

Academy for Lifelong Learning Saratoga Region, Inc.



*Courses & Social Activities
for Adult Learners*

Spring Course Catalog 2026

Spring courses are offered in community classrooms or outdoors.

March/April – May/June

Academy Spring Semester is sponsored by



PRESTWICK CHASE

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

Most spring courses conclude by the week of June 1

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

Spring 2026 Course Schedule

*Most courses are 90-minute, weekly classes for six weeks unless otherwise noted. **No classes on May 25, Memorial Day.** This chart identifies: **Course title, location, and start date.** Check descriptions for specific dates and times.*

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

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am-12noon			Writers Circle Prestwick Chase Starts April 22, May 20, June 17, July 15		
9:30-11:00 AM		History of China Updated SUNY ADK Starts April 7	The Beatles, Part 2: The Apple Corps Summit Saratoga Starts April 1		
10:00–11:30 AM			The Supremes! Knights of Columbus Starts March 18		Local Walking Tours Starts April 17 On location Handicapping the Triple Crown Starts May 1, \$25 Summit SS
10:00-11:00 AM		Belly Dance Moves & Music Pres Church BSpa Starts April 14	Intro. to Tai Chi III Yang 24 BSpa Pres Church (On location & Zoom) Starts April 15		
10:00 AM-12:00 PM			Wildflower Identification for Beginners On location Starts April 29	Wander and Wonder on Saratoga PLAN trails Starts April 30	
11:00 AM-12:00 PM			Intro. to Tai Chi Yang 48 Pres Church (On location & Zoom) Starts April 15		
11:00 AM-12:30 PM			The Great American Songbook Part 3 Prestwick Chase Starts April 8		
11:30 AM-1:00 PM	Monday Speaker Series Knights of Columbus Starts April 13	Great Decisions in Foreign Policy 2026 Part 1 SUNY ADK Starts April 7		Apple iPhone Basics 2 SS Sr Ctr Starts at 11:15am, April 2 Selected Shorts: A Collaborative Journey Through the Infinite World of the Short Story Prestwick Chase Starts April 16	

12:00 – 1:30 PM			The Supremes! Knights of Columbus Starts March 18		
1:30-3:00 PM	Spring Walks in Nature with Wilton Wildlife Preserve & Park On location Starts April 13				
2:00-4:00 PM		Enjoying Poetry Ballston Spa Public Library Starts May 12			

SPRING 2026 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

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

Mondays, 11:30am-1:00pm, April 13, 20, 27, May 4, 11, 18

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

April 13 Jim Sefcik, The Role of the Hessians in the Revolutionary War. Who were they? Why were they here? What did they do and where? What happened to them after the War?

April 20 Carol Firestone, Good things that are still happening to alleviate some of the stress of climate change.

April 27 TBD

May 4 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.

May 11 Kate Dudding, Laughing Fits: Tales to Tickle Your Funny Bone. Children laugh 40 times more per day than adults -- that's just not right! Come help improve your laughing average as Kate Dudding shares personal stories, folk tales and maybe even a tall tale or two.

May 18 Herb Jansen discusses his recently published memoir "Vietnam Stories I Never Told" - stories he didn't include in the letters he wrote home (because he didn't want his parents to worry) during his yearlong tour as an army infantryman between Saigon and the Cambodian border in 1968.

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 13, 20, 27, May 4, 11, 18

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! Structure each week will be based on which trail we walk, and discoveries of flora and fauna along the trails.

Leader: Environmental Educator, Kayleigh Filkins.

TUESDAYS

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

Tuesday, 9:30-11:00am, April 7, 14, 21, 28, May 5, 12

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, yet China remains virtually a daily subject of international news. China's history begins with many warring states which weren't unified until two thousand years ago. What followed was a series of several distinct dynasties that came to an end in 1912, eventually succeeded by the

Communist Party. China has a wonderful but complicated cultural and technological history which has significantly contributed to Western civilization that is often underappreciated. Most people have an opinion and some knowledge of China but rarely based on fact. In this seven-week course, we'll learn how China was settled, unified, and defined by its dynasties, leading to its transformation in the lifetimes of many of us into a powerful communist state. At each stage, we'll examine this transformation through its culture, arts, and sciences, enabled by my personal collection of Chinese artifacts that I bring to the classroom. Please join me in this unique adventure. And note that the course is being continuously updated.

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.

BELLY DANCE MOVES AND MUSIC (15) First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020

Tuesdays, 10-11am, NOTE 1-hour classes, April 14, 21, 28, May 5, 12, 19

Belly Dancing is a wonderful way to improve core strength and posture, increase flexibility, and better balance and ITS FUN!! In this class we will start with a warmup, then learn various hip moves, shimmies and steps all to middle eastern music. Before class you may want to google belly dancing and health. You may want to purchase a hip scarf which can cost as little as \$10; google "where can I purchase belly dance scarves" for possible retailers.

