

SPRING 2016 SOAR COURSES – Scheduling Information

for more info on locations, days, dates, times go to the SOAR website

www.soarnorthcountry.org

(updated 03/09/16)

- 1) (See note) or (See notes) = check course booklet and/or registration confirmation letter note(s) for more info.
- 2) **NOTE Change...** = all changes made since the course booklet was printed. (**corrections are in red**)
- 3) **This schedule may change!** Check the **Documents** section on the home page of the SOAR website often; updates in documents are in red; under “**Course Updates**” you will find announcements and other last minute updates.
- 4) For directions, maps, photos, parking info, etc., see the “**LOCATIONS**” section of the SOAR website.
- 5) Each SOAR course has its own page. Presenters can submit course-related links, lists, etc. using “**CONTACT US**”

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

SUNY Potsdam: Flagg 146. Tuesdays: 4/19, 4/26, (gap), 5/10, 5/17 (no class on 5/3) – 2:00-3:30.

(See notes). Cap: 15 [S-16-1]

African-American Soldiers and the Civil War – Liz Regosin. 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Thursdays: 4/7, 4/14 – 2:00-3:30. (See note). [S-16-2]

Anaerobic Digestion of Food Waste on the Clarkson Campus – Stefan Grimberg. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Wednesday 4/13 – 3:30-5:00. [S-16-3]

Archaeology Findings: Jamestown, VA and the North Country – Jim Carl. 2 sessions, 1½ hours each.

SUNY Potsdam: Timerman 131. Thursdays: 4/7, 4/14 – 9:00-10:30. (See notes). [S-16-4]

Art Workshop – Nellie Bright and Sally Kirby (Coordinators); Meagan Fontanes (SUNY Potsdam student teacher). 8 sessions, 2 hours each.

SUNY Potsdam: Satterlee 225. Fridays: 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6 – 11:00-1:00.

(See note). Cap: 30 [S-16-5]

Baseball Card Collecting – Charles Nash. 2 sessions, 1½ hours each.

SLCHA: Silas Wright House (3 East Main St, Canton). Fridays: 4/1, 4/8 – 10:00-11:30. [S-16-6]

Basic Bridge – Peter & Christine Schrauth. 9 sessions, 2 hours each.

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam). Fridays: 3/18, (gap), 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 – 10:00-12:00. **NOTE:** # of sessions has decreased to 9 (venue is closed on 3/25); (See other notes). Cap: 16 [S-16-7]

Beginning Tai-Chi and Qigong – Pam March. 10 sessions 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Tuesdays: 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17 – 12:00-1:00.

(See notes). [S-16-8]

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

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam). Fridays: 3/18, (gap), 4/1, 4/8, 4/15, 4/22, 4/29, 5/6 – 1:00-3:00. **NOTE:** # of sessions has decreased to 7 (venue is closed on 3/25). [S-16-9]

Chinese Philosophies – Ina Brockriede. 2 sessions, 1½ hours each.

Potsdam Civic Center: Community Meeting Room (2 Park St). Mondays: 5/2, 5/9 – 10:00-11:30. [S-16-10]

Common Core: Making it Work – Cassidy Mattimore and Amy Murphy. 1 session, 1½ hours.

Lawrence Avenue Elementary School (54 Lawrence Avenue). Tuesday: 3/15 – 3:45-5:15. Cap: 25 [S-16-11]

Confederation: The Birth of Canada – Art Johnson. 1 session, 1½ hours.

SUNY Potsdam: Timerman 131. Friday: 4/15 – 2:30-4:00. [S-16-12]

Confocal Microscopy – Jill Pflugheber. 1 session, 2 hours (Group A).

SLU: Johnson 135. Tuesday: 5/10 – 10:00-12:00. Cap: 8 [S-16-13]

Confocal Microscopy – Jill Pflugheber. 1 session, 2 hours (Group B).

SLU: Johnson 135. Thursday: 5/12 – 10:00-12:00. Cap: 8 [S-16-14]

Contemporary Middle East: Things Falling Apart – Howard Eissenstat. 1 session, 2 hours.

SLCHA: Silas Wright House (3 East Main St, Canton). Wednesday: 4/6 – 2:00-4:00. [S-16-15]

Continuing Tai-Chi and Qigong – Pam March. 20 sessions, 1 hour each (twice a week).

