



# Activity & Program Guide

## January 2023

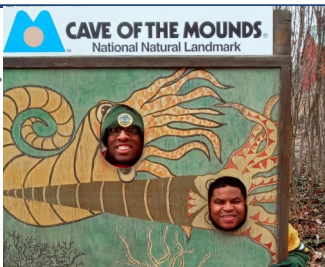
### Face to Face & Virtual

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

#### Inside this Issue:

Guidelines and Policies.....	2
Agency News and Notes.....	3
Announcements and Updates.....	4
Amy's Bio.....	5
Calendar at a Glance.....	6
Family Programs.....	7
Aging and IDD Programs.....	8
Youth .....	9
Adult SRR & Adult Ed Programs.....	10/11
Special Olympics.....	12
Registration Slip.....	13

**Inserts:** January Calendar at a Glance, Special Olympics Swimming, Memory Café, Sex Trafficking



**Office Hours:** Monday through Thursday, 9:00am-4:30pm (Closed on Fridays)  
**\*Phone:** 920.731.9831, **\*Fax:** 920.725.1531, **\*E-mail:** info@soarfoxcities.com ,  
**Website:** www.soarfoxcities.com



**SOAR Offices will be CLOSED for the holidays from Friday, December 23rd thru January 2nd, 2023.**

**The office will re-open at 9:00am on Tuesday, January 3rd.**

# 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.

**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. For any questions regarding bills/invoices, please ask for extension 109. 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 - Please see enclosed notice regarding cancellation policy.

**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, Community Engagement Director, at 920-731-9831, x114 or Volunteer Coordinator Angie Petit, x126

***Some current needs are: special event committee members, assistant Coach for Special Olympics***

***Volunteer with SOAR today!***





## SOAR Fox Cities Board of Directors

Laura McCormick, *President*  
Heather Sorebo, *Vice President*  
Gary Weber, *Treasurer*  
Leigh Bolender, *Secretary*

Polly VandenBoogaard Paul Meyer Reg Wydeven Jonathan Pitzen Bryan Mueller Julie King



Hello Friends of SOAR!

It's the January newsletter, friends! WOW!!! It feels like just yesterday I was writing you in the January 2022 newsletter....and now it's the January 2023 newsletter!

As you all know, we send out the newsletter a month before, so as I write this it's actually December. So, with that in mind, I want to remind you of a few things happening during the month of December at SOAR.

The first is a friendly reminder that our offices will be closed from Friday, December 23 through Monday, January 2, 2023. The office will reopen on Tuesday, January 3, 2023 at 9:00am. This is our typical holiday office closure during which there may be some staff working, but many will be taking vacation so they can spend time with their families. During this week NAMI will also be closed so the front doors will be locked and you won't be able to enter the building without an appointment to see someone. The staff team and I, wish you all the happiest of holiday seasons!

The second reminder is simply that the December Christmas dance is on Saturday, December 10 from 1pm-3pm. The dances are now being hosted at St. Mary Catholic Parish in Menasha (528 2nd Street, Menasha). Santa will be joining us so remember to bring your holiday wishlist!

As I mentioned in the last newsletter, and you'll read a few pages later in this one, Amy Eucke has joined our team as the Social, Recreation & Respite Coordinator! We're beyond excited to introduce you to Amy and can't wait for you to meet her in person at an upcoming SRR event!

Welcome to the New Year! We're beyond excited to see what 2023 brings our way!

