



# Activity & Program Guide

## August 2021

### Face to Face & Virtual

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



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**Inserts:** August Calendar at a Glance, Sabre Lanes Fun-draiser, SO Bowling Registration, Eat Well, Live Healthy, Y Fit

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

\*Beginning August 2, 2021: Office hours will be 9:00am-4pm (Closed on Fridays)

\*Phone: 920.731.9831

\*Fax: 920.725.1531

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



*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   Leigh Bolender



Hello Friends of SOAR!

Guess what's back in August?! You guessed it – THE ANNUAL CORN ROAST!!! This year the corn roast will be on Tuesday, August 31<sup>st</sup> from 5:30-8:00pm. As always, it will be held at Pierce Park and the theme is...drumroll please..."The AH-mazing 80's!"

Come wearing a costume from your favorite 80's band or movie. Some of our favorite movies are Back to the Future, The Breakfast Club, and Beetlejuice. Some of our favorite bands are Def Leppard, Bon Jovi, and Queen. Don't have a fave band or movie from the 80's, not a problem! Your costume can be anything from the 80's! A fanny-pack, neon colors, BIG hair, mullets and MORE!!! Your costume ideas are limitless!

A registration form for the Corn roast is included in the newsletter – This year it is a flat rate of \$5 per person. We are not offering a group rate. Children under 6 years old are free and we strongly encourage everyone to register in advance. You can pay at the door; however the fee is increased to \$10 per person.

A quick reminder for ALL activities - 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 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. 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 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.

That's a wrap for this month folks! See you in the September newsletter!

~ 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)  
Clare Buckley, TBI Support Program Navigator, x118  
VACANT, Family Programs & Community Resource Coordinator, x122  
Leah Quinn, Member and Office Support Specialist, 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.

### 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!

### Searching for.....

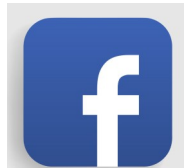
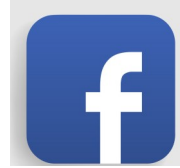
#### CD Case from Onaway

If you or your camper accidentally grabbed a CD case filled with CD's, please contact the office! We would love to get it back to the music lover. who brought it.



### We had so much fun at Camp Onaway 2021!

A big thank you to all of the participants for joining us this year. We hope to see you again next year!



Make sure you tune-in to Facebook this month to check out the SOAR staff in **Facebook Live events!!!**

Join us on the following dates at 10:00am to see what your friends at SOAR are up to:

**August 3rd, 5th, 10th, 12th, and 31st**

# Calendar-at-a-glance

## Program Type KEY

Youth Programs =Y , Adult Programs =A,  
Advocacy Programs =ADV , Family Programs F,

