



# JOIN US THIS WINTER

## VIRTUAL CLASSES

**🏋️**  
**Gentle Chair Yoga/  
 Qi Stretch Class**  
 1/14, 1/28, 2/4, 3/4,  
 3/11, 3/18:  
 1:30 – 2:30 PM

**🏋️**  
**Timeless Era Adaptive  
 Chair Dance Class**  
 1/16, 1/30, 2/13:  
 9:30 – 10:30 AM

**🏋️**  
**Gentle Chair Yoga/  
 Qi Stretch Class**  
 1/21, 2/11, 2/18:  
 6:00 – 7:00 PM

**🏋️**  
**Strength & Balance**  
 1/22:  
 1:30 – 2:30 PM

**💡**  
**Smartphone Savvy -  
 Android**  
 1/23:  
 10:00 – 11:00 AM

**🏋️**  
**Strength & Balance**  
 1/29:  
 6:00 – 7:00 PM

**🏋️**  
**Mind Fulfillment Movement**  
 2/5:  
 1:30 – 2:30 PM

**👥**  
**Retirement Challenge:  
 Cultivating Meaning &  
 Balance**  
 2/6:  
 6:00 – 7:00 PM

**💡**  
**Smartphone Savvy -  
 iPhone**  
 2/12:  
 10:00 – 11:00 AM

**🏋️**  
**Timeless Era Adaptive  
 Chair Dance Class**  
 2/20, 3/27:  
 1:30 – 2:30 PM

**🏋️**  
**Sit & Sway - Dance to the  
 Beat from Your Seat**  
 2/25:  
 1:30 – 2:30 PM

**🏋️**  
**Seated Chair Yoga**  
 2/27:  
 9:30 – 10:30 AM

**🏋️**  
**Timeless Era Adaptive  
 Chair Dance Class**  
 3/6:  
 6:00 – 7:00 PM

**🏋️**  
**Seated Chair Yoga**  
 3/12:  
 6:00 – 7:00 PM

**💡 LEARN MORE!**

To see descriptions and to register, visit our website or call!

[www.AlbanyGuardianSociety.org](http://www.AlbanyGuardianSociety.org)

📞 518.434.2140



# VIRTUAL & IN-PERSON CLASSES



**\*\*Important Notice: Cancellation of Classes Due to Severe Weather\*\***

In the event of severe weather conditions such as heavy snow, ice storms, or extreme temperatures, and you are registered for an in-person class that day, that class will be held via Zoom only. Albany Guardian Society will call you to let you know and we will send you an email with the Zoom link. Your safety is our priority.



## Wills Vs. Trusts

2/10:

1:30 – 2:30 PM



## Routine Home Maintenance

2/24:

1:30 – 2:30 PM



## Transforming Albany: Creating Opportunities with the Waterway Canal

2/26:

1:30 – 2:30 PM



## How to Improve your Balance

3/19:

10:00 – 11:00 AM



## Diabetes Education

3/26:

10:00 – 11:00 AM



Be on the  
lookout for  
our Pop-up  
classes this  
winter!



**Housing Options**  
*for Senior Adults in Albany County* 2024

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

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ALBANY GUARDIAN SOCIETY

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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](http://www.AlbanyGuardianSociety.org)

or call **518.434.2140**

## Presenters:

Mary Carrier  
Bartley J Costello  
Ashley Evola  
Brian R. Meurs  
Shelleisha Salmon-Gordon  
Jane-Marie Schaeffer

Barbara Schofield  
Brett Sears  
Audrey Seidman  
Len Tantillo  
Suzanne Wall  
Jacqueline Weckesser



Exercise Classes



Technology Classes



Health/Wellness Classes



Other Classes



Events/Programs

## GET IN TOUCH!



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



[ags@AlbanyGuardianSociety.org](mailto:ags@AlbanyGuardianSociety.org)



518-434-2140