS

MONDAYS

October 6, 13, 20, 27, November 3, 10, 17

MUSIC GENRES - HISTORY AND SAMPLING (18) ZOOM

Mondays, 9:30-11am, October 6, 13, 20, 27, November 3, 10

The course will cover the history and selected examples of various musical genres. Learn how jazz and blues provided a foundation for so much to follow, learn the evolution of country music and the societal influence of folk music. Each class will examine the history of a music genre, and we'll enjoy listening to selected examples of popular and significant contributors. Enjoy country, folk, blues, jazz, rock, pop and rap, as you learn why it had cultural significance.

Leader: Rick Hasenauer has been volunteering with the Academy since 2014 as Group Leader, Council Chair and as Finance Committee Chair. While not a musician, Rick is an avid music collector and enjoys sharing information on the various styles and influence of musical works and those that create and perform them. Rick has previously offered full courses on many of these genres as well as speaker series classes on an award-winning music video and other topical music themes.

MONDAY SPEAKER SERIES (40) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Mondays, 11:30am-1:00pm

Join us as we enjoy a variety of presentations on these topics.

Oct 6 LCDR Joel Thomas, Executive Officer NPTU Ballston Spa. Navy presence in the area, to include our history here, current mission, and how it ties into the broader Navy mission.

Oct 13 Sarah Walsh, Saratoga PLAN: Preserving Land and Nature. Learn about your local land trust, how we protect land and connect people to nature through our free public preserves.

Oct 20 Gerald Stulc, The Evolution and Migrations of Early Humans

Oct 27 Madeleine Egger, Alexandra Reichel, The Forgotten Foundation: How Black Equestrians Built Thoroughbred Racing

Nov 3 Carol Firestone, Frances Perkins, the often-forgotten woman behind the New Deal.

Nov 10 Matt Veitch, Urban Renewal with a focus on Saratoga.

Nov 17 Kate Dudding, Eleanor Roosevelt, Mary McLeod Bethune and Other Outstanding American Women.

ADVANCED ZENTANGLE & PAPER FOLDING (NOT ORIGAMI) (12) Art Room at Prestwick Chase, 100 Saratoga Blvd., SS 12866

Mondays, 1:30-3pm, October 6, 13, 20, 27, November 3, 10

Zentangle is an easy and relaxing art form of drawing intricate patterns and creating unique works of art. This class will build on beginning Zentangle skills and work on applying Zentangle to various folded-paper forms (not origami) to create ornaments, art works and gifts. **PREREQUISITE:** You must have previous Zentangle experience or be prepared to attend one free 90-minute introductory class with me prior to our regular schedule.

1. Review of the Zentangle method & creation of two tiles
2. Create a large art piece using Zentangle and alphabet
3. Triskele balls
4. Paper stars
5. Triangles
6. Seasonal Zentangle piece and finishing touches on large art piece

Suggested Texts: Zentangle Art Therapy by Anya Lothrop (\$9.99); Zentangle.com website.

Additional Costs: A one-time \$30 materials fee will cover the full six weeks. You will receive a Zentangle pouch with pens, pencil, tortillon and art tiles in multiple colors and sizes that you will use during class and beyond. The fee will be reduced to \$15 if you bring your own Zentangle pens and supplies to use in this class.

Leader: Katie Long – MA, Philosophy, NYU; BA, Philosophy, Old Dominion University. 20 years experience as a medical writer/editor for pharmaceutical industry thought leader meetings and federal agency grant review panels. Katie has been a Zentangle artist for eight years. She received her Zentangle Teache Certification in 2021. She has taught Zentangle in Saratoga at the art center, library, senior center, Peace Week, and a few smaller venues. Her artistic point of view is that art should be made public in every way and form because it brings communities together in unique ways.

AUTUMN WALKING IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (15)

Mondays, 1:30-3pm, October 6, 20, 27, November 3, 10, 17 (no hike on Oct 13, Columbus Day)

We invite you to immerse yourself in nature! Each session will be a unique adventure exploring different trails through the diverse habitats of the Saratoga Sand Plains and will include information on the flora and fauna of the habitats. Led by experienced naturalists, the walks are geared towards moderate exercise and basic/moderate fitness levels. Each week will cover mostly flat with some hilly terrain, covering distances averaging about 1.5-2 miles. Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the day's plans before the walk. 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!

Leader: Allyson Paradis, Education Director at Wilton Wildlife Preserve & Park, M.Ed. Science Education, B.S. Environmental Science.

TUESDAYS

October 7, 14, 21, 28, November 4, (11) 18

HISTORY OF CHINA (24) SUNY ADK, 696 Route 9, Gansevoort, NY 12831, Second floor.

