

SOAR Course Registration Form for Spring 2016
(March 14, 2016 to May 20, 2016 with Luncheon on Wednesday May 25, 2016)

(PLEASE: Complete both sides)

Name: _____ Phone: _____

Address: _____ Cell Phone: _____

Email: _____

REGISTRATION and OTHER REMINDERS:

Circle your check marks for any course for which you could volunteer to be ambassador

- Sign up only for courses you plan to attend regularly.
- Tell the ambassador or presenter if you need to miss a day.
- Call the office: 1) to drop a course – a wait-listed person can then fill your spot;
2) to register for a course after it has started – permission is needed.
- Closed courses and other changes are posted at: **www.soarnorthcountry.org**
- Your registration is processed in the order received and a confirmation is mailed back.
- Wear your **name tag** – Fall 2015 ID is also your Spring 2016 ID. (Keep your name tag holder to use later.)
- Your **parking permit** is good through Aug. 31, 2016. Don't forget to use it when on the SUNY campus.

LOCATIONS / PARKING: Find brief information about course locations on the *Spring 2016 SOAR Course Locations and Parking Info* insert. For more detailed information (photos, maps and more) go to the "Locations" tab on the SOAR website: **www.soarnorthcountry.org** or use the course "Location" link at the top of any course page.

- | | |
|---|---|
| S-16-01 _____ Acupressure for Common Ailments | S-16-33 _____ Kubrick Films |
| S-16-02 _____ African-American Soldiers...Civil War | S-16-34 _____ Lifelines: Writing Your Way In |
| S-16-03 _____ Anaerobic Digestion of Food Waste... | S-16-35 _____ Line Dancing for Beginners |
| S-16-04 _____ Archaeology Findings: Jamestown...N.Country | S-16-36 _____ Linguistics: The Science of Language |
| S-16-05 _____ Art Workshop | S-16-37 _____ Lost World of the Night Boat |
| S-16-06 _____ Baseball Card Collecting | S-16-38 _____ Mah Jongg |
| S-16-07 _____ Basic Bridge | S-16-39 _____ Making a Strip Quilt |
| S-16-08 _____ Beginning Tai-Chi and Qigong | S-16-40 _____ Martial Arts...Safety, Self-Defense, Energy |
| S-16-09 _____ Bridge for Fun: Intermediate Level | S-16-41 _____ Mighty Power of the Worm: The Silk Worm |
| S-16-10 _____ Chinese Philosophies | S-16-42 _____ More Favorite Poems (Group A) (Tues)(PK) |
| S-16-11 _____ Common Core: Making it Work | S-16-43 _____ More Favorite Poems (Group B) (Thrs)(SWH) |
| S-16-12 _____ Confederation: The Birth of Canada | S-16-44 _____ Nutrition for Seniors |
| S-16-13 _____ Confocal Microscopy (Group A) (Tues)(SLU) | S-16-45 _____ Peloponnesian War |
| S-16-14 _____ Confocal Microscopy (Group B) (Thrs)(SLU) | S-16-46 _____ Perceptions of Hydrofracking in 2016 |
| S-16-15 _____ Contemporary Middle East...Falling Apart | S-16-47 _____ Periodic Table Study...Hands-On Activities |
| S-16-16 _____ Continuing Tai-Chi and Qigong | S-16-48 _____ Potsdam Food Co-op...(Group A) (Wed 4/20) |
| S-16-17 _____ Crafting with Little Wild Things | S-16-49 _____ Potsdam Food Co-op...(Group B) (Wed 4/27) |
| S-16-18 _____ Current Events | S-16-50 _____ Prion Diseases: Mad Cows...Human Microbiome |
| S-16-19 _____ Degradable Plastics | S-16-51 _____ "Return to the Forbidden Planet" Musical... |
| S-16-20 <i>canceled</i> Demystifying Medicare: Tools... | S-16-52 _____ SAIL: Stay Active and Independent for Life |
| S-16-21 _____ Dinosaurs and Dinosaur Expeditions | S-16-53 _____ Senior Fitness |
| S-16-22 _____ Edibles in the Landscape | S-16-54 _____ Sharing Card Games |
| S-16-23 _____ Exciting Activities w/ Colorful Chemicals | S-16-55 _____ Simple Strategies to Use at Home... |
| S-16-24 _____ Flower Gardening in the North Country | S-16-56 _____ Starlight |
| S-16-25 _____ Folklore is in Our Nature | S-16-57 _____ Stopping Global Warming w/Porous Materials |
| S-16-26 _____ From Red Blood Cells to...Bio-Devices | S-16-58 _____ Tai-Chi: The Short Form |
| S-16-27 _____ Genealogy: The Flip Side | S-16-59 _____ Traditional Literature of Folklore |
| S-16-28 _____ Good Ol' Days in Northern New York | S-16-60 _____ Vicarious Voyagers XVIII |
| S-16-29 _____ Gunnison Chapel at SLU: Story...Windows | S-16-61 _____ Waste Management & Resource Efficiency |
| S-16-30 _____ History of Religious Campgrounds in 3-D | S-16-62 _____ Winning at the Race Track |
| S-16-31 _____ House Cat: Origins, History, Domestication | S-16-63 _____ Your Health Portfolio 101 |
| S-16-32 _____ In the Navy | |

