



# January 2026

## Activity & Program Guide



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### Holiday Office Hours

SOAR office will be **CLOSED**:

**Wednesday, December 24th through  
January 4th, 2026**



Online registration will be closed during this time. We will process any registrations received through 4pm on 12/23, however you will not be able to register via online Jotform during the office closure dates for January activities.

Jotform will be made available again on Monday 1/5 and we will process registrations in the order they are received.

### 2026 MEMBERSHIPS REMINDER!!!

Membership and Participant Information Forms (PIFs) can be found at the end of this newsletter. Please complete both forms and return them with your payment to continue enjoying your favorite classes at the member rate.

***Important: Every participant must have a current 2026 PIF on file to take part in any activities.***

**All paid memberships received in the office by December 31, 2025 (or postmarked by 12/31 if mailed) and paperwork will receive an exclusive SOAR water bottle!** Also, 1 lucky member will be drawn to win a \$50 Kwik Trip Gift Card!!

***Please note: water bottle must be picked up at the office — we're unable to ship them.***

**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](mailto:info@soarfoxcities.com)    **Fax:** 866-458-0456

**Website:** [www.soarfoxcities.com](http://www.soarfoxcities.com)

**Supported By:**



# Message from the Director~



Hello Friends of SOAR!

It's hard to believe the holiday season is already upon us. This year has truly flown by! As 2025 comes to a close, I wanted to share a few cheerful updates and important reminders before we head into the new year.

## 🕒 Time to Renew Your SOAR Membership!

Now is the perfect time to submit your 2026 membership forms. Any membership **postmarked and paid by December 31st** will be entered to win a **\$50 Kwik Trip gift card and receive a free SOAR gift!** (Gifts must be picked up at the SOAR office.)

## 🏡 Holiday Office Closure

Our offices will be closed for our annual holiday break from **Wednesday, December 24th through Friday, January 2nd**. We will reopen on **Monday, January 5th at 9:00 AM**. Please note: **No registrations will be processed during this time.**

## ☃️ Inclement Weather Reminder

Winter is here, which means it's a good time to review our weather policy:

- If **AASD closes, SOAR typically closes**, and all activities are canceled.
- When same-day cancellations are necessary, we will typically make that decision by **noon**.
- All closures and cancellations are communicated via **email** and on our **Facebook page**. [It is very important that you have an updated and active email address on file with us!](#) It is also your responsibility to keep your eyes open for cancelation notices. Unfortunately, we cannot make phone calls because of the number of people we have to call!
- If the SOAR office is closed due to weather, we will also post on **News Channels 2 and 5**.

## 🎄 Warm Wishes for the Holiday Season

Even though this newsletter looks ahead to January, it is sent with heartfelt December gratitude. I hope each of you has a joyful, restful holiday season. As we kick off a new year, I'm deeply thankful for our community and for the joy, resilience, and kindness you bring to SOAR.

From all of us at SOAR Fox Cities — thank you for being such an important part of our mission. Wishing you peace, warmth, and happiness this holiday season. See you in 2026! ~ **Erin Schultz-Wege**, Executive Director

## SOAR Fox Cities Board of Directors

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

“TEAMWORK – Alone we can do so little.

TOGETHER – we can do so much.”

## Get in Touch!

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

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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

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 are currently looking for volunteers to help us with our Special Olympics Swimming season! You do not need to be an expert in swimming to volunteer!

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

# ANNOUNCEMENTS AND REMINDERS

## **Join us in celebrating 70 years of empowerment!!**

SOAR Fox Cities is proud to celebrate **70 incredible years of empowering people with differing abilities** and strengthening our community. Since our founding, we've grown, innovated, and worked alongside thousands of amazing individuals, families, supporters, and partners, and in 2026, we're honoring that legacy with a **full year of celebration!**

Throughout the year, you're invited to join us for a variety of **exciting activities and special events**, including:

- ◊ Opportunities to share **your favorite SOAR memories**, photo, and stories of impact!
- ◊ **Testing your SOAR knowledge** in weekly Facebook trivia posts!
- ◊ Community engagement events designed to **connect, celebrate, and spread awareness**
- ◊ **Special volunteer projects** that bring our community together in service!
- ◊ Our 35th Annual Golf Outing— returning at a **NEW location** for this milestone year!
- ◊ A special **70th Anniversary Gala** that will honor our past and spark inspiration for our future
- ◊ And as we celebrate, we're also looking ahead- **continuing to grow by launching new programs** that expand opportunities for people with differing abilities