## August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

August	Program Choice	Time	Page	Cost member/ non-member	IRIS Code	Staffed by:	Type KEY
3	Grief Class	4:00pm-5:00pm	8	\$10/\$20	F	LeeAnn	AE
3	Outside Games	5:30pm-7:00pm	8	\$10/\$20	F	Paula	AE
4	Coffee Connections	10:30am-11:30am	7	No Cost	-	Erin	Fam
4, 11, 18	Heathy Cooking	4:00pm-5:30pm	8	\$30/\$50	F	LeeAnn	AE
5, 12, 19, 26	Y-Fit	11:00am-12:00pm	8	\$20	C	Anya	AE
5	Art Class	2:00pm-3:30pm	8	\$10/\$20	F	LeeAnn	AE
7	Super Saturday	9:00am-3:00pm	8	\$75/\$100/ Caregiver \$60	C	Paula	SRR
9	Craft-Evening	5:30pm-7:00pm	8	\$15/\$30/ Caregiver \$10	F	Paula	SRR
10	Virtual Games	4:00pm-5:00pm	9	FREE	-	LeeAnn	AE
10	Dinner & Movie	5:00pm-9:00pm	9	\$30/\$60/ Caregiver/\$20	C	Paula	SRR
10	People First	5:00pm-6:30pm	7	\$10/person	-	LeeAnn	ADV PF
11	Virtual BISG	5:30pm-6:30pm	7	FREE	-	Julie/Clare	ADV/TBI
12	Baking Class	10:00am-12:00pm	9	\$10/\$20	F	LeeAnn	AE
16	Dinner & Bingo	5:30pm-8:30pm	9	\$25/\$50/Caregiver/ \$15	F	Paula	SRR
16	TnT Virtual	6:30pm	6	FREE	-	Lisa M.	AE
17	Baking Class	10:00am-12:00pm	9	\$10/\$20	F	LeeAnn	AE
19	BISG Caregivers	1:30pm-3:00pm	7	FREE	-	Julie/Clare	ADV/TBI
19	Lunch Bunch	11:00am-1:00pm	9	\$10/\$20	F	LeeAnn	AE
19	Virtual Games	3:00pm-4:00pm	10	FREE	-	LeeAnn	AE
20	Dance	6:30pm-8:30pm	9	\$10/\$20	F	Paula	SRR
23	In Person BISG	6:00pm-7:00pm	7	FREE	-	Julie/Clare	ADV/TBI
24	Heckrodt Wetland Reserve	12:00pm-2:00pm	6	FREE	C	Lisa M.	Y
24	Daytime Craft	2:00pm-3:30pm	10	\$10/\$20	F	LeeAnn	AE
25	Virtual Games	3:00pm-4:00pm	10	\$10/\$20	-	LeeAnn	AE
25	Bingo	3:00pm-4:30pm	10	\$10/\$20	F	LeeAnn	AE
26	Heckrodt Wetland Reserve	10:00am-12:00pm	6	FREE	C	Lisa M.	Y
26	Mini Golf	5:30pm-7:00pm	10	\$15/\$30/ caregiver \$10	C	Paula	SRR
26	TnT In Person	6:30pm-8:00pm	6	FREE	F	Lisa M.	TnT
31	Family-Corn Roast!	5:30pm-8:00pm	7	\$5 per person	C	Erin S.	Fam

# 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!! SOAR Fox Cities offers 7 sports throughout the year.

**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 (through age 23), join TnT!

- **TnT - Virtual - Tuesday, August 16th ~ 6:30pm - 7:30pm**  
I hope virtual has been fun for everyone!  
-Cost: FREE
- **TnT - In Person - Thursday, August 26th ~ 6:30pm - 8:00pm**  
We will be meeting in the SOAR Parking Lot if it's nice, or basement if icky weather.

## SOAR into Nature with Heckrodt Wetland Reserve with Lisa

12:00pm-2:00pm at Heckrodt Wetland Reserve 1305 Plant Rd, Menasha, WI 54952

Fee: FREE

- **Tues., Aug. 24th** Join us at Heckrodt Wetland Reserve for fun & activities while we SOAR into Nature with the talented Heckrodt staff. We'll meet at Heckrodt at 11:45am for our activity at noon. Bring your own bag lunch and we'll sit and eat as a group at the Reserve. Following lunch, the Heckrodt team is going to take us on a short (accessible) hike and then we're going to learn about the World Beneath Our Feet. That's right! BUGS!!! We're going to learn about bugs and how they help us live our best lives. The SOAR-lead time will end at 2pm, but you can stay with your family, friends, or a caregiver and explore the Reserve to your heart's content.

**Register by August 16th**

## SOAR into Nature with Heckrodt Wetland Reserve with Lisa

10:00am-12:00pm, Hosted at Heckrodt Wetland Reserve 1305 Plank Rd., Menasha

Fee: FREE

- **Thurs., Aug. 26th** Join us at Heckrodt Wetland Reserve for fun & activities while we SOAR into Nature with the talented Heckrodt staff. We'll meet at Heckrodt at 9:45am for our activity at 10am. The Heckrodt team is going to take us on a short (accessible) hike and then we're going to learn about turtles and the other live animals that call Heckrodt home! Bring your own bag lunch and we'll sit as a group and enjoy it together. The SOAR-lead time will end at noon, but you can stay with your family, friends, or a caregiver and explore the Reserve to your heart's content.

**Register by: August 16th**

## People First Fox Cities

5:00pm-6:30pm at Erb Park

**Fee: \$10 per person-It's our summer picnic Box lunches and beverages will be provided for those that register.**

- **Tues., Aug. 10th**

People First is a group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome! To learn more about People First & how to join, be sure to reach out to LeeAnn, Ext: 112  
**Register by August 3rd**

## Brain Injury Support Group-with Julie/Clare

Brain Injury support group meetings are for brain injury survivors and supporters. Please bring a folding chair, if you have one.

