

# SOAR COURSE CALENDAR FOR SPRING 2018

March 12 - May 18, 2017

CHECK THE SOAR WEBSITE OFTEN FOR UPDATES!

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

**RED** = start of a new class

*\*updated: 02/16+/18*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.1</i>
<p><b>3/12</b>  <b>Bringing Nature Home</b>                      Rachel Johnson                      2:00-3:30, Maxcy 104  <b>Great Year for Mars</b>                      Bruce McClure                      2:00-3:30, Stowell Planetarium</p>	<p><b>3/13</b>  <b>*Double Crosser: My Life on the Run</b>                      Daniel Dominic                      1:00-2:30, SLCHS:Silas Wright Hse  <b>*TAUNY's N. Country Folk Project</b>                      Camilla Ammirati                      1:00-2:30 TAUNY (Canton)  <b>Unlocking the Secrets of Stonehenge</b>                      Shinu Anna Abraham                      2:30-4:00, Maxcy 104  <b>*Getting the Blues...</b>- Thomas Alzo                      3:00-4:00, St. Mary's School (Canton)</p>	<p><b>3/14</b>  <b>*Cards by You (Group A)</b>                      Linda Reece (and helpers)                      9:30-11:00, Partridge Knoll  <b>Moon, Mars and More</b>                      Dana Barry                      1:00-2:30, Maxcy 104  <b>*You Too Can Play the Harmonica</b>                      Neil Garner                      1:00-2:30, SLCHA:Silas Wright Hse</p>	<p><b>3/15</b>                      NO CLASSES TODAY</p>	<p><b>3/16</b>  <b>*Current Events</b> - John Casserly                      10:30-12:00, Partridge Knoll  <b>Line Dancing</b> - Margaret Mauch                      1:00-2:30, Maxcy Dance Studio  <b>Defining Successful Aging</b>                      Matt Manierre                      3:30-5:00, Maxcy 104</p>
<p><b>3/19</b>  <b>*What Makes a Memory</b>                      Serge Onyper                      10:00-11:30, SLU Valentine 104  <b>Great Year for Mars</b>                      Bruce McClure                      2:00-3:30, Stowell Planetarium</p>	<p><b>3/20</b>  <b>*Stress Reduction</b> - Kathy Montan                      1:00-2:30, SLCHA:Silas Wright Hse  <b>*Getting the Blues...</b>- Thomas Alzo                      3:00-4:00, St. Mary's School (Canton)</p>	<p><b>3/21</b>  <b>*Cards by You (Group B)</b>                      Linda Reece (and helpers)                      9:30-11:00, Partridge Knoll  <b>Watercolor...</b> - Murray/Evans/TBA                      1:00-3:00, Satterlee 225  <b>*You Too Can Play the Harmonica</b>                      Neil Garner                      1:00-2:30, SLCHA:Silas Wright Hse  <b>Canada in World War II...</b>                      Art Johnson                      3:00-4:30, Maxcy 104</p>	<p><b>3/22</b>                      NO CLASSES TODAY</p>	<p><b>3/23</b>  <b>*Current Events</b> - John Casserly                      10:30-12:00, Partridge Knoll  <b>Drawing</b> - Ashley Stay                      11:00-1:00, Satterlee 225  <b>Line Dancing</b> - Margaret Mauch                      1:00-2:30, Maxcy Dance Studio  <b>*Dup. Bridge...</b>Carrington/Schrauth                      1:00-3:00, Mayfield Apts.  <b>Art...Beginners</b> - Allyson Brosemer                      2:00-4:00, Satterlee 225</p>
<p><b>3/26</b>  <b>*Vicarious Voyagers XXII</b>                      Eileen Wheeler - "Trinidad and Tobago: A Favorite Birding Site"                      10:30-12:00, Potsdam Civic Center  <b>Great Year for Mars</b>                      Bruce McClure                      2:00-3:30, Stowell Planetarium</p>	<p><b>3/27</b>  <b>*Stress Reduction</b> - Kathy Montan                      1:00-2:30, SLCHA:Silas Wright Hse</p>	<p><b>3/28</b>  <b>*You Too Can Play the Harmonica</b>                      Neil Garner                      1:00-2:30, SLCHA:Silas Wright Hse  <b>Watercolor...</b> - Murray/Evans/TBA                      1:00-3:00, Satterlee 225  <b>World War II Memories</b>                      Art Johnson                      3:00-4:30, Maxcy 104</p>	<p><b>3/29</b>  <b>*Fitness for Optimal Aging</b>                      Deborah Molnar, Anne Reilly &amp; Jennifer McDonald                      10:00-11:30 SUNY Canton, Miller Campus Center 212  <b>*Creating Net-Zero Solar Home</b>                      Jon Montan                      1:00-2:30 SLCHA: Silas Wright Hs.