

SOAR Course Calendar—Spring 2019

March 11-May 17

Monday	Tuesday	Wednesday	Thursday	Friday p. 1
<p>3/11 Art of the Ancient World Sarah Melville 12:30-2, Kellas 217 Meditation...Emotional Healing Stephen Canner 2:30-4, Potsdam Town Hall Vicarious Voyagers XXIV Ruth Kreuzer (coordinator) 2-3:30, Potsdam Civic Center</p>	<p>3/12 Our Amish Neighbors Betsy Tisdale 10:30-12:30, Potsdam Town Hall Natural History of Bears Roy Horst 2:30-4, Maxcy 104</p>	<p>3/13 Motor Control...Stroke Rehab J. Miles Canino 10-11:30, Maxcy 104 Musical Petting Zoo Leah Zelkowitz 10-12, Crane C123 Citizens' Response...Active Shooter -Timothy Ashley II 3-4:30, Maxcy 104</p>	<p>3/14 Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Yoga Nidra Donna Clark 1:30-3:00 Maxcy Dance Studio</p>	<p>3/15 Andrew Lloyd Webber...Music Dana Barry 10-11:30, Maxcy 104 Peek Inside Songwriting Process Chris Watts 10-11:30, SLU-Noble Ctr 108 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Drawing...-Jan Wightman 1:30-3:30, Satterlee 225</p>
<p>3/18 Art of the Ancient World Sarah Melville 12:30-2, Kellas 217 Meditation...Emotional Healing Stephen Canner 2:30-4, Potsdam Town Hall</p>	<p>3/19 Our Amish Neighbors Betsy Tisdale 10:30-12:30, Potsdam Town Hall Lifelines: Writing Your Way In Victoria Levitt 1-2:30, Morey 117 Natural History of Bears Roy Horst 2:30-4, Maxcy 104</p>	<p>3/20 Stereotypes Raamitha Pillay 10-11:30, Maxcy 104 Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225</p>	<p>3/21 Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Yoga Nidra Donna Clark 1:30-3:00 Maxcy Dance Studio How...Metaphors in Neuroscience Stephen Casper 2-3:30, Maxcy 104 Stem Cells: Science & Hope Ron Tavernier 2-3:30,SUNY Canton, Payson219 Vicarious Voyagers XXIV Ruth Kreuzer (coordinator) 2-3:30, Potsdam Civic Center</p>	<p>3/22 Peek Inside Songwriting Process Chris Watts 10-11:30, SLU-Noble Ctr 108 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225</p>
<p>3/25 Swirling Flows...Water Byron Erath 10-11:30, Maxcy 104 Art of the Ancient World Sarah Melville 12:30-2, Kellas 217 Meditation...Emotional Healing Stephen Canner 2:30-4, Potsdam Town Hall</p>	<p>3/26 Secrets of Good Writing Eudora Watson 10-11:30, Silas Wright Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Lifelines: Writing Your Way In Victoria Levitt 1-2:30, Morey 117 Natural History of Bears Roy Horst 2:30-4, Maxcy 104</p>	<p>3/27 Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225 Lais of Marie de France Nicole Avvalone 3-4:30, Kellas 217 Glaciers & Climate Alexander Stewart 4-5:30, SLU Brown 141-2</p>	<p>3/28 Fitness for Optimal Aging Deborah Molnar SUNY Canton, Wicks 214 9:30-11, new participants 11-12, refresher level Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Slavery & Freedom-E. Jennings 2:30-4, SLU Carnegie 018</p>	<p>3/29 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225</p>

