



# February 2026

## Activity & Program Guide



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

Please remember: **Do not arrive more than 15 minutes before activities begin!** If you do, you must wait outside the building until the leader of that specific activity arrives. Other staff will not be allowed to let you inside the building unattended. Please plan ahead because we do not want anyone waiting outside in unsafe weather.

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### **Activity Sign-Up Announcement**

Classes have been filling up quickly and we understand that has been frustrating. While we're working on adding space & classes we're also trying things to make sign-up smoother. In an attempt to make signing-up for activities as fair as possible **we will still be sending out the hardcopy newsletter mid-month on Thursday evening, BUT we will be waiting until the following Monday at noon to post the electronic newsletter on the website.**

At this same time is when we will send the newsletter email AND make sign-up live on our website. We thank you for your patience and understanding.

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

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

**Phone:** 920.731.9831    **E-mail:** [info@soarfoxcities.com](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!

Welcome back from winter break! I hope everyone had a wonderful holiday season and that your new year is off to a great start. As we settle into 2026, we're excited to share a few updates and reminders to help you kick off February with fun and connection.

### Valentine's Party - Don't Miss the Fun!

Love is in the air! Our annual Valentine's Party is right around the corner, and we can't wait to celebrate with you. Be sure to register early as this event always fills up quickly, and we'd love to see you there!

### Super Saturday - Disney on Ice

Super Saturday is back with a magical outing to Disney on Ice! This is always one of our most popular events, so if you're interested in attending, please register as soon as possible. Tickets and transportation spots are limited.

### Inclement Weather Reminder

Winter in Wisconsin is unpredictable, so please take a moment to review our weather policy:

- If AASD closes, SOAR closes, and all activities are canceled.
- Same-day cancellations are typically made by noon.
- All updates will be sent via email and posted on Facebook.
- If the SOAR office itself closes due to weather, we will also announce it on News Channels 5 and 11.

Your safety is always our top priority, and staying aware of weather updates helps us keep everyone safe and informed. Unfortunately we cannot call everyone to provide notification of cancellations. Please be sure to watch your emails, Facebook, and the News Channels 5 and 11 during inclement weather!

### Looking Ahead

Thank you for being part of the SOAR community. Your energy, kindness, and involvement continue to make SOAR a place where everyone belongs and thrives. We're excited for all that 2026 has in store and can't wait to spend more time together in the months ahead.

Warmly,

**~ 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>

*"Every day of my life, I'm trying to find a different way to get better." ~ Ray Lewis*

## Get in Touch!

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

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### Community Resource & Engagement Coordinator

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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 (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 and Basketball seasons! You do not need to be an expert in swimming or basketball to volunteer!

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

# ANNOUNCEMENTS AND REMINDERS

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



When facing the main entrance of the building from the parking lot you will see a black box with a silver lid on the right side of the building doors. **This is the after-hours drop box where payments or paperwork can be left when SOAR is closed.** This includes before or after the hours of 9:00-4:30pm M-TH, or Fridays, Saturdays, and Sundays. Simply lift the silver top and drop your envelope into the opening. **We always recommend dropping things off to the office during office hours for the most security,** but we understand that not everyone's schedules allow for this. This lock box will be checked once a day by SOAR staff or the building manager. If you drop something off on Friday, or Thursday night, it may not be checked/received until Monday. Please call the office if you have questions.

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

Friendly Reminder: DO NOT give coaches, volunteers, or SOAR staff payment or any SOAR document that need to be filled out/turned into the office while at practices or programs! We will NOT accept it!

**All payment and forms must be turned in to the SOAR Office during office hours, mailed in, or dropped-off in the lock box.** You can also go to [soarfoxcities.com](http://soarfoxcities.com) for payment and activity registration, or speak with a staff member on the phone. As a reminder: voicemails or emails will not be accepted as registration.

