



# SOAR Fox Cities, Inc.

## October 2023

### Activity & Program Guide



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Inserts: October Calendar at a Glance, Papa Murphey's, Cuff Farm's, Memory Café, Challenger League

#### **\*\*\*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.

**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!** It is Bowling Season, and we want you! Special Olympics Bowling is our biggest sport here at SOAR. Each year we have over 100 excited participants register to bowl. We are looking for anyone interested in volunteering this season. **Bowling practice will be every Monday from 4:30 pm- 6:00 pm at Sabre Lanes.** If you are interested, please let Angie or Jen know at [angie@soarfoxcities.com](mailto:angie@soarfoxcities.com) or [jen@soarfoxcities.com](mailto:jen@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!

Can you believe it is the October newsletter already?! Just a couple of weeks ago we were enjoying the corn roast and soaking up the last bit of summer. Who is ready for fall? I will definitely say that I am! Fall is my favorite time of the year – changing leaves, cool nights made for bonfires and sweatshirts, plenty of time spent outdoors, and Halloween!

If the Fall is your favorite time of year, we've got plenty of seasonal activities planned! A visit to Cuff Farms for pumpkin picking, lunch and the Zoo-Boo with Amy and, of course, our ever-popular Halloween Dance! Please remember that registration for the Halloween Dance is required in advance and this year we have a capacity limit of 100 people for safety reasons. Please be sure to get your registration in early to guarantee your spot.

Also one last friendly reminder: **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. We understand that you might see folks around the building, but they are likely employees of the other agencies in the building or working in a different program. Please know this is for the safety of the participants! We definitely don't want anyone waiting outside in poor weather or getting hurt. We appreciate your understanding and partnership on this! As always, please feel free to contact us at the office if you have any questions.

~ Erin Schultz-Wege, Executive Director

**SOAR Fox Cities, Inc (920)731-9831**

Erin Schultz-Wege, Executive Director, x116, [erin@soarfoxcities.com](mailto:erin@soarfoxcities.com)  
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Jolene Versteegen, Finance Manager, x115, [jolene@soarfoxcities.com](mailto:jolene@soarfoxcities.com)  
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Heidi Zick, Family Programs & Community Resource Coordinator, x111, [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com)  
Leah Quinn, Member and Office Support Specialist, x100, [leah@soarfoxcities.com](mailto:leah@soarfoxcities.com)  
Kari Much, Accounting Clerk, x109, [kari@soarfoxcities.com](mailto:kari@soarfoxcities.com)  
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Jen Kalishek, Special Olympics Coordinator, x122, [jen@soarfoxcities.com](mailto:jen@soarfoxcities.com)  
Amy Uecke, SRR Program Coordinator x113, [amy@soarfoxcities.com](mailto:amy@soarfoxcities.com)  
Special Olympics Off-Site Cell Phone: (920)809-8923  
SRR After-Hours Cell Phone: (920)809-8923



## **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, Saturdays, 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](http://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

