

Academy for Lifelong Learning at Saratoga Springs
Noncredit Courses for Seniors. We're Saving You a Seat!

2021 Spring Semester

Sponsored by Prestwick Chase

Course Registration

(Registration starts March 8 for courses starting the week of April 19, 2021)
Applications will be accepted for open courses throughout the term.

Membership Application

(Through June 2021)



sponsored by

SUNY EMPIRE STATE COLLEGE

**Some spring courses/study groups will be offered by Zoom.
Several will be offered outdoors on location.**

Academy for Lifelong Learning at Saratoga Springs
P.O. Box 1343, Saratoga Springs, NY 12866
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518-587-2100, ext. 2415, www.esc.edu/ALL

Jeff Shinaman, Executive Director, 518-587-2100, ext. 2390, Jeff.Shinaman@esc.edu
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Office Hours: Monday-Thursday, 8:30 a.m.-2:30 p.m.

WHAT IS THE ACADEMY?

Founded in 1992, the Academy for Lifelong Learning at Saratoga Springs (A.L.L.) is a nonprofit membership organization whose members share a love of learning. It is an independent entity, sponsored by SUNY Empire State College and affiliated with the Road Scholar Institute Network. It is designed to stimulate the mind and energize the body in classroom and social settings.

Spring 2021 term is the weeks of April 19 through June 7

Special Interest Groups and special events are currently run on a limited basis throughout the year.

ACADEMY MEMBERSHIP DUES AND PRIVILEGES

ANNUAL MEMBERSHIP – \$65

Special Brand-New Member Rate of \$35 this spring only

Membership is for the fiscal year through June 30, 2021.

Please see pages 14 and 15 of this brochure for your application and waiver.

(Study Group Leaders receive a free annual membership valued at \$65.)

Academy Membership entitles you to the following benefits:

- Eligibility to enroll in courses for the spring 2021 terms.
- Participation in the Academy's Special Interest Groups.
- Participation in all special events, trips and programs (Academy Extras).
- Free subscription to *A.L.L. The News* monthly newsletter and weekly *A.L.L. the News Now* e-newsletter.
- Copy of A.L.L. Member Handbook.
- Opportunity to be an Academy volunteer and serve on Academy committees.
- Eligibility to submit work to "The Apple Tree," the Academy's literary and art journal.
- Have a vote at the annual meeting June 10, 2021.

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

The Academy's membership committee organizes Special Interest Groups (SIGs), which are offered by our members. Bridge, book discussion, theater, classical music, gardening, golf, cross-country skiing, snow shoeing and walking groups are examples. Please contact the office for more information: 518-587-2100, ext. 2415 or email vera.kasson@esc.edu.

There will not be a spring 2021 membership kick-off brunch.

2021 SPRING COURSE REGISTRATION

Please note fee schedule and registration process below and on next page.

PLEASE DO NOT MAIL YOUR APPLICATION BEFORE Monday, March 8

- + Applications for spring courses will be accepted by mail with a post-mark ON OR AFTER Monday, March 8. Registration will continue until courses are filled.

Registration is on a first come, first served basis. Registrations will be sorted as they arrive by mail. An email confirming your registration will be sent late March, or Postal mail for those without email.

After several weeks of registration, the open courses will be announced and registration for these courses will continue on a first come, first served basis by email or mail. This will require an additional payment for these additional courses.

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

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

Class Fees

- \$50 per five-week or more course
- \$25 per three- or four-week course

Additional Courses

Once you are enrolled in your first and second choice courses, you will have the option of enrolling in additional Courses in early April at the course fees as listed previously, based on availability. Please pay for additional courses when you register for them.

To encourage good discussion, study group sizes are limited. Please indicate your choice of courses in order of preference and also list one alternate choice. If a study group is filled, you will be placed in your alternate choice. Wait lists will be established for filled study groups. Open courses will be announced in early April with registration on a first come, first served basis.

Membership dues are \$65 and go through June 30, 2021.

SCHOLARSHIPS

Scholarships are available through The Pat Leonard Scholarship for those with a financial need each semester on a confidential basis. To apply, send your request to: Executive Director, Academy for Lifelong Learning, P.O. Box 1343, Saratoga Springs, NY 12866-6079.

REFUND POLICY

If you have to drop a course a refund less \$25 processing fee will be granted up to March 31. From April 1 to April 19, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 19, 2021, will be considered on a case-by-case basis. Membership dues are nonrefundable. If A.L.L. cancels a study group, you're welcome to apply for another open course. Refunds or credit for courses canceled by A.L.L. will be given without penalty, your choice.

ACCESSIBILITY

When in class, most A.L.L. study groups, except for outdoor groups and meetings at homes, are handicapped accessible.

FUND DRIVE

As with other nonprofit organizations, A.L.L. membership dues and course fees are not sufficient to support the continued growth of the program. In lieu of a dues increase and recognizing that limited funds may be expected from outside sources, the executive council has established one fund for endowment and one for operational purposes. This enables donors to make contributions to fulfill our mission and maintain the caliber of programs members have come to expect. If you would like to join others in supporting the present and future of your organization, please indicate your contribution on the membership application. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

ADDRESSES OF IN-PERSON STUDY GROUP LOCATIONS

Moreau Lake State Park, 605 Old Saratoga Road (Route 9), Gansevoort
Wilton Wildlife Preserve and Park, 80 Scout Road, Gansevoort
VFW Post 420, 190 Excelsior Ave., Saratoga Springs
Malta Community Park, 285 Plains Rd., Malta
Congress Park, 268 Broadway, Saratoga Springs

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

PLEASE BE ADVISED:

Due to COVID-19 safety precautions, the Academy office, located at 113 West Avenue, is closed to the public at this time. Staff are working remotely from their homes. Published class times could change. Be sure to take note of these changes published in the Academy's newsletter ALL THE NEWS, and e-newsletter A.L.L. THE NEWS NOW, and notices from your study group leaders during the term.

