

SOAR FALL 2023 CALENDAR

September 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
03	04	05	06	07	08	09
		<p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p> <p>10 AM AMBASSADOR WORKSHOP SUNY POTSDAM KELLAS 101A</p>	<p>37 - The Revolutionary War at Fort Oswegatchie (SUNY: Maxcy 104) - 10:00 am</p> <p>23 - Growing Dahlias in the North Country (SUNY: Kellas 104) - 1:00 pm</p>	<p>06 - Behavior and Ecology of North Country Birds (Bayside Cemetery (Entrance, Back Hannawa Rd.)) - 9:00 am</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p>	<p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>51 - World Peace Is Possible (SUNY: Maxcy 104) - 1:00 pm</p>	
10	11	12	13	14	15	16
	<p>25 - Intro to the Fitness Center (SUNY: Maxcy Fitness Center) - 10:00 am</p> <p>07 - The Big Cats: Lions, Tigers, Cheetahs and Leopards (SUNY: Kellas 104) - 1:00 pm</p>	<p>41 - Slavery & Freedom in the Americas (SLU; Room not yet assigned) - 11:00 am</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p> <p>39 - Scar Stories (SUNY: Kellas 103) - 2:00 pm</p>	<p>37 - The Revolutionary War at Fort Oswegatchie (SUNY: Maxcy 104) - 10:00 am</p> <p>32 - Mindhunter: Inside the FBI's Elite Serial Crime Unit (SUNY Canton: Dana Hall 229) - 1:00 pm</p> <p>47 - Trees and Shrubs of the North Country (SUNY: Stowell 103) - 3:00 pm</p>	<p>06 - Behavior and Ecology of North Country Birds (Bayside Cemetery (Entrance, Back Hannawa Rd.)) - 9:00 am</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p>	<p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>29 - Landscapes of the North Country (SUNY: Maxcy 104) - 1:00 pm</p> <p>08 - A Biocultural Exploration of Incest and Inbreeding (SUNY: Kellas 102) - 2:00 pm</p>	<p>47 - Trees and Shrubs of the North Country (To Be Arranged) - 10:00 am</p>
17	18	19	20	21	22	23
	<p>15 - The Electric Life: the Energy Transition in Action (SUNY: Maxcy 104) - 10:00 am</p> <p>07 - The Big Cats: Lions, Tigers, Cheetahs and Leopards (SUNY: Kellas 104) - 1:00 pm</p> <p>04 - Basics of Canine Nutrition (SLU: Valentine 117) - 4:30 pm</p>	<p>41 - Slavery & Freedom in the Americas (SLU; Room not yet assigned) - 11:00 am</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p> <p>39 - Scar Stories (SUNY: Kellas 103) - 2:00 pm</p>	<p>02 - Active Shooter Response (SUNY: Maxcy 104) - 10:00 am</p> <p>20 - Gems from the Beatles Songbook (SUNY: Maxcy 104) - 12:00 pm</p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES) - 12:30 pm</p> <p>32 - Mindhunter: Inside the FBI's Elite Serial Crime Unit (SUNY Canton: Dana Hall 229) - 1:00 pm</p> <p>47 - Trees and Shrubs of the North Country (SUNY: Stowell 103) - 3:00 pm</p>	<p>06 - Behavior and Ecology of North Country Birds (Bayside Cemetery (Entrance, Back Hannawa Rd.)) - 9:00 am</p> <p>12 - Driver Safety by AARP (St. Lawrence-Lewis BOCES) - 12:30 pm</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p>	<p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>29 - Landscapes of the North Country (SUNY: Maxcy 104) - 1:00 pm</p>	

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	29	30
	<p>38 - The Romance of Musical Prague (SUNY: Maxcy 104) - 10:00 am</p> <p>07 - The Big Cats: Lions, Tigers, Cheetahs and Leopards (SUNY: Kellas 104) - 1:00 pm</p> <p>04 - Basics of Canine Nutrition (SLU: Valentine 117) - 4:30 pm</p>	<p>44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>39 - Scar Stories (SUNY: Kellas 103) - 2:00 pm</p> <p>17 - Excavating a Late Roman City in North Macedonia (SUNY: Brainerd 215) - 4:00 pm</p>	<p>24 - History and Hydropower on the Racquette (Hannawa Falls Fire Station) - 2:30 pm</p>	<p>30 - Mah Jongg for All (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>26 - Introduction to Pickleball (SUNY: Maxcy Field House) - 1:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>33 - Native Peoples of North America (SUNY: Kellas 101) - 3:30 pm</p>	<p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>16 - Entropy (SUNY: Kellas 102) - 1:00 pm</p> <p>29 - Landscapes of the North Country (SUNY: Maxcy 104) - 1:00 pm</p> <p>24 - History and Hydropower on the Racquette (Red Sandstone Trail (Mill Street, Hannawa Falls)) - 2:30 pm</p>	