**Fee: FREE**

- **Mon., Aug. 23rd - In Person - 6pm-7:30pm In-Person at Fritsch Park  
1651 Sandys Ln, Menasha, WI 54952**
- **Wed., Aug. 11th - Virtual - 5:30pm-6:30pm on zoom**

## Brain Injury Support Group-Caregivers (ONLY) with Julie/Clare

1:30pm-3:00pm, at Rivertyme Bistro

Fee: FREE, In-Person



### Coffee Connections! Wed., August 4th 10:30am-11:30am

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

We'll plan to meet at the SOAR offices at 10:30am. We'll meet in the lower level activity room and continue to reconnect in a post-COVID world! I do have a possible presenter; however they weren't able to confirm by the publishing of this newsletter. I will be in touch, but if they're unable to present, we'll use this opportunity to connect, share resources, and enjoy each other's company!

Watch for an email reminder 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.

We look forward to seeing you in August!

## Family Corn Roast with Erin!

5:30pm-8:00pm

Hosted at Pierce Park in Appleton

Fee: \$5 per person for members or non-members

The AH-mazing 80's is our theme this year!! Come wearing a costume from your favorite 80's band or movie. Don't have a fave band or movie from the 80's, not a problem! Your costume can be anything from the 80's!

See the insert for registration & more details!

- **Tues., Aug. 31st**

**Register by August 24th**





## Quick Reference

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

### Grief Class with LeeAnn

4:00pm-5:00pm at the SOAR building first floor

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

- **Tues., Aug. 3rd**

Participants will engage in a discussion about different stages of grief they may encounter with the death of a loved one or friend. Healthy coping strategies will be explained and practiced.

**Register by August 1st**

### Outside Games with Paula

5:30pm-7:00pm hosted at the SOAR building

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

- **Tues., Aug. 3rd**

Drop off and pick up at SOAR building. We will walk to City Park to play games outside.

**Register by August 2nd**

### Healthy Cooking with LeeAnn

4:00pm-5:30pm in the SOAR Lower Level

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

- **Wed., Aug. 4th, 11th, and 18th**

A 3 week cooking series with Nutritional Education. You will make your dinner each class.

**Register by July 28th**

### Y Fit with Anya

11:00am-12:00pm This will be at the Appleton YMCA

Fee: \$20 (for the whole series)

- **Thurs., Aug. 5th, 12th, 19th, and 26th**

Come join us for the YMCA Fitness Class where you will work out on a variety of exercise equipment and be active in a fun environment!

**Register by July 29th**

### Art Class with LeeAnn

2:00pm-3:30pm

Hosted at the SOAR Building Lower Level

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

- **Thurs., Aug. 5th** You'll be making a denim bowl.

**Register by July 29th**

### Super Saturday with Paula

9:00am-3:00pm drop off and pick up at the SOAR Fox Cities Building

Fee: \$75 for members or \$100 for non-members, \$60 for caregivers

- **Sat., Aug. 7th** We will take a bus to Bay Beach for a fun day of rides and lunch.

**Register by August 2nd**

### Evening Craft with Paula

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

5:30pm-7:00pm

Fee: \$15 for members or \$30 for non-members, \$10 for caregivers

- **Mon., Aug. 9th** We will make a fun craft!

**Register by August 4th**



**Virtual Games with LeeAnn**

4:00pm-5:00pm via ZOOM, Fee: FREE

**Dinner & Movie with Paula**

5:00pm-9:00pm, *Culver's 599 N. Westhill Blvd*

Fee: \$30 for members and \$60 for non-members, \$20 for caregivers

- **Tues., Aug. 10th**

Drop off at Culver's and pick up at Hollywood Cinema, 513 N. Westhill Blvd. We will have dinner at Culver's then walk to Hollywood Cinema to watch a movie. Bring your own money for concessions at the theater. Dress appropriately for the weather!

**Register by August 4th**

**Baking Class with LeeAnn**

10:00am-12:00pm, In Person-SOAR Building Lower Level, Virtual-Zoom

\$10 for members/\$20 for non-members

- **Thurs., Aug. 12th** You'll be making a savory recipe: Cheesy Zucchini Bread. Those taking the class virtually will get a baking kit with the ingredients and recipe.