## **More respite time (AE and SRR)**

On the last Wednesday of each month there will be a **back-to-back SRR activity and AE activity** with 30-60 minutes in between to allow caregivers more respite time. The activities will not always be the same kind (ie- crafts followed by baking), but will always be an SRR activity followed by an AE activity. Please note, it is NOT required that the participant signs-up for both classes if they only want to attend one of the two. Please call the office with any questions.



## **SOAR CAMP ONAWAY**

**JUNE 9-13, 2026**

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



**Program Type KEY**

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

**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**

February	Program Choice	Time	Page	member/non-member/caregiver	IRIS-Code	Staffed By:	Type KEY	Class Capacity	Register By:
<b>4, 11, 18</b>	Healthy Relationships 2	4:00-5:30pm	9	\$30/\$60	F	LeeAnn	AE	8	1/28
<b>3, 10, 17, 24</b>	Y-Fit	10:45-11:45am	8	\$42/\$84	C	Jackie	18-30	15	2/2
<b>3, 10, 17, 24</b>	Table Talk- Cooking Class	12:30-2:30pm	8	\$31.25/\$62.50 per class/date	C	Jackie	18-30	10	Friday before each class
<b>4</b>	BINGO	6:00-7:30pm	9	\$24/\$30	F	Abby	Adult	25	1/28
<b>5, 12, 26</b>	Every Body Moves-Fitness Class	10:00-11:00am	8	\$21/\$42 Per Class/date	F	Jackie	18-30	12	Wednesday before each class
<b>5</b>	Baking Class	10:00am-12:00pm	9	\$36/\$72	F	LeeAnn	AE	8	1/29
<b>9</b>	No Bake Class	10:00-11:30am	9	\$36/\$72	F	LeeAnn	AE	12	2/2
<b>9</b>	Chili's + Soda Bar	11:00am-1:00pm	8	\$42/\$84 BYOM for Soda Bar	C	Jackie	18-30	10	2/6
<b>10</b>	People First Fox Cities	6:00-7:00pm	7	FREE	C	LeeAnn	ADV/PF	20	2/3
<b>11</b>	Dinner & a Movie	4:30-8:00pm	9	\$42/\$84/\$30	C	Abby	Adult	25	2/4
<b>12</b>	Valentine Lunch	11:00am-1:00pm	10	\$30/\$60	F	LeeAnn	AE	25	2/5
<b>12</b>	TnT	6:30-8:00pm	6	FREE	-	Lisa	Youth	NA	2/12
<b>12</b>	Lunch and Learn- Virtual	11:30am-12:30pm	6	FREE	-	Jillian	FAM	NA	2/12
<b>14</b>	Dance	6:00-8:00pm	10	\$10/\$20	C	Abby	Adult	100	2/10
<b>16</b>	Soups On	10:30am-12:00pm	10	\$36/\$72	F	LeeAnn	AE	8	2/9
<b>2/17, 2/24 &amp; 3/3</b>	Healthy Cooking Classes	4:00-5:30pm	10	\$108/\$216	F	LeeAnn	AE	8	2/10
<b>2/18</b>	Bar + The Fire	11:00am-1:00pm	8	\$42/\$84	C	Jackie	18-30	10	2/16
<b>18</b>	Valentine's Party	5:30-7:30pm	10	\$30/\$36	F	Abby	Adult	25	2/11
<b>19</b>	Baking Class	10:00am-12:00pm	10	\$36/\$72	F	LeeAnn	AE	8	2/12
<b>21</b>	Super Saturday- Pizza & Disney on Ice	12:00-6:00pm	11	\$126/\$252/\$110	C	Abby	Adult	25	2/11
<b>23</b>	Make and Take	10:00-11:30am	11	\$36/\$72	F	LeeAnn	AE	8	2/11
<b>24</b>	Mini But Mighty	9:00-11:30am	6	FREE	-	Jillian	FAM	10 Families/15 kids including siblings	2/23
<b>25</b>	Value of Money	4:00-5:30pm	11	\$24/\$48	F	LeeAnn	AE	8	2/18
<b>25</b>	Cookie Decorating Workshop	6:00-7:30pm	11	\$48/\$96	F	Abby	Adult	25	2/18
<b>26</b>	Confident Women	5:00-6:30pm	11	BYOM	C	LeeAnn	AE	15	2/19
<b>26</b>	TnT	6:30-8:00pm	6	FREE	-	Lisa	Youth	NA	2/26