This milestone year is all about celebrating the people who make SOAR what it is— participants, families, volunteers, donors, partners, and **friends like you**. Thank you for helping us lift abilities, build inclusion, and create opportunities for 70 years. **Here's to the next 70!**

## **Save the Date— 70th Anniversary Gala**

**Thursday, June 18th | 5:00-9:00PM | National Railroad Museum, Green Bay**

All aboard for an unforgettable evening of celebration and impact! Join us for SOAR Fox Cities' 70th Anniversary Gala, a milestone event honoring seven decades of empowering youth and adults with disabilities. You are invited on a journey through our past, present, and future as we celebrate the lives changed and the communities strengthened through our mission!

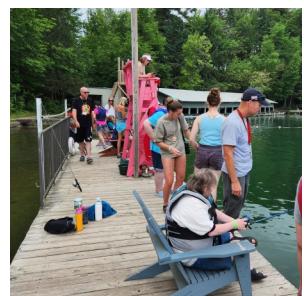
**For more information, visit: [soarfoxcities.com/anniversary\\_gala/](http://soarfoxcities.com/anniversary_gala/)**  
Or contact Angie Petit: [Angie@soarfoxcities.com](mailto:Angie@soarfoxcities.com) | (920) 731-9831 x111



## **SOAR CAMP ONAWAY**

**JUNE 9-13, 2026**

**APPLICATIONS WILL BE AVAILABLE  
STARTING FEBRUARY 2ND!!!**



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

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

January	Program Choice	Time	Page	member/non-member/caregiver	IRIS-Code	Staffed By:	Type KEY	Class Capacity	Register By:
5	No Bake	10:00-11:30am	9	\$36/\$72	F	LeeAnn	AE	12	12/22
6, 13, 20, 27	Y-Fit	10:45-11:45am	8	\$42/\$84	C	Jackie	18-30	12	1/5
7	BINGO	6:00-7:30pm	9	\$24/\$30	F	Abby	Adult	25	1/5
7	Charm Bar	1:00-2:00pm	8	\$21/\$42	C	Jackie	18-30	10	1/5
8	Lunch & Learn Virtual	11:30am-12:30pm	6	FREE	-	Jillian	FAM	25	1/8
8	TnT	6:30-8:00pm	6	FREE	-	Lisa	Youth	NA	NA
9	Dance	6:00-8:00pm	9	\$10/\$20	C	Abby	Adult	100	1/6
13	People First Fox Cities	6:00-7:00pm	7	FREE	C	LeeAnn	ADV/PF	20	1/6
14 & 21	Household Chores	4:00-5:30pm	9	\$30/\$60	F	LeeAnn	AE	10	1/7
14	Dinner & a Movie	4:30-8:00pm	9	\$42/\$84/\$30	C	Abby	Adult	25	1/7
15	Baking Class	10:00am-12:00pm	9	\$36/\$72	F	LeeAnn	AE	8	1/8
15	Badger Sports Park	6:00-8:00pm	8	\$42/\$84	C	Jackie	18-30	20	1/13
19	Make & Take	10:00am-12:00pm	9	\$36/\$72	F	LeeAnn	AE	8	1/12
20 & 27	Healthy Cooking	4:00-5:30pm	10	\$72/\$144	F	LeeAnn	AE	8	1/13
21	Il Bar + Board & Brush	11:00am-1:00pm	8	\$42/\$84	C	Jackie	18-30	10	1/19
21	Game Night	6:00-7:30pm	10	\$24/\$30	F	Abby	Adult	25	1/15
22	Baking Class	10:00am-12:00pm	10	\$36/\$72	F	LeeAnn	AE	8	1/15
22	TnT	6:30-8:00pm	6	FREE	-	Lisa	Youth	NA	NA
23	Frozen Frenzy TnT	8:00-10:00pm	6	\$8 per person	-	Lisa	Youth	NA	1/22
24	Super Saturday- Mineshaft & Herd Game	2:30-10:00pm	10	\$84/\$168/\$80	C	Abby	Adult	25	1/20
27	Mini But Mighty	9:00-11:00am	6	FREE	-	Jillian	FAM	10 Families/	1/26
28	Menu Planning	4:00-5:30pm	10	\$24/\$48	F	LeeAnn	AE	10	1/21
28	Craft Night	6:00-7:30pm	10	\$24/\$30	F	Abby	Adult	25	1/21
29	Tommy's Mini Golf & Arcade	6:00-8:00pm	8	\$42/\$84	C	Jackie	18-30	20	1/27

