

Academy for Lifelong Learning  
Saratoga Region

# 2024 Spring Course Catalog



*Courses & Social Activities  
for Adult Learners*

March - June

*Sponsored by Prestwick Chase*



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

Courses are offered on location in classrooms, outdoors, and/or by Zoom.

Six-week courses start in March and April.

All spring courses will be concluded by the week of June 10

## **Academy's Open House and Spring 2024 Course Preview**

Join us on Thursday, March 14, 2:00pm at the Knights of Columbus, 50 Pine Road, Saratoga Springs  
Free and open to the public

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

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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)

# Spring 2024 Course Schedule

Most courses are 90-minute, weekly classes for six weeks unless otherwise noted. **No classes on May 27, Memorial Day.** This chart identifies: **Course title, location, and start date.** Check descriptions for specific dates and times.

## Six-Week Courses, Annual Membership - \$75, Courses \$50 each

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-11:00 AM		Spring Birding On Location Starts April 30			
9am-12noon			Writers Circle Kaffee House, SS March 20, April 17. May 15, June 12		
9:30-11:00 AM	Selected Shorts, A Collaborative Journey Through the Infinite World of the Short Story SUNY ADK Starts April 15  Senior Issues Summit Saratoga Starts April 22	History of Russia, Part 1, SUNY ADK Starts April 2  History of Russia, Part 2, SUNY ADK Starts May 7  Caribbean Women's Literature Sr Ctr, Starts April 16		Humans In Research: Martyrs, Villains & Heroes SUNY ADK Starts April 18	Spring Hikes at Moreau Lake State Park, Moderate Level Some hike will be 3 hours. Starts April 19
10:00 AM-1:00 PM			Spring Hikes at Moreau Lake State Park- Advanced Level Starts April 17	History Art & Science All Around Us On Location Morning start times vary. Starts April 11	
10:00-11:30 AM			Ancient Game of GO Location/start date TBD		
10:00-11:00 AM			Introduction To Tai Chi, Yang 24 Part III BSpa Pres Church (On location & Zoom) Starts April 17		
10:00 AM-12:00 PM				Wildflower Identification for Beginners On location Starts May 2	
11:00-12:30 PM		Introduction To Classical Music Summit Saratoga Starts April 16	The Supremes! Sr Ctr West Ave Starts March 20  The Singer/Songwriter: A Cultural Phenomenon Prestwick Chase Starts April 24  Mozart And His Operas Summit Halfmoon Starts May 1		
11:30 AM-1:00 PM	Monday Speaker Series SUNY ADK Starts April 15	Great Decisions Part 1 SUNY ADK Starts April 2  Great Decisions Part 2 SUNY ADK Stars May 7	Designing Your Sleep- Inducing Bedroom - Using Color and Design Psychology Starts April 17, 7 weeks. Location TBD	The Course of Cinema: Films from the Beginning to the 1990s SUNY ADK Starts April 18	
1:30-3:00 PM		Spring Walks in Nature with Wilton Wildlife Preserve & Park On location Starts April 9		No Mud, No Lotus: Coping w/Suffering Zoom Starts March 21	
2:30-4:00 PM				Enjoying Poetry Ballston Spa Public Library Starts April 18	

## SPRING 2024 COURSE DESCRIPTIONS

**Most courses are six, 90-minute weekly classes unless otherwise noted. Classes will not meet on Memorial Day. Courses limited to the number of students in parenthesis ( ).**

### MONDAYS (No class May 27, Memorial Day)

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

**Mondays, 9:30-11am, Starts April 15, 22, 29, May 6, 13, 20**

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.

**SENIOR ISSUES – A DISCUSSION GROUP (18) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs**

**Mondays, 9:30-11:00am, Starts April 22.**

Join us for these topics and more - retirement; staying healthy; health care advocacy; ageism; living alone; to move or not; family issues; death of someone close; legacy; and rejection. No materials or reading required.

**April 22:** Aging Successfully

**April 29:** Managing Medications – tips & tricks

**May 6:** Senior Issues – memory, death of a spouse, living alone, adjusting, purpose, when to move

**May 13:** Self-advocating on Your Health Journey – Guest Speaker: Dr. Rebecca Hosey is the author of *Girl on a Gurney*, a soon to be published book which contains aspects of memoir, health education, self-improvement, advocacy, empowerment, and much more.

**May 20:** Dying on Your Own Terms

**June 3:** Defense Wins – building resistance for challenging times.

**Leader:** Barry Loffredo practiced dentistry in Schenectady for 47 years and is now a life coach focused on health/wellness and time management. He has offered several Academy courses and presentations in the past. He's high on being a senior and wants to help us navigate seniorhood with enthusiasm. He brings a plethora of life experiences to the table for this interesting and important course.

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

**Mondays, 11:30am-1:00pm (no class on Memorial Day, May 27) Starts April 15**

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

**April 15 Ella Fitzgerald and Her Breathtaking Performances** - Award winning storyteller Kate Dudding shares stories about and performances by Ella Fitzgerald.