If you have any concerns, suggestions or comments, please contact the Academy office at 518-587-2100, ext. 2415 or 2390.

A.L.L. STUDY GROUPS FOR SPRING 2021

Study groups are generally two-hour weekly sessions for 8 weeks within these dates, **April 19 – June 11** unless otherwise noted. **Most classes will not meet on Mon, May 31, Memorial Day**). This chart identifies: **Study Group Title, (max # of students)** dates (if less than 8 weeks), times (if other than two-hours) and Zoom or course location. Check descriptions for specific dates.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.		Spring Birding (12) April 20 – June 8 On location: 8am – 11am		Spring Birding (12) April 22 – June 10 On location: 8am – 11am	
9 a.m.	Antiques and Collectables (20) 5 weeks, April 29, May 3, 10, 17, 24. On location - VFW		The Writers Circle (10) 4 extended sessions , 9 a.m.-noon, April 21, May 5, May 19, June 2 (counts as 8 weeks, \$50) Zoom Artist Spotlight: A Tasting of Selected Artists' Careers & Songs (20) 5 weeks, May 12, 19, 26, June 2, 9 Zoom		
9:30 a.m.	Introduction to iPhone Photography (10) 5 weeks, April 19, 26, May 3, 10, 24, no class on May 17 Weather dependent classes held in the field in the Saratoga Springs area. First class in Congress Park				
10 a.m.		Mindfulness Meditation Practices (23) 10-11am (one hour) Tuesdays & Thursdays Zoom Painting Lab (8) Jan 12-March 2 Location TBD History Art & Science All Around Us (25), April 20 – June 8 Zoom	Italian Language Intermediate/Advanced (10) April 21 – June 9 Zoom	Mindfulness Meditation Practices (23) 10-11am (one hour) Tuesdays & Thursdays (see Tuesday listing) Zoom Thursday Speaker Series (30) April 22 - June 10 Zoom	Local Walking Tours Series (20) On location
10:30 a.m.				Walking in Nature at Wilton Wildlife Preserve and Park (20) On location 10:30am – 12noon 6 weeks, April 29 - June 3 80 Scout Road Gansevoort, NY 12831	
11:30 p.m.	Monday Speaker Series: NEW Speakers/Topics (30) 7 weeks, April 19-June 7 No class May 31 Zoom	Twelve Country Travel Series (Part 1): A Cultural and Spiritual Experience (20) April 20-June 8 Zoom	Introduction to the Appreciation of Classical Music (20) 5 weeks, April 21, 28, May 5, 12, 19 Zoom		
12 noon.		We Turn to Trees Again (12) 4 weeks, May 18, 25, June 1, 8 On location - VFW			

1:00 p.m.	The Frontiers of DNA: An Exploration of New DNA Technologies (25) April 19 – June 14 No class May 31 Zoom	Fly Casting Instruction for Beginners (6) 5 weeks, April 20 – May 18 On location	A Germaphobe's Guide to Natural Health and Healing Speaker Series (25) 6 weeks, April 21 – May 26 Zoom Interpretive Hikes at Moreau Lake State Park (10) April 21 – June 9 On location - Moreau Lake State Park	Genealogy for Beginners (20) 4 weeks: April 22 – May 13 Zoom Genealogy Advanced – 20 4 weeks: May 20 – June 10 Zoom Country Music: Its Roots & Evolution (20) 5 weeks: April 22 – May 20 Zoom Interpretive Hikes at Moreau Lake State Park (10) April 22 – June 10 On location - Moreau Lake State Park	
2 p.m.			Changing with the Book of Changes (10) April 21 - June 9 Zoom Niccolo Machiavelli as Political Thinker (The Prince) and a Comedic Playwright (The Mandrake) (10) April 21 – June 9 Zoom		

SPRING 2021 STUDY GROUPS DESCRIPTIONS

Study groups will be for eight, two-hour weekly sessions April 19 – June 11 unless otherwise noted. Most classes will not meet on Mon, May 31, Memorial Day. Classes limited to the number of students in parenthesis ().

PLEASE CONSIDER SUPPORTING OUR LOCAL BOOKSTORES, BARNES AND NOBLE AND NORTSHIRE, WHEN PURCHASING BOOKS FOR STUDY GROUPS.

MONDAY

ANTIQUES AND COLLECTIBLES (20) On location: outdoor pavilion at VFW Post 420, 190 Excelsior Ave., Saratoga Springs.

Mondays, 9-11 a.m., Last class May 24 - students bring item(s) for appraisal

In each class, we will be discussing different areas of antiquing.

