

1. An asterisk * indicates that this course or event is held **off** SUNY Potsdam campus
2. (web version only) **Red** = start of a new course, change, note or correction
3. Beginning (and Continuing) Tai-Chi & Qigong start on 3/17
4. NOT SCHEDULED: field trip: Plants of St. Lawrence County

MORE NOTES
on PAGE 3

SOAR COURSE SCHEDULE FOR SPRING 2015

March 9 - May 15, 2015

updated: 05/03/15

CHECK THE SOAR WEB SITE FOR UPDATES!

CONFIRMED for 3/17: Hands-on Kitchen Chemistry Experiments download the most recent (color) version of this calendar and other mailing inserts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.1</i>
<p>3/9</p> <p>no classes scheduled for today</p>	<p>3/10</p> <p>*Freemasonry - Trent Trulock [course canceled] Crafting...Flowers...A. J.Oathout 3:30-5:00, Kellas 217</p>	<p>3/11</p> <p>*Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints Ray Bradbury... - F. Palumbo 10:30-12:00, Kellas 217</p>	<p>3/12</p> <p>*Techniques of Fiction - P. Bailey 10:10-11:40, SLU: Richardson 104 Big Data...Big Deal... - Joe Skufca 1:30-3:00 - Maxcy 104 *Jane Austen...Emma - C. Underhill 4:00-5:30, SUNY Canton: Halford Hall (CREST Center)</p>	<p>3/13</p> <p>*Current Events - John Casserly 10:30-12:00, Partridge Knoll Photograms... - I. Beerbower 12:00-1:30, Brainerd 202 Modern Cosmology:An Overview Christian Armendariz-Picon 2:00-3:30, Maxcy 104</p>
<p>3/16</p> <p>no classes scheduled for today</p>	<p>3/17</p> <p>*Hands-on...Chemistry... J. Barry 10:00-12:00, Canton Free Library Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi - Pam March 1:00-2:00, Maxcy Dance Studio *Freemasonry - Trent Trulock [course canceled] Land Stewardship... - Jess Rogers, Tom. Langen, John. Casserly 2:00-3:00, Maxcy 104 Crafting...Flowers...B. J.Oathout 3:30-5:00, Kellas 217</p>	<p>3/18</p> <p>*Creative..Grammar...-J. Jaunzems 9:30-11:00, SLCHA:Silas Wright H. *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints Ray Bradbury... - F. Palumbo 10:30-12:00, Kellas 217 *Ten Courageous Women... Linda Casserly 1:30-3:30, Canton Presbyterian Ch.</p>	<p>3/19</p> <p>*Techniques of Fiction (changed to 3/26) Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Jane Austen...Emma - C. Underhill 4:00-5:30, SUNY Canton: Halford Hall (CREST Center)</p>	<p>3/20</p> <p>Old Testament...-A.Steinberg 10:00-11:30, Morey 117 *Current Events - John Casserly 10:30-12:00, Partridge Knoll *Bridge for Fun: Interim. Level Don Burlingame 1:00-3:00, Mayfield Apts. Biol...Bats and Birds - Roy Horst 2:00-3:30, Maxcy 104</p>
<p>3/23</p> <p>*Herbs/Health/Healing - P.Youmell 10:00-11:30, Potsdam Civic Center</p>	<p>3/24</p> <p>Living off...Land...-J.Omohundro 9:00-10:30, Maxcy 104 Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Freemasonry - Trent Trulock [course canceled] Land Stewardship... - Jess Rogers, Tom Langen, John Casserly 2:00-3:00, Maxcy 104</p>	<p>3/25</p> <p>*Creative..Grammar...-J. Jaunzems 9:30-11:00, SLCHA:Silas Wright H. *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints Ray Bradbury... - F. Palumbo 10:30-12:00, Kellas 217 *Screenings, Consults, Tests... Dr. Mazzotta - Gastroenterologist 12:00-1:30, 20 Cottage St. CPH *Socrates and the Examined Life Jeff Maynes 2:30-4:00, SLU: Atwood 3</p>	<p>3/26</p> <p>*Techniques of Fiction - P. Bailey 10:10-11:40, SLU: Richardson 104 (added) Continu...Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Symmetry/Crystals... - L. Brehm 2:30-4:00, Maxcy 104 *Jane Austen...Emma - C. Underhill 4:00-5:30, SUNY Canton: Halford Hall (CREST Center)</p>	<p>3/27</p> <p>*US-Israeli Relations... R. Olesker-Norminton 9:00-11:00, SLU: Hepburn 112 Old Testament...-A.Steinberg 10:00-11:30, Morey 117 *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interim. Level Don Burlingame 1:00-3:00, Mayfield Apts. Biol...Bats and Birds - Roy Horst 2:00-3:30, Maxcy 104</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.2</i>
<p>3/30 Contaminants...G.Lakes -T.Holsen 9:00-10:30, Maxcy 104 *Inner Peace - Donna Clark 1:30-3:00, Potsdam Town Hall *Vicarious Voyagers - R.Kreuzer Around the Baltic Sea Mark/Cynthia Coleman 2:00-3:30, Potsdam Civic Center</p>	<p>3/31 *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Coffee: Friend/Foe - A.Melman 2:30-4:00, Maxcy 104 *Fuel from the Sun... - Adam Hill 4:00-5:30, SLU: Johnson 309</p>	<p>4/1 *Creative..Grammar..-J. Jaunzems 9:30-11:00, SLCHA:Silas Wright H. *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints *Screenings, Consults, Tests... Dr. Seifer - Pulmonologist 12:00-1:30, 20 Cottage St. CPH *Socrates and the Examined Life Jeff .Maynes 2:30-4:00, SLU: Atwood 3</p>	<p>4/2 *Techniques of Fiction - P. Bailey 10:10-11:40, SLU: Richardson 104 Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Concert Music...- Keith Ziemba 1:00-2:30, Bishop 115 *Computing.....Life - M.Frascatore 3:30-5:00, Potsdam Civic Center</p>	<p>4/3 *Stress...Reduction - K.Montan 9:30-11:00, Potsdam Civic Center *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame (<i>no class today</i>) 1:00-3:00, Mayfield Apts. Biol...Bats and Birds - Roy Horst 2:00-3:30, Maxcy 104</p>
<p>4/6 *Brazil...Embroidery - A. Garner 1:00-3:00, Mayfield Apts. *Inner Peace - Donna Clark 1:30-3:00, Potsdam Town Hall *Vicarious Voyagers - R.Kreuzer Native Lands - Don/Nancy Potter 2:00-3:30, Potsdam Civic Center *Global Air Pollution - Philip Hopke 4:00-5:30, Clarkson: CAMP 175</p>	<p>4/7 *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Songs & Sonnets- Bob DeGraaff 1:30-3:00, Partridge Knoll *Microsoft Word.(A)- Bob Watkin 1:30-3:30, Potsdam Pub. Library To Kill a Mockingbird - M.Morrison 3:00-4:30, Maxcy 104</p>	<p>4/8 *Creative..Grammar..-J. Jaunzems 9:30-11:00, SLCHA:Silas Wright H. *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints *Screenings, Consults, Tests... Dr. Matthews-Smith - Oncologist 12:00-1:30, 20 Cottage St. CPH *Socrates and the Examined Life Jeff .Maynes 2:30-4:00, SLU: Atwood 3 *Global Air Pollution - S. Dhaniyala 4:00-5:30, Clarkson: CAMP 175</p>	<p>4/9 *Mah Jongg Brenda Francey & Kay Russell 10:00-12:00, Partridge Knoll *Techniques of Fiction - P. Bailey 10:10-11:40, SLU: Richardson 104 Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Concert Music...- Keith Ziemba 1:00-2:30, Bishop 115 *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll *Computing.....Life - M.Frascatore 3:30-5:00, Potsdam Civic Center <i>(note this second class session)</i></p>	<p>4/10 *Stress...Reduction - K.Montan 9:30-11:00, Potsdam Civic Center *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts. Biol...Bats and Birds - Roy Horst 2:00-3:30, Maxcy 104</p>
