



July 2025

Activity & Program Guide



IMPORTANT

MONDAY, JULY 21ST, 2025

SOAR office will be CLOSED for our 34th Annual Golf Fore Inclusion Outing!

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Inserts: Cheddars Lunch Menu, Young Adult Board & Brush, El Azteca Dinner and a Movie Menu



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:** 866-458-0456

Website: www.soarfoxcities.com

Supported By:



Message from the Director~



Hello Friends of SOAR!

Can you believe we're already in July? Summer is in full swing, and we hope you're soaking up the sunshine and enjoying all that this beautiful season has to offer!

Here at SOAR, summer means busy programs, community fun, and one of our favorite events of the year—our annual Golf Outing! Because of this big event, **our offices will be closed on Monday, July 21st** so that our staff can be out on the course helping make it a great day for SOAR and our golfers. If you're joining us -thank you! If not, we'll miss you and hope you'll cheer us on from afar! If you haven't signed up yet, but are interested, you can check out our website to learn more about registering to golf!

July and August also bring some exciting events for our Special Olympians. A HUGE shoutout and congratulations to everyone that advanced to State for Track! There are lots of softball and bocce events coming up and we look forward to announcing the outcomes of those events! We also want you to know that we are one month closer to bowling! Bowling is one of our largest sports and the registration for bowling will be in the NEXT newsletter (August). Keep your eyes open for it!

We also want to thank you for being such an important part of the SOAR community. Whether you're a participant, a donor, a volunteer—or all three—we are so grateful for the energy and heart you bring to this organization. Your support makes it possible for us to continue growing and serving individuals with developmental and intellectual disabilities all year long.

And in case you missed it last time—our SOAR store is back! Show your support by sporting your favorite SOAR gear this summer. You can shop online anytime at: <https://soarfoxcities.com/soar-store/>

Wishing you sunshine, laughter, and all the joy that summer brings!

Warmly, ~ **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>
Amy Steiner	Paul Meyer	Jonathan Pitzen	Polly Vanden-Boogaard	Bryan Mueller

After-Hours Program Phones (for emergencies during events)

SRR Cell Phone: (920) 809-8923

Get in Touch!

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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

Hello everyone! We are still looking for additional volunteers to assist with our summer Special Olympics sports. You do not need prior knowledge of sports, just a willingness to show up and help out our amazing athletes! Additionally, we have a few big events this summer that we could use volunteers for! Our annual Golf Outing is scheduled for Monday, July 21st, and our annual Corn Roast is scheduled for Thursday, August 21st! If you are interested in volunteering for either event please inquire for more details!

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

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.

34th Annual Golf Fore Inclusion Outing

On **Monday, July 21**, join us for a fun day of golf as we raise money for the SOAR Programs you know and love!! Golfer registration includes 18 holes with a cart, two drink tickets, a swag bag, lunch, and hors d'oeuvres. You can register as a foursome or a single golfer. (Single golfers will be added to a team.) Don't be fooled– the outing is **much more than golf!** Along the course, try games that test your skills and luck, meet SOAR participants, win amazing prizes, and have un-fore-gettable fun!



Details

- Monday, July 21
- Shotgun start at 10:00am
- Royal St. Patrick's Golf Links– Wrightstown
- Early Bird Registration through June 6: \$550/Foursome

Sponsorships are available!

Event sponsorship opportunities are also available starting at \$250. Each sponsorship package provides opportunities for recognition, company visibility, and additional benefits!

****We also are accepting items for our raffles and auction packages!****

For More Information, contact Angie:

Angie@soarfoxcities.com

(920) 731-9831 x 111

Or Visit: www.soarfoxcities.com/golf-outing-2/



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

Program Type KEY
Youth Programs=Youth, Adult Education=AE, Family Programs =FAM,
Community Inclusion: Adults 18+= Adult, Community Inclusion: Young Adults= 18-30
Advocacy Programs=ADV People First=PF