April 26 Antiques, Collectibles, Personal Property, Used and Modern Household Items Valuation

May 3 Antique Jewelry

May 10 Successful Antiques Marketing

May 17 Downsizing, Estate Sales, the Do's & Don'ts

May 24 Appraisal Day with George Heigel

Leader: George Heigel of G. Heigel Antiques/Estate Sales/Appraisals, and Cowans Auction Representative, 126 Milton Avenue, Ballston Spa, NY, 12020, brings years of knowledge and experience in the field of antiques and collectibles for auction or estate sale. He is an enthusiastic advisor and guide. George has been a presenter for several Academy speaker series and study groups including Hunters and Gatherers/Antiques Appraisals

INTRODUCTION TO IPHONE PHOTOGRAPHY (10) On location

Mondays, 9:30-11:30am., On location, five weeks, April 19, 26, May 3, 10, 24 (no meeting on May 17).

Classes will be held in the field in the Saratoga Springs area depending on weather. First class April 19 - meet in Congress Park. Professionals know – the best camera is the one you have with you and know how to use. Learn how to operate your iPhone camera efficiently, compose pictures, touch them up later, print pictures, and share images over the Internet.

1. Introduction to iPhone cameras with first independent photography field work.
2. Basic composition for compelling iPhone photos; independent field work.
3. Alternative composition styles; independent field work.
4. Touching up images in the iPhone and on your computer; independent field work.
5. Printing and sharing images over the Internet.

Equipment: iPhone

Leader: Bernie Fabry is the official A.L.L. photographer and an avid amateur photographer with occasional photos published. This is his ninth photography class for A.L.L.

MONDAY SPEAKER SERIES (50) Zoom – dates/presentations may be subject to change

Mondays, 11:30 a.m.-1:30 p.m., 7 weeks: April 19, 26, May 3, 10, 17, 24, June 7 (no class May 31)

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

April 19	Cultural Diversity in India, Bidhan Chandra
April 26	Pandemic Ponderings: Stories of How I've Been Coping and Finding Silver Linings, Kate Dudding
May 3	Equal Rights Amendment: A 23-Word Lightning Rod Since 1923, Patricia Nugent
May 10	Black Writers Matter, Michael LoMonico
May 17	Ancestral DNA Research and the Future of Crime Fighting, Heidi Gross
May 24	History of America's Highways, Graham Bailey
June 7	German U-Boats during WWII, Gerald Stulc

Leader: Pat Davis enjoys the range of topics represented in the Speakers Series. Pat has led this study group 23 times.

THE FRONTIERS OF DNA: AN EXPLORATION OF NEW DNA TECHNOLOGIES (25) Zoom

Mondays, 1-3 p.m., April 19 – June 14, no class on May 31

Have you heard that genealogy can be used to solve criminal cold cases? And that new DNA technologies can solve cases of unidentified human remains? Join this course to find out how! In a very easy-to-understand way, we will walk through the history of DNA and discuss the new science that is putting the old hobby of genealogy in the limelight. We will also cover the topic of Direct-to-Consumer DNA testing (Ancestry, 23andMe) and the ins and outs of having your DNA tested. A solid working knowledge of DNA and a confident position on DNA ethics is what you will leave with. What you will bring is curiosity and a desire to learn!

Week 1 Introduction to DNA

Week 2 The Old Frontier of DNA

Week 3 Using DNA to Solve Crimes

Week 4 The New Frontier of DNA

Week 5 A Game Changer: The Golden State Killer

Week 6 Direct-to-Consumer DNA Companies

Week 7 The Birth of Forensic Genetic Genealogy

Week 8 Future Directions for DNA

Leader: Tobi Kirschmann, M.S. Owner of DNA Investigations, has over a decade of Forensic Science experience working as a DNA Analyst for the California and New York DNA Databanks. In California, she worked in the CODIS unit matching DNA samples to crime scene evidence to help law enforcement agencies solve crimes. A personal goal of the CA DNA Databank was to solve the case of The Golden State Killer, which was finally solved in 2018 using genetic genealogy. Inspired by that experience, she now directs DNA Investigations, dedicated to bringing genetic genealogy to the community and law enforcement for use in solving violent cold cases and cases of unidentified human remains. The first prong of DNA Investigations is education so the A.L.L. course is perfect for that. She is very excited to share this new DNA information with her community!

TUESDAY

SPRING BIRDING ON TUESDAYS IN SARATOGA COUNTY (12) 8:00 a.m. – 11:00 a.m. On location

This class is being offered twice each week, one on Tuesdays and one on Thursdays at 8:00am. PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each class will be limited to 12 students.

Tuesdays, 8-11 a.m., April 20-June 8, Meeting location for first class at 8am on April 20 TBD

For the Thursday class, please go to the Thursday listings.

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

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

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

HISTORY, ART, AND SCIENCE ALL AROUND US (25) Zoom, TBD presentations to be announced in March. Tuesdays, 10am – 12noon, April 20 – June 8

If you like exploring our region and learning about art, science and history, these virtual presentations will take you there. Even if you’ve heard about these topics or visited some of these places, come join us for a new perspective and more adventure and fun with no admission fees.