**April 22 An 18<sup>th</sup> Century History Lesson Discovered in a Dumpster:** Danielle Thomson and Jim Carter. The saga of a British General emerges, along with strong ties to the Schuyler family. We uncovered the only known portrait of a French and Indian War hero, the British General John Bradstreet along with a treasure trove of 18th and 19th century letters and historical documents. They chronicled Bradstreet's relationship with the Schuyler family; land grabs in anticipation of the Erie Canal; a portrait painted at Johnson Hall (arranged by Sir William Johnson); First person depositions (aka great gossip) on parchment with original seals; a formidable granddaughter who traveled to America and hired a most eloquent lawyer to plead her case regarding the General's estate, Aaron Burr.

**April 29 Peace Amidst Change: An Ancient Chinese View** – Margaret Pearson: In the midst of change, we often yearn for peace. Around 800 BC, Chinese wisdom on this and other subjects were collected into the Book of Changes, which Margaret translated while at Cambridge University. She will share some of these insights.

**May 6 Calvin and HOBBS : A Comic Strip for The Ages.** Carol Ann Firestone: For years I eagerly awaited the weekly and Sunday newspaper to see what Calvin and Hobbs were up to. I still find myself drawn to them, and once you get started you will too. But who was the genius who created them? We will explore the life of the elusive Bill Watterson too.

**May 13 Power of Sharing Stories** – Joyce Rubin: There is power in sharing our stories. They tell us who we are and what life was like during our time on earth. They are a gift to the people we care about. Joyce will share her stories to give you inspiration.

**May 20 Resting Among Us: Authors' Gravesites in Upstate New York** – Steven Huff, author of "Resting among Us: Authors' Gravesites in Upstate New York", will talk about Upstate's rich literary heritage, and give a PowerPoint presentation of the gravesites of authors around the state, including Greenridge Cemetery in Saratoga, Albany Rural Cemetery, Forest Hills in Utica, Christ Churchyard in Cooperstown, Montrepose Cemetery in Kingston, and many others. He will talk about the individual authors, why they are important and deserve to be read.

**FACILITATOR:**

## TUESDAYS

### **SPRING BIRDING IN SARATOGA COUNTY (20) On locations TBD**

**Tuesdays, 8:00 – 11:00am., April 30, May 7, 14, 21, 28, June 4**

Visit up to six 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.

### **A HISTORY OF RUSSIA Part 1 (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Tuesdays, 9:30 – 11am, 5 weeks: April 2, 9, 16, 23, 30**

The history of Russia is a sprawling tapestry of many different peoples, cultures, and events stretching over the past 1,200 years. Beginning as Viking trade settlements along the Baltic Sea and Volga River, Russia has gone through many transitions and currently remains a major threat against world peace. Learn what Oleg of Novgorod had in common with Putin, what Western European ambassadors in the Middle Ages thought of Russia, what made Peter and Catherine great, but made Ivan so “terrible.” What was the Potemkin Village, why was it so hard to kill Rasputin, and how did the Romanov dynasty end? Did you know that Stalin initially studied for the priesthood and wrote acclaimed poetry? Learn why Tchaikovsky may have been forced to commit suicide, and read a chilling short story by Anton Chekhov, who was also a great physician. Learn of the suffering of the Russians in the First and Second World Wars, how they overcame Nazi Germany, and what has led to the current Ukrainian War. This, and much more, encompasses the complex, often tragic, story of the Russian peoples. Please join me in this adventure.

Week 1: Viking trade and expansion establishes early Russia; the early kings

Week 2: Surrounded by enemies; the Teutonic and Mongol Invasions; the Battle on the Ice

Week 3: The building of Moscow, and rise to power

Week 4: The two Ivan’s: a time of troubles; Peter the Great: the struggle to modernize Russia

Week 5: The Romanov dynasty and Catherine the Great

**Leader:** Gerald Stulc was born in Czechoslovakia and has an intimate knowledge of Russian culture and peoples. He is a general and oncologic surgeon, retired; flight surgeon, U.S. Naval Reserve, Capt. retired. He is a writer of fiction and nonfiction, MFA, creative writing; lecturer, medicine, biology; past science editor, KJAMA. Gerald has authored numerous science articles. He has led eight previous study groups on the history of military medicine, one on germs, a smorgasbord of his presentations, medical ethics and controversies, Modern Medicine: What’s Up?, Origins of Life, History of the Second World War, Major Naval Battles That Changed The World and Evolution, History of World War One. Gerald is Chair of the Academy’s Board of Directors.

### **A HISTORY OF RUSSIA Part 2 (24) SUNY Adirondack Saratoga, 696 Route 9, Wilton, Room 207**

**Tuesdays, 9:30 – 11am, 5 weeks: May 7, 14, 21, 28, June 4**

(Please see description above)

Week 6: The Napoleonic War and the Crimean War; end of serfdom

Week 7: The Russian Renaissance: The great writers and composers

Week 8: Rasputin, the Russian Revolution, and the First World War and U.S.S.R.

