

SOAR SPRING 2026 CALENDAR

March 2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30	35 - Poetry Workshop - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 1:00-2:30		24 - Learning Through Play: Pedagogy in Children's Museums - North Country Children's Museum, 10 Raymond St., Potsdam, 1:00-2:30	43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00 44 - Yoga Nidra - Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm St., Potsdam, 11:00-12:00 4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30 10 - Conservation Efforts for Threatened North Country Wildlife - SUNY Potsdam, Stowell 103, 1:00-2:30	5 - Borneo - The Island of Three Countries - SUNY Potsdam, Timerman 131, 1:00-2:30 35 - Poetry Workshop - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 1:00-2:30	10 - Conservation Efforts for Threatened North Country Wildlife - SUNY Potsdam, Stowell 103, 1:00-2:30	18 - Imagine Korea through Food - SLU Eben Holden Kitchen, 11:15-12:45	43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00 44 - Yoga Nidra - Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm St., Potsdam, 11:00-12:00 4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
21 - Intro to the Alexander Technique - SUNY Potsdam, Performing Arts Center 126, 10:00-11:30 8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30	41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00 35 - Poetry Workshop - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 1:00-2:30	26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30 14 - Equine-Assisted Learning - Canton Free Library, 2:30-4:00	40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00 36 - Potsdam Humane Society - Protecting Animals and Strengthening Our Community - Potsdam Humane Society, Chad Fuller Bldg, 17 Madrid Avenue SH 345, Potsdam, 3:30-5:00	43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00 44 - Yoga Nidra - Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm St., Potsdam, 11:00-12:00 4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00

March 2026

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>21 - Intro to the Alexander Technique - SUNY Potsdam, Performing Arts Center 126, 10:00-11:30</p> <p>8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30</p>	<p>11 - Denizens of the Deep - SUNY Potsdam, Kellas 101, 10:00-11:30</p> <p>41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p> <p>17 - How To Read a Painting - SUNY Potsdam, Brainerd 215, 2:00-3:30</p>	<p>37 - Put That Book Down and Come To Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30</p> <p>26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30</p>	<p>40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>34 - Plato's Apology - SUNY Potsdam, Flagg 206, 1:00-2:30</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00</p> <p>44 - Yoga Nidra - Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm St., Potsdam, 11:00-12:00</p> <p>4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00</p>

March 2026

April 2026

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
<p>22 - Intro to the Alexander Technique Part 2 - SUNY Potsdam, Performing Arts Center 126, 10:00-11:30</p> <p>8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30</p>	<p>41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p> <p>17 - How To Read a Painting - SUNY Potsdam, Brainerd 215, 2:00-3:30</p>	<p>37 - Put That Book Down and Come To Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30</p> <p>26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30</p> <p>15 - Exploring The Possibilities Through Self-Directed Education - Canton Free Library, 2:00-3:30</p>	<p>19 - Improving Your Garden Soil - Cornell Cooperative Extension Learning Farm, 2043B NY-68 #4453, Canton, 10:30-12:00</p> <p>40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>34 - Plato's Apology - SUNY Potsdam, Flagg 206, 1:00-2:30</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00</p> <p>4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00</p>

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>25 - Lifecycle of the Hutterites - SUNY Potsdam, Flagg 206, 9:00-10:30</p> <p>22 - Intro to the Alexander Technique Part 2 - SUNY Potsdam, Performing Arts Center 126, 10:00-11:30</p> <p>8 - Chronic Disease Self-Management - Potsdam Town Hall, 18 Elm St., Potsdam, 1:00-3:30</p> <p>1 - 3D Printing: It's Not Sci-Fi! - SUNY Potsdam, Makerspace Room, Lougheed Learning Commons, 2:00-3:30</p>	<p>28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00</p> <p>6 - Breathing, Balance, and Brains - SUNY Canton, Wicks Hall 214, 12:00-1:30</p> <p>41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>37 - Put That Book Down and Come To Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30</p> <p>26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30</p> <p>33 - Naval Battle of Leyte Gulf, October 1944 - SUNY Potsdam, Flagg 233, 2:00-3:30</p> <p>2 - And Your Question Is? - SUNY Canton, Dana Hall 230, 2:30-4:00</p>	<p>28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00</p> <p>29 - Mah Jongg for Fun II - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30</p> <p>40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>34 - Plato's Apology - SUNY Potsdam, Flagg 206, 1:00-2:30</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00</p> <p>4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00</p>