<p>4/13 *Brazil...Embroidery - A. Garner 1:00-3:00, Mayfield Apts. *Vicarious Voyagers - R.Kreuzer Spain - R.Kreuzer/Rita Goldberg 2:00-3:30, Potsdam Civic Center *Global Air Pollution - <i>error!</i> <i>(correct date is 4/8 same time/place)</i></p>	<p>4/14 *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Songs & Sonnets- Bob DeGraaff 1:30-3:00, Partridge Knoll *Microsoft Word.(B) - <i>error!</i> <i>(the B group has its class on 4/21</i> <i>- same time and place)</i> To Kill a Mockingbird - M.Morrison 3:00-4:30, Maxcy 104</p>	<p>4/15 *Children's Lit...Overview - J. Ohst 9:30-11:00, SLCHA Silas Wright H Conflicting Narratives in Northern Ireland - Eve Stoddard 9:30-11:00, Maxcy 104 *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints *Screenings, Consults, Tests... Dr. Wessel - Cardiologist 12:00-1:30, 20 Cottage St. CPH Meet the Chef Lobster House <i>(serving at 1:00pm)</i> *Socrates...Examined Life-J.Maynes 2:30-4:00, SLU: Atwood 3</p>	<p>4/16 *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll *Techniques of Fiction - P. Bailey 10:10-11:40, SLU: Richardson 104 Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Concert Music...- Keith Ziemba 1:00-2:30, Bishop 115 *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll</p>	<p>4/17 *Stress...Reduction - K.Montan 9:30-11:00, Potsdam Civic Center *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts. Bio...Bats and Birds - Roy Horst 2:00-3:30, Maxcy 104 *Shock...Great War - E.Gabriel 2:00-4:00, SLU: Carnegie 10</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.3</i>
4/20 *Brazil...Embroidery - A. Garner 1:00-3:00, Mayfield Apts. *Vicarious Voyagers - R.Kreuzer Switzerland - Lynn/Nils Ekfelt 2:00-3:30, Potsdam Civic Center	4/21 *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Songs & Sonnets- Bob DeGraaff 1:30-3:00, Partridge Knoll *Microsoft Word (B)- Bob Watkin 1:30-3:30, Potsdam Pub. Library To Kill a Mockingbird - M.Morrison 3:00-4:30, Maxcy 104	4/22 *Children's Literature: An Overview John Ohst 9:30-11:00, SLCHA Silas Wright H *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints *Screenings, Consults, Tests... Dr. Movsas - Psychiatrist 12:00-1:30, 20 Cottage St. CPH	4/23 *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Concert Music... - Keith Ziemba 1:00-2:30, Bishop 115 *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll Aerial Drone Photo... Dennis Barr 3:00-4:30, Maxcy 104	4/24 Bubonic Plague... - Gordon Plague 9:00-10:30, Maxcy 104* Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts.
4/27 Lost Railroads...Adirondacks Art Johnson 12:30-2:00, Kellas 217 *Brazil...Embroidery - A. Garner 1:00-3:00, Mayfield Apts.	4/28 *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Songs & Sonnets- Bob DeGraaff 1:30-3:00, Partridge Knoll To Kill a Mockingbird - M.Morrison 3:00-4:30, Maxcy 104 <i>(final class canceled)</i>	4/29 *Children's Literature: An Overview John Ohst 9:30-11:00, SLCHA Silas Wright H *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints	4/30 *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall, CU *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll FDR in the N.Country - Art Johnson 2:30-4:00, Maxcy 104	5/1 *Current Events - John Casserly 10:30-12:00, Partridge Knoll Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio *Neurobiology...Pain - A.Estevez 1:00-2:30, SLU: Johnson 142 *Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts. *Behaviorology.. - S. Ledoux 3:00-5:00, SLCHA:Silas Wright H

