

# SOAR Fox Cities, Inc. November 2023 Activity & Program Guide





#### \*\*\*IMPORTANT ANNOUNCEMENT!\*\*\*

Please remember: <u>Do not arrive more than 15 minutes</u>
<u>before activities begin!</u> If you do, you must wait outside the
<u>building until the leader of that specific activity arrives.</u>
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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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 <a href="Thursday evening">Thursday evening</a>, BUT we will be waiting until the <a href="following Monday">following Monday</a> at <a href="mailto:noon">noon</a> 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 <a href="signed-up">signed-up</a> for the program or service of the closure <a href="via email & Facebook post">via email & Facebook post</a>. 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!

The holiday season is upon us and we will need lots of volunteers for our upcoming holiday party and dances. In addition the SOAR Open House is on November 28th. This event is great for companies, clubs, and all who have a passion for learning more and giving back. Volunteer opportunities are offered on site. If interested in learning more about any holiday volunteering please contact Angie at <a href="mailto:angie@soarfoxcities.com">angie@soarfoxcities.com</a>. We are also looking for a head swim-coach for SOAR Special Olympics February-April 2024. Please email <a href="mailto:jen@soarfoxcities.com">jen@soarfoxcities.com</a> or <a href="mailto:angie@soarfoxcities.com">angie@soarfoxcities.com</a> if you are interested.

#### **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!

Happy November Newsletter! My gosh this year has just flown by! As you know, it's actually October as I write this, and I hope you're all getting a chance to enjoy the month! We just recently had our Fall dance and we have so many more fun fall activities on the calendar!

November brings a lot of things to our inboxes, calendars, and schedules. Please watch your mailboxes for 2024 Membership Forms! They'll be coming

soon and, as always, if you pay your membership fee by 12/31/23 you will be entered into a drawing for a \$50 gift card. I also want to remind you that the SOAR offices will be closed on Thursday, November 23 and Friday, November 24 for the Thanksgiving Holiday. Please know the SOAR team will be spending time with their families so not able to answer phone calls or emails. Our offices will reopen on Monday, November 27.

Please Remember: <u>Do not drop off or arrive for any activity more than 15 minutes before the activity is scheduled to start.</u> 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 **Ashley Gustafson**, Director of Community Engagement, x114, ashley@soarfoxcities.com **Jolene Verstegen**, Finance Manager, x115, jolene@soarfoxcities.com

LeeAnn Stein, Director of Adult Services, x112, leeann@soarfoxcities.com

Lindsay O'Brien, Fundraising & Grant Manager, x127, lindsay@soarfoxcities.com

Clare Buckley, TBI Support Program Navigator, clare@soarfoxcities.com

Angie Petit, Community Engagement Coordinator, x126, angie@soarfoxcities.com

Mandy Krug, Beyond the Classroom Program Coordinator, x118, mandy@soarfoxcities.com

Leah Quinn, Member and Office Support Specialist, x100, leah@soarfoxcities.com

Kari Much, Accounting Clerk, x109, kari@soarfoxcities.com

Lisa McCallister, Youth Services Manager, x110, lisa@soarfoxcities.com Jen Kalishek, Special Olympics Coordinator, x122, jen@soarfoxcities.com Amy Uecke, SRR Program Coordinator x113, 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 <u>after-hours</u> 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 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)—(Not in Nov./Dec. 2023)

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. **This will not apply to Nov/Dec 2023.** 

#### 2024 SOAR Membership Renewal

As you know, the final few months of 2023 have arrived. This means that we need to start thinking about 2024 SOAR membership renewals! Please be on the look out for a separate 2024 Membership Renewal Mailing, apart from the monthly

newsletter. This mailing will contain two forms that are both required to renew membership. Even if all of your 2023 information is still the same as your 2024 information the 2024 Participant Information Form (PIF) and the 2024 Membership Form are still required to be turned in along with the 2024 annual membership fee of \$25. After filling out all of your updated information on both sides of each form please mail them to the office, fax, email, or drop them off at the office during business hours along with the \$25.00 membership fee. Please do not bring them to any activities outside of business hours such as Special Olympics to turn in as this creates the risk of forms/payment getting lost during transportation back to the office.