April 2026

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
23 - The Journey No One Talks About - SUNY Potsdam, Flagg 232, 10:00-11:30 7 - Chemistry Making Life Better - SUNY Potsdam, Flagg 233, 3:00-4:30	28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00	37 - Put That Book Down and Come To Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30 26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30 33 - Naval Battle of Leyte Gulf, October 1944 - SUNY Potsdam, Flagg 233, 2:00-3:30 2 - And Your Question Is? - SUNY Canton, Dana Hall 230, 2:30-4:00 MEET THE CHEF Morley's American Grill, 4:30	28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 29 - Mah Jongg for Fun II - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30 40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00	43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00 4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00
Monday 20 20 - Intro to Fitness Center - SUNY Potsdam, Maxcy Hall, Shane T. Shaul Fitness Center, 10:00-11:30 39 - Strength Training for Older Adults - Potsdam Town Hall, 18 Elm St., Potsdam, 11:00-12:30	28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00	38 - Securing Your Future: Fixed Income's Role in Asset Allocation - Potsdam Town Hall, 8 Elm St., 9:30-11:00 37 - Put That Book Down and Come To Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30 16 - Global Murder: A Country-by-Country Breakdown of Serial Killers - SUNY Canton, Dana Hall 230, 1:00-2:30 26 - Line Dancing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:30 33 - Naval Battle of Leyte Gulf, October 1944 - SUNY Potsdam, Flagg 233, 2:00-3:30 2 - And Your Question Is? - SUNY Canton, Dana Hall 230, 2:30-4:00	28 - Mah Jongg for Fun I - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 29 - Mah Jongg for Fun II - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30 40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00 42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00	43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00 4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00

MEET THE CHEF

April 15, 2026 at 4:30 PM

Morley's American Grill

240 E Orvis Street, Massena NY 13662 315-764-0000

April 2026

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
<p>39 - Strength Training for Older Adults - Bjorn Fitness, 22 Depot St., Market Square Mall, Potsdam, 11:00-12:30</p>	<p>3 - Artificial Intelligence for Seniors: Baking, Breaking, and Pontificating, Oh My! - SUNY Potsdam, Barrington Student Union, Multi-Purpose Room, 10:00-11:30</p> <p>31 - Microsoft Word for Beginners Section 1 - SUNY Potsdam, Flagg 232, 10:00-11:30</p> <p>41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p> <p>12 - Don't Throw it Away! Using Food Waste to Generate Energy and Reduce Greenhouse Gas Emissions - Cornell Cooperative Extension Learning Farm, 2043B NY-68 #4453, Canton, 1:00-3:00</p>	<p>9 - Composting: Almost Everything Composts; Saving the Planet in an Important But Small Way - SUNY Potsdam, Flagg 205, 1:00-2:30</p> <p>16 - Global Murder: A Country-by-Country Breakdown of Serial Killers - SUNY Canton, Dana Hall 230, 1:00-2:30</p> <p>33 - Naval Battle of Leyte Gulf, October 1944 - SUNY Potsdam, Flagg 233, 2:00-3:30</p>	<p>32 - Microsoft Word for Beginners Section 2 - SUNY Potsdam, Flagg 232, 10:00-11:30</p> <p>40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00</p> <p>4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00</p> <p>27 - Living with Tea - Introducing Japanese Tea Ceremony and Tasting - Potsdam Civic Center, Community Meeting Room, 2 Park St., Potsdam, 1:00-2:30</p>

May 2026

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>39 - Strength Training for Older Adults - Bjorn Fitness, 22 Depot St., Market Square Mall, Potsdam, 11:00-12:30</p>	<p>31 - Microsoft Word for Beginners Section 1 - SUNY Potsdam, Flagg 232, 10:00-11:30</p> <p>41 - Tai Chi - Beginning - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p> <p>30 - Meet the Mediums (Art, That Is) - The Gallery at Lake St. Lawrence Arts, 14 Main Street, Waddington, NY 13694, 1:00-2:30</p>	<p>13 - Driver Safety by AARP - St. Lawrence-Lewis BOCES, 40 W Main St., Canton, 1:00-4:00</p>	<p>32 - Microsoft Word for Beginners Section 2 - SUNY Potsdam, Flagg 232, 10:00-11:30</p> <p>40 - Stretching for Couch Potatoes - SUNY Potsdam, Performing Arts Center 126, 12:00-1:00</p> <p>13 - Driver Safety by AARP - St. Lawrence-Lewis BOCES, 40 West Main St., Canton, 1:00-4:00</p> <p>42 - Tai Chi - Continuing - SUNY Potsdam, Performing Arts Center 126, 1:00-2:00</p>	<p>43 - Watercolor Workshop - SUNY Potsdam, Satterlee Hall 225, 10:00-12:00</p> <p>4 - Beginning Woodcarving - SUNY Potsdam, Flagg 164, 1:00-3:00</p>

SOAR Spring Luncheon will be Wednesday, May 13, 2026