

1. An asterisk * indicates that this course or event is held **off** SUNY Potsdam campus
2. (*web version only*) **Red** = first class session, change or correction
3. **Now scheduled!**: "Return to the Forbidden Planet"- a Musical Comedy: Read, See, Review (*see pp. 3-4*)

MORE NOTES
on **PAGE 3**

SOAR COURSE SCHEDULE FOR SPRING 2016

March 14 - May 20, 2016

updated: 03/09/16

CHECK THE SOAR WEB SITE FOR UPDATES!

download the most recent (color) version of this calendar and other mailing inserts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.1</i>
<p>3/14</p> <p>*Dinosaurs/Dinosaur Expeditions Mark Erickson 1:00-2:30, SLU Brown:141-142</p> <p>History of Religious Campgrounds Tom French 3:30-5:00, Maxcy 104</p>	<p>3/15</p> <p>Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p>*Common Core: Making it Work Cassidy Mattimore & Amy Murphy 3:45-5:15, Lawrence Avenue Elementary School</p>	<p>3/16</p> <p>*Gunnison Chapel...Windows Lynn Ekfelt 10:00-11:30, SLU: Gunnison Memorial Chapel</p> <p>Perceptions of Hydrofracking: 2016 Jessica Rogers 1:30-3:00, Maxcy 104</p> <p>Nutrition for Seniors Emily Gudewiez, Charlotte Hoppe, Megan Snow 4:00-5:30, Maxcy 104</p>	<p>3/17</p> <p>Tai-Chi...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p>Edibles in the Landscape Paul Hetzler 1:00-3:00, Maxcy 104</p>	<p>3/18</p> <p>*Basic Bridge - Peter/Christine Schrauth 10:00-12:00, Mayfield Apts.</p> <p>*Current Events - John Casserly 10:30-12:00, Partridge Knoll</p> <p>Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225</p> <p>Line Dancing... - Margaret Mauch 1:00-2:30 - Maxcy Dance Studio</p> <p>*Bridge for Fun: Intern. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts.</p>
<p>3/21</p> <p>Lifelines: Writing Your Way In Vicki Levitt 10:30-12:00, Morey 117</p> <p>*Dinosaurs/Dinosaur Expeditions Mark Erickson 1:00-2:30, SLU Brown:141-142</p> <p>Exciting Activities...w/Chemicals Dana Barry 1:30-3:00, Maxcy 104</p>	<p>3/22</p> <p>Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p>Degradable Plastics - Devon Shipp 1:30-3:00, Maxcy 104</p>	<p>3/23</p> <p>Martial Arts: Safety/Defense/Energy Frank Palumbo 11:15-12:45, Maxcy Dance Studio</p> <p>Perceptions of Hydrofracking: 2016 Jessica Rogers 1:30-3:00, Maxcy 104</p> <p>*Simple home Strategies... Lisa Tebo 2:00-4:00, Clarkson Hall,OT Sim.Lab</p> <p>Nutrition for Seniors E. Gudewiez, C. Hoppe, M. Snow 4:00-5:30, Maxcy 104</p>	<p>3/24</p> <p>Tai-Chi...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p>*Edibles in the Landscape Paul Hetzler 1:00-3:00, Maxcy 104</p>	<p>3/25</p> <p>*Current Events - John Casserly 10:30-12:00, Partridge Knoll</p> <p>Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225</p> <p>Line Dancing... - Margaret Mauch 1:00-2:30 - Maxcy Dance Studio</p>
<p>3/28</p> <p>Lifelines: Writing Your Way In Vicki Levitt 10:30-12:00, Morey 117</p> <p>Peloponnesian War - Sara Melville 1:30-3:00, Maxcy 104</p> <p>Prion Diseases: Mad Cows to Cannibals (The Human Microbiome) Gordon Plague 3:30-5:00, Maxcy 104</p>	<p>3/29</p> <p>Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p> <p>From Red Blood Cells to a New Concept - Parisa Mirbod 4:00-5:30, Maxcy 104</p>	<p>3/30</p> <p>Martial Arts: Safety/Defense/Energy Frank Palumbo 11:15-12:45, Maxcy Dance Studio</p> <p>Perceptions of Hydrofracking: 2016 Jessica Rogers 1:30-3:00, Maxcy 104</p> <p>*Simple home Strategies... Lisa Tebo 2:00-4:00, Clarkson Hall,OT Sim.Lab</p>	<p>3/31</p> <p>Senior Fitness - Tanya Hewitt 10:00-11:00, Maxcy Fitness Center</p> <p>Tai-Chi...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio</p> <p>*Kubrick Films - Peter Bailey 12:30-2:15 [SLU Time: 12:40-2:10] SLU: Richardson 015</p> <p>Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio</p>	<p>4/1</p> <p>*Baseball Cards... - Charlie Nash 10:00-11:30, SLCHA: Silas Wright H</p> <p>*Basic Bridge - Peter/Christine Schrauth 10:00-12:00, Mayfield Apts.