



Improving Aging through Education

AGS is offering the option of either in-person or on Zoom for most of the Spring classes. All exercise classes will be held through Zoom.

**2024 Spring Classes
FREE Educational Classes
on Aging Related Topics**



New & Exciting



◆ **Pet Loss and Grief**

Monday, April 15: 1:30 – 3:00 p.m.

Presenter: Lexi Cartier, LVT, LMSW, Social Worker, Delmar Animal Hospital

◆ **The Ins and Outs of Conservatorship**

Thursday, May 2: 1:30 – 3:00 p.m.

Presenter: James T. Towne, Jr., Esq., Principal Partner, The Towne Law Firm, P.C.

◆ **Medical Orders for Life Sustaining Treatment (MOLST): The How and the Why**

Tuesday, May 7: 10:00 – 11:30 a.m.

Presenter: Dr. Kevin Costello, MD, Geriatrician, Albany Medical Center

◆ **Now that April 15 is Behind Us, How Can I Plan for Next Year?**

Wednesday, May 8: 1:30 – 3:00 p.m.

Presenter: Lissa McNaughton, Senior Vice President & Director of Retirement Services, Atlas Wealth Management

◆ **How to Advocate for Yourself About Your Health Care Wishes**

Wednesday, May 29: 10:00 – 11:30 a.m.

Presenter: Carla Sofka, PH.D., MSW, Professor of Social Work, Siena College

◆ **Legal Issues Facing Caregivers**

Thursday, May 30: 10:00 – 11:30 a.m.

Presenter: Julie Ann Calareso, Esq., Gleason, Dunn, Walsh, and O'Shea

◆ **Encore Entrepreneurs Workshop**

Tuesday, June 4: 10:00 – 11:30 a.m.

Presenter: Dylan Hall, Director of Strategic Initiatives, The Community Foundation for the Greater Capital Region



Getting Connected with Technology



All technology classes are presented by Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.

◆ **Effectively Using Your iPhone – Apple – Beginner**

Tuesday, April 2: 1:30 – 3:00 p.m.

◆ **Effectively Using Your iPhone – Apple – Intermediate**

Tuesday, April 23: 10:00 – 11:30 a.m.

◆ **Effectively Using Your Android Smartphone – Beginner**

Tuesday, May 7: 1:30 – 3:00 p.m.

◆ **Effectively Using Your Android Smartphone – Intermediate**

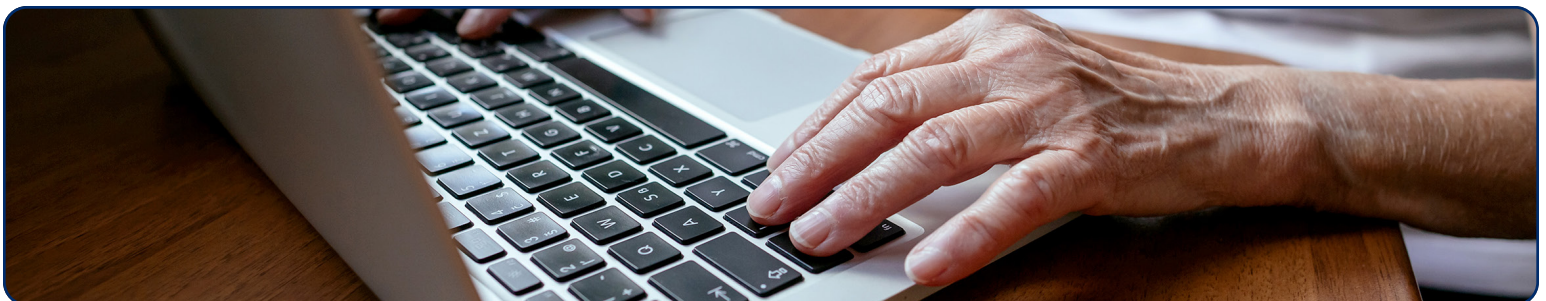
Monday, May 13: 1:30 – 3:00 p.m.

◆ **Email Management for Apple Devices**

Tuesday, May 28: 1:30 – 3:00 p.m.

◆ **Basic Computer Skills**

Wednesday, June 5: 1:30 – 3:00 p.m.



The information provided in these classes is for educational purposes only. Talk to your health care provider before starting any exercise programs and when you have questions about making lifestyle changes.

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To register online and to see full descriptions go to www.AlbanyGuardianSociety.org
or call Albany Guardian Society at (518) 434-2140.

