

Spring 2014 SOAR COURSES – Additional Information
locations, days, dates, times
www.soarnorthcountry.org

NOTES:

(updated 03/07/14)

- 1) *(See note)* or *(See notes)* = check course booklet and/or registration confirmation letter note(s) for more info.
- 2) For directions, maps, photos, parking info, etc., see the “**LOCATIONS**” section of the SOAR web site.
- 3) For updated course info, check “**COURSE UPDATES**” on the home page of the SOAR web site.
- 4) Each SOAR course/presentation has its own web page; you may find additional info there.

Advanced Contract Bridge. Don Burlingame. 8 sessions, 2 hours each.

Mayfield Apartments, May Road, Potsdam. Fridays: 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2 – 1:00-3:00. [S-14-1]

Art Workshop B. Leon LeBeau. 8 sessions, 2 hours each.

SUNY Potsdam, Satterlee 314. Fridays: 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2 – 10:00-12:00. *(See note)*

Cap: 32. [S-14-2]

Artificial Intelligence: Facts and Fiction. Lisa Torrey. 1 session, 1½ hours.

SUNY Potsdam, Maxcy 104. Friday: 5/16 – 4:00-5:30. [S-14-3]

Beginning Basket Weaving. Victoria Ohst. 1 session, 3 hours.

SUNY Potsdam, Satterlee 314. Thursday: 4/17 – 1:30-4:30. *(See notes)* **Cap: 15. [S-14-4]**

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

SUNY Potsdam, Maxcy Dance Studio. Tuesdays: 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 – 12:00-1:00. *(See notes)* [S-14-5]

(change of start date to 4/8 requested by presenter - 02/25/14)

A Brief History of Radio. Neil Garner. 3 sessions, 1½ hours each.

SUNY Potsdam, Van Housen Ext. SB27A. Thursdays: 3/20, 3/27, 4/3 – 11:00-12:30. **Cap: 20. [S-14-6]**

Building Better Bones: Levels 1 and 2. Vicki LaFay. 6 sessions, 1½ hours each *(twice a week)*.

Clarkson University: Clarkson Hall, Physical Therapy Department – 59 Main St.

Tuesdays and Thursdays: 5/1, 5/6, 5/8, 5/13, 5/15, 5/20 – 10:00-11:30. *(See notes)* **Cap: 20. [S-14-7]**

Charlie Chaplin and Buster Keaton: Kings of Silent Comedy. Peggy Mooers. 4 sessions, 2 hours each.

SUNY Potsdam, Kellas 217. Mondays: 4/21, 4/28, 5/5, *(gap)*, 5/19 – 2:30-4:30. **NOTE: No class on 5/12. [S-14-8]**

China and the West: 1500s to the Present. Ina Brockriede. 6 sessions, 1½ hours each.

Potsdam Civic Center, 2 Park St., Community Meeting Room. Mondays: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19 – 2:00-3:30. [S-14-9]

Classical Guitar History and Literature. Doug Rubio. 4 sessions, 1½ hours each *(twice a week)*.

SUNY Potsdam, Crane: Wakefield Recital Hall. Tuesdays and Thursdays: 4/29, 5/1, 5/6, 5/8 – 8:00-9:30am. [S-14-10]

Continuing Tai-Chi. Pam March. 13 sessions, 1 hour each *(twice a week)*.

SUNY Potsdam, Maxcy Dance Studio. Tuesdays and Thursdays: 4/8, 4/10, 4/15, 4/17, 4/22, 4/24, 4/29, 5/1, 5/6, 5/8,

5/13, 5/15, 5/20 – 1:00-2:00. *(See notes)* [S-14-11] *(change of start date to 4/8 requested by presenter - 02/25/14)*

Current Events. John Casserly. 10 sessions, 1½ hours each.

Partridge Knoll, 30 Sullivan Drive, Canton. Fridays: 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 – 10:30-12:00. *(See notes)* [S-14-12]

Digestive Functions and Development. Kenneth Wallace. 1 session, 1½ hour.

SUNY Potsdam, Maxcy 104. Thursday: 3/13 – 3:00-4:30. [S-14-13]

Do Viruses Cause Cancer? Craig Woodworth. 1 session, 1 hour.