</p> <p>*Current Events - John Casserly 10:30-12:00, Partridge Knoll</p> <p>Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225</p> <p>*Your Health Portfolio...D.Lauther Dr. Tejera: Endocrinologist 12:00-1:30, CPH: Conf.,Rm.A/B</p> <p>Line Dancing - Margaret Mauch 1:00-2:30, Maxcy Dance Studio</p> <p>*Bridge for Fun: Intern. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts.</p> <p>*Flower Gardening... - Ann Csete 3:30-5:00, SLCHA: Silas Wright H</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.2</i>
<p>4/4 Lifelines: Writing Your Way In Vicki Levitt 10:30-12:00, Morey 117 Peloponnesian War - Sara Melville 1:30-3:00, Maxcy 104 *Linguistics: Science of Language Breyne Moskowitz 5:30-7:00, SLU: Valentine 105</p>	<p>4/5 *Making a Strip Quilt Chloe Ann O'Neil 10:00-11:30, Mayfield Apts. Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *The Good Ol' Days... Pat Dominie & Fran Van Horne 1:00-2:30, SLCHA: Silas Wright H *More Favorite Poems (Group A) Bob DeGraaff 1:30-3:00, Partridge Knoll</p>	<p>4/6 *Traditional Literature of Folklore John Ohst 10:30-11:30, SLCHA:Silas Wright H *Contemporary Middle East... Howard Eissenstat 2:00-4:00, SLCHA: Silas Wright H Nutrition for Seniors Emily Gudewiez, Charlotte Hoppe, Megan Snow 4:00-5:30, Maxcy 104</p>	<p>4/7 Archaeology Findings:...- Jim Carl 9:00-10:30, Timerman 131 Senior Fitness - Tanya Hewitt 10:00-11:00, Maxcy Fitness Center Tai-Chi:..Short Form - Pam March 12:00-1:00, Maxcy Dance Studio *Kubrick Films - Peter Bailey 12:30-2:15 [SLU Time: 12:40-2:10] SLU: Richardson 115 Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *More Favorite Poems (Group B) Bob DeGraaff 1:30-3:00, Partridge Knoll African-American Soldiers... Liz Regosin 2:00-3:30, Maxcy 104</p>	<p>4/8 *Baseball Cards...- Charlie Nash 10:00-11:30, SLCHA: Silas Wright H *Basic Bridge-Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225 *Your Health Portfolio...D.Lauther Dr. I. Rainey-Spence, Hospitalist 12:00-1:30, CPH: Conf.,Rm.A/B Line Dancing... - Margaret Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts. *Flower Gardening...- Ann Csete 3:30-5:00, SLCHA: Silas Wright H</p>
<p>4/11 Peloponnesian War - Sara Melville 1:30-3:00, Maxcy 104 *SAIL: Stay Active & Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT *Linguistics: Science of Language Breyne Moskowitz 5:30-7:00, SLU: Valentine 105</p>	<p>4/12 *Making a Strip Quilt Chloe Ann O'Neil 10:00-11:30, Mayfield Apts. Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *The Good Ol' Days... Pat Dominie & Fran Van Horne 1:00-2:30, SLCHA: Silas Wright H *More Favorite Poems (Group A) Bob DeGraaff 1:30-3:00, Partridge Knoll</p>	<p>4/13 *Traditional Literature of Folklore John Ohst 10:30-11:30, SLCHA:Silas Wright H *SAIL: Stay Active and Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT Anaerobic Digestion...Food Waste... Stefan Grimberg 3:30-5:00, Maxcy 104</p>	<p>4/14 Archaeology Findings:...- Jim Carl 9:00-10:30, Timerman 131 *Mah Jongg Brenda Francey & Kay Russell 10:00-12:00, Partridge Knoll Tai-Chi:..Short Form - Pam March 12:00-1:00, Maxcy Dance Studio *Your Health Portfolio...D.Lauther Dr. Varma, Nephrologist 12:00-1:30, CPH: Conf.,Rm.A/B *Kubrick Films - Peter Bailey 12:30-2:15 [SLU Time: 12:40-2:10] SLU: Richardson 115 Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll *More Favorite Poems (Group B) Bob DeGraaff 1:30-3:00, Partridge Knoll African-American Soldiers... Liz Regosin 2:00-3:30, Maxcy 104</p>	<p>4/15 *Basic Bridge-Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225 Line Dancing - Margaret Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interm. Level Don Burlingame 1:00-3:00, Mayfield Apts.. Confederation:..Birth of Canada Art Johnson 2:30-4:00, Timerman 131</p>