July	Program Choice	Time	Page	member/non-member/caregiver	IRIS-Code	Staffed By:	Type KEY	Class Capacity	Register By:
1	Baking	10:00am-12:00pm	10	\$36/\$72	F	LeeAnn	AE	8	6/24
2	Coffee Connections	10:30-11:30am	6	FREE	-	Jillian	FAM	25	N/A
2	Board & Brush and Bona Fide Juicery	3:00-5:00pm	8	\$42/\$84	C	Jackie	18-30	12	6/30
2	Bingo	6:00-7:30pm	10	\$24/\$30	F	Abby	Adult	25	6/25
7 & 14	Book Club	10:30am-12:00pm	8	FREE	C	Jackie	18-30	8	Day Before
7	Legendaary	2:00-3:00pm	8	\$21/\$42	C	Jackie	18-30	8	7/6
7	No Bake	10:00-11:30am	10	\$36/\$72	F	LeeAnn	AE	12	6/30
8	People First Picnic	5:30-7:00pm	7	\$10/Person	C	LeeAnn	ADV/ PF	20	7/1
9	Coffee Shop- Il Bar	11:00am-12:00pm	8	\$21/\$42	C	Jackie	18-30	8	7/7
9	Christmas in July Party	5:00-7:00pm	8	\$42/\$84	F	Jackie	18-30	20	7/2
9	Dinner and a Movie	4:30-8:00pm	10	\$42/\$84/**	C	Abby	Adult	25	6/30
10	Lunch at Cheddars	11:00am-12:00pm	9	\$21/\$42	C	Jackie	18-30	8	7/8
10	Lunch and Learn Virtual	11:30am-12:30pm	6	FREE	-	Jillian	FAM	25	N/A
10	Badger Sports Park	6:00-8:00pm	9	\$42/\$84	C	Jackie	18-30	15	7/8
11	Dance	6:00-8:00pm	10	\$10/\$20	C	Abby	Adult	100	7/8
12	Super Saturday- Olive Garden & New Zoo	12:00-5:00pm	10	\$84/\$180/\$80	C	Abby	Adult	25	7/8
14	Make and Take	10:00-11:30am	11	\$36/\$72	F	LeeAnn	AE	8	7/7
15 & 22 OR 29 & 8/5	Healthy Cooking Class	4:00-5:30pm	11	\$66/\$112	F	LeeAnn	AE	10	7/8
16	Candle Making	3:00-5:00pm	9	\$42/\$84	C	Jackie	18-30	10	7/14
17	Baking Class	10:00am-12:00pm	11	\$36/\$72	F	LeeAnn	AE	10	7/10
23	Grief Class	4:00-5:30pm	11	\$24/\$48	F	LeeAnn	AE	10	7/16
24	TnT	6:30-8:00pm	6	FREE	-	Lisa	Youth	N/A	N/A
28	Eat Right and Meal Planning	10:30am-12:30pm	11	\$24/\$48	F	LeeAnn	AE	8	7/21
28	Monthly Workshop: Special Olympics	6:00-8:00pm	12	\$42/\$84	C	Abby	Adult	15	7/23
29	Mini But Mighty	9:00-11:00am	6	FREE	-	Jillian	FAM	10 Families/ 15 Kids	7/28
30	Craft	6:00-7:30pm	12	\$24/\$30	F	Abby	Adult	25	7/23
31	Baking Class	10:00am-12:00pm	12	\$36/\$72	F	LeeAnn	AE	8	7/24

**** Caregiver fee is now \$9 PLUS they will buy their own Dinner.**

Youth Programs

Program	Details	Skills
TnT with Lisa Meet up during summer at the SOAR building for games and fun! What do you call an alligator in a vest?? ~ An InvestiGATOR!!!!	Thurs, July 24, 6:30-8:00pm <u>Location:</u> SOAR Fox Cities Lower Level FREE No Registration Date	Social skills, following directions, building relationships, communication, creative thinking, decision making and team work

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

Family Programs

Program	Details	Skills
Coffee Connections Join us for some morning snacks and networking with other caregivers on a similar journey.	Wed, July 2, 10:30-11:30am SOAR Building, Lower Level FREE Capacity limit: 25 No Registration Date	Networking, resources, vulnerability and compassion
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 comfort of your home or office.	Tues, July 10, 11:30-12:30pm <u>Virtual</u> FREE Capacity limit: 25 No Registration Date	Networking, resources, vulnerability to share experiences, active listening, building relationships
Mini but Mighty Join us for story time, activities, networking, and lots of sensory-regulating fun! This support group is designed to allow your differently-abled child 5 years old and younger and siblings to come with you and create connections of their own.	Tues, July 29, 9:00-11:00am <u>Sensory Club: 976 American Dr. Neenah</u> FREE Capacity limit: 10 families, 15 kids (total including siblings) Register by 7/28	Networking, social skills, resources, parallel and joint play, communication, vulnerability, and compassion.