SUNY Potsdam, Maxcy 104. Thursday: 4/24 – 3:00-4:00pm. [S-14-14]

Drive Well: Promoting Older Driver Safety and Mobility. Stacey Zeigler. 6 sessions, 1 hour each (*twice a week*).
Clarkson University: Clarkson Hall Amphitheater – 59 Main St. Tuesdays *and* Thursdays: 4/29, 5/1, 5/6, 5/8, 5/13, 5/15
3:00-4:00. (*See note*) [S-14-15]

Early History of New York State. Art Johnson. 4 sessions, 1½ hours each.
SUNY Potsdam, Maxcy 104. Thursdays: 3/20, 3/27, 4/3, 4/10 – 2:30-4:00. [S-14-16]

Early Signs of Spring Nature Walk (Group A). Peter O'Shea. 1 session, 2 hours (*offered twice*).
Indian Creek Nature Center, CR 14, Rensselaer Falls. Monday: 5/12 – 10:00-12:00. **NOTE:** *Please arrive 10-15 minutes early to prepare for the walk. (See other notes)* [S-14-17]
New Section: Group B Monday: 5/19 – 10:00-12:00. [S-14-61]

eBay: Get Started Selling. Cindy Bowen. 2 sessions, 1½ hours each.
Potsdam Civic Center, 2 Park St. Wednesdays: 4/30, 5/7 – 12:00-1:30. (*See note*) [S-14-18]

The End of Mt. Kilimanjaro as We Know It. Anun Husinec. 1 session, 1½ hours.
SUNY Potsdam, Maxcy 104. Tuesday: 4/22 – 3:00-4:30. [S-14-19]

50+ Yoga. Ellie Beeler. 4 sessions, 1½ hours each.
Yoga Loft, Maplewood/United Helpers, 205 State Street Rd, Canton. Fridays: 3/14, 3/21, 3/28, 4/4 – 10:00-11:30.
(*See note*) **Cap: 20.** [S-14-20]

Fitness for Seniors. Jim Murray. 4 sessions, 1½ hours each (*twice a week*)
SUNY Potsdam, Maxcy Dance Studio and Maxcy Fitness Center. Tuesdays and Thursdays: 3/11, 3/13, 3/18, 3/20 –
8:00-9:30. **Cap: 20.** [S-14-21]

Gaining Strength, Mobility and Health. Jennifer Wild. 4 sessions, 1½ hours each.
Mammoth Lifting, 8 Market St., Potsdam. Mondays: 3/24, 3/31, 4/7, 4/14 – 12:00-1:30. (*See note*) **Cap: 30.** [S-14-22]

Gatherings: America's Quilt Heritage. Fran Van Horne. 1 session, 1½ hours.
SLCHA: Silas Wright House, 3 E. Main St., Canton. Thursday: 4/10 – 1:30-3:00. (*See note*) [S-14-23]

Hebrew for Beginners. Daniel ben-Avraham. 4 sessions, 1 hour each.
SUNY Potsdam, Maxcy 104. Wednesdays: 4/23, 4/30, 5/7, 5/14 – 3:00-4:00. (*See note*) **Cap: 12.** [S-14-24]

The History of Papermaking. Roger Hutchinson. 2 sessions, 1½ hours each.
SUNY Potsdam, Maxcy 104. Tuesdays: 3/18, 3/25 – 2:00-3:30. [S-14-25]

Hobby Farming in Northern New York. Terry Niles. 1 session, 1½ hours.
SLCHA: Silas Wright House, 3 E. Main St., Canton. Thursday: 5/8 – 1:30-3:00. [S-14-26]

Horse Breeds and More. Mary Beth Green. 4 sessions, 1 hour each (*corrected length of session*).
Cornell Cooperative Extension Farm, 2043B SH68, Canton. Tuesdays: 3/18, 3/25, 4/1, 4/8 – 9:00-10:00. [S-14-27]

Hosmer Hall and the Organ. Laura *and* Ray Toland. 1 session, 2 hours.
SUNY Potsdam, Hosmer Hall. Friday: 4/11 – 10:00-12:00. [S-14-28]

Indoor Rock Climbing: An Introduction. Adam Wheeler *and* Kelly Glascott. 1 session, 2 hours.
SUNY Potsdam, Maxcy 104 and Maxcy Field House. Wednesday: 4/9 – 1:30-3:30. (*See notes*) [S-14-29]

Lifelines: Writing Your Way In. Victoria (Viki) Levitt. 5 sessions, 1½ hours each.
SUNY Potsdam, Morey 117. Wednesdays: 3/12, 3/19, (*gap*), 4/2, 4/9, 4/16 – 10:30-12:00. **NOTE:** No class on 3/26.
(*See note*) **Cap: 12.** [S-14-30]

Lost Railroads of the Adirondacks. Art Johnson. 1 session, 1½ hours.
SUNY Potsdam, Kellas 217. Monday: 3/10 – 3:00-4:30. [S-14-31]

Mah Jongg. Brenda Francey *and* Kay Russell. 4 sessions, 2 hours each.