Thanks for your understanding and support. We hope to see you in 2024!

#### Address for mailing or drop-off information:

IT IS TIME TO RENEW!

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

Office Hours: M-Th, 9am-4:30pm

Main building doors are unlocked from 9am-4pm

"Buzz in" by ringing the doorbell between 4pm-4:30pm as the building doors automatically lock.

Walk up the stairs to the left, take a right, and ring the bell at our window to let us know you are here!

Fax: (920)725.1531 Phone: (920)731.9831

Payment can be made with cash, check, or by going to soarfoxcities.com and clicking on "pay for activities" in the top right corner of the home screen. If you pay online, make sure to note who and what the payment is for.

\*\*\*If you turn in payment, the 2024 membership form, and the 2024 PIF in by January 1st 2024 (postmarked or turned in) your name will be entered in a drawing to win a gift card!

# **Calendar-at-a-glance**

### **November 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

| Nov.   | Program Choice   | Time            | Page | Cost: member/<br>non-member/<br>caregiver | IRIS<br>Code | Staffed By: | Type<br>KEY | Class<br>Capacity | Register<br>By: |
|--------|--|-----------------|------|---|--------------|-------------|-------------|-------------------|-----------------|
| 1      | Coffee Connections                                     | 10:30am-11:30am | 7    | FREE                                      | -            | Erin        | FAM         | 20                | 10/30           |
| 1,8,15 | Healthy Cooking Series                                 | 4:00pm-5:30pm   | 9    | \$90/\$120                                | F            | LeeAnn      | AE          | 8                 | 10/23           |
| 2      | Baking   | 10:00am-12:00pm | 9    | \$30/\$60                                 | F            | LeeAnn      | AE          | 6                 | 10/23           |
| 7      | Bingo  | 5:30pm-7:15pm   | 9    | \$20/\$30                                 | F            | Amy         | SRR         | 25                | 10/31           |
| 9      | Holiday Budgeting                                      | 4:00pm-5:30pm   | 9    | \$15/\$30                                 | F            | LeeAnn      | AE          | 8                 | 11/2            |
| 9      | TnT  | 6:30pm-8:00pm   | 8    | FREE                                      | -            | Lisa        | Youth       | -                 | -               |
| 9      | BISG-Virtual   | 5:00pm-6:00pm   | 8    | FREE                                      | 1            | Clare       | ADV-<br>TBI | -                 | -               |
| 10     | Dance  | 6:00pm-8:00pm   | 9    | \$10/\$20                                 | F            | Amy         | SRR         | 100               | 11/2            |
| 13     | "No-Bake" Class  | 10:00am-11:30am | 9    | \$30/\$60                                 | F            | LeeAnn      | AE          | 12                | 11/6            |
| 14     | People First Fox Cities                                | 6:00pm-7:15pm   | 9    | FREE                                      | -            | LeeAnn      | ADV-PF      | 15                | -               |
| 15     | Dinner & Movie at Holly-<br>wood Cinema                | 5:00pm-8:00pm   | 10   | \$40/\$80/\$30                            | С            | Amy         | SRR         | 25                | 11/8            |
| 16     | BISG- at Neuroscience                                  | 5:00pm-6:00pm   | 8    | FREE                                      | -            | Clare       | ADV-<br>TBI | -                 | -               |
| 16     | Baking   | 10:00am-12:00pm | 10   | \$30/\$60                                 | F            | LeeAnn      | AE          | 8                 | 11/9            |
| 20     | Make and Take  | 10:30am-12:00pm | 10   | \$30/\$60                                 | F            | LeeAnn      | AE          | 8                 | 11/13           |
| 21     | Cooking  | 4:00pm-5:30pm   | 10   | \$30/\$60                                 | F            | LeeAnn      | AE          | 8                 | 11/14           |
| 22     | Games  | 6:00pm-7:30pm   | 10   | \$20/\$30                                 | F            | Amy         | SRR         | 25                | 11/15           |
| 25     | Super Saturday-Botanical<br>Garden, Festival of Lights | 3:00pm-7:30pm   | 10   | \$80/\$160/\$65                           | С            | Amy         | SRR         | 25                | 11/15           |
| 27     | BISG—at St. E's  | 6:00pm-7:00pm   | 8    | FREE                                      | -            | Clare       | ADV-<br>TBI | -                 | -               |
| 29     | Craft  | 6:00pm-7:30pm   | 10   | \$20/\$30                                 | F            | Amy         | AE          | 25                | 11/22           |
| 30     | TnT  | 6:30pm-8:00pm   | 8    | FREE                                      | -            | Lisa        | Youth       | -                 | -               |

