



*Courses & Social Activities
for Adult Learners*

Academy for Lifelong Learning
Saratoga Region

2025 Spring Course Catalog

April - May

Sponsored by



Noncredit educational courses and social activities for adults.

Spring courses are offered on location in classrooms and outdoors.

Volunteer-led, 6-week courses start in April.

All spring courses conclude by the week of June 2

Course locations, dates, and times are subject to change.

View this course catalog and registration form online at
www.allsaratoga.org

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

Spring 2025 Course Schedule – March 13, 2025

Most courses are 90-minute, weekly classes for six weeks unless otherwise noted. **No classes on May 26, Memorial Day.** This chart identifies: **Course title, location, and start date.** Check descriptions for specific dates and times.

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

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am-12noon			Writers Circle Prestwick Chase March 19, April 16, May 14, & June 11		
9:30-11:00 AM	The Magic of Circles: Mandalas from A To Z Knights of Columbus Starts April 14	Spring Hikes at Moreau Lake State Park- Starts April 8 The Canvas Within: A Chronicle of Artistic Exploration and Medical Discovery of the Human Body SUNY ADK Starts April 15		The Operetta – Music, Wit, and Satire Summit at Halfmoon Starts April 17 Selected Shorts: A Collaborative Journey Through the Infinite World of the Short Story Prestwick Chase Starts April 17	
10:00-11:30 AM					Teacher Tales Kaffee House Starts April 18
10:00-11:00 AM			Introduction To Tai Chi, Yang 24 Part III BSpa Pres Church (On location & Zoom) Starts April 16		
10:00 AM-12:00 PM			Wildflower Identification for Beginners On location Starts April 30		
11:30 AM-1:00 PM	Monday Speaker Series Knight of Columbus Starts April 14	Foreign Policy Great Decisions 2025 Part 1 SUNY ADK Starts April 15	Songs of the Cinema/ Melodies of Movies Part 3 Prestwick Chase Starts April 9	Apple iPhone Basics SS Sr Ctr Starts April 24	
12 -1:30pm			Crochet for Beginners Summit at Halfmoon Starts April 16		
1:30-3:00 PM	Spring Walks in Nature with Wilton Wildlife Preserve & Park On location Starts April 14				
2:30-4:00 PM				Enjoying Poetry Ballston Spa Public Library Starts May 1	

SPRING 2025 COURSE DESCRIPTIONS

Most courses are six, 90-minute weekly classes unless otherwise noted. Classes will not meet on Memorial Day. Courses limited to the number of students in parenthesis ().

MONDAYS

THE MAGIC OF CIRCLES: Mandalas from A to Z (15) Knights of Columbus, 50 Pine Rd, Saratoga Springs Mondays, 9:30-11:00am, April 14, 21, 28, May 5, 12, 19

The circle is the simplest yet most profound of all the symbols used by mankind. We will explore its many meanings from cultures and religions around the world. The class will include art, history, tales and stories, anthropology and philosophy as well as hands-on creation of personal mandalas. Class size is limited to 15 people to ensure optimum participation.

Class 1: Introduction and overview of the Mandala as an archetypal symbol

Class 2: Mandalas from First Nation Cultures

Class 3: Mandalas from India

Class 4: Mandalas from China

Class 5: Mandalas Judaism and Christianity

Class 6: Mandalas of Wholeness and Balance

Leader: Sharon Sassaman, Ph.D. is a retired psychologist living in Saratoga Springs. Her interest in mandalas was sparked by the work of Carl Jung many years ago. She has continued to study their many manifestations in the wisdom traditions of the world. While living in China for seven years, she studied the writings of Lao Tsu and collected samples of mandalas in her travels throughout Asia and India.

MONDAY SPEAKER SERIES (40) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866 Mondays, 11:30am-1:00pm, April 14, 21, 28, May 5, 12, 19

Join us as we hear from a variety of interesting speakers on a variety of topics.

April 14 The Opium Wars, Kathy Welch When Europe developed a taste for tea beginning in the 17th century, it created a huge trade imbalance with China. China wanted nothing of European goods in exchange for their tea, porcelain and silk products. China insisted instead on payment in silver which drained European coffers. Having enough of this imbalance, England forced open Chinese ports and made China take opium in trade. China's efforts to halt this devastating drug trade led to two wars that have come to be known as The Opium Wars.

