



# November 2024

## Activity & Program Guide



### \*\*\*IMPORTANT\*\*\*

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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### Activity Sign-Up Announcement

Classes have been filling up quickly and we understand that has been frustrating. While we're working on adding space & classes we're also trying 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 hardcopy 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.

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

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

**Phone:** 920.731.9831    **E-mail:** info@soarfoxcities.com    **Fax:** 920.725.1531

**Website:** www.soarfoxcities.com

**Supported By:**



# Message from the Director~



Hello Friends of SOAR!

As we continue through the pumpkin spice months of the year, here we are in November! Christmas time is right around the corner!

I don't want to rush the year so let's back it up to November. I hope you all got a chance to take part in some of our many new Halloween and Autumn-themed activities through October and get a chance to check out November's activities!! Several that I'm looking forward to are Disney Trivia with Abby, Dinner & the Holiday Parade, and Bowling with Abby!!

As we continue through the year, we're continuing to see changes at SOAR! As many of you already know, Abby Cheesebro has moved into the role of SRR Coordinator and Amy Uecke is moving into a new role. In Amy's new role she'll be leading our new Community Connections Program. This program uses the Building Full Lives model and will work to do just that...help enrolled participants build fuller lives. Stay tuned to learn more about the Community Connections Program and how you can get involved if you'd like!

Please also remember to check out the SOAR store! We've updated it with some new items for the holidays! You can purchase your SOAR gear via the online store located on our website or by using this link: <https://soarfoxcities.com/soar-store/>

November is also always a month that reminds us to give thanks and with that I want to give thanks to you for everything you do!! Without YOU, our amazing participants, we wouldn't be who we are. Over these last, almost 7 years, I've also gotten to know so many of you that has been a true blessing! Thank you all & I hope you have a great holiday season!!

~ Erin Schultz-Wege, Executive Director

## SOAR Fox Cities Board of Directors

Heather Sorebo <i>President</i>	Julie King <i>Co-Vice President</i>	Reg Wydeven <i>Co-Vice President</i>	Gary Weber <i>Treasurer</i>	Leigh Bolender <i>Secretary</i>
Laura McCormick	Paul Meyer	Jonathan Pitzen	Polly Vanden-Boogaard	Bryan Mueller
Amy Steiner				

### After-Hours Program Phones (for emergencies during events)

Special Olympics Cell Phone: (920) 809-8923  
SRR Cell Phone: (920) 809-8923

## Get in Touch!

(920) 731-9831 | [info@soarfoxcities.com](mailto:info@soarfoxcities.com)

### Executive Director

Erin Schultz-Wege: x116  
[Erin@soarfoxcities.com](mailto:Erin@soarfoxcities.com)

### Director of Adult Services

LeeAnn Stein: x112  
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### Youth Services Manager

Lisa McCallister: x110  
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### SRR Program Coordinators

Amy Uecke: x113  
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### Community Inclusion Coordinator

Jackie Suter: x121  
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### Special Olympics Coordinator

Jen Kalishek: x122  
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### TBI Support Program Navigator

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### Beyond the Classroom Coordinators

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### Director of Development & Engagement

Angie Petit: x111  
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### Fundraising and Grant Manager

Lindsay O'Brien: x127  
[Lindsay@soarfoxcities.com](mailto:Lindsay@soarfoxcities.com)

### Volunteer Coordinator

Brenda Hostettler: x126  
[Brenda@soarfoxcities.com](mailto:Brenda@soarfoxcities.com)

### Accounting Clerk

Diane Schlies: x109  
[Diane@soarfoxcities.com](mailto:Diane@soarfoxcities.com)

### Family & Community Education Program Coordinator

Vacant: x114

### Member & Office Support Specialist

Vacant: x100

# SOAR Policies

**Participation:** 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:** 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, 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:** 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:** We **DO NOT and WILL NOT 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:** 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.

*SOAR Fox Cities, Inc. and its Programs are not responsible for accidents or injuries that may occur to participants or attendees during activities. SOAR Fox Cities, Inc., its employees and volunteers are not liable for any and all claims demands, losses, damages, actions, rights of action of whatever kind or nature arising out of, in consequence of, or on account of any injuries or incidents which may occur due to participation in a SOAR activity.*

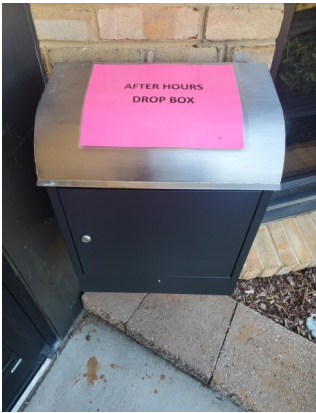
# Volunteering

There are many opportunities to volunteer at SOAR. You can work with our participants in Special Olympics or our different activities and classes. You could also work behind the scenes helping out in the office. Our volunteers are vital in making our programs a success, and we would love to have you join that team!

