



December 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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Inserts: 2025 Membership, Open House, Board and Brush Fundraiser, Family Holiday Party, Young Adult Board & Brush Project Selection, Basketball Registration



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!

December....Can you believe I'm writing you in the December newsletter?! I can hardly believe it! Where has this year gone?

As always, we have so many fun things planned for the month of December! Limo & Lights, The Grinch Movie, Christmas Lunch, and, of course, the Family Holiday Party! I can't wait to see you all there!

I also want to remind everyone of our office closure for the holidays. As we have every year, the SOAR offices will be closed over the Christmas and New Year's Holidays. **The exact dates the office will be closed are Monday, December 23 thru Wednesday, January 1, 2025. Our offices will re-open on Thursday January 2, 2025.** The SOAR Team will be taking this time to spend with their families and get some much-needed rest and relaxation. Please know that there will be no staff at the office during this time and **we will be pausing program registration starting at 4:30pm on Friday, December 20 thru Wednesday, January 1, 2024.** During this time, you can still mail in your registrations, but we will not process them until January 2. You will also not be able to access the online registration forms.

It is also membership time! Remember to submit your membership forms and payment by December 31st (post-marked is fine) for your chance to win a \$50!

Last, but certainly not least, please remember the SOAR Store for all your holiday wants!! You can share the store link, <https://soarfoxcities.com/soar-store/>, with family & friends as your subtle (or not so subtle LOL) Christmas gifts list!

In closing, I look forward to seeing you all at the holiday events we're hosting throughout December! From our annual Holiday party to our annual Christmas Dance - It's all part of the greatest time of year and I love that we get to spend it with you! Thank you all for being a part of SOAR as participants, donors, and volunteers!! YOU and your dedication make this the best time of the year! ~ **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>
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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

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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

Volunteering at SOAR can look a variety of ways! We have many individual volunteering needs such as helping at our educational classes, fun outings, and recreational events. We also love having groups come in and give back. If your company, work, or club is looking for a fun way to make a difference you can volunteer as a group at SOAR! Current needs include SOAR Special Olympics swim season and Camp Onaway volunteers.

If interested in learning more about volunteering please contact volunteer@soarfoxcities.com.

ANNOUNCEMENTS AND REMINDERS

Now Open: SOAR Fox Cities Youth Hub!

Exciting News! After a few years of incredible growth, SOAR Fox Cities' Youth Program has expanded beyond our building walls and has finally found a new place to call home. At the end of August, the Youth Program packed up it's games, bean bag chairs, sensory toys, and craft supplies and moved to the second floor of the Downtown Appleton City Center Building. This space, now called SOAR Fox Cities Youth Hub, is a shared space with Appleton Area School District PAES Lab. The Hub will primarily be used for Beyond the Classroom, a partnership between SOAR and AASD to help high school seniors with differing abilities build functional living skills through community immersion and hands-on learning activities.

The Youth Hub can be used one large space or separated into two classrooms, allowing us to run two Beyond the Classroom Groups simultaneously. It has a separate sensory space accessible to students filled with bean bags, glow stars, fidgets, weighted blankets, and additional sensory materials. In addition to programming, the Youth Hub also houses our four Youth Program staff, who we will be featuring in this and future newsletters! When school is not in session, the Youth Hub will double as home for SOAR thru Summer, our 9-week summer program for youth entering 6th grade till their 18th birthday. We are so excited for this new space and all of the programming potential that comes with it! Stay tuned for what is sure to be the best year of Youth Programs yet!



Meet Miss Mandy!



Hello! My name is Mandy Krug and I am the Beyond the Classroom Program Coordinator. During the school year, I help provide transition programming for young adults in participating high schools to gain skills for independence and life after graduation. Last summer, you may have seen me out and about with Evolve--our summer program for young adults! Before coming to SOAR in 2023, I had worked in special education, therapeutic recreation, and public health! I also recently graduated with my Masters in Public Health. I am passionate about helping young adults and their families access independence, gain life skills, and meaningfully participate in their communities.