**Register by August 5th**

**Dinner & Bingo with Paula**

5:30pm-8:30pm, SOAR Building Lower Level

Fee: \$25 for members/\$50 non-members/ \$15 for caregivers

- **Mon., Aug. 16th** We will have chicken casserole, fruit and dessert, then play bingo!

**Baking Class with LeeAnn**

10:00am-12:00pm, In Person: SOAR Lower Level, Virtual: Zoom

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

- **Tues., Aug. 17th** You'll be making peach cobbler. Those taking the class virtually will get a baking kit with the ingredients and recipe.

**Register by August 10th**

**Lunch Bunch with LeeAnn**

11:00am-1:00pm, This will be at Erb Park in Appleton.

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

- **Thurs., Aug. 19th** We'll be having a wiener roast and then do a scavenger hunt.

**Dance with Paula**

6:30pm-8:30pm, Salvation Army 1225 Appleton Rd., Menasha

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

- **Fri., Aug. 20th** The dance is FINALLY back!!! Join friends for great music, light refreshments, and fun! Theme is Hawaiian Luau. ALL attending are required to register at the office and MUST either pick up your ticket at the office prior to the dance or have it mailed to you for an additional \$1.00 NO EXCEPTIONS!! Tickets WILL NOT be available at the dance. Salvation Army rule is no one can arrive prior to 6pm-you may not be inside or out in the parking lot. Please arrange your transportation accordingly!

**Register by August 12th**

**Daytime Craft with LeeAnn**

2:00pm-3:30pm hosted at the SOAR Building

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

- **Tues., Aug. 24th** Let's scrapbook all those great summer memories. We'll have all the supplies needed to complete the pages for your album. Don't forget to bring your pictures with you.

**Register by Aug. 17th**

**Virtual Games with LeeAnn**

3:00pm-4:00pm, this will be on Zoom

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

**Wed., Aug 25th** We will be playing Bingo. You must sign up by 8/18 so we can mail you the Bingo cards. Prizes will be mailed to you.

**Register by August 18th**

**Bingo with LeeAnn**

3:00pm-4:30pm at SOAR Building Lower Level

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

- **Wed., August 25th** We will be playing Bingo, and of course we have prizes!

**Register by August 18th**

**Mini Golf with Paula**

5:30pm-7:00pm, at Badger Sports Park

Fee: \$15 for members/\$30 for non-members/\$10 for caregivers

- **Thurs., Aug. 26th** We will play a round of mini golf.

**Register by Aug. 23rd**

**SIGN UP FOR AUGUST ACTIVITIES BY:**

Going to [soarfoxcities.com](http://soarfoxcities.com) (preferably)

click on "Member Info., then click on "Register and Pay for Activities"

**OR**

call the SOAR office at (920) 731-9831 (ask for Leah ext 100)

**OR**

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

Appleton, WI 54911

**OR**

Drop off payment and sign up slips at the SOAR Building by ringing the door bell and handing it

directly to a staff member.

**If you need a receipt, please call ahead so we can have one typed, printed, and ready for you if you are picking it up at the SOAR Building. If you do not need it right away we can send one via mail or email.**

# 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. We have opportunities for coaching, please contact Lisa V. for info!

**SPECIAL OLYMPICS (SO)**



## BOWLING 2021

Make sure to register for bowling by  
Thursday, September 9th!

Bowling will be September 13th-December 13th,  
2021 from 4:30-6:30 P.M.

There will also be a fundraiser at Sabre Lanes,  
Sunday August 29th—all proceeds go to SOAR  
Fox Cities!

(See insert to register and for more details!)

**Congratulations to all SO 2021 TRACK and  
SWIMMING Participants!**

**We are so proud of you, and thankful for a  
fun season after social distancing in 2020!**

**Please make sure you have your e-mail  
and phone number updated with SOAR so  
we can let you know if/when practice is  
cancelled due to inclement weather!**

## 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 com-  
pete if your medical is not up to date!!

All athletes must also have a COVID-19 form and waiver on file with SOWI. If you have not signed



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

Date of Activity	Activity Name	Cost
	Please remember to ONLY REGISTER FOR ONE SESSION A DAY TO ALLOW OTHER MEMBERS AN OPPORTUNITY TO ATTEND. 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:** \_\_\_\_\_

