



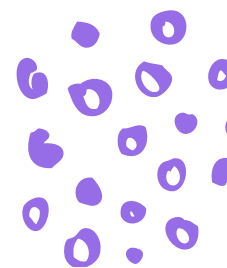
LET'S GET OUT &
ENJOY THE
Summer

SOAR FOX CITIES, INC. | 211 E. FRANKLIN STREET | APPLETON, WI 54911

Special Edition: Eat Healthy Live Well

JULY - AUGUST NEWSLETTER

Introducing Health & Wellness events
for Summer 2021



A peek inside

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[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

Website: www.soarfoxcities.com

Healthy Summer Tips

TO MAKE THE MOST OF SUMMER

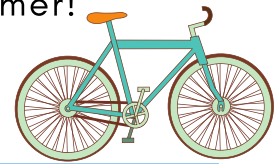
Get some Vitamin D



Summer is the sunniest time of the year! That means it's time to get outside and soak up some Vitamin D from the sun! Try to get at least 10 minutes of sun a day in the morning or in the evening to avoid the heat of the day. But don't forget sunscreen! Loading up on Vitamin D now will help your body absorb calcium to keep your bones strong!

Be Active

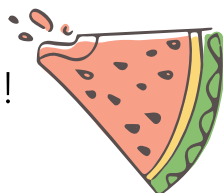
Get out and move! Whether it's going for a bike ride, going for a walk, checking out a trail nearby or playing your favorite sport, these are all activities that will get your muscles moving and your heart pumping. Try a new physical activity or stick to your favorite one, the main thing is to get out and enjoy summer!



Try a New Seasonal Fruit or Vegetable

Summers in Wisconsin have an abundance of delicious seasonal vegetables or fruits. Check out the Appleton, Menasha, Neenah or Little Chute Farmer's Market to find:

- Zucchini
- Beans
- Spinach
- Carrots
- Peppers
- Corn
- Cucumbers
- Berries
- Watermelon
- and many more!



Summer Smoothie Recipe

- 3 tablespoons old-fashioned oats
- 1 cup fresh spinach
- 1 cup frozen blueberries or raspberries
- 1/3 cup plain Greek yogurt
- 3/4 cup milk (whichever type you prefer)
- 1/8 teaspoon cinnamon (optional)

Place all ingredients in a blender and blend until smooth. Serve immediately.





TOUR OF



FARMER'S MARKETS

4 WEEKS OF CONNECTING WITH OUR
LOCAL FOOD SYSTEM

Starting July 22nd, Thursday nights, 3:30-5:30pm
Come visit Farmer's Markets and learn the importance of our
local foods! Bring \$ if wanting to purchase produce!
Register for each week separately.

WEEK 1

THURSDAY
JULY 22

MENASHA FARMER'S MARKET

MEETING PLACE: DOWNTOWN MENASHA BY
FOUNTAIN ON THE CORNER OF MILWAUKEE
ST. & MAIN ST.

WEEK 2

THURSDAY
JULY 29

LITTLE CHUTE FARMER'S MARKET

MEETING PLACE: VILLAGE PLAZA AT 108 W
MAIN STREET IN PARKING LOT BY WINDMILL

WEEK 3

THURSDAY
AUGUST 5

MENASHA FARMER'S MARKET

MEETING PLACE: DOWNTOWN MENASHA BY
FOUNTAIN ON THE CORNER OF MILWAUKEE
ST. & MAIN ST..

WEEK 4

THURSDAY
AUGUST 12

LITTLE CHUTE FARMER'S MARKET

MEETING PLACE: VILLAGE PLAZA AT 108 W
MAIN STREET IN PARKING LOT BY WINDMILL



Six Parks in Six Weeks

Summer is the perfect time to explore our wonderful community parks. Pack your lunch, wear your walking shoes, and let's enjoy summertime in some area parks!

Monday nights, starting July 26, 3:30–5:30pm

NO COST! Pack a lunch and bring a water bottle!

Register for each week separately.

1

Appleton Memorial Park

Monday, July 26

Meeting place: In front of the Appleton Ice Arena

2

Sunset Park (Upper), Kimberly

Monday, August 2

Meeting place: In front of the amphitheater.

3

Jefferson Park, Menasha

Monday, August 9

Meeting place: By the main pavilion

4

Arrowhead Park, Neenah

Monday, August 16

Meeting place: In front of the Neenah landmark with girl dancing on a globe

5

Riverview Gardens, Appleton

Monday, August 23

Meeting place: The Urban Farm entrance at 242 W. Seymour Street
(near the corner of Seymour/Willkie)

6

Pierce Park, Appleton

Monday, August 30

Meeting place: By the main pavilion





RETHINK YOUR DRINK

TUESDAY, JULY 27TH

1:30PM-3PM

**COME LEARN ABOUT WHY IT'S
IMPORTANT FOR US TO THINK ABOUT
OUR DRINK CHOICES!**

Meet @ SOAR then walk to Lou's Brew's, will
return to SOAR's parking lot for pick up

Maximum: 4 participants.



FACEBOOK LIVE EVENT

~~~~~  
Come tune in for  
healthy living  
topics on  
Facebook!  
~~~~~

Healthy Living Topics will be
featured on SOAR's Facebook Page
@ 10am on:
July 15, August 19, August 26

FOLLOW SOAR FOX CITIES ON
FACEBOOK!



• LIVE



JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Facebook Live Health & Wellness Event  10am	16	17
18	19	20	21	22 Tour of Farmer's Markets (Menasha Farmer's Market) 3:30-5:30pm 	23	24
25 6 Parks in 6 Weeks Appleton Memo- rial Park 3:30-5:30pm 	26	27 Rethink Your Drink (Meet @ SOAR) 1:30-3pm 	28	29 Tour of Farmer's Markets (Little Chute Farmer's Market) 3:30-5:30pm 	30	31



Participant Name _____

Please list full names of any additional attendees including caregivers staying at an activity. Use reverse side if necessary.

Date of Activity	Activity Name	Cost

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: _____



AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6 Parks in 6 Weeks Sunset Park (Upper), Kimberly 3:30-5:30pm 	3	4	5 Tour of Farmer's Markets (Menasha Farmer's Market)  3:30-5:30pm	6	7
8	9 6 Parks in 6 Weeks Jefferson Park, Menasha 3:30-5:30pm 	10	11	12 Tour of Farmer's Markets (Little Chute Farmer's Market)  3:30-5:30pm	13	14
15	16 6 Parks in 6 Weeks Arrowhead Park, Neenah 3:30-5:30pm 	17	18	19 Facebook Live Health & Wellness Event  10am	20	21
22	23 6 Parks in 6 Weeks Riverview Gardens (Appleton) 3:30-5:30pm 	24	25	26 Facebook Live Health & Wellness Event  10am	27	28
29	30 6 Parks in 6 Weeks Pierce Park, Appleton 3:30-5:30pm 	31				

SIGN UP FOR JULY & AUGUST HEALTH & WELLNESS ACTIVITIES BY:

Going to soarfoxcities.com

OR

Call the SOAR office at (920) 731-9831

OR

Mail in your activity sign up slip to: 211 E. Franklin St.