

Spring 2018 SOAR Courses: Scheduling Information

For more details go to the SOAR website www.soarnorthcountry.org

NOTES:

- 1) (*see notes*) = go to the website or your registration confirmation letter for more info
- 2) (*see links*) = go to the "COURSES" tab on the website to find links to course readings, supplies, etc.
- 3) This sheet lists only one presenter for each course - see the booklet or website for more presenters

- [1] AARP Smart Driver Course (Group A) - David Stewart. 2 sessions, 3.5 hours each. St Lawrence-Lewis BOCES, Canton. Tuesday, Wednesday: 4/17, 4/18--1:00-4:30 (see notes) (Cap: 25)
- [2] AARP Smart Driver Course (Group B) - David Stewart. 2 sessions, 3.5 hours each. St Lawrence-Lewis BOCES, Canton. Tuesday, Wednesday: 5/15, 5/16--1:00-4:30 (see notes) (Cap: 25)
- [3] Allegories and Animal Farm - Cailey Underhill. 3 sessions, 1.5 hours each. SLCHA: Silas Wright House: County Gallery. Friday: 4/6, 4/13, 4/20--4:00-5:30 (see notes) (Cap: 20)
- [4] American Predators: Wolves, Coy Wolves, Cougars and Jaguars - John McDonald. 3 sessions, 1.5 hours each. SUNY Potsdam, Maxcy 104. Monday: 4/30, 5/7, 5/14--2:00-3:30 (Cap: 50)
- [5] Anchorage to Nome by Dog Sled - Spencer Thew. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Tuesday: 4/24--3:00-4:30 (Cap: 50)
- [6] Art for Beginners - Allyson Brosemer. 8 sessions, 2 hours each. SUNY Potsdam, Satterlee 225. Friday: 3/23 - 5/11--2:00-4:00 (see notes) (Cap: 16)
- [7] Beginning Tai-Chi and Qigong - Pam March. 7 sessions, 1 hour each. SUNY Potsdam, Maxcy Dance Studio. Tuesday: 4/3 - 5/15--12:00-1:00 (see notes) (Cap: 50)
- [8] Birds of Northern New York - Joan Collins. 3 sessions, 1.5 hours each. SUNY Potsdam, Maxcy 104. Wednesday: 4/25, 5/2, 5/9 & field trip on 5/16--1:00-2:30 (see notes) (Cap: 50)
- [9] Bringing Nature Home - This Spring! - Rachel Johnson. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Monday: 3/12--2:00-3:30 (see notes) (Cap: 20)
- [10] Canada in World War II - Art Johnson. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Wednesday: 3/21--3:00-4:30 (Cap: 50)
- [11] Cards By You (Group A) - Linda Reece. 1 session, 1.5 hours. Partridge Knoll. Wednesday: 3/14--9:30-11:00 (see notes) (Cap: 12)
- [12] Cards By You (Group B) - Linda Reece. 1 session, 1.5 hours. Partridge Knoll. Wednesday: 3/21--9:30-11:00 (see notes) (Cap: 12)
- [13] Celebrating the Centenary of Flu Vaccine - Deborah Lauther. 3 sessions, 1 hour each. CPH Conf Rm A&B. Friday: 3/30, 4/6, 4/13--12:00-1:00 (see notes) (Cap: 25)
- [14] Chemistry for Survival and National Security - Richard Partch. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Monday: 4/23--3:00-4:30 (see notes) (Cap: 50)