Partridge Knoll, 30 Sullivan Drive, Canton. Thursday: 4/10, 4/17, 4/24, 5/1 – 10:00-12:00. (*See note*) **Cap: 20. [S-14-32]**

Maple Syrup Production. Arthur Hurlbut. 1 session, 1½ hours.

SLCHA: Silas Wright House, 3 E. Main St., Canton. Tuesday: 3/18 – 9:30-11:00. **[S-14-33]**

Mathematics in Ancient Mesopotamia. Cheryl Chute Miller. 1 session, 1½ hours.

SUNY Potsdam, Van Housen Ext. SB27A. Friday: 3/28 – 3:00-4:30. **[S-14-34]**

Medicare and Health Insurance Options. Nancy Green. 1 session, 2 hours (*corrected length of session*).

Potsdam Civic Center, 2 Park St. Monday: 4/21 -10:00-12:00. **Cap: 50. [S-14-35]**

Meditation. Donna Clark. 2 sessions, 1½ hours each.

Potsdam Town Hall, 18 Elm St. Wednesday: 4/9, 4/16 – 2:30-4:00. **[S-14-36]**

Memory and Attention: Surprises of the Mind. Serge Onyper. 1 session, 1½ hours.

SLCHA: Silas Wright House, 3 E. Main St., Canton. Wednesday: 3/12 – 10:00-11:30. (*See note*) **Cap: 35. [S-14-37]**

Nelson Mandela: The Story Behind the Icon. Eileen Raymond. 1 session, 1½ hours.

Potsdam Civic Center, 2 Park St. Monday: 4/28 – 10:00-11:30. (*See note*) **[S-14-38]**

NYS Long Term Care Ombudsman Program. Winny Sachno. 1 session, 1½ hours.

SUNY Potsdam, Maxcy 104. Monday: 4/7 – 3:00-4:30. (*See note*) **[S-14-39]**

North Country Authors VI. Jim Barry, Coordinator. 3 sessions, 1½ hours each.

Partridge Knoll, 30 Sullivan Drive, Canton. Mondays: 3/31, 4/7, 4/14 – 10:00-11:30. **NOTE:** *The presentations are in this order: “Early Recollections” – Art Clark; “White Child Slavery in Colonial America” – Richard Hayes Phillips; “Ins and Outs of Electronic Publishing” – Linda McCarty. [S-14-40] (corrected order of presentations)*

Numerology for Fun (Group A). Donna Wright. 1 session, 1½ hours (*offered twice*).

Potsdam Civic Center, 2 Park St. Thursday: 3/20 – 10:30-12:00. **NOTE:** *Sign up for only one section of this course.* **Cap: 22. [S-14-41]**

Numerology for Fun (Group B). Donna Wright. 1 session, 1½ hours (*offered twice*).

Partridge Knoll, 30 Sullivan Drive, Canton. Monday: 4/28 – 10:00-11:30. **NOTE:** *Sign up for only one section of this course.* **Cap: 22 [S-14-42]**

Paranormal Investigations. Lana Putnam. 4 sessions, 1½ hours each.

SLCHA: Silas Wright House, 3 E. Main St., Canton. Tuesdays: 3/25, 4/1, 4/8, 4/15 – 1:30-3:00. **[S-14-43]**

Race, Ethnicity, and Baseball. Liz Regosin *and* Jennifer Hansen. 3 sessions, 1½ hours each.

Canton: SLU, Carnegie 10. Fridays: 4/11, 4/18, 4/25 – 2:30-4:00. **[S-14-44]**

Red Sandstone Trail History Walk (Group A). John Omohundro. 1 session, 1½ hours (*offered twice*).

Red Sandstone Trail, Mill St., Hannawa Falls. Tuesday: 5/6 – 10:00-11:30. **NOTE:** *Sign up for only one section of this course.* **Cap: 16 [S-14-45]**

Red Sandstone Trail History Walk (Group B). John Omohundro. 1 session, 1½ hours (*offered twice*).

