

Academy for Lifelong Learning  
Saratoga Region

# 2023 Fall Course Catalog



*Courses & Social Activities  
for Adult Learners*

October 2 - November 13, 2023

*Sponsored by Prestwick Chase*



## **Noncredit educational courses and social activities for adults.**

Courses are offered on location in classrooms, outdoors, or by Zoom.  
Courses start the week of **October 2**

**Learn all about it! Attend the Academy's Open House  
and Fall 2023 Course Preview  
Wednesday, September 6, 2:00pm. See page 10 for details.**

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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](http://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.

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](http://www.allsaratoga.org) for more current details.

## Fall 2023 Course Schedule

*Most courses are 90-minute, weekly classes for six weeks unless otherwise noted. **No classes on October 9, Columbus Day.** This chart identifies: **Course Title and location.** Check descriptions for specific dates and times.*

### Six-Week Courses, October 2 – November 13, Annual Membership - \$75, Courses \$50 each

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am-12noon</b>			Writers Circle Sept 6, Oct 4, Nov 1, Dec 6 <b>Kaffee House, SS</b>		
<b>9:30-11:00 AM</b>	The Biology of Aging: Why We Age and What We Can Do About It <b>SUNY ADK</b>	Eudora Welty: A Daring Southern Writer <b>SUNY ADK</b>		Selected Shorts, A Collaborative Journey Through the Infinite World of the Short Story <b>SUNY ADK</b>	
<b>10:00-11:00AM</b>			Introduction to Tai Chi and Qigong. <b>TBD</b>		
<b>10:00-11:30 AM</b>		Introduction To the Art of Feng Shui, <b>PRES</b> <b>CHURCH BALLSTON</b> <b>SPA</b>			Local Business Tours <b>On location</b>
<b>10:00-12:00PM</b>			Moderate Hikes at Moreau Lake State Park <b>On location</b>		
<b>10:30 AM-12:00 PM</b>			Six Wives, <b>SAR SR CTR</b>	Women On the Frontlines: WWI And WWII <b>SAR SR CTR</b>	
<b>11:00-12:30 PM</b>			A History of the Theater <b>PRESTWICK CHASE</b>		
<b>11:30 AM-1:00 PM</b>	Monday Speaker Series <b>SUNY ADK</b>	Introduction To the Appreciation of Classical Music <b>SAR SR CTR</b>  A History of Ukraine: A Turbulent Land <b>SUNY ADK</b>		Ancient Forests May Have the Power to Help Heal Our Earth <b>SUNY ADK</b>	
<b>1:30-3:00 PM</b>	History Of the U.S. In 12 Songs, <b>THE</b> <b>SUMMIT SS</b>	Walking in Nature with Wilton Wildlife Preserve & Park <b>On location</b>	Research Rebels <b>PUCC</b>	Opera Fundamentals <b>PRES CHURCH</b> <b>BALLSTON SPA</b>	
<b>2:30-4:30 PM</b>				Enjoying Poetry <b>Ballston Spa</b> <b>Public Library</b>	
<b>3:30-5:00 PM</b>				Introduction to Mindful Breathing <b>ZOOM</b>	

## FALL 2023 COURSE DESCRIPTIONS

*Most courses are six, 90-minute weekly courses October 2 – November 13 unless otherwise noted. Classes will not meet on Columbus Day. Courses limited to the number of students in parenthesis ( ).*

**MONDAYS:** October 2, 16, 23, 30, November 6, 13 (no class on October 9)

**TUESDAYS:** October 3, 10, 17, 24, 31, November 7

**WEDNESDAYS:** October 4, 11, 18, 25, November 1, 8

**THURSDAYS:** October 5, 12, 19, 26, November 2, 9

**FRIDAYS:** October 6, 13, 20, 27, November 3, 10

### MONDAYS

**October 2, 16, 23, 30, November 6, 13 (No class Oct 9, Columbus Day)**

**THE BIOLOGY OF AGING: WHY WE AGE AND WHAT WE CAN DO ABOUT IT (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Mondays, 9:30 – 11am**

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.

