SOAR COURSE SCHEDULE FOR SPRING 2017 (start dates in red) March 13 - May 19, 2017

CHECK THE SOAR WEBSITE OFTEN FOR UPDATES! www.soarnorthcountry.org

www.soarnorthcountry.org				updated in pink: 04/11/17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY p.1
3/13 Lifelines: Writing Your Way In Vicki Levitt 10:00-11:30, Morey 117	3/14 Ötzi the Iceman [snow day! rescheduled to 4/4] Shinu Anna Abraham 2:30-4:00, Maxcy 104	3/15 *Calendars, Not a Dated Topic Jim Barry [snow! moved to 3/29] 10:00-12:00 SLCHA: Silas Wright	3/16 Topics in the History of Mathematics Breyne Moskowitz 2:30-4:00, Maxcy 104	*Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - Margaret Mauch 1:00-2:30 [canceled today! added 4/28] *Gandhi, Chiang Kai-shek Grace Huang 2:00-3:30, SLU, Hepburn 111 *Exploring Short Stories-C. Underhill 3:30-5:00, SLCHA: Silas Wright
3/20 Lifelines: Writing Your Way In Vicki Levitt 10:00-11:30, Morey 117 Benson MinesW. Adirondacks Jim Carl 2:30-4:00, Maxcy 104	3/21 Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Biofilms in Our Daily Life Dana Barry 2:00-3:30, Maxcy 104 Importance of Emotional Climate in Everyday Living - Peter Ladd 4:00-5:30, Maxcy 104	*Ecological Flower Gardening Anne Csete 10:00-11:30, SLCHA: Silas Wright *More Good Ol' Days in Northern NY - Don Potter 1:00-2:30, SLCHA: Silas Wright H *A Tour of Pathological Science Brian Watson 2:00-3:30, SLU: Valentine 202	3/23 *Spring into Fitness - Jennifer McDonald, colleagues & students 10:00-11:30, SUNY Canton, Athletic& Recreation Center (CARC) Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Topics in the History of Mathematics Breyne Moskowitz 2:30-4:00, Maxcy 104	10:30-12:00, Partridge Knoll Line Dancing - Margaret Mauch 1:00-2:30, [canceled] *Dun Bridge Corrington/Swanson
*Instructional Technology to Enhance Student Learning Lucas Craig 3:00-5:00 SUNYCanton, Nevaldine South 125	3/28 Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Importance of Emotional Climate in Everyday Living - Peter Ladd 4:00-5:30, Maxcy 104	*Calendars, Not a Dated Topic Jim Barry 10:00-12:00 SLCHA: Silas Wright *More Good Ol' Days in Northern NY - Dale Burnett 1:00-2:30, SLCHA: Silas Wright H *Keeping Up with Alice Munro Robert Thacker 1:30-3:00, SLU, Sullivan Student Center 336 *From Minerals to Art Susan Robinson 2:00-3:30, SLU: Brown 141-142	3/30 *Fertilizing the Ocean to Save the the Planet - Brad Baldwin 10:00-11:00, SLU Johnson 112 Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio	Basic Birdwatching -Sheila Cerwonka 8:00-10:00, Van Housen Ext.SB27A Drawing - Murray/Evans/Derry 10:00-12:00, Satterlee 122 *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - Margaret Mauch 1:00-2:30, [canceled] *Dup. BridgeCarrington/Swanson 1:00-3:00, Mayfield Apts. Art Workshop - Murray/Evans/Stay 2:00-4:00, Satterlee 225 *Exploring Short Stories-C. Underhill 3:30-5:00, SLCHA: Silas Wright