Leader: Piper Lutbak has been taking Belly Dance Classes for the last 20 years, studied with two different instructors and many You Tube classes.

GREAT DECISIONS IN FOREIGN POLICY 2026 PART 1 (24) SUNY ADK, 696 Route 9, Gansevoort, 12831, Room 207

Tuesdays, 11:30am – 1:00pm, April 7, 14, 21, 28, May 5, 12

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—and this is a year of great changes and much concern! 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.

1. America's Global Role
2. The End of an Era: Trump's Tariffs in Historical Perspective
3. The Third Nuclear Age
4. Multilateral Institutions in a Changing World Order
5. US Engagement with Africa
6. New issues in Focus

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, Bill Robeson, and Ellen Sullivan are all retired educators who are passionate followers of foreign affairs and read widely in that area. They have facilitated Great Decisions courses for a number of years.

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

Tuesdays, 2:00-4:00pm, NOTE 2-hour classes, STARTS May 12, Dates: May 12, 19, 26, June 2, 9

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.

WEDNESDAYS

WRITERS CIRCLE (12) Conference Room Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866

Wednesdays, 9am – 12noon, STARTS April 22, May 20 June 17, July 15

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 four semesters.

**THE BEATLES, PART 2: THE APPLE CORPS (18) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs
Wednesday, 9:30-11am, Starts April 1, 8, 15, 22, 29, May 6 (Part 1 in not a prerequisite.)**

At the peak of Beatlemania, the Beatles chose a new musical path that reflected their interest in sophisticated songwriting and recording. Between the albums Rubber Soul and Abbey Road, they abandoned their Fab Four image to become the Apple Corps.

1. Rubber Souls, 1965. The Beatles and George Martin take control over the recording process.

Music: selections from the album Rubber Soul plus "Day Tripper" & "We Can Work It Out"

2. Evolver, 1966. The end of the Beatles and Beatlemania, and a transition into studio artists.

Music: selections from the album Revolver plus "Paperback Writer" & "Rain"

3. Sgt Pepper's Mystery. The end of touring meant focusing on new musical ideas and media, and reimagining of who they are in the summer of love.

Music: selections from the albums Sgt Pepper's Lonely Hearts Club Band & Magical Mystery Tour plus "Strawberry Fields Forever," "Penny Lane," "All You Need Is Love," "I Am the Walrus," & "Hello Goodbye"

4. Across the Universe. With the death of Brian Epstein, the Beatles recreated themselves as businessmen.

Music: selections from the album The Beatles (aka, the "white album") plus "The Inner Light," "Lady Madonna," "Across the Universe," "Revolution," & "Hey Jude"

5. Get Back. As technology transformed popular music culture, the Beatles responded by returning to their rock 'n' roll roots.

Music: selections from the album The Beatles (aka, the "white album") and Let It Be

6. Abbey Road. With legal and business troubles weighing them down and with increasingly bitter internal differences, they return one last time to the studio where they began.

Music: selections from the album Abbey Road

Leader: Gordon Ross Thompson (Professor Emeritus, Skidmore College, Department of Music) is the author of Please Please Me: Sixties British Pop, Inside Out (Oxford 2008), the two-volume Sixties British Pop, Outside In (Oxford 2024), and of the forthcoming Beatles Culture: Creators Curators Consumers (Bloomsbury 2027). He offered Part 1 last fall.

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

Wednesdays, 10-11am, April 15, 22, 29, May 6, 13, 20

PLEASE NOTE THIS IS THE THIRD of a 3-course sequence and is appropriate for students who have already taken parts I and II or have experience practicing Tai Chi)

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 LAST EIGHT MOVEMENTS OF the YANG 24 short form consisting of smaller, slower movements created specifically for this six-week class. 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 SUPREMES! (15) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Wednesdays, 10-11:30am, Starts March 18, 25, April 1, 8, 15, 22.

If this course sells out at 15 students and there are enough registrations, course leader Kathy Welch will offer the same course on Wednesdays, 12noon – 1:30pm.

No, not the girl band with Diana Ross—the other Supremes—those nine judges at the highest court in the land! In this course we will gain an understanding of the role the Supreme Court of the United States (SCOTUS) plays in our system of government and examine some of the most important issues before the court this term. Our first week will be a lecture-based civics lesson exploring the Constitutional role of the court; the structure of the court; how cases are brought, argued and decided; and the meaning of the so-called shadow docket. The weeks following will each have a theme based upon some of the most critical and far-reaching cases being argued before the court for the 2025-26 term. Participants will be sent a summary of the cases to be discussed via email before each class so that we may have an open, fact based and respectful roundtable discussion of the issues. Those issues will likely include Unitary Executive Theory (the power of the presidency); Elections; Gender Issues and Birth Right Citizenship. Come with an open and curious mind and a copy of the Constitution, available at any bookstore. No law degree required!