**MONDAY SPEAKER SERIES (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Mondays, 11:30am-1:00pm (no class on Columbus Day, Oct 9)**

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

**Oct 2 John and Abigail Adams: Their Life and Time:** An in-depth look at America's first power couple. Abigail was his closest adviser in all things. Both had their own quirks but despite the physical distances between them for much of their lives, their extensive correspondence enables historians to learn about them as persons, spouses, parents, and much more. How did work, politics, the American Revolution, etc. impact them for so many years. **Jim Sefcik**

**Oct 16 Guns & Public Health:** Firearm violence is a controversial issue inflaming passionate advocates and dividing our nation while around 200 Americans are killed and injured daily. During the 1990s, my colleagues at the Centers for Disease Control & Prevention (CDC) applied public health research methods to develop and evaluate strategies to reduce firearm injuries and deaths. The National Rifle Association (NRA) and their Congressional Advocates fiercely attacked our efforts as an assault on their constitutional right to bear arms. Eventually, the Dickey Amendment was passed by Congress, restricting CDC's ability to address the impact of gun violence on our nation's health. **Mark Long**

**Oct 23 Five Decades of New York Street Fashion,** as seen through the lens of legendary New York Times photographer Bill Cunningham. He captured the trends as they came and went and as they were born out of necessity, as when men and women in suits and business attire donned sneakers during a transit strike. We will look at his photographs and we will also hear about this very singular photographer. **Tiina Loite**

**Oct 30 Shinrin-Yoku/Forest Bathing: The Health Benefits of Being in Nature:** Shinrin-yoku, AKA "biophilia" or "forest bathing," has become popular in Japan and several other countries, including the U.S. We will explore the scientific basis for this practice, along with thoughts of philosophers, scientists, and urban planners on the therapeutic benefits of spending time communing with nature. **Mark Long**

**Nov 6 Medical and Surgical Stories from the American Revolution:** Some juicy stories about the battle of Lexington and traitors among physicians. **Gerald Stulc**

**Nov 13 From Colony to Country: Events leading up to the Revolution** with a focus on the colonial debates during 1774 that influenced decisions to become Patriots or Loyalists as the colonies moved toward declaring Independence. **Jim Richmond, Jacob Keyes**

**FACILITATOR:** Piper Lutbak was born in Brooklyn, lived in D.C., Israel, Westchester Co, Queens then moved up to Albany in 1991 and Saratoga Springs in 1998. After working for New York State for 31 years she retired from her position at NYS Higher Education Services Corporation as their Manager of Regulatory Compliance. Along the way, she worked in banking, construction, and a few NYS positions. She is also a licensed massage therapist. She loves to sing, dance, and of course learn. That is why she is a member of the Academy of Lifelong Learning.

**HISTORY OF THE U.S. IN 12 SONGS (16) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs, NY  
Mondays, 1:30-3pm**

The story of the United States is brought to life through twelve selected songs (and perhaps a few more). From our revolutionary birth, our agricultural dichotomy of slavery and bountiful harvests, our expansion westward, and the multicultural dependence and resilience as our nation repairs, reinvents and rebuilds itself for its growing population – these and other scenes captured in song. Each week we will feature two songs that capture significant cultural elements of that time in U.S. history. We will discuss the lyrics of the song and the events of yesteryear as we pull the puzzle pieces of our country together in constructing the picture that exists today.

**Leader:** Rick Hasenauer has provided several music related courses focusing on the Blues, Gospel, Pop and Country genres as well as songs used in protest and reflection. Rick is past chair of the Academy's Executive Council and currently serves as chair of the Finance Committee.

## **TUESDAYS**

**October 3, 10, 17, 24, 31, November 7**

**EUDORA WELTY: A DARING SOUTHERN WRITER (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Tuesdays, 9:30 – 11:00am**

One of the most honored American authors of the twentieth Century, American writer Eudora Welty (1901-2001) won almost every prize available to a writer. Welty's long and productive life was largely in Jackson, Mississippi where she wrote knowingly about the deep South. She had a fine ear for the language, characters, and issues of her native place. And, her themes broadened to the universal. Perhaps best known for her short fiction, late in life she also published a fine memoir and a brilliant novel. The Discussion Group will analyze Welty's work in all its variety and genius.

1. Intro & half of "One Writer's Beginnings"
2. Finish "One Writer's Beginnings"
3. "A Worn Path" & "Lovie"
4. "Powerhouse: & "Petrified Man"
5. "The Optimist's Daughter"
6. Finish "The Optimist's Daughter"

**Text:** Welty: Collected Stories, One Writer's Beginnings, The Optimist's Daughter

**Leader:** Murray Levith has a Ph.D. in English from Syracuse University and is Professor Emeritus, Skidmore College. He has offered many literature courses for the Academy.

