

Academy for Lifelong Learning Saratoga Region, Inc. Fall Course Catalog 2026



*Courses & Social Activities
for Adult Learners*

Fall courses are offered in community classrooms or on location.

October - November

Academy Fall Semester is sponsored by



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

Most fall courses conclude by the week of November 16

View this course catalog and register online at www.allsaratoga.org

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

Fall 2026 Course Schedule

*Most courses are six, 90-minute weekly courses October 5 – November 20 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 16, Oct 14, Nov 11, Dec 9 Prestwick Chase Conference Room		
9:30-11:00 AM	I'm Aging, Now What Should I Eat? – The (Pseudo) Science of Diets and Nutrition Knights of Columbus	Fall Hikes and Education at Moreau Lake State Park (1–3-hour hikes) Leonardo de Vinci, the Man & the Renaissance SUNY ADK WILTON	International Short Stories in Translation: What Lies Beyond English Language Writers! Prestwick Chase Beatles 1: Beatlemania Summit Saratoga	A Practical Course on Preparing for the End of Life SS Senior Center	
10:00-11:00AM			Exercise To Belly Dance Moves and Music First Presbyterian Church Ballston Spa		
10:30 AM-12:00 PM		Called to Action: Activism Strategies Through a Climate Change Lens SS Senior Center		The Schuyler Sisters Knights of Columbus	Local Museum Tours On location
11:30 AM-1:00 PM	Monday Speaker Series Knights of Columbus	Great Decisions and Topics in Foreign Affairs SUNY ADK WILTON	Sensational Songs/Sensational Songwriters Part 1 Prestwick Chase Congress Hall	Selected Shorts Prestwick Chase	
12:30 PM-2:00 PM				Meditation and Mindfulness: Foundations and Practice Knights of Columbus	
1:30-3:00 PM	Autumn Walking in Nature with Wilton Wildlife Preserve & Park on location Cheeseology 101 Knights of Columbus Let's Talk Grandparenting Kaffee House Starts Nov 23		Enjoying the New Yorker Together Location TBD		
2:00PM-4:00PM		Enjoying Poetry Ballston Spa Library Starts September 22			

FALL 2026 COURSE DESCRIPTIONS

MONDAYS

October 5, 12, 19, 26, November 2, 9, 16

I'M AGING, NOW WHAT SHOULD I EAT? – THE (PSEUDO) SCIENCE OF DIETS AND NUTRITION (30)
Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866
Mondays, 9:30-11am, October 5, 12, 19, 26, November 2, 9

Low carb, high protein, low fat, keto, paleo, vegan, Mediterranean – the range of popular diets and their contradictory recommendations can be bewildering. Popular diets vary considerably in recommendations such as relative consumption of macronutrients (carbohydrates, fats, and proteins), foods to consume and avoid, risks and benefits, and ease of compliance. To gain perspective, we will examine the Standard American Diet (SAD), the association between dietary factors and mortality, and the manner in which the body uses macronutrients. Using evidence-based scientific research, we will discuss guidelines for healthy eating patterns that encompass a balance and variety of foods, so that participants can make dietary decisions based on their own medical history, lifestyle, and personal tastes. Each session will feature small food samples that exemplify a featured macronutrient.

1. Nutrition and health – chronic diseases and how nutrition affects them; introduction to carbohydrates – definition, how your body uses carbs, digestion and absorption
2. Carbs in our diets – nutrition facts labels, what Americans actually eat, what Americans should eat to be healthier, carbohydrate myths
3. Proteins – definition, how your body uses proteins, digestion and absorption
4. Proteins in our diets – nutrition facts labels, what Americans actually eat, what Americans should eat to be healthier; introduction to fats – definition, how your body uses fats, digestion and absorption
5. Fats in our diets – nutrition facts labels, what Americans actually eat, what Americans should eat to be healthier
6. Practical considerations – nutrient density vs. calorie density, The Dietary Guidelines for Americans, food preparation, dining out, nutrient timing, constructing healthy meals, the role of exercise

Cost: \$5 for samples

Leader: Tomlinson (“Tom”) Rauscher, Ph.D., is a Certified Nutrition Coach, Fitness Nutrition Specialist, Weight Loss Specialist, Senior Fitness Specialist, Personal Trainer, Spinning Instructor, Pilates Instructor, and CrossFit Trainer. He has presented nutrition lectures at senior centers, churches, fitness centers, and civic organizations, and he teaches exercise classes at the Saratoga Regional YMCA. Rauscher is an All-American Masters athlete and has won multiple National Masters Championships in the pole vault and powerlifting. He earned his B.S. at Yale University, M.B.A. at the University of Rochester, and Ph.D. at the University of Maryland.