~ Erin Schultz-Wege, Executive Director

## SOAR Fox Cities Staff can be reached at 920.731.9831

Erin Schultz-Wege, Executive Director, x116  
Ashley Gustafson, Director of Community Engagement, x114  
Jolene Versteegen, Financial Administrator, x115  
VACANT TBI Support Program Coord., x113  
LeeAnn Stein, Director of Adult Programs, x112  
Lindsay O'Brien, Fundraising & Grant Manager, x127  
Clare Buckley, TBI Support Program Navigator, x118  
Angie Petit, Volunteer Coordinator, x126

Heidi Zick, Family Programs & Community Resource Coordinator, x111  
Leah Quinn, Member and Office Support Specialist, x100  
Kari Much, Accounting Clerk, x109  
Angie Petit, Volunteer Coordinator, x126  
Lisa McCallister, Youth Services Manager, x110  
Jen Kalishek, Special Olympics, x122  
Amy Uecke, SRR Program Coordinator x113

## 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.



## **A FEW ANNOUNCEMENTS AND UPDATES (last updated June 2022)**

### **Cancellation Contacts**

To make sure we are able to get ahold of the appropriate individual(s) to the best of our ability when a program or activity is cancelled with short notice we have added a section to the online jot form, the yearly membership form, and the paper registration slip on the last page of the newsletter that asks for an e-mail and/or phone number specifically for when a cancellation occurs. This is important because a participant's emergency contact listed on file at SOAR is often different than the contact needed to notify for a cancellation as participants frequently have more than one housing staff, ride arrangement, or caregiver that they spend time with on a daily basis. In addition, some individuals are easier to get ahold of via e-mail, while others prefer a phone call. Let us know which communication platform works best for you in the event of a cancellation by filling this new section out when signing up for activities. We thank you for your help and understanding in advance!

### **Online Activity Sign-Up**

We're encouraging everyone to sign up to receive the online newsletter! We always try to plan the delivery of the mailed newsletter to coincide with the delivery of the online newsletter, but we can't predict how long the postal service will take to deliver bulk mailings such as the newsletter. Unfortunately, it sometimes takes longer than preferred. When/if this is the case we encourage you to utilize the option of signing up for programs online through the SOAR website. If you need help with this process contact Leah by calling (920) 731-9831, ext. 100, or email [leah@soarfoxcities.com](mailto:leah@soarfoxcities.com) and she can send you an e-mail of a document containing step-by-step written instructions with picture references. OR stop by the office for a hard copy during office hours M-TH 9am-4:30pm.

### **Activity Arrival Time**

Please do not arrive for activities more than 15 minutes before the activity is scheduled to start! If you do, we cannot guarantee the front doors of the building will be open, especially if the activity is after 4:00pm or on a weekend, or that someone will be available to let you in. As it gets colder outside, this is IMPORTANT as we don't want you waiting out in the cold! We understand that those taking Valley Transit cannot always control this so please contact us with any questions! Thank you!

## Amy's Bio



Hello my name is Amy. I am the new SRR coordinator, you will see me at dances, dinner and movie, craft nights and more. I recently took early retirement from Lawrence University where I worked for many years doing activity planning and campus housing. I was looking for meaningful work and found the SOAR community.

All my new friends at SOAR have been so nice and very helpful. I have several interests that include walking and playing with my furry family member-Gracie (Gracie Mae when she is sassy), I enjoy hanging out with my sisters (one lives in Green Bay and another in De Pere), going to music festivals and concerts, and finally, I have a special place in my heart for the Chicago Cubs and the Green Bay Packers! Call, e-mail or the next time you are in the office stop by and say hello. I look forward to meeting all of you!

Amy Uecke

920-731-9831 ext 113

[amy@SOREFOXCITIES.COM](mailto:amy@SOREFOXCITIES.COM)



### **Did You Know!?**

SOAR is still selling Kwik Trip Cards! For every gift card purchased directly from SOAR a percentage of the purchase is donated back to SOAR! Call us at 920-731-9831 to purchase yours today!

