Noncredit educational courses and social activities for adults.

6-week courses start the week of January 22
See course descriptions for locations.

Go to www.allsaratoga for all things Academy.

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

Jeff Shinaman, Executive Director, 518-290-6988, jeff@allsaratoga.org
Susan Burns, Operations Manager, 518-290-6968, office@allsaratoga.org
Staff Hours: Monday – Thursday, 8:30 a.m. to 2:30 p.m.
For more information on A.L.L., go to www.allsaratoga.org

WELCOME TO THE ACADEMY FOR LIFELONG LEARNING

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 persons 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, nonprofit membership organization whose members share enthusiasm for learning and socializing.

“Thank you for keeping our minds active!”
**Winter 2024 Course Schedule**

Most courses are 90-minute, weekly classes for six weeks unless otherwise noted. This chart identifies: **Course Title and location.** Check descriptions for specific dates and times.

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

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>9:00 AM – 12NOON</strong></td>
<td>Writers Circle 12/20, 1/10, 1/31, 2/21</td>
<td>The Folk We Know (Zoom)</td>
<td>Betting on Horse Racing</td>
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<tr>
<td><strong>9:30-11:00 AM</strong></td>
<td>Selected Shorts: A Collaborative Journey Through the Infinite World of the Short Story</td>
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<tr>
<td><strong>10:00-11:00 AM</strong></td>
<td>Introduction To Tai Chi, Yang 24 Part II (On location &amp; Zoom)</td>
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<tr>
<td><strong>10:00 AM –1:00 PM</strong></td>
<td>Moreau Lake Interpretive Hikes and Snowshoeing</td>
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<tr>
<td><strong>10:30 AM -12 PM</strong></td>
<td>Let’s Have a Tea Party!</td>
<td></td>
<td>What’s Up in Space?</td>
<td></td>
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<tr>
<td><strong>11:30 AM-1:00 PM</strong></td>
<td>Biology of Aging: Updated</td>
<td>Snowshoeing Through the Saratoga Sandplains with WWPP</td>
<td>The American Revolution: The Final Phases (5 weeks)</td>
<td></td>
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<tr>
<td><strong>1:30 – 3:00 PM</strong></td>
<td>Fine Tune Your Finances (Zoom)</td>
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<tr>
<td><strong>3:00 – 4:30PM</strong></td>
<td>Italian Advanced (Zoom)</td>
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**WINTER 2024 COURSE DESCRIPTIONS**

*Classes are limited to the number of students in parenthesis (*). Classes will be postponed due to weather if Saratoga Springs City Schools are closed unless otherwise instructed by your study group leader.*

**MONDAYS, Jan 22, 29, Feb 5, 12, 19, 26 (courses are scheduled on Feb 19, Presidents Day)**

**SELECTED SHORTS, A Collaborative Journey Through the Infinite World of the Short Story (24) SUNY Adirondack, 696 Route 9, Wilton, Room 207**

**Mondays, 9:30-11am**

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:** Two or three stories per week to be determined. 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.

MOREAU LAKE INTERPRETIVE HIKES AND SNOWSHOEING (12) Moreau Lake State Park
Mondays, 10 am - 1 pm (note: 3 hours)
The Park Naturalist will lead weekly interpretive hikes on the trails of Moreau Lake State Park. Microspikes are necessary as well as warm, waterproof boots. Weather permitting, these hikes will be on snowshoes which may be borrowed. Hikes will be up to 4 miles and include some elevation changes. We will be walking through woods over rocks, roots, mud and ice. Come prepared to learn, get some exercise in the fresh air and have fun!
Cost: $5 per hike, snowshoe rental included
Leader: Christine Lambert