Week 9: Stalin’s Harvest of Shame, and the Second World War; Stalingrad, the Fall of Berlin

Week 10: The Cold War, the Space Race, the second Russian Revolution, Crimea and the Ukraine

**Leader:** Gerald Stulc (please see listing above in Part 1)

### **CARIBBEAN WOMEN’S LITERATURE (20) Saratoga Senior Center, 290 West Ave., Saratoga Springs**

**Tuesdays, 9:30 – 11:00am, starts May 7, 14, 21, 28, June 4, 11**

The Caribbean is a fluid place, both literally—wind and water dominate the environment—and figuratively, with many different groups of people moving in and out of the islands, either by force (colonization by European powers) or free will. Between 1830 and 1930, enslaved Caribbeans gained freedom, and in most cases, self-governance. In this class, we’ll use postcolonial, feminist, and queer theory perspectives to analyze two novels and one long essay by Caribbean women writers. We’ll also identify how the literary techniques and forms found in Caribbean literature uniquely situate this remarkable body of literature in a global context. Please read the first half of “Wide Sargasso Sea” before the first class.

1. Introduction, presentation of the three lenses through which we’ll read the books, begin discussing “Wide Sargasso Sea”
2. Finish discussing “Wide Sargasso Sea”
3. Presentation of the elements of Caribbean literature, begin discussing The Bridge of Beyond
4. Finish discussing “The Bridge of Beyond”
5. Presentation of how the texts relate to the Western literary tradition, begin discussing “A Small Place”
6. Finish discussing “A Small Place”

**Texts:** Jean Rhys; "Wide Sargasso Sea"; W. W. Norton & Company; Reissue edition (January 25, 2016); ISBN-13 : 978-0393352566; \$10.99; paper; Required

Simone Schwarz-Bart; "The Bridge of Beyond"; NYRB Classics; Revised ed. edition (August 20, 2013); ISBN-13 : 978-1590176801; \$16.95; paper; Required

Jamaica Kincaid; "A Small Place"; Farrar, Straus and Giroux; First Edition (April 28, 2000); •ISBN-13 : 978-0374527075

**Leader:** Ellen Santasiero taught literature and writing at Oregon State University-Cascades from 2007-2021 and currently teaches at The Forge, a 10-month online creative writing program she co-founded in 2021. Sample courses include: "The American Novel," "American Women Writers," "International Women's Voices," "Caribbean Women Writers" and "The Art of the Personal Essay." Ellen teaches writing classes at Warren County Historical Society, Crandall Library, SUN, Y Adirondack Continuing Education, and online at the Adirondack Center for Writing. She also works as a freelance editor, writing coach, and literary instigator in Queensbury, New York.

### **INTRODUCTION TO CLASSICAL MUSIC (15) The Summit (Theater Room), 1 Perry Rd., Saratoga Springs**

**Tuesdays, 11:00am-12:30pm, Starts April 16, 23, 30, May 7, 14, 21**

You are invited to come and learn more about classical music and catch the classical music bug. We will learn about the history of music and listen to composers from the baroque period to the neo classicists. There is no preparation or homework except for listening to some suggested music and coming with open ears and hearts.

**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. Her father being a professional musician, she has loved classical music her entire life.

### **GREAT DECISIONS 2024: DISCUSSING CURRENT WORLD ISSUES, PART 1 (24) SUNY ADK, 696 Route 9, Wilton**

**Tuesdays, 11:30am – 1:00pm, 5 weeks, April 2, 9, 16, 23, 30**

Great Decisions is a program created by the Foreign Policy Association to help the average citizen develop a better understanding of important world issues. Participants will discuss current hot political topics using the 2024 Great Decisions briefing book and videos exploring additional facets on each issue. Discussion topics will be:

- Mideast Realignment
- Climate Technology & Competition
- Science Across Borders
- U.S.-China Trade Rivalry
- Continued discussion of group selected topics and questions.

**Text and cost:** "Great Decisions Briefing Book 2024" (\$35). Please obtain the book and complete the first topic in the book prior to the first class.

**Leaders:** Sue Stewart, Carol Forman-Pemberton, Ellen Sullivan, Doug Karrel

### **GREAT DECISIONS 2024: DISCUSSING CURRENT WORLD ISSUES, PART 2 (24) SUNY ADK, 696 Route 9, Wilton**

**Mondays, 11:30am – 1:00pm, 5 weeks, May 7, 14, 21, 28, June 4**

(See description above) Discussion topics will be:

- NATO's Future
- Understanding Indonesia
- High Seas Treaty
- Pandemic Preparedness
- Continued discussion of group selected topics and questions.

**Text and cost:** "Great Decisions Briefing Book 2024" (\$35). Please obtain the book and complete the first topic in the book prior to the first class.