**If interested in learning more about volunteering please contact [volunteer@soarfoxcities.com](mailto:volunteer@soarfoxcities.com).**

# ANNOUNCEMENTS AND REMINDERS

## **We have a lock box outside of the SOAR Building!**



When facing the main entrance of the building from the parking lot you will see a black box with a silver lid on the right side of the building doors. **This is the after-hours drop box where payments or paperwork can be left when SOAR is closed.** This includes before or after the hours of 9:00-4:30pm M-TH, or 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 by SOAR staff or the building manager. If you drop something off on Friday, or Thursday night, it may not be checked/received until Monday. Please call the office if you have questions.

## **We do NOT accept payments at activities**

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.

## **Please don't arrive more than 15 minutes early**

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 (AE and SRR)**

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 activities will not always be the same kind (ie- crafts followed by baking), 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.

## **SOAR is selling Kwik Trip gift cards!**

For every gift card purchased directly from SOAR, a percentage of the purchase is donated back! Stop by to purchase yours today!



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

<b>Program Type KEY</b>	
<b>Youth Programs=Youth, Adult Programs =AE/SRR, Advocacy Programs=TBI/PF, Family Programs =FAM, Community Ed =CE, Community Inclusion (Young Adult)= CI</b>	

November	Program Choice	Time	Page	member/non-member/caregiver	IRIS-Code	Staffed By:	Type KEY	Class Capacity	Register By:
<b>Mondays 11/4-12/23</b>	Community Inclusion Academy (CIA)	10:00-11:30am	8	\$50/\$90	F	Jackie	CI	8	10/28
<b>5, 12</b>	Healthy Cooking	11:00-12:30pm	9	\$60/\$120	F	LeeAnn	AE	8	10/28
<b>Tuesdays 11/5-12/3</b>	Y Fit	10:45-11:45am	8	\$5/class	C	Jackie	CI	12	See details
<b>6</b>	Coffee Connections	10:30-11:30am	6	FREE	F	Angie	FAM	25	11/5
<b>6</b>	Craft & Movie	1:00-3:00pm	8	\$20/\$30	F	Jackie	CI	12	11/4
<b>6,13</b>	Safe and Free Series (2 Classes)	4:30-5:45pm	9	\$25/\$50	F	LeeAnn	AE	10	10/29
<b>6</b>	Problem Solving (Safe & Free pt. 1)	4:30-5:45pm	9	\$15/\$30	F	LeeAnn	AE	10	10/30
<b>6</b>	Bingo	6:00-7:30pm	9	\$20/\$30	F	Abby	SRR	25	10/30
<b>7</b>	Baking Class	10:00-12:00pm	9	\$35-\$70	F	LeeAnn	AE	8	10/31
<b>7</b>	Assertiveness	4:00-5:15pm	9	\$15/\$30	F	LeeAnn	AE	10	10/31
<b>7</b>	TnT	6:30-8:00pm	6	FREE	C	Lisa	Youth	NA	NA
<b>8</b>	Dance	6:00-8:00pm	9	\$10/\$20	C	Abby	SRR	100	10/30
<b>11</b>	No Bake	10:00-11:30am	9	\$35/\$70	F	LeeAnn	AE	12	11/4
<b>12</b>	People First Fox Cities	6:00-7:00pm	7	BYOM	C	LeeAnn	ADV	25	11/11
<b>12</b>	Disney Trivia Night	6:00-7:30pm	10	\$20/\$30	F	Abby	SRR	25	11/4
<b>13</b>	Communication (Safe & Free pt 2)	4:30-5:45pm	10	\$15/\$30	F	LeeAnn	AE	10	11/6
<b>13</b>	Dinner & Movie	5:00-8:00pm	10	\$40/\$80/\$30	C	Abby	SRR	25	11/6
<b>13</b>	Board and Brush	3:00-4:00pm	10	\$35/\$70	C	Jackie	CI	10	11/11
<b>14</b>	Lunch and Learn	11:30-12:30pm	6	FREE	NA	Angie	FAM	25	11/13
<b>14</b>	Conflict Management	4:00-5:15pm	10	\$15/\$30	F	LeeAnn	AE	10	11/7
<b>18</b>	Make and Take	10:00-12:00pm	10	\$35/\$70	F	LeeAnn	AE	8	11/11
<b>19</b>	Soups On	4:00-5:30pm	10	\$35/\$70	F	LeeAnn	AE	8	11/12
<b>20</b>	Personal Finance-- Checking Acct.	4:00-5:30pm	10	\$15/\$30	F	LeeAnn	AE	8	11/13
<b>20</b>	Crafts	6:00-7:30pm	11	\$20/\$30	F	Abby	SRR	25	11/13
<b>21</b>	Baking Class	10:00-12:00pm	11	\$35/\$70	F	LeeAnn	AE	8	11/14
<b>21</b>	Coffee Shop-- Il Bar	11:00-12:30pm	8	\$30/\$50	C	Jackie	CI	6	11/19
<b>21</b>	Personal Finance: Savings, Debit, Credit	4:00-5:30pm	11	\$15/\$30	F	LeeAnn	AE	8	11/14
<b>21</b>	TnT	6:30-8:00pm	6	FREE	C	Lisa	Youth	NA	NA
<b>24</b>	Super Sunday: Bowling	11:00-3:00pm	11	\$75/\$150/\$60	C	Abby	SRR	25	11/18
<b>26</b>	Mini but Mighty	9:00-11:00am	6	FREE	C	Angie	FAM	10 families or 15 kids	11/25
<b>26</b>	Dinner & Holiday Parade	5:30-9:00pm	11	\$25/\$45	C	Abby	SRR	25	11/18

