

SOAR FALL 2025 CALENDAR

September 2025				
Mon	Tue	Wed	Thu	Fri
1	2 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30	3 13 - Art of Nature Journaling (SUNY Potsdam Satterlee Hall 225) - 10:00-11:30	4 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 31 - Mah Jongg for Fun II (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 11:30-1:30 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30	5 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00
Mon	Tue	Wed	Thu	Fri
8 46 - Thomas Jefferson- A personal View (Canton Free Library) - 10:00-11:30	9 2 - Haudenosaunee Creation Story (SUNY Potsdam Stowell 211) - 11:00-12:30 19 - The Fascinating History of Knitting (Canton Free Library) - 10:00-11:30 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30	10 13 - Art of Nature Journaling (SUNY Potsdam Satterlee Hall 225) - 10:00-11:30 21 - The Growing Edge - Gardening in the Second Half of Life (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom) - 10:00-12:30	11 9 - The 1950s Racquette River Hydro Development (SUNY Potsdam Brainerd 202) - 10:00-11:30 29 - Life on a Tilted Tea Cup Ride (SLU Bewkes Hall 232) - 9:00-10:30 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 31 - Mah Jongg for Fun II (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 11:30-1:30 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30	12 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00

September 2025

Mon	Tue	Wed	Thu	Fri
<p>15 7 - Understanding the Medicine Wheel (SUNY Potsdam Maxcy 104) - 10:00-1:00</p>	<p>16 2 - Haudenosaunee Creation Story (SUNY Potsdam Stowell 211) - 11:00-12:30 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30</p>	<p>17 13 - Art of Nature Journaling (SUNY Potsdam Satterlee Hall 225) - 10:00-11:30 35 - Reducing Food Waste with Preservation (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom) - 10:00-12:00</p>	<p>18 8 - We Are Not Trash: Importance of the Missing and Murdered Indigenous Peoples Movement (SUNY Potsdam Satterlee Hall 319) - 1:00-2:30 20 - Getting to Know Grief: Beyond the 5 Stages (SUNY Potsdam Flagg Hall 235) - 1:00-2:30 29 - Life on a Tilted Tea Cup Ride (SLU Bewkes Hall 232) - 9:00-10:30 30 - Mah Jongg for Fun I (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 9:00-11:00 31 - Mah Jongg for Fun II (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 11:30-1:30 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30</p>	<p>19 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 24 - Impacting Families in Burundi through School Gardens (SUNY Potsdam Flagg Hall 233) - 2:00-3:30 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p>
Mon	Tue	Wed	Thu	Fri
<p>22 23 - Home Energy Audit--Your Ticket to Savings (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom) - 10:00-12:00 40 - Strength Training for Older Adults (Potsdam Town Hall - Community Room (18 Elm St.)) 10:00</p>	<p>23 3 - Healing of the Mind: A Modern Indigenous Perspective (SUNY Potsdam Stowell 211) - 10:00-12:00 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30 43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>24 13 - Art of Nature Journaling (SUNY Potsdam Satterlee Hall 225) - 10:00-11:30</p>	<p>25 18 - Famous Mineral Localities, Part II: Calcites from the St. Lawrence County Lowlands (SUNY Potsdam Timmerman Hall 120) - 9:00-10:30 29 - Life on a Tilted Tea Cup Ride (SLU Bewkes Hall 232) - 9:00-10:30 34 - Pickleball for Beginners (Town of Colton Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY 13687) - 10:00-11:30 39 - Smart Driver by AARP (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 1:00-4:00 42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>26 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 39 - Smart Driver by AARP (Potsdam Civic Center Community Meeting Room (2 Park St.)) - 1:00-4:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p>

September 2025				
Mon	Tue	Wed	Thu	Fri
29 4 - Peacemakers Journey and the Great Law of Peace (SUNY Potsdam Maxcy 104) - 11:00-12:30 38 - Rockets for Space Launch Vehicles (SUNY Potsdam Brainerd 202) - 1:00-2:30 40 – Strength Training for Older Adults (Bjorn Fitness Center)- 10:00	30 1 - A Brief History of the Kanienkeha:ka (SUNY Potsdam Stowell 211) - 10:00-1:00 43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00			