For more info on Family Programs contact Jillian: Jillian@soarfoxcities.com or (920) 731-9831 x126

Advocacy Programs

Program	Details	Skills
People First Picnic People First Fox Cities Social The summer picnic is planned for Jefferson Park. Meet by the parking lot/pavilion near Konemac St.	Tues, July 8, 5:30-7:00pm <u>Location:</u> Jefferson Park, Menasha FEE: \$10/ Person Capacity limit= 20 Register by July 1	Self Advocacy, social skills, communication, community resources and building relationships
Virtual TBI Support Group with Clare A great chance to network with other survivors, loved ones and caregivers on a similar journey from the comfort of your home or office.	Thurs, July 10, 5:00-6:00pm <u>Zoom</u> FREE No Registration Date	Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support
St. Elizabeth's TBI Support Group with Clare 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.	Mon, July 28, 6:00-7:00pm <u>St. Elizabeth's Hospital</u> 1506 S. Oneida St., Appleton 2nd Floor, Conference Room 1 & 2 FREE No Registration Date	Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support

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

Community Inclusion (Young Adult 18-30)

Program	Details	Skills
 Board & Brush and Bona Fide Juicery Follow step-by-step instructions to create a beautiful sign perfect for the season! You will need to choose your design ahead of time! (see insert in newsletter) Once we are finished, we will walk down to Bona Fide Juicery. Please bring your own money if you choose to get something! They have smoothies, acai bowls, coffee, etc.!	Wed, July 2, 3:00-5:00pm <u>Location:</u> DROP OFF: Board and Brush- 109 N Durkee St. PICK UP: Bona Fide Juicery- 111 E College Ave. Fee: \$42 member/ \$84 non-member Capacity limit= 12 Register by June 30	Social skills, following directions, behavior in a public setting, communication, building relationships, creativity, decision making
 Book Club Come join Jackie at the new library! We will be looking for books, reading, discussing what we are reading with peers, and signing up for library cards if you would like one to check out books!	Mon, July 7 & July 14, 10:30am-12:00pm <u>Location:</u> Appleton Public Library- 200 N. Appleton St. Fee: FREE Capacity limit= 8 Register by Day before event	Communication, finding books, reading, relationship building, creative thinking, being in a group setting, and cooperation
 Legendary Cookies You scream, I scream we all scream for ICE CREAM! Come join Jackie and friends for a delicious treat! We will walk together to Legendary Cookies 'N Creamery, you will pick out a yummy ice cream cookie sandwich of your choice! Drop off and pick up at SOAR.	Mon, July 7, 2:00-3:00pm <u>Location:</u> DROP OFF AND PICK UP AT SOAR- We will walk to Legendary and then we will walk back to SOAR for pick up Fee: \$21 member/ \$42 non-member Capacity limit= 8 Register by July 6	Social skills, following directions, behavior in a public setting, communication, decision making, building relationships
 Coffee Shop- Il Bar Dine with friends at Il Bar. Menu includes: Hot chocolate, coffee, milk, fruit smoothies, chillers, pressed sandwiches, & flatbread pizzas!	Wed, July 9, 11:00am-12:00pm <u>Location:</u> 324 E College Ave, Appleton Fee: \$21 member/ \$42 non-member Capacity limit= 8 Register by July 7	Social skills, decision making, following directions, behavior in a public setting, communication, building relationships
 Christmas in July Party! Get ready to sleigh the summer! Join us for a holly-jolly good time as we bring the magic of Christmas to the sunny side of the calendar! Break out your Santa hats and sunglasses for a Christmas in July bash full of festive cheer, cool drinks, and holiday cheer! See flyer for other details!	Wed, July 9, 5:00-7:00pm <u>Location:</u> SOAR Lower Level Fee: \$42 member/ \$84 non-member Capacity limit= 20 Register by July 2	Communication, following directions, being in a group setting, building relationships, making decisions, helping others (empathy), taking turns, and public behaviors.

For more info on CI: Young Adults, contact Jackie: Jackie@soarfoxcities.com or (920) 731-9831 x121

Community Inclusion (continued)