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

Mondays, 11:30am-1:00pm, 7 weeks, October 5, 12, 19, 26, November 2, 9, 16

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

Oct 5 Preventive Dentistry for Seniors, Tooth Replacement, Oral Cancer and the Peer Review Process, Managing Your Meds, **Dr. Chris Mathiesen, Dr. Barry Loffredo**

Oct 12 Early Women’s Education in Saratoga Springs, **Matt Veitch**

Oct 19 A Life in Show Business: What It Takes/What It’s Like, **Ken Blatt**

Oct 26 Harry Chapin, his life and some of his best songs as a storyteller and humanitarian, **Carol Firestone.**

Nov 2 Why We Study History. **Mike Hare**

Nov 9 NY National Guard’s response to the terror attacks of 9/11, an historical & personal reflection of the magnitude of that military response to ground zero & the lasting impact it made for the nation in the Global War on Terror. Dir of Military History, NYS Division of Military & Naval Affairs, **Lt. Col. Richard Goldenberg(ret).**

Nov 16 Everything You Wanted to Know About Whiskey but Were Afraid to Ask. **Sholom Ackelsberg.**

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

Mondays, 1:30-3pm, October 5, 19, 26, November 2, 9, 16 (no hike on Oct 12, 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: Kayleigh Filkins, Conservation & Stewardship Coordinator, B.Sc. in Wildlife Sciences, M.Sc. Environmental Science and Ecology, NYS Licensed Wildlife Rehabilitator.

CHEESELOGY 101 (20) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866
Mondays, 1:30-3pm, October 5, 19, 26, November 2, 9, 16 (no class Oct 12, Columbus Day)

Are you a fellow “Curd Nerd”? Have you never met a cheese you didn’t like?

From ancient caves to modern creameries, cheese has shaped cultures and cuisines across the globe. This course offers an exploration of cheese—its history, production, varieties, and cultural significance. We will study the fundamentals of cheesemaking and explore different styles of cheeses from around the world. We will sample several different cheeses and learn how to taste cheese, and how to build an interesting cheeseboard with food and beverage pairings. Whether you're a curious foodie or an aspiring affineur, this course will deepen your appreciation for one of humanity’s oldest and most beloved foods.

1. What is Cheese?
2. The History of Cheese
3. How Cheese is Made and the Basic Cheese Families
4. Who's Who of World Cheeses
5. American Cheese Production History
6. Enjoying Cheese

Cost: \$5 to Carol at first class to cover cheese samples.

Leader: Carol Markley is a self-taught cheese enthusiast and occasional home cheesemaker who enjoys sharing her knowledge with others who are interested in learning more about the art of cheesemaking and the vast variety of cheeses out there to be sampled.

LET’S TALK GRANDPARENTING (10) Kaffee House, 120 West Ave., SS 12866, meeting room
3 days only: Mondays, 1:30-3pm, November 23, 30, December 7, \$30

Interactive pilot – We’ll discuss your issues, grandparenting stages, roles, advice, chat with parents first, assessment of child, long distance, social legacy, share stories.

Leader: Barry Loffredo is an experienced facilitator – A.L.L., Schenectady City Mission, Saratoga Senior Center, & Ellis Hospital. He’s a certified life coach, retired dentist, husband to one, father to four, “Papa” to four, athletic coach, mentor, & educator.

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

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

Tuesdays, 9:30am, Plan for 1-3 hour hikes, October 6, 13, 20, 27, November 3, 10

Join a park environmental educator for a walk in the woods! This nature-based course will include some birding and conversations about plant and wildlife identification, invasive species 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. FREE admission to the park.

Plan for 1-3 hour hikes. 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, First Aid Kit, and binoculars.

