



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.2</i>
<b>9/25</b> <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>*Tunes-R-Us</b> Clive and Sandra Henery 10:00-11:30, United Methodist Church, Potsdam <b>Whales to Wings: Hydrodynamics...</b> Doug Bohl 2:30-4:00, Maxcy 104	<b>9/26</b> <b>*Life on the Tilted Teacup Ride</b> Aileen O'Donoghue 10:30-12:00, SLU: Bewkes 232 <b>Green Buildings 101</b> - Erik Backus 10:30-12:00, Maxcy 104 <b>Beg.Tai-Chi/Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi/Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Racial Attitudes: Changing...</b> Jay Pecora (M. J. Heisey) 3:15-4:45, Carson 205	<b>9/27</b> <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <b>Lifelines: Writing Your Way In</b> Viki Levitt 10:30-12:00, Morey 117 <b>*Vicarious Voyagers XXI</b> Lynn and Nils Ekfelt - Martinique 1:30-3:00, Potsdam Civic Center <b>*Monsters, Menace, Mystery</b> Doug Rose 1:30-3:00, SLCHA: Silas Wright Hs	<b>9/28</b> <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi/Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>*Caring for the Care Giver</b> Nancy Vosbrink 1:00-2:30, Hospice & P.Care SLV <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225 <b>Modern Day Dinosaurs...</b> Sarah KG Sirsat 3:30-5:00, Stowell 211	<b>9/29</b> <b>*Who Lost China: When...</b> Ina Brockriede 10:00-11:30, Potsdam Civic Center <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>Line Dancing...</b> -Margaret Mauch 1:00-2:30, Maxcy Dance <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm.
<b>10/2</b> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <i>Payment due for Meet-the-Chef</i> </div> <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Dams of the Raquette River</b> Mary Jane Watson 10:00-11:30, Maxcy 104 <b>Ticks 2.0: New Findings</b> Paul Hetzler 2:30-4:00, Maxcy 104	<b>10/3</b> <b>Green Buildings 101</b> - Erik Backus 10:30-12:00, Maxcy 104 <b>Beg.Tai-Chi/Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi/Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Racial Attitudes: Changing...</b> Nancy Lewis (M. J. Heisey) 3:15-5:15, Carson 205	<b>10/4</b> <b>Waters of the Adirondacks</b> Lorraine Duvall 10:00-11:30, Maxcy 104 <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <b>Lifelines: Writing Your Way In</b> Viki Levitt 10:30-12:00, Morey 117 <b>*Vicarious Voyagers XXI</b> Juanita Babcock - The Caucasus 1:30-3:00, Potsdam Civic Center <b>*Monsters, Menace, Mystery</b> Doug Rose 1:30-3:00, SLCHA: Silas Wright Hs. <b>*"Lou Gehrig's Disease"...</b> Charles Robinson 4:00-5:00, Clarkson U.: Rowley 244	<b>10/5</b> <b>*Mah Jongg</b> Kay Russell & Brenda Francey 10:00-12:00, Partridge Knoll <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi/Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225 <b>Modern Day Dinosaurs...</b> Sarah KG Sirsat 3:30-5:00, Stowell 211	<b>10/6</b> <b>*Positive Psychology for Seniors</b> Jennifer Waite 10:00-11:30, SUNY Canton Wicks 206 <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>Line Dancing...</b> -Margaret Mauch 1:00-2:30, Maxcy Dance <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm. <b>Probability in the News</b> Daniel ben-Avraham 2:00-3:30, Maxcy 104

### MORE NOTES:

#### 3) These courses meet twice a week:

AARP Smart Driver Course  
 Continuing Tai-Chi and Qigong  
 Building Better Bones

#### 4) These courses have a "gap" between presentations:

Adirondack Literature  
 Vicarious Voyagers XXI

#### 5) These courses meet in more than one location:

Environmental Activism at SUNY Canton  
*(Meet in class + outside tours)*

How Did the Artist Do That?