**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>  Welcome Back! The rest of the school year is every other week!	<b>Thurs, Feb 12, 6:30-8:00pm</b>  <u>First Congregational Church</u> 724 E. South River St., Appleton FREE <b>No Registration Date</b>	Communication, friendships, relationship building, creative thinking, decision making and independent thinking.
<b>TnT with Lisa</b>  A great night for hanging with friends!	<b>Thurs, Feb 26, 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

**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, Feb 2, 11:30-12:30pm</b>  <u>Virtual</u> FREE Capacity limit: 25 <b>No Registration Date</b>	Networking, resources, vulnerability to share experiences, active listening, building relationships
<b>Mini but Mighty</b>  Join us for Storytime, activities, networking, and lots of sensory-regulating fun! This support group is designed to allow your differently-abled child 5 years and younger and siblings to come with you and create connections of their own.	<b>Tues, Feb 24, 9:00-11:00am</b>  <u>Sensory Club</u> : 976 American Dr. Neenah FREE Capacity limit: 10 families or 15 kids (including siblings) <b>Register by Feb 23</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.	<b>Tues, Feb 10, 6:00-7:00pm</b> <u>Location:</u> Menasha Public Library 440 1st St., Menasha 54952 FREE Capacity limit= 20 <b>Register by Feb 3</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, Feb 12, 5:00-6:00pm</b> Zoom 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>  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.	<b>Mon, Feb 23, 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**

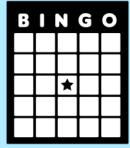
more info at: <https://familyvoiceswi.org/circles-of-life-conference/#registration>

# Community Inclusion (Young Adult 18-30)

Program	Details	Skills
 <p><b>Y-Fit</b> Join Jackie and friends for a fun and fitness-filled experience! Each class we have a new set of exercises designed to keep you active and entertained.</p>	<p><b>Tues, Feb 3,10,17,24, 10:45-11:45am</b>  <b>Location:</b> YMCA Fox Cities 218 E. Lawrence St. Appleton  <b>Fee:</b> \$42 member/ \$84 non-member  <b>Capacity limit=</b> 15  <b>Register by Feb 2</b></p>	Communication, relationship building, creative thinking, being in a group setting, physical strength, balance, cooperation, and coordination
 <p><b>Table Talk - cooking class</b> Come join Jackie and friends for a cooking class &amp; fun!</p>	<p><b>Tues, Feb 3,10, 17, 24, 12:30pm-2:30pm</b>  <b>Location:</b> Appleton Alliance Church 2693 Grand Chute Blvd., Appleton  <b>Fee:</b> \$31.25 member fee/\$62.50 non-member <b>FEE IS PER CLASS</b>  <b>Capacity limit=</b> 10  <b>Register by Friday before scheduled class</b></p>	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation, communications, coordination
 <p><b>Every Body Moves- Fitness Class</b> We will be participating in a fitness class or fitness activity each week! Wear active, comfortable clothing and bring a water bottle if you would like!</p>	<p><b>Thurs, Feb 5, 12, 26, 10:00-11:00am</b>  <b>Each class is registered separately - no class 2/19</b>  <b>Location:</b> Appleton Alliance Church (Xcel) 2693 Grand Chute Blvd., Appleton  <b>Fee:</b> \$21 member fee/ \$42 non-member fee  <b>FEE IS PER CLASS</b>  <b>Capacity limit=</b> 12  <b>Register by Wednesday before scheduled class</b></p>	Communication, relationship building, creative thinking, being in a group setting, physical strength, balance, cooperation, and coordination
 <p><b>Chili's + Soda Bar</b> We will enjoy lunch at Chili's. Please see insert to decided what you would like before hand. After lunch, we will walk next door to grab a drink at The Soda Bar! <b>PLEASE BRING MONEY FOR SODA BAR IF YOU WOULD LIKE TO PURCHASE SOMETHING.</b> Drinks range from \$3-\$5.</p>	<p><b>Mon, Feb 9, 11:00am -1:00pm</b>  <b>Location:</b> Chili's- 1170 N. Casaloma Dr., Appleton  <b>Fee:</b> \$42 member/ \$84 non-member  <b>BRING OWN MONEY FOR SODA BAR</b>  <b>Capacity limit=</b> 10  <b>Register by Feb 6</b></p>	Social skills, decision making, following directions, behavior in a public setting, communication, building relationships, critical thinking
 <p><b>IL Bar + The Fire</b> We start at The Fire Studio, where you'll choose from a variety of pottery &amp; paint your own unique designs. Whether you're a beginner or a seasoned artist, staff will be on hand to assist artists. Once the artwork is complete and set aside for firing, the group will go to IL Bar Coffee Shop, just a short walk away, to enjoy some handcrafted drinks, sandwiches, or light bites.</p>	<p><b>Wed, Feb 18, 11:00am-1:00pm</b>  <b>Location:</b> <b>DROP OFF:</b> The Fire Studio 230 E College Ave, Appleton <b>PICK UP:</b> IL Bar 324 E College Ave Appleton  <b>Fee:</b> \$42 member/ \$84 non-member  <b>Capacity limit=</b> 10  <b>Register by Feb 16</b></p> <p><b>Please note: Participants will need to bring their own money for any purchases at the coffee shop.</b></p>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships, responsibility for actions