More about Miss Mandy:

Dream job as a child: Teacher

Three things Mandy can't live without: Coffee, Google Maps, and her Calendar

If Mandy ran away to the circus, she would be: Juggler

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

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

Dec	Program Choice	Time	Page	member/non-member/caregiver	IRIS-Code	Staffed By:	Type KEY	Class Capacity	Register By:
2	No Bake	10:00-11:30am	9	\$35/\$70	F	LeeAnn	AE	12	11/25
3	Healthy Cooking	4:00-5:30pm	9	\$30/\$60	F	LeeAnn	AE	8	11/26
4	Coffee Connections	10:30-11:30am	6	FREE	-	Angie	FAM	25	12/3
4	Board and Brush	3:00-4:00pm	8	\$35/\$70	C	Jackie	CI	10	12/2
4, 11, 18	Safe & Free SERIES	4:30-5:45pm	9	\$30/\$60	F	LeeAnn	AE	10	11/27
4	Safe & Free 1: Safety at Home	4:30-5:45pm	9	\$15/\$30	F	LeeAnn	AE	10	11/27
4	BINGO	6:00-7:30pm	9	\$20/\$30	F	Abby	SRR	25	11/26
5	Coffee Shop– Il Bar	11:00-12:30pm	8	\$30/\$50	C	Jackie	CI	6	12/2
5	TnT	6:30-8:00pm	6	FREE	-	Lisa	Y	NA	NA
5 OR 9	Baking Class *Choose ONE date only	10:00-12:00pm	9	\$35/\$70	F	LeeAnn	AE	8	11/28
5	Healthy Relationships: Public vs Private	4:00-5:15pm	10	\$15/\$30	F	LeeAnn	AE	10	11/28
9	Grief Support	4:00-5:30pm	10	\$15/\$30	F	LeeAnn	AE	8	12/2
10	Christmas Lunch	11:00-1:00pm	10	\$30/\$60	F	LeeAnn	AE	25	12/3
10	Theater Tuesday: Dr. Seuss' The Grinch	12:45-2:45	8	\$11/\$22	C	Jackie	CI	5	12/5
10	People First– Member Christmas	6:00-7:30pm	7	For PFFC Members	F	LeeAnn	ADV	-	-
11	Safe & Free 2: Safety in the Community	4:30-5:45pm	10	\$15/\$30	F	LeeAnn	AE	10	12/4
11	Dinner & Movie	5:00-8:00pm	10	\$40/\$80/\$30	C	Abby	SRR	25	12/4
12	Elf Movie, Craft, & Pizza Party	11:00-1:00pm	8	\$15/\$30	F	Jackie	CI	10	12/10
12	Lunch and Learn	11:30-12:30pm	6	FREE	-	Angie	FAM	25	12/11
12	People First– Bell Ringing	Contact LeeAnn for Shift	7	BYOM	C	LeeAnn	ADV	NA	12/3
13	Dance	6:00-8:00pm	10	\$10/\$20	C	Abby	SRR	100	12/4
14	Super Saturday: Limo & Lights!	4:30-8:30pm	11	\$85/\$170/\$70	C	Abby	SRR	25	12/4
16	Make and Take	10:00-12:00pm	11	\$35/\$70	F	LeeAnn	AE	8	12/9
16	Stocking Making & Santa Clause Movie	1:00-3:00pm	8	\$15/\$30	C	Jackie	SRR	6	12/9
17	Mini but Mighty	9:00-11:00am	6	FREE	-	Angie	FAM	10 fam/15 kid	12/16
17	Theater Tuesday: How the Grinch Stole Christmas	10:50-1:30pm	8	\$11/\$22	C	Jackie	CI	5	12/3
17	Soups On	4:00-5:30pm	11	\$30/\$60	F	LeeAnn	AE	7	12/10
17	Craft	6:00-7:30pm	11	\$20/\$30	F	Abby	SRR	25	12/10
18	Grinch Party!	5:00-7:30pm	8	\$25/\$50	F	Jackie	CI	15	12/16
18	Safe & Free 3: What If...	4:30-5:45pm	11	\$15/\$30	F	LeeAnn	AE	10	12/18
19	Coffee Shop– Il Bar	11:00-12:30pm	8	\$30/\$50	C	Jackie	CI	6	12/17
19	Family Holiday Party	6:00-8:00pm	6	\$10/person, 5 & under free	-	Angie	FAM	300	12/12
19	TnT	6:30-8:00pm	6	FREE	-	Lisa	Y	NA	NA

Youth & Family Programs

Program	Details	Skills
TnT with Lisa Young adults 13-23 with and without disabilities can come meet new people and play new games with friends!	Thurs, Dec 5th, 6:30-8:00pm First Congregational Church 724 E. South River St., Appleton FREE- No Registration Date	Communication, friendships, relationship building, creative thinking, decision making and independent thinking.
TnT with Lisa The holidays aren't complete till you have a night at TnT with friends.	Thurs, Dec 19th, 6:30-8:00pm First Congregational Church 724 E. South River St., Appleton FREE- No Registration Date	Communication, friendships, relationship building, creative thinking, decision making and independent thinking.

