



2026 WINTER CLASSES

Virtual Classes



Qi Gong for More Energy and Less Stress

1/13, 2/19, & 3/19: 9:30 – 10:30 a.m.
1/29: 6 – 7 p.m.



Freedom 101: The Constitution and Your Rights

1/14: 10:00 – 11:00 a.m.



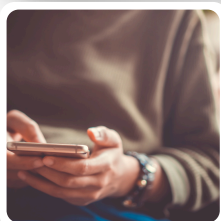
Sit & Sway - Dance to the Beat from Your Seat

1/15 & 3/5 1:30 p.m. – 2:30 p.m.



Healing Through Grief

1/15: 6:00 – 7:00 p.m.



Smartphone Savvy – Android

1/20: 1:30 – 2:30 p.m.



Timeless Era Chair Dance Class

1/21, 2/25, & 3/25: 1:30 – 2:30 p.m.
2/2: 6:00 – 7:00 p.m.



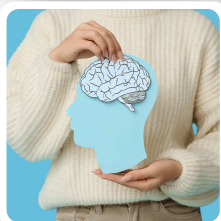
Seated Chair Yoga

1/22, 2/5, & 3/12: 9:30 – 10:30 a.m.
2/26: 6:00 – 7:00 p.m.



Scams 101

1/28: 10:00 – 11:00 a.m.



Boost Your Brain: Think Smarter not Harder

2/4: 10:00 – 11:00 a.m.



Gentle Chair Yoga/QI Stretch Class

2/12: 6:00 – 7:00 p.m.
3/26: 1:30 – 2:30 p.m.

LEARN MORE!

For descriptions & registration, visit our website or call!



www.AlbanyGuardianSociety.org



518.434.2140



IN-PERSON & VIRTUAL CLASSES

In the event of anticipated inclement weather, AGS will move an in-person class to a Zoom. We will notify all registered participants the day before with details and the Zoom link, should a change be necessary.



Buying and Selling on eBay

3/10: 1:30 – 2:30 p.m.
(Online Only)



How to Talk to Your Provider about Your Advanced Directives

3/25: 10:00 – 11:00 a.m.



Downsizing and Organizing

1/27: 1:30 – 2:30 pm



Your Library is More Than Just Books

1/29: 10:00 – 11:00 am



Using MyChart: How to Navigate Albany Med Health System's Healthcare Portal

2/24: 10:00 – 11:00 am



How To Write an Effective Obituary

3/3: 10:00 – 11:00 am



Smart Safety Skills for Daily Living: Awareness Matters

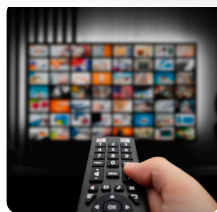
3/3: 1:30 – 2:30 pm



Home Maintenance: Tips that Matter

3/4: 1:30 – 2:30 pm

Be sure to check our
website regularly for
new classes and
events.



TV Remotes, Smart TVs, & Streaming Sticks

3/24: 1:30 – 2:30 pm
(In-Person Only)



GET IN TOUCH!

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