**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
 <p><b>Healthy Relationships 2 with LeeAnn</b> Healthy Relationships 2 covers social rules, health, hygiene and dating.</p>	<p><b>Wed, Feb 4, 11, 18, 4:00-5:30pm</b>  <u>Location:</u> SOAR 1st Floor Boardroom  Fee: \$30 member/ \$60 non-member  Capacity limit= 8  <b>Register by Jan 28</b></p>	Types of relationships, establishing boundaries, respecting others boundaries, characteristics of healthy and hygiene
 <p><b>Bingo with Abby</b> Come win big at BINGO! A small snack will be provided.</p>	<p><b>Wed, Feb 4, 6:00-7:30pm</b>  <u>Location:</u> SOAR Lower Level  Fee: \$24 Member/ \$30 non-member  Capacity limit= 25  <b>Register by Jan 28</b></p>	Fine motor skills, following directions, communication, making friends, problem solving
 <p><b>Baking class with LeeAnn</b> You will be making a easy dump pie recipe.</p>	<p><b>Thurs, Feb 5, 10:00am-12:00pm</b>  <u>Location:</u> SOAR Lower Level  Fee: \$36 Member/ \$72 non-member  Capacity limit= 8  <b>Register by Jan 29</b></p>	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <p><b>No Bake with LeeAnn</b> You will be making Scotcheroo Popcorn. Popcorn with a delicious drizzle of peanut butter, butterscotch and chocolate.</p>	<p><b>Mon, Feb 9, 10:00-11:30am</b>  <u>Location:</u> SOAR Lower Level  Fee: \$36 member/ \$72 non-member  Capacity limit= 12  <b>Register by Feb 2</b></p>	Planning, following directions, use of equipment and tools, measurements, kitchen safety and sanitation
 <p><b>Dinner &amp; a Movie with Abby</b> We will be heading back to <b>Hollywood Cinema</b> 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>	<p><b>Wed, Feb 11, 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 Feb 4</b></p>	Communications, following directions, being in a group setting, making friends and building relationships, responsibility for money (if buying extra snacks)