April 21 George Washington Was a Traveling Man, Jim Sefcik Where did he go? When did he go? Why did he go? And where did he sleep? Part 2

April 28 "Particulars that I have Been Eye & Ear Witness To" How Nathaniel Bacheller Changed History, Eric H. Schnitzer Park Ranger/Military Historian Saratoga National Historical Park Benedict Arnold, relieved of command, under house arrest, and maybe drunk, rode out onto the field of battle on October 7 and took charge of the American attack against the British, thus bringing our troops to victory in the Second Battle of Saratoga! Or did he? This program explores one of the most epic examples of Revolutionary War evidence-driven revisionist history ever seen!

May 5 From Roots to Justice: How Genetic Genealogy Is Cracking Cold Cases, Join Heidi Gross as she explores the fascinating history and evolution of genetic genealogy in law enforcement, from its roots in consumer ancestral DNA testing to its groundbreaking role in solving cold cases. This presentation delves into key milestones, ethical challenges, and the future of this transformative investigative tool.

May 12 "The Track to Change: How 20th Century America Shaped Thoroughbred Racing", Matt Reichel & Madeleine Egger The 20th century was a time of great change in American life, culture, and politics. Together we will explore how those changes were reflected in American thoroughbred racing.

May 19 Using Reiki Healing Energy to Connect with Yourself and Others, Chelsea Leathem What is Reiki? Join me for an interactive discussion on using Reiki to cultivate self-compassion, connect with our inner wisdom, and share how to cultivate the wisdom of life Experience.

SPRING WALKS IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (15) Wilton Wildlife Preserve and Park, Parking Lot Number 1, 90 Scout Rd, Wilton, NY 12831

Mondays, 1:30 - 3:00pm, April 14, 21, 28, May 5, 12, 19

We invite you to immerse yourself in nature! Each session will be a unique adventure exploring different trails through the habitats of the Saratoga Sandplains including information on the flora and fauna. Late spring is the season of the endangered Karner blue butterfly, leaving a possibility of seeing this species. Led by experienced naturalists, the walk is geared towards gentle exercise and for basic fitness levels. Sessions will start at our Camp Saratoga North Trailhead to discuss the day and provide background information for the trailhead. Each hike will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes, layered clothing, and bring water. Hiking poles are encouraged as they provide additional support. Come join us this spring!

Each week's structure will be based on which trail we walk, and discoveries of flora and fauna along the trails.

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

TUESDAYS

SPRING HIKES AT MOREAU LAKE STATE PARK (20) 605 Old Saratoga Road Gansevoort NY 12833

Tuesdays, 9:30am, Plan for 1-3 hour hikes. STARTS April 8, 15, 22, 29, May 6, 13

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!

Must Bring: Water, Epi-pens and other important medications and hiking boots.

Can Bring: Hiking Poles, Binoculars, and Snacks

We Can Provide: Limited micro spikes, sunscreen, bug spray, and First Aid Kit.

1. Big Bend Hike: 5 miles-flat
2. Baker to Moreau Overlook 2.5 miles-530 ft elevation gain/loss
3. Lake Bonita to Lake Ann: 3.2 miles- 310 ft elevation gain/loss
4. Red Oak Ridge Loop: 2.5 miles- 475 ft elevation gain/loss
5. Stonewall: 3.2 miles – 420 ft elevation gain/loss
6. Spring Overlook: 2.7 miles- 637 ft elevation gain/loss

No Additional Cost – Free

Leader: Natalie Santini is an environmental educator at Moreau Lake State Park with a background in conservation. She's a Leave No Trace Trainer, nature enthusiast, and has been working with the Parks Service for the past 5 years. Natalie has been on all 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 see!

THE CANVAS WITHIN: A CHRONICLE OF ARTISTIC EXPLORATION AND MEDICAL DISCOVERY OF THE HUMAN BODY (24) SUNY ADK, 696 Route 9, Gansevoort, NY 12831. Room 207

Tuesdays, 9:30-11:00am, April 15, 22, 29, May 6, 13, 20

In this course, we will see how humanity came to perceive itself throughout history both in artistic representations of the human body, and the material composition of the body, what came to be known as the science of anatomy. These seemingly disparate approaches in knowing ourselves and describing the human condition have, in reality, continuous interactions. Both approaches have influenced one another during different cultures and periods of time. We will begin describing how in prehistory people saw themselves and interpreted the functions of their bodies. The remaining sessions will cover antiquity (Egypt, Greece, Rome), the European Middle Ages, the Early Modern period and the Enlightenment, art and anatomy in the last two centuries which introduced abstract and impressionist art along with the great Scientific Revolution. We'll end with the Modern and Postmodern interpretations in art and anatomy in what it means to be human, including focusing on how women have been represented, and how we've identified our humanity by way of one of our greatest anatomical distinctions, our hands. Please join me in this journey. It is based on a book I'm writing on the subject and has significant updates and new insights since last presented two years ago.

