



# Activity & Program Guide

## March 2021

### Face to Face & Virtual

SOAR Fox Cities, Inc. ~ 211 E. Franklin Street ~ Appleton, WI 54911



#### WORD FIND

SHAMROCK GOLD CLOVER  
MAGIC LUCKY GREEN MARCH

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#### Inserts:

March 2021 Calendar  
2021 SO Aquatics Registration Form

M	U	O	X	S	K	L	I	C
Y	E	M	I	B	D	U	L	A
S	H	A	M	R	O	C	K	L
S	O	R	A	M	C	K	E	S
E	V	C	G	R	U	Y	G	B
M	C	H	I	O	G	C	R	U
P	G	R	C	L	O	V	E	R
A	O	D	L	H	L	I	E	K
C	S	H	A	V	D	M	N	O

**[Temporary]** Office Hours: Monday through Thursday, 9:00am-3:00pm (Closed on Fridays)\*

\*Phone: 920.731.9831

Fax: 920.725.1531

E-mail: [info@soarfoxcities.com](mailto:info@soarfoxcities.com)

Website: [www.soarfoxcities.com](http://www.soarfoxcities.com)



# Policies

To be considered as a participant of SOAR Fox Cities, Inc.'s programs and/or services, the following forms will need to be filled out, updated and kept in the participant's file:

- Participant Information Form
- Acknowledgement Form from the Participant/Guardian Handbook

Note: ***The Participant Information Form needs to be updated annually.*** Throughout the course of the year changes may occur with conditions, behaviors, etc. and it is very important that SOAR Fox Cities, Inc. staff is aware of all of these changes. It is a safety precaution for all involved including the participant, staff and volunteers. Please call the office (920-731-9831) with any changes.

**Parking** When parking at our building during business hours, please use the parking stalls designated for 211 E. Franklin Visitors. If you park in other companies' stalls you risk being towed.

**Inclement Weather Policy** Out of concern for safety, bad weather occasionally forces the closing of a SOAR Fox Cities, Inc. program or service. If it becomes necessary to close SOAR Fox Cities, Inc. for any reason, SOAR FC staff will attempt to notify all participants who are signed up for the program or service of the closure. The program or service may be re-scheduled. Please watch local news channels (WBAY, WFRV, WLUK), check our website and Facebook pages for real time updates on cancellations. Most day-of cancellations will be made by 2:00pm the day of the activity. After office hours, please call 920-931-2530 for Adult Programs information.

**Payment Policy** We will NOT be able to collect payments at activities. Do not give staff your payment—we need to collect it at the office, via mail, or via our website, PRIOR to all activities. If you visit our office before/after hours, please deposit your labeled payments in the mail slot. We encourage your use of envelopes. The use of SOARcash is encouraged for those needing minor financial assistance, when it is available (based on allowed funding). Call for a SOARcash application. For any questions regarding bills/invoices, please ask for extension 100. If you are registering for an activity and tickets need to be picked up, feel free to send a self-addressed stamped envelope along with your payment, or pay an extra \$1.00 to have the tickets mailed to you, or stop by our office. Watch our online calendar for advance planning of activities to fit your budget, and meet registration deadlines.

**Cancellation Policy** If you are unable to attend an event, you must cancel at least 5 days in advance. If you do not cancel in advance you will be liable for the program fees.

**Notice** SOAR Fox Cities, Inc. and its Programs are not responsible for accidents or injuries that may occur to participants or attendees during activities. SOAR Fox Cities, Inc., its employees and volunteers are not liable for any and all claims demands, losses, damages, actions, rights of action of whatever kind or nature arising out of, in consequence of, or on account of any injuries or incidents which may occur due to participation in a SOAR activity.

## Volunteering

Did you know that the volunteer opportunities with SOAR are almost endless!? Aside from volunteering at programs, we LOVE it when members help out at special events. Occasionally we also have special office projects, like folding and stuffing mailings, that we need help with! If you want to learn about these and more opportunities, please call Ashley Gustafson, Volunteer Coordinator, at 920-731-9831, x114. ***Some current needs are: special event committee members, assistant Coach for Special Olympics—Swimming.***



*Volunteer with SOAR today!*





## SOAR Fox Cities Board of Directors

Bryan Mueller, *President*  
Laura McCormick, *Vice President*  
Gary Weber, *Treasurer*  
Heather Sorebo, *Secretary*

Polly VandenBoogaard   Paul Meyer   Mark Robinson   Reg Wydeven



Hello Friends of SOAR!