THE BIOLOGY OF AGING - UPDATED: WHY WE AGE AND WHAT WE CAN DO ABOUT IT (24) SUNY
Adirondack Saratoga, 696 Route 9, Wilton, Room 207
Mondays, 11:30am – 1pm
Aging continues all of our lives, and recent research is unlocking many of the biological reasons for the aging process. This updated course, which has been very popular, focuses not on the fact that all of us are aging, but why and what we can (and can’t) do about it. Each body system is discussed as well as our mental, psychological and spiritual adjustments with age. This is a new, reformulated presentation of the original course with new material added.
1. Aging, and what does it mean
2. The biology of our muscles, bones, and joints with aging, and strategies to keep healthy
3. The heart and lungs, how they function and change with age; diseases and prevention
4. The gastrointestinal tract in health and disease, prevention and therapies
5. The brain: how it functions, what happens with aging and why, preventive strategies
6. The psychological, social and spiritual aspects of aging and why they are important; summation.
Leader: Dr. Gerald Stulc is a retired physician and surgeon, Chair of the Saratoga A.L.L. Board of Directors, long-time teacher at A.L.L. Extensive experience in the medical issues of health and aging.

TUESDAYS Jan 23, 30, Feb 6, 13, 20, 27

THE FOLK WE KNOW (25) Zoom
Tuesdays, 9:30-11:00am
This course will touch upon the commercial evolution of what has been termed, “Folk Music”. The class will enjoy learning about the individuals that have represented the genre, numerous examples of the music and perhaps a special guest or two.
Leader: Rick Hasenauer has presented numerous music-themed courses for the Academy for almost ten years. Rick has served as Chair of the Academy’s Executive Council and is one or our volunteer board members and Chief Financial Officer.

Tuesdays, 11:30am-1:00pm, Parking Lot 1 at 90 Scout Road, Wilton, NY 12831
We invite you to explore nature during the wintertime with Wilton Wildlife Preserve and Park! Each session will include a guided trail walk exploring the Saratoga Sandplains diverse ecosystem. The focus is to learn about the flora and fauna including animal tracking, adaptations, tree identification and more! These walks are led by experienced naturalists and geared towards moderate fitness levels. Participants should come dressed layered and bundled for the winter weather and expect to walk about 2 miles each session. Hiking poles are always encouraged, and it will be led on snowshoes and/or micro-spikes. Don’t have snowshoes? No worries! You can rent out a pair with WWPP for just $3 at the beginning of each hike! See you on the trails!

HISTORY OF THE AMERICAN MUSICAL (25) Congress Hall, Prestwick Chase, 100 Saratoga Blvd., Saratoga Tuesdays, 11:30am – 1pm (Note later start - February 6, 13, 20,27, March 5, 12.)
One of America’s great contributions to world culture has been the development of the Musical as a unique theatrical genre. The form first appeared in the minstrel shows of the post-Civil War era. These productions were performed mostly by former slaves or their descendants. The musical form continued to develop under the influence of ragtime and jazz. The songs were incorporated into book musicals, musical revues, variety shows (Vaudeville) and Burlesque. The composers were brilliant songsmiths including Irving Berlin, Jerome Kern, George Gershwin, Richard Rodgers and Cole Porter. Their songs captured the hearts of audiences around the U.S and throughout the developed world. The History of the American Musical is a fascinating study of American ingenuity and knowhow at its most creative.

1. The Roots of the American Musical/post-Civil War to the beginning of the 20th Century
2. The Beginning of the Broadway Musical/The Ragtime Years/The Innovations of George M. Cohan
3. The Jazz Age and Great American Songbook/ Jerome Kern and Irving Berlin
5. The Book Musical Comes of Age: Rodgers & Hart, Rodgers & Hammerstein, Lerner & Loewe
6. Rock ‘n’ Roll Arrives on Broadway/ Innovations and Variations from the ‘60’s to Millennium

Leader: Ken Blatt has pursued the study and practice of the theatre for the past thirty-five years. He has worked as a professional actor, director, playwright, stage manager, teacher, and lecturer. He has performed in several classic musicals and musical comedies as a performer and has directed musicals as well. Ken is very actively performing musical concerts, shows and lecture-concerts throughout the Capital District and Saratoga County where he performs the songs of the Great American Songbook and classic Broadway show tunes. Ken has taught on the faculty of various colleges and universities. He has lectured and led discussion groups and workshops for students of every age group.