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 and aging.

FOREIGN POLICY GREAT DECISIONS 2025: PART 1 (24) SUNY ADK, 696 Route 9, Gansevoort, 12831, Room 207

Tuesdays, 11:30am – 1:00pm, April 15, 22, 29, May 6, 13, 20

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. Groups (and classes) around the country use these materials to enrich their understandings of these significant topics that require more than sound bites or 90 second segments in the media. 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!!!!

1. American Foreign Policy at a Crossroads
2. US Changing Leadership of the World Economy
3. US China Relations
4. International Cooperation on Climate Change
5. The Future of NATO and European Security
6. Pulling some of the strands of foreign policy together

Text and cost: 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:

https://www.fpa.org/great_decisions/?act=gd_materials

Leaders: Carol Forman-Pemberton and Ellen Sullivan. They have facilitated Great Decisions and Topics in Foreign Policy classes for the past several years and have done extensive research into the topics. Carol and Ellen have backgrounds in education, research, and advocacy.

WEDNESDAYS

**WRITERS CIRCLE (12) Conference Room Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866
Wednesdays, 9am – 12noon, STARTS March 19, April 16, May 14, and June 11**

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.

Leader: Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in Creative Writing from Vermont College. Fred has led this course the last three semesters.

INTRODUCTION TO TAI CHI, YANG 24 PART III (12) First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020, and ZOOM

Wednesdays, 10-11am (NOTE: One-Hour Classes and PREREQUISITES, see below) April 16, 23, 30, May 7, 14, 21.

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. PREREQUISITE: Prior experience practicing the first four postures of the Yang 24 Tai Chi Form or completion of Part I Introduction to Tai Chi Yang 24 & Part II. 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. 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 you to loosen your muscles and joints and focus on your breathing and body. Instruction and practice of tai chi forms. Short forms - Forms/Postures are sets of movements. In this class you will learn a very short form (six movements) consisting of smaller, slower movements created specifically for this six-week class. Qigong (or chi kung). Translated as "breath work" or "energy work,". During the last two weeks of this course, you will 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 seated.

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.

WILDFLOWER IDENTIFICATION FOR BEGINNERS (10) on location, STARTS April 30

Wednesdays, 10 am – 12noon, April 30, May 7, 14, 21, 28, June 4 (June 11 make-up day)

Participants in this course will learn to identify wildflowers, ferns and trees, using books as well as acronyms and seasonal and environmental clues as they explore different natural areas in Saratoga County. Each week's walk will be no longer than one mile in distance.

Texts: Lawrence Newcomb, "Newcomb's Wildflower Guide" (Little, Brown and Co.) \$10 – \$20 on Amazon (used/ new/paper)

Costs: Hand lens, preferably X10 or greater (\$10 – \$40), notebook and pencil, water bottle, sturdy walking shoes. \$3 for handouts will be collected at the first session.

Leader: Elizabeth Collins has led wildflower walks for the Environmental Clearing House of Schenectady and has led this A.L.L. course 14 times.

SONGS OF THE CINEMA/ MELODIES OF THE MOVIES PART 3 (30) Prestwick Chase, Congress Hall, 100 Saratoga Blvd., Saratoga Springs, NY

Wednesdays, 11:30am-1:00pm, STARTS April 9, 16, 23, 30, May 14, 21 (no class May 7)

This lecture/discussion/ "live" performance course continues our examination of the music that has been an integral part of moviemaking since the introduction of "talkies" in 1927. It represents a wide range of musical genres including American songbook and "swing" tunes, rock, jazz, "pop", synthetic, and classical music. Our discussion this term will begin with the music of the 1980's and continue through the present day.

1. The 1980's: Synthetic music became a staple of movie music-making, as well as grand anthems and the persistence of rock rhythms.

2. Approaching the Millennium/the 1990's: Film scores became more emotional and sentimental in the films released leading up to the year 2000. In movies such as Titanic, Ghost and The Bodyguard, musical scores tugged at the heartstrings of audiences.

