

Fall 2026 SOAR Courses: Registration Form

September 08, 2026 to November 13, 2026

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. You may take as many courses as you wish. Please attend all you sign up for.
- Complete the "Waiver/Release". **Registration Form can't be processed without your signature/date on this form.**
- Once your registration is processed, you will receive a letter in the mail listing which courses you've either been enrolled in or wait-listed for. You will also receive a name tag and a parking permit to use both semesters.
- Closed courses and other changes are posted on the SOAR website www.soarnorthcountry.org.

**** Courses with double asterisks have an extra fee that needs to be sent with this registration form. Please include a separate check made out to the Presenter with the Course Name in the memo line.**

- | | |
|--|---|
| [1] ____ A Brief History of the Kanienkehaka | [30] ____ Mah Jongg for Fun I |
| [2] ____ Smudging and the Importance of Gratitude | [31] ____ Mah Jongg for Fun II |
| [3] ____ The Haudenosaunee Creation Story | [32] ____ Medicare A, B, C & D's: Navigating the Con... |
| [4] ____ Signs and Symbols of the Haudenosaunee | [33] ____ Meet the Mediums (Art, That Is) |
| [5] ____ 3D Printing: It's Not Sci-Fi! Section 1 | [34] ____ Microsoft Excel for Beginners |
| [6] ____ 3D Printing: It's Not Sci-Fi! Section 2 | [35] ____ Music & Medals: The Crane School of Music ... |
| [7] ____ Acrylic Painting | [36] ____ Navigating the Grief Journey |
| [8] ____ The Adirondacks and American Art | [37] ____ Photos of the Adirondacks |
| [9] ____ Architectural Psychology | [38] ____ Put That Book Down and Come to Supper Now! |
| [10] ____ Be the Bridge: Vital Skills Until Help Arr... | [39] ____ Simple Start: Creating Your Own Native Pol... |
| [11] ____ Become Energy Wise | [40] ____ Strength Training for Older Adults |
| [12] ____ Community Science Projects | [41] ____ Stretching for Couch Potatoes |
| [13] ____ Current Events | [42] ____ Tai Chi Beginning |
| [14] ____ Driver Safety by AARP | [43] ____ Tai Chi Continuing |
| [15] ____ Drugs: The Good, the Bad, and the Ugly | [44] ____ Thomas Jefferson, the Many Facets of Him |
| [16] ____ Eating for Maximum Nutrition | [45] ____ Tour of St. Lawrence Nurseries |
| [17] ____ ** Experience the Mediterranean Diet (Fee \$35) | [46] ____ Trees and Shrubs of the North Country |
| [18] ____ Feng Shui | [47] ____ Turning Waste into Energy: Recovering Valu... |
| [19] ____ Fun with Fermentation | [48] ____ Two Years on the South Pacific Kingdom of ... |
| [20] ____ Geology of Selected National Parks | [49] ____ U.S. Submarines in World War II |
| [21] ____ Hello, Insects! Getting to Know the Neighbors | [50] ____ Ukraine in 1991 and Ukraine in 2026 |
| [22] ____ Hiking in the North Country: Tips and Trips | [51] ____ Vicarious Voyagers - Oman: Culture, Herita... |
| [23] ____ Intro to the Alexander Technique Part 1 | [52] ____ Viruses: Covid-19, Shingles, and Rabies |
| [24] ____ Intro to the Alexander Technique Part 2 | [53] ____ Watercolor Workshop |
| [25] ____ Introduction to Casino Gambling | [54] ____ What Am I Going to Do with All this Stuff!! |
| [26] ____ Introduction to the Fitness Center | [55] ____ Will Eisner's "The Spirit": Weekend Crime ... |
| [27] ____ Lifestyle and Cardiovascular Disease | [56] ____ Will Elephants in the Wild Become Extinct? |
| [28] ____ Line Dancing | [57] ____ Women of the American Revolution |
| [29] ____ The Lives of Stars | [58] ____ Yoga Nidra, Guided Meditation for Deep Rel... |

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, 2026 through August 31, 2027. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR.

Signature (REQUIRED) _____

Date _____

PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM

- Include an \$85 check for your membership dues with this registration form. Make your check payable to SOAR, Inc. Write "SOAR Dues" in the memo line.
- Mail to: SOAR, 382 Van Housen Ext, SUNY Potsdam, 44 Pierrepoint Avenue, Potsdam, NY 13676 – You may also hand-deliver your form directly to the office.

SUGGESTIONS for Presenters and courses: What suggestions do you have for future courses? Please include, whenever possible, contact information for prospective Presenters for courses you suggest.

VOLUNTEERING – PHOTOGRAPHERS, COMMITTEES and COURSE AMBASSADORS

SOAR is a member-run organization that depends on the volunteer efforts of its members. Please consider volunteering your time to help our SOAR organization. Place a ✓ in the appropriate blanks below.

____ **PHOTOGRAPHERS** – SOAR volunteers to take photos in their SOAR classes to use on our website. Details: Take 2-3 photos in your classes of the Presenter and class members and email them to the SOAR office. Interested members will be contacted by the chair of the technology committee with further instructions.

COMMITTEES that would greatly appreciate your help, along with a brief description of their responsibilities:

____ **Ambassador Committee** - Assist the committee with securing ambassadors for courses. Serve as a link to the ambassadors and the ambassador committee or SOAR office by use of email and phone. Duties may begin as soon as you are available.

____ **Registration Committee – Co-Chair** needed to help prepare registration materials, contact and schedule registration volunteers and oversee/help volunteers with the registration process in the SOAR office.

____ **Presenter Committee** - Communicate with Presenters by sending them informative emails about SOAR, their courses and an invitation to the SOAR end of semester Luncheon.

COURSE AMBASSADOR - Each SOAR course has an Ambassador who contacts the Presenter before the course begins, attends course classes, takes attendance and assists the presenter.

Please check one selection on the form below to express your interest.

Ambassador Interest Form

Name: _____

Please check one selection below:

____ I do not wish to be an ambassador this semester.

____ I am interested in being an ambassador for any course in which I am registered.

____ I am interested in being an ambassador for only the following courses:

_____ Course name: _____

_____ Course name: _____

Email: _____ Phone: _____