



SOAR Fox Cities, Inc.

September 2023

Activity & Program Guide



IMPORTANT ANNOUNCEMENT!

Please remember: Do not arrive more than 15 minutes before activities begin! If you do, you must wait outside the building until the leader of that specific activity arrives. Other staff will not be allowed to let you inside the building unattended. Please plan ahead because we do not want anyone waiting outside in unsafe weather.

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Inserts: September Calendar at a Glance, Special Olympics Bowling, Memory Café

ATTENTION! This is a friendly reminder to use any SOARcash you may have purchased by its expiration date, December 31st, 2023.

Activity Sign-Up Announcement

Classes have been filling up quickly and we understand that has been frustrating. While we're working on adding space & more classes we're also trying new things to make sign-up smoother. In an attempt to make signing-up for activities as fair as possible we will still be sending out the hard-copy newsletter mid-month on Thursday evening, BUT we will be waiting until the following Monday at noon to post the electronic newsletter on the website. At this same time is when we will send the newsletter email AND make sign-up live on our website. We thank you for your patience and understanding during this process.

Office Hours: Monday through Thursday, 9:00am-4:30pm (Closed on Fridays)

***Phone:** 920.731.9831, ***E-mail:** info@soarfoxcities.com

Website: www.soarfoxcities.com, ***Fax:** 920.725.1531

Address: 211 E. Franklin St. Ste. A, Appleton, WI 54911



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 (updated yearly)
- 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, allergies, emergency contacts, 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 via email & Facebook post. **Please understand that in many instances we cannot call everyone that is registered for an activity- there are simply too many. This is why it is vital that you have an up to date email on file with us. We will ONLY post cancellations to Facebook or email about them.** The program or service may be re-scheduled. Please watch local news channels (WBAY, WFRV, WLUK), check your emails and Facebook pages for real time updates on cancellations. Most day-of cancellations will be made by 2:00pm the day of the activity.

Registration Policy We offer many ways to register for SOAR activities including signing-up through the SOAR website, calling and speaking to a staff during M-TH 9a-4:30pm office hours, mailing in a registration sheet via USPS mail, or stopping at our office window during office hours and speaking to a staff member in person. We DO NOT accept registration via voicemail or email. We will make every attempt to follow up on a voicemail or email, but please use the other options mentioned above to register for activities.

Payment Policy We **DO NOT** and **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 black-colored lock/mail box outside the main entrance of the SOAR Offices. We encourage your use of envelopes. For any questions regarding bills/invoices, please ask for extension 109. 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 on the registration slip.

Volunteering

Volunteering at SOAR can look a variety of ways! We have many individual volunteering needs such as helping at our educational classes, fun outings, and recreational events. We also love having groups come in and give back. If your company, work, or club is looking for a fun way to make a difference you can volunteer as a group at SOAR! If you are interested or have questions, please **contact our Community Engagement Coordinator, Angie Petit by emailing angie@soarfoxcities.com**





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!

September...I cannot believe we are already coming into the Fall of the year. I've probably written this in nearly every single September and October newsletter, but I'm going to write it again...this is my absolute favorite time of year! I love watching the leaves change colors, being surrounded by pumpking spice and, of course, Halloween! I know it's still quite warm out and we're just in August, but I'm going to say it: Welcome to Fall ya'll!

Ok, back to August now...I hope you're all having the greatest August and have had a chance to enjoy some of our most popular activities. The corn roast for one! As I write this, we're still two weeks away from the event, but I am beyond excited for it! I can't wait to see you all there!

As always, I also want to draw your attention to a few reminders:

1. **Please do not drop off or arrive for any activity more than 15 minutes before the activity is scheduled to start.** If you do arrive more than 15 minutes before an activity, you will be required to wait outside, especially when the activity is happening after our normal business hours. We apologize for any inconvenience this may cause, but often the coordinators for after-hours programs do not arrive to the building more than 15 minutes before the activity for setup. This means there is no one in the building and/or available to supervise the participant until the program coordinator arrives.
2. If you've applied for SOAR cash please remember to use it by 12/31/2023. SOAR cash does not transfer to the next year so it will expire on 12/31/2023. If you haven't yet gotten SOAR cash, please know that you can still apply! Please contact Leah or Kari and they will get you started on the process.

As always, if you have any questions, please don't hesitate to contact us!

I hope you all have a great end of summer and are able to soak up every last bit of sunshine! Until next month!