# Calendar-at-a-glance

## January 2023

January	Program Choice	Time	Page	Cost: member/ non-member/ caregiver	IRIS Code	Staffed by:	Type KEY
4	Coffee Connections	10:30am-11:30am	7	FREE	-	Heidi	FAM
4	Craft	5:30pm-7:30pm	10	\$20/\$40	F	Amy	SRR
5	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT
10	People First Fox Cities	6:00pm-7:15pm	10	FREE	-	LeeAnn	ADV
11	SOAR Aging/IDD Memory Café	3:30pm-5:00pm	8	FREE	-	Heidi	AGI
11	Virtual BISG	5:30pm-6:30pm	10	FREE	-	Clare	ADV/ TBI
12 (do not sign up for baking on the 18th if signing up for this class)	Baking Class-cookie	10:00am-12:00pm	10	\$30/\$60	F	LeeAnn	AE
12, 19, 26	Healthy Relationships	4:00pm-5:15pm	10	\$25/\$50	F	LeeAnn	AE
13	Dance	6:00pm-8:00pm	11	\$10/\$20	F	Amy	SRR
17	Dinner and Movie	5:00pm-8:00pm	11	\$40/\$80/\$30	C	Amy	SRR
18 (do not sign up for baking on the 12th if signing up for this class)	Baking Class-Cookie	1:00pm-3:00pm	10	\$30/\$60	F	LeeAnn	AE
19	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT
19	BISG at NSG	5:00pm-6:00pm	10	FREE	-	Clare	ADV/ TBI
20	Frozen Frenzy Dance	8:00pm-10:00pm	9	\$7 per person	-	Lisa	TnT
23	BISG at St. Elizabeth's Hospital	6:00pm-7:00pm	10	FREE	-	Clare	ADV/ TBI
23	Baking Class-Savory	10:00am-12:00pm OR 1:00pm-3:00pm	11	\$30/\$60	F	LeeAnn	AE
1/24, 1/31, and 2/7 OR 2/21, 2/28, and 3/7	Healthy Cooking Series	4:00pm-5:15pm	11	\$90/\$150	F	LeeAnn	AE
25	Hygiene Class	4:00pm-5:15pm	11	\$25/\$50	F	LeeAnn	AE
25	Dinner and Bingo	5:30pm-8:30pm	11	\$40/\$80	F	Amy	SRR
30	Make and Take	10:00am-12:00pm OR 1:00pm-3:00pm	11	\$30/\$60	F	LeeAnn	AE

## **Coffee Connections with Heidi**

**Wednesday, January 4th, 10:30am-11:30am, Fee: FREE**

Join us for the January Parent Support Group Meeting at the **SOAR Building, lower level**, for hot coffee/tea, a pastry, and fruit while we support one another and discuss our goals for the new year! We will be discussing the rights of individuals with disabilities. **We kindly ask that you RSVP for this morning meeting.**

**Please do so by calling SOAR at (920)731-9831 or via email at [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com) by January 3rd.**

## **Parent Support Group with Heidi-CANCELLED**

January's Parent Support Group is cancelled but will resume in February. Instead, we invite you to **join us for the SOAR Together Sex Trafficking Event** at the SOAR Building. See insert for details.

**We kindly ask that you RSVP for this evening by calling SOAR at (920)731-9831 ext. 111 or e-mail [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com). Register by: Monday, January 9th**



## **Aging and IDD Memory Cafe with Heidi**

**Wednesday, January 11th, 3:30pm-5:00pm, Fee: FREE**

This specialized memory café is a place for individuals 35 and older with intellectual and developmental disabilities and memory problems, or dementia, and their caregivers, to meet others in their similar situation.

**See insert for specific information about this month! Call or e-mail Heidi to RSVP at (920) 731-9831 ext.111**

**Register by: January 4th**



## **We still have your missing jacket and sweatshirt!**

Are you missing a blue zipper sweatshirt, size XL that you left in the SOAR building, or a two-tone Columbia Women's jacket, size XL? If one or both of these items are yours please stop by the SOAR offices to pick them up during office hours Monday through Thursday between 9am-4:30pm. We have had these for a while and would like to get them back to their correct owners as the weather cools down!