QUESTIONS? Check the SOAR website or email SOAR:
www.soarnorthcountry.org
email: soar@potdam.edu
SOAR Office: Room 382 Van Housen Ext. SUNY Potsdam

For Office Use Only (updated 02/15/16)

Current _____ Lapsed _____ New _____
Ck Number _____ Ck Date _____
No Parking Permit Needed _____

MEMBERSHIP STATUS: Everyone: *please check a status box below; then fill out the rest of this page:*

- _____ 1. **Current member** (paid yearly dues in fall 2015).
_____ 2. **Lapsed member** (did **NOT** pay fall 2015 required yearly dues, but is paying them now).
_____ 3. **New member** (also tell us how you learned about SOAR): ___ Friend, ___ Course Booklet,
___ News Article, ___ Web Site, ___ Other (explain):

MEMBERSHIP RENEWAL / ENROLLMENT (Spring 2016)

PLEASE NOTE: The Waiver/Release Form must be signed: 1) if you did NOT renew your membership in fall 2015, 2) to reinstate your lapsed membership, or 3) to initiate a new membership.

Everyone: *please sign this waiver and complete the rest of this page:*

WAIVER / RELEASE FORM - effective from date of signing - August 31, 2016

Name (please print): _____

Address: _____

Phone: _____ email: _____

I understand that the SOAR Board of Directors, course instructors 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, sponsored trip or event. 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

Send this form and your \$65 membership check (made out to "PACES-235") to:
SOAR, 382 Van Housen Ext., SUNY Potsdam, 44 Pierrepoint Ave., Potsdam, NY 13676

In the box below, please add your suggestions and update your volunteer interests:

FOR ALL MEMBERS: SUGGESTIONS / VOLUNTEERING FORM

What suggestions do you have for future courses, presenters, events or trips?

SOAR is a member run organization. **How would you like to be involved?** *(Circle all that interest you)*

COMMITTEES: * Ambassadors * Trips and Performances * Curriculum * Scheduling * Registration
* Membership * Administration and Finance * Outreach and Publicity * Newsletter * Nominating and Awards
* Board of Directors * Presenter Communications

OTHER: * Offer a course * Be a course ambassador * Volunteer for office chores * Share office skills
* Offer classroom tech support (*training available!*) * Do website data entry * Do one-time tasks * Help with short notice tasks * Proofread documents * Talk about SOAR to local groups * Don't know, but want to help

SOAR course presenters are unpaid volunteers who mainly come from the membership. SOAR hopes that some day you might lead a SOAR course. **Please indicate your experience, skills, or expertise that may be of interest to other SOAR members:**

(PLEASE: Complete both sides)