We are entering March already! My gosh...this year is FLYING by! Pretty soon we'll be talking about spring flowers & right after that, sunburns! I'm not sure about you, but I can't wait! Well, I can wait for the sunburn, but I'm looking forward to warmer weather and days spent outside.

We had great successes with our community-based activities in February and do plan to do them again; however we're taking a break in March and instead adding a lot more craft, movie and game options. We'll head back out to the community in future months and possibly after more people are able to get vaccinated, but for March we're sticking close to "home."

Speaking of the vaccine - please know that we are diligently seeking information on your behalf regarding the vaccine and will be passing along any that we can find!

There is A LOT of info out there right now and we want to be sure we're sending along the RIGHT information! Please be patient with us, but as always, please let us know if you have questions!

I also want to take a moment to remind you that if you don't feel well, please DO NOT come to an activity. Call the SOAR offices as soon as you are able and let us know, either by message or speaking to a coordinator, that you're not feeling well and cannot come to the activity. Furthermore, if you have been in contact with someone who has tested positive for COVID-19, or you yourself have tested positive within the 14 days prior to an activity - DO NOT come to the activity you are scheduled to attend. Please contact us to cancel. Currently we are being lenient with cancellations and program fees so please do not let the possibility of no refund/credit to your account deter you. Lastly, if you have tested positive for COVID-19 and were at an activity within 14 days prior to testing positive, please let us know. You can do so by emailing me at [erin@soarfoxcities.com](mailto:erin@soarfoxcities.com). I will not share your personal information, but do need to advise those whom you may have had contact with while at SOAR of the potential exposure.

Thanks everyone & please continue to stay safe & healthy!

~ Erin Schultz, Executive Director

## SOAR Fox Cities Staff can be reached at 920.731.9831

Erin Schultz, Executive Director, x116

Ashley Gustafson, Director of Community Engagement, x114

Jolene Verstegen, Financial Administrator, x115

Julie Biesterveld, TBI Support Program Coord., x113

LeeAnn Stein, Director of Adult Programs, x112

Lindsay Wollerman, Fundraising & Grant Manager, x111

Lisa McCallister, Youth Services Manager, x110

Lisa Volkman, Special Olympics Coordinator, x109

Paula Maurer, Adult Program Coordinator, x124 or  
920.931.2530 (after 5pm)

VACANT, TBI Support Program Navigator, x118

VACANT, Family Programs & Community Resource Coordinator, x122

Zach Wroblewski, Accounting Clerk, x100

## Registering for all activities is required!

1. Select the activities that fit your schedule.
2. **Be sure to register 7 days (one week) before an activity that you want to attend, unless a specific registration date is noted in the description of the activity.**
3. Complete the enclosed registration form and return it to our SOAR office with payment. You can pay online at [www.soarfoxcities.com](http://www.soarfoxcities.com), send a check, or stop at our office. Payment must be made prior to an activity.
4. Note that dances require tickets for admission. Staff/caregivers attending need to get a complimentary ticket at the SOAR office.

# Calendar-at-a-glance

## Program Type KEY

Youth Programs Y  
 Adult Programs A  
 Advocacy Programs ADV  
 Family Programs F  
 Community Ed CE  
 Adult Ed Programs AE  
 Face to Face Programs F2F  
 Virtual V