~ Erin Schultz-Wege, Executive Director

Erin Schultz-Wege, Executive Director, x116
Ashley Gustafson, Director of Community Engagement, x114
Jolene Verstegen, Finance Manager, x115
LeeAnn Stein, Director of Adult Services, x112
Lindsay O'Brien, Fundraising & Grant Manager, x127
Clare Buckley, TBI Support Program Navigator, x118
Angie Petit, Community Engagement Coordinator, x126

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

SOAR Fox Cities Staff can be reached at 920.731.9831

Registering for all activities is required!

1. Select the activities that fit your schedule.
2. **Be sure to register for each activity that you want to attend by the "register by" date listed, unless there is no specific registration date noted in the description of the activity.**
3. Complete the enclosed registration form and return it to our SOAR office with payment, or you can pay and register online at www.soarfoxcities.com, send a check, or stop at our office. Payment must be made prior to an activity.

A FEW ANNOUNCEMENTS AND REMINDERS

We have a new lock box outside of the SOAR Building!



When facing the main entrance of the building from the parking lot you will see a black-colored lock/mail box on the right side of the building doors. This is the **after-hours** drop box where payments or paperwork can be left if needing to drop-off after or before the hours of **9am-4:30pm M-TH**, or over the weekend when **SOAR is closed Fridays, Saturday, and Sundays**. **Simply lift the silver top and drop your**



envelope into the opening. We always recommend dropping things off to the office during office hours for the most security, but we understand that not everyone's schedules allow for this. This lock box will be **checked once a day**. So if you drop something off on Friday, or Thursday night, it may not be checked/received until Monday. This will be checked by the building manager or by a SOAR staff member.

Please call the office if you have questions at (920)731-9831

*****Friendly Reminder: DO NOT give coaches, volunteers, or SOAR staff payment or any SOAR document that need to be filled out/turned into the office while at practices or programs! We will NOT accept it!**

All payment and forms must be turned in to the SOAR Office during office hours, mailed in, or dropped-off in the lock box. You can also go to soarfoxcities.com for payment and activity registration, or speak with a staff member on the phone.

As a reminder: voicemails or emails will not be accepted as registration.

***Drop-Off and Pick-Up Note**

Please remember **not to arrive any more than 15 minutes before activities begin!** If you do, you must wait outside the building until the leader of that specific activity arrives. **Other staff will not be allowed to let you inside the building unattended.** Please plan ahead because we do not want anyone waiting outside in unsafe weather.

More Respite Time Offered (AE and SRR)

Starting September 2023, on the last Wednesday of each month, there will be a back-to-back SRR activity and AE activity with 30-60 minutes in between, to allow caregivers more respite time. The classes might not always be craft (SRR) and baking (AE), like they will be the first time (in September), but will always be an SRR activity followed by an AE activity. Please note, it is NOT required that the participant signs-up for both classes if they only want to attend one of the two. Please call the office with any questions.

Calendar-at-a-glance

September 2023

Turn to the specific page number listed under the "page column" for all details needed for each activity.