**SOAR Offices will be CLOSED for the holidays from Friday, December 23rd thru January 2nd, 2023.**

**The office will re-open at 9:00am on Tuesday, January 3rd.**

**We wish you all the Merriest of holiday seasons!**



# SOAR Fox Cities - where YOUTh fit in!

**SOAR Thru Summer Camp**—We are so excited to announce that our first SOAR Thru Summer Camp located on the second floor of the SOAR Building in our new Youth Club House has been a success on the “fun-scale!” This is an all day camp held June through August on Mondays through Fridays for youth with varying abilities to meet new friends and have fun with some awesome camp counselors. This summer we filled our time exploring the Appleton area’s outdoor and indoor events such as the zoo, a community drum circle, Altitude Trampoline Park, the outdoor splash pad, Pinot’s Pallet, and so much more! In addition to field trips, we played so many exciting activities in our on-site Youth Club House such as making ice-cream from scratch, cooling down with relaxing movies, and getting messy with science projects and art activities. Check out the SOAR Facebook Page to see lots of fun pictures from the first year of SOAR Thru Summer Camp! We can’t wait to see what is instore next!

**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. There is no cost for this program. This is 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.



## 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! with Lisa**

- **TnT - In Person - Thurs., Jan. 5th**  
6:30pm - 8:00pm, at The First Congregational United Church of Christ, 724 E South River St., Appleton.  
Fee: FREE  
~Welcome back after the holiday season!
- **TnT - In Person - Thurs., Jan. 19th**  
6:30pm-8:00pm, at the First Congregational United Church of Christ, 724 E South River St., Appleton.  
Fee: FREE  
~Another night to have fun while playing games and taking part in team building activities.
- **TnT Frozen Frenzy Dance -In Person - Fri., Jan. 20th**  
8:00pm-10:00pm, at Fox Crossing Community Center  
Fee: \$7 per person  
~Dance to some music and have a BALL at the annual TnT dance! **Register by: Jan. 18th**



**People First Fox Cities with LeeAnn**

Menasha Library, Lower Level, Gegan Room, or on Zoom

6:00pm-7:15pm

Fee: FREE

- **Tues., Jan. 10th**—A group that encourages and trains individual to speak up and advocate for themselves. Everyone is welcome! We will be planning for 2023.

**Virtual BISG with Clare**

5:30pm-6:30pm, on Zoom

Fee: FREE

- **Wed., Jan. 11th**— Brain Injury Support Group meetings are for brain injury survivors and supporters.

**Brain Injury Support at NSG (Neuroscience Group) with Clare**

5:00pm-6:00pm

Located at Neuroscience Group on 445 W. Calumet St. Appleton

Fee: FREE

- **Thurs., Jan. 19th**— Brain injury support group meetings are intended for brain injury survivors and their loved ones to gain support and community. **Masks required!**

**Brain Injury Support Group at St. Elizabeth with Clare**

6:00pm-7:00pm, Located at St. Elizabeth Hospital 1506 South Oneida St. Appleton

Fee: FREE

- **Mon., Jan. 23rd** Brain Injury Support Group meetings are for brain injury survivors and supporters. Meet in the Fowler Conference room 1 and 2.

**Craft with Amy**

5:30pm-7:30pm, SOAR Building, Lower Level

Fee: \$20 member/\$40 non-member

- **Wed., Jan. 4th**— We will be doing a winter craft.

**Register by Dec. 29th**

**Baking with LeeAnn-(Pick only one of the classes to attend)**

SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

Cookie of the Month Staff Pick is LeeAnn's favorite—cranberry coconut shortbread cookies. Pick either the morning or the afternoon class.