3. "Live": Through discussion and "live" performance, we will review the best songs from 1980 through the year 2000. We will also anticipate the musical trends of the new millennium.

4. The 2000's: In the early years of the new decade, the symphonic sound of movie music continued with epic films and sequels in the Harry Potter and Lord of the Rings series. There were fewer musicals, but two standouts: Moulin Rouge and All That Jazz.

5. The Teens/ 2010-2019: During a turbulent cultural period in America, music in the movies became a mixed bag of styles and genres. There were breakout hits from Disney films, James Bond films, remakes (A Star Is Born) and the jazzy nostalgia of La La Land.

6. Finale: We conclude the course with a "live" performance of some of the best songs from films since the start of the millennium. We will also discuss the major trends apparent so far in the music of the twenty-first century and speculate on what the future may hold.

Leader: Ken Blatt has pursued the study and practice of singing, playing the piano, songwriting, acting and lecturing for the past thirty-five years. He actively performs a wide variety of musical styles and genres to audiences throughout the Albany Capital District/Saratoga County area, as well as areas around New York State and Florida. His passion for music spans the Great American Songbook, jazz and swing tunes, classic rock n roll, the music of Broadway and popular music from the 1960's to the present day. Ken has taught on the faculty of various colleges and universities and has lectured and led discussion groups and workshops with students from every age group.

**CROCHET FOR BEGINNERS (10) The Summit at Halfmoon, 29 Sitterly Rd, Halfmoon 12065, Theater Room
Wednesdays, 12noon-1:30pm, April 16, 23, 30, May 7, 14, 21.**

or those that want to brush up on their skills. You'll learn about types of yarn, basic stitches and how to read a pattern, make a dish cloth, make a granny square and pick a project once you have mastered basic stitches. Must be able to crochet with right hand.

1. Types of yarn, types of basic stitches
2. Dishcloth using single, double, triple stitches
3. Granny square
4. Project
5. Project
6. Project

Additional Cost: Supplies \$10

Leader: Donna Mautone has taught crocheting classes in the past and has crocheted for over 50 years.

THURSDAYS

**THE OPERETTA – MUSIC, WIT, AND SATIRE (18) The Summit at Halfmoon, 29 Sitterly Rd, Halfmoon 12065,
Theater Room**

Thursdays, 9:30-11:00am, April 17, 24, May 1, 8, 15, 22

Operetta as a musical art form became hugely popular in the nineteenth century, in no small part thanks to works by the likes of Gilbert and Sullivan and Johann Strauss. Operettas are short, romantic, comical, and always have a happy ending – what's not to like! Come explore the evolution of the art form and enjoy snippets of the plots and the music. Students will be given a discount on tickets to see Opera Saratoga's production of Offenbach's La Vie Parisienne this summer!

1. What is an Operetta?
2. Operettas in French – Jaques Offenbach
3. Operettas in German – Johann Strauss
4. Operettas in German – Franz Lehar
5. Operettas in English – Gilbert and Sullivan
6. Gilbert and Sullivan – continued

Leader: Carol Markley is a life-long opera lover and is on the Board of Directors for Opera Saratoga. She has taught opera classes for ALL and is now venturing into the popular genre of the operetta.

**SELECTED SHORTS, A Collaborative Journey Through the Infinite World of the Short Story (12) Art Room at
Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866**

Thursdays, 9:30-11am, April 17, 24, May 1, 8, 15, 22

Stories are as varied as their authors and their times. Each has its own world, its own characters, setting and style. We will read two or three examples each week and share our thoughts. Some famous, some not so much, new and old, foreign

and domestic. The universe of stories is so vast that twelve to eighteen will barely be representative but there's always next spring and beyond. Join me for the journey.

Text: 2 or 3 stories per week TBD. Participants will be provided with copies of the stories to be discussed.

Leader: Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in creative writing from Vermont College. He has participated in over a dozen workshops with various authors with the NYS Writer's Institute. As a practitioner of the art for many decades, he is always learning and wants to share his love of the form in all its varieties.

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

Thursdays, 11:30am-1:00pm, STARTS April 24, May 1, 8, 15, 22, 29

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

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

Cost: \$5 for class handouts

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 is 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.

ENJOYING POETRY: WRITING AND READING (12) Ballston Spa Public Library, 21 Milton Ave.

Thursdays 2:00-4:00pm, NOTE 2-hour classes, STARTS May 1, Dates: May 1, 8, 15, 22, 29, June 5

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 courses. 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 16 previous poetry writing courses for A.L.L.