1. Big Bend 3.5 miles-50 ft elevation gain/loss
2. Mud Pond 2.6 miles-160 ft elevation gain/loss
3. Lake Bonita 2 miles-150 ft elevation gain/loss
4. Spring Overlook 1.8 miles-470 ft elevation gain/loss
5. Stonewall 3.2 miles-420 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, novice birder, and has been working with the Parks Service for the past 6 years. Natalie has 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!

LEONARDO DE VINCI, THE MAN & THE RENAISSANCE (24) SUNY ADK, 696 Route 9, Gansevoort, NY 12831, Second floor.

Tuesdays, 9:30-11:00am, October 6, 13, 20, 27, November 3, 10

Leonardo remains one of the most recognizable figures from the past, the epitome of the Renaissance, a true genius noted for his vast mastery of subjects from art to science and technology. His breadth of knowledge from personal observations was unparalleled, driven by an insatiable curiosity to understand not only the how of nature, but the why. Though possessed of a complex personality and a brilliant mind, he was very much a man of his times. It was his vision and his ideas which took him far beyond the confines of his era. In fact, Leonardo, commonly known for his art and inventions, completed very few of his projects. Instead, his fame is based on his philosophies, his extensive notebooks on his profound observations, and the few works of art that changed Western art, for which he is considered one of the greatest minds in the history of the world. We will explore this fascinating man, his contributions, and his times based, in part, of the acclaimed recent biography by Walter Isaacson. Though not required reading for this course, it is highly recommended reading.

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.

CALLED TO ACTION: ACTIVISM STRATEGIES THROUGH A CLIMATE CHANGE LENS (20) Saratoga Senior Center, 290 West Ave., SS Education Room.

Tuesdays, 10:30am-12pm, October 13, 20, 27, November 3, 10, 17

Concerned about climate change but not sure what to do? We got your back! This engaging program is designed for people to confidently take action against climate change or issues of their choice. Participants will understand climate change basics (Causes, Impacts, Solutions); appreciate the power of activism strategies and learn how to create and tell powerful stories to support their activism efforts. This is a hands-on program designed for participant brainstorming, problem-solving, and group interaction.

1. Course Introduction; Climate Change Basics and How to Use Climate Change to Promote Action
2. Climate and Public Health; Ways to Get Involved in Activism
3. Climate and Food; Activism Strategies
4. Climate Impact: Using Storytelling for Activism
5. Climate Solutions; Creating Activism Plan
6. Activism Plan Presentations and Course Wrap-Up

Cost:

Suggested readings and resources: Steyer, Project Drawdown, McKibben, Here comes the sun, Kimmerer, The Serviceberry, Websites

Leaders: Stephen Danna: Pursuing an MS degree in Oceanography was my wakeup call to climate change back in the early 80s. Working for NOAA and the US Naval Oceanographic Office solidified my concerns. Since then I've made it my mission to help others understand the perils of climate change. The trick is to balance hope with the urgency for action. **Anne Lowenthal:** I have always believed we should leave the earth a better place for our grandchildren and their children; AND that the US Constitution and Bill of Rights were unalienable. I came to activism late in life, because of the outcome of the 2024 Presidential election - I had to DO something rather than sit and despair over that outcome.

GREAT DECISIONS AND TOPICS IN FOREIGN AFFAIRS (24) SUNY ADK, 696 Route 9, Gansevoort, NY 12831., Second floor.

Tuesdays, 11:30am-1:00pm, October 6, 13, 20, 27, November 3, 10

International relations seem to be in turmoil, and it often feels difficult to find actual accurate information about the significant issues around the world. ALL has been offering the Foreign Policy Association's Great Decisions program for many years as one antidote to the confusion. However, the 2026 Great Decisions materials were created for publication almost a year ago. Because so much has happened in the last year, we have chosen to add topics and materials from additional expert sources (such as the Council on Foreign Affairs among others) to the discussion for this session.

Through selected readings and videos, we try to offer both background information that rarely comes from daily news feeds and analysis of the issues from vetted experts as a basis for the inquiry into the selected topic. The group discussions are lively, meaningful, full of insights--and participants frequently state that they truly appreciate the opportunity to learn and share in such a respectful community. Come join us! Sign up early as the class often fills fast.