</p>	<p><b>3/30</b>  <b>*Current Events</b> - John Casserly                      10:30-12:00, Partridge Knoll  <b>Drawing</b> - Ashley Stay                      11:00-1:00, Satterlee 225  <b>*Celebrating...Flu Vaccine...</b>                      Dr. D. Soule: "100 yrs of Vaccine"                      12:00-1:00, CPH Conf.Rm.A&amp;B  <b>(NOTE: No Dup.Bridg today!)</b>  <b>Line Dancing</b> - Margaret Mauch                      1:00-2:30, Maxcy Dance Studio  <b>Art...Beginners</b> - Allyson Brosemer                      2:00-4:00, Satterlee 225</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.2</i>
<p>4/2 <i>(Due date for Meet-the-Chef)</i></p> <p><b>*Vicarious Voyagers XXII</b> Mark and Cynthia Coleman “Egypt: From Pharaonic Kingdom to Police State” 10:30-12:00, Potsdam Civic Center</p>	<p>4/3</p> <p><b>Beginning Tai-Chi...</b> - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p><b>Continuing Tai-Chi...</b> - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p><b>*Collecting Rare Books</b> Tom Wheeler 1:00-2:30, SLCHA:Silas Wright Hse</p> <p><b>Punch Drunk and Dementia</b> Stephen Casper 3:00-4:30, Maxcy 104</p>	<p>4/4</p> <p><b>Musical Petting Zoo</b> Leah Zerkowitz; Ron Berry 10:00-12:00, Crane:Bishop C107</p> <p><b>Comic Book...Sam Glanzman</b> Doug Rose 1:00-2:30, Maxcy 104</p> <p><b>*You Too...Play Harmonica</b> Neil Garner 1:00-2:30, SLCHA:Silas Wright Hse</p> <p><b>Watercolor...</b> - Murray/Evans/TBA 1:00-3:00, Satterlee 225</p>	<p>4/5</p> <p><b>Tai-Chi...Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p><b>Continuing Tai-Chi...</b> - Pam March 1:00-2:00, Maxcy Dance Studio</p>	<p>4/6</p> <p><b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll</p> <p><b>Drawing</b> - Ashley Stay 11:00-1:00, Satterlee 225</p> <p><b>*Celebrating...Flu Vaccine</b> Ryan Titus: “Pharmaceutical Hist.” 12:00-1:00, CPH Conf.Rm.A&amp;B</p> <p><b>Line Dancing</b> - Margaret Mauch 1:00-2:30, Maxcy Dance Studio</p> <p><b>*Dup. Bridge..Carrington/Schrauth</b> 1:00-3:00, Mayfield Apts.</p> <p><b>Art...Beginners</b> - Allyson Brosemer 2:00-4:00, Satterlee 225</p> <p><b>*Allegories &amp; Animal Farm</b> Cailey Underhill 4:00-5:30, SLCHA: Silas Wright Hse</p>
<p>4/9</p> <p><b>*Culinary Chemistry: Basic Concepts to Make You a Better Cook?</b> Suna Stone 1:00-2:30, SLU: Johnson 309</p> <p><b>What the Heck is Reiki?</b> Sarah Picard 1:00-2:30, Maxcy 104</p>	<p>4/10</p> <p><b>Beginning Tai-Chi...</b> - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p><b>Continuing Tai-Chi...</b> - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p><b>*Collecting Rare Books</b> Tom Wheeler 1:00-2:30, SLCHA:Silas Wright Hse</p> <p><b>Herkimer Diamonds</b> Michael Walter 3:00-4:30, Maxcy 104</p>	<p>4/11</p> <p><b>Comic Book...Sam Glanzman</b> Doug Rose 1:00-2:30, Maxcy 104</p> <p><b>Watercolor...</b> - Murray/Evans/TBA 1:00-3:00, Satterlee 225</p>	<p>4/12</p> <p><b>*Fitness for Optimal Aging</b> Deborah Molnar, Anne Reilly &amp; Jennifer McDonald 10:00-11:30 SUNY Canton, Miller Campus Center 212</p> <p><b>*Mah Jongg</b> Brenda Francey &amp; Kay Russell 10:00-12:00, Partridge Knoll</p> <p><b>Tai-Chi...Short Form</b> - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p><b>Continuing Tai-Chi...</b> - Pam March 1:00-2:00, Maxcy Dance Studio</p>	<p>4/13</p> <p><b>*Current Events</b> - John Casserly 10:30-12:00, Partridge Knoll</p> <p><b>Drawing</b> Murray/Evans/Stay 11:00-1:00, Satterlee 225</p> <p><b>*Celebrating...Flu Vaccine</b> Kim Weir,RN: “Today’s Flu Shot” 12:00-1:00, CPH Conf.Rm.A&amp;B</p> <p><b>Line Dancing</b> - Margaret Mauch 1:00-2:30, Maxcy Dance Studio</p> <p><b>*Dup. Bridge..Carrington/Schrauth</b> 1:00-3:00, Mayfield Apts.</p> <p><b>Art...Beginners</b> - Allyson Brosemer 2:00-4:00, Satterlee 225</p> <p><b>*Allegories &amp; Animal Farm</b> Cailey Underhill 4:00-5:30, SLCHA: Silas Wright Hse</p>