SPRING 2016: SOAR CELEBRATES OUR 15th FULL ACADEMIC YEAR!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.3</i>
<p>4/18 Lifelines: Writing Your Way In Vicki Levitt 10:30-12:00, Morey 117 Peloponnesian War - Sara Melville 1:30-3:00, Maxcy 104 *SAIL: Stay Active and Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT *Linguistics: Science of Language Breyne Moskowitz 5:30-7:00, SLU: Valentine 105</p>	<p>4/19 *Making a Strip Quilt Chloe Ann O'Neil 10:00-11:30, Mayfield Apts. Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *The Good Ol' Days... Pat Dominie & Fran Van Horne 1:00-2:30, SLCHA: Silas Wright H Acupressure...Common Ailments Joe DiGiovanna, 2:00-3:30, Flagg 146</p>	<p>4/20 *Traditional Literature of Folklore John Ohst 10:30-11:30, SLCHA:Silas Wright H</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>*MEET the CHEF "Ella's" (in Morristown) servicing at 1:00</p> </div> <p>*SAIL: Stay Active and Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT *Potsdam Food Co-op...(Group A) Eric Jensen 2:00-3:30, at the Co-op In the Navy - Eric Thacher 3:30-5:00, Maxcy 104</p>	<p>4/21 *Vicarious Voyagers - "Hiking in Southern England" Juanita Babcock 9:30-11:00, Potsdam Civic Center* *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Tai-Chi:...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio *Kubrick Films - Peter Bailey 12:30-2:15 [SLU Time: 12:40-2:10] SLU: Richardson 115 Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll</p>	<p>4/22 *Basic Bridge -Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225 *Your Health Portfolio...D.Lauther K. Allen. Dir. Patient Experience 12:00-1:30, CPH: Conf.,Rm.A/B Line Dancing - Margaret Mauch 1:00-2:30, Maxcy Dance Studio *Bridge for Fun: Interim. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts. Lost World of the Night Boat Art Johnson 2:30-4:00, Timerman 131</p>
<p>4/25 Lifelines: Writing Your Way In Vicki Levitt 10:30-12:00, Morey 117 *SAIL: Stay Active and Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT</p>	<p>4/26 Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *The Good Ol' Days Pat Dominie & Fran Van Horne 1:00-2:30, SLCHA: Silas Wright H *More Favorite Poems (Group A) Bob DeGraaff 1:30-3:00, Partridge Knoll Acupressure...Common Ailments Joe DiGiovanna, 2:00-3:30, Flagg 146</p>	<p>4/27 *Traditional Literature of Folklore John Ohst 10:30-11:30, SLCHA:Silas Wright H *SAIL: Stay Active and Independent for Life - Chris Towler 1:30-3:00, Clarkson Hall, PT *Potsdam Food Co-op...(Group B) Eric Jensen 2:00-3:30, at the Co-op In the Navy - Eric Thacher 3:30-5:00, Maxcy 104 *Winning at the Racetrack Alan Draper 7:00-8:30, SUNY Canton - Halford Hall: Crest Center</p>	<p>4/28 *Vicarious Voyagers - "Jerusalem and Bethlehem: The Great Divide" Eileen Raymond 9:30-11:00, Potsdam Civic Center *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Tai-Chi:...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll *More Favorite Poems (Group B) Bob DeGraaff 1:30-3:00, SLCHA: Silas Wright H</p>	<p>4/29 *Basic Bridge -Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225 *Your Health Portfolio...D.Lauther Dr. M. Asar, Psychiatrist 12:00-1:30, CPH: Conf.,Rm.A/B *Bridge for Fun: Interim. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts. "Return to the Forbidden Planet"... Kimberley Bouchard 3:00-4:30, Maxcy 104</p>

For event details

refer to the flyers or go to the "Events / Trips" section on the homepage of the SOAR website:

www.soarnorthcountry.org

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

- These courses have a "gap" in their schedule:
Acupressure for Common Ailments * Basic Bridge * Bridge for Fun: Intermediate Level * Lifelines: Writing Your Way In * More Favorite Poems (Groups A and B) * Nutrition for Seniors * "Return to the Forbidden Planet," a Musical Comedy: Read, See, Review
- These courses meet more than once a week:
Continuing Tai-Chi and Qigong * SAIL: Stay Active and Independent for Life

Performance Schedule: "Return to the Forbidden Planet"