# Youth Programs

Program	Details	Skills
<b>TnT with Lisa</b> Young adults 13-23 with and without disabilities can come meet new people and play new games with friends!	<b>Thurs, Nov 7, 6:30-8:00pm</b> <u>First Congregational Church</u> 724 E. South River St., Appleton FREE <b>No Registration Date</b>	Communication, friendships, relationship building, creative thinking, decision making and independent thinking.
<b>TnT with Lisa</b> Play and have fun as a group and meet new friends and see those you know.	<b>Thurs, Nov 21, 6:30-8:00pm</b> <u>First Congregational Church</u> 724 E. South River St., Appleton FREE <b>No Registration Date</b>	Communication, friendships, relationship building, creative thinking, decision making and independent thinking.

**For more info on Youth Programs contact Lisa:** [Lisa@soarfoxcities.com](mailto:Lisa@soarfoxcities.com) or (920) 731-9831 x110

# Family Programs

Program	Details	Skills
<b>Coffee Connections</b> Parents and caregivers of adults, join us for morning snacks and conversation, connecting with others going through a similar journey!	<b>Wed, Nov 6, 10:30-11:30am</b> <u>SOAR Building, Lower Level</u> FREE Capacity limit: 25 <b>No Registration Date</b>	Networking, resources, vulnerability to share experiences, active listening, building relationships
<b>Lunch and Learn Virtual Support Group</b> Join us for our Virtual Support group. A great chance to network with other caregivers on a similar journey from the comfort of your home or office.	<b>Tues, Nov 14, 11:30-12:30pm</b> <u>Virtual</u> FREE Capacity limit: 25 <b>Register by 11/13</b>	Networking, resources, vulnerability to share experiences, active listening, building relationships
<b>Mini but Mighty with Angie</b> Families of children with disabilities five and under, join us for story time, a sensory-related activity, and time for caregivers to connect while their children play at the Sensory Club! Siblings also welcome!	<b>Tues, Nov 26, 9:00-11:00am</b> <u>Sensory Club: 976 American Dr. Neenah</u> FREE Capacity limit: 10 adults, 15 kids <b>Register by 11/25</b>	Networking, social skills, resources, parallel and joint play, communication, vulnerability, and compassion.

