

For Office Use Only:
Ck # _____ Ck Date _____

Spring 2018 SOAR Courses: Registration Form

March 12, 2018 to May 18, 2018

PLEASE COMPLETE BOTH SIDES

Name: _____ **Phone:** _____

Address: _____ **Cell Phone:** _____

_____ **Email:** _____

- * Sign up for at least one course and plan to attend regularly
- * Your registration is processed in the order it is received and confirmation is mailed to you
- * Closed courses and other changes are posted on the SOAR website www.soarnorthcountry.org

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| [1] _____ AARP Smart Driver Course (Group A) | [30] _____ Great Year for Mars! |
| [2] _____ AARP Smart Driver Course (Group B) | [31] _____ Herkimer Diamonds, Everywhere! |
| [3] _____ Allegories and Animal Farm | [32] _____ Let's Make Sauerkraut and Kimchi! |
| [4] _____ American Predators | [33] _____ Lewis and Clark Expedition (Part 2) |
| [5] _____ Anchorage to Nome by Dog Sled | [34] _____ Line Dancing for Beginners |
| [6] _____ Art for Beginners | [35] _____ Mah Jongg |
| [7] _____ Beginning Tai-Chi and Qigong | [36] _____ Manners Matter |
| [8] _____ Birds of Northern New York | [37] _____ Modeling and Simulation with Computers |
| [9] _____ Bringing Nature Home - This Spring! | [38] _____ Moon, Mars and More |
| [10] _____ Canada in World War II | [39] _____ Mountain Biking For Seniors |
| [11] _____ Cards By You (Group A) | [40] _____ Musical Petting Zoo |
| [12] _____ Cards By You (Group B) | [41] _____ Native Peoples of Northern America |
| [13] _____ Celebrating the Centenary of Flu Vaccine | [42] _____ North Country Authors VII |
| [14] _____ Chemistry for Survival and National Security | [43] _____ Punch Drunk and Dementia |
| [15] _____ Collecting Adirondack Rare Books | [44] _____ Red Sandstone Trail at Hannawa Falls |
| [16] _____ Comic Book Writer and Illustrator | [45] _____ Red Sandstone Trail at Sugar Island |
| [17] _____ Continuing Tai-Chi and Qigong | [46] _____ Stress Reduction |
| [18] _____ Creating a Net-Zero Solar Home | [47] _____ Tai-Chi - Short Form |
| [19] _____ Culinary Chemistry | [48] _____ TAUNY's North Country Folk Instrument Project |
| [20] _____ Current Events | [49] _____ Unlocking the Secrets of Stonehenge |
| [21] _____ Decluttering Tune-Up | [50] _____ Vicarious Voyagers XXII |
| [22] _____ Defining Successful Aging | [51] _____ Watercolor/Mixed Media Art Workshop |
| [23] _____ Double Crosser | [52] _____ Weaving Healing Wisdom |
| [24] _____ Drawing for Everyone | [53] _____ What Makes a Memory? |
| [25] _____ Duplicate Bridge For Fun | [54] _____ What the Heck is Reiki? |
| [26] _____ Exploring Our National Parks – Cave Resources | [55] _____ World War II - Homefront Memories |
| [27] _____ Fitness for Optimal Aging | [56] _____ You Too Can Play the Harmonica |
| [28] _____ Folk Songs | [57] _____ YOUR Favorite Poems |
| [29] _____ Getting The Blues | |

Please sign Waiver/Release on the back of this form....

For **ALL** Members: Waiver, Volunteering & Suggestions

*** Please sign below:**

WAIVER / RELEASE: 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 from September 1, 2017 through August 31, 2018. 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

SOAR is a member run organization. If you are willing to **volunteer** with any of the following, please check below:
(You will be contacted if needed)

- ___ Assist with office tasks--may be short notice for one time tasks
- ___ Take class and event photos for website
- ___ Work with the **Scheduling Committee** & presenters to arrange convenient times & appropriate venues for courses--work from home by phone & email with about a dozen presenters
- ___ Work with the **Technology Committee** to help with tech support during class; training is available
- ___ Work with the **Membership Committee** to verify member information, collate members' interests, make phone calls, etc.
- ___ Work with the ad hoc **Archives Committee** with inventorying, collecting and organizing SOAR materials into its own archives

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

Please indicate your experience, skills or expertise that may be presented as a course for our members:

SOAR course presenters are unpaid volunteers who often come from the membership. SOAR hopes that someday you might present a SOAR course.

➤ **NEW** member only: How did you learn about SOAR?

***If you are a NEW member *or* if you did not register in Fall 2017, include your \$65 signed check made out to PACES-235 and mail to:**

**SOAR
382 Van Housen Ext.
SUNY Potsdam
44 Pierrepont Ave.
Potsdam, NY 13676**

QUESTIONS?

Email SOAR at:

soar@potsdam.edu

Call the SOAR office at:

315-267-2690

SOAR Mail box:

On the door of office

Website: www.soarnorthcountry.org

Find the SOAR office: Van Housen Ext. 382

The office is on the third floor (2 floors above the university police office). Enter the door facing parking lot and follow the long corridor to elevator. Ascend to the 3rd floor, turn into the left corridor—you have arrived.

Office Hours: Monday, Wednesday & Friday from 9:00 am to 2:00 pm