

SOAR FALL 2026 COURSE CALENDAR

SEPTEMBER

* Title of first class of a course is in bold

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
	7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 21 - Hello, Insects! Getting to Know the Neighbors - SUNY Potsdam Kellas 105, 1:00-2:30	12 - Community Science Projects - CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617, 10:00-12:00 54 - What Am I Going to Do with All this Stuff!! - SUNY Potsdam Timerman 131, 1:00-2:30	29 - The Lives of Stars - SLU Bewkes Hall 232, 9:00-10:30 45 - Tour of St. Lawrence Nurseries - St. Lawrence Nurseries, 6527 NY-56, Potsdam, NY 13676, 10:00-11:30	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
1 - A Brief History of the Kanienkehaka - SUNY Potsdam Timerman 131, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 37 - Photos of the Adirondacks - SUNY Potsdam Timerman 131, 2:00-3:30	50 - Ukraine in 1991 and Ukraine in 2026 - SUNY Potsdam Kellas 104, 9:00-10:30 7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 12 - Community Science Projects - Indian Creek Nature Center, Main Entrance, Rensselaer Falls, 10:00-12:00 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	19 - Fun with Fermentation - CCE Extension Learning Farm Harvest Kitchen, 2043B State Highway 68, Canton, NY 13617, 10:00-12:00 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 38 - Put That Book Down and Come to Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30 44 - Thomas Jefferson, the Many Facets of Him - SUNY Potsdam Timerman 131, 1:00-3:00	29 - The Lives of Stars - SLU Bewkes Hall 232, 9:00-10:30 32 - Medicare A, B, C & D's: Navigating the Confusion - SUNY Potsdam Kellas 105, 10:00-11:30 39 - Simple Start: Creating Your Own Native Pollinator Garden - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 10:00-12:00 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 55 - Will Eisner's "The Spirit": Weekend Crime Fighter - SUNY Potsdam Flagg 235, 2:00-3:30	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
1 - A Brief History of the Kanienkehaka - SUNY Potsdam Timerman 131, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 37 - Photos of the Adirondacks - SUNY Potsdam Timerman 131, 2:00-3:30	50 - Ukraine in 1991 and Ukraine in 2026 - SUNY Potsdam Kellas 104, 9:00-10:30 Not held 9/22 - Date Changed to 9/29. 7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 17 - Experience the Mediterranean Diet - Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 33 - Meet the Mediums (Art, That Is) - St Lawrence Arts 14 Main Street, Waddington, NY 13694, 1:00-2:30 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	9 - Architectural Psychology - SLU (room TBA), 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 38 - Put That Book Down and Come to Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30 27 - Lifestyle and Cardiovascular Disease - SUNY Potsdam Flagg 210, 1:30-3:00	29 - The Lives of Stars - SLU Bewkes Hall 232, 9:00-10:30 32 - Medicare A, B, C & D's: Navigating the Confusion - SUNY Potsdam Kellas 105, 10:00-11:30 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 55 - Will Eisner's "The Spirit": Weekend Crime Fighter - SUNY Potsdam Flagg 235, 2:00-3:30 25 - Introduction to Casino Gambling - SUNY Potsdam Flagg 205, 3:00-4:30	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00

Monday 28	Tuesday 29	Wednesday 30	Thursday Oct. 1	Friday Oct. 2
2 – Smudging and the Importance of Gratitude – SUNY Potsdam Kellas 102, 9:00-10:30 28 – Line Dancing – SUNY Potsdam Maxcy Dance Studio, 10:00-11:30	7 – Acrylic Painting – SUNY Potsdam Satterlee 225, 10:00-12:00 17 – Experience the Mediterranean Diet – Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 42 – Tai Chi Beginning – SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 – Tai Chi Continuing – SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 35 – Music & Medals: The Crane School of Music at the 1980 Winter Olympics – SUNY Potsdam Stowell 211, 2:00-3:30	9 – Architectural Psychology – SLU (room TBA), 10:00-11:30 11 – Become Energy Wise – CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617, 10:00-12:00 16 – Eating for Maximum Nutrition – SUNY Potsdam Kellas 105, 10:00-12:00 28 – Line Dancing – SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 38 – Put That Book Down and Come to Supper Now! – Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30	29 – The Lives of Stars – SLU Bewkes Hall 232, 9:00-10:30 41 – Stretching for Couch Potatoes – SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 – Tai Chi Continuing – SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 55 – Will Eisner’s “The Spirit”: Weekend Crime Fighter – SUNY Potsdam Flagg 235, 2:00-3:30 25 - Introduction to Casino Gambling - SUNY Potsdam Flagg 205, 3:00-4:30	53 – Watercolor Workshop – SUNY Potsdam Satterlee 225, 10:00-12:00 13 – Current Events – Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00