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

- 1) An **asterisk \*** indicates a course or presentation held off SUNY Potsdam campus.
- 2) These classes have a “**gap**” in their sequence: “Duplicate Bridge for Fun: Intermediate Level” and “Vicarious Voyagers XXII.”
- 3) These classes meet more than once per week: “AARP Smart Driving Course” and “Continuing Tai-Chi and Qigong.”
- 4) **NOTE:** Location change for “Lewis and Clark...” (starting 5/3),
- 5) This class has a 4-5 hr field trip to Massawepie Mire: “Birds of Northern New York.”
- 6) This class has only one session: “Let’s Make Sauerkraut and Kimchi!”
- 7) This class has fee ( for food): See “Manners Matter” course page on our website.

## CONTACT SOAR

### ADDRESS:

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

### 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](mailto:soar@potsdam.edu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.3</i>
<p><b>4/16</b>  <b>Let's Make Sauerkraut &amp; Kimchi!</b>            Maria "Flip" Filippi            10:30-12:00, Harvest Kitchen at            Cornell Cooperative Extension,            Canton</p> <p><b>Modeling and Simulation with            Computers</b>            Bryan Helenbrook            1:00-2:30, Maxcy Hall</p>	<p><b>4/17</b>  <b>Beginning Tai-Chi...</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>*AARP Smart Driver Course            (Group A)</b> - David Stewart            1:00-4:30, St.Lawrence-Lewis            BOCES, Canton</p>	<p><b>4/18</b>  <b>*MEET the CHEF</b>  <b>The Freight House - 1:00pm</b>  <i>20 Market St., Ogdensburg</i>  <i>(due by noon on Monday April 2)</i></p> <p><b>*North Country Authors VII</b>            Barry Strate - "Finding Freedom..."            10:00-11:30,SLCHA:Silas Wright Hse.  <b>Comic Book...Sam Glanzman</b>            Doug Rose, 1:00-2:30, Maxcy 104  <b>Watercolor...</b> - Murray/Evans/TBA            1:00-3:00, Satterlee 225  <b>*AARP Smart Driver Course            (Group A)</b> - David Stewart,            1:00-4:30, St.Lawrence-Lewis            BOCES, Canton  <b>*YOUR Favorite Poems</b>            Bob DeGraaff            1:30-3:00, Partridge Knoll</p>	<p><b>4/19</b>  <b>*Mah Jongg</b> - B. Francey/K. Russell            10:00-12:00, Partridge Knoll  <b>Tai-Chi...Short Form</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio*</p>	<p><b>4/20</b>  <b>*Current Events</b> - John Casserly            10:30-12:00, Partridge Knoll  <b>Drawing</b> - Murray/Evans/Stay            11:00-1:00, Satterlee 225  <b>Line Dancing</b> - Margaret Mauch            1:00-2:30, Maxcy Dance Studio  <b>*Dup. Bridge..</b>Carrington/Schrauth            1:00-3:00, Mayfield Apts.  <b>Art...Beginners</b> - Allyson Brosemer            2:00-4:00, Satterlee 225  <b>*Allegories &amp; Animal Farm</b>            Cailey Underhill            4:30-5:30, SLCHA: Silas Wright Hse  <b>Native Peoples...:Haudenosaunee</b>            Susan Stebbins            11:00-12:30, Mac Vicar 129</p>