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- [15] Collecting Adirondack Rare Books - Tom Wheeler. 2 sessions, 1.5 hours each. SLCHA: Silas Wright House: County Gallery. Tuesday: 4/3, 4/10--1:00-2:30 (Cap: 10)
- [16] Comic Book Writer and Illustrator: Sam Glanzman - Douglas Rose. 3 sessions, 1.5 hours each. SUNY Potsdam, Maxcy 104. Wednesday : 4/4, 4/11, 4/18--1:00-2:30 (see notes) (Cap: 15)
- [17] Continuing Tai-Chi and Qigong - Pam March. 14 sessions, 1 hour each. SUNY Potsdam, Maxcy Dance Studio. Tuesday & Thursday: 4/3 - 5/17--1:00-2:00 (see notes) (Cap: 50)
- [18] Creating a Net-Zero Solar Home - Jon Montan. 1 session, 1.5 hours. SLCHA: Silas Wright House: County Gallery. Thursday: 3/29--1:00-2:30 (Cap: 40)
- [19] Culinary Chemistry: Basic Concepts to Make You a Better Cook? - Suna Stone. 1 session, 1.5 hours. SLU, Johnson 309. Monday: 4/9--1-2:30 (see notes) (Cap: 19)
- [20] Current Events - John Casserly. 10 sessions, 1.5 hours each. Partridge Knoll. Friday: 3/16 - 5/18--10:30-12:00 (see notes) (Cap: 30)
- [21] Decluttering Tune-Up - Deborah Lauther. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Wednesday: 5/2--3:00-4:30 (Cap: 50)
- [22] Defining Successful Aging: An Elusive Concept - Dr. Matt Manierre. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Friday: 3/16--3:30-5:00 (Cap: 50)
- [23] Double Crosser: My Life on the Run - Daniel Dominie. 1 session, 1.5 hours. SLCHA: Silas Wright House: County Gallery. Tuesday: 3/13--1:00-2:30 (Cap: 40)
- [24] Drawing for Everyone - Jim Murray. 8 sessions, 2 hours each. SUNY Potsdam, Satterlee 225. Friday: 3/23 - 5/11--11:00-1:00 (see notes) (Cap: 20)
- [25] Duplicate Bridge For Fun: Intermediate Level - Ruth Carrington. 8 sessions, 2 hours each. Mayfield Apts. Friday: 3/23, 4/6 - 5/18 (no class on 3/30)--1:00-3:00 (see notes) (Cap: 20)
- [26] Exploring Our National Parks – Cave Resources - Peter Pettengill. 1 session, 1.5 hours. SLU, Brown 139. Friday: 4/27--2:00-3:30 (Cap: 20)
- [27] Fitness for Optimal Aging - Deborah Molnar. 2 sessions, 1.5 hours each. Miller Campus Center 212, SUNY Canton. Thursday: 3/29, 4/12 (no class on 4/5)--10:00-11:30 (see notes) (Cap: 15)
- [28] Folk Songs - John Ohst. 1 session, 1.5 hours. SLCHA: Silas Wright House: County Gallery. Thursday: 5/3--1:00-2:30 (Cap: 30)
- [29] Getting The Blues: Understanding Southern Culture via Delta Blues Music - Thomas Alzo. 2 sessions, 1 hour each. St Marys School, Canton. Tuesday: 3/13, 3/20--3:00-4:00 (see notes) (Cap: 30)
- [30] Great Year for Mars! - Bruce McClure. 3 sessions, 1.5 hours each. SUNY Potsdam, Stowell Planetarium. Monday: 3/12, 3/19, 3/26--2:00-3:30 (see notes) (Cap: 50)
- [31] Herkimer Diamonds, Everywhere! - Michael Walter. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Tuesday: 4/10--3:00-4:30 (Cap: 50)

