

FALL 2016 SOAR COURSES – Scheduling Information *(as of 08-06-16)*

For more info on locations, days, dates, times go to the SOAR website
www.soarnorthcountry.org

NOTES:

- 1) *(See note)* or *(See notes)* = check course booklet and/or registration confirmation letter for more info.
- 2) For directions, maps, photos, parking info, etc., see the “**LOCATIONS**” section of the SOAR website.
- 3) For updated course info, check “**COURSE UPDATES**” on the home page of the SOAR website.
- 4) Each SOAR course/presentation has its own web page; you may find additional info there as well.
- 5) On the registration form, don’t forget to circle your checkmarks for any course for which you could volunteer to be the ambassador. *(As needed, you will be asked to be the ambassador for only one course.)*

21st Century Music Box – Christopher Watts. 1 session, 1½ hours.

SLU: Noble Center 108 (*Newell Center for Arts Technology*). Thursday: 10/13 – 10:00-11:30. **(See note)**

Cap: 20 [F-16-01]

3D Manipulation of Objects in Photos – Natasha Banerjee. 1 session, 1½ hours.

SUNY: Maxcy 104. Wednesday: 9/7 – 3:00-4:30. **[F-16-02]**

AARP Smart Driver Course – Dana Smith. 2 sessions, 3 hours each (*meets twice in one week*).

St. Lawrence-Lewis BOCES: Conference Room A (40 West Main St., Canton).

Wednesday: 10/5 and Thursday: 10/6 – 1:00-4:00. **(See note) Cap: 30 [F-16-03]**

Acupressure for Common Ailments – Joe DiGiovanna. 4 sessions, 1½ hours.

SUNY: Flagg 163. Tuesdays: 9/6, 9/13, 9/20, 9/27 – 2:00-3:30. **(See notes) Cap: 15 [F-16-04]**

Adirondack Architectural Heritage (AARCH) – Karyn Norwood. 1 session, 1½ hours.

SUNY: Maxcy 104. Monday: 10/17 – 1:00-2:30. **(See notes) [F-16-05]**

Art Workshop – Nellie Bright and Sally Kirby. 8 sessions, 2 hours each.

SUNY: Satterlee 225. Fridays: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 – 10:00-12:00. **(See note) Cap: 30 [F-16-06]**

Ascidians: Are They Taking Over the World? – Linda Auker. 1 session, 1½ hours.

SLU: Valentine 104. Friday: 10/21 – 4:00-5:30. **Cap: 24 [F-16-07]**

Author’s Self-Publishing Workshop – Brian Harte. 1 session, 1½ hours.

SUNY: Maxcy 104. Tuesday: 11/1 – 3:30-5:00. **[F-16-08]**

Ballroom Dancing for Beginners – Van Hoyt and Diane Crump. 9 sessions, 1½ hours each.

The Church of Jesus Christ of Latter-Day Saints, Potsdam: Multi-Purpose Room (21 Castle Dr.).

Wednesdays: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9 [and optional 10th session offered by presenters on 11/16 (*i.e. after SOAR classes officially end*)] – 10:00-11:30. **(See notes) [F-16-09]**

Basic Bridge – Peter and Christine Schrauth. 10 sessions, 2 hours each (*meets twice a week*).

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam).

Tuesdays and Thursdays: 9/13, 9/15, 9/20, 9/22, 9/27, 9/29, 10/4, 10/6, 10/11, 10/13 – 10:00-12:00. **(See notes) Cap: 16 [F-16-10]**

Beginning Tai-Chi and Qigong – Pam March. 7 sessions, 1 hour each.

SUNY: Maxcy Dance Studio. Tuesdays: 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8 – 12:00-1:00. **(See notes) [F-16-11]**

Birdsafe® Cat Collar Cover – Susan Willson. 1 session, 1½ hours.

SLU: Bewkes 303. Monday: 10/10 – 2:00-3:30. **(See note) [F-16-12]**

Bridge for Fun: Intermediate Level – Ruth Carrington and Dorothy Swanson. 7 sessions, 2 hours each.

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam).