#### **Coffee Connections With Erin**

Wednesday, Nov. 1st, 10:30am-11:30am, Fee: FREE Capacity Limit: 20

Join us for hot coffee, a pastry, and fruit, at the SOAR Building, 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 kindly ask that you RSVP for this morning's meeting. Please do so by calling SOAR at (920) 731-9831 ext. 116 or via email erin@soarfoxcities.com, by Oct. 30th.

**Skills:** communication, vulnerability to share experiences, active listening, being in a group setting, building relationships







Connect

**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,

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

**Thurs.**, **Nov. 9th-**NOTICE: Due to Thanksgiving, we will have two weeks in between this TnT and the next one.

TnT - In Person

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

**Thurs.**, **Nov. 30th** - As it gets colder outside, let's have some fun inside with friends!

#### Virtual BISG with Clare

5:00pm-6:00pm, on Zoom

Fee: FREE

• Thurs., Nov. 9th— ATTENTION! THIS IS THE NEW TIME AND DATE GOING FORWARD. Please email Clare with any questions at clare@soarfoxcities.com or call Clare at (920) 585-7820.

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

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

• **Thurs., Nov. 16th-** Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com, or call Clare at (920)585-7820

#### 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., Nov. 27th- Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at clare@soarfoxcities.com, or call Clare at (920)585-7820

#### **People First Fox Cities with LeeAnn**

6:00pm-7:15pm, SOAR Building, Lower Level Fee: FREE, **capacity limit=15** 

**Skills:** self-advocacy, communication, confidence, negotiation, Robert's Rule of Order

• Tues., Nov. 14th- A group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome!

#### **Healthy Cooking Class with LeeAnn**

4:00pm-5:30pm, SOAR Building, Lower Level Fee: \$90 member/\$120 non-member, capacity limit=8

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

• **Wed., Nov. 1st, 8th, and 15th—** A 3-week cooking series with nutrition education. Each night you will make your own dinner.

#### Register by Oct. 23rd

#### **Baking with LeeAnn**

10:00am-12:00pm, SOAR Building, Lower Level Fee: \$30 member/\$60 non-member, capacity limit=6

• Thurs., Nov. 2nd-You'll be making cranberry orange bread.

**Skills:** planning, following directions, use of equipment/tools, kitchen safety and sanitation

#### Register by Oct. 23rd

#### Bingo with Amy

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

• Tues., Nov. 7th- Let's play some fun bingo games!

**Skills:** communication, decision making, critical thinking, following directions, being in a group setting, making friends

#### Register by Oct. 31st

#### Holiday Budgeting with LeeAnn

4:00pm-5:30pm, SOAR Building, First Floor Board Room Fee: \$15 member/\$30 non-member, capacity limit=8

**Skills:** budgeting, problem solving, community resources

• **Thurs.**, **Nov. 9th**– Are you concerned how you're going to buy gifts and cover other holiday expenses? We'll discuss how to make a budget and creative ways to keep your budget.

#### Register by Nov. 2nd

#### **Adult Dance with Amy**

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



**Skills:** communication, following directions, group settings, building relationships, making decisions, team work, helping others (empathy)

#### 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., Nov. 10th

Enjoy dancing to festive music! This dance is sponsored by the Knights of Columbus.
 Register by Nov. 2nd

#### No-Bake with LeeAnn

10:00am-11:30am, SOAR Building, Lower Level Fee: \$30 member/\$60 non-member, **capacity limit=12** 

Mon. Nov. 13th

You'll be making chocolate bars.