## October 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

Oct.	Program Choice	Time	Page	Cost: member/ non-member/ caregiver	IRIS Code	Staffed By:	Type KEY	Class Capacity	Register By:
<b>3rd and 10th</b>	Cooking Class	11:00am-12:30pm	10	\$60/\$100	F	LeeAnn	AE	8	9/26
<b>4</b>	Coffee Connections	10:30am-11:30am	6	FREE	-	Heidi	FAM	20	10/2
<b>4</b>	Bingo	6:00pm-7:30pm	10	\$20/\$30	F	Amy	SRR	25	10/2
<b>5</b>	Baking	10:00am-12:00pm	10	\$30/\$60	F	LeeAnn	AE	8	9/28
<b>9</b>	"No-Bake" Class	10:00am-11:30am	10	\$30/\$60	F	LeeAnn	AE	8	10/2
<b>10</b>	Parent Happy Hour	6:00pm-7:00pm	6	FREE	-	Heidi	FAM	20	10/6
<b>10</b>	People First	6:00pm-7:15pm	10	FREE	-	LeeAnn	ADV-PF	15	10/3
<b>10</b>	Games	5:30pm-7:15pm	10	\$20/\$30	F	Amy	SRR	25	10/6
<b>11</b>	SOAR Memory Café	3:00pm-4:30pm	8	FREE	-	Heidi	AGI	20	10/4
<b>11</b>	Virtual BISG	5:30pm-6:30pm	9	FREE	-	Clare	ADV/ TBI	-	-
<b>12</b>	Baking	10:00am-12:00pm	10	\$30/\$60	F	LeeAnn	AE	8	10/5
<b>12</b>	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	Youth	-	-
<b>12</b>	Family Fall Pumpkin Outing	4:30pm-7:30pm	7	\$22/\$40	C	Heidi	FAM	100	10/5
<b>13</b>	SRR Adult Dance	6:00pm-8:00pm	10	\$10/\$20	F	Amy	SRR	100	10/5
<b>14</b>	Lunch and Zoo-Boo	12:00pm-4:30pm	11	\$80/\$160/\$65	C	Amy	SRR	25	10/5
<b>18</b>	Oneida Heights Memory Café	3:00pm-4:30pm	8	FREE	-	Heidi	FAM	20	10/4
<b>18</b>	Dinner & Movie-Hollywood Cinema	5:00pm-8:00pm	11	\$40/\$80/\$30	C	Amy	SRR	25	10/11
<b>19</b>	BISG at Neuroscience	5:00pm-6:00pm	9	FREE	-	Clare/ Leah	ADV- TBI	-	-
<b>23</b>	Make and Take	10:00am-12:00pm	11	\$30/\$60	F	LeeAnn	AE	8	10/16
<b>Oct. 24, Oct. 31, Nov. 7</b>	Healthy Cooking Class	4:00pm-5:30pm	11	\$90/\$120	F	LeeAnn	AE	8	10/17
<b>25</b>	Fire Safety	4:00pm-5:15pm	11	\$15/\$30	F	LeeAnn	AE	8	10/18
<b>25</b>	Craft	6:00pm-7:30pm	11	\$20/\$30	F	Amy	SRR	25	10/18
<b>26</b>	TnT	6:30pm-8:00pm	9	FREE	-	Lisa	Youth	-	-
<b>30</b>	BISG at St. E's	6:00pm-7:00pm	9	FREE	-	Clare	ADV/ TBI	-	-

**Parent/Caregiver Happy Hour with Heidi**  
**Tuesday, Oct. 10th, 6:00pm-7:00pm, Fee: FREE**  
**Capacity Limit: 20**

Enjoy an hour with other parents, grandparents, and caregivers of loved ones with differing abilities where you can discuss your latest struggles and successes. We will meet with Jennifer Torgrude, a Financial Services Professional with WestPoint Financial Group, who provides objective and customized insurance strategies to help meet the financial needs of her clients. 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](mailto:heidi@soarfoxcities.com), by Oct. 6th**

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

**Coffee Connections With Heidi**

**Wednesday, Oct. 4th, 10:30am-11:30am, Fee: FREE**  
**Capacity Limit: 20**

Join us for hot coffee, a pastry, and fruit, in **the lower level of the SOAR Building**, 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 meet with Jennifer Torgrude, a Financial Services Professional with WestPoint Financial Group, who provides objective and customized insurance strategies to help meet the financial needs of her clients.

**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](mailto:heidi@soarfoxcities.com), by Oct. 2nd.**

**Family Fall Pumpkin Outing with Heidi**  
**Thurs., Oct. 12th, 4:30pm-7:30pm, Fee: FREE**  
**Capacity Limit: 100**

Join us for our fall celebration and pick your pumpkin while we have fun with our SOAR friends and family at Cuffs Farm!

See flyer for details.

Must have own transportation to and from the farm.