Tuesday, 9:30-11:00am, October 7, 14, 21, 28, November 4, 11

China has emerged in the last hundred years as a superpower rivalling the United States, yet many Westerners have little knowledge of this venerable civilization that began over 4,000 years ago. Prehistoric peoples settled along several major river systems, forming unique cultures that persist today as nations under the rubric of The People's Republic of China. Consequently, rather than being a homogenous country, its people use several different languages encompassing hundreds of dialects and dozens of different ethnic groups. China's history begins with many warring states not unified until the 2nd century BCE. What followed was a series of several distinct dynasties that did not end until 1912, eventually succeeded by the Communist Party. China has a wonderful cultural and technological history which has significantly contributed to Western civilization but is often underappreciated. In this seven-week course, we'll learn how China was settled, unified, and defined by its dynasties, leading to its recent transformation into a communist nation. At each stage, we'll examine its culture, arts, and sciences. Please join me in this unique adventure.

Leader: Dr. Gerald Stulc is a retired physician and surgeon, Chair of the A.L.L. Board of Directors, long-time teacher at A.L.L. with extensive experience in the medical issues of health, history, and aging.

TOPICS IN FOREIGN POLICY: GREAT DECISIONS 2025 PART II (24) SUNY ADK, 696 Route 9, Gansevoort, NY 12831., Second floor.

Tuesdays, 11:30am-1:00pm, October 7, 14, 21, 28, November 4, 11

Each year the Foreign Policy Association selects eight topics that are currently having significant impact on US foreign policy and our relationships with nations around the world. The FPA produces a briefing booklet with curated readings and a relevant video around each of the topics for the year's "Great Decisions" study.

Because world situations are changing so fast, facilitators are supplementing the FPA materials with current publications. ALL has been hosting Great Decisions courses for many years, and many members have had very positive experiences with the group discussions and readings. Come join in the conversations!!!! Sign up early as the class does fill up quickly. Participating in Great Decisions 2025 Part 1 is NOT a requirement for attending Part II. There will be different topics and readings.

1. American Foreign Policy at a Crossroads
2. NATO and European Security
3. AI and American National Security
4. American Foreign Policy in the Middle East
5. International Cooperation on Climate Change
6. Changing International Power Dynamics

Text: Great Decisions Briefing booklet 2025. Participants can order a hard copy (\$40) or get information on where/how to order a digital copy from the Foreign Policy Association: (800) 477-5836 or at

<https://fpa.org/bookstore/>

Leaders: Carol Forman-Pemberton, Ellen Sullivan, and Bill Robeson have facilitated a number of ALL classes, including Great Decisions. All are retired educators with experience and interests in foreign policy.

**INTRODUCTION TO CLASSICAL MUSIC (15) The Summit (Theater Room), 1 Perry Rd., SS
Tuesdays, 11:30am-1pm, October 7, 14, 21, 28, November 4, 18 (no class November 11, Veteran's Day)**

Come and learn more about classical music and catch the classical music bug. We will learn about the history of music and listen to composers from the baroque period to the neo classicists. There is no preparation or homework except for listening to some suggested music and coming with open ears and hearts.

Leader: Patricia Brady's background is predominantly in medicine, but she studied piano, ballet, and has taught three classes in her passion - music and music history, especially the classics. This is her fifth class with A.L.L. Her father being a professional musician, she has loved classical music her entire life.

**HISTORY'S ANNIVERSERIES (25) Brookside Museum, 21 Fairground Ave, Ballston Spa, NY
Tuesdays, 1:30-3pm, October 7, 14, 21, 28, November 4, 11**

2025 offers an unusual number of anniversaries of important historical events in our nation. This course will illustrate how anniversaries provide opportunities to help us remember and preserve our 250-year history for current and future generations. Several historians will bring these national events to life by focusing on stories and people from our local communities.

Oct 7 - Chris Carola, former AP reporter and local historian – "1945: the Dramatic Conclusion of World War II" Monumental events marked the end of the war 80 years ago – the deaths of Mussolini and Hitler, the atomic bomb and the involvement of a local soldier in the capture of the former Japanese Prime Minister.

Oct 14 - John Scherer, Clifton Park Town Historian – "1825: Low Bridge: The Erie Canal in Saratoga County" This presentation will take class members on a tour of the Erie Canal from Rexford to Visher Ferry and beyond, meeting people who worked and lived there during the heyday of the canal era.