<p><b>4/23</b>  <b>*Vicarious Voyagers XXII</b>            Juanita Babcock - "Highlights            from Borneo"            10:30-12:00, Potsdam Civic Center</p> <p><b>Chemistry for Survival</b>            Richard (Dick) Partch            3:00-4:30, Maxcy 104</p>	<p><b>4/24</b>  <b>*Red Sandstone Trail at Hannawa            Falls</b> - Blair Madore            9:00-11:00, Hannawa Falls  <b>Beginning Tai-Chi...</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>Anchorage to Nome by Dog Sled</b>            Spencer Thew            3:00-4:30, Maxcy 104</p>	<p><b>4/25</b>  <b>*North Country Authors VII</b>            Margaret Hockett - "In Suspense!..."            10:00-11:30,SLCHA:Silas Wright Hse.  <b>Birds of Northern New York</b>            Joan Collins            1:00-2:30, Maxcy 104  <b>Watercolor...</b> - Murray/Evans/TBA            1:00-3:00, Satterlee 225  <b>*YOUR Favorite Poems</b>            Bob DeGraaff            1:30-3:00, Partridge Knoll</p>	<p><b>4/26</b>  <b>*Mah Jongg</b> - B.Francey/K.Russell            10:00-12:00, Partridge Knoll  <b>Tai-Chi...Short Form</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio*</p>	<p><b>4/27</b>  <b>*Current Events</b> - John Casserly            10:30-12:00, Partridge Knoll  <b>Drawing</b> - Murray/Evans/Stay            11:00-1:00, Satterlee 225  <b>*Dup. Bridge..</b>Carrington/Schrauth            1:00-3:00, Mayfield Apts.  <b>*Exploring Nat'l Parks - Cave...</b>            Peter Pettengill            2:00-3:30, SLU: Brown 139  <b>Art...Beginners</b> - Allyson Brosemer            2:00-4:00, Satterlee 225</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.4</i>
<p><b>4/30</b>  <b>*Vicarious Voyagers XXII</b>            Chuck and Sue Bolesh - "South Island of New Zealand"            10:30-12:00  <b>American Predators: Wolves, Coy Wolves, Cougars and Jaguars</b>            John McDonald            2:00-3:30, Maxcy 104</p>	<p><b>5/1</b>  <b>*Red Sandstone Trail at Sugar Island</b> - Blair Madore            9:00-11:00, Hannawa Falls  <b>Beginning Tai-Chi...</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>*Mountain Biking for Seniors</b>            James Akins            3:00-4:30, Lenny Road Trails, Colton</p>	<p><b>5/2</b>  <b>*North Country Authors VII</b>            Peggy Mooers            "Let's talk about books"            10:00-11:30, SLCHA: Silas Wright Hse.  <b>Birds of Northern New York</b>            Joan Collins            1:00-2:30, Maxcy 104  <b>Watercolor...</b> - Murray/Evans/TBA            1:00-3:00, Satterlee 225  <b>*YOUR Favorite Poems</b>            Bob DeGraaff            1:30-3:00, Partridge Knoll  <b>Decluttering Tune-Up</b>            Deborah Chase Lauther            3:00-4:30, Maxcy 104</p>	<p><b>5/3</b>  <b>Lewis &amp; Clark Expedition, Part 2</b>            Terry Niles <i>(Note new location!)