(cont. from p.1) **MORE SCHEDULING NOTES:**

- 5. Location may change:** Building Better Bones
- 6. This course has a "gap" in its schedule:**
Techniques of Fiction
- 7. These courses meet more than once a week:**
Building Better Bones: Levels 1 and 2
Continuing Tai-Chi and Qigong
Global Air Pollution
- 8. These courses are offered twice:**
Crafting with Pressed Flowers and Fall Leaves
Microsoft Word 2010 Basics
- 9. These courses have different presenters each day:**
Global Air Pollution
Screenings, Consults and Tests, Oh My!
Vicarious Voyagers XVI

For event details, refer to the flyers or go to the
 "Events / Trips" section on the home page of the SOAR web site:

www.soarnorthcountry.org

MEET the CHEF
 and owners: the DeLorme Family
The Lobster House
 95 South Main St., Norwood
(between Potsdam and downtown Norwood)
Wednesday, April 15 - serving at 1:00
 Cost: \$25 - register & pay by: Wednesday, April 1

2015 SOAR SPRING LUNCHEON
Barrington Student Union
 SUNY POTSDAM
Tuesday, May 19 - serving at 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.4</i>
5/4 no classes scheduled for today	5/5 *China & the West - I. Brockriede 10:00-11:30 - Potsdam Civic Center *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall, CU Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Writing Children's Lit... Joe Orobona 1:00-2:30, SLCHA, Silas Wright	5/6 *Children's Literature: An Overview John Ohst 9:30-11:00, SLCHA Silas Wright H *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints Plants of St. Lawrence County Anne Johnson 1:30-3:00, Maxcy 104 (NOTE: <i>Field Trip to Indian Creek Nature Center: TBA</i>)	5/7 *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall, CU Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Lincoln's Funeral - T. Niles 2:30-4:00, SLCHA:Silas Wright H.	5/8 *Current Events - John Casserly 10:30-12:00, Partridge Knoll Unearthing Raquette's Ancient Past Tim Messner 11:00-12:30 Maxcy 104 and Lehman Park Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio * Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts. * Behaviorology.. - S. Ledoux 3:00-5:00, SLCHA:Silas Wright H
5/11 no classes scheduled for today	5/12 *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall, CU Begin...Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio	5/13 *Ballroom Dancing...- Hoyt/Crump 10:00-11:30, Church L.Day Saints	5/14 *Building...Bones - LaFay/Towler 10:00-11:30, Clarkson Hall, CU *Creating...Butterfly Garden - Cynthia Quackenbush 10:00-12:00, E.J.Nobel Hosp. Continu... Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio All of You...Cell - Cintia Hongay 1:30-3:00, Maxcy 104 *Lincoln's Funeral - T. Niles 2:30-4:00, SLCHA:Silas Wright H.	5/15 *Current Events - John Casserly 10:30-12:00, Partridge Knoll Cave...Concert Hall... - R.Schaberg 12:30-2:00, Crane: Wakefield...Hall * Bridge for Fun: Interm. Level Don Burlingame (<i>added session</i>) 1:00-3:00, Mayfield Apt. Line Dancing - M. Mauch 1:00-2:30, Maxcy Dance Studio * Behaviorology... - S. Ledoux 3:00-5:00, SLCHA:Silas Wright H

CONTACT SOAR:

The **SOAR office** is located on the
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may vary when SOAR is not in session*)

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Postal mailing address:
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NEED MORE INFO?

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documents, or to enjoy looking at photos of classes and presenters
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www.soarnorthcountry.org

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*View all the LOCATIONS on the SOAR website
where you will find: maps, descriptions, parking info,
and directions with turn-by-turn photos.*