April 20	Grant and His Saratoga Connection, Melissa Trombley
April 27	History & Mission of Wiawaka Center for Women – Doreen Kelly
May 4	TBD
May 11	TBD
May 18	The Secret History of Geysers Park – Jim Richmond
May 25	TBD
June 1	TBD
June 8	TBD

Leader: Gloria May

MINDFULNESS MEDITATION PRACTICES (23) One hour, twice a week. Zoom Tuesdays & Thursdays 10am - 11am, April 20 – June 10

Mindfulness is defined as “paying attention, on purpose, in the present moment, and non-judgmentally.” Meditation is a necessary component to experiencing mindfulness in a formal, structured, intentional way. Carving out time daily to just be with yourself in meditation can help you follow Aristotle’s advice, “Knowing yourself is the beginning of all wisdom”. Each hour-long class will be dedicated to a guided meditation with some theory and science, followed by Q&A. The main focus is to develop your skill with diversified meditation practices. By the end of the course, you will have lengthened your practice time and developed a familiarity with meditation to incorporate into daily life. All levels of meditation experience are welcome; we will start with the basics and build upon that foundation. Meeting twice a week will facilitate your skill base and build a community of like-minded friends that is so necessary in these times.

Leader: Catherine Lanci is an RN, disciplined in both traditional nursing and in holistic practices. She received her training in Mindfulness Based Stress Reduction at the University of Massachusetts Medical Stress Clinic in Worcester in 1996; following the criteria of Jon Kabat Zinn PhD, who originated the program. She has offered various A.L.L. Mindfulness courses for the past three years.

PAINTING LAB (8)

Tuesdays, 10 a.m.-noon, April 20 – June 8, Location TBD

The Painting Lab will offer an opportunity for A.L.L. artists at all levels and in all mediums (watercolor, oil, acrylic, pastel, pen and ink) to enjoy the company and stimulation of other artists, as well as to ensure a weekly time for art. If weather permits, the class may draw/paint outdoors. Participants work independently on projects of their choice utilizing their photos or other images. While there is no formal instruction, the leader and participants encourage and assist fellow artists. At the end of each session, participants show their completed work (or work in progress) to the group for any comments and suggestions. Participants will have the opportunity to submit work to “The Apple Tree” and also to share their work at A.L.L. annual meetings and other events, where appropriate. Participants will supply their own art materials.

Leader: Ron Ramsey’s work has been featured in “The Apple Tree” and in A.L.L.’s note card series. He has led this group 15 times.

TWELVE COUNTRY TRAVEL SERIES (PART 1: Countries 1-6): A CULTURAL & SPIRITUAL EXPERIENCE (20) Zoom

Tuesdays, 11:30 a.m.-1:30 p.m., April 20-June 8

Barbara has used her travel journal entries and that of other travelers in order to tell the story of *“The Twelve Gifts”* documenting the many exciting and memorable events both cultural and spiritual. Together we will travel to the 12 countries as Barbara elaborates on the story, adding insider information while you watch a beautiful slide show of pictures that certainly will bring the story to life! Time will be provided for questions with each class session. Barbara has scribed, coordinated, and participated in all 12 journeys. The list is covering the first 6 countries and how she will present these over the 8 sessions in the spring:

1. Greece
2. Greece and Italy
3. Italy
4. Israel
5. Israel and Egypt
6. Egypt and Kenya
7. Kenya and Indonesia
8. Indonesia

Text: *The Twelve Gifts – Initiate One (Barbara’s Pen Name)* \$25 + Tax \$1.75

Leader: Barbara Weatherwax has been working with the public as an educator, spiritual counselor and human potential coach since 1988. In 1989, Barbara published self-help scripts on six universal topics; she has held workshops, counseled families and individuals since then and has served as a motivational speaker and workshop facilitator across the United States throughout the years. She has been on many ‘journeys with purpose’ (50 all total). Barbara has authored *“The Twelve Gifts”* available since January 2021. The story of her group’s travels in 12 countries; including healings on many levels documented thru-out the chapters; sub-stories about the wonderful people we met and interacted with. There are helpful lessons in each chapter providing pertinent guidance for these times we are living in. Barbara continues offering her life’s work to those desiring a deeper understanding of a spiritually motivated life. Barbara led the Ageless Wisdom study group for the last seven semesters.

WE TURN TO TREES AGAIN (12) On Location – Outdoor pavilion at VFW Post 420, 190 Excelsior Ave., Saratoga Springs.

Tuesdays, 12noon-2 p.m. 4 weeks, May 18, 25, June 1, 8

For this study group we will read *“To Speak For The Trees”* by Diana Beresford-Kroeger examining their cultural and religious importance and how they have helped to shape our world and the people in it.

1. Introduction: Who is the author? Why is this book important?
2. The Druid culture’s focus on nature.
3. How trees were loved, protected and renewed by older cultures.
4. Summary: What we can do for the forests.

Text: Suggested Reading: Author: Diana Beresford-Kroeger; Full Title: *“To Speak For The Trees”* Publisher: Random House, Canada Year of Publication: 2019 ISBN 9780735275072 List Price: \$24.50 (Hard Cover)

Leader: As a teacher in Early and Special Education, Carol Firestone immersed herself in learning about the environmental crisis facing all of us and has spent many years reading and studying books on trees. Carol led the Secret Life of Trees class last fall.

FLY CASTING INSTRUCTION FOR BEGINNERS (6) On Location - Malta Community Park, 285 Plains Rd., Malta Tuesdays, 1-3 p.m., 5 weeks, April 20 – May 18

Participants will learn how to cast as well as various types of casts for different situations. We’ll practice hands on techniques of fly casting outdoors. All sessions will be hands on and will include techniques to practice in class and at home. Class will consist of group instruction and one-on-one coaching. One session will be taught at water’s edge. (Location to be determined later). Each participant will supply their own fly rod, reel and line.