Red Sandstone Trail, Mill St., Hannawa Falls. Tuesday: 5/6 – 1:00-2:30. **NOTE:** *Sign up for only one section of this course.* **Cap: 16 [S-14-46]**

Remembering the Morristown-Brockville Ferries. Richard (Dick) Johnson. 1 session, 1½ hours.

SUNY Potsdam, Maxcy 104. Wednesday: 3/12 – 3:00-4:30. **[S-14-47]**

Researching Your Family Using Free Online Resources. Rita Goldberg. 4 sessions, 1½ hours each.

SUNY Potsdam, Satterlee 300. Mondays: 4/14, 4/21, 4/28, 5/5 – 1:00-2:30. **NOTE:** *Please return Rita's questionnaire for this course to the SOAR office at least a week before class starts.* **Cap: 12. [S-14-48]**

Run, Hide, Fight, and Survive. John Kaplan and Tim Ashley. 1 session, 1½ hours.

SUNY Potsdam, Maxcy 104. Monday: 3/17 – 1:30-3:00. **[S-14-49]**

St. Lawrence Brewery Tour. Ken Hebb. 1 session, 1½ hours.

St. Lawrence Brewery, 19 Commerce Lane #4, Canton. Wednesday: 3/19 – 11:00-12:30. *(See note)* **[S-14-50]**

Scanning Electron Microscopy (SEM) (Group A). Jill Pflugheber. 1 session, 2 hours *(offered twice)*.

Canton: SLU, Johnson 135. Monday: 5/5 – 10:00-12:00. **NOTE:** *Sign up for only one section of this course.*

Cap: 8. [S-14-51]

Scanning Electron Microscopy (SEM) (Group B). Jill Pflugheber. 1 session, 2 hours *(offered twice)*.

Canton: SLU, Johnson 135. Thursday: 5/8 – 10:00-12:00. **NOTE:** *Sign up for only one section of this course.*

Cap: 8. [S-14-52]

Shakespeare on Film: *Richard III*. Mark Coleman. 4 sessions, 2 hours each.

SUNY Potsdam, Kellas 217. **NOTE:** 3 Mondays *and* 1 Wednesday *(session 2):* 3/24, 3/26, 3/31, 4/7 – 2:30-4:30.

(See note) **[S-14-53]**

Space Shuttle Experiments and Mars Exploration. Dana Barry. 1 session, 1½ hours.

SUNY Potsdam, Maxcy 104. Wednesday: 3/19 – 3:00-4:30. **[S-14-54]**

Studies in the Sonnet II. Bob DeGraaff. 4 sessions, 1½ hours each.

Partridge Knoll, 30 Sullivan Drive, Canton. Tuesdays: 4/1, 4/8, 4/15, 4/22 – 1:30-3:00. *(See note)* **[S-14-55]**

Un-natural North Country Wildlife. Roy Horst. 4 sessions, 1½ hours each.

SUNY Potsdam, Stowell 211. Fridays: 4/4, 4/11, 4/18, 4/25 – 2:00-3:30. **[S-14-56]**

Vicarious Voyagers XIV. Ruth Kreuzer (Coordinator). 4 sessions, 1½ hours each.

Potsdam Civic Center, 2 Park St. Wednesdays: 4/16, 4/23, 4/30, 5/7 – 2:30-4:00. **NOTE:** *The presentations are in this order: “WWOOF-ing in New Zealand: A Cultural Exchange” – Levi Zufall; “I Love Paris! You Will Too!” –*

Radmila Zuman; “Norway...in the Winter” – Eileen Raymond; “Walking England's Coast-to-Coast Path” – Mary Ellen Carvel and Sue Hayden. (Cap: 80). [S-14-57]

Whole Foods for Whole Health. Paula M. Youmell. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104 *(changed location)*. Thursday: 4/10, 12:00-1:30. *(See notes)* **[S-14-58]**

You Too Can Play the Harmonica. Neil Garner. 4 sessions, 1½ hours each.

SUNY Potsdam, Van Housen Ext. SB27A. Tuesdays: 4/15, 4/22, 4/29, 5/6 – 2:30-4:00. *(See note)* **Cap: 15. [S-14-59]**

Zumba Gold® June Peoples. 12 sessions, 1 hour each *(twice a week)*.

SLU: Newell Fitness Center, Multi-purpose Room, Canton. Tuesdays *and* Thursdays: 3/25, 3/27, 4/1, 4/3, 4/8, 4/10, 4/15, 4/17, 4/22, 4/24, 4/29, 5/1 – 11:00-12:00. *(See notes)* **[S-14-60]**

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