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

Program	Details	Skills
Coffee Connections Parents and caregivers of adults, join us for morning snacks and conversation, connecting with others going through a similar journey!	Wed, Dec 4th, 10:30-11:30am SOAR Building, Lower Level FREE Capacity limit: 25 No Registration Date	Networking, resources, vulnerability to share experiences, active listening, building relationships
Lunch and Learn Virtual Support Group Join us for our Virtual Support group. A great chance to network with other caregivers on a similar journey from the	Thurs, Dec 12th, 11:30-12:30pm Virtual FREE Capacity limit: 25 Register by 12/11	Networking, resources, vulnerability to share experiences, active listening, building relationships
Mini but Mighty with Angie 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!	Tues, Dec 17th, 9:00-11:00am Sensory Club: 976 American Dr. Neenah FREE Capacity limit: 10 adults, 15 kids Register by 12/16	Networking, social skills, resources, parallel and joint play, communication, vulnerability, and compassion.
Family Holiday Party Lets celebrate the holidays with food, games, crafts, special visitors, and, best of all, our friends! See insert for full event details.	Thurs, Dec 19th, 6:00-8:00pm Fox Club: 2400 N Casaloma Dr, Appleton \$10/Person, 5 and under free Capacity limit: 300 Register by 12/12	Networking, resources, vulnerability to share experiences, active listening, building relationships

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

Advocacy Programs

Program	Details	Skills
<p>People First Christmas Party with LeeAnn</p> <p>Celebrate the holidays with People First Fox Cities! This event is open ONLY to active PFFC members. Contact LeeAnn for more info.</p>	<p>Tues, Dec 10th, 6:00-7:30pm</p> <p>FREE</p> <p>Capacity limit= 25</p> <p>Register by 12/5</p>	<p>Self advocacy, communication, negotiation, confidence, problem solving, public transportation training</p>
<p>People First Bell Ringing with LeeAnn</p> <p>The People First members will be ringing bells for the Salvation Army and having dinner (BYOM) at Culver's. Contact LeeAnn for shift options.</p>	<p>Thurs, Dec 12th</p> <p><u>Culver's Appleton</u> 599 N Westhill Blvd BYOM</p> <p>Capacity limit= 25</p> <p>Register by 12 /3</p>	<p>Self advocacy, communication, negotiation, confidence, problem solving, public transportation training</p>
<p>Virtual TBI Support Group with Clare</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>Thurs, Dec 12th, 5:00-6:00pm</p> <p><u>Zoom</u></p> <p>FREE</p> <p>No Registration Date</p>	<p>Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support</p>
<p>St. Elizabeth's TBI Support Group & Holiday Party with Clare</p> <p>Join our in person support group to share stories, meet TBI survivors, loved ones and caregivers. This month will be our holiday party!</p> <ul style="list-style-type: none"> • Bring a dish to share • Optional secret santa gift exchange (\$10 or less for a gift if you want to participate) • Special guest Leah Quinn will be leading an ornament art project • Holiday music • Games and prizes 	<p>Mon, Dec 30th, 6:00-7:30pm</p> <p><u>St. Elizabeth's Hospital</u> 1506 S. Oneida St., Appleton 2nd Floor, Conference Room 1 & 2</p> <p>FREE</p> <p>No Registration Date</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

Community Inclusion (Young Adult 18-30)

