



JOIN US THIS FALL

EVENTS



**AI & Aging Together: Exploring How AI
Shapes Aging & Independence
(In-Person & Virtual)**

**10/23:
10:00 AM – 12:00 PM**



**Volunteer Fair
(In-Person)**

**10/24:
10:00 AM – 12:00 PM**

VIRTUAL & IN-PERSON CLASSES



**Advancing the Science:
The Latest in Alzheimer's &
Dementia Research**

**10/14:
10:00 – 11:00 AM**



**Eleanor Roosevelt
Discussion**

**10/21:
10:00 – 11:00 AM**



**NYS Office for the Aging
Innovations in Aging**

**10/22:
10:00 – 11:00 AM**



**Living Well with a
Serious Illness:
Understanding Palliative
Care & Hospice**

**11/4:
1:00 – 3:00 PM**



**Learn about VA
Programs & Benefits**

**11/13:
1:30 – 2:30 PM**



**Vestibular Therapy for
Dizziness & Vertigo**

**11/18:
10:00 – 11:00 AM**



**How Caregivers Can
Use Artificial Intelligence (AI)
to Support Themselves &
Improve Quality of Life Part 1**

**11/18:
1:30 – 2:30 PM**



**How to Identify & Stop
the Most Common
Financial Tricks & Scams**

**12/2:
10:00 – 11:00 AM**



**How Caregivers Can
Use Artificial Intelligence (AI)
to Support Themselves &
Improve Quality of Life Part 2**

**12/16:
1:30 – 2:30 PM**



LEARN MORE!

For descriptions, presenters & to register, visit:
 www.AlbanyGuardianSociety.org

VIRTUAL CLASSES (ONLINE ONLY)



**Qi Gong for More Energy
& Less Stress**
10/16, 11/4, & 12/9:
9:30 – 10:30 AM
11/19: 6:00 – 7:00 PM



**Timeless Era Adaptive
Chair Dance Class**
10/22, 11/12, & 12/3:
1:30 – 2:30 PM
12/1: 6:00 – 7:00 PM



**Gentle Chair Yoga/Qi
Stretch Class**
10/30 & 12/11:
1:30 – 2:30 PM



**Caregiving Through the
Chaos: Strategies for Managing
Stress & Maintaining Balance**
11/4:
6:00 – 7:00 PM



**Scams 101:
Fraud, Identity Theft, &
Strategies for Prevention**
11/5:
1:30 – 2:30 PM



Seated Chair Yoga
11/13 & 12/4:
9:30 – 10:30 AM



**Internet Safety &
Privacy**
11/20:
10:00 – 11:00 AM



**Sit & Sway – Dance to the
Beat from Your Seat**
11/20:
1:30 – 2:30 PM



**Understanding
Cloud Storage**
12/3:
10:00 – 11:00 AM

IN-PERSON CLASS



Effectively Using Your iPhone – Apple – Intermediate
10/21:
1:30 – 2:30 PM

POP-UP CLASSES



**How to Talk to a
Contractor - Part 2**
10/29:
12:00 – 12:45 PM



**Medication Safety:
What Every Older Adult
Needs to Know**
11/3:
12:00 – 12:45 PM



**Nutritional Strategies with
Seasonal Foods**
12/4:
12:00 – 12:45 PM

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.

GET IN TOUCH!



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