



Mark K. Nolan - Schou

August 31, 1986 - January 16, 2026

Mark Nolan-Schou died on January 16, 2026. He is survived by his parents, Bertil Schou and Claire Nolan; his brothers, Eric (Nell Brady) and Mitchell (Caroline Sombat); his three daughters, Cecelia, Vera, and Allegra; his nephews, Moses and Sevi; his niece, Simone; and his many aunts, uncles, and cousins.

Mark was born on August 31, 1986, in Albany, NY. From the beginning, Mark had a natural charisma and charm, athletic gifts and an artistic sensibility. He lived for the spotlight and brought his showmanship to his many early endeavors, including magic performances, acting with the Albany Civic Theatre, and competitive diving with the SUNY Albany dive team while still in elementary school. Ballet is where he found a calling, starting a career dancing with the Berkshire Ballet Co. in middle school. He progressed, performing with other prestigious companies, including the Miami City Ballet and, ultimately, José Mateo Ballet Theatre in Cambridge, MA.

Mark spent most of his adult life in Massachusetts, where he would marry the mother of his children, Elisabeth, also a former dancer with José Mateo. After retiring from his dance career, he found a talent for photography, beginning with portraits of his fellow dancers and later in commercial photography, having studied at the New England School of Photography.

Mark endured tumultuous periods throughout much of his life, where he either struggled with addiction or succeeded in managing it. These difficulties caused him to lose many of the things he had worked hard to achieve;

however, over the past year, Mark found a job he loved, making fine cabinetry, and began a new relationship. He was working to rebuild his life, which was tragically cut short on his path to recovery.

Family and friends are invited to call between 9:00 and 10:00 am on Saturday, January 24 before a Mass of Christian Burial at 10:30 am at The Shrine Church of Our Lady of the Americas, 273 Central Avenue, Albany, NY. A Celebration of Marks's Life will follow Mass at Martel's at Capital Hills, 65 O'Neil Road, Albany, NY.

Donations can be made in Mark's memory to Hospitality House, 271 Central Ave, Albany, NY.

Tribute Wall

MA

“ Bert, we worked together at CDTA many years ago and I remember hearing all about your talented son. I am profoundly sorry for your loss and will keep you and your family in my prayers! Mary Marsh Rosenberg



Mary - January 26 at 08:43 AM

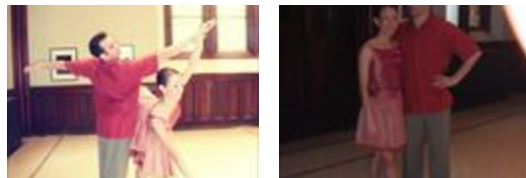
KC

“ Oh, this was so shocking to learn. Dear Claire and family, I am so very sorry for this great loss. I only knew him as a boy from Albany Civic Theater days but was so pleased of the man he had become-- dancer and father! I am holding you and yours in my heart. All my love, Kathleen

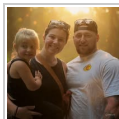
Kathleen Carey - January 25 at 09:49 PM

JE

“ So sorry to hear of Mark's passing. He was a bright light and I spent a lot of time dancing with him. He was a great partner and human, and I'm so sorry for your loss.



Jenna - January 25 at 09:44 PM



I'm so honored to have met him and call him a friend. Such a great man.

Chris Cuneo - March 04 at 09:22 AM

AM

“ I didn't know Mark but I hope the many ways he expressed himself left you with some happy memories. May he be at peace now.



A Mom - January 25 at 02:39 PM

EL

“ I am so sorry and I am thinking of your family in this difficult time.

emily litten - January 24 at 09:04 PM

BF

“ I am so sorry to read this, Claire and Bert; my heart goes out to you and your family.

Bob Fullem - January 24 at 01:09 PM

DF

“ Bert and Claire,
It stunned me to read this sad news. I feel so sorry for what you and Mark's family are going through. It has been years I know since we've seen each other, but I remember clearly Bert, how proudly you spoke of Mark and his skill as a dancer the last time we met. My thoughts are with you.
Dave Finlayson

David Finlayson - January 24 at 11:53 AM

BF

I am so sorry to read this, Claire and Bert. My heart goes out to you and your entire family.

Bob Fullem - January 24 at 12:53 PM

JR

“ Marc was always like a little brother to me—always correcting wrongs and showcasing his magic talents. I came to know Marc through my relationship with his older brother, Mitch. We often marched to a different beat, but that was okay, because there was always a genuine love for one another and a strong family-first attitude.