Program	Details	Skills
 <p>Board & Brush</p> <p>Follow step-by-step instructions to create a beautiful sign perfect for the holiday season! You will choose between 11 designs!</p>	<p>Wed, Dec 4th, 3:00-4:00pm</p> <p><u>Board and Brush: Appleton</u> Fee: \$35 member/ \$70 non-member Capacity limit= 10 Register by 12/2 *Return your choice to Jackie by 12/2/24</p>	<p>Social skills, following directions, behavior in a public setting, communication, building relationships,</p>
 <p>Coffee Shop Il Bar</p> <p>Dine with friends at Il Bar. Menu includes: Hot chocolate, coffee, milk/juice/sodas, chillers, pressed sandwiches, & flatbread pizzas!</p>	<p>Thurs, Dec 5th, 11:00-12:30pm</p> <p><u>Il Bar: 324 E College Ave</u> Fee: \$30 member/ \$50 non-member Capacity limit= 6 Register by 12/2</p>	<p>Social skills, following directions, behavior in a public setting, communication, building relationships</p>
 <p>Theater Tuesday</p> <p>We will be watching 'The Grinch'! You will get a complimentary popcorn, but please bring money if you wish to get other concessions!</p>	<p>Tues, Dec 10th, 12:45-2:45pm</p> <p><u>Hollywood Cinema: 513 Westhill Blvd</u> Fee: \$11 member/ \$22 non-member Capacity limit= 5 Register by 12/5</p>	<p>Communication, being in a group setting, public behaviors, making friends, decision making</p>
 <p>Movie, Craft, & Pizza Party!</p> <p>Join Jackie for a pizza party and holiday craft while watching Elf!</p>	<p>Thurs, Dec 12th, 11:00-1:00pm</p> <p><u>SOAR Lower Level</u> Fee: \$15 member/ \$30 non-member Capacity limit= 10 Register by 12/10</p>	<p>Fine motor skills, creativity, following directions, communication, making friends, being in a group setting, problem solving</p>
 <p>Movie & Stocking Making</p> <p>Join Jackie in making stockings while watching 'The Santa Clause'.</p>	<p>Mon, Dec 16th, 1:00-3:00pm</p> <p><u>SOAR Lower Level</u> Fee: \$15 member/ \$30 non-member Capacity limit= 6 Register by 12/9</p>	<p>Fine motor skills, creativity, following directions, communication, making friends, being in a group setting, problem solving</p>
 <p>Theater Tuesday</p> <p>We will be watching 'How the Grinch Stole Christmas' in the dream lounge theater! You will get a complimentary popcorn, but bring money for any other concessions!</p>	<p>Tues, Dec 17th, 10:50-1:30pm</p> <p><u>Marcus Valley Grand Cinema</u> W3091 Van Roy Rd Appleton Fee: \$11 member/ \$22 non-member Capacity limit= 5 Register by 12/3 (limited seating register ASAP!)</p>	<p>Communication, being in a group setting, public behaviors, making friends, decision making.</p>
 <p>Grinch Party</p> <p>Don't be a GRINCH and join us for some Christmas cheer! Watch 'How the Grinch Stole Christmas', while enjoying pizza & holiday activities!</p>	<p>Wed, Dec 18th, 5:00-7:30pm</p> <p><u>SOAR Lower Level</u> Fee: \$25 member/ \$50 non-member Capacity limit= 15 Register by 12/16</p>	<p>Fine motor skills, being in a group setting, creativity, following directions, communication, making friends, problem solving.</p>
 <p>Coffee Shop Il Bar</p> <p>Dine with friends at Il Bar. Menu includes: Hot chocolate, coffee, milk/juice/sodas, chillers, pressed sandwiches, & flatbread pizzas!</p>	<p>Thurs, Dec 19th, 11:00-12:30pm</p> <p><u>Il Bar: 324 E College Ave</u> Fee: \$30 member/ \$50 non-member Capacity limit= 6 Register by 12/17</p>	<p>Social skills, following directions, behavior in a public setting, communication, building relationships</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>No Bake with LeeAnn You'll be making Eggnog Cheesecake Cups</p>	<p>Mon, Dec 2nd, 10:00-11:30am <u>SOAR Lower Level</u> Fee: \$35 member/ \$70 non-member Capacity limit= 12 Register by 11/25</p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p>Healthy Cooking with LeeAnn A one night cooking class where you will make your own meal for dinner</p>	<p>Tues, Dec 3rd, 4:00-5:30pm <u>SOAR Lower Level</u> Fee: \$30 member/ \$60 non-member Capacity limit= 8 Register by 11/26</p>	<p>Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation and Nutrition Education</p>
 <p>Safe and Free Series with LeeAnn This includes all three classes: Safety at Home, Safety in the Community, and What If classes.</p>	<p>Wed, Dec 4, 11, & 18, 4:30-5:45pm <u>SOAR 1st Floor Board Room</u> Fee: \$30 member/ \$60 non-member Capacity limit= 10 Register by 11/27</p>	<p>Safety tips, 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>Safety at Home with LeeAnn The importance of keeping your home a safe place. How to keep personal items safe (cash, debit or credit cards, ID, cell phone, wallet or purse). Knowledge of how and when to use 911. Pt. 1 of Safe and Free Series</p>	<p>Wed, Dec 4th, 4:30-5:45pm <u>SOAR 1st Floor Board Room</u> Fee: \$15 member/ \$30 non-member Capacity limit= 10 Register by 11/27</p>	<p>Home safety tips, 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>Bingo with Abby Come win at BINGO!</p>	<p>Wed, Dec 4th, 6:00-7:30pm <u>SOAR Lower Level</u> Fee: \$20 member/ \$30 non-member Capacity limit= 25 Register by 11/26</p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>
 <p>Baking with LeeAnn Please choose ONE class to attend. You'll be making Christmas Cookies! Dec 5th - Red & Green M&M Cookies Dec 9th will be Spritz Cookies.</p>	<p>Thurs, Dec 5th, 10:00-12:00pm OR Mon, Dec 9th, 10:00-12:00pm <u>SOAR Lower Level</u> Fee: \$35 member/ \$70 non-member Capacity limit= 8 Register by 11/28</p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>