**Leaders:** Sue Stewart, Carol Forman-Pemberton, Ellen Sullivan, Doug Karrel

### **SPRING WALKS IN NATURE WITH WILTON WILDLIFE PRESERVE & PARK (15) Wilton Wildlife Preserve and Park,**

**Parking Lot Number 1, 90 Scout Rd, Wilton, NY 12831**

**Tuesdays, 1:30 - 3:00pm, April 9, 16, 23, 30, May 7, 14**

We invite you to immerse yourself in nature! Each session will be a unique adventure exploring different trails through the habitats of the Saratoga Sandplains including information on the flora and fauna. Late spring is the season of the endangered Karner blue butterfly, leaving a possibility of seeing this species. Led by experienced naturalists, the walk is geared towards gentle exercise and for basic fitness levels. Sessions will start at our Camp Saratoga North Trailhead to discuss the day and provide background information for the trailhead. Each hike will take place on a different trail, and conditions can vary. Please wear sturdy, closed toe shoes, layered clothing, and bring water. Hiking poles are encouraged as they provide additional support. Come join us this spring!

**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; Wildlife Unit Biologist at New York State Parks, Recreation, and Historic Preservation; Research Assistant for Coyote Diet Ecology, Siena College, Marine Educator at Cape Ann Whale Watch.

## WEDNESDAYS

### **WRITERS CIRCLE (12) Kaffee House, 120 West Ave. Saratoga Springs NOTE: STARTS March 20**

**Wednesdays, 9am – 12noon, March 20, April 17, May 15, June 12**

Story telling is an ancient human endeavor. Something in us needs to encounter and explain the world through words. Whether through prose or poetry, fiction or non-fiction, we have a need to tell our story. We will meet monthly and share our visions in an attempt to make those visions conform better to their original conception. Our tools will be close reading and gentle criticism. The Writer's Circle meets monthly. Each month, we will share our work via email with our classmates and then read them as a prelude to discussion and criticism. Ideally, we want to have submissions in our hands for reading several days before meeting to allow for thoughtful appraisal.

**Leader:** Fred Ziemann is a local writer, retired microbiologist, who holds an MFA in Creative Writing from Vermont College. Fred has led this course the last two semesters.

### **THE ANCIENT GAME OF GO – AN INTRODUCTION AND HISTORY (6) Location TBD**

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

Go is a board game much older than chess, and with much simpler rules. Despite this simplicity, its advocates say that its strategy and tactics are much deeper than chess. Invented in ancient rural China, it is growing in popularity throughout the world today, with 20 million current players. We will explore the game's rich history as we learn the rules and some basic strategy on the 9x9 board. Participants will need to create a free account on <https://online-go.com>.

1. Origins in Rural China – Legends & Artifacts – Capture Go, a child's game
2. Spring and Autumn period in China – Four Arts – Confucius Go, Go values
3. Edo Era, Rise of Go Academies, the Science of Eyes
4. Go goes West – Go in Germany and USA – Endgame technique and Western accounting
5. International Go – the 20th Century – Different rulesets, same results
6. Rise of the Machines – the 21st Century – How AI has changed the game

**Leader:** Patrick King has played and taught chess for over 50 years. He learned Go during COVID and wants to share his new obsession.

### **INTRODUCTION TO TAI CHI, YANG 24 PART III (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 PREREQUISITES, see below) Starts April 17, 24, May 1, 8, 15, 22.**

*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 & Part II. 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.

**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.

### **SPRING HIKES AT MOREAU LAKE STATE PARK- ADVANCED LEVEL (30) Moreau Lake State Park, 605 Old Saratoga Road, Gansevoort 12831 (see Friday schedule for Moderate Hikes)**

**Wednesdays, 10am-1:00pm (note 3 hours) April 17, 24, May 1, 8, 15, 22**

Join a park environmental educator for a walk in the woods! This is a nature-based course where we will engage in conversations about plant and wildlife identification as well as outdoor ethics, and guided hikes at your speed to accommodate everyone. This specific class will cater to more advanced hikers which can consist of longer hikes anywhere from 2-7miles, and higher elevation from 500-1,500 feet. Plan for 3+ hours for hikes. If you would like something more relaxed, check out our other "Spring Hikes at Moreau Lake State Park-Moderate Level" class!

**Must Bring:** Water, Epi-pens and other important medications and hiking boots. **Can Bring:** Hiking Poles, Binoculars, and Snacks. **We Will Provide:** Sunscreen, Bug Spray, and a First Aid Kit.

**Tentative Weekly Schedule:**

1. Baker Trail to Moreau Overlook, out and back, 2.5 miles, 500 ft elevation

2. Lake Bonita to Lake Anne, out and back, 5.12 miles, 470 ft elevation
3. Stonewall Hike, loop, 3.06 miles, 455 ft elevation
4. Spring Overlook Loop 2.82 miles, 950 ft elevation
5. Cottage Park Loop 2.44 miles, 785 ft elevation
6. Nature Trail 3.03 miles. 200 ft elevation

**Additional Cost:** \$5 per hike

**Leader:** Natalie Santini is an environmental educator at Moreau Lake State Park with a background in conservation. She is a Leave No Trace Trainer, nature enthusiast, and has been working with the Parks Service for the past 5 years!