**For more info on Family Programs contact Angie:** [Angie@soarfoxcities.com](mailto:Angie@soarfoxcities.com) or (920) 731-9831 x111

# Advocacy Programs

Program	Details	Skills
<p><b>People First Fox Cities with LeeAnn</b></p> <p>A self-advocacy group that encourages and trains individuals to speak up and advocate for themselves. Everyone is welcome!</p>	<p><b>Tues, Nov 12, 6:00-7:00pm</b></p> <p><u>McDonalds Menasha: 212 Racine St</u> FREE Capacity limit= 25 <b>Register by 11/11</b></p>	<p>Self advocacy, communication, negotiation, confidence, problem solving, public transportation training</p>
<p><b>Virtual TBI Support Group with Clare</b></p> <p>A great chance to network with other survivors, loved ones and caregivers on a similar journey from the comfort of your home or office.</p>	<p><b>Thurs, Nov 14, 5:00-6:00pm</b></p> <p><u>Zoom</u> FREE <b>No Registration Date</b></p>	<p>Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support</p>
<p><b>St. Elizabeth's TBI Support Group with Clare</b></p> <p>Join our in person support group to share stories, meet TBI survivors, loved ones and caregivers. We discuss success stories, share struggles and answer any questions people may have regarding the road to recovery.</p>	<p><b>Mon, Nov 25, 6:00-7:00pm</b></p> <p><u>St. Elizabeth's Hospital</u> 1506 S. Oneida St., Appleton 2nd Floor, Conference Room 1 &amp; 2 FREE <b>No Registration Date</b></p>	<p>Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support</p>

**For more info on People First, contact LeeAnn:** LeeAnn@soarfoxcities.com or (920) 731-9831 x112



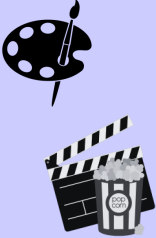


**For more info on TBI Support Groups, contact Clare:** Clare@soarfoxcities.com or (920) 585-7820

## Did You Know?

SOAR offers Community Education Presentations that provide information and raise awareness on disability-related topics. We have a variety of educational presentations for adults and youth, and will customize our outreach efforts to the specific needs, sensitivities, and levels of awareness within each group!

If you would like to schedule a speaker, please contact us at (920) 731-9831 or email [info@soarfoxcities.com](mailto:info@soarfoxcities.com)









# Community Inclusion (Young Adult 18-30)

Program	Details	Skills
 <p><b>Community Inclusion Academy with Jackie</b></p> <p>Ready to level up your life skills? Look no further! Join us for a new exciting 8-week adventure where you'll gain essential skills to navigate life with confidence! Flyer attached.</p>	<p><b>Mon, Nov 4, 11, 18, and Mon, Dec 2, 9, 16, 23, 10:00-11:30am</b></p> <p><u>SOAR Clubhouse</u>            Fee: \$50 member/ \$90 non-member            Capacity limit= 8  <b>Register by 10/28</b></p>	<p>Meal planning, ordering food independently, payment, laundry, organizing, using kitchen appliances, outdoor chores, using transportation, use of technology safely, planning, following directions, self confidence, being in a group setting, following directions, decision making.</p>
 <p><b>Y Fit with Jackie</b></p> <p>Each week of Y-fit class is features a new set of exercises designed to keep you active and entertained. Choose the sessions that fit your schedule.</p>	<p><b>Tues, Nov 5, 12, 19, 26, and Tues, Dec 3, 10:45-11:45am</b></p> <p><u>Appleton YMCA: 218 Lawrence St.</u>            Fee: \$5/class            Capacity limit= 12  <b>Register by Thurs prior to each class</b></p>	<p>Communication, relationship building, creative thinking, being in a group setting, physical strength, balance, cooperation, and coordination.</p>
 <p><b>Craft &amp; Movie with Jackie</b></p> <p>Join us for fun craft &amp; movie! We will decide between 4 movies to watch: Wonka, Space Jam: A New Legacy, Holes &amp; Inside Out 2.</p>	<p><b>Wed, November 6, 1:00-3:00pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$20 member/ \$30 non-member            Capacity limit= 12  <b>Register by 11/4</b></p>	<p>Fine motor skills, creativity, following directions, communication, making friends, being in a group setting, problem solving.</p>
 <p><b>Board and Brush with Jackie</b></p> <p>Make a fun fall board design! You will choose between 8 designs and <b>return</b> your choice to SOAR or Jackie by <b>11/24!</b></p>	<p><b>Wed, November 13, 3:00-4:00pm</b></p> <p><u>Board &amp; Brush Appleton: 109 N Durkee St.</u>            Fee: \$35 member/ \$70 non-member            Capacity limit= 10  <b>Register by 11/11</b></p>	<p>Social skills, following directions, behavior in a public setting, communication, building relationships, fine motor skills, decision making</p>
 <p><b>Coffee Shop Il Bar with Jackie</b></p> <p>We will be dining in at Il Bar Coffeehouse &amp; bistro, picking from a limited menu which includes: Hot chocolate, coffee, milk/juice/sodas, chillers, pressed sandwiches, &amp; flatbread pizzas!</p>	<p><b>Thurs, November 21, 11:00-12:30pm</b></p> <p><u>Il Bar: 324 E College Ave. Appleton</u>            Fee: \$30 member/ \$50 non-member            Capacity limit= 6  <b>Register by 11/19</b></p>	<p>Social skills, following directions, behavior in a public setting, communication, building relationships, decision making, budgeting</p>