*(Meet in class + at the Remington Museum*  
 "Macbeth" On the Page and On the Stage  
*(Meet in class + option of attending a professional production)*

### YOUR NOTES!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.3</i>
<b>10/9</b> (Columbus Day) <b>*Continuing Meditation</b> Monique Tirion 10:00-11:00, Potsdam Civic Center <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Ray Bradbury "Dandelion Wine"</b> Frank Palumbo 10:00-11:30, Maxcy 104	<b>10/10</b> <b>Beg.Tai-Chi /Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>*Healthcare Serial Killers</b> Liz Brown 3:00-4:30, SUNY Canton, Miller 218 <b>Climate Change</b> - Page Quinton 4:00-5:30, Timerman 131	<b>10/11</b> <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <b>*Monsters, Menace, Mystery</b> Doug Rose 1:30-3:00, SLCHA: Silas Wright Hs <b>*"Macbeth" On Page / On Stage</b> Alvin Henry 2:30-4:00, SLU: Atwood 031 <b>*"Lou Gehrig's Disease"...</b> Charles Robinson 4:00-5:00, Clarkson U.: Rowley 244	<b>10/12</b> <b>*Mah Jongg</b> Kay Russell & Brenda Francey 10:00-12:00, Partridge Knoll <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225	<b>10/13</b> <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>Line Dancing...</b> -Margaret Mauch 1:00-2:30, Maxcy Dance <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm. <b>Probability in the News</b> Daniel ben-Avraham 2:00-3:30, Maxcy 104
<b>10/16</b> <b>*Continuing Meditation</b> Monique Tirion 10:00-11:00, Potsdam Civic Center <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Ray Bradbury "Dandelion Wine"</b> Frank Palumbo 10:00-11:30, Maxcy 104 <b>*Intro... to the AccuQuilter</b> Pat Dishaw & Linda Carr 1:00-2:00, Canton Free Library <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall	<b>10/17</b> <b>Beg.Tai-Chi /Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Climate Change</b> - Page Quinton 4:00-5:30, Timerman 131	<b>10/18</b> <b>*Neanderthals...Modern Humans</b> John Barthelme 10:00-11:30, Potsdam Civic Center <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <div style="border: 1px solid black; padding: 2px;"> <b>Meet the Chef - Robideau's</b>  3927 SH 56, South Colton 1:00pm </div> <b>*Monsters, Menace, Mystery</b> Doug Rose 1:30-3:00, SLCHA: Silas Wright Hs. <b>*"Macbeth" On Page / On Stage</b> Alvin Henry 2:30-4:00, SLU: Atwood 031 <b>*Lou Gehrig's Disease"...</b> Charles Robinson 4:00-5:00, Clarkson U.: Rowley 244	<b>10/19</b> <b>*Mah Jongg</b> Kay Russell & Brenda Francey 10:00-12:00, Partridge Knoll <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>*AARP Smart Driver Course</b> Dana Smith 1:00-4:00, St.L.-L BOCES (Canton) <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225 <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall	<b>10/20</b> <b>*Adirondack Literature</b> Mark Sturges 9:00-10:30, SLU Richardson 201 <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm <b>*AARP Smart Driver Course</b> Dana Smith 1:00-4:00, St.L.-L BOCES (Canton) <b>Advanced Porous Materials...</b> Mario Wriedt 2:30-4:00, Maxcy 104



## CONTACT SOAR:

The **SOAR** office is located on the SUNY Potsdam campus in Van Housen Extension, Room 382 (there is a mail-slot in the door)

**Office hours:** 9:00-2:00 MWF (hours vary when SOAR is not in session)

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## NEED MORE INFO?

visit the SOAR website often  
[www.soarnorthcountry.org](http://www.soarnorthcountry.org)  
there you will find...