Adult Programs (continued)

Program	Details	Skills
 <p>Healthy Relationships: Public vs Private with LeeAnn</p> <p>We'll be discussing public vs private. How our language, behavior and location impact what we say and do.</p>	<p>Thurs, Dec 5th, 4:00-5:15pm</p> <p><u>SOAR 1st Floor Board Room</u></p> <p>Fee: \$15 member/ \$30 non-member</p> <p>Capacity limit= 10</p> <p>Register by 11/28</p>	<p>Society expectations, laws, self exploration, self confidence, communication, decision making, critical thinking, following directions</p>
 <p>Grief Support with LeeAnn</p> <p>Learn strategies to help with your grief journey during the Holidays. Bring a picture(s) of the loved one(s) you lost to share with the group if you want. We will be doing an art therapy project.</p>	<p>Mon, Dec 9th, 4:00-5:30pm</p> <p><u>SOAR 1st Floor Board Room</u></p> <p>Fee: \$15 member/ \$30 non-member</p> <p>Capacity limit= 8</p> <p>Register by 12/2</p>	<p>Coping strategies, communication, decision making, critical thinking, being in a group setting, building relationships, art therapy</p>
 <p>Christmas Lunch with LeeAnn</p> <p>Lunch and Bingo!</p>	<p>Tues, Dec 10th, 11:00-1:00pm</p> <p><u>SOAR Lower Level</u></p> <p>Fee: \$30 member/ \$60 non-member</p> <p>Capacity limit= 25</p> <p>Register by 12/3</p>	<p>Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships</p>
 <p>Safety in the Community with LeeAnn</p> <p>We'll discuss how to be safe in the community. The importance of being aware of your surroundings, identifying safe and unsafe places. How to keep personal items safe (cash, debit or credit cards, ID, cell phone, wallet or purse). Knowledge of how and when to use 911. Pt. 2 of Safe and Free Series</p> 	<p>Wed, Dec 11th, 4:30-5:45pm</p> <p><u>SOAR 1st Floor Board Room</u></p> <p>Fee: \$15 member/ \$30 non-member</p> <p>Capacity limit= 10</p> <p>Register by 12/4</p>	<p>Public safety tips, self exploration, self confidence, communication, decision making, critical thinking, following directions, community resources.</p>
 <p>Dinner & a Movie with Abby</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>Wed, Dec 11th, 5:00-8:00pm</p> <p><u>Hollywood Cinema: 513 Westhill Blvd</u></p> <p>Fee: \$40 member/ \$80 non-member/ \$30 caregiver</p> <p>Capacity limit= 25</p> <p>Register by 12/4</p>	<p>Communications, following directions, be in a group setting, making friends and building relationships. Responsibility for money (if buying extra snacks.)</p>
 <p>Dance with Abby</p> <p>Let's Dance!</p>	<p>Fri, Dec 13th, 6:00-8:00pm</p> <p><u>St. Mary's in Menasha</u></p> <p>Fee: \$10 member/ \$20 non-member</p> <p>Capacity limit= 100</p> <p>Register by 12/4</p>	<p>Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships</p>

Adult Programs (continued)