**For more info on Community Inclusion, contact Jackie:** Jackie@soarfoxcities.com or (920) 731-9831 x121



# Adult Programs (AE & SRR)

Program	Details	Skills
 <p><b>Healthy Cooking with LeeAnn</b></p> <p>A two week series. You will prepare your own meal for lunch.</p>	<p><b>Tues, Nov 5 &amp; 12, 11:00-12:30pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$60 member/ \$120 non-member            Capacity limit= 8  <b>Register by 10/28</b></p>	<p>Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation, nutrition education.</p>
 <p><b>Safe and Free with LeeAnn</b></p> <p>This series will include both classes: Problem Solving and Communication.</p>	<p><b>Wed, Nov 6 &amp; 13, 4:30-5:45pm</b></p> <p><u>SOAR Building</u>            Fee: \$25 member/ \$50 non-member            Capacity limit= 10  <b>Register by 10/29</b></p>	<p>Self exploration, self confidence, communication, decision making, critical thinking, following directions, community resources, being in a group setting, making friends and building relationships.</p>
 <p><b>Problem Solving with LeeAnn</b></p> <p>This class will work on identifying problems and how to problem solve. This is Part 1 of the Safe and Free series.</p>	<p><b>Wed, November 6, 4:30-5:45pm</b></p> <p><u>SOAR Volunteer Room (2nd Floor)</u>            Fee: \$15 member/ \$30 non-member            Capacity limit= 10  <b>Register by 10/30</b></p>	<p>Self confidence, relaxation techniques, problem solving skills, communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships.</p>
 <p><b>Bingo with Abby</b></p> <p>Come win big at BINGO!</p>	<p><b>Wed, November 6, 6:00-7:30pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$20 member/ \$30 non-member            Capacity limit= 25  <b>Register by 10/30</b></p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>
 <p><b>Baking Class with LeeAnn</b></p> <p>You'll be making Cranberry Orange Cookies.</p>	<p><b>Thurs, November 7, 10:00-12:00pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$35 member/ \$70 non-member            Capacity limit= 8  <b>Register by 10/31</b></p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p><b>Assertiveness with LeeAnn</b></p> <p>This class focuses on building self confidence and learning how to be assertive.</p>	<p><b>Thurs, November 7, 4:00-5:15pm</b></p> <p><u>SOAR Volunteer Room (2nd Level)</u>            Fee: \$15 member/ \$30 non-member            Capacity limit= 10  <b>Register by 10/31</b></p>	<p>Self confidence, assertiveness, communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships.</p>
 <p><b>Dance with Abby</b></p> <p>Let's Dance!!</p>	<p><b>Fri, November 8, 6:00-8:00pm</b></p> <p><u>St. Mary's Menasha: 528 2nd St.</u>            Fee: \$10 member/ \$20 non-member            Capacity limit= 100  <b>Register by 10/30</b></p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>
 <p><b>No Bake with LeeAnn</b></p> <p>You'll learn how to make Turtle Dessert. (chocolate, caramel, and pecans)</p>	<p><b>Mon, November 11, 10:00-11:30am</b></p> <p><u>SOAR Lower Level</u>            Fee: \$35 member/ \$70 non-member            Capacity limit= 12  <b>Register by 11/4</b></p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>