**INTRODUCTION TO THE ART OF FENG SHUI (18) First Presbyterian Church of Ballston Spa, 22 West High Street**

**Tuesdays, 10 – 11:30am**

Feng Shui is the ancient art of placement. Learn how and why its valuable tools can improve and support aspects of your life like sleep, relationships, health, wealth and more.

1. Introduction of the definition and principles of Feng Shui.
2. Principles continued.
3. Bedrooms.
4. Tools.
5. Whole house floor plan (yours)
6. How to's of desk, garden and more.

**Leader:** Janice Young was a career French teacher before retiring. After dabbling on her own with Feng Shui and a brief adult ed course, she decided to study seriously with three masters at the Open Center in NYC. She holds a certification and is passionate about sharing the life-changing benefits of Feng Shui with others.

**INTRODUCTION TO THE APPRECIATION OF CLASSICAL MUSIC (24) Saratoga Senior Center, 290 West Ave. Tuesdays, 11:30am-1pm**

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 three classes in her passion - music and music history, especially the classics. This is her fifth class with A.L.L.

**A HISTORY OF UKRAINE: A TURBULENT LAND (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Tuesdays 11:30am – 1:00pm**

Utilizing lectures and discussions, A History of Ukraine will examine the turbulent and tumultuous history of this country that sits on the crossroads of Europe and Asia. Ukraine's story is one of mass migrations, battles and conquest, spectacular empires and a long-held yearning for independence, freedom and peace. This timely and relevant study group will take you back to the dawn of history and continue right up to the present day, where the story of Ukraine is unfolding on our mass media sources before our very eyes.

1. Introduction- geography, the people, an overall historical perspective
2. Early history- Slavs, Vikings, Kyiv, Pax Mongolica
3. The Creation of Ukraine: the Cossacks, the Great Revolt, the Partitions, Poltava
4. Torn Between Two Empires: Poland/Lithuania versus Russia
5. The World at War- nationhood, Communism, Stalin and Hitler
6. Road to Independence-Soviet Union, the Collapse of the USSR, Independence Square, President Zelensky

**Leader:** Ken Blatt has presented lectures on subjects of historical interest for over twenty years. He holds two doctorates, an MFA in Theatre, and is an ordained rabbi and cantor. His interest in Ukraine began during his rabbinical studies with regard to the history of the Jews in medieval Europe and continuing into the modern era. Once home to a massive Jewish population, Ken has expanded his research to include all aspects of Ukraine's complex history and its turbulent struggles right up to the present day.

**WALKING IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (15) 80 Scout Road, Gansevoort 12831 Tuesdays, 1:30 - 3:00pm**

For this series, we invite you to immerse yourself in nature! Each session will be a unique adventure and will explore a different trail through the diverse habitats of the Saratoga Sandplains and will include information on the flora and fauna of the habitats. Wilton Wildlife Preserve & Park's mission is "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. Sessions will start at our Camp Saratoga North Trailhead (parking lot #1) to discuss the plans for the day and provide background information for what trailhead we will be exploring. Each adventure will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes and layered clothing, in addition to bringing any snacks and water. Regular walkers and experienced hikers should not have an issue. Hiking poles are encouraged as they provide additional support. Come join us this fall!

**Leader:** Allyson Paradis: Environmental Education Coordinator at Wilton Wildlife Preserve & Park, BS in Environmental Science, Siena College. Past: Stewardship Assistant at New York State Parks, Recreation, Historic Preservation (OPRHP); Wildlife Unit Biologist at OPRHP; Research Assistant for Coyote Diet Ecology, Siena College, Educator at Cape Ann Whale Watch

**Wednesdays**

**October 4, 11, 18, 25, November 1, 8**

**WRITERS CIRCLE (12) Kaffee House, 120 West Ave. Saratoga Springs NOTE: STARTS SEPTEMBER 6**

**Wednesdays, 9am – 12noon, Meets on the first Wednesday of the month. September 6, October 4, November 1, December 6**

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. Margaret French, who has led this group for many years is giving up the leadership role and Fred hopes to fill her shoes.

**INTRODUCTION TO TAI CHI AND QIGONG (12) Location TBD**

**Wednesdays, 10-11am (NOTE: One-Hour Classes) 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 "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. Classes will include the following: Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breathing and body. Instruction and practice of tai chi forms. Short forms — Forms/Postures are sets of movements. In this class you will learn a very short form (six movements) consisting of smaller, slower movements created specifically for this six-week class. Qigong (or chi kung). Translated as "breath work" or "energy work,". During the last two weeks of this course, you will learn a simple stationary Qigong form consisting of a few minutes of gentle breathing combined with hand movements. The idea is to help relax the mind and mobilize the body's energy. All forms can be practiced while standing or seated.