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- [32] Let's Make Sauerkraut and Kimchi! - Maria Filippi. 1 session, 1.5 hours. Harvest Kitchen, Cornell Extension, Canton. Monday: 4/16--10:30-12:00 (see notes) (Cap: 12)
- [33] Lewis and Clark Expedition (Part 2) - Terry Niles. 3 sessions, 1.5 hours each. SUNY Potsdam, Satterlee 120. Thursday: 5/3, 5/10, 5/17--9:00-10:30 (see notes) (Cap: 144)
- [34] Line Dancing for Beginners - Margaret Mauch. 6 sessions, 1.5 hours each. SUNY Potsdam, Maxcy Dance Studio. Friday: 3/16 - 4/20--1:00-2:30 (see notes) (Cap: 35)
- [35] Mah Jongg - Kay Russell. 4 sessions, 2 hours each. Partridge Knoll. Thursday: 4/12, 4/19, 4/26, 5/3--10:00-12:00 (see notes) (Cap: 16)
- [36] Manners Matter - Christine Lancaster. 1 session, 1.5 hours. SUNY Potsdam, Thatcher Dining Room. Monday: 5/14--12:00-1:30 (see notes) (Cap: 20)
- [37] Modeling and Simulation with Computers - Brian Helenbrook. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Monday: 4/16--1:00-2:30 (Cap: 50)
- [38] Moon, Mars and More - Dana Barry. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Wednesday: 3/14--1:00-2:30 (see notes) (Cap: 50)
- [39] Mountain Biking For Seniors - James Akins. 2 sessions, 1.5 hours each. Lenny Road Trails, Colton. Tuesday: 5/1, 5/8--3:00-4:30 (see notes) (Cap: 10)
- [40] Musical Petting Zoo - Leah Zelkowitz. 1 session, 2 hours. SUNY Potsdam, Crane C107. Wednesday: 4/4--10:00-12:00 (Cap: 120)
- [41] Native Peoples of Northern America: the Haudenosaunee of New York - Susan Stebbins. 1 session, 1.5 hours. SUNY Potsdam, MacVicar 129. Friday: 4/20--11:00-12:30 (see notes) (Cap: 28)
- [42] North Country Authors VII - Jim Barry. 3 sessions, 1.5 hours each. SLCHA: Silas Wright House: County Gallery. Wednesday: 4/18, 4/25, 5/2--10:00-11:30 (see notes) (Cap: 40)
- [43] Punch Drunk and Dementia: A Modern History of Concussion, 1870-2012 - Stephen Casper. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Tuesday: 4/3--3:00-4:30 (Cap: 50)
- [44] Red Sandstone Trail at Hannawa Falls - Blair Madore. 1 session, 2 hours. Red Sandstone Trail. Tuesday: 4/24--9:00-11:00 (see notes) (Cap: 24)
- [45] Red Sandstone Trail at Sugar Island - Blair Madore. 1 session, 2 hours. Red Sandstone Trail. Tuesday: 5/1--9:00-11:00 (see notes) (Cap: 24)
- [46] Stress Reduction - Kathy Montan. 2 sessions, 1.5 hours each. SLCHA: Silas Wright House: County Gallery. Tuesday: 3/20, 3/27--1:00-2:30 (see notes) (Cap: 40)
- [47] Tai-Chi - Short Form - Pam March. 7 sessions, 1 hour each. SUNY Potsdam, Maxcy Dance Studio. Thursday: 4/5 - 5/17--12:00-1:00 (see notes) (Cap: 50)
- [48] TAUNY's North Country Folk Instrument Project - Camilla Ammirati. 1 session, 1.5 hours. TAUNY. Tuesday: 3/13--1:00-2:30 (see notes) (Cap: 30)

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- [49]** Unlocking the Secrets of Stonehenge - Shinu Anna Abraham. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Tuesday: 3/13--2:30-4:00 (Cap: 50)
- [50]** Vicarious Voyagers XXII - Ruth Kreuzer. 4 sessions, 1.5 hours each. Potsdam Civic Center. Monday: 3/26, 4/2, 4/23, 4/30--10:30-12:00 (see notes) (Cap: 85)
- [51]** Watercolor/Mixed Media Art Workshop: Intermediate Level - Jim Murray. 8 sessions, 2 hours each. SUNY Potsdam, Satterlee 225. Wednesday: 3/21 - 5/9--1:00-3:00 (see notes) (Cap: 20)
- [52]** Weaving Healing Wisdom - Paula Youmell. 1 session, 2 hours. SUNY Potsdam, Maxcy 104. Wednesday: 5/9--3:00-5:00 (see notes) (Cap: 50)
- [53]** What Makes a Memory? - Serge Onyper. 1 session, 2 hours. SLU, Valentine 105 . Monday: 3/19--10:00-12:00 (Cap: 35)
- [54]** What the Heck is Reiki? - Sarah Pickard. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Monday: 4/9--1:00-2:30 (see notes) (Cap: 50)
- [55]** World War II - Homefront Memories - Art Johnson. 1 session, 1.5 hours. SUNY Potsdam, Maxcy 104. Wednesday: 3/28--3:00-4:30 (Cap: 50)
- [56]** You Too Can Play the Harmonica - Neil Garner. 4 sessions, 1.5 hours each. SLCHA: Silas Wright House: County Gallery. Wednesday: 3/14 - 4/4--1:00-2:30 (see notes) (Cap: 15)
- [57]** YOUR Favorite Poems - Bob DeGraaff. 3 sessions, 1.5 hours each. Partridge Knoll. Wednesday: 4/18, 4/25, 5/2--1:30-3:00 (see notes) (Cap: 16)