Program Type KEY

Youth Programs=YTnT , Adult Programs =AE/SRR,

Advocacy Programs=TBI/PF

Family Programs =FAM, Community Ed =CE,

Aging/Intellectual Developmental Disability=AGI

Sept.	Program Choice	Time	Page	Cost: member/ non-member/ caregiver	IRIS Code	Staffed By:	Type KEY	Class Capacity	Register By:
5	Games	5:30pm-7:15pm	10	\$20/\$30	F	Amy	SRR	25	8/29
6	Coffee Connections	10:30am-11:30am	6	FREE	-	Heidi	FAM	20	9/4
8	SRR Adult Dance	6:00pm-8:00pm	10	FREE this month	F	Amy	SRR	100	9/1
9	People First WI Board Meeting	9:30am-12:00pm	10	FREE	-	LeeAnn	ADV-PF	-	-
11	"No-Bake" Class	10:00am-11:30am	11	\$30/\$60	F	LeeAnn	AE	12	9/4
12	Dinner and Movie	5:30pm-8:00pm	11	\$40/\$80	F	Amy	SRR	25	9/5
12	Parent Happy Hour	6:00pm-7:00pm	7	FREE	-	Heidi	FAM	20	9/8
12	People First Fox Cities	6:00pm-7:15pm	10	FREE	-	LeeAnn	ADV-PF	15	9/5
13	SOAR Memory Café	3:00pm-4:30pm	8	FREE	-	Heidi	AGI	20	9/6
13	Virtual BISG	5:30pm-6:30pm	9	FREE	-	Clare	ADV	-	-
14,21,28	Personal Hygiene	4:00pm-5:15pm	11	\$25/\$50 entire series	F	LeeAnn	AE	8	9/7
14	People First Fox Cities	6:00pm-7:15pm	10	FREE	-	LeeAnn	ADV-PF	25	-
9/19, 9/26, 10/3	Healthy Cooking Series	4:00pm-5:30pm	11	\$90/\$120	F	LeeAnn	AE	8	9/12
20	Oneida Heights Memory Café	3:00pm-4:30pm	8	FREE	-	Heidi	AGI	20	9/13
20	Bingo	6:00pm-7:30pm	11	\$20/\$30	F	Amy	SRR	25	9/13
21	BISG at Neuroscience Group	5:00pm-6:00pm	9	FREE	-	Clare/ Julie Fiel	ADV	-	-
21	Baking	10:00am-12:00pm	11	\$30/\$60	F	LeeAnn	AE	8	9/14
21	SOAR Together	6:00pm-8:00pm	7	FREE	-	Heidi	FAM	20	9/14
23	K.I.T.E. Conference-Finding Hope in the Journey	9:00am-2:00pm	7	\$30 per person	F	Heidi	FAM	200	9/14
23	Super Saturday-Polly's Pumpkin Patch	9:45am-3:00pm	11	\$80/\$160/\$65	C	Amy	SRR	25	9/14
25	Make and Take	10:00am-12:00pm	11	\$30/\$60	F	LeeAnn	AE	8	9/18
25	BISG at St. E's	6:00pm-7:00pm	9	FREE	-	Clare	ADV	-	-
27	Baking	3:00pm-5:00pm	11	\$30/\$60	F	LeeAnn	AE	8	9/20
27	Craft	6:00pm-7:30pm	11	\$20/\$30	F	Amy	SRR	25	9/20
28	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	TnT	-	-

Parent/Caregiver Happy Hour with Heidi
Tuesday, Sept. 12th, 6:00pm-7:00pm, Fee: FREE
Capacity Limit: 20

Enjoy an hour with other parents, grandparents, and caregivers of loved ones with differing abilities, **at Meade St. Bistro**, where you can discuss your latest struggles and successes. We will be meeting with Howard Mulloy of By Your Side to discuss Guardianship vs Supported Decision Making, and how you can determine what is best for you and your family. Feel free to purchase a drink and/or food to enjoy while we chat, on your own bill.

We kindly ask that you RSVP for this evening's meeting so we have enough seats reserved.

Please do so by calling SOAR at (920) 731-9831 ext. 111 or via email at heidi@soarfoxcities.com, by Sept. 8th

Meade St. Bistro: 2729 N Meade St. Appleton, WI 54911

Coffee Connections With Heidi

Wednesday, Sept. 6th, 10:30am-11:30am, Fee: FREE
Capacity Limit: 20

Join us for hot coffee, a pastry, and fruit, in the **SOAR Building's Lower Level**, where you will have time to talk with other parents, grandparents, and caregivers going through similar situations, caring for loved ones with differing abilities.

We will be meeting with Howard Mulloy of By Your Side to discuss Guardianship vs Supported Decision Making and how you can determine what is best for your family.

We kindly ask that you RSVP for this morning's meeting.
Please do so by calling SOAR at (920) 731-9831 ext. 111 or via email at heidi@soarfoxcities.com, by Sept. 4th

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 or stop by the office to purchase yours today!

SOAR Together with Heidi

Thurs., Sept. 21st, 6:00pm-8:00pm, Fee: FREE
Capacity Limit: 20

Parents and caregivers: join us at the **SOAR Building, Lower Level**. Howard Mulloy from By Your Side will be breaking down Guardianship and Supportive Decision Making for us. He will be answering our questions and going through the pros and cons of each in more detail.

Please RSVP by calling SOAR at (920) 731-9831 ext. 111 or via email at heidi@soarfoxcities.com, by Sept. 14th

K.I.T.E. Conference with Heidi

Sat., Sept. 23rd, 9:00am-2:00pm, Fee: \$30 per person
Capacity Limit: 200

Join us for KITE Conference 2023! This year we are "Finding Hope in the Journey! There will be respite available for your loved one with a disability as well as a Sibshop provided by Wisconsin. Lunch is included in the registration fee. Located at Fox Valley Tech.