**Skills:** planning, following directions, use of equipment/tools, kitchen safety and sanitation

#### Register by Nov. 6th

#### **Dinner & Movie with Amy (Hollywood Cinema)**

5:00pm-8:00pm, 513 Westhill Blvd. Appleton, WI Fee: \$40 member/\$80 non-member/\$30 caregivers capacity limit=25

**Skills:** following directions, communication, being in a group setting, building relationships, responsibility for money/snacks

Wed., Nov. 15th

We will enjoy pizza and a new movie release in our own private cinema!

(Hollywood Cinema) Bring money for popcorn if you'd like. Drop off and pick up on the movie side of building, not the Funset Blvd side.
 Register by Nov. 8th

#### Baking with LeeAnn

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

**Skills:** planning, following directions, use of equipment and tools, kitchen safety and sanitation

• Thurs., Nov. 16th– You'll be making apricot oatmeal bars.

#### Register by Nov. 9th

#### Make and Take with LeeAnn

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

• Mon., Nov. 20th– You'll be making Italian sausage and bow ties.

Register by Nov. 13th

Cooking Class with LeeAnn

4:00pm-5:30pm, SOAR Building, Lower Level Fee: \$30 member/\$60non-member, capacity limit=8

Tues., Nov. 21st

You'll be making burrito bowls.

**Skills**: planning, following directions, attention to details, use of equipment and tools, kitchen safety and sanitation, trying new foods, nutrition education

Skills: planning, following directions, use

of equipment and tools, kitchen safety

#### Register by Nov. 14th

#### Games with Amy

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

Wed., Nov. 22nd

– Join us for some classic games and friendly competition.

**Skills**: communication, decision making, critical thinking, following directions, group settings, building relationships

#### Register by Nov. 15th

#### Super Saturday with Amy (Garden of Lights)

3:00pm-7:30pm, 2600 Larsen Rd. Green Bay, WI Fee: \$80 member/\$160 non-member/\$65, capacity limit=25

• Sat., Nov. 25th— We will eat at SOAR then travel to the Green Bay Botanical Garden of Lights. This is an extensive display of lighted trees, flowers, insects and birds throughout the gardens, including the Icicle Forest, Butterflies in Motion and a 60-foot walk-through caterpillar. We will also have pictures taken with Santa! Drop off and pick up at the SOAR Building.

**Skills**: communication, following directions, group setting, making friends and building relationships

#### Register by Nov. 15th

#### **Craft with Amy**

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

Wed., Nov. 29th

Join us for some holiday crafts.

**Skills**: fine motor skills, creativity, following directions, communication, problem solving, making friends

#### Register by Nov. 22nd

**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! Stop by to purchase yours today!

# **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, or call (920)731-9831 ext: 122

#### **ATTENTION:**

We are looking for a swim coach for our 2024 season! The season will run from February-April with weekly practices. Coaches should be lifeguard certified. Please contact Jen if you're interested!

SO kicked off the fall months by attending Fall Games in Wisconsin Dells. All 4 bocce teams competing brought home medals.

Congratulations on an incredible season, athletes!



Attention: At the end of this newsletter, you'll find the insert for the 2024 basketball season. Teams fill up fast and are first come first serve so please register ASAP! Practice will be held in the Appleton schools again, but specific gyms are to be determined. The season will begin in January and will end in April. All information regarding the season will be sent out via email.

Are you interested in Power Lifting? Jen is taking a poll to see if Soar has enough athletes to bring back the sport. If you're interested, please let Jen know asap!

#### 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 with 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.

|  | understanding, patience, and support!  |        |
|--|--|--------|
| 7                                      | 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 online.   |        |
| 211 E Franklin St.<br>Appleton, WI 549 | if you use inis, takeland care, inclusa, ctrs, or community care please check th | is box |

