

# SOAR SPRING 2025 CALENDAR

March 2025				
Mon	Tue	Wed	Thu	Fri
<p><b>03</b></p> <p>11 - Chair or Gentle movement Yoga, Breath Work, &amp; Vaqal Toning to Release Stress (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>10 - Canine Body Language (Potsdam Humane Society) - 1:00 pm</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>04</b></p> <p>26 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:00 am</p> <p>35 - Selected issues in Financial Planning for Retirees (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>14 - Flash Fiction: A Writing Workshop (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>05</b></p> <p>07 - Beyond the Canvas: Exploring Art at the Turn of the Century (Frederic Remington Art Museum) - 11:00 am</p>	<p><b>06</b></p> <p>26 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:00 am</p> <p>35 - Selected issues in Financial Planning for Retirees (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>07</b></p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>39 - Strength Training for Older Adults (Potsdam Town Hall - Community Room (18 Elm St.)) - 1:00 pm</p>
<p><b>10</b></p> <p>02 - The Alexander Technique, Introduction (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>10 - Canine Body Language (Potsdam Humane Society) - 1:00 pm</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 3:30 pm</p>	<p><b>11</b></p> <p>26 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:00 am</p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>14 - Flash Fiction: A Writing Workshop (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>12</b></p> <p>15 - Fun with Fermentation: Hands-On Workshop (Cornell Cooperative Extension Farm) - 10:00 am</p>	<p><b>13</b></p> <p>26 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:00 am</p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>14</b></p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>39 - Strength Training for Older Adults (Bjorn Fitness Center) - 1:00 pm</p>

# March 2025

Mon	Tue	Wed	Thu	Fri
<p><b>17</b></p> <p>02 - The Alexander Technique, Introduction (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>04 - Amphibian Biology (Potsdam Humane Society) - 1:00 pm</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 3:30 pm</p>	<p><b>18</b></p> <p>24 - Intro to the Shane I. Shaul Fitness Center (SUNY Potsdam: Maxcy Fitness Center) - 10:00 am</p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>14 - Flash Fiction: A Writing Workshop (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>19</b></p> <p>18 - Gunfight at the O.K. Corral: Myth, Fact, and Fiction (SUNY Potsdam: Flagg 235) - 1:30 pm</p>	<p><b>20</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>21</b></p> <p>19 - Harmful Algal Blooms and Recreational Water Safety (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>34 - The Science of Autonomous Flight: How Drones Work (SLU: Bewkes 107) - 1:00 pm</p>
<p><b>24</b></p> <p>03 - The Alexander Technique, Part 2 (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 3:30 pm</p>	<p><b>25</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>14 - Flash Fiction: A Writing Workshop (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>31 - NYS Fire Investigation K9 Program / Fire Safety Tips (SUNY Potsdam: Maxcy 104) - 2:00 pm</p>	<p><b>26</b></p> <p>18 - Gunfight at the O.K. Corral: Myth, Fact, and Fiction (SUNY Potsdam: Flagg 235) - 1:30 pm</p>	<p><b>27</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>30 - Navigating your Financial Voyage with Security and Ease (SUNY Potsdam: Maxcy 104) - 3:00 pm</p>	<p><b>28</b></p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>33 - The Poor People's Campaign: A National Call for Moral Revival (SUNY Canton: Room not yet assigned) - 3:00 pm</p>

# March / April 2025

Mon	Tue	Wed	Thu	Fri
<p><b>31</b> - The Alexander Technique, Part 2 (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 3:30 pm</p>	<p><b>01</b> - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>02</b> - Intermediate Nature Apps (SLU: Wachtmeister Field Station (Outer Park Street)) - 10:00 am</p> <p>18 - Gunfight at the O.K. Corral: Myth, Fact, and Fiction (SUNY Potsdam: Flagg 235) - 1:30 pm</p>	<p><b>03</b> - "What's In a Name?": Why Name Changes and Pronouns Matter (SUNY Canton: Miller Campus Center 212) - 10:00 am</p> <p>16 - Gettysburg 1863 - A Few Appropriate Remarks (semester 3) (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>04</b> - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p>