SUNY Potsdam: Maxcy Dance Studio. Tuesdays /Thursdays: 3/15, 3/17, 3/22, 3/24, 3/29, 3/31, 4/5, 4/7, 4/12, 4/14, 4/19, 4/21, 4/26, 4/28, 5/3, 5/5, 5/10, 5/12, 5/17, 5/19 – 1:00-2:00. **(See notes).** [S-16-16]

Crafting with Little Wild Things – Jean Oathout (*assisted by MaryAnn Martin*). 1 session, 1½ hours.

SUNY Potsdam: Kellas 217. Friday: May13 – 1:30-3:00. **(See notes).** **Cap: 10** [S-16-17]

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

Partridge Knoll: Multi-Purpose Room. (*30 Sullivan Dr., Canton*). Fridays: 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 – 10:30-12:00. **(See note).** [S-16-18]

Degradable Plastics – Devon Shipp. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 3/22 – 1:30-3:00. **NOTE:** session length is now 1½ hours. [S-16-19]

(COURSE CANCELED) Demystifying Medicare: Tools for Navigating the Logistics of Aging – Randy André. [S-16-20]

Dinosaurs and Dinosaur Expeditions – Mark Erickson. 2 sessions, 1½ hours each.

SLU: Brown 141-142. Mondays: 3/14, 3/21 – 1:00-2:30. **(See note).** [S-16-21]

Edibles in the Landscape – Paul Hetzler. 2 sessions, 2 hours each.

SUNY Potsdam: Maxcy 104. Thursdays: 3/17, 3/24 – 1:00-3:00. [S-16-22]

Exciting Activities Using Colorful Chemicals – Dana Barry. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Monday: 3/21 – 1:30-3:00. [S16-23]

Flower Gardening in the North Country – Anne Csete. 2 sessions, 1½ hours each.

SLCHA: Silas Wright House (*3 East Main St, Canton*). Fridays: 4/1, 4/8 – 3:30-5:00. **(See note).** **Cap: 30.** [S-16-24]

Folklore is in Our Nature – Varick Chittenden. 1 session, 1½ hours each.

TAUNY (52 Main St., Canton): Thursday: 5/19 – 10:00-11:30. **NOTE:** # of sessions changed to 1. **Cap: 50** [S-16-25]

From Red Blood Cells to a New Concept for Bio Devices – Parisa Mirbod. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 3/29 – 4:00-5:30. **(See note).** [S-16-26]

Genealogy: The Flip Side – David Kendall. 3 sessions, 1½ hours each.

SLCHA: Silas Wright House (*3 East Main St, Canton*). Wednesdays: 5/4, 5/11, 5/18 – 10:00-11:30. **(See notes).** [S-16-27]

The Good Ol' Days in Northern New York – Pat Dominie and Fran Van Horne. 4 sessions, 1½ hours each.

SLCHA: Silas Wright House (*3 East Main St, Canton*). Tuesdays: 4/5, 4/12, 4/19, 4/26 – 1:00-2:30. **Cap: 40.** [S-16-28]

Gunnison Chapel at SLU: The Story of Its Windows – Lynn Ekfelt. 1 session, 1½ hours.

SLU: Gunnison Memorial Chapel. Wednesday: 3/16 – 10:00-11:30. **Cap: 20.** [S-16-29]

History of Religious Campgrounds in 3-D – Tom French. 1 session, 1½ hours.

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

The House Cat: Origins, Natural History Domestication – Roy Horst. 3 sessions, 1½ hours each.

Maxcy 104. Mondays: 5/2, 5/9, 5/16 – 1:30- 3:00. [S-16-31]

In the Navy – Eric Thacher. 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Wednesdays: 4/20, 4/27 – 3:30-5:00. [S-16-32]

Kubrick Films – Peter Bailey. 4 sessions, 1½ hours each.

SLU: Richardson **015**. Thursdays: 3/31, 4/7, 4/14, 4/21 – 12:30-2:15 [SLU time: 12:40-2:10] **(See note).** **Cap: 6** [S-16-33]

Lifelines: Writing Your Way In – Vicki Levitt. 5 sessions, 1½ hours each.

SUNY Potsdam: Morey 117. Mondays: 3/21, 3/28, 4/4, (*gap*), 4/18, 4/25 – 10:30-12:00. **(See notes).** **Cap: 12** [S-16-34]

Line Dancing for Beginners – Margaret Mauch. 6 sessions, 1½ hour each.