## March

Su	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March	Program Choice	Time	Page	Cost member/ non-member	IRIS Code	Staffed by:	Type KEY
2	Games	5:30pm-7:00pm	6	\$10/\$20	F	Paula	A
3	Coffee Connections	10:30am-11:30am	6	Free	-	Erin	F
3	Scrapbooking	10:00am-11:30am	6	\$10/\$20	-	LeeAnn	AE
3	Virtual Games	2:00pm-3:00pm	7	Free	-	LeeAnn	AE
3	TnT - Virtual	6:30pm-8:00pm	5	Free	-	Lisa M	Y
4	Craft- Session 1	5:00pm-6:30pm	7	\$15/\$30	F	Paula	A
4	Craft- Session 2	7:00pm-8:30pm	7	\$15/\$30	F	Paula	A
4,11,18,25	Confident Women Series	6:00pm-7:15pm	7	\$5/\$10	F	LeeAnn	AE
8	Craft- Session 1	5:00pm-6:30pm	7	\$15/\$30	F	Paula	A
8	Craft- Session 2	7:00pm-8:30pm	7	\$15/\$30	F	Paula	A
9	Virtual Games	10:00am-11:00am	7	Free	-	LeeAnn	AE
9	People First	6:00pm-7:15pm	5	Free	-	LeeAnn	ADV
10	Virtual BISG	5:30pm-6:30pm	6	Free	-	Julie	ADV
10,17,24	Healthy Cooking	10:30am-Noon or 4:30pm-6:00pm	8	\$30/\$50	F	LeeAnn	AE
11	Baking Class	10:00am-Noon	8	\$15/\$30	F	LeeAnn	AE
11	TnT	6:30pm-8:00pm	5	Free	-	Lisa M.	Y
16	Virtual Games	10:00am-11:00am	8	\$10/\$20	F	LeeAnn	AE
16	St. Patrick's Lunch Party	10:00am-Noon	8	\$15/\$30	F	LeeAnn	AE
16	Dinner & Movie	5:30pm-8:30pm	8	\$15/\$30	F	Paula	A
18	Craft- Session 1	5:00pm-6:30pm	8	\$15/\$30	F	Paula	A
18	Craft- Session 2	7:00pm-8:30pm	8	\$15/\$30	F	Paula	A
21	Lunch & Craft	11:00am-2:00pm	9	\$25/\$50	F	Paula	A
21	Dinner & Craft	3:00pm-6:00pm	9	\$25/\$50	F	Paula	A
22	BISG- In-person	6:00pm-7:30pm	6	Free	-	Julie	ADV
23	Disability Advocacy Day	10:00am-Noon	9	Free	-		ADV
23	Art	10:00am-11:30am	9	\$10/\$20	F	LeeAnn	AE
25	Virtual Games	1:00pm-2:00pm	9	Free	-	LeeAnn	AE
25	TnT	6:30pm-8:00pm	5	Free	-	Lisa M	Y
25	Craft- Session 1	5:00pm-6:30pm	9	\$15/\$30	F	Paula	A
25	Craft- Session 2	7:00pm-8:30pm	9	\$15/\$30	F	Paula	A
29	Dinner & Bingo	5:30pm-8:30pm	9	\$25/\$50	F	Paula	A
30	Make Ahead Meals	10:00am-11:30am	9	\$10/\$20	F	LeeAnn	AE
31	Basic First Aid	4:30pm-5:30pm	9	\$10/\$20	F	LeeAnn	AE



# SOAR Fox Cities - where YOUTH fit in!

**Kidz Klub**—Kidz Klub is a collaborative after-school program between SOAR Fox Cities and area school districts which targets children in Elementary Schools. Kidz Klub is a peer-to-peer social group for youth with and without disabilities held at a school within the participating school district.

**Teen Stop**—Teen Stop has the same collaboration as described above for Kids Klub, but focuses on Middle School aged children. Neenah School district is currently using this after-school program for middle school. Great games and activities are planned by middle school peers. Held during the school year only.

**TnT**—Youth ages 13-23 from any Fox Cities school district can come and meet new people, try fun group games, trivia questions and laughs. This positive interaction between peers allows them to gain exposure to each other, which leads to understanding and results in acceptance for each person involved. All teen participants take part in large and small group activities such as singing, sharing and games, engage in cooperative learning experiences and have opportunities for leadership development. Held 6:30-8:00pm at First Congregational United Church of Christ, 724 E South River St., Appleton. There is no cost for this program.

**Special Olympics**—Did you know Special Olympics begins at age 8?? Please see the Special Olympics section in this newsletter for sports offered by SOAR Fox Cities, and become part of the 3rd largest Special Olympics agency in the state of Wisconsin!!

**People First**—SOAR encourages and trains individuals, including youth, to speak up and advocate for themselves. There is a meeting once a month. **See details below!**



## Quick Reference

Youth Services Manager: Lisa McCallister, 920-731-9831 x110, [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)

***If you are a TEEN or a young adult (thru age 23), join:***

- **TnT - Zoom - Wednesday, March 3rd ~ 6:30pm - 8:00pm**

Get together virtually for an extra night of TnT fun! Can't wait to see you all there.