October 2026

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
18 – Feng Shui – SUNY Potsdam Kellas 101, 9:00-11:00 28 – Line Dancing – SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 14 – Driver Safety by AARP – BOCES, 40 W. Main St Canton, NY 13617, 1:00-4:00 51 – Vicarious Voyagers Oman: Culture, Heritage, and Religion – SUNY Potsdam Timerman 131, 1:00-2:30	7 – Acrylic Painting – SUNY Potsdam Satterlee 225, 10:00-12:00 42 – Tai Chi Beginning – SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 14 – Driver Safety by AARP – BOCES, 40 W. Main St Canton, NY 13617, 1:00-4:00 34 – Microsoft Excel for Beginners – SUNY Potsdam Flagg Hall 232, 1:00-3:00 43 – Tai Chi Continuing – SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	9 – Architectural Psychology – SLU (room TBA), 10:00-11:30 11 – Become Energy Wise – CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617, 10:00-12:00 28 – Line Dancing – SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 38 – Put That Book Down and Come to Supper Now! – Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30	20 – Geology of Selected National Parks – SUNY Potsdam Kellas 105, 10:00-11:30 23 – Intro to the Alexander Technique Part 1 – SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 41 – Stretching for Couch Potatoes – SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 – Tai Chi Continuing – SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 55 – Will Eisner’s “The Spirit”: Weekend Crime Fighter – SUNY Potsdam Flagg 235, 2:00-3:30 25 - Introduction to Casino Gambling - SUNY Potsdam Flagg 205, 3:00-4:30	53 – Watercolor Workshop – SUNY Potsdam Satterlee 225, 10:00-12:00 57 - Women of the American Revolution - SUNY Potsdam Flagg 206, 10:00-11:30 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
26 - Introduction to the Fitness Center - SUNY Potsdam Fitness Center, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 46 - Trees and Shrubs of the North Country - SUNY Potsdam Timerman 131, 2:00-3:30	7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 57 - Women of the American Revolution - SUNY Potsdam Flagg 206, 10:00-11:30 17 - Experience the Mediterranean Diet - Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 34 - Microsoft Excel for Beginners - SUNY Potsdam Flagg Hall 232, 1:00-3:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 46 - Trees and Shrubs of the North Country - SUNY Potsdam Timerman 131, 2:00-3:30	11 - Become Energy Wise - CCE Extension Learning Farm, 2043B State Highway 68, Canton, NY 13617, 10:00-12:00 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 38 - Put That Book Down and Come to Supper Now! - Jernabi Coffeehouse, 11 Maple St., Potsdam, 10:00-11:30 56 - Will Elephants in the Wild Become Extinct? - SUNY Potsdam Timerman 131, 3:00-4:30	20 - Geology of Selected National Parks - SUNY Potsdam Kellas 105, 10:00-11:30 23 - Intro to the Alexander Technique Part 1 - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00 10 - Be the Bridge: Vital Skills Until Help Arrives - Colton Fire Station, 80 Riverside Dr, Colton, NY 13625, 1:00-2:30

October 2026 (continued)