Oct 21 - Sean Kelleher, Saratoga Town Historian – "America's Fighting Frenchman: The Marquis de Lafayette's Quest for Liberty" explores Lafayette and his return to America and Saratoga 200 years ago, tracing how his farewell tour rekindled Revolutionary War memories and reinforced the enduring transatlantic ideals of freedom and friendship.

Oct 28 - Russ Van Dervoort, Waterford Town Historian – "The Shepard Family at Work and War." The story of a local family whose lives were shaped by work on the Erie Canal and active service in the Civil War as told in letters back home to family in Waterford.

Nov 4 – Lauren Roberts, Saratoga County Historian – "The Noble Train of Artillery @ 250: Henry's Heavy Metal Tour" Saratoga250 is keeping history alive by bringing the inspiring story of Henry Knox's transport of cannon from Fort Ticonderoga to Dorchester Heights in the winter of 1775/76 to a new generation. By engaging community partners from high school students to teamsters, and local businesses, this year's 250th anniversary is sure to be a blast!

Nov 11 - David Brooks, Schoharie Crossing State Historic Site – "Ironhearted: The 115th NYS Volunteer Regiment in the Civil War." In recognition of Veterans Day, the traumatic experiences of men in this regiment, recruited from Saratoga and neighboring counties, will be recounted from 1862 to their final battles in 1865 that helped end the conflict 160 years ago.

Leader: Jim Richmond

**ENJOYING POETRY: WRITING AND READING (12) Ballston Spa Library, 21 Milton Ave., 12020
Tuesdays 2:00-4:00pm, NOTE 2-HOUR CLASSES, Starts September 9, 16, 23, 30, Oct 7**

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 15 previous poetry writing courses for A.L.L.

WEDNESDAYS
October 8, 15, 22, 29, November 5, 12

WRITERS CIRCLE (12) Conference Room at Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs
Wednesdays, 9am-12noon, NOTE: 3 hours, DATES: Sept 17, Oct 15, Nov 12, Dec 10

Story telling is an ancient human endeavor. Something in us needs to encounter and explain the world through words. Whether through prose or poetry, fiction or non-fiction, we have a need to tell our story. We will meet monthly and share our visions in an attempt to make those visions conform better to their original conception. Our tools will be close reading and gentle criticism. The Writer's Circle meets monthly. Each month, we will share our work via email with our classmates and then read them as a prelude to discussion and criticism. Ideally, we want to have submissions in our hands for reading several days before meeting to allow for thoughtful appraisal. Writers of whatever stripe, fiction, poetry, non-fiction, memoir, all are welcome.

Leader: Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in Creative Writing from Vermont College.

FALL HIKES AT MOREAU LAKE STATE PARK (15) Moreau Lake State Park, 605 Old Saratoga Road (Route 9), Gansevoort 12831

Wednesdays, 9:30-11am, Plan for 1-3 hour hikes. October 8, 15, 22, 29, November 5, 12

Join a park environmental educator for a walk in the woods! This is a nature-based course where we will engage in conversations about plant and wildlife identification as well as outdoor ethics; these guided hikes will be at your speed to accommodate everyone! We will start with shorter hikes until we gauge everyone's abilities, but we have over 40 miles of trails that can range from easy to hard, pavement to wooded hard-packed trails, flat to 500 ft elevation gain so there is something for everyone! We will always meet at the park office and drive to the trailheads caravan style.

Must Bring: Water, Epi-pens and other important medications, and hiking boots. Can Bring: Hiking poles, binoculars, and snacks/lunch. We Can Provide: Sunscreen, bug spray, limited hiking poles and First Aid Kit.

1. Big Bend 3.5 miles-50 ft elevation gain/loss
2. Stonewall 3.2 miles-420 ft elevation gain/loss
3. Lake Bonita to Lake Ann- 3.2 miles with 300 ft elevation gain/loss
4. Loop Trail 2.5 miles- 430 ft elevation gain/loss
5. Spring Overlook 1.8 miles-470 ft elevation gain/loss
6. Baker to Moreau Overlook 2.5 miles-530 ft elevation gain/loss

Leader: Natalie Santini is an environmental educator at Moreau Lake State Park with a background in conservation. She is a Leave No Trace Trainer, nature enthusiast, and has been working with the Parks Service for the past 5 years. She's been on all of the trails at MLSP and would love to show you around whether you're a newcomer or you've been visiting since you were little, there is always something new to look at!

INTRODUCTION TO TAI CHI IV: YANG 48 (12) First Pres Church, 22 West High Street, Ballston Spa, NY 12020 and ZOOM

(Note: This course is the first of a 3-course sequence and is appropriate for STUDENTS WHO HAVE PRACTICED, and LEARNED, THE YANG 24 FORM.)