Monday	Tuesday	Wednesday	Thursday	Friday p. 2
4/1 Rewarding Volunteer Opportunity Barbara Gordon 9:30-12, Potsdam Civic Center Art of the Ancient World Sarah Melville 12:30-2, Kellas 217 Health Tips for Seniors Pat Furgal 1-2, Canton Free Library Meditation...Emotional Healing Stephen Canner 2:30-4, Potsdam Town Hall <div style="border: 1px solid black; padding: 2px; width: fit-content;">Payment due for Meet the Chef</div>	4/2 Secrets of Good Writing Eudora Watson 10-11:30, Silas Wright Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Lifelines: Writing Your Way In Victoria Levitt 1-2:30, Morey 117 Natural History of Bears Roy Horst 2:30-4, Maxcy 104	4/3 Dying to Talk Mary Jones, Samantha Jones 9-10:30, Hospice, US Hwy 11 Bird Language and Behavior Joseph Longshore 11-12:30, Silas Wright Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225	4/4 Women Representing Women Christina Xydias 9-10:30, Maxcy 104 Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Vicarious Voyagers XXIV Ruth Kreuzer (coordinator) 2-3:30, Potsdam Civic Center Understanding Political Polls Jack McGuire 4-5:30 Kellas 104 Slavery & Freedom Evelyn Jennings 2:30-4, SLU Carnegie 018	4/5 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Citizens at the Gates Stephen Barnard 1-2:30, SLU-Carnegie 018 Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225 Wildlife and Roads Tom Langen 3:30-5, Kellas 104
4/8	4/9 Secrets of Good Writing Eudora Watson 10-11:30, Silas Wright Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Lifelines: Writing Your Way In Victoria Levitt 1-2:30, Morey 117 Following My Foremothers Ruth Baltus 3-4:30, Maxcy 104	4/10 Dying to Talk Mary Jones, Samantha Jones 9-10:30, Hospice, US Hwy 11 Bird Language and Behavior Joseph Longshore 11-12:30, Silas Wright Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225 Ekphrastic Poems Bob DeGraaff 1:30-3, Partridge Knoll Introduction to Rock Climbing Adam Wheeler and Lucas Ricci 2-3:30, Maxcy 104	4/11 Women Representing Women Christina Xydias 9-10:30, Maxcy 104 Fitness for Optimal Aging Deborah Molnar SUNY Canton, Wicks 214 9:30-11, combined groups Mah Jongg- Russell & Francey 10-12, Partridge Knoll Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Why Storytelling Matters Lisa Propst 2-3:30, Maxcy 104 Talk Therapy... Peter Ladd 4-5:30, SLU, Atwood 02	4/12 Lessons on International Trade Luciana Echazu 10-11:30, Maxcy 104 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Ho Chi Minh: Life & Legacy John Lancaster 1-2:30, Maxcy 104 Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225 19th c Prison Reform Liz Regosin 2:30-4:00, SLU-Carnegie 010

Meet the Chef payment due, April 1—\$25.00 (tip included)

Casablanca Restaurant 113 East Main Street, Gouverneur Wednesday April 17, 2019, 1:00 p.m