- **Thurs., Dec. 12th** – 10am-12:00pm **OR** **Wed. Dec. 18th** – 1:00pm-3:00pm

**Register by Jan. 5th**

**Healthy Relationships with LeeAnn**

4:00pm-5:15pm, SOAR Building, First Floor Board Room

Fee: \$25 member/\$50 non-member

- **Thurs., Jan. 12th, 19th, and 26th**—Series 1 will discuss public vs private and the types of relationships

**Register by Jan. 5th**

## SRR Dance with Amy

6:00pm-8:00pm

\*\*\*\***LOCATED AT ST. MARY'S ELEMENTARY SCHOOL MENASHA (SCHOOL GYM)**\*\*\*\*

528 2nd St. Menasha, WI 54952

Fee: \$10 member/\$20 non-member



- **Fri., Jan. 13th**—Join us for the January dance! The theme is Frozen.

**Register by Jan. 10th**

## Dinner and Movie with Amy

5:00pm-8:00pm, SOAR Building, Lower Level

Fee: \$40 member/\$80 non-member/\$30 caregiver

- **Tues., Jan. 17th**—We will have dinner and dessert, and then we will watch a movie.

**Register by Jan. 12th**

## Baking-Savory with LeeAnn

10:00am-12:00pm **OR** 1:00pm-3:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Mon., Jan. 23rd**—You will be making Cheesy Rosemary Monkey Bread. **Pick either the morning or the afternoon class.**

**Register by Jan. 16th**

## Healthy Cooking Class with LeeAnn

4:00pm-5:15pm, SOAR Building, Lower Level

Fee: \$90 member/\$150 non-member

- **Tues. Jan. 24th, 31st, and Feb. 7th OR Tues., Feb. 21st, 28th, and March 7th**  
Choose one series either Tues., Jan. 24, 31, Feb 7 **OR** Feb. 21, 28, March 7. A three week cooking series with nutrition education. Each night you will make your own dinner.

**Register by Jan. 17th**

## Hygiene Class with LeeAnn

4:00pm-5:15pm, SOAR Building, First Floor Board Room

Fee: \$25 member/\$50 non-member

- **Wed. Jan. 25th** —The series will cover: oral health, bathing, skin and nail care.

**Register by Jan. 18th**

## Dinner and Bingo with Amy

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

Fee: \$40 member/\$80 non-member

- **Wed. Jan. 25th** —We will be having sub sandwiches and playing bingo.

**Register by Jan. 19th**

## Make and Take with LeeAnn

10:00am-12:00pm **OR** 1:00pm-3:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Mon. Jan. 30th** —You'll be making Teriyaki Chicken Rice Casserole that can be eaten later that day or frozen for up to two months.

**Register by Jan. 23rd**

# 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 also have opportunities for coaching and volunteering.

**For more information on our program, please contact our Special Olympics Coordinator, Jen Kalishek By e-mailing [jen@soarfoxcities.com](mailto:jen@soarfoxcities.com) or calling (920) 731-9831 ext. 122**

**ATTENTION: We are in need of a swim coach for our 2023 season! The season will be Mid-January through Mid-April. Coaches must pass a background check, become Class A Certified with Special Olympics, and preferably be lifeguard certified, or are willing to be certified. If you're interested, please contact Jen ASAP!**

We are now accepting registrations for the 2023 swim season! Please see the insert at the end of the newsletter to sign up for this season. All registration forms and medicals are due by **Monday, January 16<sup>th</sup>**. Please note - **practice days, times, and location are still being determined at this time. Once finalized, athletes will be notified, and an announcement will be made via email and on Facebook.**

**The 2022 State Bowling Tournament was held Saturday, December 3<sup>rd</sup> at Dale's Weston Lanes in Wausau.**

By time you see this newsletter, 31 athletes from SOAR will have competed! Congratulations to the qualifying athletes: Kaitlyn A, Tom B, Kylie C, John C, Tim C, Josh D, Jonathan G, Ann G, Jonathan H, Shaun H, Chris H, Caleb J, Janelle J, Dakota K, Lillian K, Katie K, Tim K, Zack M, Aaron M, Carl M, Lindsay N, Tom S, William S, Stephanie S, Laura S, Aaron V, Tim V, Savannah W, Tiffany W, Nicole W, and Hailey Z.



