



# Activity & Program Guide

## September 2020

### Face to Face & Virtual

SOAR Fox Cities, Inc. ~ 211 E. Franklin Street ~ Appleton, WI 54911

#### 2020 Self-Determination Conference

October 26, 2020 - October 28, 2020

*Virtually Everywhere!*

Self determination means taking control of your life. Join the Board for People with Developmental Disabilities (BPDD) in October for one of the biggest events for people with disabilities and the people who support them in the State - The 2020 Wisconsin Self-Determination Conference. Learn how to live more independently, participate more in your community, and direct your public funds efficiently.

In year's past this event would have been held in the Dells, but as with most things in 2020, BPDD has switched to a virtual platform.

You can learn more & register for the conference at their website:

<https://wi-bpdd.org/index.php/wisconsin-self-determination-conference/>

Many of our People First Members attend the Conference! Check out the fun SOAR's People First Group has!!



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Inserts: September 2020 Activity Calendar at a Glance



**[Temporary]** Office Hours: Monday through Thursday, 9am-3:00pm (Closed on Fridays)\*

\*Phone: 920.731.9831

Fax: 920.725.1531

E-mail: [info@soarfoxcities.com](mailto:info@soarfoxcities.com)

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



# Policies

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
- 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, 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 Policy** 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, SOAR FC staff will attempt to notify all participants who are signed up for the program or service of the closure. The program or service may be re-scheduled. Please watch local news channels (WBAY, WFRV, WLUK), check our website and Facebook pages for real time updates on cancellations. Most day-of cancellations will be made by 2:00pm the day of the activity. After office hours, please call 920-931-2530 for Adult Programs information.

**Payment Policy** We will NOT be able to 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 mail slot. We encourage your use of envelopes. The use of SOARcash is encouraged for those needing minor financial assistance, when it is available (based on allowed funding). Call for a SOARcash application. For any questions regarding bills/invoices, please ask for extension 100. If you are registering for an activity and tickets need to be picked up, feel free to send a self-addressed stamped envelope along with your payment, or pay an extra \$1.00 to have the tickets mailed to you, or stop by our office. Watch our on-line calendar for advance planning of activities to fit your budget, and meet registration deadlines.

**Cancellation Policy** 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.

**Notice** 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

Did you know that the volunteer opportunities with SOAR are almost endless!? Aside from volunteering at programs, we LOVE it when members help out at special events. Occasionally we also have special office projects, like folding and stuffing mailings, that we need help with! If you want to learn about these and more opportunities, please call Renee Roble, AmeriCorps Volunteer Coordinator, at 920-731-9831, x127.

***Some current needs are: "Office Angels", special event committee members, assisting with Special Olympics' Track & Field.***



*Volunteer with SOAR today!*





## SOAR Fox Cities Board of Directors

Bryan Mueller, *President*  
Laura McCormick, *Vice President*  
Gary Weber, *Treasurer*  
Heather Sorebo, *Secretary*

Polly VandenBoogaard   Paul Meyer   Mark Robinson   Reg Wydeven



Hello Friends of SOAR!

Can you believe we're heading into September? I can't!

I'm happy to say we're entering our third month of offering in-person services! Things have been going great & we're so happy to see so many of you!! As we move through September & continue to amp up face-to-face services please remember that the health & safety of each and every one of you is our #1 priority! We're continuing to take extra precautions to ensure that you stay safe & healthy. If you want to review those again, please feel free to visit our website at [www.soarfoxcities.com/covid-19](http://www.soarfoxcities.com/covid-19). As always, if you have any questions please know that you can contact me!

Through September we will continue to keep our programs small in capacity to ensure the health and safety of all. All registrations are taken on a first come, first served basis and those that are not able to join will be placed on a waiting list. We are looking at creating some new program opportunities for those who've not been able to access services, so please watch your inboxes and Facebook for those program announcements.

We also want to thank everyone for their patience as we move through these uncertain times. You'll see from the front page, that we've reduced our open business hours from 9am-5pm to 9am-3pm and, as always, we are closed on Fridays. Please know this is temporary, but is largely because we are operating with less staff in the office. We encourage everyone to register for activities online to avoid any unnecessary contact, but if a dropoff must happen, you can drop your registration and payment through the mail slot by the front door. Please also remember that all visitors to the office are by appointment only. Thanks everyone! Happy Fall Ya'll! ~ Erin Schultz, Executive Director

## SOAR Fox Cities Staff can be reached at 920.731.9831

Erin Schultz, Executive Director, x116  
Ashley Gustafson, Director of Community Engagement, x114  
Jolene Verstegen, Financial Administrator, x115  
Julie Biesterveld, TBI Support Program Coord., x113  
LeeAnn Stein, Director of Adult Programs, x112  
Lindsay Wollerman, Fundraising & Grant Manager, x111  
Lisa McCallister, Youth Services Manager, x110