Leader: Bob Fay is an experienced fly fisherman/caster, and middle school teacher for 30 years.

WEDNESDAY

THE WRITERS CIRCLE (10) Zoom

Wednesdays, 9 a.m.-noon, four sessions, April 21, May 5, May 19, June 2 (counts as eight weeks)

The Writers Circle is for people who enjoy writing and wish to help each other develop writing skills through constructive peer critique in a friendly atmosphere. Some members will be writing to preserve their family’s stories;

some will be aiming for publication; all will benefit from the experience and expertise of the other class members. New members are always welcome. Due to the popularity of this course, participants are expected to attend all four sessions.

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

ARTIST SPOTLIGHT: A TASTING OF SELECTED ARTISTS' CAREERS & SONGS (20) Zoom

Wednesdays, 9 – 11 a.m., five weeks, May 12, 19, 26, June 2, 9

Examine the roots, influences and life of a selected artist in each class, through their career and songs. This five-week course will examine such artists as Kris Kristofferson, John Prine, Leonard Cohen, Bonnie Raitt and Garth Brooks and how they made their way to the commercial and artistic pinnacle within the music business.

Leader: Rick Hasenauer has been a study-group leader and speaker series presenter on music topics covering Blues Music, Country Music, Protest Music, Popular music of the mid 60's to mid 70's, Smithsonian art award (music video) and reflective music as we face life's passing. He is an avid music collector and is the current Chair of the Executive Council of the Academy.

ITALIAN LANGUAGE AND CULTURE INTERMEDIATE (10) Zoom

Wednesdays, 10am – 12noon, April 21 – June 9, Advanced Italian participants are welcome

Open to all who participated in previous Italian classes and/or have intermediate knowledge of Italian.

Conversational Italian for those with intermediate/advanced knowledge with lots of culture sprinkled throughout.

Text: Italian Grammar Drills, Paola Nanni-Tate, Third Ed., (McGraw Hill, 2018) ISBN: 978-1-260-11619-9

Leader: Marino D'Orazio, a native of Italy, is an attorney who also holds a Ph.D. in Comparative Literature from The Graduate Center of the City University of New York. He has been a college professor of Italian and English and is a translator of both fiction and nonfiction books from the Italian. Most recently, he has translated an award-winning short story collection that he hopes to see published in the near future. He led Italian for Beginners Parts 1 and 2.

INTRODUCTION TO CLASSICAL MUSIC (20) Zoom

Wednesdays, 11:30 a.m. – 1:30 p.m., 5 weeks, April 21, 28, May 5, 12, 19

From someone who has loved classical music her entire life, owing to my father being a professional musician, I am inviting you to come and either learn more about classical music, or catch the classical music bug. We will see slides, watch videos, listen to classical compositions from Strauss to Stravinsky, and discuss the composers and review music to which you have listened between classes. There is no preparation. Just come with your ears open and your souls ready to be touched.

Leader: Patricia Brady's background is predominately in medicine, but she studied piano, ballet, and has taught two classes in her passion - music and music history, especially the classics. This is her first class with A.L.L.

A GERMAPHOBE'S GUIDE TO NATURAL HEALTH AND HEALING SPEAKER SERIES (25) Zoom

Wednesdays, 1-3pm, 6 weeks, April 21 – May 26

The nine different speakers in this series will present holistic strategies for minimizing our individual susceptibility to illness, including boosting our immune systems. Practitioners on the front lines of healing and health will present on various complementary modalities such as homeopathy, energy medicine, Reiki, Traditional Chinese Medicine, chiropractic, aromatherapy, acupuncture, and journaling.

6-Week Speaker Schedule:

- **April 21** Updates on COVID & CDC recommendations (Ann Marie Pettis, Infection Prevention Administrator)
- **April 28** Reiki and Energy Healing (Sharie Walerstein)
Energy Medicine and Yoga (Lin Murphy, MA)
- **May 5** Nutrition, Supplements, and Chiropractic (Dr. Wayne Hogan, D.C.)
- **May 12** Safeguarding Mental Health (Pam Fabry, MA)
Health Benefits of Journaling (Patricia Nugent)
- **May 19** Essential Oils; Aromatherapy (Heather Henderson)
Homeopathic Remedies for Prevention and Treatment of Viral Infections (Lisa Rosamino, LPN)
- **May 26** Traditional Chinese Medicine; Acupuncture; Pet Therapy (Dr. Kristina Dallas, DVM)

Leader: Patricia Nugent is a self-described germaphobe who's been trying to avoid contagious conditions most of her life! She also happens to be a Reiki master and energy medicine devotee. As a retired school district administrator and adjunct professor, she's a long-time instructor at the Academy of courses such as journaling, holistic health care, memoir, and feminist history. Her third book, *Healing with Dolly Lama*, will be published by spring.