**THE SUPREMES! (15) Saratoga Senior Center, 290 West Ave., Saratoga Springs, NY 12866**

**Wednesdays, 11:00am -12:30pm, Starts March 20, 27, April 3, 10, 17, 24**

No, not the girl band with Diana Ross—the other Supremes—those nine judges at the highest court in the land! In this course we will gain an understanding of the role the Supreme Court of the United States (SCOTUS) plays in our system of government and examine some of the most important issues before the court this term. Our first week will be a lecture-based civics lesson exploring the Constitutional role of the court; the structure of the court; how cases are brought, argued and decided; the meaning of the so called “shadow docket”; and code of ethics issues. The weeks following will each have a theme based upon some of the most critical and far-reaching cases being argued before the court for the 2023-24 term. Participants will be sent a summary of the cases to be discussed via email before each class so that we may have an open, fact based and respectful roundtable discussion of the issues. Those issues will include the administrative state, the right to bear arms, gerrymandering, abortion, social media and First Amendment rights to free speech, and cases involving former President Donald Trump. Come with an open and curious mind. No law degree required!

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

**THE SINGER/SONGWRITER: A CULTURAL PHENOMENON (30) Prestwick Chase, Congress Hall, 100 Saratoga Blvd., Saratoga Springs, NY 12866**

**Wednesdays, 11-12:30, April 24, May 1, 8, 15, 22, 29**

Until the late 1950's, most successful professional singers recorded and performed songs composed by others. However, as Rock and Roll began to dominate the radio waves and the concert stages across America, the music industry experienced a major change. The stars of rock, country and popular music were now composing their own songs. The early practitioners included Bobby Darin, Paul Anka, Buddy Holly and the Everly Brothers. This trend continued through the chaotic 1960's and right up to the present day with celebrated singer/songwriters such as Lennon and McCartney, Carole King, Barry Manilow, the Bee Gees, Simon & Garfunkel, Neil Diamond, John Denver, Elton John, Billy Joel, and many others. We will examine this cultural phenomenon in detail in this discussion and performance-based course.

1. In the Beginning-Rock and Roll exploded onto the American Music scene in the mid-1950s with performers such as Buddy Holly, Bobby Darin, Chuck Berry, and the Everly Brothers, who composed many of their own songs, an unusual practice in the music industry at the time.
2. Rock Rocks! Rock music controlled the airwaves through the chaotic 1960's and into the early 1970's. The British rock group, the Beatles, along with the Rolling Stones, dominated popular music across the Western world in a way that had never happened before or since. There were also non-rockers at the time, such as the Carpenters and Anthony Newley, who composed and performed with great success.
3. The Singer/Songwriters Dominate Popular Music/Part One- Musical artists came into their own in the 1970's with the likes of Carole King, Neil Diamond, Bob Dylan, Barry Manilow, the Bee Gees, Simon and Garfunkel and others.
4. The Singer/Songwriters Dominate Popular Music/Part Two- Ex-Beatle, Paul McCartney continued to be a major contributor to songwriting in the 1970's and 80's, along with Elton John, Billy Joel, Bruce Springsteen, Lionel Ritchie, Willie Nelson, Freddie Mercury, Stevie Wonder, Dolly Parton and Prince.
5. A Mixed Bag- Heading into the 1990's, the leading singer/songwriters include artists from diverse music genres, including Shania Twain, Alanis Morissette, Sheryl Crow, Michael Jackson, and Elton John.
6. The Digital World-As the new millennium comes to pass, a new group of singer/songwriters appear on the scene. The music industry undergoes a revolution with the advent of the personal computer and social media. The singer/songwriters now have access to global audiences in a way that was never before possible. This new crop of music stars includes the likes of Lady Gaga, Ed Sheeran, Taylor Swift, Eminem, Adele, Bruno Mars, Nora Jones and others. The tradition of the singer/songwriter continues well into the foreseeable future.

**Leader:** Ken Blatt has pursued the study and practice of singing, playing the piano, songwriting, acting and lecturing for the past thirty-five years. He actively performs a wide variety of musical styles and genres to audiences throughout the Albany Capital District/Saratoga County area, as well as areas around New York State and Florida. His passion for music spans the Great American Songbook, jazz and swing tunes, classic rock n roll, the music of Broadway and popular music from the 1960's to the present day. Ken has taught on the faculty of various colleges and universities and has lectured and led discussion groups and workshops with students from every age group.

**MOZART AND HIS OPERAS (15) Summit at Halfmoon (Theater Room), 29 Sitterly Road, Halfmoon, NY 12065**

**Wednesdays, 11:00am – 12:30pm, Starts May 1, 8, 15, 22, 29, June 5**

Explore the life and times and beautiful operas of Mozart through an in-depth study of his comic masterpiece *Così fan tutte* and other selected operas. Then enjoy the experience of seeing the opera performed live during Opera Saratoga's 2024 Summer Festival (discounted tickets will be made available to attendees).