## **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.

# Youth Programs

Program	Details	Skills
<b>TnT with Lisa</b>  Happy New Year TnT!	<b>Thurs, Jan 8, 6:30-8:00pm</b>  <u>First Congregational Church</u> 724 E. South River St., Appleton FREE <b>No Registration Date</b>	Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships
<b>TnT with Lisa</b>  NOTE: There is a 2 week gap between this TnT and the next one in Feb.	<b>Thurs, Jan 22, 6:30-8:00pm</b>  <u>First Congregational Church</u> 724 E. South River St., Appleton FREE <b>No Registration Date</b>	Building relationships, teamwork, communication, decision making, creative thinking, turn taking, social appropriate skills
<b>Frozen Frenzy TnT</b>  Dance with TnT for the night.	<b>Fri, Jan 23, 8:00-10:00pm</b>  <u>Location:</u> Fox Crossing Community Center - 1000 Valley Rd., Menasha Cost: \$8 per person <b>Must Register by Jan 22</b>	Relationship building, appropriate public behavior, communication

**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>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>Thurs, Jan 8, 11:30-12:30pm</b>  <u>Virtual</u> FREE Capacity limit: 25 <b>Register by Jan 8</b>	Networking, resources, vulnerability to share experiences, active listening, building relationships
<b>Mini but Mighty</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, Jan 27, 9:00-11:00am</b>  <u>Sensory Club: 976 American Dr. Neenah</u> FREE Capacity limit: 10 families, 15 kids <b>Register by Jan 26</b>	Networking, social skills, resources, parallel and joint play, communication, vulnerability, and compassion.

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

# Advocacy Programs

Program	Details	Skills
<b>People First Fox Cities with LeeAnn</b>  The group encourages and trains individuals to speak up and advocate for themselves. The meeting will be at the Menasha Library 6-7 pm. We will meet in the Fox River Room on the 1st floor. We will be planning for 2026!	<b>Tues, Jan 13, 6:00-7:00pm</b> <u>Location:</u> Menasha Public Library, Address: 440 1st St., Menasha FREE Capacity limit= 20 <b>Register by Jan 6</b>	Self Advocacy, social skills, communication, community resources and building relationships
<b>Virtual TBI Support Group with Clare</b>  A great chance to network with other survivors, loved ones and caregivers on a similar journey from the comfort of your home or office.	<b>Thurs, Jan 8, 5:00-6:00pm</b> <u>Zoom</u> FREE <b>No Registration Date</b>	Networking, resources, vulnerability to share experiences, active listening, building relationships, offering support
<b>St. Elizabeth's TBI Support Group with Clare</b>  We will be having a WELCOME 2026 pot luck party!	<b>Mon, Jan 26, 6:00-7:00pm</b> <u>St. Elizabeth's Hospital</u> 1506 S. Oneida St., Appleton 2nd Floor, Conference Room 1 & 2 FREE <b>No Registration Date</b>	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



**May 14 - 15, 2026 | Holiday Inn Stevens Point – Convention Center | Families and Professionals on the Path Together**

Circles of Life is an annual, statewide conference for families of children and youth with disabilities and the professionals who support them. The conference is a unique opportunity for families and the professionals who support them to develop new skills, learn about resources and form lasting relationships.