Program	Details	Skills
 <p>Super Saturday– Limo and Lights!</p> <p>Join us for a fun night of dinner and some holiday lights! We will begin at SOAR with a catered dinner from Olive Garden and make our way via limo to see some lights around the town. Please make sure to dress for the weather. Pick up will be at SOAR.</p>	<p>Sat, Dec 14th, 4:30-8:30pm</p> <p><u>SOAR Lower Level</u> Fee: \$85 member/ \$170 non-member/ caregiver \$70 Capacity limit= 25 Register by 12/4</p>	<p>Fine motor skills, creativity, following directions, communication, making friends, problem solving.</p>
 <p>Make and Take with LeeAnn</p> <p>You'll be making Chicken Potstickers. You'll have them prepped to freeze them, make them for dinner or we can cook them in class.</p>	<p>Mon, Dec 16th, 10:00-12:00pm</p> <p><u>SOAR Lower Level</u> Fee: \$35 member/ \$70 non-member Capacity limit= 8 Register by 12/9</p>	<p>Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p>Soups On with LeeAnn</p> <p>You'll be making Beef Barley Soup for dinner.</p>	<p>Tues, Dec 17th, 4:00-5:30pm</p> <p><u>SOAR Lower Level</u> Fee: \$30 member/ \$60 non-member Capacity limit= 7 Register by 12/10</p>	<p>Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation</p>
 <p>Craft with Abby</p> <p>Join us as we make some Holiday crafts!</p>	<p>Tues, Dec 17th, 6:00-7:30pm</p> <p><u>SOAR Lower Level</u> Fee: \$20 member/ \$30 non-member Capacity limit= 25 Register by 12/10</p>	<p>Fine motor skills, creativity, following directions, communication, making friends, problem solving.</p>
 <p>What If... with LeeAnn</p> <p>We will discuss personal boundaries, how to set and assert boundaries. What to do if someone isn't respecting your boundaries, you're being bullied, you've lost your cell phone or purse/wallet. How & where to get help. Pt. 3 of Safe and Free Series</p>	<p>Wed, Dec 18th, 4:30-5:45pm</p> <p><u>SOAR 1st Floor Board Room</u> Fee: \$15 member/ \$30 non-member Capacity limit= 10 Register by 12/18</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>

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**. If you are a new basketball athlete, please contact Jen to discuss which team would be the best fit.

The swim registration will be in the NEXT newsletter!



Congratulations Bowlers!!

The 2024 Regional Bowling Tournament was held October 19th at Sabre Lanes. This is the first regional tournament for bowling that has been held in years, and the athletes were excited to compete! Congratulations athletes on a job well done. We look forward to seeing who advances to State!

HELP WANTED

Help Wanted: We are looking for volunteers for the 2025 Swim Season. Please contact SO Coordinator, Jen, if you're interested. (jen@soarfoxcities.com)

For more info in Special Olympics contact Jen: Jen@soarfoxcities.com or (920) 731-9831 x122



IMPORTANT: When submitting an SO registration, please complete the form in its entirety. SOAR may have your email address or phone number, but our coaches may not be able to look them up if an emergency occurs at practice or a tournament. ALWAYS list the athlete's emergency contact name and phone number- An email is required as that is how we communicate with everyone during the season. Thank you for your cooperation.

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:



BECOME A MEMBER TODAY! Join or Renew!

It's that time of year again - secure or renew your membership to SOAR TODAY! Being a member of SOAR offers exclusive & AWESOME benefits! Become a member now & learn more!!

2025 Membership Rates

Membership Type	SOAR Membership Rate	
Individual	\$25	* ALL memberships (w/ payment) post-marked by 12/31/24 will be entered to win a \$50 Kwik Trip Card!!!
Family (up to 4 members)	\$65	* ALL memberships (w/ payment) post-marked by 12/31/24 will also receive a FREE SOAR gift!!

What does it mean to be a SOAR Member? It means a lot of things, like being part of an inclusive, accepting community - but we know you really want to know - what's in it for you?! We get it, so here's what your annual membership gets you!

- Discounted pricing on activities!
- Discounted camp rates!
- A mailed monthly newsletter!
- Consideration for the SOARCash assistance**
- Priority in receiving promotional tickets like Packers, Timber Rattlers, and Brewers Tickets!
- NEW!** An exclusive invite to Annual Listening Sessions where YOU can provide your opinions on programming, activities, and what you'd like to see SOAR offer in the future!