- **TnT - In-Person - Thursday, March 11th ~ 6:30pm - 8:00pm**

We're going to meet again at the Fox Crossing Community Center! There are ONLY 13 spots available, so sign up right away. Please watch your emails for additional details after you sign up.

**Register by March 9th**

- **TnT - In-Person - Thursday, March 25th ~ 6:30pm - 8:00pm**

We're going to meet again at the Fox Crossing Community Center! There are ONLY 13 spots available, so sign up right away. Please watch your emails for additional details after you sign up.

**Register by March 23rd**



## People First Fox Cities - Virtual & In-Person

A group that encourages and trains individuals to speak up and advocate for themselves. There is no cost to attend & learn how to become a better self-advocate. Everyone is welcome!

**Tues., March 9th 6:00pm-7:15pm** Topic- 2021 Virtual Disability Advocacy Day

We'll meet in the Lower Level Activity Room + via Zoom

**Register by March 4th**

To learn more about People First & how to join, be sure to reach out to

LeeAnn Stein, Director of Adult Services, at 920-731-9831 x112 or [leeann@soarfoxcities.com](mailto:leeann@soarfoxcities.com)



### Quick Reference

TBI Support Program Coordinator: Julie Biesterveld, 920-731-9831 x113, [julie@soarfoxcities.com](mailto:julie@soarfoxcities.com)

## Brain Injury Support Group

This support group is open to survivors who have had a brain injury as well as family members & caregivers of those that have survived a traumatic brain injury.  
The group meets at various times.

- **Wed., March 10th** 5:30pm via ZOOM
- **Mon., March 22nd** 6:00pm @ UW-Oshkosh at Fox Cities - 1478 Midway Rd  
(Register by March 21st)

Face to face groups & attendance will continue to be limited for safety. Those wishing to attend **MUST** email Julie at [Julie@soarfoxcities.com](mailto:Julie@soarfoxcities.com) to reserve a spot.



### Coffee Connections! Wed., March 3rd

10:30-11:30am via ZOOM

This is a support group for parents, guardians and caregivers looking to explore current trends and topics of interest.

This month Marcia Stickel, RN, BS, BSN will be joining us to share information about the COVID-19 Vaccine. Marcia is a State Disaster Medical Advisory Committee Member and Nurse Advocate for Individuals with IDD.

Watch for an email link for the meeting. If you are not in the Coffee Connections contact group, contact Erin at [erin@soarfoxcities.com](mailto:erin@soarfoxcities.com) for meeting information.

### Looking for KITE Conference Info?

Due to COVID we're not able to provide the KITE Conference the same way we've all grown to love and enjoy over these past several years; however we will be sharing a KITE Conference reimagined! Please watch your emails, Facebook & our website for further details!



### Quick Reference

SRR Program Coordinator: Paula Maurer, 920-731-9831 x124, [paula@soarfoxcities.com](mailto:paula@soarfoxcities.com)

## Games (We'll be playing a variety of games!)

5:30pm-7:00pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 for non-members

**Tues., March 2nd**

Register by March 1st

## Scrapbooking- In Person

10:00am-11:30am at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 for non-members

- **Wed., March 3rd** Don't forget to bring your pictures! We'll have the supplies for you to finish several pages for your scrapbook.

Can't make the class - no problem! Sign up to have a scrapbook kit to be delivered to you. The kit will contain over a dozen pages that all you need to do is add your pictures and put them in your album.

Register by February 24th



## Quick Reference

Director of Adult Programs: LeeAnn Stein, 920-731-9831 x114, leeann@soarfoxcities.com

### Virtual Games

2:00pm-3:00pm via ZOOM

Fee: FREE

We'll be playing Yahtzee!

