



**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](http://www.soarnorthcountry.org).
- **\*\*If you register for Course 18, please mail a check for \$10 payable to In-Sil Yoo with the registration form.**

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

**PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM**

- 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](mailto: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.

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What suggestions do you have for future SOAR Courses?

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**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: \_\_\_\_\_