Thursday, Friday, Saturday: May 5, 6, 7 at 7:30pm, and Sunday, May 8 at 2:00pm

- These courses are offered twice:
Confocal Microscopy * More Favorite Poems * Potsdam Food Co-op and Carriage House Bakery
- These courses have different presenters each day:
Nutrition for Seniors * Vicarious Voyagers XVI * Your Health Portfolio 101 (and one meets on Thursday!)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>p.4</i>
5/2 *Chinese Philosophies Ina Brockriede 10:00-11:30, Potsdam Civic Center House Cat: Origins, Natural History, Domestication Roy Horst 1:30-3:00, Maxcy 104 Starlight - Joshua Thomas 3:30-5:00, Maxcy 104	5/3 Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *More Favorite Poems (Group A) Bob DeGraaff 1:30-3:00, Partridge Knoll Waste Management & Resource Efficiency - Michelle Crimi 1:30-3:00, Maxcy 104	5/4 *Genealogy: The Flip Side David Kendall 10:00-11:30, SLCHA, Silas Wright H	5/5 *Vicarious Voyagers - "Provence, Languedoc & the Dordogne in France" Mark & Cynthia Coleman 9:30-11:00, Potsdam Civic Center *Mah Jongg - B.Francey/K.Russell 10:00-12:00, Partridge Knoll Tai-Chi:...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio *Sharing Card Games - B. Francey 1:00-3:00, Partridge Knoll *More Favorite Poems (Group B) Bob DeGraaff 1:30-3:00, SLCHA: Silas Wright H	5/6 *Basic Bridge -Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Art Workshop - N.Bright; S.Kirby 11:00-1:00, Satterlee 225 *Bridge for Fun: Interm. Level Don Burlingame/Ruth Carrington 1:00-3:00, Mayfield Apts.
5/9 *Chinese Philosophies Ina Brockriede 10:00-11:30, Potsdam Civic Center House Cat: Origins, Natural History, Domestication Roy Horst 1:30-3:00, Maxcy 104	5/10 *Confocal Microscopy (Group A) Jill Pflugheber 10:00-12:00, SLU Johnson Hall of Science 135 Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Acupressure...Common Ailments Joe DiGiovanna, 2:00-3:30, Flagg 146	5/11 *Genealogy: The Flip Side David Kendall 10:00-11:30, SLCHA, Silas Wright H Stopping Global Warming with Advanced Porous Materials Mario Wriedt 2:00-3:30, Maxcy 104	5/12 *Vicarious Voyagers - "Walking the 'Camino de Santiago' in Northern Spain" Mary Ellen & Charlie Carvel 9:30-11:00, Potsdam Civic *Confocal Microscopy (Group B) Jill Pflugheber 10:00-12:00, SLU Johnson Hall of Science 135 Tai-Chi:...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio.	5/13 *Basic Bridge -Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll Crafting w/Little Wild Things Jean Oathout 1:30-3:00, Kellas 217 "Return to the forbidden Planet..." Kimberley Bouchard 3:00-4:30, Maxcy 104
5/16 *Mighty Power of the Worm: The Silkworm Ina Brockriede & Mary Holland 10:00-11:30, Potsdam Civic Center House Cat: Origins, Natural History, Domestication Roy Horst 1:30-3:00, Maxcy 104	5/17 Beginning Tai-Chi... - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio Acupressure...Common Ailments Joe DiGiovanna, 2:00-3:30, Flagg 146	5/18 *Genealogy: The Flip Side David Kendall 10:00-11:30, SLCHA, Silas Wright H Periodic Table:..Hands-on Activities Jim Barry 2:00-4:00, Maxcy 104	5/19 *Folklore is in Our Nature Varick Chittenden 10:00-11:30, TAUNY Tai-Chi:...Short Form - Pam March 12:00-1:00, Maxcy Dance Studio Continuing Tai-Chi... - Pam March 1:00-2:00, Maxcy Dance Studio	5/20 *Basic Bridge -Peter/Christine Schrauth 10:00-12:00, Mayfield Apts. *Current Events - John Casserly 10:30-12:00, Partridge Knoll
		5/25 SOAR LUNCHEON (band plays at 11:30 & eat at noon) Barrington Student Union (make your reservation by May 11)		

The **SOAR** office is located in Van Housen Extension, Room 382
Office hours: 9:00-2:00 MWF (*hours may vary when SOAR is not in session*)
Phone: (315) 267-2690
Email: soar@potdam.edu

CONTACT
SOAR
Address:
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 SUNY Potsdam
 44 Pierrepont Avenue
 Potsdam, New York 13676

NEED MORE INFO? View the latest updates and documents, or just enjoy looking at class photos on the SOAR website:
www.soarnorthcountry.org
 Aren't sure where your classroom is? View "**LOCATIONS**" on the SOAR website where you will find: maps, descriptions, parking info, and turn-by-turn directions (with photos), and more.