

For Office Use

Only:

Ck Date _____ Ck # _____

Spring 2019 SOAR Courses: Registration Form

March 11, 2019 to May 17, 2019

PLEASE COMPLETE BOTH SIDES

Name: _____ **Email:** _____

Address: _____ **City:** _____ **Zip:** _____ **Home #:** _____

Member Type: ___ **NEW to SOAR** ___ **Current (paid dues in F18)** ___ **Previous** **Cell #:** _____

*If you're a NEW member or didn't pay dues last Fall 2018, you will receive a Name Tag and Parking Permit with your confirmation letter.

*If you registered last Fall, please keep your current name tag, map and parking permit.

*You will receive a confirmation letter in the mail listing which courses you've been enrolled or waitlisted for.

*Closed courses and other changes are posted on the SOAR web page www.soarnorthcountry.org.

[1] ___ Adirondack History

[2] ___ Age Norms Across Generations

[3] ___ Andrew Lloyd Webber

[5] ___ Army ROTC—What is it?

[6] ___ Art for Beginners & Neophytes

[7] ___ Art of the Ancient World

[8] ___ Beginning Tai Chi & Qigong

[9] ___ Citizens at the Gates

[10] ___ Citizens' Response to Active Shooter Events

[11] ___ Continuing Tai Chi & Qigong

[12] ___ Country Schools Revisited

[13] ___ Current Events

[14] ___ Digital Photography for Portraits and Landscapes

[15] ___ Drawing for Everyone

[16] ___ Dying to Talk

[17] ___ Ekphrastic Poems

[18] ___ Elephants and Rhinos

[19] ___ Extraction of DNA

[20] ___ Fitness for Optimal Aging - New Participants

[21] ___ Fitness for Optimal Aging - Refresher Level

[22] ___ Following My Foremothers

[23] ___ Fungi and Trees

[24] ___ Glaciers & Climate

[25] ___ Hard Times for Hard Maples

[26] ___ Health Tips for Seniors

[27] ___ Ho Chi Minh

[28] ___ Honey Bees for Dummies

[29] ___ How should we understand metaphors in neuroscience?

[30] ___ Injury Prevention

[31] ___ Interpreting Bird Language and Behavior

[32] ___ Introduction to Rock Climbing

[33] ___ Lais of Marie de France

[34] ___ Lessons on International Trade and Policy

[35] ___ Lifelines

[36] ___ Line Dancing for Beginners

[37] ___ Mah Jongg

[38] ___ Meditation for Emotional Healing

[39] ___ Motor Control Theory & Stroke Rehabilitation

[40] ___ Musical Petting Zoo

[41] ___ My Experience in Nuclear Energy

[42] ___ Mysteries of the Round Towers of Ireland

[43] ___ Natural History of Bears

[44] ___ Nineteenth Century Prison Reform

[45] ___ Our Amish Neighbors

[46] ___ Peek Inside the Songwriting Process

[47] ___ Rewarding Volunteer Opportunity Available

[48] ___ Secrets of Good Writing

[49] ___ Settler Colonialism and Global Justice

[50] ___ Slavery and Freedom in the Americas

[51] ___ Stem Cells—The Science and Hope

[52] ___ Stereotypes

[53] ___ Summer of '69

[54] ___ Swirling Flows

[55] ___ Tai Chi

[56] ___ The Talk Therapy Revolution

[57] ___ Topics in Diversity

[58] ___ Umwelt in Newspapers...divided readership

[59] ___ Understanding Political Polls

[60] ___ Vicarious Voyagers XXIV

[61] ___ Watercolor/Mixed Media Art Workshop

[62] ___ What Did I Miss?

[63] ___ Why Storytelling Matters for Building Peace

[64] ___ Wildlife & Roads

[65] ___ Women Representing Women in Politics

[66] ___ Yoga Nidra

Please sign Waiver/Release on the back of this form --->

Waiver/Release

*** Please sign below:**

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, sponsored trip or event from September 1, 2018 through August 31, 2019. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR.

X _____

Signature

_____ Date

CLASSROOM ASSISTANTS NEEDED

A number of SOAR courses use technology, primarily in SUNY-Potsdam, Maxcy Hall 104. Technology volunteers assist course presenters to connect to the college's equipment. Silas Wright House, SUNY Canton and St. Lawrence University provide their own technology assistance.

Training of tech volunteers began last year with a few members now prepared to be helpful. We are counting on more SOAR members to volunteer, on the model of our course ambassadors, to help them out. Janet van Weringh, Chair of the Technology Committee, will provide training for members who volunteer to be technology assistants. The workshop, roughly an hour-long, is designed to familiarize volunteers with (1) the equipment in Maxcy 104, (2) how to access the college's network and (3) how to connect presenter's equipment. In addition to the training workshop, a User's Guide for Maxcy 104 is available on the SOAR website.

We would appreciate your volunteering as a technology assistant for SOAR.

Please indicate if you would be willing to be a technology assistant.

I wish to volunteer as a technology assistant.

We will contact you with dates and times of our training workshops.

*If you are a **NEW** member *or* if you **did not register in Fall 2018**, include your \$65 *signed* check (made out to **PACES-235**) and this form to:

**SOAR
382 Van Housen Ext.
SUNY Potsdam
44 Pierrepont Ave.
Potsdam, NY 13676**