## The next sports seasons will be Basketball and Basketball Skills:

Basketball and Basketball Skills begin in January! Registration for basketball closes on **December 21<sup>st</sup>** so registered athletes should watch their emails for a confirmation on their sign up including which team they are on, and the season schedule.

Participants, Caregivers & Parents - **PLEASE BE SURE TO KEEP AN EYE ON YOUR EMAILS DURING SPORTS SEASONS!** Our PRIMARY means of communication are email and social media. We apologize, but we cannot call every single caregiver, parent, or athlete (there simply aren't enough hours in the day) & email/social media is the quickest way to communicate changes in practices, updates, and more. If your email is NOT up to date, please let Jen know!

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

- If your medical exam is near expiration or you're not sure, please email Jen to double check.
- You cannot participate in Special Olympics activities if your medical is not up to date or if you cannot prove you have been vaccinated.
- All athletes must also have a COVID-19 Participant Release Form and Communicable Disease Participant Waiver on file with SOWI. If you have not signed each of these please contact Jen.



**Reminder! Our cancellation policy is:**

If you are unable to attend an activity, you must cancel at least 5 days in advance to be eligible for a credit. If a participant cancels less than 5 days before the activity or is a no-show, there will be no credit given, only in rare instances will exceptions be granted.

**If the activity requires tickets and you cancel more than 5 days in advance, you are STILL fully responsible for the cost of the activity. Possible exceptions exist if we are able to fill the spot that was cancelled. If we are able to fill the vacancy, a credit will be applied to the participant's account.**

If cancelling (or no-show) for a part of a series, no credit will be given.

If eligible, only credits will be given. No refunds will be given.

IRIS refuses to pay for services not provided, which includes cancellations and no-shows. If you require IRIS-billing, based on the Cancellation Policy, you are fully responsible for all cancelled (or no-show) activity fees.

In the event of SOAR cancelling an activity due to weather or other reasons, all registered participants will be credited for the activity or refunded upon request via check.

Please understand that the cancellation policy exists for several reasons including:

- 1. Programs can fill up quickly and when this happens we create a waitlist. Canceling in advance allows us to contact those on the waiting list and gives another participant the opportunity to join the activity.
- 2. Many programs require purchases that reflect on the number of individuals participating in that specific activity such as movie/theater/sports game tickets, transportation expenses, arts and crafts supplies, baking/cooking supplies, or meals, where the money cannot be replaced or exchanged when someone cancels without notice. We try to avoid this the best we can by trying to typically buy tickets as close to the date of the activity as possible, but sometimes this is not always an option. **Thank you for your understanding, patience, and support!**



**\*Email to contact if CANCELLATION occurs:** \_\_\_\_\_ **\*Participant Name** \_\_\_\_\_

Date of Activity	Activity Name	Cost

Submit total amount due to: **Registration and Payment required prior to activities.** **Total:** \_\_\_\_\_

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

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

If you use IRIS, Lakeland Care, Includa, CLTS, or Community Care please check this box ☐

Please provide billing name & contact info: \_\_\_\_\_

# January 2023 Calendar at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> -Coffee Connections -Craft	<b>5</b> -TnT	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> -People First Fox Cities -SOAR Together= Trafficking Documentary	<b>11</b> -Aging/IDD Memory Café -Virtual BISG	<b>12</b> -Baking=Cookies  -Healthy Relationships	<b>13</b> -Dance	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> -Dinner & Movie	<b>18</b> -Baking=Cookies	<b>19</b> -Healthy Relationships -TnT -BISG at NSG	<b>20</b> -Frozen Frenzy Dance	<b>21</b>
<b>22</b>	<b>23</b> -BISG at St. E's -Baking=Savory	<b>24</b> -Healthy Cooking Series	<b>25</b> -Hygiene Class -Dinner & Bingo	<b>26</b> -Healthy Relationships	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> -Make and Take	<b>31</b> -Healthy Cooking Series	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> -Healthy Cooking Series	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>