Please RSVP by calling SOAR at (920) 731-9831 ext. 111 or via email at heidi@soarfoxcities.com, by Sept. 14th

Board and Brush Fundraiser

Tues., Aug. 29th, 6:00pm-9:00pm

Board and Brush-Appleton is hosting a fundraising night for SOAR! Come for a night of creativity and fun creating your own unique wood project, and 20% of all proceeds from the night go to supporting SOAR programs that you love! At this Pick-Your-Project workshop, you select your project from B&B's extensive gallery. They will provide all the materials and instruct you step-by-step to create a beautiful piece for your home!

****This is not a SOAR Staffed Event**

Find out more on SOAR's Facebook page or Register Online: boardandbrush.com/appleton/events/pick-your-project-workshop-08-29-2023-6pm-9pm-1/



Memory Café at SOAR with Heidi

**Wed., Sept. 13th, 3:00pm-4:30pm, Fee: FREE
Capacity Limit: 20**

Our specialized memory café is a place, **in the SOAR Lower Level**, 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 support, and enjoy fun activities. Participants should attend with a caregiver. If this wouldn't be possible, please speak with Heidi, Aging & IDD Coordinator.

Call or email Heidi to register at (920) 731-9831, ext.111, heidi@soarfoxcities.com by Sept. 6th

Memory Café at Oneida Heights with Heidi

**Wed., Sept. 20th, 3:00pm-4:30pm, Fee: FREE
Capacity Limit: 20**

Our 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 support, and enjoy fun activities. Participants should attend with a caregiver. If this wouldn't be possible, please speak with Heidi, Aging & IDD Coordinator.

Call or email Heidi to register at (920) 731-9831, ext.111, heidi@soarfoxcities.com by Sept. 13th



Check out the photo to the left from the People First Picnic!

SOAR Fox Cities - where YOUth fit in!

SOAR Thru Summer(STS)- We are so excited to announce that our second SOAR Thru Summer Experience (2023) located on the second floor of the SOAR Building in our Youth Clubhouse has been a success on the “fun-scale!” This is an all day event held June through August on Mondays through Fridays for youth with varying abilities to meet new friends and have fun with some awesome counselors. 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 took part in so many exciting activities in our on-site Youth Clubhouse 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!

Teen Stop- Teen Stop 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, games, engaging in cooperative learning experiences and having opportunities for leadership development. This is held at the SOAR Building during the summer from 6:30-8:00pm. Starting in September TnT will take place at The First Congregational Church on E. South River St. There is no cost for this program.

If you are a TEEN or a young adult (ages 13 through age 23) join TnT—with Lisa!

- **TnT - In Person**

6:30pm - 8:00pm, at The First Congregational Church 724 E. South River St. in Appleton, WI
Fee: FREE,

Thurs., Sept. 28th-The new school year is starting which means we will be meeting at the First Congregational Church instead of the SOAR Building.

Virtual BISG with Clare

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

Fee: FREE

- **Wed., Sept. 13th–** Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com.

In-Person BISG at Neuroscience with Clare and Julie Fiel

5:00pm-6:00pm, at Neuroscience Group, 445 W Calumet St. Appleton, WI 54915

Fee: FREE

- **Thurs., Sept. 21st-** Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com.

In-Person BISG at St. Elizabeth’s with Clare

6:00pm-7:00pm, at St. Elizabeth Hospital, 1506 South Oneida St. Appleton 54915, 2nd Floor, Conference Room 1 and 2

Fee: FREE

- **Mon., Sept. 25th-** Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com.

People First WI Board Meeting with LeeAnn

9:30am-12:00pm, on Zoom, virtual meeting

Fee: FREE

- **Sat., Sept. 9th**– Quarterly Board Meeting.

People First Fox Cities with LeeAnn

6:00pm-7:15pm, Menasha Library, Lower Level, Gegan Room

Fee: FREE, **capacity limit=15**

- **Tues., Sept. 12th**- A group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome! There will be a short meeting and then the group will work on suggestions for updating a transportation brochure in plain language.

Register by Sept. 5th**People First Fox Cities with LeeAnn**

6:00pm-7:15pm, SOAR Building, Lower Level

Fee: FREE, **capacity limit=25**

- **Thurs., Sept 14th**-A group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome! Our guest speaker is Cindy Bentley, Executive Director of People First WI. She will be joining us virtually to update us with what PFWI is doing.

