



FOR OFFICE USE ONLY
Check No. _____
Date Written: _____

SPRING 2026 SOAR COURSE REGISTRATION FORM

March 2, 2026 to May 8, 2026

Name: _____ Email: _____

Street: _____ Preferred Phone: _____

City, State, Zip: _____ Other Phone: _____

Check one:

I paid the \$85 membership dues in Fall of 2025.

I am including a check for \$85, made out to **SOAR, INC**, with "SOAR dues" in memo line.

- You are required to sign up for at least one course - you may take as many courses as you wish.
- You are required to sign and date the "Waiver/Release" towards the bottom of this page.
- Once your registration is processed, you will be mailed a name tag, a campus parking permit and a letter listing the courses you've been enrolled in and/or waitlisted for.
- Closed courses and other changes are posted on the SOAR website at www.soarnorthcountry.org.
- **If you register for Course 18, please mail a check for \$10 payable to In-Sil Yoo** with the registration form.

[1] <input type="checkbox"/> 3D Printing: It's Not Sci-Fi!	[23] <input type="checkbox"/> The Journey No One Talks About
[2] <input type="checkbox"/> And Your Question Is?	[24] <input type="checkbox"/> Learning Through Play: Pedagogy in Childre...
[3] <input type="checkbox"/> Artificial Intelligence for Seniors: Bakin...	[25] <input type="checkbox"/> Lifecycle of the Hutterites
[4] <input type="checkbox"/> Beginning Woodcarving	[26] <input type="checkbox"/> Line Dancing
[5] <input type="checkbox"/> Borneo--The Island of Three Countries	[27] <input type="checkbox"/> Living with Tea: Introducing Japanese Tea...
[6] <input type="checkbox"/> Breathing, Balance, and Brains	[28] <input type="checkbox"/> Mah Jongg for Fun I
[7] <input type="checkbox"/> Chemistry Making Life Better	[29] <input type="checkbox"/> Mah Jongg for Fun II
[8] <input type="checkbox"/> Chronic Disease Self-Management	[30] <input type="checkbox"/> Meet the Mediums (Art, That Is)
[9] <input type="checkbox"/> Composting: Almost Everything Composts; Sa...	[31] <input type="checkbox"/> Microsoft Word for Beginners Section 1
[10] <input type="checkbox"/> Conservation Efforts for Threatened North ...	[32] <input type="checkbox"/> Microsoft Word for Beginners Section 2
[11] <input type="checkbox"/> Denizens of the Deep	[33] <input type="checkbox"/> Naval Battle of Leyte Gulf, October 1944
[12] <input type="checkbox"/> Don't Throw it Away! Using Food Waste to G...	[34] <input type="checkbox"/> Plato's Apology
[13] <input type="checkbox"/> Driver Safety by AARP	[35] <input type="checkbox"/> Poetry Workshop
[14] <input type="checkbox"/> Equine-Assisted Learning	[36] <input type="checkbox"/> Potsdam Humane Society (PHS) - Protecting ...
[15] <input type="checkbox"/> Exploring the Possibilities through Self-D...	[37] <input type="checkbox"/> Put That Book Down and Come to Supper Now!
[16] <input type="checkbox"/> Global Murder: A Country-by-Country Breakd...	[38] <input type="checkbox"/> Securing Your Future: Fixed Income's Role ...
[17] <input type="checkbox"/> How To Read a Painting	[39] <input type="checkbox"/> Strength Training for Older Adults
[18] <input type="checkbox"/> **Imagine Korea through Food (Fee \$10)	[40] <input type="checkbox"/> Stretching for Couch Potatoes
[19] <input type="checkbox"/> Improving Your Garden Soil	[41] <input type="checkbox"/> Tai Chi Beginning
[20] <input type="checkbox"/> Intro to the Shane T. Shaul Fitness Center	[42] <input type="checkbox"/> Tai Chi Continuing
[21] <input type="checkbox"/> Intro to the Alexander Technique	[43] <input type="checkbox"/> Watercolor Workshop
[22] <input type="checkbox"/> Intro to the Alexander Technique Part 2	[44] <input type="checkbox"/> 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 presenters 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, SOAR field trip or SOAR 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

- If you did NOT pay dues in Fall 2025 and you are joining SOAR this Spring, please include an \$85 check made payable to SOAR, INC. Please write “SOAR dues” on the memo line.
- Send this registration form (and your \$85 check if you are joining SOAR this spring) to:
SOAR, 382 Van Housen Ext., SUNY Potsdam, 44 Pierrepont Ave., Potsdam, NY 13676

SUGGESTIONS for future Presenters and Courses: SOAR needs your help to identify new Presenters and interesting courses for its members. You can also email suggestions to SOAR@potsdam.edu.

Please tell us if you, or someone you know, may have a talent or area of expertise you/they might like to share with SOAR members.

What suggestions do you have for future SOAR Courses?

VOLUNTEERING: SOAR, our member-run organization, needs more active members to volunteer so we can continue running smoothly. Please consider volunteering your time to help SOAR.

Place a check mark in the following blanks next to any committee you are interested in joining.

Events Committee – Responsibilities: Research and plan the Meet the Chef luncheons/dinners.

Nominating and Awards Committee – Responsibilities: Reviews nominations for the Leon LeBeau Award, SuperSOARer Award, and Jim Barry Outstanding Contribution to SOAR Award, submit recommendations to the Board for approval, and considers names for the Board of Directors when vacancies occur.

Presenter Committee – Responsibility: Communicates with Presenters by mailing and/or emailing informational letters and invitations to the SOAR Luncheon.

Publications Committee – Coordinates, produces and/or reviews documents that communicate with the members; including Newsletters, Registration, Meet the Chef and Luncheon materials.

COURSE AMBASSADOR INTEREST

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

Please complete this section to express your interest in becoming an Ambassador:

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: _____