**Text:** Suggested Readings: The Health Benefits of Tai Chi, Harvard Health Publishing May 24,2022, <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>, Keep on Your Feet—Preventing Older Adult Falls <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

**Leader:** Chuck Lobosco has a Master's Degree in Educational Psychology and has practiced Tai Chi and Qigong for over 35 years. He attended training offered by Paul Lam, MD, Director, Tai Chi Health Institute as well as learning several forms from local teachers: Grand Master Jiang Jianye and Frank Riccardi.

**MODERATE HIKES AT MOREAU LAKE STATE PARK (15) 605 Old Saratoga Road (Route 9), Gansevoort**

**Wednesdays, 10am- 12 noon (note 2-hour course)**

Join a park naturalist on easy-moderate hikes on park trails. We will identify and discuss flora and fauna along the way as well as the principles of Leave No Trace. Come prepared for the weather and wearing waterproof, sturdy footwear.

**Addition Cost:** \$5 per hike to the park

**Leader:** Christine Lambert is a Leave No Trace Master Educator. She has led several hiking courses for the Academy.

**SIX WIVES (25) Saratoga Senior Center, 290 West Ave., Saratoga Springs**

**Wednesdays, 10:30am-12noon**

Coming to Proctors spring 2024 is a fun and rocking musical called SIX! This hit musical chronicles the lives of the six queens of Henry VIII, Tudor King of England. It uses the pop musical styles of Adele, Beyonce, Celine, Brittany and Rihanna to represent each wife and their ultimate fate as chronicled in the English children's rhyme "Divorced, Beheaded, Died, Divorced, Beheaded, Survived". Each wife competes with the others for who suffered the most at the hands of this irascible and hard to please royal spouse. By the end of the musical the wives, in their own "#MeToo" movement, decide to abandon their competition and embrace their personal stories and accomplishments. In our class we will listen to the songs from the original cast album and watch video of some of the numbers. We will compare how the musical portrays each wife to the established historic narrative. This class will give you a jump start in understanding this dynamic and very fun Broadway musical ahead of its Spring debut at Proctors.

**Additional Cost:** Required fee: \$10 for reading material and song lyrics packet to be given to instructor at the first class.

**Leader:** Kathy Welch

**A HISTORY OF THE THEATRE: FROM ANCIENT GREECE TO BROADWAY (25) Prestwick Chase, 100 Saratoga Blvd., Saratoga Springs, Congress Hall**

**Wednesday, 11:00am-12:30pm NOTE DATES (no class Oct 11) Oct 4, 18, 25, Nov 1, 8, 15**

The history of the theatre is truly a history of civilization attempting to bring storytelling into its fullest manifestation. From the ancient Egyptians and the ancient Greeks to the present day, the art of the theatre has accompanied the development of humanity as it attempts to explain and portray the wide array of human endeavors, emotions, conflicts and interactions. Through lecture and discussion, we will examine how the theatre developed over the past three thousand years of its history and continues to play a significant role in contemporary culture.

1. Course Overview: ancient, medieval, resurgence and modern theatre
2. The Origins of theatre: storytelling, Egyptian, the Greeks
3. Roman theatre, medieval drama
4. Renaissance drama: Shakespeare and his contemporaries, Moliere and French theatre
5. Theatre during the Eighteenth and Nineteenth Centuries
6. Modern Theatre: Broadway and the musical comedy, Stanislavsky and the advent of realism, Theatre of the Absurd, current trends

**Leader:** Kenneth 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 director, teacher and lecturer. Kenneth has taught on the faculty of Michigan State University, Miami-Dade College, Broward Community College and Tauro College. His education includes a Ph. D. in Theatre from Michigan State University, and a Master of Fine Arts in Acting and Directing from Florida Atlantic University. He has lectured and led discussion groups workshops for students of all ages.

**RESEARCH REBELS (20) Presbyterian United Church of Christ, 24 Circular Street, Saratoga Springs**

**Wednesdays, 1:30-3pm, Oct 4, 11, 18, 25, Nov 1, 8**

Grave robbery, self-experimentation, and challenging conventional wisdom -- throughout history, scientists have "pushed the envelope," expanding the frontiers of medicine and science. Case studies describe scientific revolutionaries whose discoveries transformed our world as they battled prejudice, superstition, and ignorance. Cases will include "the usual suspects" (Pasteur, Curie, G.W. Carver) along with lesser-known pioneers like Lady Mary Wortley-Montagu, Alice Ball, and Frances Kelsey; Ignacz Semmelweiss, Percy Julian, and Philip Zimbardo.