Register by Sept 7th**Games with Amy**

5:30pm-7:15pm, SOAR Building, Lower Level

Fee: \$20 member/\$30 non-member, **capacity limit=25**

- **Tues., Sept. 5th**- Join us for a great way to meet new people and have some fun!

Register by Aug. 29th**Adult Dance with Amy**6:00pm-8:00pm, **capacity limit=100******** AT ST. MARY'S, 528 2ND ST. MENASHA, WI 54952******

Fee: FREE (but everyone, including caregivers, still need to register)

- **Fri., Sept. 8th**- This is a special dance with free admission in memory of Henry Van Nuland. Henry enjoyed attending SOAR dances and his family wanted to make it easy for others to attend and enjoy them as much as he did. Please join us in celebration of Henry.

Register by Sept. 1st**“No-Bake” Class with LeeAnn**

10:00am-11:30am, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member, **capacity limit=12**

- **Mon., Sept. 11th**– You'll be making Buster Bars.

Register by Sept. 4th**Dinner and Movie with Amy**

5:30pm-8:00pm, SOAR Building, Lower Level

Fee: \$40 member/\$80 non-member, **capacity limit=25**

- **Tues., Sept 12th**– Enjoy a good movie and some good food!

Register by Sept 5th

Personal Hygiene with LeeAnn

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

Fee: \$25 member/\$50 non-member, **capacity limit=8**

- **Thurs., Sept. 14th, 21st, and 28th**—The 3 class series will cover: oral health, bathing, skin and nail care. **Register by Sept. 7th**

Healthy Cooking Series with LeeAnn

4:00pm-5:30pm, SOAR Building, Lower Level

Fee: \$90 member/\$120 non-member, **capacity limit=8**

- **Tues., Sept. 19th, Sept. 26th, and Oct. 3rd**— A three week cooking series with nutrition education. Each night you will make your own dinner. **Register by Sept. 12th**

Bingo with Amy

6:00pm-7:30pm, SOAR Building, Lower Level

Fee: \$20 member/\$30 non-member, **capacity limit=25**

- **Wed., Sept. 20th**— Come to SOAR to enjoy new bingo games and prizes! **Register by Sept. 13th**

Baking with LeeAnn

10:00am-12:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member, **capacity limit=8**

- **Thurs., Sept. 21st**— You'll be making mini peach upside down cakes. **Register by Sept. 14th**

Super Saturday-Polly's Pumpkin Patch with Amy

9:45am-3:00pm, Polly's Pumpkin Patch N4367 Chilton, WI 53014

Fee: \$80 member/\$160 non-member/\$65 caregiver, **capacity limit=25**

- **Sat., Sept 23rd**— Get in the mood for Fall! We will take a bus to Polly's Pumpkin Patch to enjoy a hayride, corn maze, and a corn cob cannon! You will get a pumpkin to take home. **Bring your own lunch**. We will have our own reserved space to eat. Dress for the weather, wear layers, and comfortable shoes. Drop-off and pick-up will be at SOAR. **Register by Sept. 14th**

Make and Take with LeeAnn

10:00am-12:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member, **capacity limit=8**

- **Mon., Sept. 25th**— You'll be making meatloaf. **Register by Sept. 18th**

Baking with LeeAnn

3:00pm-5:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member, **capacity limit=8**

- **Wed., Sept. 27th**— You'll be making harvest spice bread. **Register by Sept. 20th**

Craft with Amy

6:00pm-7:30pm, SOAR Building, Lower Level

Fee: \$20 member/\$30 non-member, **capacity limit=25**

- **Wed., Sept. 27th**— Join us to make a fun & easy craft! **Register by Sept. 20th**

Starting in September, on the last Wednesday of each month, there will be a back-to-back SRR (craft) and AE (Baking) class with 30-60 mins. in between to allow for more respite time. The classes might not always be craft and baking but will always be SRR followed by an AE class.

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 emailing jen@soarfoxcities.com

Our softball and bocce teams competed in the District Tournament on August 5th in Appleton- What an exciting day! The Foxes took 4th place in their division and the High Flyers took 2nd place! Two of our bocce teams – the Powerballers and the Flyers took 1st! Congratulations to everyone that competed!



An anonymous donor scheduled professional photos for our softball athletes- Thank you Fischer Photography and the special donor for the amazing photos! More can be found on Soar's Facebook page.



