

SOAR FALL 2024

CALENDAR

September 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
			02 - Autism, a Practical Understanding (Canton Fire Station: Community Room) - 10:00 am	41 - Watercolor and Graphic Arts Workshop (SUNY Potsdam: Satterlee 225) - 9:00 am	42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am 07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am 16 - Growing Dahlias (and More!) in the North Country (SUNY Potsdam: Maxcy 104) - 1:30 pm	
08	09	10	11	12	13	14
	22 - iPhone Photography (SUNY Potsdam: Maxcy 104) - 10:00 am	10 - Driver Safety by AARP (St. Lawrence- Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm	22 - iPhone Photography (SUNY Potsdam: Maxcy 104) - 10:00 am 10 - Driver Safety by AARP (St. Lawrence- Lewis BOCES, 40 W. Main St., Canton) - 1:00 pm 38 - Trees and Shrubs of the North Country (SUNY Potsdam: Stowell 103) - 3:00 pm	41 - Watercolor and Graphic Arts Workshop (SUNY Potsdam: Satterlee 225) - 9:00 am 01 - American Predators: Wolves, Coy Wolves, Cougars and Jaguars (SUNY Potsdam: Maxcy 104) - 3:00 pm	42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am 07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am	

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	18	19	20	21
	<p>27 - Music and Movement (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p>40 - Vicarious Voyagers: Himalayan Kingdoms (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 10:00 am</p> <p>39 - US Superspy Virginia Hall; aka My Great Aunt Dindy (Potsdam Civic Center: Community Meeting Room (2 Park St.)) - 1:00 pm</p>	<p>09 - Don't Throw it Away! Recovering Resources from Food Waste (Clarkson University: Snell Hall 330 - Peterson Board Room) - 1:00 pm</p> <p>38 - Trees and Shrubs of the North Country (SUNY Potsdam: Stowell 103) - 3:00 pm</p>	<p>41 - Watercolor and Graphic Arts Workshop (SUNY Potsdam: Satterlee 225) - 9:00 am</p> <p>02 - Autism, a Practical Understanding (Canton Fire Station: Community Room) - 10:00 am</p> <p>01 - American Predators: Wolves, Coy Wolves, Cougars and Jaguars (SUNY Potsdam: Maxcy 104) - 3:00 pm</p>	<p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>08 - Development and Socialization of Captive Wolf Pups (TBA) - 2:00 pm</p>	
22	23	24	25	26	27	28
	<p>21 - Introduction to the Alexander Technique (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>27 - Music and Movement (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>	<p>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>18 - Home Energy Audits (Cornell Cooperative Extension Farm) - 10:00 am</p> <p>12 - Generate New Ideas and Solve Problems Creatively (SUNY Potsdam: Maxcy 104) - 1:00 pm</p>	<p>41 - Watercolor and Graphic Arts Workshop (SUNY Potsdam: Satterlee 225) - 9:00 am</p> <p>02 - Autism, a Practical Understanding (Canton Fire Station: Community Room) - 10:00 am</p> <p>34 - Stretching for Coach Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>01 - American Predators: Wolves, Coy Wolves, Cougars and Jaguars (SUNY Potsdam: Maxcy 104) - 3:00 pm</p>	<p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p>	

MEET THE CHEF: OCTOBER 16, 1:00 PM

CHASE'S RIVER DINING

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	01	02	03	04	05
	<p>21 - Introduction to the Alexander Technique (SUNY Potsdam: Maxcy Dance Studio) - 10:00 am</p> <p>37 - Ticks and Tick-borne Disease (Cornell Cooperative Extension Farm) - 10:00 am</p> <p>25 - Medicare A,B,C & D's: What You Need to Know (SUNY Potsdam: Maxcy 104) - 1:00 pm</p> <p>27 - Music and Movement (SUNY Potsdam: Maxcy Dance Studio) - 2:00 pm</p>					

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	01	02	03	04	05
		<p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>26 - Memoir Writing (Partridge Knoll: Multi-Purpose Room) - 11:00 am</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 1:00 pm</p> <p>32 - Seasonal Tacos with Homemade Tortillas (Cornell Cooperative Extension Farm) - 2:00 pm</p>	<p>24 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>01 - American Predators: Wolves, Coy Wolves, Cougars and Jaguars (SUNY Potsdam: Maxcy 104) - 3:00 pm</p>	<p>13 - Geology of Selected National Parks (SUNY Potsdam: Kellas 105) - 10:00 am</p> <p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>16 - Growing Dahlias (and More!) in the North Country (SUNY Potsdam: Maxcy 104) - 1:30 pm</p> <p>05 - Brazilian Dimensional Embroidery (SUNY Potsdam: Maxcy 104) - 2:00 pm</p>	