WEDNESDAY Jan 24, 31, Feb 7, 14, 21, 28

WRITERS CIRCLE (12) Kaffee House, 120 West Ave. Saratoga Springs
Wednesdays, 9am – 12noon (NOTE: Dates Dec 20, Jan 10, Jan 31, Feb 21)
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.

INTRODUCTION TO TAI CHI, YANG 24 PART II (12) First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020, and ZOOM
Wednesdays, 10-11am (NOTE: One-Hour Classes and PREREQUISITE, see below) Participants treated by an orthopedist should have permission from their doctor to take this course. During classes participants should wear loose-fitting clothes that allow freedom of movement and comfortable shoes that provide stable footing.
PREREQUISITE: Prior experience practicing the first four postures of the Yang 24 Tai Chi Form or completion of Part I Introduction to Tai Chi Yang 24 (All fall 2023 course) Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art has value in treating or preventing many health problems. Classes will include the following: Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breathing and body. Instruction and practice of tai chi forms. Short forms - Forms/Postures are sets of movements. In this class you will learn a very short form (six movements) consisting of smaller, slower movements created specifically for this six-week class. Qigong (or chi kung). Translated as "breath work" or "energy work,". During the last two weeks of this course, you will learn a simple stationary Qigong form consisting of a few minutes of gentle breathing combined with hand movements. The idea is to help relax the mind and mobilize the body's energy. All forms can be practiced while standing or seated.
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 second most consumed beverage in the world behind water is called out of retirement to help fix the Hubble Telescope. During two summers at the Goddard Space Center, a her first cousin once removed helped design the LEM and was a school and middle school level teacher leader involved with the Astrobiology program at RPI. She taught science at the high school and middle school levels. She was a teacher leader involved with the Astrobiology program at RPI and she spent two summers at the Goddard Space Center. Her first cousin once removed helped design the LEM and was called out of retirement to help fix the Hubble Telescope.

WHAT’S HAVE A TEA PARTY! (25) Saratoga Springs Senior Center, 290 West Ave., Saratoga Springs
Wednesdays, 10:30am -12noon
The second most consumed beverage in the world behind water is—you guessed it—tea! All true tea comes from the same plant, the camellia sinensis. This includes all black, green, white, oolong and pu’erh (fermented) teas. Although known in the US as “tea”, herbarials, or tisanes such as chamomile do not contain any true tea leaves. How the camellia sinensis leaves are processed determine the type of tea that results.

In this class, we will examine the complicated history of tea including colonialism, wars and ancient trade routes. We will learn about caffeine content and the purported health benefits of different teas and examine meaningful flavor related concepts such as oxidation and astringency. But most of all, we will discuss proper steeping methods while tasting a wide variety of freshly brewed tea each week—no tea bags here!

So, bring your grandmother’s favorite teacup, sit back and let your senses take in a new flavor all while enjoying good company and interesting conversation. Please note that the teas will contain caffeine.


Cost: There is a $15 additional materials fee that will be collected by your instructor during the first class.

Leader: Kathy Welch traveled Asia as an attorney for General Electric steeping herself in the many flavors of tea along the way. She is a certified grade school - high school teacher & has taught a wide variety of courses for A.L.L.

BETTING ON HORSE RACING (15) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs, NY 12866
Thursdays, 9:30-11:00am
This course is intended to educate people on the excitement of thoroughbred horse racing. We are lucky enough to have the premier racetrack in the United States in our backyard. Saratoga racecourse runs an eight week meet each summer showcasing some of the best thoroughbreds in the world. I will focus this class on major aspects of being a successful bettor. We will get to know each other and discuss everyone’s experience attending the races. What goals do you have when you attend? How can handicapping make a day at the races more enjoyable?

What are the basic principles of handicapping and how that knowledge will allow you to better predict the outcome of races? The most important aspect of being a successful bettor is money management. We will discuss making smart wagers and techniques for managing funds. The second half of the course will apply principles of handicapping and money management to specific races to learn what went right or wrong and why.

