

Fall 2025 SOAR Courses: Registration Form

September 02, 2025 to November 07, 2025

For Office Use Only

Check # _____

Date Written _____

Name: _____ Email: _____

Street: _____ Preferred Phone: _____

City: _____ State: ____ Zip: _____ Other Phone: _____

- Include check for \$85 (made out to SOAR, Inc), put "SOAR dues" in memo line.
- Sign up for at least one course plus as many as you wish (there is NO twelve course limit).
- Complete the "Waiver/Release" with your signature and date.
- Once your registration is processed, you will receive a letter in the mail listing which courses you've either been enrolled in or waitlisted for. You will also receive a name tag and a parking permit to use both semesters. If you want campus maps, please indicate below.
- Closed courses and other changes are posted on the SOAR website www.soarnorthcountry.org.

- [1] ____ A Brief History of the Kanienkeha:ka

[2] ____ Haudenosaunee Creation Story

[3] ____ Healing of the Mind: A Modern Indigenous P...

[4] ____ Peacemakers Journey and the Great Law of P...

[5] ____ Signs and Symbols of the Haudenosaunee

[6] ____ Smudging and The Importance of Gratitude

[7] ____ Understanding the Medicine Wheel

[8] ____ We Are Not Trash: Importance of the Missin...

[9] ____ The 1950s Racquette River Hydro Development

[10] ____ Ancient Stoicism

[11] ____ Antique Wood Boat Restoration

[12] ____ The Archaeology of Early Christianity

[13] ____ Art of Nature Journaling

[14] ____ Be Prepared for Ticks, Mosquitos, and Vect...

[15] ____ Boat America - Course in Responsible Boating

[16] ____ Current Events

[17] ____ Excel for Beginners

[18] ____ Famous Mineral Localities, Part II: Calcit...

[19] ____ The Fascinating History of Knitting

[20] ____ Getting to Know Grief: Beyond the 5 Stages

[21] ____ The Growing Edge - Gardening in the Second...

[22] ____ The History of the 19th-Century North Coun...

[23] ____ Home Energy Audit--Your Ticket to Savings

[24] ____ Impacting Families in Burundi through Scho...

[25] ____ Intro to the Shane T. Shaul Fitness Center

[26] ____ Introduction to Casino Gambling

[27] ____ Introduction to the Alexander Technique
- [28] ____ Introduction to the Alexander Technique Pa...

[29] ____ Life on a Tilted Tea Cup Ride

[30] ____ Mah Jongg for Fun I

[31] ____ Mah Jongg for Fun II

[32] ____ Medicare A, B, C, D's - What You Need to Know

[33] ____ Painting the Night: A Study of Remington's...

[34] ____ Pickleball for Beginners

[35] ____ Reducing Food Waste with Preservation

[36] ____ Regenerative Gardening for Fun (and to Hel...

[37] ____ Renewable Energy--Part 1: The Big Picture;...

[38] ____ Rockets for Space Launch Vehicles

[39] ____ Smart Driver by AARP

[40] ____ Strength Training for Older Adults

[41] ____ Submarine Life in the 70s and 80s- Two Exp...

[42] ____ Stretching for Couch Potatoes

[43] ____ Tai Chi Beginning

[44] ____ Tai Chi Continuing Tuesday

[45] ____ Tai Chi Continuing Thursday

[46] ____ Thomas Jefferson- A personal View

[47] ____ Toiler of the Hills: The Western Works of ...

[48] ____ Two Years on the South Pacific Kingdom of ...

[49] ____ Vicarious Voyagers - Mongolia

[50] ____ Watercolor Workshop

[51] ____ World of Textiles and Travel

[52] ____ The WWI Poetry of Owen and Sassoon

[53] ____ Yoga Nidra - Guided Meditation for Deep Re...

Yes ____ No ____ Although campus maps are on the SOAR website, I would also like printed maps mailed to me.

WAIVER/RELEASE

I understand that the SOAR Board of Directors, course instructors and SUNY Potsdam, its Trustees, employees, and agents have no legal responsibility for my physical welfare while I am a member of SOAR or a participant in any SOAR class, field trip or event from September 1, 2025 through August 31, 2026. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR.

Signature _____

Date _____