Wednesdays, 10am-11am, October 8, 15, 22, 29, November 5, 12 (PLEASE NOTE, One hour classes are standard for Tai Chi Instruction. While movements are slow and gentle, they are also moderately PHYSICALLY DEMANDING)

Participants treated by an orthopedist should have permission from their doctor to take this course. During classes participants should wear loose-fitting clothes that allow freedom of movement and comfortable shoes that provide stable footing. Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. One of the greatest benefits people realize from the practice of Tai Chi is improved balance and focus. Classes will include the following: Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help loosen your muscles and joints and focus on your breathing and body. Instruction and practice of Tai Chi Forms, Forms/Postures are sets of movements. In this class you will learn the first 16 MOVEMENTS OF the YANG 48 form consisting of smaller, slower movements created specifically for this six-week class. (In the Winter and Spring sessions you will learn movements 17 through 48)

Text: Suggested Readings: The Health Benefits of Tai Chi, Harvard Health Publishing May 24,2022, <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi> Keep on Your Feet—Preventing Older Adult Falls <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

Leader: Chuck Lobosco has a master's degree in educational psychology and has practiced Tai Chi and Qigong for over 35 years. He attended training offered by Paul Lam, MD, Director, Tai Chi Health Institute as well as learning several forms from local teachers: Grand Master Jiang Jianye and Frank Riccardi.

MORE ASPECTS OF THE AMERICAN REVOLUTION (25) Coburg Village, Club Dining Room on the 2nd floor, One Coburg Village Way, Rexford, New York 12148-1467

Wednesday.10:30am-1200pm, October 8, 15, 22, 29, November 5, 12

This course will focus on several aspects of the American Revolution that normally don't receive much attention despite the role they played in the overall story. And many have particular relevance to Upstate New York. No required readings However, Pertinent books will be recommended on the subject at each class. The format is lecture with time for discussion and Q&A each week.

What really happened at Lexington and Concord.

The Dutch in The American Revolution

Jane McCrea

Privateers

What Happened After the Victory at Yorktown?

George Washington's Travels in Upstate New York

Leader: Jim Sefcik retired in 2004 after 40+ years in museum management. He has since returned to teaching college level courses on the American Revolution as well as ALL programs including ALL Saratoga for more than 10 years. Recently, Jim was elected to the Board of Trustees at Fort Ticonderoga.

INTRODUCTION TO TAI CHI I AND QIGONG (16) First Pres Church, 22 West High Street, Ballston Spa, NY 12020 and ZOOM

(Note: This course is the first of a 3-course sequence and is appropriate for NEW OR returning students wishing to repeat the classes)

Wednesdays, 11am-12pm, October 8, 15, 22, 29, November 5, 12 (PLEASE NOTE, One hour classes are standard for Tai Chi Instruction. While movements are slow and gentle, they are also moderately PHYSICALLY DEMANDING) *Participants treated by an orthopedist should have permission from their doctor to take this course. Participants should wear loose-fitting clothes that allow freedom of movement and comfortable shoes that provide stable footing.*

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. One of the greatest benefits people realize from the practice of Tai Chi is improved balance and focus. Classes will include the following: **Warm-up.** Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help loosening your muscles and joints and focus on your breathing and body. **Instruction and practice of Tai Chi Forms,** Forms/Postures are sets of movements. In this class you will learn the first EIGHT MOVEMENTS OF the YANG 24 short form consisting of smaller, slower movements created specifically for this six-week class. (In the Winter and Spring sessions you will learn movements nine through 24) **Qigong (or Chi Gong).** Translated as "breath work" or "energy work,". During the last two weeks of this course, you will also learn a simple stationary Qigong form consisting of a few minutes of gentle breathing combined with hand movements. The idea is to help relax the mind and mobilize the body's energy. All forms can be practiced while standing or sitting.

Text: Suggested Readings: The Health Benefits of Tai Chi, Harvard Health Publishing May 24,2022, <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi> Keep on Your Feet—Preventing Older Adult Falls <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

Leader: Chuck Lobosco has a master's degree in educational psychology and has practiced Tai Chi and Qigong for over 35 years. He attended training offered by Paul Lam, MD, Director, Tai Chi Health Institute as well as learning several forms from local teachers: Grand Master Jiang Jianye and Frank Riccardi.