1. Introduction, format, setting the stage – the Classical Era and the Islamic Renaissance
2. The European Renaissance & the Age of Enlightenment
3. The 19th Century – Science Takes Off
4. The Dawn of the 20th Century
5. Wars, Technology & Threats
6. New Challenges, New Rebels

**Text:** Suggested: Deborah Blum, *The Poison Squad*. (2018). Penguin Press. New York. ISBN: 9780143111122. Additional recommendations will be shared with students.

**Leaders:** Mark Long, MPA: Served 38 years in public health programs, research & human research oversight with CDC, St. Jude, and other agencies. Taught at OLLI/NCSU and ALL/Saratoga: courses on public health, human research ethics and the history of science.

Katie Long, MA: Technical writer/editor in law, public health, pharmaceutical research; certified Zentangle artist/educator.

**THURSDAYS**

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

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

**Thursdays, 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.

**WOMEN ON THE FRONTLINES: WWI AND WWII (25) Saratoga Senior Center, 290 West Ave., Saratoga  
Thursdays, 10:30am – 12noon**

Formerly limited to serving as nurses and cooks and camp followers in previous American wars, the major conflicts of the early 20th century propelled women to serving closer if not at the actual front lines. In WWI, these women included the telephone operators of the Signal Corp known as “Hello Girls” and the female ambulance drivers and doctors who drove through active fire to transport their patients to field hospitals in France. In WWII, these women included the “donut dollies” of the American Red Cross who followed closely behind the troops in their “club mobiles” to provide a taste of home to the fighting men. WWII also called for a brash group of intrepid female pilots who ferried newly constructed planes overseas. One woman, Anna Rosenberg, served at the highest levels of President FDR’s administration. She was selected to go to Europe in his place and see to the needs of the troops and became one of the first American women to witness the horrors of the Nazi death camps. Perhaps most fascinating of all were the network of American women spies, including Virginia Hall who performed her clandestine work with a prosthetic leg. We will examine how the roles of women changed during the early half of the 20th Century and expanded ever closer to combat lines and how some of these women paid for their service with their lives.

**Leader:** Kathy Welch

**ANCIENT FORESTS MAY HAVE THE POWER TO HELP HEAL OUR EARTH (24) SUNY Adirondack, 696 Route  
9, Wilton, Room 207**

**Thursdays, 11:30am-1pm**

Although this class will focus primarily on how ancient forests enrich our climate, we will also explore what the effects of climate change, indigenous practices and newly discovered scientific research will have on them. We will also look at the lives of several scientists and foresters, who have encouraged a new understanding of how wonderful and complex these ancient forests are.

**Oct 5** Introduction: Why is saving these ancient forests so important to the management of climate change? What distinguishes an ancient forest and where are they located?

**Oct 12** Can commercial tree plantations prove as effective means to combat ever increasing CO2 emissions?

**Oct 19** Trees have existed for millennia, but will a rapidly warming planet be a game changer for some?

**Oct 26** Many indigenous people around the world are trying to save them with some planting for the future.

**Nov 2** Some very knowledgeable scientists and foresters who are encouraging the world to save them.

**Nov 9** What does the future portend for these magnificent trees and our planet?

**Text:** “The power of trees” by Peter Wohlleben, Gravestone, Books, Limited., 2023, ISBN978 – 1– 77164–774-8, Amazon, \$21.49. I strongly recommend this book. it is one of his best.

**Leader:** As a certified 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 has led prior classes on environmental issues at A.L.L., including “How Indigenous Practices May Show Us a Way to Heal Our Earth.”

**OPERA FUNDAMENTALS (20) First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa  
Thursdays, 1:30-3pm**

Class members will have fun learning about the history of opera and its most famous composers and works. We will listen to and explore the different styles of opera and operatic voices. We will take a look behind the scenes on approaches to directing, staging, and costuming operatic works, and will look at opera in pop culture and discuss the future of opera.