October 2025

Mon	Tue	Wed	Thu	Fri
		<p>1 13 - Art of Nature Journaling (SUNY Potsdam Satterlee Hall 225) - 10:00-11:30 32 - Medicare A, B, C, D's - What You Need to Know (SUNY Potsdam Timerman 131) - 1:00-2:30</p>	<p>2 29 - Life on a Tilted Tea Cup Ride (SLU Bewkes Hall 232) - 9:00-10:30 42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>3 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p>
Mon	Tue	Wed	Thu	Fri
<p>6 4 - Peacemakers Journey and the Great Law of Peace (SUNY Potsdam Maxcy 104) - 11:00-12:30 22 - The History of the 19th-Century North Country in 3D (Canton Fire Hall) - 10:00-11:30 25 - Intro to the Shane T. Shaul Fitness Center (SUNY Potsdam Fitness Center) - 10:00-11:30 40 - Strength Training for Older Adults (Bjorn Fitness Center)-10:00</p>	<p>7 14 - Be Prepared for Ticks, Mosquitos, and Vector-borne Diseases (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton, NY 13617 Front Classroom) - 10:00-11:30 15 - Boat America - Course in Responsible Boating (SUNY Potsdam Saterlee 221) - 1:00-5:00 43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>8 15 - Boat America - Course in Responsible Boating (SUNY Potsdam Saterlee 221) - 1:00-5:00 32 - Medicare A, B, C, D's - What You Need to Know (SUNY Potsdam Timerman 131) - 1:00-2:30</p>	<p>9 10 - Ancient Stoicism (SUNY Potsdam Flagg Hall 235) - 1:00-2:30 11 - Antique Wood Boat Restoration (Colton Fire Hall, 80 Riverside Dr., Colton, NY 13625) - 1:00-2:30 41 - Submarine Life in the 70s and 80s- Two Experiences (SUNY Potsdam Flagg Hall 233) - 1:00-2:30 42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>10 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p>

October 2025

Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>5 - Signs and Symbols of the Haudenosaunee (SUNY Potsdam Maxcy 104) - 11:00-12:30</p> <p>22 - The History of the 19th-Century North Country in 3D (Canton Fire Hall) - 10:00-11:30</p> <p>27 - Introduction to the Alexander Technique (Potsdam Town Hall (18 Elm St.)) - 10:00-11:30</p>	<p>14</p> <p>26 - Introduction to Casino Gambling (SUNY Potsdam Maxcy 104) - 3:00-4:30</p> <p>43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00</p> <p>44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>15</p> <p>12 - The Archaeology of Early Christianity (SUNY Potsdam Satterlee 219) - 4:00-5:30</p> <p>37 - Renewable Energy--Part 1: The Big Picture; Part 2: At Home (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom) - 10:00-11:30</p>	<p>16</p> <p>10 - Ancient Stoicism (SUNY Potsdam Flagg Hall 235) - 1:00-2:30</p> <p>41 - Submarine Life in the 70s and 80s- Two Experiences (SUNY Potsdam Flagg Hall 233) - 1:00-2:30</p> <p>42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00</p> <p>45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p>	<p>17</p> <p>16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00</p> <p>50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p> <p>53 - Yoga Nidra - Guided Meditation for Deep Relaxation (Potsdam Presbyterian Church Community Center. Trillium Yoga Room, 42 1/2 Elm Street, Potsdam) - 11:00-12:00</p>
Mon	Tue	Wed	Thu	Fri
<p>20</p> <p>6 - Smudging and The Importance of Gratitude (SUNY Potsdam Maxcy 104) - 11:00-12:30</p> <p>22 - The History of the 19th-Century North Country in 3D (Canton Fire Hall) - 10:00-11:30</p> <p>27 - Introduction to the Alexander Technique (Potsdam Town Hall (18 Elm St.)) - 10:00-11:30</p>	<p>21</p> <p>26 - Introduction to Casino Gambling (SUNY Potsdam Maxcy 104) - 3:00-4:30</p> <p>43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00</p> <p>44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p> <p>52 - The WWI Poetry of Owen and Sassoon (SUNY Potsdam Flagg Hall 235) - 2:00-3:30</p>	<p>22</p> <p>37 - Renewable Energy--Part 1: The Big Picture; Part 2: At Home (Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom) - 10:00-11:30</p>	<p>23</p> <p>42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00</p> <p>45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00</p> <p>47 - Toiler of the Hills: The Western Works of Vardis Fisher (Potsdam Town Hall (18 Elm St.)) - 1:00-2:30</p>	<p>24</p> <p>16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00</p> <p>50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00</p> <p>53 - Yoga Nidra - Guided Meditation for Deep Relaxation (Potsdam Presbyterian Church Community Center. Trillium Yoga Room, 42 1/2 Elm Street, Potsdam) - 11:00-12:00</p>