**Please RSVP by calling SOAR at (920) 731-9831 ext. 111 or via email at [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com), by October 5th**

**Skills:** communication, team-work, decision-making, following directions, group settings, making friends, building relationships

\$22 for members/\$40 non-member

*Cuff Farms, N2299 Ledge Hill Rd, Hortonville, WI*



**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!

**Memory Café at SOAR with Heidi**

**Wed., Oct. 11th, 3:00pm-4:30pm, Fee: FREE**  
**Capacity Limit: 20**

Our specialized memory café is at the **SOAR Building in the lower level**. It 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 would not be possible, please speak with Heidi, Aging & IDD Coordinator. See flyer for more specific details.

**Skills practiced:** communication, following directions, interacting in a group, making friends, building relationships

**Call or email Heidi to register at (920) 731-9831, ext.111, [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com) by Oct. 4th**

**Memory Café at Oneida Heights with Heidi**

**Wed., Oct. 18th, 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 would not be possible, please speak with Heidi, Aging & IDD Coordinator. See flyer for more specific details.

**Skills practiced:** communication, following directions, interacting in a group, making friends, building relationships

**Call or email Heidi to register at (920) 731-9831, ext.111, [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com) by Oct. 4th**



**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., Appleton, WI

Fee: FREE,

**Thurs., Oct. 12th**-Fall is in the air, and friends are on their way to TnT!

- **TnT - In Person**

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

Fee: FREE

**Thurs., Oct. 26th** - Let’s make some memories!

**Skills:** communication, team-work, decision-making, critical thinking, creative thinking, following directions, being in a group setting, making friends and building relationships

### Virtual BISG with Clare

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

Fee: FREE

- **Wed., Oct. 11th**– Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com).

### In-Person BISG at Neuroscience with Clare, Leah, and Julie Feil

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

Fee: FREE

- **Thurs., Oct. 19th**- Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com). This week Leah will lead an art-as-therapy session.

### 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., Oct. 30th**- Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com).

**People First Fox Cities with LeeAnn**

6:00pm-7:15pm, Menasha Library, Lower Level, Gegan Room  
 Fee: FREE, **capacity limit=15**

**Skills:** self-advocacy, communication, confidence, negotiation

- **Tues., Oct. 10th-** A group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome!

**Register by Oct. 3rd**

**Baking with LeeAnn**

11:00am-12:30pm, SOAR Building, Lower Level  
 Fee: \$60 member/\$100 non-member, **capacity limit=8**

**Skills:** planning, fine motor, recipe reading/comprehension

- **Tues., Oct. 3rd and 10th-** A 2 week cooking series with nutrition education. Each day you will make your own lunch.

**Register by Sept. 26th**

**Bingo with Amy**

6:00pm-7:30pm, SOAR Building, Lower Level  
 Fee: \$20 member/\$30 non-member, **capacity limit=25**

**Skills:** communication, negotiation, sportsmanship, coping

- **Wed., Oct. 4th-** Join us for a variety of different ways to play BINGO, and possibly win a prize!

**Register by Oct. 2nd**

**Baking with LeeAnn**

10:00am-12:00pm, SOAR Building, Lower Level  
 Fee: \$30 member/\$60 non-member, **capacity limit=8**

**Skills:** planning, fine motor, recipe reading/comprehension, kitchen utensils

- **Thurs., Oct. 5th-** You'll be baking almond-coconut bars.

**Register by Sept. 28th**

**"No-Bake" with LeeAnn**

10:00am-11:30am, SOAR Building, Lower Level  
 Fee: \$30 member/\$60 non-member, **capacity limit=8**

**Skills:** planning, fine motor, recipe reading/comprehension, kitchen utensils

- **Mon., Oct. 9th-** You'll be making Halloween popcorn mix.

**Register by Oct. 2nd**

**Games with Amy**

5:30pm-7:15pm, SOAR Building, Lower Level  
 Fee: \$20 member/\$30 non-member, **capacity limit=25**

**Skills:** communication, sportsmanship, coping, negotiation, planning,

- **Tues., Oct. 10th-** Play and learn some classic board games.