**Registration opens February 1st, 2026**

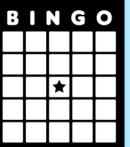
**more info at: <https://familyvoiceswi.org/circles-of-life-conference/#registration>**

# Community Inclusion (Young Adult 18-30)

Program	Details	Skills
<b>Y-Fit</b>  <p>It's back! Join Jackie and friends for a fun, fitness-filled experience! Each class we have a new set of exercises designed to keep you active and entertained. We look forward to seeing you there!</p>	<b>Tues, Jan 6, 13, 20, 27, 10:45-11:45am</b> <b>Location:</b> YMCA Fox Cities 218 E. Lawrence St. Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 12 <b>Register by Jan 5</b>	Communication, relationship building, creative thinking, being in a group setting, physical strength, balance, cooperation, and coordination
<b>Charm Bar</b>  <p>Come make your own charm bracelets! There are hundreds of charms to pick from to make yours unique to you!</p>	<b>Wed, Jan 7th, 1:00-2:00pm</b> <b>Location:</b> Alyssa & Anna 135 E. College Ave., Appleton Fee: \$21 member/ \$42 non-member Capacity limit= 10 <b>Register by Jan 5</b>	Fine motor skills, Following directions, communication, making friends, problem solving, being in a group setting
<b>Badger Sports Park</b>  <p>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, and laser maze. Feel free to bring more money for other activities!</p>	<b>Thurs, Jan 15, 6:00-8:00pm</b> <b>Location:</b> Drop off and pick at Badger Sports park- 3600 E. Evergreen Dr, Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 20 <b>Register by Jan 13</b>	Communication, following directions, be in a group setting, building relationships, making decisions, helping others (empathy), taking turns, and public behaviors
<b>Il Bar + Board &amp; Brush</b>  <p>Enjoy lunch with friends at Il Bar! <b>Il Bar will be BRING YOUR OWN MONEY!</b> Once we are finished with lunch &amp; drinks, we will take a short WALK and head to Board &amp; Brush to create our signs. See insert for choices!</p>	<b>Wed, Jan 21, 11:00-1:00pm</b> <b>Location:</b> <b>DROP OFF:</b> Il Bar 324 E College Ave <b>PICK UP:</b> Board & Brush 109 N Durkee Fee: \$42 member/ \$84 non-member Capacity limit= 10 <b>Register by Jan 19</b>	Social skills, decision making, following directions, behavior in a public setting, communication, building relationships, critical thinking
<b>Tommy's Mini Golf &amp; Arcade</b>  <p>Come enjoy have some fun at Tommy's! We will be having a double cheeseburger with the works, fries, and a drink Per Person. You will get a fun card pre loaded with some money for games + play 18 holes of mini golf! Feel free to bring more money for other activities!</p>	<b>Thurs, Jan 29, 6:00-8:00pm</b> <b>Location:</b> <b>Drop off and Pick up at Tommy's Mini Golf &amp; Arcade</b> - 3950 N. Richmond St., Appleton Fee: \$42 member/ \$84 non-member Capacity limit= 20 <b>Register by Jan 27</b>	Communication, following directions, be 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

# Adult Programs (AE & CI: Adults)

Program	Details	Skills
 <b>No Bake with LeeAnn</b> <p>You will be making Puppy Chow Bars. A twist on the classic, these bars packed with peanut butter, chocolate, marshmallows and crispy cereal.</p>	<b>Mon, Jan 5, 10:00-11:30am</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 12 <b>Register by Dec 22</b>	Microwave safety, planning, following directions, use of equipment and tools, measurements, kitchen safety and sanitation.
 <b>BINGO with Abby</b> <p>Come win big at BINGO! A small snack will be provided.</p>	<b>Wed, Jan 7, 6:00-7:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$24 member/ \$30 non-member Capacity limit= 25 <b>Register by Jan 5</b>	Fine motor skills, following directions, communication, making friends, problem solving
 <b>Dance with Abby</b> <p>Let's Dance! We are back at St. Mary's! NOT THE PARK!</p>	<b>Fri, Jan 9, 6:00-8:00pm</b> <u>Location:</u> St. Mary's Menasha- 528 2nd St. Fee: \$10 member/ \$20 non-member Capacity limit= 100 <b>Register by Jan 6</b>	Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships
 <b>Household Chores</b> <p>The class will learn and practice cleaning and laundry.</p>	<b>Wed, Jan 14 &amp; 21, 4:00-5:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$30 member/ \$60 non-member Capacity limit= 10 <b>Register by Jan 7</b>	Activities of daily living, chemical use and safety, decision making, following directions, communication
 <b>Dinner &amp; a Movie with Abby</b> <p>We will be back to Hollywood Cinema for the winter season! Enjoy Pizza followed by a movie in our own theater (Hollywood Cinema)! Bring money for snacks if you'd like. Drop off and pick up on the movie side of building.</p>	<b>Wed, Jan 14, 4:30-8:00pm</b> <u>Location:</u> Hollywood Cinema 513 Westhill Blvd., Appleton Fee: \$42 member/ \$84 non-member/ \$30 caregiver Capacity limit= 25 <b>Register by Jan 7</b>	Communications, following directions, be in a group setting, making friends and building relationships, responsibility for money (if buying extra snacks)
 <b>Baking Class with LeeAnn</b> <p>You will be making a Hot Chocolate Cake.</p>	<b>Thurs, Jan 15, 10:00am-12:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 <b>Register by Jan 8</b>	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <b>Make &amp; Take with LeeAnn</b> <p>You will be making a Chicken Chiles Rellenos Casserole. A Mexican flare of cornmeal casserole with chicken and pabelon peppers and chilies.</p>	<b>Mon, Jan 19, 10:00am-12:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 <b>Register by Jan 12</b>	Planning, following directions, use of equipment and tools, measurements, kitchen safety and sanitation