1. The Time Period
2. The Musical Genius
3. The Operatic Works
4. The Comic Masterpiece - *Così fan tutte*
5. *Così* continued
6. *Marriage of Figaro, Don Giovanni, and Magic Flute*

**Leader:** Carol Markley is a life-long opera fan and member of the Board of Directors at Opera Saratoga. She taught the Opera Fundamentals course for the Academy this past fall.

### **DESIGNING YOUR SLEEP-INDUCING BEDROOM - USING COLOR AND DESIGN PSYCHOLOGY (15) Location TBD**

**Wednesdays, 11:30am-1:00pm, 7 weeks, Starts April 17, 24, May 1, 8, 15, 22, 29**

The way you see, think of, and use colors is going to change forever. Color is not merely about aesthetics; instead, colors manifest as a survival mechanism for your everyday life. In this course, we are going to learn about the psychological impact of colors on human behavior and why color is the most significant element in any environment that influences your emotions, thoughts, feelings, and behavior. Then, we will use the principles of design and color psychology to go step by step through the process of designing your sleep-inducing bedroom, starting with a blank canvas and bringing a room to life. Students will be creating a furniture layout of their room on graph paper and preparing scheme board with fabric, wallpaper, paint, samples. They are also encouraged to bring pictures of their bedrooms to discuss design dilemmas.

1. Introduction to Color Psychology & Building the Shell; 2. Identify Your Color & Design Personality Type; 3. The Elements of Good Design; 4. Crafting a Floor Plan; 5. Building a Scheme Board; 6. Styling and Décor; 7. The Completed Room

**Cost:** \$35 materials

**Leader:** Mehnaz Khan, a RIDQC Certified Residential Interior Designer and Color Psychology Specialist, skillfully marries creativity with analytical thinking. With an MBA and MS in Computer Science, her unique background ensures a harmonious blend of imaginative design and strategic planning. She is the owner and principal designer at Color Conscious Living LLC, a design and decorating studio based in the Capital Region.

## **THURSDAYS**

### **HUMANS IN RESEARCH: MARTYRS, VILLAINS & HEROES (24) SUNY ADK Saratoga, 696 Route 9, Wilton, Room 207**

**Thursdays 9:30-11:00am, starts April 18, 25, May 2, 9, 16, 23**

We will examine research abuses and atrocities (such as the Tuskegee Syphilis Study and the Nazi Doctors' experiments on prisoners) that led to the creation of a system of laws, regulations, and oversight agencies to protect research participants. We will learn how the review criteria for human research are applied and monitored by a diverse team of experts to ensure the rights and safety of humans in research. For 18 years, Mark served on, managed, and regulated research ethics review boards at the Centers for Disease Control & Prevention (CDC), and various academic and non-profit agencies. He developed training materials and guidance manuals for researchers and reviewers and helped design and implement computer programs to facilitate the research review process.

1. History: atrocities, abuses, and milestones
2. Tuskegee Exposed! National Research Act of 1974; Belmont Report
3. The Nuts & Bolts of Research Ethics: The IRB in action
4. Highlights and tragic lessons: meeting Katrina's challenge; Jesse Gelsinger & Ellen Roche
5. Social & behavioral research; big data and the loss of privacy
6. Should you take part in a clinical trial? Quo Vadis?

**Text:** Suggested Texts (available at SSNY Public Library, used copies also available)

Washington, Harriet A., *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present*. 2008. Vintage. New York. ISBN 978-0767915472; \$11.59 paperback (Amazon)

Jones, James, *Bad Blood: The Tuskegee Syphilis Experiment*. 1993. Free Press. New York. ISBN 978-0029166765; \$18.99 - paperback (Amazon)

**Leaders:** **Mark Long** – MPA, University of Georgia; B.A. Philosophy, Old Dominion University. Served 38 years in public health and human research protections with CDC, UMDNJ, St. Jude Children's Research Hospital and the Department of Veterans Affairs. OLLI/ALL: taught courses on history of science & medicine; systemic racism, misogyny, & eugenics; public health & forest bathing; scientific atrocities, research ethics, pharmaceutical research, development & regulatory oversight.

**Katie Long** – MA, Philosophy, NYU; BA, Philosophy, Old Dominion University. 20 years' experience as a medical writer/editor for pharmaceutical industry thought leader meetings and federal agency grant review panels.

### **WILDFLOWER IDENTIFICATION FOR BEGINNERS (10) on location**

**Thursdays, 10 am – 12noon, May 2, 9, 16, 23, 30, June 6 (June 13 make-up day)**

Participants in this course will learn to identify wildflowers, ferns and trees, using books as well as acronyms and seasonal and environmental clues as they explore different natural areas in Saratoga County. Each week's walk will be no longer than one mile in distance.



**Texts:** Lawrence Newcomb, "Newcomb's Wildflower Guide" (Little, Brown and Co.) \$10 – \$20 on Amazon (used/ new/paper)  
**Costs:** Hand lens, preferably X10 or greater (\$10 – \$40), notebook and pencil, water bottle, sturdy walking shoes. \$3 for handouts will be collected at the first session.