Monday	Tuesday	Wednesday	Thursday	Friday p. 3
<p>4/15 Adirondack History in 1900's Art Johnson 10-11:30, Maxcy 104</p>	<p>4/16 Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Lifelines: Writing Your Way In Victoria Levitt 1-2:30, Morey 117 What Did I Miss? Heather Beauchamp 2:30-4:00, Maxcy 104</p>	<p>4/17 Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225 Hard Times for Hard Maples Paul Hetzler 12:30-2, Kellas 104 Ekphrastic Poems Bob DeGraaff 1:30-3, Partridge Knoll Digital Photo...Portrait & Lands Adam Hill 4-5:30, SLU-Johnson 309</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Meet the Chef 1PM Casablanca Restaurant Gouverneur</p> </div>	<p>4/18 Mah Jongg Kay Russell & Brenda Francey 10-12, Partridge Knoll Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 Talk Therapy Revoluton Peter Ladd 4-5:30, SLU, Atwood 02</p>	<p>4/19 Lessons on International Trade Luciana Echazu 10-11:30, Maxcy 104 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Ho Chi Minh: Life & Legacy John Lancaster 1-2:30, Maxcy 104 Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225</p>
<p>Monday 4/22</p>	<p>Tuesday 4/23 Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Topics in Diversity Jay Pecora et al. 4-5:30, Maxcy 104</p>	<p>Wednesday 4/24 My Experience...Nuclear Energy Eric Thacher 10-11:30, Silas Wright Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225 Hard Times for Hard Maples Paul Hetzler 12:30-2, Kellas 104 Ekphrastic Poems Bob DeGraaff 1:30-3, Partridge Knoll Digital Photo...Portrait & Lands Adam Hill 4-5:30, SLU-Johnson 309</p>	<p>Thursday 4/25 Mah Jongg Kay Russell & Brenda Francey 10-12, Partridge Knoll Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 The Summer of '69 Terry Niles 2-3:30, Kellas 105 Topics in Diversity Jay Pecora et al. 4-5:30, Maxcy 104</p>	<p>Friday 4/26 Age Norms across Generations Lauren Diamond-Brown 10-11:30, Maxcy 104 Current Events-John Casserly 10:30-12, Partridge Knoll Line Dancing-Margaret Mauch 1-2:30, Maxcy Dance Studio Ho Chi Minh: Life & Legacy John Lancaster 1-2:30, Maxcy 104 Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225</p>

Monday	Tuesday	Wednesday	Thursday	Friday p. 4
4/29 Army ROTC—What Is It? Scott Toth 10-11:30, Maxcy 104	4/30 Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Topics in Diversity Jay Pecora et al. 4-5:30, Maxcy 104	5/1 My Experience...Nuclear Energy Eric Thacher 10-11:30, Silas Wright Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225	5/2 Mah Jongg Kay Russell & Brenda Francey 10-12, Partridge Knoll Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Art for Beginners Carol McRobbie (coordinator) 1-3, Satterlee 225 The Summer of '69 Terry Niles 2-3:30, Kellas 105 Topics in Diversity Jay Pecora et al. 4-5:30, Maxcy 104	5/3 Current Events -John Casserly 10:30-12, Partridge Knoll Line Dancing -Margaret Mauch 1-2:30, Maxcy Dance Studio Drawing for Everyone Jan Wightman 1:30-3:30, Satterlee 225 Elephants and Rhinos John McDonald 2-3:30 Kellas 104 Settler Colonialism & Justice John Collins 2:30-4, SLU Carnegie 009
5/6 Injury Prevention Andrea Smith & Jena Cryderman 9:30-11, Maxcy 104 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Registration due for Spring Luncheon </div>	5/7 Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio	5/8 Honey Bee for Dummies William Roome 10-11:30, Silas Wright Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225 Extraction of DNA Kristine Potter 1-3, SUNY Canton, Cook 213	5/9 Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Fungi and Trees Claire Burkum 12:30-2, SLU-Johnson 244 The Summer of '69 Terry Niles 2-3:30, Kellas 105	5/10 Revisiting Country Schools Judith Liscum 10-12, Silas Wright Elephants and Rhinos John McDonald 2-3:30 Kellas 104 Settler Colonialism & Justice John Collins 2:30-4, SLU Carnegie 009
Monday 5/13	Tuesday 5/14 Mysteries of Round Towers Robert LeBoeuf 10-12:30, Silas Wright Beginning Tai Chi-Pam March 12-1, Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio	Wednesday 5/15 Watercolor/Mixed Media Donna Kuhn 12:30-2:30, Satterlee 225	Thursday 5/16 Tai Chi: Short Form-Pam March 12-1 Maxcy Dance Studio Continuing Tai Chi-Pam March 1-2, Maxcy Dance Studio Umwelt in Newspapers Thomas Graser 1-2:30, Potsdam Town Hall, Community Room, 18 Elm St.	Friday 5/17

SOAR Spring Luncheon and Annual Meeting—Wednesday, May 22 from 11:30-2:00
 Knowles Conference Center (Note: new venue)