# Adult Programs (Continued)

Program	Details	Skills
 <b>Healthy Cooking with LeeAnn</b> <p>Healthy Cooking is a 2 week cooking and nutritional education class. Each night you will prepare your own dinner.</p>	<b>Tues, Jan 20 &amp; 27, 4:00-5:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$72 member/ \$144 non-member Capacity limit= 8 <b>Register by Jan 13</b>	Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <b>Game Night with Abby</b> <p>Join us for a night of fun games!</p>	<b>Wed, Jan 21, 6:00-7:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$24 member/ \$30 non-member Capacity limit= 25 <b>Register by Jan 15</b>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships
 <b>Baking with LeeAnn</b> <p>You will be making Dill Pickle Bread from scratch. Tangy Dill and pickle flavor baked into a savory bread that is great for sandwiches or snacking.</p>	<b>Thurs, Jan 22, 10:00am-12:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 <b>Register by Jan 15</b>	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <b>Super Saturday- Mineshaft &amp; Herd Game</b> <p>Join us as we head to Oshkosh for a night of games and fun! We will head to Mineshaft for a pizza dinner with some treats and then watch as the Oshkosh Herd Basketball team take on the Noblesville Boom! There will be some ADA seating. Please <b>remember to bring money for concessions</b>, if you want some and make sure to dress for the weather! <b>NO BAGS/PURSES!</b></p>	<b>Sat, Jan 24, 2:30-10:00pm</b> <u>Location:</u> BOTH DROP OFF AND PICK UP AT SOAR! (Mineshaft-2041 S Koller St., Oshkosh/ Oshkosh Arena- 1212 S. Main St., Oshkosh) Fee: \$84 member/ \$168 non-member/ \$80 caregiver Capacity limit= 25 <b>Register by Jan 20</b>	Communication, decision making, critical thinking, Following directions, being in a group setting, making friends and building relationships
 <b>Menu Planning with LeeAnn</b> <p>Learn the basics of menu planning, planning meals ahead, portions and making a shopping list.</p>	<b>Wed, Jan 28, 4:00-5:30pm</b> <u>Location:</u> SOAR 1st Floor Boardroom Fee: \$24 member/ \$48 non-member Capacity limit= 10 <b>Register by Jan 21</b>	Planning, following direction, menu planning, meal preparation and food storage.
 <b>Craft Night</b> <p>Join us as we make some winter crafts!</p>	<b>Wed, Jan 28, 6:00-7:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$24 member/ \$30 non-member Capacity limit= 25 <b>Register by Jan 21</b>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships

**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*

## **ATTENTION! MEDICAL PACKET CHANGES COMING SOON!**

Effective **January 1st, 2026**, Special Olympics, Wisconsin will no longer require physical exams for athletes, with a few important exceptions. A physical exam, or note from the doctor, will still be necessary in cases where:

- A current athlete is requesting the **removal of a sports restriction**
- An athlete, parent, or guardian indicates a **concussion within the past 30 days or previous participation limitations by a healthcare provider** on the new registration form

This change comes from Special Olympics, Inc., in response to consistent feedback that the physical requirement has created a barrier to participation for many athletes.