Fridays: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4 [and optional 8th session offered by presenters on 11/18 (*i.e. after SOAR classes officially end*)] – 1:00-3:00. **(See note) [F-16-13]**

Chemistry and Environmental Impact – Samuel Tartakoff, Danielle Clifford, Heather Raimer. 1 session, 1½ hours.
SLU: Johnson 303. Friday: 10/28 – 3:00-4:30. **Cap: 50 [F-16-14]**

Civil War Letters Sent Home – Linda Batt and Bryan Thompson. 1 session, 2 hours.
SLCHA: Silas Wright House (3 East Main St, Canton). Tuesday: 10/18 – 1:00-3:00. **[F-16-15]**

Climate Change: Science, Politics, Society – Daniel McLane. 2 sessions, 1½ hours.
SLU: Piskor 10. Mondays: 9/12, 9/19 – 3:00-4:30. **[F-16-16]**

Comic Art of War – Christina Knopf. 1 session, 1½ hours.
SUNY: Morey 114. Monday 10/17 – 9:00-10:30. **[F-16-17]**

Continuing Tai-Chi and Qigong – Pam March. 14 sessions, 1 hour each. (*meets twice a week*)
SUNY: Maxcy Dance Studio. Tuesdays and Thursdays: 9/27, 9/29, 10/4, 10/6, 10/11, 10/13, 10/18, 10/20, 10/25, 10/27, 11/1, 11/3, 11/8, 11/10 – 1:00-2:00. **(See notes) [F-16-18]**

Creative Nonfiction Writing – Melissa Lee. 8 sessions, 1½ hours each.
SUNY: Morey 117. Wednesdays: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26 – 3:30-5:00. **(See notes) Cap: 10 [F-16-19]**

Current Events – John Casserly. 10 sessions, 1½ hours each.
Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Fridays: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11 – 10:30-12:00. **(See note) [F-16-20]**

Digital Photography for Beginners – Don Leonard. 3 sessions, 1½ hours each.
SUNY: Kellas 217. Fridays: 9/9, 9/16, 9/23 – 2:00-3:30. **(See notes) [F-16-21]**

Downhill Skiing as Easy as Walking – Bill Loucky-Ramsey. 5 sessions, 1½ hours each.
SUNY: Maxcy Dance Studio. Tuesdays: 10/11, 10/18, 10/25, 11/1, 11/8 – 10:00-11:30. **(See note) [F-16-22]**

Drawing – Sally Kirby and Jim Murray (*Coordinators*). 8 sessions, 2 hours each.
SUNY: Brainerd 205. Tuesdays: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25 – 2:30-4:00. **Cap: 16 [F-16-23]**

Earth's Atmosphere: An Exploration – Aileen O'Donoghue. 3 sessions, 1½ hours each.
SLU: Bewkes 232. Tuesdays: 9/6, 9/13, 9/20 – 10:00-11:30. **(See note) Cap: 30 [F-16-24]**

Edgar Cayce Exercises – Donna Wright. 1 session, 1½ hours.
SUNY: Maxcy 104. Wednesday: 9/21 – 1:00-2:30. **(See note) [F-16-25]**

Exploring Sensation and Perception – Heather Beauchamp. 1 session, 1½ hours.
SUNY: Flagg 203. Friday: 11/4 – 2:00-3:30. **(See note) Cap: 30 [F-16-26]**

Fun with Paper and Scissors: It's Science? – Daniel ben-Avraham. 1 session, 2 hours.
SUNY: Maxcy 104. Wednesday: 10/19 – 3:30-5:00. **(See note) Cap: 30 [F-16-27]**

Great Apes: Part II – John McDonald. 2 sessions, 1½ hours each.
SUNY: Maxcy 104. Fridays: 11/4, 11/11 – 10:00-11:30. **[F-16-28]**

Greek Mythology – Ellen Caldwell. 4 sessions, 1½ hours each.
SUNY: Maxcy 104. Fridays: 10/7, 10/14, 10/21, 10/28 – 10:00-11:30. **(See note) [F-16-29]**

Grifters, Schemers and Masters of Prestidigitation – Peggy Mooers. 3 sessions, 2 hours each.
SUNY: Kellas 217. Fridays: 9/30, 10/7, 10/14 – 2:00-4:00. **(See note) [F-16-30]**

Gunfight at the O.K. Corral: Myth, Fact, Fiction – Doug Rose. 4 sessions, 1½ hours each.
SUNY: Kellas 217. Wednesdays: 9/21, 9/28, 10/5, 10/12 – 11:00-12:30. **Cap: 20 [F-16-31]**

How Your Brain Works – Ginger Thomas. 1 session, 1½ hours.
SLCHA: Silas Wright House (3 East Main St, Canton). Tuesday: 9/20 – 10:00-11:30. **Cap: 25 [F-16-32]**