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
06	07	08	09	10	11	12
	<p>31 - Researching Your Family History (SUNY Potsdam: Kellas 100) - 9:00 am</p> <p>15 - The Grid: What Is It and How It Works (Cornell Cooperative Extension Farm) - 12:30 pm</p> <p>25 - Medicare A,B,C & Ds: What You Need to Know (SUNY Potsdam: Maxcy 104) - 1:00 pm</p>	<p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>26 - Memoir Writing (Partridge Knoll: Multi-Purpose Room) - 11:00 am</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 1:00 pm</p>	<p>24 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>13 - Geology of Selected National Parks (SUNY Potsdam: Kellas 105) - 10:00 am</p> <p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>05 - Brazilian Dimensional Embroidery (SUNY Potsdam: Maxcy 104) - 2:00 pm</p>	
13	14	15	16	17	18	19
	<p>31 - Researching Your Family History (SUNY Potsdam: Kellas 100) - 9:00 am</p>	<p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p> <p>28 - Mysteries of Greek Mythology (SUNY Potsdam: Brainerd 202) - 4:00 pm</p>	<p>02 - Autism, a Practical Understanding (Canton Fire Station: Community Room) - 10:00 am</p> <p>04 - The Beatles - Revolution (Part 2) (SUNY Potsdam: Maxcy 104) - 10:00 am</p> <p>26 - Memoir Writing (Partridge Knoll: Multi-Purpose Room) - 11:00 am</p> <p>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 1:00 pm</p>	<p>24 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</p> <p>34 - Stretching for Couch Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>13 - Geology of Selected National Parks (SUNY Potsdam: Kellas 105) - 10:00 am</p> <p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>23 - Japanese Tea Ceremony Experience (Potsdam Town Hall - Community Room (18 Elm St.)) - 1:00 pm</p> <p>05 - Brazilian Dimensional Embroidery (SUNY Potsdam: Maxcy 104) - 2:00 pm</p>	

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21	22	23	24	25	26
	<p><u>43 - Why Local Power: Understanding Your Choices (Cornell Cooperative Extension Farm) - 10:00 am</u></p>	<p><u>20 - Introduction to Acrylic Landscapes (SUNY Potsdam: Satterlee 225) - 9:00 am</u></p> <p><u>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</u></p> <p><u>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</u></p> <p><u>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</u></p>	<p><u>04 - The Beatles - Revolution (Part 2) (SUNY Potsdam: Maxcy 104) - 10:00 am</u></p> <p><u>26 - Memoir Writing (Partridge Knoll: Multi-Purpose Room) - 11:00 am</u></p> <p><u>29 - Native Peoples of North America (SUNY Potsdam: Maxcy 104) - 1:00 pm</u></p>	<p><u>24 - Mah Jongg for Fun (Partridge Knoll: Multi-Purpose Room) - 9:30 am</u></p> <p><u>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</u></p> <p><u>34 - Stretching for Coach Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</u></p> <p><u>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</u></p> <p><u>03 - Be On The Jury! The McMartin Day Care Trial (SUNY Potsdam: Maxcy 104) - 3:00 pm</u></p>	<p><u>13 - Geology of Selected National Parks (SUNY Potsdam: Kellas 105) - 10:00 am</u></p> <p><u>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</u></p> <p><u>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</u></p>	
27	28	29	30	31	01	02
	<p><u>19 - Insect Ecology (SUNY Potsdam: Maxcy 104) - 1:00 pm</u></p>	<p><u>20 - Introduction to Acrylic Landscapes (SUNY Potsdam: Satterlee 225) - 9:00 am</u></p> <p><u>11 - Estate Planning Basics (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</u></p> <p><u>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</u></p> <p><u>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</u></p> <p><u>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</u></p>	<p><u>04 - The Beatles - Revolution (Part 2) (SUNY Potsdam: Maxcy 104) - 10:00 am</u></p> <p><u>19 - Insect Ecology (SUNY Potsdam: Maxcy 104) - 1:00 pm</u></p> <p><u>14 - Gettysburg 1863 (Semester Two) - Three days of Hell (Potsdam Town Hall - Community Room (18 Elm St.)) - 2:00 pm</u></p>	<p><u>11 - Estate Planning Basics (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:00 am</u></p> <p><u>30 - Pickleball for Beginners (SUNY Potsdam: Maxcy Field House) - 11:00 am</u></p> <p><u>34 - Stretching for Coach Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</u></p> <p><u>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</u></p>		

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01	02
					<p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>16 - Growing Dahlias (and More!) in the North Country (SUNY Potsdam: Maxcy 104) - 1:30 pm</p> <p>06 - The Chemistry of Light (SLU: Johnson 303) - 3:30 pm</p>	
03	04	05	06	07	08	09
		<p>35 - Tai Chi Beginning (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>17 - Herbal Teas for Stress & Vitality (SUNY Potsdam: Maxcy 104) - 1:00 pm</p> <p>14 - Gettysburg 1863 (Semester Two) - Three days of Hell (Potsdam Town Hall - Community Room (18 Elm St.)) - 2:00 pm</p>	<p>34 - Stretching for Coach Potatoes (SUNY Potsdam: Maxcy Dance Studio) - 12:00 pm</p> <p>36 - Tai Chi Continuing (SUNY Potsdam: Maxcy Dance Studio) - 1:00 pm</p>	<p>33 - Skeletal Muscle Atrophy in Outer Space (SUNY Potsdam: Maxcy 104) - 10:00 am</p> <p>42 - Watercolor Workshop (SUNY Potsdam: Satterlee 225) - 10:00 am</p> <p>07 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p>	
10	11	12	13	14	15	16

FALL LUNCHEON: TO BE ANNOUNCED (TBA)