



JOIN US THIS SPRING

VIRTUAL CLASSES/IN-PERSON

Archiving Important Documents Using Your Apple iPhone Mobile Device

4/15:
1:30 – 2:30 PM
In-Person Only

Timeless Era Adaptive Chair Dance Class

4/16:
1:30 – 2:30 PM
In-Person/Online

What To Do When a Loved One Passes Away

4/17:
6:00 – 7:00 PM
In-Person/Online

**Book Talk:
Their Shadows Deep,
A Novel about JFK –
Peter Golden**

4/22:
1:00 – 2:30 PM
In-Person Only

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

5/6:
1:30 – 2:30 PM
In-Person/Online

Enriching Your Life with Podcasts

5/7:
1:30 – 2:30 PM
In-Person Only

How To Write an Effective Obituary

5/8:
10:00 – 11:00 AM
In-Person/Online

**Special Discussion on
*Franklin and Eleanor Roosevelt in Albany:
Governing New York***

5/12:
1:30 – 2:30 PM
In-Person Only



**LEARN MORE
ABOUT THESE**

FREE CLASSES

Visit our website or call for descriptions & registration!

AlbanyGuardianSociety.org
518.434.2140

Brain Games to Keep the Mind Going

6/16:
1:30 – 2:30 PM
In-Person/Online

Healthy Living for Your Brain & Body

6/24:
10:00 – 11:00 AM
In-Person/Online



VIRTUAL CLASSES



Seated Chair Yoga
4/9, 4/29, 5/7:
9:30 – 10:30 AM

**Computer Basics for
Beginners**
4/21:
1:30 – 2:30 PM

**Timeless Era Adaptive
Chair Dance Class**
5/1, 5/15:
1:30 – 2:30 PM

Seated Chair Yoga
5/20, 6/4, 6/19:
1:30 – 2:30 PM

**Timeless Era Adaptive
Chair Dance Class**
5/28, 6/11, 6/25:
9:30 – 10:30 AM

**Using Your Phone as
Camera**
6/5:
10:00 – 11:00 AM

**Elder Abuse: Overview and
Red Flags**
6/9:
1:30 – 2:30 PM

Presenters:

Michael Burgess
Mary Carrier
John Dowley
Ashley Evola
Peter Golden

Paul Grondahl
Lissa McNaughton
Ilse Passalacqua, BSW
Gwen Rowland, LMSW
Jane-Marie Schaeffer, Esq.

Barbara Stevens
Jacqueline Weckesser

Housing Options

for Senior Adults in Albany County

2024



Includes Information for:
Independent Living, Assisted Living, and Nursing Homes



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Scan QR Code to
Register for Classes

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.

For more information about our housing directory,
go to our website

www.AlbanyGuardianSociety.org

or call **518.434.2140**

GET IN TOUCH!



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