**THE GREAT AMERICAN SONGBOOK (25) Prestwick Chase, 100 Saratoga Blvd., SS
Wednesdays, 11:00am-12:30pm, October 8, 15, 22, 29, November 5, 12**

This course explores one of America's greatest cultural legacies: the timeless songs written for Broadway, Hollywood, radio, television and recordings between 1920 and 1960. Known as the Great American Songbook, this rich repertoire features the work of legendary composers and lyricists such as Kern, Berlin, the Gershwins, Porter, Rodgers and Hart, Hammerstein, Arlen, Ellington, Mercer, and others. We'll also celebrate the iconic singers who brought these classics to life. Each term includes two live performances of Songbook favorites, with piano accompaniment. This is the first in a three-part series, with future sessions offered in the winter and spring terms.

1. In the Beginning: The compositions of Stephen Foster during the 1840's, '50's and 60's ushered in the forerunners to the American Songbook. The form advanced with the songs of George M. Cohan and Irving Berlin.

2. The 1920's and Tin Pan Alley: A distinctly American sound was heard in the early songs of Irving Berlin and Jerome Kern. These compositions paved the way for the Gershwins, Rodgers and Hart, and Cole Porter.

3. Live performance of classic songs from the beginning of the American songbook era through the 1930's.

4. The Great Depression: While the American economy languished, the American Songbook thrived with the creation of hundreds of beautiful songs: ballads and uptempo swing tunes on Broadway and in Hollywood musicals.

5. The Entertainers: In this session we will focus on the performers who brought the music to life on the stage and screens of America. Performances by Al Jolson, Fanny Brice, Eddie Cantor, Fred Astaire and Ginger Rogers and Bing Crosby will be watched and discussed.

6. Live performance of songbook standards from the 1920's and the 1930's will be featured

Text: Suggested reading: David Lehman: "A Fine Romance, Jewish Songwriters, American Songs", (hardcover) ISBN:978-0-8052-4250-8, published 2009, Amazon \$24.59

Leader: Ken Blatt has devoted the past thirty-five years to the study and practice of singing, piano performance, songwriting, acting, directing, and lecturing on the performing arts. He actively performs a wide range of musical styles and genres for audiences throughout New York State and Florida, with a strong presence in the Albany Capital District and Saratoga County. His passion for music encompasses the Great American Songbook, jazz and swing, classic rock and roll, Broadway show tunes, movie songs, and pop hits from the 1930s to the present. Ken has served on the faculty of several colleges and universities, and he has led lectures, workshops, and discussion groups for students of all ages.

IMAGINING AMERICA: MULTICULTURAL SHORT STORIES DEALING WITH THE PROMISES – FULFILLED AND UNFULFILLED – OF OUR NATION, WRITTEN BY SOME OF THE GREATEST WRITERS OF OUR TIME. Location TBD

Wednesdays, 1-2:30pm, October 8, 15, 22, 29, November 5, 12

We will be reading and discussing some of the best short fiction ever written about the experience of being "American" from the perspective of natives, immigrants, the "other", all of whose voices contribute to our understanding of the true meaning of the term.

Text: IMAGINING AMERICA: Stories from the Promised Land (Revised edition). Ed. Wesley Brown and Amy Ling. Paperback, ISBN 978-0892552771. Revised Edition, 384 pgs, The text will be supplemented by handouts of some additional stories.

Leader: Marino D'Orazio holds a Ph.D. in Comparative Literature from the CUNY Graduate Center and a JD degree from Brooklyn Law School. He has been a college professor of both English and Italian, and has translated fiction and nonfiction books from the Italian. His latest translations are a book about climate change (EGGS, EARTH and SPACE), a novel (THE HOUSE ON THE FONDACO PLAIN) and an archeological/historical guide to the ancient Roman city: SAEPINUM: Discovering the Disinterred City. Marino has also had a long career as an attorney, from which he now deems himself 'semi-retired.' It has been his pleasure to lead several study groups - in both Italian and English - over the years

EASING PAIN, CALMING MIND: THE EASY MINDFULNESS METHODS OF THICH NHAT HANH (10) **(Zoom)**

Wednesdays, 1:30-3:00pm, October 8, 15, 22, 29, November 5, 12

We are living during a time of stress for many. This is an introduction (or a refresher) course on an easy, simple way to ease stress and improve the oxygen levels in our bodies, as a way to diminish pain and increase the ability to sense joy. These methods have worked for prisoners awaiting torture as well as for many living more normal lives.