# Adult Programs (continued)

Program	Details	Skills
 <p><b>Disney Trivia with Abby</b></p> <p>Join us and test your Fan-tastic knowledge about Disney movies, characters, and more!</p>	<p><b>Tues, November 12, 6:00-7:30pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$20 member/ \$30 non-member            Capacity limit= 25  <b>Register by 11/4</b></p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>
 <p><b>Communication with LeeAnn</b></p> <p>Learn how to be an assertive communicator. What you say and how you say things matter. This is Part 2 of the Safe and Free series.</p>	<p><b>Wed, November 13, 4:30-5:45pm</b></p> <p><u>SOAR Board Room (first floor)</u>            Fee: \$15 member/ \$30 non-member            Capacity limit= 10  <b>Register by 11/6</b></p>	<p>Self confidence, communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships.</p>
 <p><b>Dinner and a Movie with Abby</b></p> <p>Enjoy Pizza followed by a movie in our own theater (Hollywood Cinema)! Bring money for popcorn if you'd like. Drop off and pick up on the movie side of building.</p>	<p><b>Wed, November 13, 5:00-8:00pm</b></p> <p><u>Hollywood Cinema: 513 Westhill Blvd</u>            Fee: \$40 member/ \$80 non-member/ \$30 caregiver            Capacity limit= 25  <b>Register by 11/6</b></p>	<p>Communications, following directions, be in a group setting, making friends and building relationships. Responsibility for money (if buying extra snacks.)</p>
 <p><b>Conflict Management with LeeAnn</b></p> <p>Learn how to be an assertive communicator and manage conflict in a healthy manner.</p>	<p><b>Thurs, November 14, 4:00-5:15pm</b></p> <p><u>SOAR Board Room (first floor)</u>            Fee: \$15 member/ \$30 non-member            Capacity limit= 10  <b>Register by 11/7</b></p>	<p>Self confidence, communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships.</p>
 <p><b>Make and Take with LeeAnn</b></p> <p>You'll be making Pizza Monkey Bread.</p>	<p><b>Mon, November 18, 10:00-12:00pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$35 member/ \$70 non-member            Capacity limit= 8  <b>Register by 11/11</b></p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p><b>Soups On with LeeAnn</b></p> <p>You'll learn how to make Taco Soup for dinner.</p>	<p><b>Tues, November 19, 4:00-5:30pm</b></p> <p><u>SOAR Lower Level</u>            Fee: \$35 member/ \$70 non-member            Capacity limit= 8  <b>Register by 11/12</b></p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p><b>Personal Finance-Checking Account with LeeAnn</b></p> <p>We'll discuss what a checking account is, how to write out a check, balancing a checking account, and how to reconcile a bank statement.</p>	<p><b>Wed, November 20, 4:00-5:30pm</b></p> <p><u>SOAR Board Room (first floor)</u>            Fee: \$15 member/ \$30 non-member            Capacity limit= 8  <b>Register by 11/13</b></p>	<p>Checking accounts, writing checks, reconciling, following directions, critical thinking.</p>

# Adult Programs (continued)

Program	Details	Skills
 <p><b>Crafts with Abby</b> Join us as we make some end of fall/thanksgiving crafts!</p>	<p><b>Wed, November 20, 6:00-7:30pm</b> <u>SOAR Lower Level</u> Fee: \$20 member/ \$30 non-member Capacity limit= 25 <b>Register by 11/13</b></p>	<p>Fine motor skills, creativity, following directions, communication, making friends, problem solving.</p>
 <p><b>Baking Class with LeeAnn</b> You'll be making pumpkin scones.</p>	<p><b>Thurs, November 21, 10:00-12:00pm</b> <u>SOAR Lower Level</u> Fee: \$35 member/ \$70 non-member Capacity limit= 8 <b>Register by 11/14</b></p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p><b>Personal Finance– Savings, Debit, &amp; Credit Cards with LeeAnn</b> We'll discuss what a savings account is, record keeping and reconciling the account. How to save money, using a Debit and credit cards will also be discussed.</p>	<p><b>Thurs, November 21, 4:00-5:30pm</b> <u>SOAR Board Room (first floor)</u> Fee: \$15 member/ \$30 non-member Capacity limit= 8 <b>Register by 11/14</b></p>	<p>Savings accounts, reconciling, Debit and Credit cards, following directions, critical thinking.</p>
 <p><b>Super Sunday: Bowling with Abby</b> Make sure to have this <b>pinned</b> to your calendar! Enjoy a <b>striking</b> good time with friends with lots of fun to <b>spare</b>! We will <b>meet at SOAR</b> and then take a bus to Electric City Lanes! Lunch (subs) is included. If you would like a snack at the bowling alley, please bring extra money!</p>	<p><b>Sun, November 24, 11:00-3:00pm</b> <u>Electric City Lanes: 136 W. Wisconsin St. Kaukauna</u> Fee: \$75 member/ \$150 non-member/ \$60 caregiver Capacity limit= 25 <b>Register by 11/18</b></p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>
 <p><b>Dinner &amp; Holiday Parade with Abby</b> Enjoy some pizza while watching the holiday parade from inside the new SOAR youth space at the City Center. We will meet at SOAR and then walk to City Center. Pick up will be at SOAR as well.</p>	<p><b>Tues, November 26, 5:30-9:00pm</b> <u>Appleton City Center: 131 E. Washington St.</u> Fee: \$25 member/ \$45 non-member Capacity limit= 25 <b>Register by 11/18</b></p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>

**For more info on Adult Education, contact LeeAnn:** LeeAnn@soarfoxcities.com or (920) 731-9831 x112

**For more info on Adult SRR, contact Abby:** Abby@soarfoxcities.com or (920) 731-9831

# Special Olympics **updates**

It's hard to believe we are already planning for the new year, but 2025 basketball registration is now available! Teams fill up fast so get your registration in ASAP!