1. Getting to know each other and experiences at the racetrack. 2. Fundamentals of handicapping, Introduction to the “Daily Racing Form”, 3. Types of wagers available, how to manage your money. 4-6. Handicapping specific races, sensible wagers and discussing outcomes


Leader: Bill Robeson has had horse racing as his principal hobby for the past 58 years. He’s constantly tuned into radio shows and podcasts on thoroughbred racing.

WHAT’S UP IN SPACE? (30) Saratoga Springs Senior Center, 290 West Ave, Saratoga Springs
Thursdays, 10:30am -12noon
Space fans had a lot to celebrate in 2023. The year was packed with interesting discoveries, new milestones, intriguing science and images from far, far away that turned cosmology on its head. And these revelations were not just from NASA. Private businesses and other countries contributed greatly to a new understanding of space and our place in it. In this class we will examine: the new era of astronomy that images from the James Webb telescope reveal; a Moon landing by India, a failed mission by Russia and the progress of NASA for the next manned missions to our Moon; happenings on the international space station including the longest ever American astronaut stay in space; a new understanding of dark energy and dark matter; state-of-the-art space telescopes launchings; the return to Earth of pristine samples of the asteroid Bennu; rocket technology developments; developments and findings on Mars; plate tectonics on Venus; and a new mission launch to Jupiter. Space exploration, technology and discovery continue to stun the scientific community and excite us, the public. Join us and expand your own horizons.

Leaders: Marian Roohan is a retired science teacher from the Capital District. She taught science at the high school and middle school levels. She was a teacher leader involved with the Astrobiology program at RPI and she spent two summers at the Goddard Space Center. Her first cousin once removed helped design the LEM and was called out of retirement to help fix the Hubble Telescope.
Kathy Welch is a former attorney for General Electric and is a certified teacher for grade school through high school. She has taught high school social studies and STEM programs for gifted students through BOCES. Her love of all things space began as a young child watching her father work on the Lunar Module (LEM) used to safely land on the moon in 1969. She has taught over ten different classes for A.L.L.


**Thursdays, 10:30am – 12noon (5-weeks, Jan 25, Feb 1, 8, 15, 22)**

This set of 5 lectures completes the series on the American Revolution. However, since they are topical, previous participation is not mandatory. These lectures will examine the respective roles of George Washington and George III, explore what happened at the Constitutional Convention, study how the Constitution was ratified by the states, and look at the Election of 1800 as transformational from what had come before with the elevation of Thomas Jefferson to the presidency.


**Text:** There is no required reading. Two suggested books that cover the period from the 1760s to 1800 are John Ferling, *A Leap In The Dark: The Struggle to Create the American Republic* (2003) and/or Alan Taylor, *American Revolutions* (2016). Both are available in paperback.

**Leader:** Jim Sefcik has taught undergraduate and graduate courses on the American Revolution as well as for ALL programs in Louisiana, Massachusetts, and New York.

**FINE TUNE YOUR FINANCES (10) Zoom**

**Thursdays, 1:30-3:00pm**

This course offers simple, practical, and low-cost methods for achieving and maintaining a balanced portfolio and reducing financial stresses. Each week, students will take steps towards defining, clarifying, and achieving their own goals. We will consider index funds, treasuries, annuities, age-appropriate asset allocations, and simple methods for buying low and selling high. This course requires very little mathematical expertise but encourages each of us to recognize what is enough for our own personal needs. It is based on both recent research and decades of personal experience. 1. Introductions, goals, and methods 2. Why index funds instead of stocks, also safeguards 3. Buying treasuries yourself. 4. Annuities: best timing and products. 5. Finding extra money to invest: good food for less money. 6. Conclusions and next steps.

**Text:** The **Index Card: Why Personal Finance Doesn’t Have to Be Complicated** by Helaine Olen and Harold Pollack. (Library 332.024 Ole)

**Leader:** Margaret Pearson has taught Fix Your Finances at Saratoga Public Library for several years. A former history professor, she reformed her own finances in the 1990s, using a course offered by the New Roadmap Foundation. Her simple, practical approach has helped others to reduce financial stress and cut investment costs. Last year, she taught Good Food for Less Money at the Academy.