1. Introductions and goals: reports on mono tasking efforts (Read Chapter one) 2. Miracle: to walk on earth (chapter 2) 3. A day of mindfulness (chapter 3) 4. The pebble (chapter 4) 5. One is all, all one (chapter 5) 6. Concluding session: sharing what we have experienced and learned

Text: Thich Nhat Hanh, *The Miracle of Mindfulness*

Leader: Margaret Pearson earned her PhD in Asian History from the University of Washington (Seattle). She taught Buddhism as part of her courses on Chinese and Japanese History at Skidmore College, SUNY Albany, the New School for Social Research, and Pace University (White Plains). She has taught this course before at ALL, and welcomes returning students with the hope that they will share their strategies and struggles with new students.

THURSDAYS

October 9, 16, 23, 30, November 6, 13

THE BEATLES, PART 1: THE RISE OF BEATLEMANIA (18) The Summit (Theater Room), 1 Perry Rd., SS **Thursdays, 9:30-11am, Oct 9, 16, 23, 30, Nov 6, 13**

1. *Love Me Do*. John Lennon, Paul McCartney, and George Harrison's origins in Liverpool and their development as a club band there and in Hamburg. The stewardship of Brian Epstein and his attempts to get them a recording contract.

Music: "That'll Be the Day," "Hello Little Girl," & "Love Me Do"

2. *Please Please Me*. Lennon and McCartney emerge as songwriters. Britain in the winter of 1962-1963 and the Beatles first major recording successes. *Thank Your Lucky Stars*, January 1963. Their experiences as performers on package tours.

Music: "Please Please Me," "I Saw Her Standing There" "Twist and Shout," & "From Me to You"

3. *With the Beatles*. The rise of Beatlemania and the challenges of dealing with the media. *Sunday Night at the London Palladium* and *Royal Command Performance*. Breaking into international markets and particularly into the US. Building on American models. *The Ed Sullivan Show*, February 1964.

Music: "She Loves You," "I Want to Hold Your Hand," & "This Boy"; "Till There Was You" & "Please Mr. Postman"; "All My Loving" & "Can't Buy Me Love"

4. *A Hard Day's Night*. First experiences with world tours and the challenges of performing for large audiences. The role of the pop music film.

Music: "Long Tall Sally" / "Matchbox"; "A Hard Day's Night" / "Things We Said Today"; "If I Fell," "And I Love Her," & "I Should Have Known Better"

5. *Beatles for Sale*. The notion of the British Invasion and its implications for the Beatles. Collaborative creativity and the role of the recording studio.

Music: "I Feel Fine" / "She's a Woman"; "I Don't Want to Spoil the Party," "Eight Days a Week," "What You're Doing," & "No Reply"

6. *Help!* Expectations of greatness and the toll of fame. Questions about identity and direction. Shea Stadium, 15 August 1965, and the emerging cultural rifts in American culture.

Music: "Ticket to Ride" / "Yes It Is"; "Help!" / "I'm Down"; "You've Got to Hide Your Love Away," "I Need You," & "Yesterday"

Leader: Gordon Ross Thompson (Professor Emeritus of Music, Skidmore College) founded and produced the annual Beatlemore Skidmania concerts. He is the author of *Please Please Me: Sixties British Pop, Inside Out* (Oxford, 2008) and the two-volume *Sixties British Pop, Outside In* (Oxford 2024). His next book will be *Creating, Curating, and Consuming the Beatles* (Bloomsbury, 2026).

FEMALE RULERS MALIGNED IN HISTORY (40) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Thursdays, 10:30am-12:00pm, Oct 9, 16, 23, 30, Nov 6, 13

Women rulers are rare. Some have made enormous contributions to their nations. But, too often, historians and the leaders who came after them have downgraded or attempted to denigrate and destroy their accomplishments. Why are so few credited in history with their accomplishments? The reasons for this are many and varied. Mary Tudor of England went down in textbooks as “Bloody Mary”. Cleopatra brought her lovers Julius Caesar and Marc Anthony to their ruins. Catherine the Great had sex with her horse. Hatshepsut of Egypt was depicted as a man. Juana of Castile was declared mad and placed in an asylum. Marie Antoinette ate cake while the French peasants starved. Each week we will examine the lives and reigns of some notable female rulers around the world who history may have gotten wrong or just left out of the narrative. Our final week, we will examine if the narrative about women in powerful positions has changed over time.

Leader: Kathy Welch is a former attorney and history teacher. She has taught a wide variety of classes for A.L.L.

IPHONE BASICS (15) Saratoga Senior Center, 290 West Ave., Education Room

Thursdays, 11:30am-1:00pm, STARTS October 2, 16, 23, 30, November 13, 20 (no class Oct 9 or Nov 6)

This course covers the basics of the Apple iPhone including basic settings, iCloud, Contacts, Photos

1. Introduction to Apple iPhone basics
2. Settings
3. Contacts
4. Camera
5. Photos
6. General Questions

Additional Cost: \$5 for class handouts collected at first class.