Program	Details	Skills
 Lunch at Cheddars Enjoy lunch at Cheddars with friends! Please pick meal choice on the flyer and return back to Jackie.	Thurs, July 10, 11:00am-12:00am <u>Location:</u> Cheddars Scratch Kitchen 4531 W Wisconsin Ave, Appleton Fee: \$21 member/ \$42 non-member Capacity limit= 8 Register by July 8	Social skills, decision making, following directions, behavior in a public setting, communication, building relationships
 Badger Sports Park Come enjoy some fun at Badger Sports Park! We will have unlimited pizza and soda for 1 hour. You will get a fun card pre-loaded with some money for activities! Activities include-laser tag, mini bowling, mini golfing, and laser maze. Feel free to bring more money for other activities! Drop off and pick at Badger Sports park.	Thurs, July 10, 6:00-8:00pm <u>Location:</u> Badger Sports Park 3600 E Evergreen Dr., Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 15 Register by July 8	Communication, following directions, being in a group setting, building relationships, making decisions, helping others (empathy), taking turns, and public behaviors
 Candle Making Come make your own candle! They have a selection of over 100 fragrances to mix & match if you would like. Their candles are made of natural soy wax. Choosing your scents typically takes up the most time, while the actual candle making process may take as little as ten minutes. Once poured, candles typically take 30-50 minutes to cool. During this time, participants can feel free to shop the selection of self-care products, home fragrance collection & more or play some games! If you plan to purchase anything, please bring extra spending money!	Wed, July 16, 3:00-5:00pm <u>Location:</u> Nana's Apothecary- 1117 N. Badger Ave. Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 10 Register by July 14	Social skills, decision making, following directions, behavior in a public setting, communication, building relationships



Hanging with Friends and the Nana's Apothecary shop friendly dog during the May Candle Making event! A great time was had by all!!!!



For more info on CI: Young Adults, contact Jackie: Jackie@soarfoxcities.com or (920) 731-9831 x121

Adult Programs (AE & CI: Adults)

Program	Details	Skills
 Baking with LeeAnn You'll be making Red, White and Blue Cheesecake Bars.	Tues, July 1, 10:00am-12:00pm <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 Register by June 24	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 Bingo with Abby Come win big at BINGO! A small snack will be provided.	Wed, July 2, 6:00-7:30pm <u>Location:</u> SOAR Lower Level Fee: \$24 member/ \$30 non-member Capacity limit= 25 Register by June 25	Fine motor skills, following directions, communication, making friends, problem solving
 No Bake with LeeAnn You'll be making S'more Popcorn Balls	Mon, July 7, 10:00-11:30am <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 12 Register by June 30	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 Dinner & a Movie with Abby Join us at El Azteca for dinner before WALKING over to Valley Grand Cinema for a movie! Make sure to dress for the weather and bring money if you want to purchase snacks/drinks.	Wed, July 9, 4:30-8:00pm <u>Location:</u> El Azteca (Appleton East Location)- N474 Eisenhower Dr., Appleton Fee: \$42 member/ \$84 non-member / **Caregiver fee is now \$9 PLUS they will buy their own dinner. Capacity limit= 25 Register by June 30	Communications, following directions, being in a group setting, making friends and building relationships. Responsibility for money (if buying extra snacks)
 Dance with Abby Let's Dance! We have moved locations for the summer (June, July, and August). We will return to St. Mary's in September!	Fri, July 11, 6:00-8:00pm <u>Location:</u> Fritsch Park- 1651 Sandy Lane, Menasha Fee: \$10 member/ \$20 non-member Capacity limit= 100 Register by July 8	Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships
 Super Saturday- Olive Garden & New Zoo Join us as we enjoy Olive Garden at SOAR and then head to the New Zoo in Green Bay to tour and meet some cute animals. Please dress for the weather and bring money, if you are interested in souvenirs! Both pick-up and drop-off will be at SOAR!	Sat, July 12, 12:00-5:00pm <u>Location:</u> Drop off: SOAR Lower level- then bus ride to New Zoo Pick up: after event at SOAR building Fee: \$84 member/ \$180 non-member/ \$80 Caregiver Capacity limit= 25 Register by July 8	Communications, following directions, being in a group setting, making friends and building relationships. Responsibility for money (if buying extra stuff)

Adult Programs (continued)