### **What Is the New Paperwork Requirement for Athletes?**

A new **4-page Athlete Registration Form** will replace the current forms. This comprehensive form includes:

- Athlete information
- Medical information including health concerns, diagnoses, and medications
- Release Form details
- Communicable Disease Waiver

All **new athletes** must complete this new form starting January 1st. **Current athletes** will transition to the new form as their existing documentation expires.

### **Important Notes:**

- This will be the **only form required** for athletes (except in medical cases as outlined above).
- Forms will now be valid for **one year**, rather than the current three-year period.

**\*Athletes with medicals expiring on or before 1/1/26 should submit the current medical packet. In January you can obtain the new paperwork from the SOAR office, via email, or on our website.**



Congrats to the bowlers who competed at State Bowling in Wausau— it was a fantastic end to the season!

### **IMPORTANT REMINDER:**

**Do not turn in paperwork or payments at practices or tournaments. Please make payments directly to the SOAR office, and submit all registration forms and medicals directly to the office or via email to Jen!**

### **Upcoming SO Events:**

2026 Neenah Invitational Basketball Tournament: Saturday, January 24th, Neenah Middle School

2026 District Basketball Tournament: Sunday, March 1st, Neenah Middle School

2026 District Swim Tournament: Saturday, March 21st, Neenah Middle School

2026 Spring Games: April 17-19th, UW Oshkosh



### **GET INVOLVED!**

We are always looking for volunteers for Special Olympics, in all sports. Contact SO Coordinator, Jen Kalishek, if you're interested in getting involved.

Jen Kalishek | [jen@soarfoxcities.com](mailto:jen@soarfoxcities.com) | 920-731-9831 ext. 122



THURSDAY, JANUARY 29TH

6:00pm-8:00pm

### DETAILS:

- ✓ Arcade games
- ✓ Mini golfing
- ✓ Tom's Double Cheeseburger with the Works, Fries, and a Drink



Participants will get a preloaded card with some money on it. Please bring more money if you plan to do other activities.

ANY QUESTIONS?  
CONTACT JACKIE!

📞 920-731-9831 x 121

✉️ Jackie@soarfoxcities.com

**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!**

Register via slip before or online at [soarfoxcities.com/register-for-activities/](http://soarfoxcities.com/register-for-activities/)



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

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

**Check box 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:



# 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



For Jackie's B&B  
on 1/21/26

\*\*Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911  
OR hand into the office to Jackie **BY JANUARY 15TH**

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

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



# 2026 SOAR Fox Cities Special Olympics Swim Registration

Athlete Name: \_\_\_\_\_ Athlete Phone: \_\_\_\_\_

Athlete Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email (required): \_\_\_\_\_

I have previously competed in:  Front Crawl  Backstroke  Butterfly  Breaststroke  Freestyle

I'd like to learn the following:  Front Crawl  Backstroke  Butterfly  Breaststroke  Freestyle

I'm new and unsure of which events I'd like to participate in: \_\_\_\_\_

I will compete in the District Swim Meet on Saturday, March 21st in Neenah.

I will not compete in the District Swim Meet.

If I qualify, I will compete in the State Spring Games, April 17th-19th in Oshkosh.

If I qualify, I will not compete in the State Spring Games.

\*Please note, athletes can only compete in ONE sport during tournaments. If you are registered for swim and basketball, you cannot compete in both sports as the tournaments are at the same time, however, you can attend and participate in practices for both sports.

\*\*Athletes that advance to State will incur additional State competition fees.

## TENTATIVE PRACTICE SCHEDULE:

Mondays & Thursdays 4:30-5:30pm

Appleton West High School

First Practice- Monday, February 23<sup>rd</sup>. Last Practice- April 16<sup>th</sup>.

\*AWHS has the right to change our practice schedule. If that happens, we will notify registered athletes. Confirmation emails will be sent 1 week prior to the first practice.

\*Required: All participants should have a solid black swimsuit or swim trunks, cover-up, towel, and flip flops or sandals.

Fee: \$75 for SOAR members | \$95 for non-members

Please return all registrations and fees to SOAR by the deadline of February 1<sup>st</sup>.

Registration Deadline: February 12<sup>th</sup>, 2026

Medical Deadline: February 1<sup>st</sup>, 2026