April 2025				
Mon	Tue	Wed	Thu	Fri
<p><b>07</b> - Signs and Symbols of the Haudenosaunee (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>08</b> - Muscle Matters (SUNY Canton: Wicks 214) - 12:00 pm</p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>08 - Billy Collins Poems, 2024 (Canton Free Library) - 1:30 pm</p>	<p><b>09</b> - Gunfight at the O.K. Corral: Myth, Fact, and Fiction (SUNY Potsdam: Flagg 235) - 1:30 pm</p> <p>44 - Using Judicial Opinions to Explain Criminal Prosecutions of Celebrities, Politicians, and Gangsters (SUNY Canton: Dana Hall 230) - 2:30 pm</p>	<p><b>10</b> - Gettysburg 1863 - A Few Appropriate Remarks (semester 3) (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>11</b> - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>45 - Vardis Fisher - A Forgotten Hemingway (Potsdam Town Hall - Community Room (18 Elm St.)) - 1:00 pm</p>

# April 2025

Mon	Tue	Wed	Thu	Fri
<p><b>14</b></p> <p>22 - The Importance of Gratitude Using the Ohenton Kariwahtekwen and Smudge Practices (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>15</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>08 - Billy Collins Poems, 2024 (Canton Free Library) - 1:30 pm</p>	<p><b>16</b></p> <p>44 - Using Judicial Opinions to Explain Criminal Prosecutions of Celebrities, Politicians, and Gangsters (SUNY Canton: Dana Hall 230) - 2:30 pm</p>	<p><b>17</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>18</b></p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p>
<p><b>21</b></p> <p>13 - Evolution of Beadwork and Intro to Beading (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>21 - The History and Creation of Higley Flow (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>22</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>08 - Billy Collins Poems, 2024 (Canton Free Library) - 1:30 pm</p>	<p><b>23</b></p> <p>38 - Spring Mud Walk (Hannawa Falls Brookfield access roads, Old State Rd.) - 10:00 am</p> <p>25 - Journey Into Darkness: FBI Profiling (SUNY Canton: Dana Hall 230) - 12:00 pm</p> <p>05 - The Art of Hand-pulled Prints with Brilliant Colors (SUNY Potsdam: Satterlee 225) - 1:30 pm</p> <p>44 - Using Judicial Opinions to Explain Criminal Prosecutions of Celebrities, Politicians, and Gangsters (SUNY Canton: Dana Hall 230) - 2:30 pm</p>	<p><b>24</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>25</b></p> <p>32 - Pathways to Joining the New Horizons Bands (SUNY Potsdam: Crane - Bishop C107) - 10:00 am</p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p>
<p><b>28</b></p> <p>17 - The Great Law of Peace: The First Democracy (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>29</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>27 - Mortalting 101 (SUNY Potsdam: Flagg 211) - 2:00 pm</p>	<p><b>30</b></p> <p>05 - The Art of Hand-pulled Prints with Brilliant Colors (SUNY Potsdam: Satterlee 225) - 1:30 pm</p>	<p><b>MEET THE CHEF</b></p> <p><b>Wednesday, April 16, 2025</b></p> <p>Seating at 4:30</p> <p><b>11 West, 6182 State Hwy, Canton NY</b></p> <p>Reservations &amp; Payment must be received in SOAR Office by March 31</p>	

May 2025				
Mon	Tue	Wed	Thu	Fri
<p><b>05</b></p> <p>09 - A Brief History of the Kaniienkeha:ka of Akwesasne (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p>28</p> <p><b>06</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>29</p> <p><b>07</b></p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm</p> <p>05 - The Art of Hand-pulled Prints with Brilliant Colors (SUNY Potsdam: Satterlee 225) - 1:30 pm</p>	<p><b>01</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>43 - Twenty Years of Progress - SLPEM (St. Lawrence Power &amp; Equipment Museum) (SUNY Potsdam: Maxcy 104) - 2:00 pm</p>	<p><b>02</b></p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p> <p>01 - The ABC's of LGBTQ+ (Canton Fire Station: Community Room) - 2:00 pm</p>
<p><b>05</b></p> <p>09 - A Brief History of the Kaniienkeha:ka of Akwesasne (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>20 - Hatha Yoga (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p><b>06</b></p> <p>41 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>07</b></p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm</p> <p>05 - The Art of Hand-pulled Prints with Brilliant Colors (SUNY Potsdam: Satterlee 225) - 1:30 pm</p>	<p><b>08</b></p> <p>40 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>42 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p><b>09</b></p> <p>37 - Southern Africa: Safari and Culture (SUNY Potsdam: Flagg 211) - 9:30 am</p> <p>46 - Watercolor Workshop (SUNY Potsdam: Satterlee 325) - 10:00 am</p>

# SOAR Spring Luncheon on Wednesday, May 14, 2025