# August 2021

July '21							September '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b> Outside Games Grief Class	<b>4</b> Cooking	<b>5</b> Art Class	<b>6</b>	<b>7</b> Super Saturday
<b>8</b>	<b>9</b> Craft - Evening	<b>10</b> Virtual Games People First Dinner & Movie	<b>11</b> Cooking Virtual BISG	<b>12</b> Baking	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> TnT - Virtual Dinner & Bingo	<b>17</b> Baking Class	<b>18</b> Cooking	<b>19</b> Lunch Bunch BISG - Caregivers Virtual Games	<b>20</b> Dance	<b>21</b>
<b>22</b>	<b>23</b> In Person BISG	<b>24</b> Crafts - daytime	<b>25</b> Virtual Games	<b>26</b> TnT - In Person	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> Corn Roast	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>



# SOAR Fox Cities Annual Corn Roast!

**Tuesday, August 31st from 5:30-8:00 PM**

Registration starting at 5:30, Meal starting at 6:00 PM

**Location:** Pierce Park (1035 W. Prospect Ave., Appleton)

**Theme:** "The AH-maizing 80's!"

Join us for an a-MAIZE-ing night as we bring back the glory of the 80's. In addition to good food, we will have activities, games, music, and lots of prizes! So put on your dancing shoes, because this is an event you don't want to miss! Fun for all ages!



**Registration & Cost** (Registration, including names of all attending, & payment is due August 24th.)

- \$5 per person (This applies to participants, family members, caregivers or others.)
- Children under 6 years old are free.

⇒ Anyone who attends without registering in advance will be invoiced \$10.

⇒ For questions, please call (920) 731-9831.

**Come dressed in your favorite 80's movie or band costume! Don't have a fave band or movie? No problem! Just come wearing anything 80's! Here are some examples:**

**Bands:**

Bon Jovi  
Def Leppard  
AC/DC

**80's Fashion:**

BIG hair  
Neon anything  
Fanny Packs  
Leggings  
Leg warmers  
Parachute pants  
Acid wash jeans

**Movies:**

BeetleJuice  
Sixteen Candles  
The Goonies

## SOAR Fox Cities' Annual Corn Roast Registration

*Upon registration, your name(s) will be placed on the guest list. At the Corn Roast, you will check-in at the registration table but will not need tickets for admission.*

\$5 per person (This applies to participants, family members, caregivers or others.) Please print names below:

Children under 6 years old are free. Please print names below:

Total Amount Enclosed:

\$ \_\_\_\_\_

**Registration** (including names of all attending) **and Payment is due August 24th.**

**Submit registration and payment to: SOAR Fox Cities, 211 E. Franklin St., Suite A Appleton, WI 54911** For questions, please call (920) 731-9831



# Y FIT

**Come join us for the YMCA Fitness class  
starting Thursday, AUGUST 5th!**

Participants needing an introduction to the YMCA will be given a tour. Participants will work out on a variety of exercise equipment and be active in a fun environment.

**Register for the series of 4 weeks!**

Cost: \$20 for the whole series

## 11AM-12PM

WEEK 1 - THURSDAY, AUGUST 5

WEEK 2 - THURSDAY, AUGUST 12

WEEK 3 - THURSDAY, AUGUST 19

WEEK 4 - THURSDAY, AUGUST 26

Maximum: 10 participants. Register by July 29th.



# EAT WELL, LIVE HEALTHY

August provides another month of locally grown fresh produce. If you haven't yet had the opportunity to visit a local farmer's market, please do. What can you expect to find in August? For vegetables, look for a surplus of beans, beets, eggplant, lettuce greens, peppers, sweet corn, squash, sweet potatoes and tomatoes. If you are wanting fruits, you can find blueberries, peaches, raspberries, and watermelon. Consider recipes this month that allow you to bring farm fresh to your own table! Here are a few recipes to get you started.

## Summer Cavatelli with Corn, Tomatoes & Zucchini

This low-cal recipe can be whipped together in about 20 minutes. Note: if you cannot find cavatelli, substitute gnocchi or medium shells. Serves 4.