**Leader:** Carol Markley is a member of the Board of Directors of Opera Saratoga, and a life-long opera fan.

**ENJOYING POETRY: WRITING AND READING (12) Ballston Spa Public Library, 21 Milton Ave.  
Thursdays 2:30-4:30pm, NOTE 2-HOUR CLASSES for 4 weeks, Oct 5, 12, 19, 26.**

This course is open to all members who are interested in writing their own original poetry. We will be reading poetry of all kinds as well, from Shakespeare to contemporary poets, focusing on different poetic forms, and experimenting with writing those forms. We will use these poems as springboards for writing poetry. The course is primarily a writing course. Participants will be encouraged to write and share their own work. All levels of experience and interest are welcome. This is not a repeat of previous study groups. We will be using different material than used in previous terms.

**Leader:** Janice Cutbush, a retired high school English teacher, is a published poet and writer who has won several prizes and contests. She has led 15 previous poetry writing courses for A.L.L.



## **INTRODUCTION TO MINDFUL BREATHING (10) ZOOM**

**Thursdays, 3:30-5pm**

An introduction to mindfulness through attention to breathing. We will practice deep breathing, read from a book on mindful meditation, and discuss our feelings and experiences. The Vietnamese Zen monk Thich Nhat Hanh died last year. He sought peace in his country, leading others in restoring homes and farms devastated by war, and opposing fighting. For this reason, he was exiled. He taught mindful meditation, a method of bringing peace within through thoughtful and more effective breathing. We will read from one of his most important books and practice the methods he taught. Our shared exercises should help us all to make some progress towards deeper and more effective breathing and the feelings of peace which that can bring. We will start by trying mono-tasking; that is, doing only one thing at a time, as an active meditative process, as Thich Nhat Hanh did. Class zoom sessions will include meditation sessions as well as discussion of issues which arise as we try this process.

October 5: The essential discipline (chapter one)

October 12: The Miracle is to walk on earth (chapter two)

October 19: A day of mindfulness (chapter three)

October 26: The pebble (chapter four)

November 2: One is all, all is one (chapter five) November 9: Assessing our growth with this method

**Text:** Thich Nhat Hanh, *The Miracle of Mindfulness: a Manual on Meditation*, tr. Mobi Ho. (revised edition) (Boston, Beacon Press, 1987) ISBN 0-8070-1201-7 (Try the independent booksellers on [abebooks.com](http://abebooks.com))

**Leader:** Margaret Pearson has taught East Asian history and culture for forty years, including the history of Buddhism. She began practicing this method two years ago. So we will be learning and practicing as fellow students more than as teacher and student.

## **FRIDAYS**

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

**LOCAL BUSINESS TOURS (20) on location TBD**

**Fridays, 10-11:30am**

Locations to be determined.

Oct 6

Oct 13

Oct 20

Oct 27

Nov 3

Nov 10

## **FALL COURSE REGISTRATION**

**+ Applications for fall 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.**

**After the initial registration period, unfilled courses will be announced and registration for these courses will continue on a first come, first served basis. This will require an additional payment for these additional courses.**

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

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

**Course Fees:** \$50 per six-week course.

### **Additional Courses**

Once you are enrolled in your courses, you will have the option of enrolling in additional courses in September based on availability. Please pay for additional courses when you register for them. To encourage good discussion, course sizes are limited. Please indicate your choice of courses in order of preference. If a course is full, you will be placed on a wait list.

**Membership dues are \$75 and go for one year from your join date.**

## REFUND POLICY

If you have to drop a course, a refund less \$25 processing fee will be granted up to September 15. From September 15 to September 30, a refund less \$25 processing fee will be granted for health reasons only. Requests after September 30, 2023 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

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  
The Summit (Theater Room), 1 Perry Rd., Saratoga Springs, NY 12866  
Presbyterian United Church of Christ, 24 Circular Street, Saratoga Springs 12866  
Kaffee House, 120 West Ave. Saratoga Springs, NY 12866  
Ballston Spa Public Library, 21 Milton Ave., Ballston Spa, NY 12020  
First Presbyterian Church of Ballston Spa, 22 West High Street, Ballston Spa, NY 12020  
Saratoga Senior Center, 290 West Ave., Saratoga Springs, NY 12866

*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 newsletter ALL THE NEWS 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.

You're invited! Learn all about it!  
**Academy's Open House and Fall 2023 Course Preview**  
Join us on Wednesday, September 6, 2:00pm  
at the Saratoga Senior Center,  
290 West Ave., Saratoga Springs (YMCA)  
Free and open to the public

# 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. (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 September based on availability. Please wait to pay for additional courses until you register for them.*

Alternate course \_\_\_\_\_ Session \_\_\_\_\_

## 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. Fall 2023 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. 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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