**ITALIAN LANGUAGE AND CULTURE ADVANCED (15) Zoom**

**Thursdays, 3-4:30pm**

*Italy, and the spring and first love all together should suffice to make the gloomiest person happy.* – Bertrand Russel

Join us as we explore Italian language and culture through this informal, yet rigorous and participatory conversation group. Learn to express yourself accurately and authentically in Italian. This class will tackle more complicated verb conjugations and sentence structures while building a sophisticated vocabulary. This group is appropriate for anyone who would like to practice and learn in a fun, collegial atmosphere while honing his or her skills. Some prior knowledge of Italian is suggested; all eager conversationalists are welcome. Emphasis will be on accurate pronunciation and grammar usage in spoken Italian, with weekly discussions of current events and culture.

**Readings and materials:** *“Practice Makes Perfect Italian Sentence Builder”* by Paola Nanni-Tate, listed at $13, published by McGraw-Hill and available at Amazon.com. Additional materials to augment the text will be provided by the instructor.

**Leader:** Francesca Cichello grew up in a trilingual home, with Italian, Spanish, and English spoken. Her formal study of Italian language and literature took place at Skidmore College, where she also was trained in the Rassias method and worked as a language driller for small groups of students throughout her undergraduate experience. She has previously led 17 Italian classes.
WINTER COURSE REGISTRATION Applications for winter courses are now being accepted by mail. Registration will continue until courses are filled. Registration is on a first come, first served basis. Send your registration in now. An email confirming your registration will be sent by email.

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

Additional Courses
Once you are enrolled in your courses, you will have the option of enrolling in additional courses in January 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 on a wait list. Membership is $75 and goes for one year from your join date.

REFUND POLICY
If you must drop a course, a refund less $25 processing fee will be granted up to December 30. From December 30 to January 22, a refund less $25 processing fee will be granted for health reasons only. Requests after January 22, 2023 will be considered on a case-by-case basis. Membership dues are nonrefundable. If A.L.L. cancels a course, you’re welcome to apply for another open class. Refunds or credit for classes canceled by A.L.L. will be given without penalty, your choice.

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 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 registration form. Please also consider making a bequest to the Academy for Lifelong Learning in your will.

ADDRESSES OF IN-PERSON COURSE LOCATIONS
SUNY Adirondack Saratoga, 696 Route 9, Wilton, NY 12831
Moreau Lake State Park, 605 Old Saratoga Road (Route 9), Gansevoort 12831
Wilton Wildlife Preserve and Park, 80 Scout Road, Gansevoort 12831
Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, NY 12866
Coburg Village, Coburg Village Way, Rexford
The Summit (Theater Room), 1 Perry Rd., Saratoga Springs, NY 12866
Kaffee House, 120 West Ave. Saratoga Springs, NY 12866
Saratoga Senior Center, 290 West Ave., Saratoga Springs, NY 12866
First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020

Neither A.L.L. nor our course 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. 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.

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.
ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION

Applications will be processed on a first-come, first-served basis. Applications will be accepted by mail only 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. (HINT: List your preferred course that you predict might sell out as your first choice.)

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 January 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

A.L.L Fund Contribution: Amount to be applied to General Fund $__________
Endowment Fund $__________
Pat Leonard Assistance Fund $__________

I wish to be anonymous____

+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. Winter 2024 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 that he/she is participating 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. course 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. course 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 __________________________
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.

To encourage good discussion, course sizes are limited. Please indicate your choice of courses in order of preference. If a study group is filled, you will be placed on a waiting list. Open courses will be announced in early January with registration on a first come, first served basis. Each course is $50.

Annual membership dues are $75. Membership is valid for 365 days from your join date.

PAT LEONARD ASSISTANCE PROGRAM
Assistance is available for those demonstrating financial need. For assistance, send your request to: A.L.L Executive Director, PO Box 4395., Saratoga Springs, NY 12866.