Leader: Kathy Welch was a practicing attorney and then a high school social studies teacher.

WILDFLOWER IDENTIFICATION FOR BEGINNERS (10) on location, STARTS April 29

Wednesdays, 10 am – 12noon, April 29, May 6, 13, 20, 27 June 3 (June 10 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. \$5 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.

THE GREAT AMERICAN SONGBOOK PART 3 (30) Prestwick Chase, Congress Hall, 100 Saratoga Blvd., Saratoga

Wednesdays, 11:00am-12:30pm, STARTS April 8, 15, 22, 29, May 6, 13

This course explores one of American's greatest cultural legacies: the timeless songs written for Broadway, Hollywood, radio, television, recordings and sheet music publication between the late 1950's and the 1960's. The format of the class includes discussion, viewing of video footage, audio recordings and live "cabaret-style" performances.

1. The Entertainment Capital of the World: Sinatra, the Rat Pack, and Las Vegas; swing, swagger and, self-definition take center stage in the entertainment capital as nightclubs sustain the "Songbook."

2. The Rock and Roll Alternative: A new generation of "star" singers come into their own in the 1960s, offering an alternative to rock-based music, including Andy Williams, Johnny Mathis, Glen Campbell, Steve Lawrence & Eydie Gormé, Tony Bennett and Barbra Streisand.

3. Live performance of American Songbook standards from the 1950's through the 1960's.

4. Broadway's Second Golden Age: Big Stories, Big Emotions and Big Stars launch a host of blockbuster musicals on Broadway. These musical scores sustain the influence of the American Songbook, including Fiddler on the Roof, Camelot, Mame and Funny Girl, among others.

5. Film, Jazz, and the Expanding Songbook: Hollywood continues to be a major source of American Songbook standards with compositions from Henry Mancini and Johnny Mercer, Burt Bacharach and Hal David. Foreign influences enlarge the Songbook with contributions from Antonio Carlos Jobim, Anthony Newley, Leslie Bricusse and Michel Legrand.

6. Live Performance of American Songbook standards from the 1960's.

Text: Suggested reading: David Lehman: "A Fine Romance, Jewish songwriters, American Songs," (hardcover) ISBN:978-0-8052-4250-8, published 2009, Amazon \$24.99

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.

INTRO. TO TAI CHI YANG 48 (12) First Presbyterian Church, 22 West High Street, Ballston Spa, NY 12020 & Zoom

Wednesdays, 11am to 12pm, April 15, 22, 29, May 6, 13, 20

PLEASE NOTE THIS IS THE THIRD of a 3-course sequence and is appropriate for students who have practiced, and learned, the YANG 24 form.

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 LAST 16 MOVEMENTS OF the YANG 48 form consisting of smaller, slower movements created specifically for this six-week class.

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 SUPREMES! (15) Knights of Columbus, 50 Pine Rd, Saratoga Springs, NY 12866

Wednesdays, 12-1:30pm, Starts March 18, 25, April 1, 8, 15, 22.

THIS COURSE IS CONTINGENT ON THE 10-11:30AM WEDNESDAY CLASS SELLING OUT.

No, not the girl band with Diana Ross—the other Supremes—those nine judges at the highest court in the land! In this course we will gain an understanding of the role the Supreme Court of the United States (SCOTUS) plays in our system of government and examine some of the most important issues before the court this term. Our first week will be a lecture-based civics lesson exploring the Constitutional role of the court; the structure of the court; how cases are brought, argued and decided; and the meaning of the so-called shadow docket. The weeks following will each have a theme based upon some of the most critical and far-reaching cases being argued before the court for the 2025-26 term. Participants will be sent a summary of the cases to be discussed via email before each class so that we may have an open, fact based and respectful roundtable discussion of the issues. Those issues will likely include Unitary Executive Theory (the power of the presidency); Elections; Gender Issues and Birth Right Citizenship. Come with an open and curious mind and a copy of the Constitution, available at any bookstore. No law degree required!

Leader: Kathy Welch was a practicing attorney and then a high school social studies teacher.