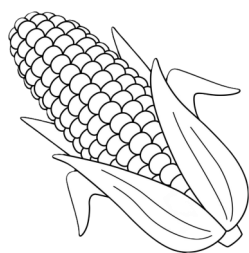
Program	Details	Skills
 Make and Take with LeeAnn You will be making a Chicken Pasta Salad.	Mon, July 14, 10:00-11:30am <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 Register by July 7	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 Healthy Cooking Class With LeeAnn Healthy Cooking is a 2 week cooking and nutritional education class. Each night you will prepare your own dinner. <u>Pick ONE session:</u> either July 15 & 22 OR July 29 & Aug. 5	Tuesdays, July 15 & 22 OR July 29 & August 5, 4:00-5:30pm <u>Location:</u> SOAR Lower Level Fee: \$66 member/ \$112 non-member Capacity limit= 10 Register by July 8	Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 Baking with LeeAnn You'll be making a Rocky Road Freezer Pie. A pie with chocolate, marshmallows, nuts with a graham cracker crust.	Thurs, July 17, 10:00am- 12:00pm <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 10 Register by July 10	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 Grief Class with LeeAnn Learn strategies to help with your grief journey . 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.	Wed, July 23, 4:00-5:30pm <u>Location:</u> SOAR 1st Floor Board Room Fee: \$24 member/ \$48 non-member Capacity limit= 10 Register by July 16	Coping strategies, communication, decision making, critical thinking, being in a group setting, building relationships, art therapy
 Eat Right and Meal Planning with LeeAnn We'll be talking about planning a well balanced meal, My Plate and work on meal planning.	Mon, July 28, 10:30am-12:30pm <u>Location:</u> SOAR 1st Floor Board Room Fee: \$24 member/ \$48 non-member Capacity limit= 8 Register by July 21	What is a balanced meal, food waste, recipe selection, menu planning and making a grocery list

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

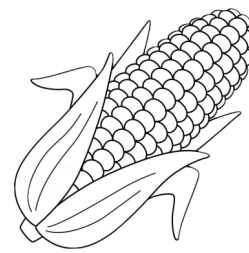
For more info on Community Inclusion: Adults 18+, contact Abby: Abby@soarfoxcities.com or (920) 731-9831 x130

Adult Programs (continued)

Program	Details	Skills
 Monthly Workshop: Special Olympics with Abby Join us at a combined event with Special Olympics to preview and learn all about Tee-Ball! We will be having a small dinner beforehand and then practicing/ learning all about Tee-Ball and Special Olympics.	Mon, July 28, 6:00-8:00pm <u>Location:</u> St. Pius Church, 500 W Marquette St. Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 15 Register by July 23	Communications, following directions, being in a group setting, making friends and building relationships
 Craft with Abby Come make some fun summer crafts! A small snack will also be provided.	Wed, July 30, 6:00-7:30pm <u>Location:</u> SOAR Lower Level Fee: \$24 member/ \$30 non-member Capacity limit= 25 Register by July 23	Fine motor skills, following directions, communication, making friends, problem solving
 Baking Class with LeeAnn Savory Bake - You'll be making a Mini Meatball Stuffed Garlic Bread.	Thurs, July 31, 10:00am-12:00pm <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 Register by July 24	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation



Save The Date!!



SOAR CORN ROAST

WHEN: THURSDAY, AUGUST 21ST

We are working hard to put the final touches on this fan favorite!!!

Mark your calendars so you don't miss out on the fun!

More information on the event will be in the August Newsletter!!

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

For more info on Community Inclusion: Adults 18+, contact Abby: Abby@soarfoxcities.com or (920) 731-9831 x130

Special Olympics ^{updates}

By the time you see this newsletter, our track season will be over. The team had a great day at the District Meet and twenty athletes are advancing to the Summer Games! Good luck athletes, it has been an exciting season!

Now, if we could just eliminate all the rainy days next season...



Upcoming SO Events:

Manitowoc Invitational (Softball & Bocce): June 28th, Manitowoc

District Softball & Bocce Tournament: August 2nd, Appleton Memorial Park

Fall Games: September 6-7, Woodside Dells Sports Complex, Wisconsin Dells

The 2025 Bowling Registration will be in the NEXT newsletter!

IMPORTANT: When completing an SO registration for ANY sports season, please **complete the form in its entirety** and return it to SOAR by the deadline. I realize 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.** Late registrations are only accepted IF there is room in the sport; that is up to our SO Coordinator's discretion.

Save the Date:

2nd Annual SOAR Special Olympics Brat Fry: Sunday, September 14th!

More details to follow in the next newsletter.



GET INVOLVED!

We are always looking for volunteers for Special Olympics, in all sports. Our current need is for our summer sports; softball, t-ball, and bocce. Contact SO Coordinator, Jen Kalishek, if you're interested in getting involved or for more info on SO.