Leader: John Manley has been an 11-year member of an Apple User group in Saratoga Springs. Since 2016, he has taught several classes at the Saratoga Springs Public Library on a variety of topics concerning Apple products mainly iPhone and iPads, he's currently the moderator/leader of the Saratoga Springs Public Library Apple for Everyone which meets every Tuesday morning from 9:30-11:00 at the library. He taught high school Math for 37 years including some technology classes and staff development classes. John taught this same course for A.L.L. in the spring of 2025

FUN WITH AI (Artificial Intelligence) Zoom

Thursdays, 1:30-3pm, Oct 9, 16, 23, 30, Nov 6, 13

A lively, Zoom-based series for curious people who want to see what artificial intelligence can really do—right now. Sessions will feature fast, friendly demos and conversations with creators, educators, artists, entrepreneurs, and community builders who are exploring the frontiers of what AI can do. We'll explore practical tools for writing, research, images, audio, data, and everyday productivity. Bring your questions, projects, and sense of adventure as we engage with what some experts call a new “invasive species.”

Each class will be recorded, summarized, and published by Smartacus for later reference, but only course faculty will be identified. If you're concerned, please use only your first name or a pseudonym as your Zoom identifier.

1. The AI Moment: What's Happening Now – Kickoff on today's breakthroughs and why they matter.
2. Words at the Speed of Thought – Writing, editing, and idea generation with AI tools.
3. Seeing is Believing – Creating and transforming images with AI.
4. The Sound of Intelligence – Voice, music, and audio innovation.
5. AI in Action – Real-world problem-solving and productivity hacks.
6. Looking Ahead – Ethics, safety, and the next frontier

Text: Suggested book: The Fourth Age: Smart Robots, Conscious Computers and the Future of Humanity.

Companion blog: AI at Work, <https://www.smartacus.com/ai-at-work>

Leader: : Dan Forbush is founder and editor of C&R Interactive, the creative agency that's developing the Smartacus Neural Net, a human/AI hybrid that serves the public interest. In his long career in academic public relations, Dan served as the chief communications officer at Syracuse University, the University at Stony Brook, and Skidmore College. In 1992, he founded ProfNet, an expert network for reporters he launched with 600 colleges and universities as an email listserv.

**DRAWING OUT YOUR INNER ARTIST (12) Art Room at Prestwick Chase, 100 Saratoga Blvd., SS 12866
Thursdays 3:00-4:30pm, October 9, 16, 23, 30, November 6, 13**

Do you think you “can’t” draw? This class is an invitation to let go of negative thoughts about your artistic ability and enjoy drawing as a process for expressing creativity, practicing mindfulness, and connecting inner and outer worlds. In class, you’ll be introduced to various materials. To get started, please bring a 9x12 inch sketchbook and a pencil.

1. Introduction
2. Seeing Objects
3. Drawing from Nature
4. Bodily Forms
5. Portraits
6. Conclusion

Leader: Susan Walzer, professor emeritus, offers workshops and consultation on a variety of topics and was a faculty member at Skidmore College. Her drawing classes are informed by many years of her own practice, lessons from artist mentors, and her training as a teacher of mindful self-compassion.

FRIDAYS

October 10, 17, 24, 31, November 7, 14

TEACHER TALES (8) Kaffee House, 120 West Ave., SS 12866, meeting room

Fridays, 10-11:30am, Oct 17, 24, 31, Nov 7, 14, 21

As a teacher for 50 years of students from grade school in Brooklyn to Skidmore College, I have many tales to tell. And so do you. Whether an educator or student, you have a favorite memory of a particular student/classmate, a challenging class, an amusing incident, a lesson that really succeeded or failed and other situations that occur as part of the life of a teacher or student. In this supportive and enjoyable interactive workshop, we’ll share these memories through storytelling, writing, and visual imagery.

1. Introductions. Why did/do you teach?
2. Memorable Students
3. First Year on the Job
4. Lessons Taught. Lessons Learned
5. Thank You to a Mentor
6. Writing/Reading Circle, Participant Feedback

Leader: During her 13 years at Skidmore College, Joyce Rubin served in the classroom, teaching courses in Curriculum and Instruction, Director of Student Teaching and Department Chair. She currently facilitates creative writing courses at A.L.L., Saratoga Springs Senior Center and Wiawaka Center for Women on Lake George.