How Your Genes Affect Your Health – Jan Trybula. 4 sessions, 1½ hours each. (*meets twice a week*)
SUNY: Stowell 211. Tuesdays: 9/27, 9/29, 10/4, 10/6 – 1:30-3:00. **(See Note) [F-16-33]**

Identifying Common Mushrooms – Karl McKnight. 1 session, 1½ hours (offered twice).
Glen Meal State Forest. Monday: 9/5 – 2:00-3:30. **(See note) Cap: 12 [F-16-34 Group A]**

Identifying Common Mushrooms – Karl McKnight. 1 session, 1½ hours (offered twice).
Glen Meal State Forest. Tuesday: 9/6 – 2:00-3:30. **(See note) Cap: 12 [F-16-35 Group B]**

Law Enforcement Related Topics – Kevin Wells. 1 session, 1½ hours.
SLCHA: Silas Wright House (3 East Main St, Canton). Wednesday: 9/7 – 12:30-2:00. **[F-16-36]**

Let's Speak French – Carol Reed. 4 sessions, 1 hour each.
Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Wednesdays: 10/19, 10/27, 11/2, 11/9 [and optional 5th session offered by presenter on 11/16 (*i.e. after SOAR classes officially end*)] – 10:30-11:30. **Cap: 20 [F-16-37]**

Live the Best Life You Can – Linda Reece. 4 sessions, 1½ hours each.
Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Wednesdays: 10/19, 10/26, 11/2, 11/9 – 1:00-2:30.
NOTE: The third session (11/2) is a field trip to Harris Medical Supplies & Equipment (63 Market St., Potsdam). **(See notes) [F-16-38]**

Mah Jongg – Kay Russell and Brenda Francey. 4 sessions, 2 hours each.
Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Thursdays: 10/6, 10/13, 10/20, 10/27 – 10:00-12:00.
(See notes) Cap: 16 [F-16-39]

Meaningful Ownership: Living a Clutter-Free Life – Deborah Lauther. 4 sessions, 1 hour each.
SUNY: Maxcy 104. Thursdays: 9/8, 9/15, 9/22, 9/29 – 2:30-3:30. **[F-16-40]**

Metallic Nanoparticles: Preparation and Applications – Dan Goia. 1 session, 1½ hours.
SUNY: Maxcy 104. Monday: 10/24 – 1:30-3:00. **[F-16-41]**

Modern Libraries: e-Readers, 3D Printers, Tools, People – Emily Owen Hastings. 1 session, 1½ hours. (offered twice).
Canton Free Library: Paige Room. (8 Park St.). Thursday: 10/27 – 10:30-12:00. **Cap: 12 [F-16-42 Group A]**

Modern Libraries: e-Readers, 3D Printers, Tools, People – Emily Owen Hastings. 1 session, 1½ hours. (offered twice).
Canton Free Library: Paige Room. (8 Park St.). Thursday: 10/27 – 1:00-2:30. **Cap: 12 [F-16-43 Group B]**

Moon Watching – Bruce McClure. 3 sessions, 1½ hours.
SUNY: Stowell Planetarium. Wednesdays: 9/28, 10/5, 10/12 – 2:00-3:30. **(See note) Cap: 50 [F-16-44]**

Music of the Beatles – Doug Rubio. 5 sessions, 1¾ hours each.
SUNY: Crane: Bishop: Wakefield Recital Hall / C224. Fridays: 9/9, 9/16, **9/23***, 9/30, 10/7 – 2:00-3:45.
***NOTE:** On 9/23 class will meet in B115 (*ground floor; in the center part of the Crane complex*). **[F-16-45]**

Musical Petting Zoo – New Horizons Band of Northern New York – Ron Berry, Conductor. 1 session, 1¾ hours.
SUNY: Crane: Bishop C101 (*rehearsal room*). Tuesday: 9/13 – 9:00-10:45. **(See note) [F-16-46]**

Our Lives through Poetry – Linda Batt. 2 sessions, 1½ hours each.
Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Wednesdays: 10/5, 10/12 – 1:00-2:30. **[F-16-47]**

Palynology: Studying Pollen – Wil Rivers. 2 sessions, 2 hours each.
SUNY: Timerman 121. Mondays: 9/12, 9/19 – 10:00-12:00. **NOTE:** Length of each session has changed to 2 hours. **[F-16-48]**

Potsdam Microgrid Planning Study – Tom Ortmeyer. 1 session, 1½ hours.
Potsdam Civic Center: Community Meeting Room (2 Park St). Thurs: 11/10 – 10:00-11:30. **[F-16-49]**

Restoring New York's Endangered Wildlife – Ken Kogut. 3 sessions, 1½ hours each.