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 36 - Navigating the Grief Journey - SUNY Potsdam Flagg 206, 10:00-11:30	22 - Hiking in the North Country: Tips and Trips - SUNY Potsdam Flagg 235, 9:00-11:30 30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 17 - Experience the Mediterranean Diet - Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 31 - Mah Jongg for Fun II - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 40 - Strength Training for Older Adults - Potsdam Town Hall, 18 Elm Street, Potsdam, 1:00-2:00 52 - Viruses: Covid-19, Shingles, and Rabies - SUNY Potsdam Maxcy 104, 1:00-2:30 56 - Will Elephants in the Wild Become Extinct? - SUNY Potsdam Timerman 131, 3:00-4:30 MEET THE CHEF LUNCH 1:00	30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 20 - Geology of Selected National Parks - SUNY Potsdam Kellas 105, 10:00-11:30 24 - Intro to the Alexander Technique Part 2 - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 25 - Introduction to Casino Gambling - SUNY Potsdam Flagg 205, 3:00-4:30	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00 58 - Yoga Nidra, Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm Street, Potsdam NY 13676, 11:00-12:00 15 - Drugs: The Good, the Bad, and the Ugly - SLU Johnson Hall of Sciences, Room 303, 3:30-5:00
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
3 - The Haudenosaunee Creation Story - SUNY Potsdam Timerman 131, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30	22 - Hiking in the North Country: Tips and Trips - SUNY Potsdam Flagg 235, 9:00-11:30 30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 7 - Acrylic Painting - SUNY Potsdam Satterlee 225, 10:00-12:00 17 - Experience the Mediterranean Diet - Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 31 - Mah Jongg for Fun II - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 40 - Strength Training for Older Adults - Bjorn Fitness, Market Square Mall, 22 Depot Street, Potsdam, 1:00-2:00	30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 20 - Geology of Selected National Parks - SUNY Potsdam Kellas 105, 10:00-11:30 24 - Intro to the Alexander Technique Part 2 - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 48 - Two Years on the South Pacific Kingdom of Tonga - SUNY Potsdam Flagg 206, 10:00-11:30 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 25 - Introduction to Casino Gambling - SUNY Potsdam Flagg 205, 3:00-4:30	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00 58 - Yoga Nidra, Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm Street, Potsdam NY 13676, 11:00-12:00

MEET THE CHEF LUNCH

Wednesday October 21st at 1:00

Jake's on the Water

5726 State Hwy 56, Hannawa Falls, NY 13647

November 2026

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
3 - The Haudenosaunee Creation Story - SUNY Potsdam Timerman 131, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 47 - Turning Waste into Energy: Recovering Valuable Resources from Food Waste with Anaerobic Digestion - Clarkson University TBA, 1:00-3:00	30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 5 - 3D Printing: It's Not Sci-Fi! Section 1 - SUNY Potsdam Makerspace - Loughheed Learning Commons, 11:00-1:30 17 - Experience the Mediterranean Diet - Knapps Station Community Church, 3035 County Route 47, Norwood, NY 13668, 11:00-1:00 31 - Mah Jongg for Fun II - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 11:30-1:30 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 49 - U.S. Submarines in World War II - SUNY Potsdam Flagg 210, 1:00-2:30	28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 40 - Strength Training for Older Adults - Bjorn Fitness, Market Square Mall, 22 Depot Street, Potsdam, 1:00-2:00	30 - Mah Jongg for Fun I - Potsdam Civic Center Community Meeting Room, 2 Park St., Potsdam, 9:00-11:00 5 - 3D Printing: It's Not Sci-Fi! Section 1 - SUNY Potsdam Makerspace - Loughheed Learning Commons, 11:00-1:30 41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 8 - The Adirondacks and American Art - SUNY Potsdam Kellas 103, 2:30-4:00	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00 58 - Yoga Nidra, Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm Street, Potsdam NY 13676, 11:00-12:00
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
4 - Signs and Symbols of the Haudenosaunee - SUNY Potsdam Timerman 131, 10:00-11:30 28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30	6 - 3D Printing: It's Not Sci-Fi! Section 2 - SUNY Potsdam Makerspace - Loughheed Learning Commons, 11:00-1:30 42 - Tai Chi Beginning - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00 49 - U.S. Submarines in World War II - SUNY Potsdam Flagg 210, 1:00-2:30	28 - Line Dancing - SUNY Potsdam Maxcy Dance Studio, 10:00-11:30 6 - 3D Printing: It's Not Sci-Fi! Section 2 - SUNY Potsdam Makerspace - Loughheed Learning Commons, 11:00-1:30	41 - Stretching for Couch Potatoes - SUNY Potsdam Maxcy Dance Studio, 12:00-1:00 43 - Tai Chi Continuing - SUNY Potsdam Maxcy Dance Studio, 1:00-2:00	53 - Watercolor Workshop - SUNY Potsdam Satterlee 225, 10:00-12:00 13 - Current Events - Potsdam Town Hall 18 Elm St., Potsdam, 10:30-12:00 58 - Yoga Nidra, Guided Meditation for Deep Relaxation - Trillium Yoga Room, Potsdam Presbyterian Church Community Center, 42 1/2 Elm Street, Potsdam NY 13676, 11:00-12:00

SOAR SPRING LUNCHEON

will be on Wednesday November 18th, 2026