Lisa Volkman, Special Olympics Coordinator, x109  
Paula Maurer, Adult Program Coordinator, x124 or 920.931.2530 (after 5pm)  
Harper Smith, TBI Support Program Navigator, x118  
Tammy Wittmann, Family Programs & Community Resource Coordinator, x122  
Zach Wroblewski, Accounting Clerk, x100

## Registering for all activities is required!

1. Select the activities that fit your schedule.
2. **Be sure to register 7 days (one week) before an activity that you want to attend, unless a specific registration date is noted in the description of the activity.**
3. Complete the enclosed registration form and return it to our SOAR office with payment. You can pay on-line at [www.soarfoxcities.com](http://www.soarfoxcities.com), send a check, or stop at our office. Payment must be made prior to an activity.
4. Note that dances require tickets for admission. Staff/caregivers attending need to get a complimentary ticket at the SOAR office.

# Calendar-at-a-glance

## Program Type KEY

Youth Programs Y

Adult Programs A

Adult Ed Programs AE

Advocacy Programs ADV

Family Programs F

Community Ed CE



## September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

September	Program Choice	Time	Page	Cost member/non-member	IRIS Code	Staffed by:	Type KEY
1	Games	5:30pm-7:00pm	7	\$10/\$20	F	Paula	A
2	Coffee Connections	10:30am-11:30am	6	NO COST	-	Tammy	F
2	Outside Games	5:30pm-7:00pm	7	\$10/\$20	C	Paula	A
3	Brain Injury Support Group	6:00pm-7:00pm	6	NO COST	-	Julie	A
3	Packer Tailgate	5:30pm-7:00pm	6	\$5/person	F	Tammy	F
8, 15, 22, 29 and Oct. 6, 13	Safe & Free	6:00pm-8:00pm	7	NO COST	-	LeeAnn	AE
9, 16, 23	Coping with Stress	4:00pm-5:00pm	7	\$15/\$30	F	LeeAnn	AE
9	Dinner & Movie	5:30pm-8:30pm	7	\$15/\$30	F	Paula	A
10	Baking Class	9:00am-Noon	7	\$10/\$20	F	LeeAnn	AE
10, 17, 24	Healthy Cooking Class	4:30pm-6:00pm	8	\$30/\$45	F	LeeAnn	AE
10	Virtual TnT	6:30pm-8:00pm	5	NO COST	-	Lisa M.	Y
13	Lunch & Crafts	11:00am-2:00pm	8	\$25/\$50	F	Paula	A
14	Art Class	10:00am-11:30am	8	\$10/\$20	F	LeeAnn	AE
14	Craft - Evening	5:30pm-7:00pm	8	\$10/\$20	F	Paula	A
15	Mini Golf	5:30pm-7:00pm	8	\$15/\$30/*	C	Paula	A
15	People First	6:00pm-8:00pm	5	NO COST	-	LeeAnn	ADV
17	Brain Injury Support Group	6:00pm-7:00pm	6	NO COST	-	Harper	A
21	Dinner & Bingo	5:30pm-8:30pm	8	\$25/\$50	F	Paula	A
22	Zoom Basics	4:00pm-5:00pm	8	\$10/\$20	F	LeeAnn	AE
22	Games	5:30pm-7:00pm	8	\$10/\$20	F	Paula	A
23	Virtual Family Social Hour	6:30pm-7:30pm	6	NO COST	-	Tammy	F
24	TnT (In-Person!)	6:30pm-8:00pm	5	NO COST	-	Lisa M.	Y
28	Craft - Daytime	1:00pm-2:30pm	9	\$10/\$20	F	LeeAnn	AE
28	Games - Pictionary	5:30pm-7:00pm	9	\$10/\$20	F	Paula	A
28	Brain Injury Support Group	6:00pm-7:00pm	6	NO COST	-	Julie	ADV
29	Virtual Bingo	1:00pm-2:00pm	9	\$10/\$20	F	LeeAnn	AE
30	Dinner & Craft	5:30pm-8:30pm	9	\$35/\$70/*	F	Paula	A



# SOAR Fox Cities - where YOUTH fit in!

**Kidz Klub**—Kidz Klub is a collaborative after-school program between SOAR Fox Cities and area school districts which targets children in Elementary Schools. Kidz Klub is a peer-to-peer social group for youth with and without disabilities held at a school within the participating school district.

**Teen Stop**—Teen Stop has the same collaboration as described above for Kids Klub, but focuses on Middle School aged children. Neenah School district is currently using this after-school program for middle school. Great games and activities are planned by middle school peers. Held during the school year only.