**Register by Oct. 6th**

**Baking with LeeAnn**

10:00am-12:00pm, SOAR Building, Lower Level  
 Fee: \$30 member/\$60 non-member, **capacity limit=8**

**Skills:** planning, fine motor, recipe reading/comprehension, kitchen utensils

- **Thurs., Oct. 12th-** You'll be making sour cream coffee cake.

**Register by Oct. 5th**

**Adult Dance with Amy**

6:00pm-8:00pm, **capacity limit=100**



**Skills:** Communication, team work, decision making, following directions, being in a group setting, building relationships.

**AT ST. MARY'S, 528 2ND ST. MENASHA, WI 54952**

Fee: \$10 member/\$20 non-member/\$0 caregiver (caregivers still need to register, for a headcount)

- **Fri., Oct. 13th-** Dance to some Halloween music while wearing a Halloween costume, if you dare!

**Register by Oct. 5th**

**Lunch and Zoo-Boo with Amy**

12:00pm-4:30pm

Fee: \$80 member/\$160 non-member/\$65 caregivers

**capacity limit=25**

**Skills:** following directions, communication, being a group setting, building relationships, making decisions, team work, helping others/empathy

- **Sat., Oct. 14th**– We will eat (Cousins Subs) at Soar. Then we will travel to the Zoo-Boo on a bus! The Zoo will be decorated with a (not so scary) Halloween theme. There will be games, trick-or-treating, a haunted-zone, and much more. Wear a costume if you wish. This event will require a significant amount of walking.

**Register by Oct. 5th****Dinner and Movie at Hollywood Cinema with Amy**

5:00pm-8:00pm, 513 Westhill Blvd, Appleton

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

**capacity limit=25**

**Skills:** communication, following directions, group settings, building relationships, money management/budgeting

- **Wed., Oct. 18th**– We will enjoy pizza at Funset Blvd. and then watch a movie together in a private cinema just for us! (we won't know what movie until we get closer to the date). Bring your own money for theater snacks if you'd like. **Please drop off and pick up on the movie side of the building, NOT the Funset Blvd side.**

**Register by Oct. 11th****Make and Take with LeeAnn**

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

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

**Skills:** planning, fine motor, recipe reading/comprehension, kitchen tools/appliances

- **Mon., Oct. 23rd**– You'll be making chicken-broccoli-rice.

**Register by Oct. 16th****Healthy Cooking Series with LeeAnn**

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

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

**Skills:** nutrition/healthy eating & cooking, recipe reading/comprehension, planning, fine motor skills

- **Tues., Oct. 24th, Oct. 31st, and Nov. 7th**– A three week cooking series with nutrition education.

**Register by Oct. 17th****Fire Safety with LeeAnn**

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

Fee: \$15 member/\$30 non-member, **capacity limit=8**

**Skills:** safety planning, fire extinguisher use, home safety

- **Wed., Oct. 25th**– October is Fire Prevention month. Do you know what to do if there is a fire? Do you know what the leading causes are for home fires? Do you know how to use a fire extinguisher and where they are located in your home?

**Register by Oct. 18th****Craft with Amy**

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

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

**Skills:** fine motor, following directions, planning, communication, creativity, empathy building, relationship building

- **Wed., Oct. 25th**– Get crafty with us!

**Register by Oct. 18th**

Starting in Sept. 2023, on the last Wed. of each month, there will be a back-to-back SRR and AE class with 30-60 mins. in between to allow for more respite time. The classes might not always be the same each month.

# 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](mailto:jen@soarfoxcities.com)

**By the time you see this newsletter, summer sports will be over! We are kicking September off at Wisconsin Dells where 4 of our bocce teams will have competed in the Fall Games. Congratulations on making it to the tournament, teams! It was a great summer!**



*Attention: Bowling begins on Monday, September 18<sup>th</sup>!*

*Please note: We will not be accepting late registrations. Schedules will be handed out at the first practice which takes place from 4:30-6:00pm at Sabre Lanes. Athletes should be picked up promptly by 6pm.*

*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.***

Special Olympics (SO)



