

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 Onlv 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

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



LEARN MORE
ABOUT THESE
FREE CLASSES

Visit our website or call for descriptions & registration!

AlbanyGuardianSociety.org 518.434.2140



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

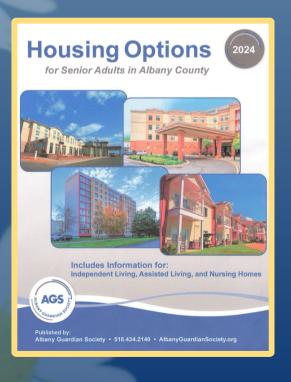
Using Your Phone as Camera 6/5: 10:00 - 11:00 AM

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

Presenters:

Michael Burgess Paul Grondahl Mary Carrier Lissa McNaughton John Dowley Ilse Passalacqua, BSW Gwen Rowland, LMSW Ashley Evola Peter Golden Jane-Marie Schaeffer, Esq.

Barbara Stevens Jacqueline Weckesser





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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