### INGREDIENTS

1 pound cavatelli pasta (boxed or frozen)  
3 teaspoons olive oil  
2 ears of corn, kernels cut from the cob  
1 pint cherry tomatoes, quartered  
1 1/2 cups diced zucchini  
2 cloves sliced garlic (or 1 tablespoon minced)  
1 teaspoon salt  
Black pepper to taste  
3/4 cup marinara sauce  
6 tablespoons shredded Romano cheese  
Garnishes: fresh basil and additional Romano cheese



### DIRECTIONS

1. Bring a large pot of salted water to boil. Cook the cavatelli according to package directions. Save some of the water before draining.
2. In a large skillet over medium heat, add 2 teaspoons of olive oil and the garlic. Cook for about one minute.
3. Add the tomatoes and 1/4 teaspoon of salt. Cook for 3 minutes or until tomatoes soften.
4. Add the corn and zucchini and cook until tender (about 3 minutes).
5. Add the marinara and season with salt and pepper. Cook until heated through (about one minute).
6. Add the drained pasta to the marinara and vegetables.
7. Add the Romano cheese, 1 teaspoon of olive oil, 1/4 teaspoon salt and black pepper if desired. If the mixture appears to be dry, add some of the saved pasta water or a bit more marinara sauce.
8. Serve with fresh basil and additional shredded cheese.

## One-Pan Eggplant Dinner

Need an idea for that purple vegetable called eggplant? Try this recipe that takes about 25 minutes to prepare. Serves 3.

### INGREDIENTS

1 tablespoon olive oil  
2 cloves sliced garlic (or 1 tablespoon minced)  
1 onion, thinly sliced  
1 medium eggplant, peeled & cubed  
1 pound uncooked cubed chicken  
3 cups shredded spinach  
1 15oz can diced tomatoes  
1 tablespoon Italian seasoning  
1 tablespoon basil (fresh preferred)  
1/2 teaspoon ground garlic  
Salt and pepper to taste  
Optional: 1/2 teaspoon red pepper flakes



### DIRECTIONS

1. In a large skillet over medium heat, add oil and garlic. Cook for about one minute.
2. Add sliced onion and eggplant. Cook for 5 minutes (until eggplant is somewhat soft). Stir often.
3. Add cubed chicken to pan and cook 5-7 minutes until chicken is fully cooked.
4. Mix in fresh spinach and cook until spinach wilts.
5. Stir in diced tomatoes and seasonings. Simmer for 7-10 minutes.
6. Taste and add additional seasoning if needed.

Note: Make this vegetarian by substituting zucchini for the chicken and other veggies of choice!



# SOAR Fox Cities Special Olympics 2021 Bowling

## Practice Schedule:

**Mondays—**

**Sept. 13 - Dec. 13 , 2021**

**4:30PM—6:00PM**

### **Important Date!**

**Fundraiser at Sabre Lanes, Sunday August 29th, all proceeds go to SOAR Fox Cities!**

- Please be on time each week for practice and plan to be **picked up promptly.**
- Medical forms need to be given to Lisa V. If you are unsure if you are up to date, please contact her.

**Please make checks payable to:**

SOAR Fox Cities  
211 E. Franklin St.  
Appleton, WI 54911

**Registration  
Deadline is  
Thurs. Sept. 9**

## 2021 SOAR Fox Cities Special Olympics Bowling Registration Form

Athlete's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Best number for info on practices: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate:

\_\_\_\_\_ I will compete at the Regional Tournament on TBD

\_\_\_\_\_ If I qualify, I will compete in the State Tournament on TBD

\_\_\_\_\_ I will NOT compete in any tournaments

**SEASONAL FEES: \$90 for SOAR members / \$110 non-members**

***(fees include 3 games per practice & shoe rental)***

**Competition Athletes need to wear the purple/gray SOAR shirt:**

**Size (circle one):    S       M       L       XL       2XL       3XL**

Office Use Only: Amount \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Online \_\_\_\_\_ Date \_\_\_\_\_





## FIVE SUMMER SUNDAY FUN-DRAISERS

Every Sunday for the month of August, Sabre Lanes gives back!  
Join us any Sunday in August 12-4pm, make a minimum \$5 donation  
to the charity of the day and get free bowling and shoes!

August 1 : TBD  
August 8: Fox Valley Veterans  
August 15: Diverse & Resilient  
August 22: TBD  
August 29: SOAR Fox Cities

100% of donations go directly to the specified organization

Sabre Lanes • 1330 Midway Rd in Menasha • 920.739.9161 • [www.SabreLanes.com](http://www.SabreLanes.com)