### • Wed., March 3rd

Register by February 24th

### Confident Women Series- In Person and Zoom with FOUR Sessions offered!

Hosted at the SOAR Fox Cities Building in the Board Room and Zoom

Fee: \$5 or \$10 for non-members

**Session #1:** Thurs., March 4th 6:00pm-7:15pm

Register for all

**Session #2:** Thurs., March 11th 6:00pm-7:15pm

by March 3rd

**Session #3:** Thurs., March 18th 6:00pm-7:15pm

**Session #4:** Thurs., March 25th 6:00pm-7:15pm

Thanks to a generous grant from the Women's Fund of the Fox Valley Region, we are able to offer this Confident Women's Series. Topics include: building self confidence and assertiveness, understanding

### Evening Crafts - In Person with TWO Sessions offered!

Hosted at the SOAR Building in the Lower Level Activity Room

Fee: \$15 or \$30 for non-members Caregivers \$25 (if decorating making their own craft)

**Session #1:** Thurs., March 4th

5:00pm-6:30pm

Register by March 2nd

**Session #2:** Thurs., March 4th

7:00pm-8:30pm

Register by March 2nd

**We'll be making St. Patrick's Day themed crafts!**

**Please only choose ONE session to attend!**

### Evening Crafts (Again!) - In Person with TWO Sessions offered!

Hosted at the SOAR Building in the Lower Level Activity Room

Fee: \$15 or \$30 for non-members Caregivers \$25 (if decorating making their own craft)

**Session #1:** Mon., March 8th

5:00pm-6:30pm

Register by March 1st

**Session #2:** Mon., March 8th

7:00pm-8:30pm

Register by March 1st

**We'll be making herb gardens that you get to take home!**

**Please only choose ONE session to attend!**

### Virtual Games - Wits and Wagers

10:00am-11:00am via ZOOM

Fee: FREE

(Test your trivia knowledge or how lucky you are at guessing the correct multiple choice answer. You earn points for each correct answer!)

### • Tues., March 9th

Register by March 2nd



### Did You Know!?

SOAR is still selling Kwik Trip Cards! For every card purchased directly from SOAR a percentage of the purchase is donated back to SOAR! How cool?! Interested in learning more? Call us at 920-731-9831 to purchase yours today!

## Healthy Cooking Class - In Person with THREE Sessions Offered!

Hosted at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$30 or \$50 for non-members

### **Session #1: Wednesdays, March 10, 17, 24 (Daytime)** 10:30am-Noon

During this three week series you'll make your own meal & have a discussion on healthy eating!

### **Session #2: Wednesdays, March 10, 17, 24 (Evening)** 4:30pm-6:00pm

During this three week series you'll make your own meal & have a discussion on healthy eating!

**Register for either session by March 3rd**

\*\* Registration is VERY limited - 6 for this class. Be sure to register early & choose only one!!

## Baking Class- In Person & Virtual

10:00am-NOON at the SOAR Fox Cities Building, Lower Level Activity Room + ZOOM

Fee: \$15 or \$30 for non-members

- **Thurs., March 11th** You'll be making mint brownies! Baking kits are available for those taking the class virtually. **Register by March 4th**

## Virtual Games - Bingo

10:00am-11:00am via ZOOM

Fee: \$10 or \$20 non-members

We'll mail your Bingo cards so all you need is a marker or pen to play. **Win prizes!!**

- **Tues., March 16th** **Register by March 9th**

## St. Patrick's Lunch Party

10:00am-Noon at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$15 or \$30 for non-members

- **Tues., March 16th** We'll be celebrating St. Patrick's Day early! We will start by playing Bingo and then enjoy a festive lunch. **Register by March 9th**

## Dinner & Movie - In Person

5:30pm-8:30pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$15 or \$30 for non-members

- **Tues., March 16th** We will have brats, mac & cheese, veggie and dessert while enjoying a movie!

**Register by March 9th**

## Evening Crafts (Again!) - In Person with TWO Sessions offered!

Hosted at the SOAR Building in the Lower Level Activity Room

Fee: \$15 or \$30 for non-members Caregivers \$25 (if decorating making their own craft)

**Session #1: Thurs., March 18th** 5:00pm-6:30pm **Register by March 10th**

**Session #2: Thurs., March 18th** 7:00pm-8:30pm **Register by March 10th**

**We'll be making an Easter themed craft!! Please only choose ONE session to attend!**

## Lunch/Dinner & Crafts - In Person with TWO Sessions offered!

Hosted at the SOAR Building in the Lower Level Activity Room

Fee: \$25 or \$50 for non-members Caregivers \$25 (if decorating making their own craft)

**Session #1: Sun., March 21st** 11:00am-2:00pm **Register by March 15th**

**Session #2: Sun., March 21st** 3:00pm-6:00pm **Register by March 15th**

**Sloppy Joes, cheesy potatoes, veggies, and dessert will be served for each meal.**

**Both groups will make crafts after the meal!**



## Disability Advocacy Day - Virtual!

10:00am-NOON via ZOOM

Fee: FREE

### Tues., March 23rd

Disability Day of Action is a virtual event focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and call their legislators in the afternoon.