Attention: Bowling registration closes on 9-11-2023 so get yours in ASAP (the insert can be found at the end of this newsletter.) Please note: We will not be accepting late registrations. Also, we are always looking for volunteers for all sports - if you're interested, contact SOAR!

Is your medical packet up to date with SOWI?

They expire every 3 years- Please contact Jen if you're unsure.

You cannot participate in Special Olympics without an up-to-date medical as well as a Communicable Disease Waiver. Please note, if your medical expires during a sports season that you are playing in, the new medical must be submitted before the season's deadline!

ATTENTION - PLEASE 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. Email/social media is the quickest way to communicate changes. If your email is NOT up to date, please let Jen know! ***Athletes that do not attend events/practices/games with a family member should also always carry identification in the event of an emergency.***

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.

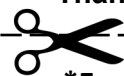
IRIS refuses to pay for services not provided, which includes cancellations and no-shows. If you require IRIS-billing, based on the Cancellation Policy, you are fully responsible for all cancelled (or no-show) activity fees.

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 waitlist 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 Pay by cash, check (# _____), or on-line.
211 E Franklin St., Suite A **If you use IRIS, Lakeland Care, Inclusa, CLTS, or Community Care please check this box**
Appleton, WI 54911 **Please provide billing name & contact info:** ☐

September 2023 SOAR Calendar at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 -Games	6 -Coffee Connections	7	8 -Adult Dance	9 -Ppl First WI Board Meeting
10	11 -“No-Bake” Class	12 -Dinner & Movie -Happy Hour -Ppl First Fox Cities	13 -SOAR Memory Café -Virtual BISG	14 -Personal Hygiene -Ppl First Fox Cities	15	16
17	18	19 -Healthy Cooking	20 -Oneida Heights Memory Café -Bingo	21 -Personal Hygiene -BISG at Neuroscience -Baking -SOAR Together	22	23 -K.I.T.E. Conference -Super Saturday
24	25 -Make and Take -BISG at St. E’s	26 -Healthy Cooking	27 -Baking -Craft	28 -Personal Hygiene -TnT	29	30



SOAR Fox Cities Special Olympics 2023 Bowling

Season: Sept. 18 - Dec. 4, 2023

Location-Sabre Lanes Menasha (1330 Midway Rd)

Mondays- 4:30-6:00pm

Head Coach: Dawn S.

- Please be on time each week for practice and plan to be **picked up promptly by 6:00pm.**
- If you are unsure if your SOWI medical forms are up to date, please contact Jen to verify: 920-731-9831 x 122 or via email jen@soarfoxcities.com
- **MEDICAL DEADLINE: SEPT. 25TH**

SEASON FEES:

\$95 for SOAR members / \$125 non-members
(fees include 3 games per practice & shoe rental)

Please make checks payable to:

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

**Registration
Deadline is
Mon. Sept 11**

2023 Bowling Registration

Athlete Name: _____

Athlete Phone: _____

Athlete Email: _____

Emergency Contact Name: _____

Emergency Contact Ph: _____

Emergency Contact Email: _____

* * * * *

**PLEASE NOTE: ALL INFORMATION ON THIS PAGE MUST
BE COMPLETED. AN EMAIL ADDRESS IS REQUIRED AS
WE WILL SEND ALL SEASON INFO (SCHEDULES, CAN-
CELLATIONS, TOURNAMENT INFO) VIA EMAIL!**

* * * * *

PLEASE ANSWER THE FOLLOWING:

1. Do you have a SOAR bowling shirt for competitions? (gray with purple trim): Y / N
2. If you need a shirt, circle your size: S M L XL 2XL 3XL
3. If you qualify, will you compete in the State Tournament Dec. 2 & 3 in Wausau? Y / N

Office Use Only: Amount _____ Check _____ Cash _____ Online _____
3rd Party Funding _____ Date _____

PLEASE JOIN OUR AGING &
IDD MEMORY CAFES FOR:



UNCLE SAM DAY

Wed, September 13, 3-4:30 pm

SOAR FOX CITIES, INC, LOWER LEVEL

**We will learn about Uncle Sam and
other important symbols of the
United States!**



Festival

**ONEIDA HEIGHTS,
525 S ONEIDA ST,
APPLETON**

Wed, September 20, 3-4:30 pm

**We will celebrate Fall with things that remind us
of fall-apples, caramel, cider, and the changing,
colored leaves.**

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