**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:** ☐

# October 2023 SOAR Calendar at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 -Cooking	4 -Coffee Connections -Bingo	5 -Baking	6	7
8	9 -"No-Bake" Class	10 -Cooking -Parent Happy Hour -People First -Games	11 -SOAR Memory Café -Virtual BISG	12 -Baking -TnT -Family Fall Pumpkin Outing	13 -SRR Adult Dance	14 -Lunch and Zoo-Boo
15	16	17	18 -Oneida Heights Memory Café -Dinner and Movie at Hollywood Cinema	19 -BISG at Neuroscience	20	21
22	23 -Make and Take	24 -Healthy Cooking Class	25 -Fire Safety -Craft	26 -TnT	27	28
29	30 -BISG at St. E's	31 -Healthy Cooking Class				
		-Healthy Cooking Class				



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FOOD • FUN • FRIENDS • FAMILY

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THURSDAY, OCTOBER 12, 4:30 - 7:30 PM

N2299 LEDGE HILL RD, HORTONVILLE, WI 54944

**\$22/PERSON-MEMBERS | \$40/PERSON-NONMEMBERS**



Upon arrival to the farm, you may play on the hay bales, walk the corn maze, and try the other fun farm games and activities. We will ride the wagon to the field promptly at 5:30 pm. Each person will pick a pumpkin, colored corn, 2 mini-pumpkins, and a gourd. We will have dinner when we return from the field around 6:30 pm in the barn.

**What to bring:** A pillowcase for your pumpkin and items you pick.  
***Please dress appropriately as we will be walking in the muddy field to pick pumpkins, rain or shine.***

**Please register no later than Thursday, October 5.**





**JOIN  
US IN  
SUPPORTING**



# **SOAR FOX CITIES**

**HOW:**

Order online at [PapaMurphys.com](https://www.PapaMurphys.com)

Enter this code at checkout: **DONATE**

**WHEN:**

**SEPT 18th - SEPT 24th (Excludes Tuesday)**

**WHERE:**

**Papa Murphy's North Meade**  
2731 N Meade St.  
Appleton, WI 54911  
(920) 739-7500

**Papa Murphy's Calumet**  
W3216 County Rd KK #104  
Appleton, WI 54915  
(920) 739-7676

**Papa Murphy's Casaloma Dr**  
851 N Casaloma Dr  
Appleton, WI 54913  
(920) 882-7373

Papa Murphy's will donate **20%** of your online purchases to SOAR using code **DONATE** at checkout!





PLEASE JOIN OUR AGING &  
IDD MEMORY CAFES:



# CHILDHOOD TOYS

Wed, October 11, 3-4:30 pm

SOAR FOX CITIES, INC,

Bring your favorite childhood  
toy, teddy bear, or stuffed  
animal to share with our group!

# It's Pumpkin Time!

Wed, October 18, 3-4:30 pm

ONEIDA HEIGHTS,  
525 S ONEIDA ST,  
APPLETON

We will be painting little  
pumpkins for Fall! Please bring  
an apron or wear an old shirt you  
can get paint on, just in case.



This project is supported in part by grant number 90ADPI0068 from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201, and through the generosity of the David L. and Rita E. Nelson Family Fund.

# REGISTER TODAY

## CHALLENGER LEAGUE

*FLAG Football designed for children with Special Needs*

Online Registration for the Challenger League is now open!  
We hope you can join us for the upcoming season of football.

Online Registration: [www.foxvalleypopwarner.org](http://www.foxvalleypopwarner.org)

- Open to Boys and Girls with Special Needs in 2nd thru 12th Grades (as of September)
- Registration Fees covered by FVPW (players play free-of-charge)
- Games played at Challenger Field (Plamann Park Appleton)
- Saturdays – September 9<sup>th</sup> – October 14<sup>th</sup> at approx. 1:30pm
- For more information on the Challenger Football League:
  - Website: [www.foxvalleypopwarner.org](http://www.foxvalleypopwarner.org)
  - Facebook: [www.facebook.com/challengerleaguefootball/](http://www.facebook.com/challengerleaguefootball/)
  - Phone: 920-738-1948