\*\*\*Choose one **Healthy Cooking Class Series** either **Tues., Jan. 24, 31, Feb 7** OR **Tues. Feb. 21, 28, March 7.**  
A three week cooking series with nutrition education. Each night you will make your own dinner.\*\*\*

# 2023 SOAR Fox Cities Special Olympics Swimming Registration



Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_\_

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

Email (required): \_\_\_\_\_ Cancellation Contact: \_\_\_\_\_

I have previously competed in: \_\_\_\_ Front Crawl \_\_\_\_ Backstroke \_\_\_\_ Butterfly \_\_\_\_ Breaststroke

I'd like to learn the following: \_\_\_\_ Front Crawl \_\_\_\_ Backstroke \_\_\_\_ Butterfly \_\_\_\_ Breaststroke

\_\_\_\_ I will compete in the District Swim Meet on Sunday, March 12<sup>th</sup> in Oshkosh.

\_\_\_\_ I will not compete in the District Swim Meet.

\_\_\_\_ If I qualify, I will compete in the State Meet April 14<sup>th</sup>-16<sup>th</sup> in Oshkosh.

\_\_\_\_ I will not compete in the State Meet.

*\*Please note, athletes can only compete in ONE sport during tournaments. If you are registered for swim and basketball, you cannot compete in both sports, but you can attend and participate in practices for both sports.*

## Practices:

Date and time to be determined! Jen will notify athletes ASAP. We are hoping to begin in January but at the latest, the beginning of February.

*\*Required: All participants must have a swimsuit, cover-up, towel, and flip flops or sandals.*

Fee: \$70 for SOAR members | \$90 for non-members


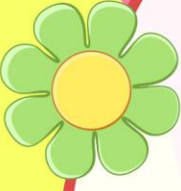
Registration Deadline:

Medical Deadline: February 27<sup>th</sup>, 2023

For Office Use Only: Amount: \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Paid On-Line \_\_\_\_\_ Date \_\_\_\_\_



# FEELIN' GROOVY MEMORY CAFE


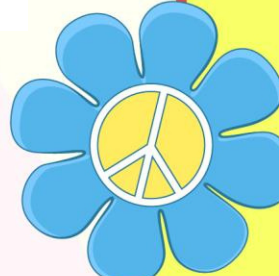
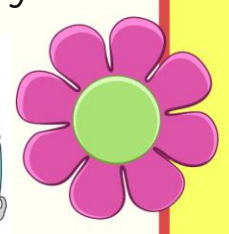


This specialized memory café is a place for individuals 35 and older with intellectual and developmental disabilities and memory problems, or dementia, and their caregiver, to meet others in their similar situation.



Share experiences, make friends, find information and support, and enjoy a variety of activities to from the past!  
We will be having fun and FEELING GROOVY at our memory café!



**Wednesday**  
**January 18, 2023**  
**3:30–5:00 pm**  
**SOAR LL**  
**Activity Room**



Each participant should register and attend with a caregiver that helps them. If this would not be possible, please reach out to Heidi to discuss options. Register by Thursday, January 5 by calling Heidi at (920)731-9831 or via email at [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com).



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# SOAR Together

## Educational Series



### "It Happens Here" Sex Trafficking Documentary Screening

Join us as we acknowledge Human Trafficking Awareness month as a community by viewing the documentary created and released by the Department of Children & Families in Wisconsin. This event will include the screening of the documentary and a discussion afterwards.

**Where:** SOAR Building

**When:** January 10th from  
4:15pm-6:15pm

There will be light snacks and  
beverages provided!

Please register by January 6th!

Any questions please contact  
Heidi at [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com)  
or call her at 920-731-9831



This program is in place of the parent support group originally scheduled for this date.