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY p.2
*Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center Lifelines: Writing Your Way In Vicki Levitt 10:00-11:30, Morey 117 The Dog Story: From Wolves to Beagles - Roy Horst 1:00-2:30, Maxcy 104	Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Even More Favorite Poems (Group A) - Bob DeGraaff 1:30-3:00, Partridge Knoll Ötzi the Iceman Shinu Anna Abraham 2:00-3:30, Maxcy 104 Chemistry for Chemical Overdose Remediation - Dick Partch 3:30-5:00, Maxcy 104	*More Good Ol' Days in Northern NY - David & Debbie Murray - "Morristown" 1:00-2:30, SLCHA: Silas Wright *Even More Favorite Poems (Group B) - Bob DeGraaff 1:30-3:00, Partridge Knoll *Keeping Up with Alice Munro Robert Thacker 1:30-3:00, SLU, Sullivan Student Center 336	*Spring into Fitness - Jennifer McDonald, colleagues & students 10:00-11:30, SUNY Canton, Athletic& Recreation Center (CARC) *Past, Present, Future of Clinical Trials Dr. E.Kedar - What Are C.Trials 12:00-1:00, CPH: Conf,.Rm.A/B Tai-ChiShort Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *The Holocaust - Elun Gabriel 2:20-3:45 (SLU: actual time) SLU: Richardson 202 Circadian RhythmsDisorder Ronald Tavernier 2:30-4:00, Maxcy 104	10:30-12:00, Partridge Knoll Line Dancing - Margaret Mauch
*Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center Lifelines: Writing Your Way In Vicki Levitt 10:00-11:30, Morey 117 The Dog Story: From Wolves to Beagles - Roy Horst 1:00-2:30, Maxcy 104 *Occupational Therapy (OT): Supporting What Matters to You Cindy Hammecker-McLean and Lisa Tebo - "Safe at Home" 4:0 0-6:00, Clarkson Hall,OT Sim. Lab	Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Even More Favorite Poems (Group A) - Bob DeGraaff 1:30-3:00, Partridge Knoll Localization: GPS and GPS-free Algorithms - M. Banavar, K. Mack 3:30-5:00, Maxcy 104	*Breakfast Cooking (Group A) John & Donna Clark 10:00-12:00, White Pillars B&B *More Good Ol' Days in Northern NY - Pat Dominie, Fran Van Horne, and Don Potter 1:00-2:30, SLCHA: Silas Wright H *Even More Favorite Poems (Group B) - Bob DeGraaff 1:30-3:00, Partridge Knoll *Keeping Up with Alice Munro Robert Thacker 1:30-3:00, SLU, Sullivan Student Center 336	*Mah Jongg Brenda Francey & Kay Russell 10:00-12:00, Partridge Knoll *Past, Present, Future of Clinical Trials Rebecca Faber - History of C.Trials 12:00-1:00, CPH: Conf,.Rm.A/B Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *The Holocaust - Elun Gabriel 2:20-3:45 (SLU: actual time) SLU: Richardson 015 Joys of Research beyond One's Expertise - M. J. Heisey 2:30-4:00, Maxcy 104	10:00-11:30, SLU Piskor 010

NOTES: (the online calendar shows in "red" the start of each new class - easier to use)

- An asterisk * indicates a course or presentation held off SUNY Potsdam campus.
 These classes have a "gap" in their sequence: Duplicate Bridge for Fun: Inter-
- These classes have a "gap" in their sequence: Duplicate Bridge for Fun: Intermediate Level * Lifelines: Writing Your Way In * Living Better with Diabetes * Occupational Therapy: Supporting What Matters to You * Spring into Fitness *
- 3) This class meets more than once per week: Continuing Tai-Chi and Qigong
- 4) This class has an optional field trip TBA: Raptors of the North Country
- 5) This SLU class meets on "SLU time": The Holocaust (2:20-3:50)
- 6) This class is offered twice: Even More Favortite Poems

ADDRESS:

SOAR 382 Van Housen Ext. SUNY Potsdam 44 Pierrepont Avenue Potsdam, NY 13676

CONTACT SOAR

LOCATION:

The SOAR office is in **Van Housen Ext.**, **Room 382** (3rd floor - 2nd door on the left when you exit the elevator)

Office Hours: 9:00-2:00 MWF

(NOTE: hours may vary when SOAR is not in session)

PHONE: 315-267-2690

EMAIL: soar@potsdam.edu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY p.3
4/17 *Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center Lifelines: Writing Your Way In Vicki Levitt 10:00-11:30, Morey 117 The Dog Story: From Wolves to Beagles - Roy Horst 1:00-2:30, Maxcy 104 ResearchingFamily HistoryFree Rita Goldberg 3:00-4:30 - Kellas 100	4/18 Beginning Tai-Chi - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi - Pam March 1:00-2:00, Maxcy Dance Studio * Even More Favorite Poems (Group A) - Bob DeGraaff 1:30-3:00, Partridge Knoll Localization: GPS and GPS-free Algorithms - M. Banavar, K. Mack 3:30-5:00, Maxcy 104	*MEET the CHEF "Goose Landing" (Wynthrop) serving at 1:00 *Even More Favorite Poems (Group B) - Bob DeGraaff 1:30-3:00, Partridge Knoll	*Spring into Fitness - Jennifer McDonald, colleagues & students 10:00-11:30, SUNY Canton, Athletic& Recreation Center (CARC) *Mah Jongg - B. Francey/K .Russell 10:00-12:00, Partridge Knoll *Past, Present, Future of Clinical Trials Dr. R. Rogers - Med.Ethics/C.Trials 12:00-1:00, CPH: Conf,.Rm.A/B Tai-ChiShort Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio* *The Holocaust - Elun Gabriel 2:20-3:45 (SLU: actual time) SLU: Richardson 015	## A/21 Basic Birdwatching - Sheila Cerwonka 8:00-10:00, Van Housen Ext.SB27A *Beyond Duck and Cover War Donna Alva 10:00-11:30, SLU Piskor 010 Drawing - Murray/Evans/Derry 10:00-12:00, Satterlee 122 *Current Events - John Casserly 10:30-12:00, Partridge Knoll *Speak Knit - Dayna Lancaster 10:30-12:00, Celtic Knot, 17 Main St., Canton Line Dancing - Margaret Mauch 1:00-2:30, [canceled] *Dup. Bridge Carrington/Swanson 1:00-3:00, Mayfield Apts. Musicals & Lyrics of Stephen Sondheim - Connie Meng 1:00-3:00, Kellas 217 Art Workshop - Murray/Evans/Stay 2:00-4:00, Satterlee 225 *Vicarious Voyagers XX - D. ben Avraham; M. Tirion; B. McClure "Tour du Mont Blanc" 3:15-4:45, Potsdam Civic Center
The Dog Story: From Wolves to Beagles - Roy Horst 1:00-2:30, Maxcy 104 ResearchingFamily HistoryFree Rita Goldberg 3:00-4:30 - Kellas 100 *Occupational Therapy: Supporting What Matters to You Alisha Ohl - "Staying Connected" 4:0 0-6:00, Clarkson Hall,OT Sim. Lab	Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Even More Favorite Poems (Group A) - Bob DeGraaff 1:30-3:00, Partridge Knoll Parkinson's Disease: Things You Need to Know - Rebecca Martin 2:00-3:30, Maxcy 104	*Breakfast Cooking (Group B) John & Donna Clark 10:00-12:00, White Pillars B&B *Even More Favorite Poems (Group B) - Bob DeGraaff 1:30-3:00, Partridge Knoll	*Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll *Past, Present, Future of Clinical Trials Ali Coates - Future of C. Trials 12:00-1:00, CPH: Conf,.Rm.A/B Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Dialects of English - John Ohst 1:00-2:30, SLCHA:Silas Wright H *Amphibian Metamorphosis Alex Schreiber 2:00-3:30, SLU Valentine 106	4/28 Basic Birdwatching - Sheila Cerwonka 8:00-10:00, Van Housen Ext.SB27A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY p.4
*Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center Tree Water Margaret & James Finen 1:00-2:30, Maxcy 104 When Americans Invaded Quebec Art Johnson 2:00-3:30, Kellas 217 Raptors of the North Country MaryBeth Warburton 3:00-4:30, Maxcy 104 (field trip to be arranged later) ResearchingFamily HistoryFree Rita Goldberg 3:00-4:30 - Kellas 100	5/2 Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Past Life Regression Robert LeBoeuf 2:30-4:30, Maxcy 104	God, Genesis and the Human Community - Pat Lennox 2:00-3:30, Maxcy 104	*Lewis & Clark Expedition, Part 1 Terry Niles 10:00-11:30 SLCHA: Silas Wright Hse. *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Dialects of English - John Ohst 1:00-2:30, SLCHA:Silas Wright H *Graveyards, Coffins & Burial Customs Leah Rohlsen 1:00-2:30, SLU: Valentine 104	8:00-10:00, Van Housen Ext.SB27A Drawing - Murray/Evans/Derry 10:00-12:00, Satterlee 122 *Current Events - John Casserly 10:30-12:00, Partridge Knoll *Dup. BridgeCarrington/Swanson 1:00-3:00, Mayfield Apts. Musicals & Lyrics of Stephen Sondheim - Connie Meng 1:00-3:00, Kellas 217 Art Workshop - Murray/Evans/Stay 2:00-4:00, Satterlee 225s.
*Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center Those Disappearin' Railroad Blues Art Johnson 2:00-3:30, Kellas 217 ResearchingFamily HistoryFree Rita Goldberg 3:00-4:30 - Kellas 100	*Early Signs of Spring in the St. Lawrence Valley - Peter O'Shea 10:00-12:00, Indian Creek Nature Ctr Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Printable Paper as a Functional Device - Silvana Andreescu 3:30-5:00, Maxcy 104	5/10 God, Genesis and the Human Community - Pat Lennox 2:00-3:30, Maxcy 104	Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Dialects of English - John Ohst 1:00-2:30, SLCHA:Silas Wright H *Appreciating TreesSLU Campus Claire and Ryan Burkman 1:30-3:30, SLU Johnson 247	8:00-10:00, Van Housen Ext.SB27A He Said, She-Said Miscommunication Catherine Sajna 9:00-10:30, Maxcy 104 Drawing - Murray/Evans/Derry 10:00-12:00, Satterlee 122 *Current Events - John Casserly 10:30-12:00, Partridge Knoll *Dup. BridgeCarrington/Swanson 1:00-3:00, Mayfield Apts. Musicals & Lyrics of Stephen Sondheim - Connie Meng 1:00-3:00, Kellas 217 Art Workshop - Murray/Evans/Stay 2:00-4:00, Satterlee 225
*Living Better with Diabetes Julie Cooke / Heidi Czerepak 9:00-11:30, Potsdam Civic Center, Potsdam Civic Center *Occupational Therapy: Supporting What Matters to You Victoria Priganec - "Healthy Hands" 4:0 0-6:00, Clarkson Hall,OT Sim. Lab	5/16 Beginning Tai-Chi Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio Roller Coaster Design - Katie Fowler Kavanagh, Michael Ramsdell 1:00-2:30, Maxcy 104	5/17 *History of Bread and Beer Paul Graham 2:00-3:30, SLU Richardson 015 Reminder! 5/24 SOAR LUNCHEON	*Lewis & Clark Expedition, Part 1 Terry Niles 10:00-11:30 SLCHA: Silas Wright Hse. Tai-Chi:Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi Pam March 1:00-2:00, Maxcy Dance Studio *Waterfalls of Northern New York David and Marcia Schryver 1:00-2:30, Potsdam Civic Center	10:30-12:00, Partridge Knoll * Dup. Bridge Carrington/Swanson