SUNY Potsdam: Maxcy Dance Studio: Fridays: 3/18, 3/25, 4/1, 4/8, 4/15, 4/22 – 1:00-2:30. **(See note).** [S-16-35]

Linguistics: The Science of Language – Breyne Moskowitz. 3 sessions, 1½ hour each.

SLU: Valentine 105: Mondays: 4/4, 4/11, 4/18 – 5:30-7:00. **Cap: 20.** [S-16-36]

Lost World of the Night Boat – Art Johnson. 1 session, 1½ hours.

SUNY Potsdam: Timerman 131. Friday: 4/22 – 2:30-4:00. [S-16-37]

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

Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Thursdays: 4/14, 4/21, 4/28, 5/5 – 10:00-12:00 (See notes). Cap: 16 [S-16-38]

Making a Strip Quilt – Chloe Ann O’Neil. 3 sessions, 1½ hours each.

Mayfield Apartments: Community Room (22 Mayfield Dr., Potsdam). Tuesdays: 4/5, 4/12, 4/19 – 10:00-11:30. (See note). Cap: 12 [S-16-39]

Martial Arts for Personal Safety, Self-Defense, Inner Energy – Frank Palumbo. 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy Dance Studio. Wednesdays: 3/23, 3/30 – 11:15-12:45. (See notes). Cap: 20 [S-16-40]

The Mighty Power of the Worm: The Silkworm – Ina Brockriede & Mary Holland. 1 session, 1½ hours.

Potsdam Civic Center: Community Meeting Room (2 Park St.). Monday: 5/16 – 10:00-11:30. [S-16-41]

More Favorite Poems (Group A) – Bob DeGraaff. 4 sessions, 1½ hours each.

Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Tuesdays: 4/5, 4/12, (gap), 4/26, 5/3 – 1:30-3:00. (See note). Cap: 15 [S-16-42]

More Favorite Poems (Group B) – Bob DeGraaff. 4 sessions, 1½ hours each.

SLCHA: Silas Wright House (3 East Main St, Canton). Thursdays: 4/7, 4/14, (gap), 4/28, 5/5 – 1:30-3:00. (See note). Cap: 15 [S-16-43]

Nutrition for Seniors – Emily Gudewicz, Charlotte Hoppe and Megan Snow. 3 sessions, 1½ hours each.

Topics: 1) Back to Basics on Nutrition; 2) Special Dietary Needs; 3) Vitamins and Minerals of Concern).

SUNY Potsdam: Maxcy 104. Wednesdays: 3/16, 3/23, (gap), 4/6 – 4:00-5:30. [S-16-44]

The Peloponnesian War – Sarah Melville. 4 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Mondays: 3/28, 4/4, 4/11, 4/18 – 1:30-3:00. (See note). [S-16-45]

Perceptions of Hydrofracking in 2016 – Jessica Rogers. 3 sessions, 1½ hours each

SUNY Potsdam: Maxcy 104. Wednesdays: 3/16, 3/23, 3/30 – 1:30-3:00. [S-16-46]

Periodic Table Study Using Hands-On Activities – Jim Barry. 1 session, 2 hours.

SUNY Potsdam: Maxcy 104. Wednesday: 5/18 – 2:00-4:00. [S-16-47].

Potsdam Food Co-op and Carriage House Bakery (Group A) – Eric Jesner. 1 session, 1½ hours.

Potsdam Food Co-op... (24 Elm St.). Wednesday: 4/20 - 2:00-3:30. **NOTE:** park on street, church lot next door, or any municipal lot; meet on porch. (See note). Cap: 15 [S-16-48]

Potsdam Food Co-op and Carriage House Bakery (Group B) – Eric Jesner. 1 session, 1½ hours.

Potsdam Food Co-op... (24 Elm St.). Wednesday: 4/27 – 2:00-3:30. **NOTE:** Park on street, in church lot next door, or in any municipal lot, but **NOT** in the Co-op lot; Meet on the porch. (See note). Cap: 15 [S-16-49]

Prion Diseases: Mad Cows to Cannibals – Gordon Plague. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Monday: 3/28 – 3:30-5:00.

NOTE: Discussion will center on the topic “The Human Microbiome.” [S-16-50]

“Return to the Forbidden Planet” – a Musical Comedy: Read, See, Review – Kimberley Bouchard.

2 classroom sessions + performance at the (PAC) Performing Arts Center, 1½ hours each.