MEET THE CHEF

Wednesday, October 15, 2025

1:00 p.m.

Fairways Restaurant, Potsdam Town & Country Club

6194 NY-56, Potsdam, NY 13676

October 2025				
Mon	Tue	Wed	Thu	Fri
27 22 - The History of the 19th-Century North Country in 3D (Canton Fire Hall) - 10:00-11:30 28 - Introduction to the Alexander Technique Part 2 (Potsdam Town Hall (18 Elm St.)) - 10:00-11:30	28 26 - Introduction to Casino Gambling (SUNY Potsdam Maxcy 104) - 3:00-4:30 43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00 52 - The WWI Poetry of Owen and Sassoon (SUNY Potdam Flagg Hall 235) - 2:00-3:30	29 49 - Vicarious Voyagers - Mongolia (SUNY Potsdam Flagg Hall 233) - 3:00-4:30	30 17 - Excel for Beginners (SUNY Potsdam Kellas 100 (computer lab)) - 1:00-2:30 42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00 48 - Two Years on the South Pacific Kingdom of Tonga (SUNY Potsdam Flagg Hall 240) - 10:00-11:30	31 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00 53 - Yoga Nidra - Guided Meditation for Deep Relaxation (Potsdam Presbyterian Church Community Center. Trillium Yoga Room, 42 1/2 Elm Street, Potsdam) - 11:00-12:00

November 2025				
Mon	Tue	Wed	Thu	Fri
3 51 - World of Textiles and Travel (The Gallery, 14 Main Street, Waddington NY 13694) - 1:00-2:30	4 26 - Introduction to Casino Gambling (SUNY Potsdam Maxcy 104) - 3:00-4:30 43 - Tai Chi Beginning (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 44 - Tai Chi Continuing Tuesday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00 52 - The WWI Poetry of Owen and Sassoon (SUNY Potdam Flagg Hall 235) - 2:00-3:30	5 33 - Painting the Night: A Study of Remington's Nocturnes (Frederic Remington Art Museum, 303 Washington Street, Ogdensburg, NY 13669) - 10:00-11:30	6 17 - Excel for Beginners (SUNY Potsdam Kellas 100 (computer lab)) - 1:00-2:30 42 - Stretching for Couch Potatoes (SUNY Potsdam Performing Arts Center 126) - 12:00-1:00 45 - Tai Chi Continuing Thursday (SUNY Potsdam Performing Arts Center 126) - 1:00-2:00	7 16 - Current Events (Potsdam Town Hall (18 Elm St.)) - 10:30-12:00 50 - Watercolor Workshop (SUNY Potsdam Satterlee Hall 225) - 10:00-12:00 53 - Yoga Nidra - Guided Meditation for Deep Relaxation (Potsdam Presbyterian Church Community Center. Trillium Yoga Room, 42 1/2 Elm Street, Potsdam) - 11:00-12:00

SOAR Fall Luncheon on Wednesday, November 12, 2025