1. US-China Relations in this New Era

2. The Future of Human Rights and International Law in a Divided World
3. Developments in the Middle East
4. The Future of Foreign Trade: Economic Growth vs Security and changing Global Trade Rules
5. Environmental Issues and International Politics
6. Europe, NATO, Ukraine, and Russia

Text: Great Decisions 2026 Briefing Book. Available in both hard copy and digital forms from Foreign Policy Association Bookstore. (<https://fpa.org/bookstore/>) Note: If you took the spring session, this is the same briefing book we used then.

Leaders: **Carol Forman-Pemberton, Ellen Sullivan, and Bill Robeson** have been facilitating this course for a number of years. They are each retired educators who each bring long experience in different disciplines and have conducted considerable research in foreign policy.

ENJOYING POETRY: WRITING AND READING (12) Ballston Spa Library, 21 Milton Ave., 12020

Tuesdays 2:00-4:00pm, NOTE 2-HOUR CLASSES, Starts September 22, 29, Oct 6, 13, 20, 27

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

WEDNESDAYS

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

WRITERS CIRCLE (12) Conference Room at Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs

Wednesdays, 9am-12noon, NOTE: 3 hours, DATES: Sept 16, Oct 14, Nov 11, Dec 9

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.

INTERNATIONAL SHORT STORIES IN TRANSLATION: WHAT LIES BEYOND ENGLISH LANGUAGE

WRITERS! (20) Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs

Wednesdays, 9:30-11:00am, October 7, 14, 21, 28, November 4, (11), 18

The United States is far from the center of the literary universe. This anthology is reminiscent of iconic director Bong Joon Ho's line about overcoming "the one-inch-tall barrier of subtitles" to enter a new world of film—the work of thoughtful and accomplished translators opens the door wide for those curious about what lies beyond the Western canon and classroom. Writers from six continents, ranging from new voices to literary icons, each offer a window into a distinct point of view, both transcending and illuminating their place of origin. They offer not only captivating prose, but a reminder of the power of the imagination across space and time.

Text: The Penguin Book of the International Short Story (Edited by Rabih Alameddine and John Freeman), Penguin Press, 2026. Hard Cover: ISBN:9780593834138

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 Eggs, Earth and Space, Saepinum and Italy's Sacred Mountains. 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 a number of study groups - in both Italian and English - over the years.

BEATLES 1: BEATLEMANIA (15) The Summit (Theater Room), 1 Perry Rd, Saratoga Springs

Wednesdays, 9:30-11:00am, October 7, 14, 21, 28, November 4, 18

From their origins in Liverpool to their triumphant appearance at Shea Stadium, the Beatles provided the music to which the postwar generation danced and grew up. We'll trace the rise of Beatlemania, song by song from "Love Me Do" to "Yesterday."

1. "Love Me Do": Liverpool origins to the release of their first hit.
2. Please Please Me: Their first album and British hits
3. With the Beatles: The rise of Beatlemania and its arrival in the US.
4. A Hard Day's Night: First film and global Beatlemania
5. Beatles for Sale: The role of collaborative creativity
6. Help!: The peak of Beatlemania

Leader: Gordon Ross Thompson (Professor Emeritus of Music, Skidmore College) founded and produced the annual Beatlemania Skidmore 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)

EXERCISE TO BELLY DANCE MOVES AND MUSIC (10) First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020

Wednesdays, 10am-11am, October 7, 14, 21, 28, November 4, 18

Dancing is a fun way to exercise, and Belly Dancing is a wonderful way to improve your core strength, posture, and flexibility, and IT IS FUN! We start the class with a warmup then we learn various hip moves, arm moves and shimmies all to middle eastern music. Before class you may want to google belly dancing and health. You also may want to purchase a hip scarf, which can cost as little as \$10.00.

Leader: Piper Lutbak has been taking Belly Dance Classes for the last 20 years, studied with two different instructors and many You Tube classes. She led a belly dance course in the spring.