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
<p>DEADLINE FOR: MEET THE CHEF</p>	<p>31 - Medicare A, B, C, & D's: What Everyone Needs to Know (SUNY: Maxcy 104) - 10:00 am</p> <p>46 - Tending Your Inner Landscape (SLCHA: Silas Wright House: County Gallery) - 1:00 pm</p> <p>07 - The Big Cats: Lions, Tigers, Cheetahs and Leopards (SUNY: Kellas 104) - 1:00 pm</p> <p>04 - Basics of Canine Nutrition (SLU: Valentine 117) - 4:30 pm</p>	<p>44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>40 - Science, Music, and the Human Condition (SUNY: Kellas 102) - 3:30 pm</p>	<p>49 - Virtual Reality Tourism (SUNY: Satterlee 314) - 10:00 am</p> <p>20 - Gems from the Beatles Songbook (SUNY: Maxcy 104) - 12:00 pm</p> <p>23 - Growing Dahlias in the North Country (SUNY: Kellas 104) - 1:00 pm</p>	<p>30 - Mah Jongg for All (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>33 - Native Peoples of North America (SUNY: Kellas 101) - 3:30 pm</p>	<p>13 - Eating for Maximum Nutrition (SUNY: Maxcy 104) - 10:00 am</p> <p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>22 - Genocides (Other Than the Holocaust) (SLU: Room not yet assigned) - 3:00 pm</p>	
08	09	10	11	12	13	14
	<p>31 - Medicare A, B, C, & D's: What Everyone Needs to Know (SUNY: Maxcy 104) - 10:00 am</p> <p>18 - Fauna of Vernal Pools (SLU: Valentine 117) - 4:30 pm</p>	<p>44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>20 - Gems from the Beatles Songbook (SUNY: Maxcy 104) - 12:00 pm</p>	<p>30 - Mah Jongg for All (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>33 - Native Peoples of North America (SUNY: Kellas 101) - 3:30 pm</p>	<p>27 - James Joyce's Ulysses: Controversies and Conundrums (SUNY: Maxcy 104) - 10:00 am</p> <p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>22 - Genocides (Other Than the Holocaust) (SLU: Room not yet assigned) - 3:00 pm</p>	

October 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	18	19	20	21
	<p>19 - Following My Foremothers: Women Engineers During WWII (SUNY: Maxcy 104) - 10:00 am</p> <p>07 - The Big Cats: Lions, Tigers, Cheetahs and Leopards (SUNY: Kellas 104) - 1:00 pm</p>	<p>36 - Preserving Apples (Cornell Cooperative Extension Farm) - 10:00 am</p> <p>44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>09 - Biomedical Applications of Mass Spectrometry (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Park Talk (SUNY: Maxcy 104) - 3:30 pm</p> <p>MEET THE CHEF DINNER</p>	<p>30 - Mah Jongg for All (Partridge Knoll: Multi-Purpose Room) - 9:30 am</p> <p>42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>33 - Native Peoples of North America (SUNY: Kellas 101) - 3:30 pm</p>	<p>27 - James Joyce's Ulysses: Controversies and Conundrums (SUNY: Maxcy 104) - 10:00 am</p> <p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>28 - Korean Drumming (SLU: Peterson Kermani Performance Hall) - 12:30 pm</p> <p>43 - Sustainable Food Packaging (SUNY: Maxcy 104) - 1:00 pm</p> <p>22 - Genocides (Other Than the Holocaust) (SLU: Room not yet assigned) - 3:00 pm</p>	
22	23	24	25	26	27	28
		<p>44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>21 - Gender Diversity: What Is It? Why is it Currently a Hot Topic? (Potsdam Town Hall - Community Room (18 Elm St.)) - 1:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p>	<p>03 - The Art of Skating (SUNY: Maxcy 104) - 10:00 am</p> <p>35 - Park Talk (SUNY: Maxcy 104) - 3:30 pm</p>	<p>42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm</p> <p>45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm</p> <p>05 - The Beauty and Culture of Japan (SUNY: Kellas 102) - 3:30 pm</p>	<p>27 - James Joyce's Ulysses: Controversies and Conundrums (SUNY: Maxcy 104) - 10:00 am</p> <p>50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am</p> <p>11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am</p> <p>28 - Korean Drumming (SLU: Peterson Kermani Performance Hall) - 12:30 pm</p> <p>48 - A Trip to St. Peter's Without the Jet Lag (SUNY: Maxcy 104) - 1:00 pm</p> <p>22 - Genocides (Other Than the Holocaust) (SLU: Room not yet assigned) - 3:00 pm</p>	

MEET THE CHEF: OCT 18, 4:30 PM, @ EYLAND'S

November 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	01	02	03	04
	DEADLINE FOR: FALL LUNCHEON	44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm 21 - Gender Diversity: What Is It? Why is it Currently a Hot Topic? (Potsdam Town Hall - Community Room (18 Elm St.)) - 1:00 pm 45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm	03 - The Art of Skating (To Be Arranged) - 10:00 am 23 - Growing Dahlias in the North Country (SUNY: Kellas 104) - 1:00 pm 35 - Park Talk (SUNY: Maxcy 104) - 3:30 pm	01 - Aaron Burr: Patriot or Traitor? (SUNY: Kellas 102) - 11:00 am 42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm 45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm 34 - Our Amish Neighbors (Potsdam Town Hall - Community Room (18 Elm St.)) - 2:00 pm	50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am 11 - Current Events (Potsdam Town Hall - Community Room (18 Elm St.)) - 10:30 am 10 - Chemistry: Rates and Reactions (SLU: Room not yet assigned) - 3:30 pm	
05	06	07	08	09	10	11
		14 - Electric Cars: Where are We Now and Where are We Heading? (SUNY: Kellas 101) - 9:00 am 44 - Tai Chi Beginning (SUNY: Maxcy Dance Studio) - 12:00 pm 45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm	35 - Park Talk (SUNY: Maxcy 104) - 3:30 pm	42 - Stretching for Couch Potatoes (SUNY: Maxcy Dance Studio) - 12:00 pm 45 - Tai Chi Continuing (SUNY: Maxcy Dance Studio) - 1:00 pm 34 - Our Amish Neighbors (Potsdam Town Hall - Community Room (18 Elm St.)) - 2:00 pm	50 - Watercolor Workshop (SUNY: Satterlee 225) - 10:00 am	
12	13	14	15	16	17	18
			FALL LUNCHEON			

FALL LUNCHEON: NOV 15TH, 11:30 – 2:00 PM
KNOWLES CONFERENCE CENTER