# **SOAR Calendar at a Glance - November 2023**

| Sunday | Monday                 | Tuesday  | Wednesday   | Thursday                                    | Friday | Saturday  |
|--------|------------------------|--|---|---|--------|---|
|        |                        |  | 1   | 2   | 3      | 4   |
|        |                        |  | -Coffee Connections   | -Baking                                     |        |   |
|        |                        |  | -Healthy Cooking  |   |        |   |
| 5      | 6                      | 7  | 8   | 9   | 10     | 11  |
| Ŭ      | O O                    | -Bingo -last cooking class from October series | -Healthy Cooking  | -Virtual BISG<br>-Holiday Budgeting<br>-TnT | -Dance |   |
| 12     | -No-Bake               | -People First Fox<br>Cities                    | -Healthy Cooking<br>-Dinner and Movie<br>at Hollywood<br>Cinema | -BISG at<br>Neuroscience<br>-Baking         | 17     | 18  |
| 19     | 20<br>-Make and Take   | -Cooking                                       | -Games  | 23  | 24     | 25<br>-Super Saturday<br>Green Bay Botanical<br>Gardens of Lights |
| 26     | 27<br>-BISG at St. E's | 28   | 29<br>-Craft  | 30<br>-TnT                                  |        |   |
|        |                        |  |   |   |        |   |



## SOAR Fox Cities Special Olympics 2024 Basketball

- Please be on time for practice and plan to be picked up **promptly by the end of practice.**
- 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). Your medical must be current to compete!
- MEDICAL DEADLINE: FEBRUARY 1ST.

Please make checks payable to:

SOAR Fox Cities 211 E. Franklin St. Appleton, WI 54911 Registration
Deadline is
January 2nd!

#### **SEASON FEES:**

\$65 for SOAR members / \$ 85 non-members (additional SO tournament fees may incur)

SKILLS FEE:

\$45 for Soar Members / \$65 for non-members

PLEASE NOTE: ALL INFORMATION ON THIS SHEET MUST BE COMPLETED!

AN EMAIL ADDRESS IS REQUIRED AS WE WILL SEND ALL SEASON INFO

(SCHEDULES, CANCELLATIONS, TOURNAMENT INFO) VIA EMAIL!

| Office Use Only: Amount | Check | Cash | Online |  |
|-------------------------|-------|------|--------|--|
| 3rd Party Fun           | ding  | Date |        |  |

#### 2024 Basketball Registration

| Athlete Name:            |  |
|--------------------------|--|
| Athlete Phone:           |  |
| Athlete Email:           |  |
| Emergency Contact Name:  |  |
| Emergency Contact Ph:    |  |
| Emergency Contact Email: |  |

Please circle the team below that fits your needs. If a team is not circled, you will be placed on the most appropriate team.

| Team Name            | Team<br>Description               | Practice<br>Location | Practice Time        | Coach                         | Start<br>Date |
|----------------------|-----------------------------------|----------------------|----------------------|-------------------------------|---------------|
| Basketball<br>Skills | Youth Skills                      | TBD<br>(Appleton)    | Thurs<br>6:15-7:15pm | Doug / Pete                   | 1/11/24       |
| Basketball<br>Skills | Adult Skills                      | Foster               | Thurs<br>6:15-7:15pm | Terri / Gary                  | 1/11/24       |
| Ravens               | Youth /<br>Young Adult            | Foster               | Tues<br>6:15-7:15pm  | Stephanie /<br>Brenden / Emma | 1/9/24        |
| Hawks                | Young Adult                       | McKinley             | Mon<br>6:15-7:15pm   | Gary / Allen                  | 1/8/24        |
| Bandits              | Adult Team                        | McKinley             | Mon<br>7:15-8:15pm   | Dan / Brian                   | 1/8/24        |
| Vultures             | Adult Team                        | Janet Berry          | Weds<br>6:15-7:15pm  | Stan / Rick                   | 1/10/24       |
| Eagles               | Adult High<br>Skill Level<br>Team | Janet Berry          | Weds<br>7:15-8:15pm  | Dale / Jerry                  | 1/10/24       |

#### PLEASE ANSWER ALL OF THE FOLLOWING (Unless registering for basketball skills)

- Will you join your team and compete in the season tournaments? Y / N
   Neenah Invitational: Sunday March 3<sup>rd</sup>
   Northern Sectional (UW- Steven's Point): Sunday March 17<sup>th</sup>
   State Spring Games (UW-Oshkosh): April 12-14<sup>th</sup>
- 2) If you are competing, do you have Soar basketball shorts? Y / N
- 3) If you need shorts, please circle your size: S M L XL 2X 3X 4X
- 4) If you are competing, please circle your jersey size: S  $\,$  M L XL  $\,$  2X 3X 4X  $\,$

\*Uniforms will be lent out for the season and MUST be returned or a fee will apply.