SUNY: Maxcy 104. Wednesdays: 10/26, 11/2, 11/9 – 3:00-4:30. [F-16-50]

Shakespeare on Film: Macbeth – Mark Coleman. 4 sessions, 2½ hours each.

SUNY: Kellas 217. Fridays: 10/21, 10/28, 11/4, 11/11 – 2:00-4:30. [F-16-51]

Silver Coin and Sterling Plate – Jackie Hodges. 1 session, 2 hours.

SLCHA: Silas Wright House (3 East Main St, Canton). Tuesday: 9/27 – 10:00-12:00. (See note) [F-16-52]

Solar Energy and the Village of Canton – Michael Dalton. 1 session, 1½ hours.

SLCHA: Silas Wright House (3 East Main St, Canton). Thursday: 10/4 – 10:30-12:00. [F-16-53]

St. Lawrence County Power Equipment Museum – Reginald Chester and Roger Austin. 1 session, 2 hours.

St. Lawrence County Power Equipment Museum (1755 SH 345, Madrid). Wednesday: 9/14, 10:00-12:00.

NOTE: Light lunch or snacks available for purchase. (See notes) [F-16-54]

Tai-Chi: The Short Form – Pam March. 7 sessions, 1 hour each.

SUNY: Maxcy Dance Studio. Thursdays: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10 – 12:00-1:00. (See notes) [F-16-55]

Tunes-R-Us – Clive and Sandra Henery. 3 sessions, 1½ hours each.

United Methodist Church, Potsdam (26 Main St.). Mondays: 9/12 (“Teatime”); 9/19 (“Music, Music Everywhere”); 9/26 (“Don’t be Afraid”) – 10:00-11:30. (See note) [F-16-56]

Upcycling Used Clothing into Hooked Rugs – Mary Ann Owen. 1 session, 1½ hours.

Canton Free Library: Paige Room. (8 Park St.). Thursday: 10/20 – 10:00-11:30. [F-16-57]

User-Friendly Mindful Meditation – Charlie Bradt. 8 sessions, 1½ hours each.

SLCHA: Silas Wright House (3 East Main St, Canton). Fridays: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 – 10:00-11:30. (See note) [F-16-58]

Vicarious Voyagers XIX – Ruth Kreuzer (Coordinator). 4 Sessions, 1½ hours each.

Potsdam Civic Center: Community Meeting Room (2 Park St).

Order of presentations: Wednesdays: 9/21 (“Slovenia” – Devon Shipp); 9/28 (“Cuba” – Juanita Babcock and Margarita Trotter); 10/5 (“Sahara Desert, Timbuktu, Mali.” – John Barthelme), and last session (**note gap!**) Thursday: 10/20 (“Nicaragua” – Steven White and Esthela Calderón) – all sessions 2:00-3:30. (See notes) **Cap: 80** [F-16-59]

Vegetarian Comfort Food – Juanita Babcock. 3 sessions, 1½ hours each.

Knapps Station Community Church (3035 CR 47, Norwood)

Mondays: 10/3, 10/10, 10/17 – 11:30-1:00. **NOTE:** There is a fee of \$38 for meals and utilities (prepaid before the first class). Send check to: Juanita Babcock, 347 Porter-Lynch Rd., Norwood, NY 13668. Questions? Call Juanita: 384-4289. **Cap: 12** [F-16-60]

Visiting Montreal Island – Penny LeBeau and Janee Davidge. 1 session, 1½ hours.

SUNY: Maxcy 104. Monday 9/12 – 1:00-2:30. (See note) **Cap: 40** [F-16-61]

Welcome to the Pumpkin Patch – Kathleen Mech. 1 session, 1½ hours.

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam).

Tuesday: 10/18 – 10:00-11:30. (See notes) **Cap: 20** [F-16-62]

Writing Our Memories: Stories for the Grandkids – Neal Burdick. 1 session, 1½ hours.

SUNY: Maxcy 104. Monday 11/7 – 1:00-2:30. (See notes) **Cap: 15** [F-16-63]

Zoning in on the Elections: After Obama – Alan Draper. 1 session, 1½ hours.

SLU: Carnegie 10. Thursday 9/8 [and optional 2nd (*a post-election*) session offered by presenter on Thursday 11/17 (*i.e. after SOAR classes officially end*)] – 4:00-5:30. **Cap: 40** [F-16-64]