SUNY Potsdam: **Maxcy 104. Fridays: 4/29, (gap: see play) 5/13 – 3:00-4:30.**

PAC performances are: Thursday 5/5, Friday 5/6, Saturday 5/7 – 7:30pm; and Sunday 5/8 - 2:00pm

NOTE: days/dates/times/location confirmed as of 3/8/16 (See other notes). [S-16-51]

SAIL: Stay Active and Independent for Life – Chris Towler. 6 sessions, 1½ hours each.

Clarkson Hall: Physical Therapy Dept. 2nd floor (59 Main St., Potsdam - i.e. on downtown campus):

Mondays and Wednesdays: 4/11, 4/13, 4/18, 4/20, 4/25, 4/27 – 1:30 - 3:00. (See note). Cap: 20 [S-16-52]

Senior Fitness – Tanya Hewitt. 2 sessions, 1 hour each.

SUNY Potsdam: Fitness Center. Thursdays: 3/31, 4/7 – 10:00-11:00. (See note). Cap: 20 [S-16-53]

Sharing Card Games – Brenda Francey. 4 sessions, 2 hours each.

Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Thursdays: 4/14, 4/21, 4/28, 5/5 – 1:00-3:00.
(See note). **Cap: 12 [S-16-54]**

Simple Strategies to Use at Home to Make Life Easier – Lisa Tebo. 2 sessions, 1½ hours each.

Clarkson Hall (59 Main St., Potsdam): Occupational Therapy Simulation Lab (first floor).

Wednesdays: 3/23, 3/30 – 2:00-4:00. **NOTE Change** to 2 sessions; 2 hours each. **Cap: 30 [S-16-55]**

Starlight – Joshua Thomas. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Monday: 5/2 – 3:30-5:00. (See note). **[S-16-56]**

Stopping Global Warming with Advanced Porous Materials – Mario Wriedt. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104: Wednesday: 5/11 – 2:00-3:30. **[S-16-57]**

Tai-Chi: The Short Form – Pam March. 10 sessions, 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Thursdays: 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19 – 12:00-1:00. (See notes). **[S-16-58]**

Traditional Literature of Folklore – John Ohst. 4 sessions, 1 hour each.

SLCHA: Silas Wright House (3 East Main St, Canton). Wednesdays: 4/6, 4/13, 4/20, 4/27 – 10:30-11:30.

NOTE Change from 3 sessions 1½ hours each to 4 sessions 1 hour each. **Cap: 25 [S-16-59]**

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

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

Order of Presentations (time each day: 9:30-11:00):

Thursday 4/21: Juanita Babcock – “Hiking in Southern England”

Thursday 4/28: Eileen Raymond – “Jerusalem and Bethlehem: The Great Divide”

Thursday 5/5: Mark & Cynthia Coleman – “Provence, Languedoc and the Dordogne in France”

Thursday 5/12: Mary Ellen & Charlie Carvel – “Walking the “Camino de Santiago” in Northern Spain”

(See other notes). **Cap: 80 [S-16-60]**

Waste Management and Resource Efficiency – Michelle Crimi. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 5/3 – 1:30-3:00. **[S-16-61]**

Winning at the Race Track – Alan Draper. 1 session, 1½ hours.

SUNY Canton: Halford Hall: Crest Center. Wednesday: 4/27 – 7:00-8:30pm. **[S-16-62]**

Your Health Portfolio 101 – Debra Lauther (Coordinator). 5 sessions, 1½ hours each.

Canton Potsdam Hospital: Conference Room A and B (2nd floor of new wing) (50 Leroy St., Potsdam).

Fridays: 4/1, 4/8, [Thursday: 4/14], 4/22, 4/29 – 12:00-1:30.

Order of Presentations:

Friday 4/1: Dr. Paul Tejera, Endocrinologist – “You’re Sweet Enough; Keeping Your Blood Sugar in Check”

Friday 4/8: Dr. Imré Rainey-Spence, Hospitalist – “A Hospitalist? But I already HAVE a Doctor”

(NOTE DAY!) Thursday 4/14: Dr. Rochak Varma, Nephrologist – “Kidneys: Frontline Filtration”

Friday 4/22: Keri Allen, Director, Patient Experience – “As I Live and Breathe... Your Living Will”

Friday 4/29: Dr. Mariam Asar, Psychiatrist – “Mens Sana in Corpore Sano - A Healthy Mind is a Healthy Body”

(See other notes). **Cap: 40 [S-16-63]**

Website: [www. soarnorthcountry.org](http://www.soarnorthcountry.org)



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