</i>            9:00-10:30, Satterlee 120  <b>*Mah Jongg</b> - B.Francey/K.Russell            10:00-12:00, Partridge Knoll  <b>Tai-Chi...Short Form</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>*Folk Songs</b> - John Ohst            1:00-2:30, SLCHA: Silas Wright Hse</p>	<p><b>5/4</b>  <b>*Current Events</b> - John Casserly            10:30-12:00, Partridge Knoll  <b>Drawing</b> - Murray/Evans/Stay            11:00-1:00, Satterlee 225  <b>*Dup. Bridge..</b> Carrington/Schrauth            1:00-3:00, Mayfield Apts.  <b>Art for Beginners</b> - Allyson Brosemer            2:00-4:00, Satterlee 225</p>
<p><b>5/7</b>  <b>American Predators: Wolves, Coy Wolves, Cougars and Jaguars</b>            John McDonald            2:00-3:30, Maxcy 104</p>	<p><b>5/8</b>  <b>Beginning Tai-Chi...</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>*Mountain Biking for Seniors</b>            James Akins            3:00-4:30, Donnerville State Forest</p>	<p><b>5/9</b>  <b>Birds of Northern New York</b>            Joan Collins            1:00-2:30, Maxcy 104  <b>Watercolor...</b> - Murray/Evans/TBA            1:00-3:00, Satterlee 225  <b>Weaving Healing Wisdom</b>            Paula Youmell &amp; Jenny Morrill            3:00-5:00, Maxcy 104</p>	<p><b>5/10</b>  <b>Lewis &amp; Clark Expedition, Part 2</b>            Terry Niles            9:00-10:30, Satterlee 120  <b>Tai-Chi...Short Form</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio</p>	<p><b>5/11</b>  <b>*Current Events</b> - John Casserly            10:30-12:00, Partridge Knoll  <b>Drawing</b> - Murray/Evans/Stay            11:00-1:00, Satterlee 225  <b>*Dup. Bridge..</b> Carrington/Schrauth            1:00-3:00, Mayfield Apts..  <b>Art for Beginners</b> - Allyson Brosemer            2:00-4:00, Satterlee 225</p>
<p><b>5/14</b>  <b>American Predators: Wolves, Coy Wolves, Cougars and Jaguars</b>            John McDonald            2:00-3:30, Maxcy 104  <b>Manners Matter</b>            Christine Lancaster            12:00-1:30, Thatcher Dining Room</p>	<p><b>5/15</b>  <b>Beginning Tai-Chi...</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio  <b>*AARP Smart Driver Course (Group B)</b> - David Stewart            1:00-4:30, St.Lawrence-Lewis BOCES, Canton</p>	<p><b>5/16</b>  <b>*AARP Smart Driver Course (Group B)</b> - David Stewart            1:00-4:30, St.Lawrence-Lewis BOCES, Canton</p>	<p><b>5/17</b>  <b>Lewis &amp; Clark Expedition, Part 2</b>            Terry Niles            9:00-10:30, Satterlee 120  <b>Tai-Chi...Short Form</b> - Pam March            12:00-1:00, Maxcy Dance Studio  <b>Continuing Tai-Chi...</b> - Pam March            1:00-2:00, Maxcy Dance Studio</p>	<p><b>5/18</b>  <b>*Current Events</b> - John Casserly            10:30-12:00, Partridge Knoll  <b>*Dup. Bridge..</b> Carrington/Schrauth            1:00-3:00, Mayfield Apts.</p>
				<p><b>Reminder!</b>  <b>5/25 SOAR LUNCHEON</b></p>