SENSATIONAL SONGS/SENSATIONAL SONGWRITERS Part 1 (40) Prestwick Chase, 100 Saratoga Blvd., SS

Wednesdays, 11:30am-1pm, October 7, 14, 21, 28, November 11, 18 (no class November 4)

How did America become the song capital of the world? The "melting pot" that was America at the turn of the twentieth century brought together all the creative elements that would turn New York City into an American song machine. Tunes like Over the Rainbow, I Got Rhythm, Alexander's Ragtime Band and Night and Day are still sung and performed more than a hundred years after they were composed. The focus of this course will be on the sensational songs and songwriters, both renowned and unknown, who made American songs the most loved and performed in the world. We'll survey the best songs and the composers of these songs from the turn of the 20th century to the present day. We will include Great American standards, rock and roll, jazz, R and B, country and the best "pop" hits from 1900 to the present day. Many of these wonderful songs were composed by lesser-known writers who have very interesting backgrounds that we will explore. This course will be presented over the entire 2026-2027 academic year in three successive terms.

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 NYS and Florida, with a strong presence in the Albany Capital District and Saratoga County. His passion for music encompasses the Great American Songbook, jazz & swing, classic rock & roll, Broadway show tunes, movie songs, & 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.

ENJOYING THE NEW YORKER TOGETHER () location?

Wednesdays, 1:30-3pm, October 7, 14, 21, 28, November 4, (11), 18

Using issues of The New Yorker as a jumping off point, we will have lively discussions on a broad range of topics, ranging from today's culture, current events, fiction, history, and, of course, the famous cartoons and covers. We will focus on issues of the magazine between September 28 and November 9, 2026. (We stay one week behind the current issue to provide reading time.) Each member will lead at least one session on an item of his/her choice, providing background information or raising questions which will spur the discussion. Join us in an open, friendly atmosphere where conversation will flourish.

Cost: Individual subscription to the New Yorker

Leader: Naomi Woolsey is a long-time avid reader of the New Yorker; participated in a similar course in another program.

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

A PRACTICAL COURSE ON PREPARING FOR THE END OF LIFE (20) Saratoga Senior Center, 290 West Ave., SS Education Room.

Thursdays, 9:30-11am, October 8, 15, 22, 29, November 5, 12

This course offers practical information to prepare for the end of life. Topics include advance care planning, communication and ritual, what dying looks like, grief & grieving, writing your obituary, palliative care, hospice and medical aid in dying. Participants will engage in classroom exercises to explore and broaden their lived experience around end-of-life issues.

1. Cultural and personal considerations about death and dying
2. What death looks like; needs of the dying person
3. Communication at the end of life; the use of ritual
4. Advance care planning and medical considerations; palliative care and hospice, VSED, medical aid in dying
5. Tying up loose ends: dealing with unfinished business and regrets as a path to a more peaceful death
6. Practical matters: methods of burial, memorial service, legacy planning, writing your obituary,

TEXT: Suggested reading: Ira Byock, MD; "The Four Things That Matter Most"; Free Press/Simon & Schuster; 10th edition, 2014; ISBN 9781476748535; list price: \$27.99; hard cover \$14.43. Virginia Chang, PhD; "Preparing For End Of Life For Dummies"; John Wiley & Sons; 2026; ISBN: 9781394362141; list price \$24.99; paperback \$22.24, Atul Gawande, MD; "Being Mortal: Medicine and What Matters in the End"; Macmillan, 2014; ISBN 9781250076229; paper back \$10.44. Compassion and Choices, advance care planning: <https://compassionandchoices.org>

Cost: \$5 for course handouts

****Bring a notebook, journal or laptop to write in for class reflection.**

Leader: Rita Fatula, DNP, RN (ret.) is a retired advance practice nurse (doctorate in nursing). She's cared for thousands of patients and their families in palliative and hospice settings, both inpatient and at home. She has facilitated numerous discussions with clinical staff, patients and families about goal setting, advance care planning and options for care at the end of life. Rita is also a trained end-of-life doula.