Register via this link [wi-bppd.org](http://wi-bppd.org)

**Register by February 15th**



Happy St. Patrick's Day!!!

May the Luck-O-the-Irish be with you today (and always)!



## Art Class

10:00am-11:30am at the SOAR Building in the Lower Level Activity Room

Fee: \$10 or \$20 for non-members

### Tues., March 23rd

Lets celebrate the start of spring by making a fun floral collage!

**Register by March 16th**

## Virtual Games - Sunken Treasure

1:00pm-2:00pm via Zoom

Fee: FREE!

(Similar to the game Battleship except you are hoping to uncover hidden treasure at the bottom of the sea!)

### • Thurs., March 25th

**Register by March 18th**

## (MORE) Evening Crafts - In Person with TWO Sessions offered!

Hosted at the SOAR Building in the Lower Level Activity Room

Fee: \$15 or \$30 for non-members Caregivers \$25 (if decorating making their own craft)

**Session #1:** Thurs., March 25th

5:00pm-6:30pm

**Register by March 15th**

**Session #2:** Thurs., March 25th

7:00pm-8:30pm

**Register by March 15th**

**You'll make your own tick tac toe board so you can play to your heart's content!**

## Dinner & Bingo - In Person

5:30pm-8:30pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$25 or \$50 for non-members

### Mon., March 29th

We will have burritos with the fixings and dessert, then play bingo!

**Register by March 22nd**

## Make Ahead Meals

10:00am-11:30am at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 for non-members

### • Tues., March 30th

This will be a make and take. You will be making ham & cheese pockets. You'll be able to enjoy it for lunch and dinner; and freeze the rest for a meal another day.

**Register by March 23rd**

## Basic First Aid

4:30pm-5:30pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 non-members

### Wed., March 31st

Learn how to care for burns, minor cuts and scrapes, when to seek professional help, and how you can be prepared ahead of time for a doctor or emergency room visit.

**Register by March 24th**

## Special Olympics Updates

Special Olympics is dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. The sports we offer give our athletes a safe and fun environment to grow their self-confidence, keep a steady social life and practice healthy living by being active.

### What's Happening with Special Olympics Now?!

Check out these current happenings & updates!



#### Basketball Season is here!

Basketball Skills started the second week of February.

There is a District competition scheduled at the end of February and State competition will be March 21<sup>st</sup>. These dates are subject to change pending the Coronavirus numbers at that time. Games will not be played, rather athletes will compete in certain skills sets against other agencies' athletes.

#### Swimming is on!



We are aiming for swimming to start the first week of April. **Please watch for registration forms in THIS NEWSLETTER.**

There will be a District competition in April and a 1-day State competition in June.

Dates, times and locations will be shared as information is made available to us by SOWI. As always, activities & dates are subject to change pending the Coronavirus numbers at that time.

#### Is your medical information with SOWI up to date??

If your medical exam is near expiration or you're not sure, please email Lisa at [lisav@soarfoxcities.com](mailto:lisav@soarfoxcities.com) to double check. You cannot take part in Special Olympics activities or compete if your medical is not up to date!!

All athletes must also have a COVID-19 form on file with SOWI. If you have not signed one, please contact Lisa immediately!



Participant Name \_\_\_\_\_

Date of Activity	Activity Name	Cost
	Please remember to ONLY REGISTER FOR ONE SESSION A DAY IF AN ACTIVITY OFFERS MULTIPLE SESSIONS ON ONE DAY. THANK YOU!	

Submit total amount due to:

SOAR Fox Cities

211 E Franklin St., Suite A

Appleton, WI 54911

Registration and Payment required prior to activities.

Pay by cash, check (# \_\_\_\_\_), or on-line.

Total: \_\_\_\_\_