THURSDAYS

WANDER AND WONDER ON SARATOGA PLAN TRAILS (10) on location

Thursdays, 10am-12:00pm, Starts April 30, May 7, 14, 21, 28, June 4

The first hike in the series will be held at the Bog Meadow Brook Nature Trail. Meet at the Meadowbrook Rd entrance. Directions: Google Maps: 202 County Rd 65, Saratoga Springs, NY 12866

Apple Maps: 255-271 Meadowbrook Rd, Saratoga Springs, NY 12866

Coordinates: 43.07758550257971, -73.6996937274895

Looking to explore Saratoga PLAN preserves and partnership trails? In this 6-week series, a Saratoga PLAN stewardship volunteer will lead weekly 2-hour hikes with guest speakers to connect with nature and learn about various topics such as: fauna, geology, wildflowers, trees, birding, and invasive species. Each walk will take place at a different location in the Saratoga County region, where participants can expect to hike a mile or more at a slow to moderate pace, sometimes on uneven trail surfaces. Closed toe hiking shoes are required with hiking poles encouraged for additional support if needed.

Leader: Each expert has been selected by **Marian Roohan** and Saratoga PLAN

APPLE IPHONE BASICS 2 (15) Saratoga Senior Center, 290 West Ave., Education Room

Thursdays, 11:15am-12:45pm, STARTS April 2, 16, 23, May 7, 14, 28 (no class April 9, 30 & May 21)

This class will concentrate on the camera, photos, photo editing, creation of folders and albums, cloud storage, sharing photos. You can take this course without having taken the iPhone Basics 1 course.

1. Review of iPhone camera
2. Introduction to Photo Editing 1
3. Introduction to Photo Editing 2
4. Creation of Photo Albums and Folders
5. Apps for Photos, cloud Storage
6. Question and review of class material

Cost: \$5 for class handouts

Leader: John Manley has been an 12-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.

SELECTED SHORTS, A Collaborative Journey Through the Infinite World of the Short Story (12) Prestwick Chase, Congress Hall, 100 Saratoga Blvd., Saratoga

Thursdays, 11:30-1pm, April 16, 23, 30, May 7, 14, 21

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.

FRIDAYS

LOCAL WALKING TOURS (20) On Location

Fridays, 10-11:30am, April 17, 24, May 1, 8, 15, 22

Join us as we visit local sites and learn from our guides.

April 17 - Gloria Marceau, Greenridge Cemetery Civil War Veterans, Hear the stories of our veterans and their battles. Meet at the Lincoln Avenue entrance.

April 24 - Charlie Kuenzel, Grand Gilded and Glorious - Saratoga Springs was the playground for the rich and famous during the Gilded Age of the 1800's. This tour will tell the stories of those wonderful times of immense wealth that made our city so elegant and exciting. The tour begins at the Saratoga Heritage Visitor Center (297 Broadway) and walks through historic Congress Park and concludes with a tour of the famed Canfield Casino.

May 1 - 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.

May 8 - 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.

May 15 - 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.

May 22 TBD

HANDICAPPING THE TRIPLE CROWN (18) The Summit (Theater Room), 1 Perry Rd, SS 12866

Fridays, 10-11:30am, May 1, 15, June 5, \$25 Course Fee

The triple crown is the jewel of thoroughbred racing. It is a race for 3 year old horses that draws interest from the general public. It is a three-race series conducted over 5 weeks.

The Kentucky Derby is run the first Saturday in May at Churchill Downs in Louisville KY.

The Preakness is run 2 weeks later in Baltimore, MD.

Finally, The Belmont Stakes will be run 3 weeks later for the 3rd straight year here in Saratoga NY.

Our class will meet (3 sessions) each week on Friday mornings the day before these races.

Each week we will show replays of the races leading up to the races to be discussed that week.

Other important races will be discussed and handicapped to fill out our 1.5-hour sessions.

1. May 1st Kentucky Derby and its female counterpart the Oaks

2. May 15th Preakness and 1 or 2 other races on the card

3. June 5th Belmont Stakes and 1 or 2 other races on the card

Text: Daily Racing Form past performances and handicapping spreadsheets will be supplied by email before we meet and discuss in our class sessions.

Leader: Bill Robeson has been a fan of thoroughbred racing for 60+ years with lots of humbling and thrilling experiences watching races and listening to important podcasts with current information and some selective wagering. He's taught this course material and format for the past 2 years.

SPRING COURSE REGISTRATION

+ Applications for spring courses are now being accepted. 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 13, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 13 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.

Academy Activities

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

April all month: Hannaford Community Bag Program Fundraiser (95 Weibel)

April 15: Dinner at SUNY ADK's Seasoned Restaurant

May 7: Fundraiser at Balet Flowers & Design

May 8: Academy Trivia at Artisanal with Chris Onorato

June 9: Academy Speaker Presentation/annual meeting

June 30: Ends Academy Fiscal Year 2025-2026

July 1: Starts New Fiscal Year 2026-2027

July 10: Ballet & Lunch at SPAC

July 14: Lunch Cruise on Lake George

August: Academy Picnic

September: Fall 2026 Open House

November: Celebration of Philanthropy Luncheon

December: 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

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.

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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