**Leader:** Elizabeth Collins has led wildflower walks for the Environmental Clearing House of Schenectady and has led this A.L.L. course 14 times.

**HISTORY ART & SCIENCE ALL AROUND US (20) on location. Transportation not provided.**

**Thursdays, morning start times vary based on venue (see below), April 11, 18, 25, May 2, 9, 16**

Join us for these great tours.

**April 11: 11am, Union Gables Inn, Derby Tours Hollis Palmer (\$15) 55 Union Ave, Saratoga Springs, Award-winning B&B Queen Anne Victorian Mansion.**

**April 18: 11am, Empire State Plaza, NYS Capital, State St & Washington Ave., Albany, Seat of government since 1880's.**

**April 25: 10am – 4:30pm, Hildene, (\$23) 1005 Hildene Rd, Manchester VT, Guided tours of Georgian Revival mansion & gardens used by the Lincoln family.**

**May 2: 10am, Albany Nanotech Complex, 257 Fuller Rd, Albany, UAlbany's College of Nanoscale Science & Engineering, 30-minute presentation followed by 45-minute tour.**

**May 9: 10:30am, Equine Advocates, Humane Education & Wellness Ctr, 3212 NY-66, Valatie, NY, since 1996, Equine has helped rescue thousands of horses, ponies, donkeys, & mules from slaughter, abuse, & neglect.**

**May 16: 10am, Albany Institute of History & Art, 125 Washington Ave, Albany 3rd floor (\$6) Art, history & culture of the Upper Hudson Valley, Hudson River tour, tour of Ancient Egypt, and tour of Colony Albany.**

**Leaders:** Patricia Hart, Judy Supley

**THE COURSE OF CINEMA: FILMS FROM THE BEGINNING TO THE 1990's (24) SUNY ADK, 696 Route 9, Wilton, Rm 207**

**Thursdays, 11:30am – 1:00pm, Starts April 18, 25, May 2, 9, 16, 23**

Cinema now enters an uncertain epoch with streaming services and the decline of movie theaters, but as this course shows, the film genre encountered quite a few obstacles during the course of the twentieth century. I will lecture on these developments, accompanied by relevant film clips.

1. The Beginnings of Cinema: Georges Melies and Thomas Edison, 1895-1905
2. Cinema Becomes Sophisticated: German Expressionism and D.W. Griffith, 1919
3. The End of the Silent Era: F.W. Murnau and Gloria Swanson, 1927
4. Film Changes for Good: The Post-World War II Era, 1945-1960
5. Hollywood Matures?: Cinema and the 1970s
6. The End of an Era?: The Critical Year of 1994

**Leader:** John Thomas McGuire is both a lawyer and an educator. He has written extensively about cinema in CineJ and the Quarterly Review of Film and Video. In 2005 he received the Philip S. Klein Article Award from the Pennsylvania Historical Association.

**NO MUD NO LOTUS MORE: coping with suffering with the methods of Thich Nhat Hanh (10) ZOOM, Starts March 21**

**Thursdays, 1:30-3pm, March 21, 28, April 4, 11, 18, 25**

Practice and discussion of mindful, deep breathing meditation, based on Tich Nhat Hanh's book. *No Mud, No Lotus*

1. Introductions, goals, methods; Chapter 1, the art of transforming suffering
2. Beginning practice, Chapter 2, Saying hello
3. Chapter 3: Looking Deeply
4. Chapter 4: Ease
5. Chapter 5: Five Practices for Nurturing Happiness
6. Chapter 6: Happiness is NOT an individual matter

**Text:** Thich Nhat Hanh, No Mud, No Lotus: The Art of Transforming Suffering

**Leader:** Margaret Pearson holds a PhD in East Asian History, which she taught for over 30 years. This is her third meditation class at the Academy using the work of Thich Nhat Hanh.

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

**Thursdays 2:30-4:00pm, Starts April 18. Dates: April 18, 25, May 2, 9, 16, 23**

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

**Leader:** Janice Cutbush, a retired high school English teacher, is a published poet and writer who has won several prizes and contests. She has led 16 previous poetry writing courses for A.L.L.

**FRIDAYS**

**SPRING HIKES AT MOREAU LAKE STATE PARK, MODERATE LEVEL (20) Moreau Lake State Park, 605 Old Saratoga Road, Gansevoort 12831**

**Fridays, 9:30-11:00am (Please note: some hikes will be an hour and a half, some may take 3 hours)**

**Starts April 19, 26, May 3, 10, 17, 24**

Join the Park Naturalist for exercise in the fresh air, fun and education! These hikes are **for people of all levels** of experience, including beginners. While there will be inclines and descents, this course will accommodate those who want to get out on the trails but aren't interested in channeling their inner mountain goat. Along the walk we'll be on the lookout for plants, mushrooms, birds and other animals. Lively discussions and knowledge sharing enhance the experience and you will leave feeling strong and refreshed with a smile on your face! Must bring: water, epi-pen or other meds if needed, broken-in waterproof hiking boots. May bring: binoculars, hiking poles, snacks. I will have sunscreen, bug spray and a first aid kit. \*As our trails vary in length, some hikes will be done in an hour and a half; some may take 3 hours.