**SOARCash assistance is based on fund availability & income needs when available.

Take some time NOW to complete and return this membership form!

Watch your mailboxes for our Annual Appeal! Our Annual Appeal is another opportunity to support SOAR separate from membership! NOW is more important than ever to show your SOAR Support!

Membership Includes:

- Discounted pricing on activities!
- Discounted camp rates!
- A mailed monthly newsletter!
- Consideration for SOARCash Assistance!**
- Priority in receiving promotional tickets (i.e. Packers, Brewers)!
- NEW! Invite to Annual Agency Listening Sessions.

SOARCash assistance is based on fund availability & income needs when the funds are available

PLEASE COMPLETE EVERY SECTION OF THIS FORM.

We **NEED** an active email account as that is where we will primarily communicate with you regarding cancelations, program changes, and more!



2025 SOAR Fox Cities Membership Form Join or Renew Today!!

To become a member of SOAR Fox Cities or renew your membership please complete the following form.

**Please return this form with payment to
SOAR FOX CITIES**

211 E. Franklin St., Suite A, Appleton, WI 54911

Name(s): _____

Address: _____

City: _____ State: _____

Zip Code: _____ County: _____

Primary Phone: _____

Phone to be called when a SOAR activity is cancelled:

Primary Email: _____

Email to be sent when a SOAR activity is cancelled:

Group Home (If applicable): _____

Choose Your Membership (Check One):

- \$25 Individual Membership
- \$65 Family Membership *(up to 4 members – Does not apply to group homes)*

*Pay using cash, check, credit/debit or online at
www.soarfoxcities.com/member-info*

Let Us Know:

- I would like to receive a monthly newsletter in the mail (one per family).
- I would like to receive a monthly newsletter via e-mail.
- I do not want my name to be published in membership reports.

This form can also be filled out online at soarfoxcities.com. Just click on "Member Info.," then click on "Become a Member," and scroll to the bottom of the page and click on "2025 Membership Form."

A decorative graphic in the top left corner consists of a yellow honeycomb pattern. A thick, golden stream of honey is dripping from the top center of the honeycomb.

GIVING TUESDAY *OPEN HOUSE*

BEE OUR GUEST!

DECEMBER 3, 2024

10:00 - 3:00

SOAR FOX CITIES:

211 E. FRANKLIN ST, APPLETON



BUZZ BY ANYTIME

This GivingTuesday, **BEE** part of SOAR! This is the perfect time for clubs, families, businesses, and community members to learn about our mission!

**Shop Local Vender Pop-Ups
Meet SOAR Staff & Participants**

**Complete Volunteer Projects
More Surprises and Fun!**

Call or email for more details:

**920-731-9831 x111
Angie@soarfoxcities.com**

Board & Brush



Fundraiser

Board and Brush-Appleton is hosting a fundraising night for SOAR! Come for a night of creativity and fun **creating your own unique wood sign** and 20% of all proceeds from the night go to supporting people with differing abilities in our community!

At this Pick your Project workshop, *you* select your wood project from B&B's extensive gallery. They will provide all the materials and instruct you step-by-step to create a **beautiful piece for your home!**

Date: Friday, December 13th

Time: 6:00-9:00pm

Location: 109 N Durkee St, Appleton, WI 54911

Register:



or find out more on SOAR's Facebook Page!



FAMILY HOLIDAY

PARTY



- Food
- Activity stations
- Santa

This is a family event please register with family member or caregiver



DEC 19
2024

6:00PM - 8:00PM

The Fox Club
2400 N. Casaloma Dr.
Appleton, WI 54913



10.00 PER PERSON
5 AND UNDER FREE



REGISTER REQUIRED BY
DEC 12TH

Please call or email Angie with questions at angie@soarfoxcities.com or 920-731-9831 x111



SPONSORED BY

Safelite[®]
AutoGlass



Board & Brush With Jackie

This activity is for participants 18-30 years of age

Join Jackie at Board & Brush to make a fun holiday board design! They will provide all the materials and help instruct you step by step to create a beautiful sign perfect for the holiday 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.



 **Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911
 OR hand into the office to Jackie **BY NOVEMBER 26TH**

Name of participant: _____

Design choice: _____



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
- 2025 MEDICAL DEADLINE: FEBRUARY 1ST

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 25th **District Tournament: Sunday, March 2nd**
Northern Sectionals: Sunday March 16th **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!