Join us at

SOAR

where
it's
never
too late
to learn!

For more information about
SOAR and its courses
visit
the SOAR website
www.soarnorthcountry.org

SOAR office
Mon-Wed-Fri 9am to 2pm
382 Van Housen Extension
SUNY Potsdam
Same building as University Police office.
Short term parking beside building.

(315) 267-2690
soar@potsdam.edu

SOAR

Lifelong Learning

in the

North Country

Sponsored by SUNY Potsdam
Affiliated with Road Scholar Institute

About SOAR

SOAR began in 2001. We are a member-directed adult learning group sponsored by SUNY Potsdam. Through the Road Scholar Institute Network, SOAR is affiliated with more than 300 such lifelong learning groups. Our goal is to create stimulating opportunities to keep mind, body and spirit vital.

Classes meet during the daytime, Monday-Friday, usually for 1½ hours on the campuses of area colleges and in various public places (indoors and out) in Potsdam, Canton or nearby.

SOAR Courses

Courses from Past Semesters

Arts and Crafts
  Introduction to Watercolor
  Barn Quilting
  Crafting: Pressed Flowers & Fall Leaves
  Writing Our Memories for the Grandkids

Science and Engineering
  Electric Cars
  Galaxies
  The Neurobiology of Pain
  Fuel from the Sun: Solar Energy Conversion

Nature
  Insect Behavior
  North Country Raptors
  Identifying Common Mushrooms
  Basic Birdwatching

Humanities
  Frederick Remington: The Sportsman
  Children's Literature : An Overview
  Concert Music: What's Really Going On
  Jane Austen and *Emma*

History and Society
  Primate Cultures
  Foreign Aid: Understanding the Debate
  Current Events-Discussion
  Unearthing the Raquette's Ancient Past

Health
  Digestive Wellness & Healthy Aging
  Building Better Bones
  Senior Fitness
  Accupressure for Common Ailments

Activities
  Beginning Tai Chi
  Ballroom Dancing
  Mah Jongg
  AARP Safe Driving Course

SOAR Members

Though beyond full-time responsibilities of family and work, SOAR members continue to be active, inquisitive, energetic and creative.

We enjoy intellectual stimulation, hands-on activities, going places and good fellowship.