*“A good friend is like a four-leaf clover; hard to find and lucky to have.”*

*~ Irish Proverb*



# Adult Programs (Continued)

Program	Details	Skills
 <b>Valentine Lunch with LeeAnn</b> <p>Enjoy lunch and some Valentine games and activities.</p>	<b>Thurs, Feb 12, 11:00am-1:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$30 member/ \$60 non-member Capacity limit= 25 <b>Register by Feb 5</b>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships
 <b>Dance with Abby</b> <p>Let's Dance! We are at St. Mary's!</p>	<b>Fri, Feb 14, 6:00-8:00pm</b> <u>Location:</u> St. Mary's Menasha- 528 2nd St., Menasha Fee: \$10 member/ \$20 non-member Capacity limit= 100 <b>Register by Feb 10</b>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships
 <b>Soups On with LeeAnn</b> <p>You'll be making wonton soup. A veggie packed soup with mushrooms, cabbage, carrots, and wontons.</p>	<b>Mon, Feb 16, 10:30am-12:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 <b>Register by Feb 9</b>	Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <b>Healthy Cooking with LeeAnn</b> <p>Healthy Cooking is a 3 week cooking and nutritional education class. Each night you will prepare your own dinner.</p>	<b>Tuesdays, Feb 17, 24 &amp; Mar 3, 4:00-5:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$108 member/ \$216 non-member Capacity limit= 8 <b>Register by Feb 10</b>	Meal preparation, planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation
 <b>Valentine's Party with Abby</b> <p>Join us in celebrating Valentine's day with pizza, trivia, karaoke, games, and more!</p>	<b>Wed, Feb 18, 5:30-7:30pm</b> <u>Location:</u> SOAR Lower Level Fee: \$30 member/ \$36 non-member Capacity limit= 25 <b>Register by Feb 11</b>	Communication, decision making, critical thinking, following directions, being in a group setting, making friends and building relationships
 <b>Baking Class with LeeAnn</b> <p>You will be making coconut cream pie cookie cups. Mini pie with a cookie crust with cream coconut pie filling.</p>	<b>Thurs, Feb 19, 10:00am-12:00pm</b> <u>Location:</u> SOAR Lower Level Fee: \$36 member/ \$72 non-member Capacity limit= 8 <b>Register by Feb 12</b>	Planning, following directions, use of equipment and tools, measurements, kitchen safety, sanitation

# Adult Programs (Continued)

Program	Details	Skills
<b>Super Saturday- Pizza &amp; Disney On Ice</b>  Join us for a fun night enjoying some pizza and watching our favorite Disney characters take the ICE! Please make sure to dress for the weather and bring money for concessions! <b>Both pick-up and drop off will be at SOAR!</b>	<b>Sat, Feb 21, 12:00-6:00pm</b> <b>Location:</b> SOAR Lower Level- then Resch Center in Green Bay <b>Fee:</b> \$126 member/ \$252 non-member/ \$110 Caregiver <b>Capacity limit:</b> 25 <b>Register by Feb 11</b>	Communications, following directions, being in a group setting, making friends and building relationships, responsibility for money (if buying extra snacks)
 <b>Make &amp; Take with LeeAnn</b> You will be making baked egg rolls.	<b>Mon, Feb 23, 10:00-11:30am</b> <b>Location:</b> SOAR Lower Level <b>Fee:</b> \$36 member/ \$73 non-member <b>Capacity limit:</b> 8 <b>Register by Feb 16</b>	Planning, following directions, use of equipment and tools, measurements, kitchen safety and sanitation
 <b>Value of Money with LeeAnn</b> You will learn the monetary values of different denominations of money. Counting money and real-life spending examples.	<b>Wed, Feb 25, 4:00-5:30pm</b> <b>Location:</b> SOAR 1st Floor Boardroom <b>Fee:</b> \$24 member/ \$48 non-member <b>Capacity limit:</b> 8 <b>Register by Feb 18</b>	Identifying money denominations, adding/ subtracting and money management.
 <b>Cookie Decorating Workshop with Abby</b> Join us as we decorate some Valentine's day cookies!	<b>Wed, Feb 25, 6:00-7:30pm</b> <b>Location:</b> SOAR Lower Level <b>Fee:</b> \$48 member/ \$96 non-member <b>Capacity limit:</b> 25 <b>Register by Feb 18</b>	Fine motor skills, following directions, communication, making friends, problem solving
 <b>Confident Women</b> We'll gather at the Food Court at Fox River Mall. Enjoy dinner and conversation with other women.	<b>Thurs, Feb 26, 5:00-6:30pm</b> <b>Location:</b> FOX RIVER MALL FOOD COURT <b>Fee:</b> Bring your own money <b>Capacity limit:</b> 15 <b>Register by Feb 19</b>	Communications, following directions, being in a group setting, making friends and building relationships, money handling and ordering