INTERPRETIVE HIKES AT MOREAU LAKE STATE PARK (10) On location. Please note new \$5/hike cost. Wednesdays, 1-3pm, April 21 – June 9, meet at the Nature Center

Each hike will explore a different trail in the 6,000-acre Moreau Lake State Park which features the Palmertown Mountain Range, Moreau Lake, Lake Bonita, and the Hudson River. One hike may be replaced by kayaking on Moreau Lake. The terrain in the park includes a 1,200' mountain range with challenging and rocky trails, as well as more moderate, relatively flat trails. Hikes may vary in difficulty from moderate to intermediate, some including steep and rocky sections of trail. The instructor will inform the class of the difficulty level of each outing a day or two in advance. Individuals are expected to realistically assess their ability to participate in each hike, and some individuals may choose to opt out of certain more challenging hikes. Each hike will be led by the park naturalist, who will discuss various aspects of natural history during numerous stops along the trail.

Additional information: Participants should be in adequate physical condition, possessing the stamina, strength, agility, and endurance needed to hike potentially up to 800' in elevation gain and walk up to three miles on rocky trails. If participants are not regular walkers or hikers, they should consult their doctors about participation. Comfortable and sturdy footwear is required, as well as weatherproof outerwear. Hiking poles are encouraged as they provide additional support for the hiker. Participants also need to carry adequate water, snacks, and any other equipment needed.

Readings and fees: No required text. \$2 park fee per person per hike for people up to 62 years of age and \$5 per adult per hike. Participants will be required to purchase a \$2 trail map on the first day, which should be brought to all subsequent hikes.

Leaders: Gary Hill has been a woodsman for his entire life and has been guiding hikes professionally for the past 26 years. He is an incredible resource for all things wilderness and always has a great story to share that highlights his knowledge of Moreau Lake State Park. Maranda and **Rebecca Mullins** have many hours of course work and degrees to fill out an impressive resume, but nothing compares to the knowledge they have gained while working side by side with Gary Hill during their time at Moreau. Gary Hill will lead this group for the 26th time.

CHANGING WITH THE BOOK OF CHANGES (10) Zoom

Wednesdays, 2-4 p.m., April 21 – June 9

Change In China And Ourselves: Practical Lessons From Early Chinese Thought

Can we change? Should we? What strategies are most likely to be effective in selecting and responding to changes? These are the central concerns of the books we shall study and discuss. The Book of Changes is a compendium of wisdom about ways to respond to change. Its core text, the Zhouyi, was created in the generations around the time of the Zhou people's conquest of the Shang Dynasty, around 1045 BCE. The book offers counsel for over 300 kinds of situations. Using it has helped people for thousands of years. It influenced Carl Jung and his followers. This book offers insights on topics as diverse as shedding (downsizing), waiting, managing difficult beginnings, and working effectively with others. This course aims to improve students' understanding of both the text and the era from which it came, in order to clarify its meaning and possible applications to our own lives.

- 1.Introduction to the world of the Book of Changes
- 2.Best ways to use the Book of Changes
- 3.Coping with Exhaustion (Hexagram 47)
- 4.The Well (hexagram 48)
- 5.Not yet across (hexagram 64)
- 6.After crossing (hexagram 63)
- 7.Dispersion (hexagram 59)
- 8.What have we learned from the Changes and each other?

Text: Margaret J Pearson, *Original I Ching: an Authentic Translation of the Book of Changes, Based on Recent Discoveries.* (Tuttle, 2011) ISBN 978-0-8048-4181-8, list \$18.95 (but many used copies available) required

Leader: Margaret J Pearson - Ph.D. in Chinese history, translator/author of book, over 30 years experience teaching Chinese history and thought. Zoom: currently teaching finance class for Saratoga Springs Public Library via zoom.

NICCOLO MACHIAVELLI AS POLITICAL THINKER (THE PRINCE) AND A COMEDIC PLAYWRIGHT (THE MANDRAKE) (10) Zoom

Wednesdays, 2 – 4 p.m., April 21 – June 9

His name has become synonymous with the acquisition and exercise of political power, but Machiavelli was also a great playwright. His comedy *The Mandrake* is a classic, not only of Italian theater but of world theater as well. We

will explore these works in the context of Florentine and Italian society during the Renaissance, and as they relate to our “modern” situation.

Text: The Essential Writings Of Machiavelli (trans. Peter Constantine). Modern Library Classics (2007). Paperback. Available on Amazon, new and used.

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

THURSDAY

SPRING BIRDING ON THURSDAYS IN SARATOGA COUNTY (12) 8:00 a.m. – 11:00 a.m., On location.

This class is being offered twice each week, one on Tuesdays and one on Thursdays at 8:00am. PLEASE REGISTER FOR ONE OR THE OTHER BY INDICATING THE DAY. Each class will be limited to 12 students.

Thursdays, 8-11 a.m., April 22-June 10, Meeting location for first class on April 22 TBD

For the Tuesday class, please go to the Tuesday listings.

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

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

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

THURSDAY SPEAKER SERIES (30) Zoom -dates/presentations may be subject to change

Thursdays, 10 a.m. – 12noon, April 22 – June 10

Like the Monday Speaker Series, this study group features presentations on a different subject each week.

April 22 How to Plant & Plan Garden Containers 101, Scheryl LoMonico

April 29 Irving Berlin: The Man and His Music, Kate Dudding

May 6 Marihuana Reform Law - Recreational, Medicinal, or Revenue? Michael Feit, Esq. & Rebekah Sokol, Esp.

May 13 Folklore in New York State: Diversity, Equity, and Creativity, Ellen McHale

May 20 How to Avoid Scams That Target Older Adults, Debra Verni, Esq., Herzog Law Firm, P.C.