FRIDAYS

TEACHER TALES (10) Kaffee House, 120 West Ave., SS 12866, meeting room

Fridays, 10-11:30am, April 18, 25, May 2, 9, 16, 23

In this interactive workshop we'll share memories by tapping into our multiple intelligences through storytelling, writing, and visual imagery. 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. If you worked as a coach, librarian, camp counselor or in the school lunchroom you, too, have a tale to tell.

Resource material: Readings from the book *How Do You Know When It's Saturday?* published by Rubin in 2017, will be distributed

- 1.Getting to Know You: Introductions, Multiple Intelligences (1983 Howard Gardner) Applying MI in the classroom
- 2.Memorable Students
3. First Year on the Job
- 4.Lessons Taught. Lessons Learned
- 5.Bloopers and Bouquets
- 6.Writing/Reading Circle

Leader: Joyce Rubin. During her 13 years at Skidmore College, Joyce served in the classroom, teaching courses in Curriculum and Instruction, Director of Student Teaching and Department Chair. She introduced applications of Multiple Intelligences to teachers in Antigua under UWW (University Without Walls) and developed an exchange program with her students in Antigua and graduating Ed Studies students from Skidmore. She was a consultant for the NYS Division of Gifted Education and Saratoga BOCES. She has been active in ALL and on the Editorial Board of *The Apple Tree*. She currently facilitates creative writing courses at Saratoga Springs Senior Center and Wiawaka Center for Women on Lake George.

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 by email.

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.

REFUND POLICY

If you must drop a course, a refund less \$25 processing fee will be granted up to March 28. From March 29 to April 14, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 14 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 or donate the course fee. Refunds or credit for courses canceled by A.L.L. can also be requested.

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 emails and notices from your course leaders during the term.

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.

WELCOME TO THE ACADEMY FOR LIFELONG LEARNING

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 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.

Upcoming Academy Activities

Go to www.allsaratoga.org for further additions, updates, details, and registration forms.

April 17: Dinner at SUNY ADK's Seasoned Restaurant

May: Academy Trivia

June 10: Annual Meeting & Luncheon

July 11: Ballet & Lunch at SPAC

July 24: Lake George Floating Classroom

August 12: Picnic at Moreau Lake State Park

September: Fall 2025 Open House

November 20: Celebration of Philanthropy Luncheon

December 4: Holiday Luncheon

Revenue generated from Academy events assists annually with general operating expenses allowing the Academy to offer quality curriculum and social activities affordably for more and more retired seniors.

If you have an idea for an Academy event, please contact the Academy for Lifelong Learning at 290-6988 or jeff@allsaratoga.org



**ANNUAL MEETING
and LUNCHEON**
Tuesday, June 10, 2025
11 AM - 2 PM
Holiday Inn Saratoga Springs
232 Broadway

PROGRAM Raffle tickets and The Apple Tree available for purchase.
Business Meeting: Annual Report, Vote on slate of board nominees & bylaws
Entertainment by Academy members
Luncheon and Social Time

Mail reservation form below and payment of \$45/person to:
A.L.L. Annual Meeting & Luncheon
PO Box 4395., Saratoga Springs, NY 12866

**Reservations close June 3
Seating is limited. Sign up early!**

For more information, contact us at jeff@allsaratoga.org

Please bring a donation of a personal care item (toiletries, soap, paper goods, etc.)
to benefit the families assisted by
LifeWorks Community Action (formerly Saratoga EOC)

2025 A.L.L. Annual Meeting and Luncheon

Name: _____ Email: _____
Name: _____ Email: _____

Please reserve _____ luncheon(s) at \$45.00 each. (Select an entrée for each.)

Enter 1st name on luncheon choice if this reservation is for more than one attendee.

- _____ Pasta Primavera
- _____ Chicken Milanese
- _____ Grilled Swordfish

All meals include salad, Parmesan bread sticks, iced tea and dessert with tea or coffee.

Please make checks payable to: **Academy for Lifelong Learning**
PO Box 4395, Saratoga Springs, NY 12866, (518) 290-6988

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.

Name _____
Address _____
City, State, Zip _____
Email _____ Phone _____
Cell _____ Emergency contact/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 April based on availability. Please wait to pay for additional courses until you register for them.

Alternate course _____

MEMBERSHIP DUES and COURSE FEES

Membership: (Current Members Disregard) \$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.

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