Some of my fondest memories are sitting in the cubby, listening to NPR and the bird calls on the hour, every hour. Whenever advice was sought, his older brother and I would always say to follow your heart and set your sights on what you were truly passionate about. Marc was well accomplished, constantly smiling, and always cracking jokes. These are the moments that will be remembered forever. Regardless of the struggles he endured, it was never a question where his heart was—family first, always.

Jeremiah Richardson - January 23 at 08:08 PM

AC

“ Mark was a true beacon of light, full of talent, passion, and kindness. I remember how nervous we were for our first lift and how patient he was with me. Even as serious little dancers, he always knew how to make me laugh and push me to be better. I was so proud to watch him grow into a professional dancer. Sending love to his family and friends. His legacy lives on, and I will always cherish my childhood with him.



Allie Crystal - January 23 at 07:22 PM

CW

“ Claire & Bert. My heart stopped beating when i saw this sad news. I know that you and everyone in your family did everything in your power give Mark the best of everything. In 2020 Michele & I lost our 31-yr old son to Fentanyl & we wrestled several years with hope-grief, recovery/relapse etc. before that. You were blessed by Mark, and Mark was blessed by you. I hope we can get together and talk about our sons.

Chris Walcek - January 23 at 10:36 AM

LD

May his memory be a blessing. May you find healing and remember all the love shared while alive...that is matters most.

Laura Davis - January 23 at 03:01 PM

RC

“ We are deeply sorry for your loss. - Rob and Margaret Carle.

Robert Carle - January 23 at 10:08 AM

AL

“ Claire and Bert, I am so incredibly sorry to hear of Mark's passing. He was taken much too soon. I often think back and cherish my memories of Mark and the rest of us Norwood street kids, running and biking and playing around the neighborhood together. I only have this one picture of him (from 1998), but I love his expression in it, and it is how I will always remember him. Sending all my love and support to you and your family during this difficult time.
- Amy Foster Laidley



Amy F. Laidley - January 22 at 02:59 PM

KB

“ *Taken to soon...I love you*

Kb - January 22 at 07:29 AM

BG

“ *Bernadette Gooding purchased the Serene Retre at for the family of Mark K. Nolan - Schou.*



Bernadette Gooding - January 21 at 11:51 PM

JH

“ *Bert and Clair, so sorry for your loss. I had not seen Mark since he was a precocious little kid, but it sounds like he had an extraordinary life. I hope you can find peace. Sadly I am out of town so can't make his service. Take care.*

John hughes - January 21 at 08:45 PM

JD

“ *This is heartbreaking news. I remember Mark as a young man in middle school and high school and he was so incredibly talented and kind. I knew the struggles he encountered as an adult and hoped that he would win that war; sadly I see that he didn't. My deepest condolences to his family; may he saute' through the gates of Heaven and dance for eternity.*



johnna DiScipio - January 21 at 06:19 PM

RB

“ Rishi, Dot, Linda and the NSN Board. purchased the Beautiful in Blue for the family of Mark K. Nolan - Schou.



Rishi, Dot, Linda and the NSN Board. - January 21 at 02:02 PM

RB

“ Rishi, Dot, Linda and the NSN Board. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Mark K. Nolan - Schou.

Rishi, Dot, Linda and the NSN Board. - January 21 at 02:02 PM



“ Basket of Memories was purchased for the family of Mark K. Nolan - Schou.



January 21 at 01:29 PM

PF

“ Paul, Randi and family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Mark K. Nolan - Schou.

Paul, Randi and family - January 21 at 01:29 PM

PW

“ Claire and Bert, Joe and I send love. Our hearts are broken for you.

Paula Beth Weiss - January 21 at 05:45 AM

DS

“ Bert and Claire, I am sending love and prayers to you and your families. The loss of such a talented child at such a young age is truly heartbreaking. 🙏🙏❤️

Denise (Christopher) Smith - January 20 at 09:11 PM

LE

“ Lucy E. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Mark K. Nolan - Schou.

Lucy E. - January 20 at 06:04 PM

JN

“ Julie Nolan purchased the Blue Caribbean Bouquet for the family of Mark K. Nolan - Schou.



Julie Nolan - January 20 at 05:44 PM

JN

“ Julie Nolan planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Mark K. Nolan - Schou.

Julie Nolan - January 20 at 05:44 PM