



FREE EDUCATIONAL CLASSES - SEPTEMBER & OCTOBER 2026

IN-PERSON & VIRTUAL CLASSES

Don't Take the Bait: How to Spot and Stop Scams

Presenter:
Lissa McNaughton, MBA,
Senior Principal, Cerity Partners

9/17 - 10:00 – 11:00 am

How to Advocate for Yourself When It Matters Most

Presenter: Erin Mark –
National keynote speaker and
TED x speaker

9/22 - 10:00 – 11:30 am

Ask the Geriatrician

Presenter: Rebecca Stetzer, MD,
Neurology, Alzheimer's Disease,
Geriatric Medicine

9/22 - 5:30 – 7:00 pm

Building Brain-Healthy Habits

Presenter: Megan Stacey,
Program Manager, Alzheimer's
Association of Northeastern NY

9/23 - 10:00 - 11:00 am

Medical Cannabis – Weeding Out Fact from Fiction

Presenter:
Kenneth R. Weinberg, MD.,
Chief Medical Officer
Cannabis Doctors of NY

9/29 - 10:00 – 11:00 am

Downsizing & Organizing

Michelle Kavanaugh Anastasi,
Owner, Organize Senior Moves

9/30 - 10:00 – 11:00 am

Brain Games to Keep the Mind Young

Presenter: Barbara Stevens,
Certified Stress Management
Consultant, Owner,
Stress Techniques

9/30: 1:30 – 2:30 pm

How to Improve Your Balance

Presenter:
Brett Sears, PT, Cert. MDT, Owner,
Capital Region Physical Therapy

10/1: 10:00 – 11:00 am

Author Talk – More Rules for the Aging

Presenter: Roger Rosenblatt,
Author

10/7: 10:00 – 11:00 am

Osteoarthritis and Osteoporosis: What Loudly Hurts and Quietly Whittles

Presenters:
Dr Khoa Richard Ngo, DO, &
Michael Allen, MD, Albany Medical Center

10/7: 5:30 – 7:30 pm

Estate & Medicaid Planning Update

Presenter: Lou Pierro, ESQ.,
Founder and Principal of
Pierro, Connor & Strauss, LLC

10/28: 10:00 – 11:00 am

IN-PERSON ONLY

Introduction to AI

Instructors:
Eleonora Morrell & John Dowley,
Technology Education Specialists

10/28:
1:30 - 3:00 pm



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VIRTUAL CLASSES

Timeless Era Chair Dance

Instructor:
Ashley Evola, Owner
Studio One Dance

9/10, 10/5:
1:30 – 2:30 pm

Qi Gong for More Energy and Less Stress

Instructor:
Maria Patrick, Certified Health Coach
& Qi Gong Instructor

9/15, 10/29:
9:30 – 10:30 am

Gentle Chair Yoga/ QI Stretch

Instructor:
Barbara Schofield, 500 RYT,
Chair Yoga Certified & Co-founder,
riverandmountainhealingenergies.com

9/17:
1:30 – 2:30 pm

Seated Chair Yoga

Instructor:
Jacqueline Weckesser
Certified Yoga Instructor

9/29, 10/7, 10/27:
1:30 -2:30 pm

Qi Gong for the Season

Instructor:
Barbara Schofield, 500 RYT,
Chair Yoga Certified & Co-founder,
riverandmountainhealingenergies.com

10/13:
1:30 – 2:30 pm

Sit & Sway – Dance to the Beat from Your Seat

Instructor:
Barbara Schofield, 500 RYT,
Chair Yoga Certified & Co-founder,
riverandmountainhealingenergies.com

10/22:
1:30 – 2:30 pm

STAY TUNED!

New classes are added year-round!
Visit our website to stay up to date.

Registration is required for all
classes.

Scan the QR code to
view our classes or visit
<https://albanyguardiansociety.org/classes>

SCAN HERE



Whether you're an older adult, a
caregiver, or simply looking for trusted
aging resources, we're here to help.

Visit albanyguardiansociety.org to
discover free educational programs,
practical resources, and community
information to help you navigate aging
with confidence.



Join us for our next virtual trip! Continue to check our website for new dates and locations to be announced.

Discover Live is live video travel. An experienced local guide walks the streets of different cities while you watch, ask questions, and choose where to go next - all from your favorite seat. Not a recording. No headset needed. A real person, live, showing you the world.



Need Tech Help?

Schedule a one-on-one session to receive assistance with your
smartphone, tablet or other devices! Give us a call!



Albany Guardian Society (AGS) is a not-for-profit with a mission to improve the lives of older adults, their families and caregivers.

CONTACT US

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A legacy of empowering older adults and caregivers through education, connection, and support for healthy, independent living in the Capital Region for over 174 years.