## A Look Back at the 2024 Fall Games:

One of our softball teams, the High Flyers, took a 2<sup>nd</sup> place in their division! Congratulations team!



Four of our bocce teams also walked away with medals! The Powerballers and Flyers earned gold medals, while the Strikers and High Rollers brought home bronze medals- Way to go, athletes!



**Help Wanted: We are looking for volunteers for the 2025 Swim Season. Please contact SO Coordinator, Jen, if you're interested!**  
[jen@soarfoxcities.com](mailto:jen@soarfoxcities.com) or (920) 731-9831 x122

**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!**



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

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

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., Suite A  
Appleton, WI 54911

**If you use IRIS, Lakeland Care, Inlusa, CLTS, or Community Care please check this box**

**Please provide billing name & contact info:**

\_\_\_\_\_

*\*\*This class is for participants  
18-30 years old*

# CIA



## COMMUNITY INCLUSION ACADEMY


Ready to level up your life skills? Look no further!

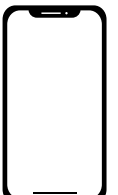
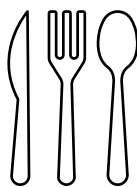
We're thrilled to launch our brand-new class for young adults: Community Inclusion Academy (CIA). Join us for an exciting 8-week adventure where you'll gain essential skills to navigate life with confidence! Below, will briefly show an some overview of the units & focus topics.

Unit 1	Meal Planning & Grocery Shopping	<ul style="list-style-type: none"> <li>• Food safety</li> <li>• Prices</li> <li>• Expiration dates</li> </ul>
Unit 2	Eating in the community	<ul style="list-style-type: none"> <li>• Menus &amp; prices</li> <li>• Paying the bill</li> </ul>
Unit 3	Clothing & Laundry	<ul style="list-style-type: none"> <li>• Removing stains</li> <li>• Appropriate clothing</li> </ul>
Unit 4	Cleaning	<ul style="list-style-type: none"> <li>• Cleaning routines</li> <li>• Cleaning supplies</li> </ul>
Unit 5	Cooking & Kitchen	<ul style="list-style-type: none"> <li>• Kitchen safety</li> <li>• Following recipes</li> </ul>
Unit 6	Transportation	<ul style="list-style-type: none"> <li>• Pedestrian safety rules</li> <li>• Public transportation</li> </ul>
Unit 7	Mechanics & Repair	<ul style="list-style-type: none"> <li>• Basic house repairs/upkeep</li> </ul>
Unit 8	Technology & Phones	<ul style="list-style-type: none"> <li>• Internet safety</li> <li>• Calling &amp; receiving calls</li> <li>• Texting</li> </ul>

If you have any questions, please reach out to Jackie

 Jackie@soarfoxcities.com

 920-731-9831 x 121





# Board & Brush With Jackie

This activity is for participants 18-30 years of age

Join Jackie at Board & Brush to make a fun fall board design! They will provide all the materials and help instruct you step by step to create a beautiful sign perfect for the fall season! Below are the designs available. Please choose which design you would like to create. You may cut the bottom portion off and mail into SOAR, return in person to SOAR or feel free to email Jackie your choice. If you choose to email, please include the name of participant **AND** design choice.

- |   |   |   |  |
|---|---|---|--|
| 1 |   | 4 |    |
| 2 |  | 5 |  |
| 3 |  | 6 |  |
|   |   | 7 |  |
|   |   | 8 |  |



-----  
 \*\*Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911  
 OR hand into the office to Jackie **BY NOVEMBER 11TH**

Name of participant: \_\_\_\_\_

Design choice: \_\_\_\_\_

# SOAR SPECIAL OLYMPICS NEW SPORT SURVEY

We are thinking of adding a new sport to our roster and would love your input! Below are all the sports Special Olympics Wisconsin offers- those without a line next them are the sports Soar already participates in. Using the lines, choose up to 3 you may be interested in. Write a 1 next to your top choice, a 2 next to your 2nd choice, and a 3 next to your 3rd choice.