a page for each presenter, each course, each location, and each event + photos, maps, reading lists, links, and other details. On the **HOME PAGE**, find the latest class updates (closed courses, cancellations, etc.), as well as links to updated print documents. ***Aren't sure where your classroom is?*** Go to **LOCATIONS** and click on the place: find maps; driving, parking and walking-to-class info; building and room descriptions; and *photos!*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.4</i>
<b>10/23</b> <b>*Continuing Meditation</b> Monique Tirion 10:00-11:00, Potsdam Civic Center <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Ray Bradbury "Dandelion Wine"</b> Frank Palumbo 10:00-11:30, Maxcy 104 <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall	<b>10/24</b> <b>Beg.Tai-Chi /Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>*Analyzing Mutual Funds...</b> Brian Harte & Umesh Kumar 2:30-4:00, SLCHA: Silas Wright Hse.	<b>10/25</b> <b>*Neanderthals...Modern Humans</b> John Barthelme 10:00-11:30, Potsdam Civic Center <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <b>*Monsters, Menace, Mystery</b> Doug Rose 1:30-3:00, SLCHA: Silas Wright Hs. <b>An Introduction to Knots</b> Laura Person 3:30-5:00, Carson 204	<b>10/26</b> <b>Lewis &amp; Clark Expedition (pt.1)</b> Terry Niles 10:00-11:30, Maxcy 104 <b>*Mah Jongg</b> Kay Russell & Brenda Francey 10:00-12:00, Partridge Knoll <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225 <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall <b>Changing Media Landscape...</b> Bill Shumway 3:00-4:30, Maxcy 104	<b>10/27</b> <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm <b>*Chemistry/Environment Pt.2</b> Samuel Tartakoff, w/students Liza Kozodov, Nicole Rosenberg 3:00-4:30, SLU: Johnson 307
<b>10/30 (Halloween)</b> <b>*Continuing Meditation</b> Monique Tirion 10:00-11:00, Potsdam Civic Center <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Ray Bradbury "Dandelion Wine"</b> Frank Palumbo 10:00-11:30, Maxcy 104 <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall	<b>10/31</b> <b>Beg.Tai-Chi /Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Science of Human Voice...</b> Byron Erath 2:00-3:30, Maxcy 104	<b>11/1</b> <div>Registration due date for the fall SOAR Luncheon</div> <b>Watercolor / Mixed Media...</b> J.Murray, B.Evans, Emma Kline 10:00-12:00, Satterlee 225 <b>There's What in my...Water?</b> Fadi Bou-Abdallah 1:00-3:30, Stowell 211	<b>11/2</b> <b>Lewis &amp; Clark Expedition (pt.1)</b> Terry Niles 10:00-11:30, Maxcy 104 <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Drawing with Graphite</b> J. Murray, B. Evans, Ashley Stay 2:00-4:00, Satterlee 225 <b>*Building Better Bones</b> Chris Towler and students 2:30-4:00, Clarkson Hall	<b>11/3</b> <b>*Adirondack Literature</b> Mark Sturges 9:00-10:30, ODY Lib.Special Col. <b>Art for Beginners</b> - Sally Kirby 10:00-12:00, Satterlee 225 <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>*Duplicate Bridge for Fun: Int.</b> Ruth Carrington/ Peter Schrauth 1:00-3:00, Mayfield Apts. Com.Rm. <b>Adirondack Archaeology</b> Tim Messner 2:00-3:30, Maxcy 104 <b>*Minerals...Grenville Province</b> George Robinson 3:00-4:30, SLU: Brown 144
<b>11/6</b> <b>*Ballroom Dancing...Beginners</b> Van Hoyt / Diane Crump 10:00-11:30, Mormon Church <b>Creating Legacy Letters</b> Linda Potter 10:00-11:30, Maxcy 104 <b>*How Did the Artist Do That?</b> Dagmar Jaunzems 1:00-2:30, Potsdam Civic Center <b>*NOTE: Field Trip to Remington Museum: 1:00-2:30 on 11/13.</b>	<b>11/7 (Election Day)</b> <b>Beg.Tai-Chi /Qigong</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio <b>Science of Human Voice...</b> Byron Erath 2:00-3:30, Maxcy 104 <b>How We...Taxing...Grandchildren</b> Joe Timmerman 4:00-5:30, Dunn Hall 208	<b>11/8</b>  <div> <b>Wednesday 11/15/17</b>  <b>SOAR Luncheon</b>  <b>11:30 - 2:00</b>  <b>(Barrington Student Union)</b> </div>	<b>11/9</b> <b>Lewis &amp; Clark Expedition (pt.1)</b> Terry Niles 10:00-11:30, Maxcy 104 <b>Tai-Chi: Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio <b>Cont.Tai-Chi /Qigong</b> - Pam March 1:00-2:00, Maxcy Dance Studio	<b>11/10 (Veterans Day)</b> <b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll <b>Adirondack Archaeology</b> Tim Messner 2:00-3:30, Maxcy 104