May 27 Castles and Forests and Mayhem, Oh My: A Closer Look at Fairy Tales, Margaret French

June 3 Using DNA to Solve Family Mysteries and Community Crimes, Tobi Kirschmann

June 10 TBD

Leader: Pat Davis enjoys the range of topics represented in the Speakers Series. Pat has led the Monday Speaker Series 23 times.

WALKING IN NATURE AT WILTON WILDLIFE PRESERVE AND PARK (20) On location

Thursdays, 10:30 a.m. - 12noon, six weeks, April 29-June 3, 80 Scout Road, Wilton, NY 12831

In a recent article in Time magazine, they describe how “the sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air – these things give us a sense of comfort. They ease our stress and worry, help us to relax, and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh, and rejuvenate us.” For this series, we invite you to come and immerse yourself in nature with other like-minded people who want to get outdoors. Each session will be a unique adventure as each week’s guided walk will explore a different trail to bring participants through the diverse biological communities of the Saratoga Sandplains, found in few other places in New York state. While the focus of this series is to enjoy the outdoors and explore each of the trails at the Preserve and Park, we will include information on the flora and fauna of the Saratoga Sandplains ecosystem. Late spring is the season of the endangered Karner Blue Butterfly, so there is a possibility of seeing this species on our guided hikes. Since 1996 the Wilton Wildlife Preserve and Park’s mission has been to “conserve ecological systems and natural settings while providing opportunities for

environmental education and outdoor recreation.” Led by experienced naturalists, the walk is geared towards gentle exercise and is for participants at basic fitness levels. The walk will not take place in bad weather, so we have built in a rain day at the end. Sessions will start at our office, where we will discuss the plans for the day and provide background information for what we will be exploring on the trail. Each adventure will take place on a different trail, and conditions can vary. Participants should come prepared to spend at least 1.5 hours outside. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water that will be needed during the program. Distances will be no more than two miles in a day and the terrain can vary from trail to trail. Regular walkers and experienced hikers should not have an issue, please consider your mobility before signing up. Hiking poles are encouraged as they provide additional support.

Leaders: Tori Herkalo, B.A., Environmental Studies with a concentration in wildlife conservation; education coordinator at Wilton Wildlife Preserve and Park; past – animal care and education intern at the Wild Center, directed researcher in the Tanzania School for Field Studies, and Siena College research scholar for coyote abundance surveying. Erin McCabe, B.A. in Sustainability Studies; certified Lower Adirondack Search and Rescue team member; volunteer and stewardship coordinator for Wilton Wildlife Preserve and Park. Margo Olson, M.S., Science Education, B.S. Biology; executive director of Wilton Wildlife Preserve and Park; past – National Park service ranger, director of education at the Junior Museum, curator of education at National Museum of Racing.

GENEALOGY FOR BEGINNERS (20) Zoom

Thursdays, 1-3 p.m., 4 weeks, April 22, 29, May 6, 13

This study group is designed to establish a strong foundation for beginners. Whether searching for local ancestral connections or those half a world away, this course will help you leverage the power of the Internet in your quest. The course structure offers presentations and resources on overarching topics, as well as time for discussion and collaboration.

Cost: All materials will be available for free on the leader’s course website.

Text: A suggested list will be offered. None are required.

Leader: Heidi Gross has been a genealogist and family historian for 10 years. Currently, she owns her own firm, “Ancestry Investigation Services,” and specializes in training seminars, professional research services and lineage society applications. In addition to her genealogy career, Heidi has worked as a human resource professional for almost 20 years. She obtained a Bachelor of Science degree in Communications from SUNY College at Fredonia, holds dual, senior professional certification designations in HR Management, and is an MBA candidate. Heidi lead this class as an 8-week study group and as two, 4-week study groups for the Academy in the past.

GENEALOGY ADVANCED (20) Zoom

Thursdays, 1-3 p.m., 4 weeks, May 20, 27, June 3, 10

This course takes intermediate family historians to the next level. We will build on the principles and tools offered in the beginners’ course. The class will be centered on individual research goals of group participants, so bring your questions, goals and previous research.

Cost: All materials will be available for free on the leader’s course website.

Text: A suggested list will be offered. None are required.

Leader: Heidi Gross has been a genealogist and family historian for 10 years. Currently, she owns her own firm, “Ancestry Investigation Services,” and specializes in training seminars, professional research services and lineage society applications. In addition to her genealogy career, Heidi has worked as a human resource professional for almost 20 years. She obtained a Bachelor of Science degree in Communications from SUNY College at Fredonia, holds dual, senior professional certification designations in HR Management, and is an MBA candidate. Heidi lead this class as an 8-week study group and as two, 4-week study groups for the Academy in the past.

COUNTRY MUSIC (20) Zoom

Thursdays, 1-3pm, 5 weeks, April 22 – May 20

Examine the roots, content and style distinctions of Country Music over more than a century of its popularity. This five-class will examine how country music took hold, how it flourished and how it morphed into country-pop and country-rock and receded back to its roots in the “Americana” genre.

Leader: Rick Hasenauer has been a study-group leader and speaker series presenter on music topics covering Blues Music, Protest Music, Popular music of the mid 60’s to mid 70’s, Smithsonian art award (music video) and reflective music as we face life’s passing. He is an avid music collector. He is the current Chair of the Executive Council of the Academy.

