



FREE EDUCATIONAL CLASSES - SPRING 2026

IN-PERSON & VIRTUAL CLASSES

Caring For the Skin That You're In

4/21 - 1:30 – 2:30 pm

Be Tick Free

4/28 - 1:30 – 2:30 pm

Be Seizure Smart

4/30 - 1:30 – 2:30 pm

The 1980 Lake Placid Olympics: How It All Happened

5/5 - 10:00 – 11:00 am

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

5/18 - 2:00 – 3:00 pm

Wills vs. Trusts

5/19 - 1:30 – 2:30 pm

Gut Health Immune Supporting Nutrition

5/27 - 10:00 – 11:00 am

Navigating the Long-Term Care Continuum: Resources for Caregivers

6/10 - 10:00 - 11:00 am

Fall Prevention Program- On Your Feet and Independent

6/11 - 1:30 – 2:30 pm

In-Person Only.

Effectively Using Your Android Smartphone - Beginner

4/29 - 2:00 – 3:30 pm

In-Person Only.

Effectively Using Your iPhone - Apple - Beginner

5/20 - 2:00 – 3:30 pm

REGISTRATION IS REQUIRED FOR ALL CLASSES

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

 12 Corporate Woods Blvd.
1st Floor, Albany, NY 12211

 ags@AlbanyGuardianSociety.org
 518-434-2140

VIRTUAL CLASSES

Traditional Chinese Medicine and Acupuncture

4/15 - 10:00 – 11:00 am

Seated Chair Yoga

4/15 & 5/27 - 1:30 – 2:30 pm
6/9 - 9:30 – 10:30 am

When Climate Change Meets Medical Fiction

4/16 - 10:00 – 11:00 am

Gentle Chair Yoga/QI Stretch Class

4/23 & 6/25 - 1:30 – 2:30 pm

Qi Gong for More Energy and Less Stress

4/30, 5/21 & 6/11 -
9:30 – 10:30 am

Sit & Sway - Dance to the Beat from Your Seat

5/28 - 1:30 – 2:30 pm

Timeless Era Chair Dance Class

5/7, 6/4 & 6/18 -
1:30 – 2:30 pm



DISCOVER LIVE: IN-PERSON ONLY

Falun, Sweden

4/16 - 12:30 – 1:30 pm

Rio De Janiro, Brazil

5/1 - 12:00 – 1:00 pm

Puebla, Mexico – Cinco De Mayo Festival

5/5 - 2:30 – 3:30 pm

Uganda, East Africa

5/13 - 10:30 – 11:30 am

Budapest, Hungary

5/20 - 11:00 – 12:00 pm

Ljubljana, Slovenia – Castle Hill

5/28 - 11:00 am -12:00 pm



New classes are added year-round – visit our website to stay up to date.