## Winter Sports:

- Alpine Skiing \_\_\_\_\_
- Cross Country Skiing \_\_\_\_\_
- Snowboarding \_\_\_\_\_
- Snowshoe Racing \_\_\_\_\_

## Spring Sports:

- 3v3 Basketball \_\_\_\_\_
- Basketball skills \_\_\_\_\_
- Swimming \_\_\_\_\_
- Team Basketball \_\_\_\_\_

## Summer Sports:

- Track & Field \_\_\_\_\_
- Cornhole \_\_\_\_\_
- Powerlifting \_\_\_\_\_
- Soccer \_\_\_\_\_
- Tennis \_\_\_\_\_

## Fall Sports:

- Bocce \_\_\_\_\_
- Bowling \_\_\_\_\_
- Flag Football \_\_\_\_\_
- Golf \_\_\_\_\_
- Softball & Tee Ball \_\_\_\_\_
- Volleyball \_\_\_\_\_

**RETURN YOUR COMPLETED SURVEY TO JEN BY  
NOVEMBER 1ST FOR THE CHANCE TO WIN A  
KWIK TRIP GIFT CARD & SOAR SHIRT!**

**ATHLETE NAME:** \_\_\_\_\_





# SOAR Fox Cities Special Olympics 2025 Basketball Registration

- Competing athletes **MUST** have an active medical on file with SOWI. If you are unsure if your medical forms are up to date, please contact Jen to verify: 920-731-9831 x 122 or via email [jen@soarfoxcities.com](mailto:jen@soarfoxcities.com)
- 2025 MEDICAL DEADLINE: FEBRUARY 1<sup>ST</sup>

Circle the team you best fits your needs:

Team Name	Description	Practice Location	Practice Time	Coaches	Start Date
Basketball Skills	Youth	Foster	Thurs 6:15-7:15pm	Doug & Brian	1/16/2025
Basketball Skills	Adults 18+	Foster	Thurs 6:15-7:15pm	Terri & Gary	1/16/2025
Ravens	Youth/Young Adult	Foster	Tues 6:15-7:15pm	Stephanie, Brendan, & Emma	1/7/2025
Hawks	Young Adult	McKinley	Mon 6:15-7:15pm	Gary & Alan	1/6/2025
Bandits	Adults	McKinley	Mon 7:15-8:15pm	Dan & Nick	1/6/2025
Vultures	Adults	Janet Berry	Weds 6:15-7:15pm	Stan & Rick	1/8/2025
Eagles	Adult High Skill Level	Janet Berry	Weds 7:15-8:15pm	Dale & Jerry	1/8/2025

**Registration  
Deadline is  
December  
18th!**

SEASON FEES:  
**TEAM BASKETBALL:** \$65 for SOAR members / \$ 85 non-members *(additional \$0 tournament fees may incur)*  
**SKILLS FEE:** \$50 for Soar Members / \$70 for non-members

*\*Dates and times may change due to availability within the AASD. If you are a new athlete, please contact Jen to discuss the most appropriate team placement. Please note, you are not guaranteed a position on the team you circle. Late registrations will NOT be accepted unless teams are not full. (Soar is closed for the holidays from 12/23-1/1)*

## PLEASE COMPLETE EVERYTHING BELOW:

**Athlete Name:** \_\_\_\_\_  
**Athlete Phone:** \_\_\_\_\_  
**Athlete Email:** \_\_\_\_\_  
**Emergency Contact Name:** \_\_\_\_\_  
**Emergency Contact Phone:** \_\_\_\_\_  
**Emergency Contact Email:** \_\_\_\_\_

### Team Basketball Athletes:

**Will you join your team and compete in the season tournaments? Y / N**

*\*Athletes MUST be at the Invitational in order to advance to the following tournaments and can only compete if they have a current medical on file by February 1st.*

**Neenah Invitational: Saturday, January 25<sup>th</sup>**    **District Tournament: Sunday, March 2nd**  
**Northern Sectionals: Sunday March 16<sup>th</sup>**        **State Spring Games: April 11th-13th**

**We will have NEW uniforms in 2025! These cannot be purchased. Please circle your jersey and short size below:**

Shorts: S M L XL 2XL 3XL 4XL  
 Jersey: S M L XL 2XL 3XL 4XL

*IMPORTANT: Uniforms MUST be returned at the end of the season or athletes will be charged a replacement fee!*