THE SCHUYLER SISTERS (35) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Thursdays, 10:30am-12:00pm, October 8, 15, 22, 29, November 5, 12

When Philip Schuyler married Catherine Van Rensselaer in 1755, it united two of New York's wealthiest and most influential families. Together they enjoyed immense political and military influence, vast landed wealth, and social prestige. Their daughters—especially the eldest three—became closely connected with many of the leading figures of the American Revolution. Angelica's wit, intelligence, and charm carried her into the most vaunted social and political circles of New York, London, and Paris. Elizabeth married Alexander Hamilton, one of the principal architects and defenders of the new nation. Margaret ("Peggy") married Stephen Van Rensselaer III, heir to one of America's greatest fortunes. They were followed by two much younger sisters, Catherine and Cornelia, born nearly a generation after their famous elder sisters. In this six-week course, we will explore the lives of these remarkable women and place their stories within the turbulent world of Revolutionary America. We will also examine their portrayal in the musical Hamilton, using songs from the show to illuminate their characters while separating historical fact from the artistic license that Lin-Manuel Miranda employed in bringing their story to the stage.

Leader: Kathy Welch is a former corporate attorney and history teacher. She has led numerous history and science classes for Saratoga A.L.L.

SELECTED SHORTS, A Collaborative Journey Through the Infinite World of the Short Story (12)

Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866

Thursdays, 11:30am-1pm, October 8, 15, 22, 29, November 5, 12

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 art for many decades, he is always learning and wants to share his love of the form in all its varieties.

MEDITATION AND MINDFULNESS: FOUNDATIONS AND PRACTICE (20) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Thursdays, 12:30pm-2pm, October 15, 22, 29, November 5, 12, 19

This is a six-week introduction to cultivating present-moment awareness. Participants explore core techniques such as breath focus, body scanning, and mindful reflection while learning how attention, emotion, and stress interact. Each week blends short lessons with guided practice to build confidence and consistency. By the end, learners develop a personal mindfulness routine that supports calm, clarity, and resilience.

1. Mindfulness Basics: Core definitions, intentions, posture, breath awareness, and building a daily 5-minute practice.
2. Attention and Awareness: Focused attention vs. open awareness, noticing distraction, and returning to the present moment.
3. Stress and the Mind: How mindfulness affects the nervous system, emotional regulation, and grounding techniques.
4. Body-Based Practices: Body scan, mindful movement, and somatic awareness for tension release.
5. Thoughts and Emotions: Observing thoughts non-judgmentally, labeling emotions, and cultivating compassion.
6. Integration and Routine: Creating a sustainable practice, applying mindfulness to daily life, and course reflection.

Leader: Bob Hughes has been practicing meditation daily for the past 16 years and has been a certified meditation and mindfulness teacher since 2022. He has worked with both educators and private businesses. Additionally, Bob taught social studies in public schools for 37 years

FRIDAYS

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

LOCAL MUSEUM TOURS (20) on location

Fridays, 10:30am-12:00pm

Enjoy your Friday mornings exploring the six museums listed below with museum docents and your fellow members.

Oct 9 – The Brookside Museum, 21 Fairground Ave. Ballston Spa, NY 12020

<https://brooksidemuseum.org/>

Oct 16-The New York State Military Museum, 61 Lake Ave. Saratoga Springs, NY 12866

<https://museum.dmna.ny.gov>

Oct 23-The Saratoga Springs History Museum, 1 E Congress St, Saratoga Springs, NY 12866

(located in the Canfield Casino in Congress Park) <https://saratogahistory.org>

Oct 30-Saratoga Auto Museum, 110 Avenue of the Pines, Saratoga Springs, NY 12866 (located in Saratoga Spa State Park) <https://saratogaautomuseum.org>

Nov 6 - National Museum of Racing and Hall of Fame, 191 Union Ave. Saratoga Springs, NY 12866

<https://www.racingmuseum.org/>

Nov 13-Tang Teaching Museum and Art Gallery, 815 North Broadway, Saratoga Springs, NY 12866

(located on Skidmore Campus) <https://tang.skidmore.edu>

Leaders: Piper Lutbak and Hady Finch

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.

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.**

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.

ACADEMY OPEN HOUSE & FALL 2026 COURSES PREVIEW



**Tuesday, September 15, 10:00am,
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 5, meet fellow seniors, socialize, register.

Let us know you're attending by emailing Academy Events Chair, Lois Pflomm at

lpflomm@yahoo.com

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 or register online with a credit card at www.allsaratoga.org.

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 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: _____



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.

Thank you to our fall term sponsor