Jen Kalishek | jen@soarfoxcities.com | 920-731-9831 ext. 122

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: _____

☐ Check here if already registered online or by telephone

Date of Activity	Activity Name	Cost

Submit total amount due to:
SOAR Fox Cities
211 E Franklin St., Suite A
Appleton, WI 54911

**Registration and Payment required
prior to activities.**
Pay by cash, check (#_____)
or online.

Total: _____

If you use IRIS, Lakeland Care, Inclusa, CLTS, or
Community Care please check this box ☐
Please provide billing name & contact info:

Young Adult Lunch with Jackie



Please pick an entree and one side for your meal

1. **Beer Battered Fish & Shrimp Platter** - Three pieces of beer-battered white fish and four large, crispy beer-battered shrimp served with tartar and cocktail sauce.
2. **Veggie Philly** - This vegetarian philly has sautéed mushrooms, onions, peppers stuffed in a hoagie roll and topped with melted American cheese.
3. **Classic Cheeseburger** - A half-pound burger served with cheddar cheese, lettuce, tomato, pickles, onions.
4. **Classic Chicken Sandwich** - Hand-breaded buttermilk fried chicken on a toasted brioche bun with pickles and mayo.
5. **Fish and Chips** - Three pieces of beer-battered white fish lightly fried, with tartar sauce.
6. **Cajun Chicken Bowl** - Blackened chicken breast with red beans & rice. Topped with handmade pico de gallo. Does contain pork.
7. **Homemade Chicken Pot Pie** - Scratch-made cream sauce, vegetables, chicken, light flaky crust.
8. **Philly Cheesesteak** - Grilled steak, sautéed mushrooms, onions, peppers stuffed in a hoagie roll and topped with melted American cheese.
9. **Grilled White Fish** - Single white fish fillet grilled with lemon pepper seasoning or blackened over rice. With two sides.

SIDES: Fries, broccoli, broccoli cheese casserole, buttered corn, loaded baked potato, coleslaw, mashed potatoes, green beans, or carrots.



For Jackie's Lunch @
Cheddars on 7/10/25

**Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911

OR hand into the office to Jackie **BY JULY 7TH**

Name of participant: _____

Meal choice with side: _____

Allergies/accommodations: _____



Board & Brush With Jackie

This activity is for participants 18-30 years of age

Join Jackie at Board & Brush to make a fun board design! They will provide all the materials and help instruct you step by step to create a beautiful sign perfect for the 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 call or email Jackie your choice. If you choose to email, please include the name of participant **AND** design choice.

Email Jackie at: Jackie@soarfoxcities.com

Phone: 920-731-9831 x 121

1



4



7



2



5



8



3



6



9



10



For Jackie's B&B
on 7/2/25

****Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911**

OR hand into the office to Jackie BY JUNE 30TH

Name of participant: _____

Design choice: _____



El Azteca with Abby C

Join Abby at El Azteca to enjoy a meal before heading to a movie at Valley Grand Cinema! Please choose one of the options to eat and add comments to how you want it specifically customized. Please also list any allergies. We will order drinks when we get there!

- 1 **Cheeseburger:** served with lettuce, tomato, onions, and french fries
- 2 **Taco Salad:** Crispy shell flour tortilla with melted cheese sauce, covered with lettuce, cheese, tomato, guacamole, sour cream, and pico de gallo - with marinated chicken
- 3 **Enchiladas Suizas:** Three chicken enchiladas topped with cheese and green sauce. Served with beans, lettuce, tomatoes and sour cream
- 4 **Burrito Azteca:** Large flour tortilla filled with your favorite meat, topped with lettuce, tomato, red sauce, sour cream and cheese. - with chicken/beef Served with Mexican rice and beans.
- 5 **Chimichangas:** Stuffed with your favorite meat, topped with cheese sauce, lettuce, sour cream, guacamole, and pico de gallo - with Chicken or Beef. Served with rice and refried beans
- 6 **Cheese Quesadilla or Grilled Quesadilla:** Your choice of chicken, steak or pork on a flour torilla, served with lettuce and sour cream.
- 7 **Pollo Poblano:** Chicken breast with poblano pepper strips, mushrooms and shredded cheese, rice, lettuce, tomatoes and Mexican rice.
- 8 **Tacos al carbon (3):** Three steak or chicken tacos in soft flour tortillas with cheese dip inside, served with Mexican rice and refried beans, lettuce and pico de gallo.
- 9 **Nachos Fajitas:** Bed of crispy corn tortillas with grilled chicken, grilled beef with sautéed onions, tomatoes, bell peppers, white and yellow cheese, beans, garnished with lettuce, guacamole and sour cream.
- 10 **Queso Fundido:** Melted cheese with Mexican sausage, mushrooms and flour tortillas on the side



**Dinner and a Movie - Bring to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911
OR email to Abby (abby@soarfoxcities.com) **BY JUNE 30TH**

Name of participant: _____

Choice Number: _____

Allergies/Accommodations: _____