Staying Active (Zoom only)

◆ Seated Tai Chi Flow

Wednesday, April 3: 1:30 – 2:30 p.m.

Presenter: Christine Bhe, Certified Instructor of Tai Chi, TaijFit, and Qigong, Founder, Tai Chi Wellbeing, Indianapolis

◆ Chair Yoga with Judi

Tuesday, April 9: 10:00 – 11:00 a.m.

Presenter: Judith England, RN, Health Educator, Kripalu Yoga Instructor

◆ Seniors on the Move

Thursday, April 25: 10:00 – 11:00 a.m.

Presenter: LaToya Taitt, Certified Fitness Instructor and Wellness Coach

◆ Strength and Balance

Tuesday, April 30: 1:30 – 2:30 p.m.

Presenter: Suzanne Wall, Personal Health Trainer & Fitness Specialist, Owner, First Step Fitness

◆ Seated Tai Chi Flow

Wednesday, May 1: 1:30 – 2:30 p.m.

Presenter: Christine Bhe, Certified Instructor of Tai Chi, TaijFit, and Qigong, Founder, Tai Chi Wellbeing, Indianapolis

◆ Chair Yoga with Suzanne

Wednesday, May 15: 1:30 – 2:30 p.m.

Presenter: Suzanne Wall, Personal Health Trainer & Fitness Specialist, Owner, First Step Fitness

◆ Seniors on the Move

Thursday, June 6: 10:00 – 11:00 a.m.

Presenter: LaToya Taitt, Certified Fitness Instructor and Wellness Coach

◆ Seated Tai Chi Flow

Wednesday, June 12: 1:30 – 2:30 p.m.

Presenter: Christine Bhe, Certified Instructor of Tai Chi, TaijFit, and Qigong, Founder, Tai Chi Wellbeing, Indianapolis

◆ Chair Yoga with Judi

Thursday, June 13: 1:30 – 2:30 p.m.

Presenter: Judith England, RN, Health Educator, Kripalu Yoga Instructor

◆ Strength and Balance

Wednesday, June 26: 1:30 – 2:30 p.m.

Presenter: Suzanne Wall, Personal Health Trainer & Fitness Specialist, Owner, First Step Fitness



Learning, Living, & Planning



◆ Aging with an Open Heart: Mindfulness and Writing as Guides: Part 1: Paying Attention

Thursday, May 2: 10:00 – 11:30 a.m.

Presenters: Dr. Elaine Handley, Professor Emeritus and Catherine Lanci, BSN, RN

◆ Easy Meals for Older Adults to Make

Wednesday, May 8: 10:00 – 11:30 a.m.

Presenter: Patty Wukitsch MS, RD, CDN

◆ Aging with an Open Heart: Mindfulness and Writing as Guides: Part 2: Honoring What we Know

Thursday, May 9: 1:30 – 3:00 p.m.

Presenters: Dr. Elaine Handley, Professor Emeritus and Catherine Lanci, BSN, RN

◆ Downsizing and Organizing

Tuesday, May 14: 10:00 – 11:30 a.m.

Presenter: Michelle Kavanaugh Anastasi, Owner, Organize Senior Moves

◆ Be All That You Can Be – Learn About the VA Benefits and Programs

Tuesday, May 14: 1:30 – 3:00 p.m.

Presenters: Andrea L. Hubalek, LICSW, VA Home Health Aide Program Manager & MaryKate Byrnes, LCSW, CCM Medical Foster Home Program Coordinator

◆ Fall Prevention Program – On Your Feet and Independent

Thursday, May 16: 1:30 – 3:00 p.m.

Presenter: Thomas Moran MA, EMT, CPST, Trauma Education and Injury Prevention Outreach Coordinator, Albany Med Trauma Program

◆ You Paid for It, Why Not Use It? Services You Might Find in Your Hometown

Wednesday, June 5: 10:00 – 11:30 a.m.

Presenter: Cassandra Lotker, MSW, Town of Bethlehem Senior Services

◆ All About Powers of Attorney

Thursday, June 6: 1:30 – 3:00 p.m.

Presenter: Michelle Wildgrube, Esq., Cioffi, Slezak, Wildgrube, PC

◆ Emergency Preparedness for Pets

Monday, June 24: 1:30 – 3:00 p.m.

Presenter: Lexi Cartier, LVT, LMSW, Social Worker, Delmar Animal Hospital

Founded in 1852, Albany Guardian Society (AGS) is a not-for-profit charitable foundation with a mission to improve the lives of older adults in the Capital Region, their families, and their caregivers, through information, education, research, and collaboration.