INTERPRETIVE HIKES AT MOREAU LAKE STATE PARK (10) On location. Please note new \$5/hike cost. Thursdays, 1-3pm, April 22 – June 10, meet at the Nature Center

Each hike will explore a different trail in the 6,000-acre Moreau Lake State Park which features the Palmertown Mountain Range, Moreau Lake, Lake Bonita, and the Hudson River. One hike may be replaced by kayaking on Moreau Lake. The terrain in the park includes a 1,200' mountain range with challenging and rocky trails, as well as more moderate, relatively flat trails. Hikes may vary in difficulty from moderate to intermediate, some including steep and rocky sections of trail. The instructor will inform the class of the difficulty level of each outing a day or two in advance. Individuals are expected to realistically assess their ability to participate in each hike, and some individuals may choose to opt out of certain more challenging hikes. Each hike will be led by the park naturalist, who will discuss various aspects of natural history during numerous stops along the trail.

Additional information: Participants should be in adequate physical condition, possessing the stamina, strength, agility, and endurance needed to hike potentially up to 800' in elevation gain and walk up to three miles on rocky trails. If participants are not regular walkers or hikers, they should consult their doctors about participation. Comfortable and sturdy footwear is required, as well as weatherproof outerwear. Hiking poles are encouraged as they provide additional support for the hiker. Participants also need to carry adequate water, snacks, and any other equipment needed.

Readings and fees: No required text. \$2 park fee per person per hike for people up to 62 years of age and \$5 per adult per hike. Participants will be required to purchase a \$2 trail map on the first day, which should be brought to all subsequent hikes.

Leaders: Gary Hill has been a woodsman for his entire life and has been guiding hikes professionally for the past 26 years. He is an incredible resource for all things wilderness and always has a great story to share that highlights his knowledge of Moreau Lake State Park. **Maranda Welch** and Rebecca have many hours of course work and degrees to fill out an impressive resume, but nothing compares to the knowledge they have gained while working side by side with Gary Hill during their time at Moreau. Gary Hill will lead this group for the 26th time.

FRIDAY

LOCAL WALKING TOURS SERIES (20) On location

Fridays, 8 weeks, 10am - 12noon

Be enchanted, educated, and entertained as you walk with local tour guides as they tell their Saratoga area stories.

April 23 Take a Walk in the Park- with History: A Guided Tour of Anchor Diamond Park, Ballston, Rick Reynolds

April 30 Haunted Saratoga Ghost Tours - Joe Haedrich

May 7 Greenridge & the Civil War, Gloria May

May 14 Post Time: Learn about the Reading Room, Racing Museum, Oklahoma Track, Track, Fasig Tipton

May 21 Secret History of Geysers Park, Jim Richmond

May 28 West Side, George

June 4 Madison Avenue, Samantha Bosshart

June 11 Saratoga Spring Waters, Trent Millet

Cost: Additional \$20 to be collected at the first class.

Leaders: Gloria May, Janie Cornell. Dr. Janie Cornell is a retired central office educational administrator who has enjoyed participating in several of the Academy classes and led the Local Tours Behind the Scenes last fall.

For Office Use: member # _____ first choice _____ second choice _____ Check # _____

ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Please do not send this application before Monday, March 8.

Applications post-marked ON OR AFTER March 8 will be included in the first week registration for course placements.**Applications will be accepted for open courses throughout the term.**

Name _____

Address _____

City, State, Zip _____ Email _____

Phone _____ Cell _____ Emergency contact/phone # _____

COURSE REGISTRATION: Please list your choices in order of preference. If you list a first and second choice 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 if your first or second course is already full when your application is processed.

First course _____

Second course _____

If your first or second course choice is sold out at time of placement, you will be placed on a waiting list and enrolled in your alternate course. This is not a third course choice. You will have the option of enrolling in additional courses in late March based on availability. Please wait to pay for additional courses until you register for them.

Alternate Course _____

MEMBERSHIP DUES and COURSE FEES

Membership: Through June 30, 2021 (Disregard if you have paid membership dues since July 1) \$65.00

\$35 Membership - Brand New Members Only***(I have never been a member of the Academy, good through June 30, 2021)*** \$35.00

First Choice (\$50 for five weeks or more, \$25 for three- or four-week course) +\$ _____

Second Choice (\$50 for five weeks or more, \$25 for three- or four-week course) +\$ _____

Subtotal \$ _____

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Would you like to volunteer? Office _____ One-time event _____ Committee? _____ Course Moderator? _____

If you would prefer not to have your personal information shared, please check here _____ Please make checks payable to:

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Mail application, payment and completed waiver on the next page to: A.L.L. Spring 2021 Registration, Academy for Lifelong Learning, P.O. Box 1343, Saratoga Springs, NY 12866

How did you hear about the Academy? _____

Are you a new member? _____

ACKNOWLEDGMENT RELEASE AND WAIVER

The undersigned does hereby acknowledge that he/she is participating in a program or activity by or through the ACADEMY FOR LIFELONG LEARNING AT SARATOGA SPRINGS/SUNY EMPIRE STATE COLLEGE, 2 Union Avenue, 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, A.L.L. Executive Council, and Empire State College 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, A.L.L. Executive Council and Empire State College harmless for any claims resulting therefrom.

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