**Cost:** \$5 per hike, payable by cash or check at the office upon arrival

**Leader:** Christine Lambert is an Environmental Educator at MLSP and the Park Naturalist. She's a licensed guide in camping and hiking, a Leave No Trace Master Educator, a forager and herbalist and an all-around nature enthusiast!

### **SPRING COURSE REGISTRATION**

+ **Applications for spring 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.**

### **REFUND POLICY**

If you must drop a course, a refund less \$25 processing fee will be granted up to March 15. From March 15 to April 15, a refund less \$25 processing fee will be granted for health reasons only. Requests after April 15 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 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.

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

**PLEASE BE ADVISED: Published course times could change. Be sure to take note of these changes published in the Academy's emails and notices from your course leaders during the term.**

**ALL reserves the right to remove from a course or social program any person or persons who conduct themselves in a disruptive manner which impairs the ability of the Academy to conduct activities as intended.**

### **WELCOME TO THE ACADEMY FOR LIFELONG LEARNING**

Founded in 1992, the Academy for Lifelong Learning Saratoga Region, Inc. (A.L.L.) is a self-funded, nonprofit membership organization whose members share enthusiasm for learning and socializing.

Despite valued affiliations, it is important to emphasize that the Academy is an independent entity with its own budget and is governed solely by its own membership. It could not function without the active involvement of the people who participate as members, students, volunteer course leaders, donors, general volunteers, and paid staff who support the central academic mission.

**A.L.L.'S SPECIAL INTEREST GROUPS (SIGs)** Special Interest Groups (SIGs) are free extracurricular learning and recreational opportunities for Academy members. They are designed by Academy members who share a common interest and like to meet outside the normal class environment to enjoy, learn, and share in their activity. As a member of A.L.L., you are eligible to join SIGs and help create new ones! Please refer to the Academy's website at [www.allsaratoga.org](http://www.allsaratoga.org) for more current details.

## **ACADEMY MEMBERSHIP APPLICATION AND COURSE REGISTRATION**

**Applications will be processed on a first-come, first-served basis. Applications will be accepted for open courses until full.**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Email \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_ Emergency contact/phone # \_\_\_\_\_

**COURSE REGISTRATION:** Please list your choices in order of preference. When listing your choices below, you will be enrolled in those courses and should pay for them now. Listing an alternate course (see alternate line below) indicates the course you wish to be enrolled in if any of your chosen courses are full when your application is processed.

First course \_\_\_\_\_  
Second course \_\_\_\_\_  
Third course \_\_\_\_\_  
Fourth course \_\_\_\_\_

*If one of your courses is sold out at time of placement, you will be placed on a waiting list and enrolled in your alternate course. You will have the option of enrolling in additional courses in April based on availability. Please wait to pay for additional courses until you register for them.*

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

**MEMBERSHIP DUES and COURSE FEES**

**Membership: (Current Members Disregard)** \$75.00

**First Choice (\$50)** + \$ \_\_\_\_\_  
**Second Choice (\$50)** + \$ \_\_\_\_\_  
**Third Choice (\$50)** + \$ \_\_\_\_\_  
**Fourth Choice (\$50)** + \$ \_\_\_\_\_  
Subtotal \$ \_\_\_\_\_

**GIFT GIVING**

I wish to be anonymous \_\_\_\_\_

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

+Total Gift \$ \_\_\_\_\_  
**TOTAL ENCLOSED** \$ \_\_\_\_\_

Would you like to volunteer \_\_\_\_\_

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

**Academy for Lifelong Learning.**

**Mail application, payment and completed waiver to:** A.L.L. Course Registration, Academy for Lifelong Learning, PO Box 4395, Saratoga Springs, NY 12866

**Are you a new member?** \_\_\_\_\_ **If so, how did you hear about the Academy?** \_\_\_\_\_

**ACKNOWLEDGMENT RELEASE AND WAIVER**

The undersigned does hereby acknowledge participation in a program or activity by or through the ACADEMY FOR LIFELONG LEARNING SARATOGA REGION, INC. Saratoga Springs, N.Y., referred to herein as "A.L.L."

The undersigned does waive, and release said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive Council from any and all claims for injury or damage sustained by, through or as a result of said activity, and does further hold said A.L.L., A.L.L. staff, A.L.L. study group leaders, and A.L.L. Executive harmless for any claims resulting therefrom.

Yes \_\_\_\_\_ No \_\_\_\_\_ A.L.L. may reproduce for publicity and news releases any photo images of me taken while participating in A.L.L. activities. (If you've checked "NO," it is YOUR responsibility to remove yourself from the photo before it is taken.)

\_\_\_\_\_  
Date Print name Signature

In case of emergency, please contact: \_\_\_\_\_ Phone \_\_\_\_\_



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