**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! NEW SOWI MEDICAL PAPERWORK NOW AVAILABLE!**

Effective 1/1/26, SOWI will no longer accept the previous medical packet; you can now obtain the new paperwork from the SOAR office, via email from our SO Coordinator, on SOWI's website, or on SOAR's website. More details below:

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.



## **SPREAD THE WORD TO END THE WORD FUNDRAISER GAME COMING FEBRUARY 2026!**

**Saturday, February 7th, 2026**

**11:00am-12:00pm**

Watch the SOAR Ravens take on the KHS All Stars for the annual fundraiser game: Concessions, apparel, and lots of raffle baskets will be available- all proceeds raised are donated to SOAR! Put on your purple and get ready to cheer!

### **Upcoming SO Events:**

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

Spread the Word to End the Word Fundraiser Game —SOAR Ravens vs. Kimberly All Stars: February 7th, Kimberly High

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

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



### **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

**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:



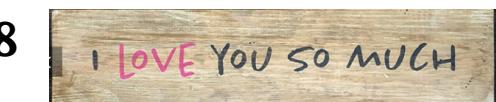
# Board & Brush With Jackie

**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



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For Jackie's B&B  
on 2/4/26

\*\*Mail to SOAR Fox Cities 211 E. Franklin St. Suite A, Appleton WI, 54911  
OR hand into the office to Jackie **BY FEBRUARY 2ND**

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

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



# FUNDRAISER

**Wednesday, February 4 | 7:00-9:00pm**  
**226 E College Ave, Appleton, WI 54911**



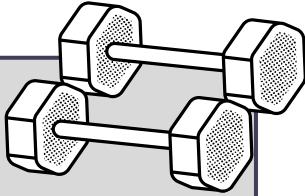
Join us for a night of painting at Pinot's Palette, with \$10 of your registration fee going directly to SOAR! Pinot's Palette is a pioneer of the paint and sip experience – a revolutionary way to enjoy art while enjoying a beer or a glass of wine, while meeting new people and bonding with friends. Guests enjoy a no-experience-required art class – all supplies included – directed by trained, local artists, who guide guests step-by-step through a featured painting. Space is limited, don't miss out on this fun night supporting SOAR!

Space is limited, don't miss out on this fun night supporting SOAR!

**Register: [www.pinotspalette.com/appleton/event/877977](http://www.pinotspalette.com/appleton/event/877977)**



# NEW PROGRAMS FOR YOUNG ADULTS



## TABLE TALK

### WHAT IS IT?

We will be making a new recipe each week together. After we finish cooking/baking, we will eat together and socialize.

## EVERY BODY MOVES

### WHAT IS IT?

We will be doing a different work out/ physical activity each day to keep our bodies moving and staying healthy!

## LEARNING

We will be learning how to follow each recipe, using different kitchen tools, and how to be safe in the kitchen.

## WHAT TO BRING

Please dress comfortably, wear tennis shoes, and bring a water bottle if you chose.

## WHERE? WHEN?

Appleton Alliance Church: They have a huge kitchen and prep area for us to use! Class will take place on Tuesdays 12:30-2:30pm.

## WHERE? WHEN?

Appleton Alliance Church: They have a huge gym, work out area, and dance studio for us to use! Class will take place Thursdays 10-11am.



If you have any questions, please reach out to our Young Adults Coordinator- Jackie Suter



920-731-9831 x 121 | [Jackie@soarfoxcities.com](mailto:Jackie@soarfoxcities.com)





# 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