LOCAL WALKING TOURS (20) on location

Fridays, 10:30am-12:00pm

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

Oct 10 Join Georgia Horner and explore the areas surrounding the Saratoga Race Course. Reading Room, National Museum of Racing & Hall of Fame, Oklahoma Track, and Fasig-Tipton Sales Pavilion. Meet on the southeast corner of Nelson & Union Avenues by the Reading Room.

Oct 17 Gloria May, Broadway 1874: In 1874, Saratoga Springs had changed from a health spa town into the epitome of high-society elegance in America. Notably, it was the only year when all four major hotels stood along Broadway. Take a journey through time and immerse yourself in the stories of the individuals who once traversed the town, while marveling at the enduring architectural marvels that continue to grace its streets.

Oct 24 TBD

Oct 31 Gloria Marceau, Mr. and Mrs. Ainsworth we are going to visit some of your neighbors: Greenridge Cemetery tour.

Nov 7 Saratoga Springs Food Tour: The owner of Saratoga Food Tours, **Joe Haedrich**, will introduce you to some of the restaurants and food shops on the tour. We begin at the Old Bryan Inn and learn about its long history and walk to Whitman Brewing where we will meet the owners and learn about how they make beer. We then walk to Broadway where we visit several food shops and hear stories from proprietors and managers. Although there is no food served on the tour, there are a few small tastings along the way. Meeting place--Old Bryan Inn at 10:30am.

Nov 14 TBD

FALL COURSE REGISTRATION

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

After the initial registration period, unfilled courses will be announced and registration for these courses will continue on a first come, first served basis. This will require an additional payment for these additional courses.

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

Course Fees: \$50 per six-week course.

Additional Courses Once you are enrolled in your courses, you will have the option of enrolling in additional courses in September based on availability. Please pay for additional courses when you register for them. To encourage good discussion, course sizes are limited. Please indicate your choice of courses in order of preference. If a course is full, you will be placed in your alternate course and placed on a wait list.

REFUND POLICY

If you must drop a course, a refund less \$25 processing fee will be granted up to the beginning of classes. After classes start, a refund less \$25 processing fee will be granted for health reasons only. Later requests will be considered on a case-by-case basis. Membership dues are non-refundable. If A.L.L. cancels a course, you're welcome to apply for another open course, donate the course fees, get course credit for the next session, or request a refund.

ACCESSIBILITY

Most A.L.L. courses, 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 Academy Board 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 registration form. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

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, course, 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 email newsletters and notices from your course leaders during the term.

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

ALL reserves the right to remove from a course or social program any person or persons who conduct themselves in a disruptive manner which impairs the ability of the Academy to conduct activities as intended.



*Courses & Social Activities
for Adult Learners*

Academy for Lifelong Learning Saratoga Region
OPEN HOUSE & FALL 2025
COURSES PREVIEW

Thursday, September 11, 2:00pm, Free
Knights of Columbus Building - corner of Washington Street at
50 Pine Road, Saratoga Springs

Open to the public, A.L.L. members, and friends. Join us!

Snacks and light refreshments will be served. Raffle.

Come and discover what the Academy is all about, hear from
course leaders about their fall courses starting the week of
October 6, meet fellow seniors, socialize, register.

View the fall course catalog late-August at www.allsaratoga.org

Let us know you're attending by emailing Academy Events Chair,
Lois Pflomm at lpflomm@yahoo.com

Academy for Lifelong Learning Saratoga Region, Inc.
PO Box 4395, Saratoga Springs, NY 12866
(518) 290-6988, www.allsaratoga.org
jeff@allsaratoga.org

ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Applications will be processed on a first-come, first-served basis. Applications will be accepted for open courses until full. Complete and mail this form of register online with a credit card at www.allsaratoga.org.

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

COURSE REGISTRATION: Please list your choices in order of preference. 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.

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

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 September based on availability. Please wait to pay for additional courses until you register for them.

Alternate course _____

MEMBERSHIP DUES AND COURSE FEES

12-month Membership: \$75.00

First Choice (\$50) +\$ _____

Second Choice (\$50) +\$ _____

Third Choice (\$50) +\$ _____

Fourth Choice (\$50) +\$ _____

Subtotal \$ _____

GIFT GIVING

I wish to be anonymous _____

A.L.L. Fund Contribution: Amount to be applied to

General Fund \$ _____

Endowment Fund \$ _____

Pat Leonard Assistance Fund \$ _____

+Total Gift \$ _____

TOTAL ENCLOSED \$ _____

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. Course 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 participation 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.)

Date _____ Print name _____ Signature _____

In case of emergency, please contact: _____ Phone _____



Academy for Lifelong Learning
PO Box 4395
Saratoga Springs, NY 12866



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