

SOAR SPRING 2023 CALENDAR

March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
05	06	07	08	09	10	11
	<p>40 - Vegetarian Comfort Food: Section 1 (Knapps Station Community Church) - 11:00 am</p>	<p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>37 - Think You Know a Lot about Chocolate? (TBA) - 2:00 pm</p>	<p>44 - What is F-stop Anyway? (SLCHA: Silas Wright House: County Gallery) - 1:00 pm</p> <p>09 - Canine Body Language (SLU: Valentine 117) - 4:00 pm</p>	<p>16 - An Introduction to the Enneagram (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>39 - Turtles of the North Country (SLU: Valentine 117) - 5:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	
12	13	14	15	16	17	18
	<p>13 - Esports 101 (SUNY: Maxcy 104) - 10:00 am</p> <p>41 - Vegetarian Comfort Food: Section 2 (Knapps Station Community Church) - 11:00 am</p>	<p>10 - Civil War Medicine that was Used on the Battlefield (SLCHA: Silas Wright House: County Gallery) - 10:00 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>09 - Canine Body Language (SLU: Valentine 117) - 4:00 pm</p>	<p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>19 - Learning from Apollo 9 for Artemis and Beyond (SUNY: Maxcy 104) - 3:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	
19	20	21	22	23	24	25
	<p>28 - The Racquette River: 1950's Hydro Development (SUNY: Maxcy 104) - 10:00 am</p> <p>26 - North Country Caterpillars and Their Butterflies (or Moths) (SLU: Brown 141-142) - 1:00 pm</p>	<p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>26 - North Country Caterpillars and Their Butterflies (or Moths) (SLU: Brown 141-142) - 1:00 pm</p>	<p>16 - An Introduction to the Enneagram (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	01
	<p>29 - The Racquette River: A Log Highway (SUNY: Maxcy 104) - 10:00 am</p> <p>06 - Be on the Jury: The Trial of Jeffery MacDonald (SLCHA: Silas Wright House: County Gallery) - 1:00 pm</p>	<p>31 - Road Maps for the Journeys End (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>26 - North Country Caterpillars and Their Butterflies (or Moths) (SLU: Brown 141-142) - 1:00 pm</p>	<p>16 - An Introduction to the Enneagram (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
02	03	04	05	06	07	08
	<p>14 - The Fine Minerals of St. Lawrence County, New York (SUNY: Timerman 120) - 10:00 am</p> <p>06 - Be on the Jury: The Trial of Jeffery MacDonald (SLCHA: Silas Wright House: County Gallery) - 1:00 pm</p>	<p>12 - Energy Efficiency, Conservation, & Saving \$ in Your Home (Cornell Cooperative Extension Farm) - 9:30 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>27 - Poems of Billy Collins (through 1998) (Canton Free Library) - 1:30 pm</p>	<p>33 - Stem Cells in the Media (SUNY: Maxcy 104) - 10:00 am</p> <p>03 - Albert P. Crary: Polar Geologist and First Person to the North and South Poles (TBA) - 2:00 pm</p>	<p>45 - Wildlife and Roads (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	
09	10	11	12	13	14	15
		<p>25 - New York, New York: How, Where & What (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>27 - Poems of Billy Collins (through 1998) (Canton Free Library) - 1:30 pm</p>		<p>45 - Wildlife and Roads (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>22 - Mixed Media Art (SUNY: Satterlee 225) - 1:00 pm</p>	

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17	18	19	20	21	22
	<p>02 - Acid Neutralizing Technology: An Entrepreneurial Student Business Idea Achieved Using Professorial Expertise (SUNY: Maxcy 104) - 10:00 am</p>	<p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>27 - Poems of Billy Collins (through 1998) (Canton Free Library) - 1:30 pm</p>	<p>07 - Biological Control of an Invasive Plant: What's Going On? (SUNY: Maxcy 104) - 10:00 am</p>	<p>21 - Mah Jongg for Beginners (Canton Fire Station: Community Room) - 9:30 am</p> <p>45 - Wildlife and Roads (SUNY: Maxcy 104) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>22 - Mixed Media Art (SUNY: Satterlee 225) - 1:00 pm</p>	
23	24	25	26	27	28	29
	<p>15 - The Impact of Climate Change on Aquatic Communities (SUNY: Kellas 102) - 2:00 pm</p>	<p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>01 - 1968: Youth and Revolution (SUNY: Maxcy 104) - 2:00 pm</p>	<p>07 - Biological Control of an Invasive Plant: What's Going On? (SUNY: Maxcy 104) - 10:00 am</p> <p>38 - Tiffany Windows, Trinity Episcopal Church (Trinity Episcopal Church) - 2:00 pm</p>	<p>21 - Mah Jongg for Beginners (Canton Fire Station: Community Room) - 9:30 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>01 - 1968: Youth and Revolution (SUNY: Maxcy 104) - 2:00 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>30 - Researching the Abolitionist Movement & the UGRR in SLC (SLCHA: Silas Wright House: County Gallery) - 11:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>22 - Mixed Media Art (SUNY: Satterlee 225) - 1:00 pm</p>	

MEET THE CHEF: APRIL 19, 4:30 PM (DINNER)
SABAD'S RESTAURANT

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	01	02	03	04	05	06
	<p>05 - Asteroids: Stepping Stones to the Future of Space Exploration (SUNY: Maxcy 104) - 10:00 am</p>	<p>42 - Water Safety (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>11 - Driver Safety (St. Lawrence-Lewis BOCES) - 12:30 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>32 - Spring Wildflowers at Indian Creek Nature Center (Indian Creek Nature Center) - 10:00 am</p> <p>11 - Driver Safety (St. Lawrence-Lewis BOCES) - 12:30 pm</p> <p>20 - Lighthouses of New York State (SLCHA: Silas Wright House: County Gallery) - 1:00 pm</p>	<p>21 - Mah Jongg for Beginners (Canton Fire Station: Community Room) - 9:30 am</p> <p>24 - Nature Tech: Using Apps to Help Nature ID (Cornell Cooperative Extension Farm) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>23 - My Unorthodox Road to Ice Capades (SUNY: Maxcy 104) - 2:30 pm</p>	<p>43 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>30 - Researching the Abolitionist Movement & the UGRR in SLC (SLCHA: Silas Wright House: County Gallery) - 11:00 am</p> <p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>22 - Mixed Media Art (SUNY: Satterlee 225) - 1:00 pm</p>	
07	08	09	10	11	12	13
	<p>08 - Book Club Discussion: Nomad Century, How Climate Migration Will Reshape Our World (SUNY Potsdam: Van Housen 394) - 10:30 am</p>	<p>42 - Water Safety (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>		<p>21 - Mah Jongg for Beginners (Canton Fire Station: Community Room) - 9:30 am</p> <p>24 - Nature Tech: Using Apps to Help Nature ID (Cornell Cooperative Extension Farm) - 10:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>17 - Its Okay...Scream in the Shower! (SUNY: Maxcy 104) - 2:30 pm</p>	<p>04 - Art of Printmaking: Monotype (SUNY: Brainerd 205) - 12:00 pm</p> <p>18 - Learn to Fitness (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>22 - Mixed Media Art (SUNY: Satterlee 225) - 1:00 pm</p>	

SPRING LUNCHEON: MAY 17TH, 11:30- 2:00
BARRINGTON STUDENT UNION (second floor)