**TnT**—Youth ages 13-23 from any Fox Cities school district can come and meet new people, try fun group games, trivia questions and laughs. This positive interaction between peers allows them to gain exposure to each other, which leads to understanding and results in acceptance for each person involved. All teen participants take part in large and small group activities such as singing, sharing and games, engage in cooperative learning experiences and have opportunities for leadership development. Held 6:30-8:00pm at First Congregational United Church of Christ, 724 E South River St., Appleton. There is no cost for this program.

**Special Olympics**—Did you know Special Olympics begins at age 8?? Please see the Special Olympics section in this newsletter for sports offered by SOAR Fox Cities, and become part of the 3rd largest Special Olympics agency in the state of Wisconsin!!



## Quick Reference

Youth Services Manager: Lisa McCallister, 920-731-9831 x110, [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)

YOUTH PROGRAMS (Y)

ADVOCACY (ADV)

## If you are a TEEN or a young adult (thru age 23), join:



- **VIRTUAL TnT—Thursday, September 10th ~ 6:30pm**

We're going to meet this time again via Zoom for one of our monthly TnT meetings! Sign up & Lisa will send you the link for some TnT fun!

- **TnT—Thursday, September 24th ~ 6:30pm** We will hold IN-PERSON TnT in the parking lot of the SOAR building. Please enter the Pfefferle parking lot from Morrison or Durke St, as we will have the entrances to SOAR's parking lot blocked off for safety. We will observe social distancing and sanitizing throughout the activity. CANT WAIT TO SEE EVERYONE!

Another school year & more TnT! Whoop Whoop! Historically TnT has met every other week & we hope that this is what we can continue to do; however because of the COVID-19 pandemic and things changing day-by-day, we are not sure what this school year will look like. Please keep an eye on the newsletter to know exactly when and where each meeting will take place - Some will likely be virtual, but we hope to do as many face-to-face as possible!

## People First Fox Cities

A group that encourages and trains individuals to speak up and advocate for themselves. There is no cost to attend & learn how to become a better self-advocate. Everyone is welcome!

- **Tues., September 15th 6pm-8pm** Lower Level Activity Room @ The SOAR Building + VIRTUAL **Register by Sept. 8th**

This month we'll join the Safe & Free Class as they discuss Rights, Rules & Responsibilities of Citizenship. Please To learn more about People First & how to join be sure to reach out to LeeAnn Stein, our Director of Adult Services, at 920-731-9831 x112 or [leeann@soarfoxcities.com](mailto:leeann@soarfoxcities.com)



## Brain Injury Support Group

This support group is open to survivors who have had a brain injury as well as family members & caregivers of those that have survived a traumatic brain injury.

The group meets at various times. To be safe, we're meeting outside this month! See the dates, times, & locations for each below!



- **Thurs., Sept. 3rd** 6:00pm @ Pierce Park (Register by Sept. 2nd)
- **Thurs., Sept. 17th** 6:00pm @ Pierce Park (Register by Sept. 16th)
- **Mon., Sept. 28th** 6:00pm via ZOOM (Register 24 hours in advance)

Face to face groups & attendance will continue to be limited for safety. Those wishing to attend MUST email Julie at [Julie@soarfoxcities.com](mailto:Julie@soarfoxcities.com) to reserve a spot.

## Coffee Connections! Wed., September 2nd

10:30-11:30am via ZOOM

This is a support group for parents, guardians and caregivers looking to explore current trends and topics of interest.



September brings us two guests! Tina Lechnir, LCSW, MSSW, is the Director of Behavioral Health & Security Services for Ascension. She will be addressing hospitalization concerns for those with disabilities. Following Tina's presentation, Stephanie Lenz, Travel & Training Specialist from Valley Transit, will join us to give an update on the new training modules being developed for the community.

Watch for an email link for the meeting. If you are not in the Coffee Connections contact group, contact Tammy at [tammy@soarfoxcities.com](mailto:tammy@soarfoxcities.com) for meeting information.

## Packer Tailgate - Family Event

Wednesday, September 16th from 5:30-7:00pm in the SOAR Parking Lot \*

Join us for an evening of family fun! Show your Packer spirit as they prepare for their first home game against Detroit (unless the schedule changes). Listen and dance to fun Packer tailgate music & enjoy a tailgate meal. Wear your Green & Gold! If you want to bring a "bag chair," please do. Registration is limited to 15 registrants. As this is a family event, please sign up with a family member or caregiver.

COST: \$5/person REGISTER BY: September 11th

\*Rainout Plan: We'll move the celebration to Friday, September 18th



## VIRTUAL Parent Happy Hour - SOAR Together!

**Wed., September 23rd ~~~ 6:30-7:30pm ~~~ ZOOM**

Time flies! Here is another opportunity for parents, caregivers, and/or guardians to join a group to share stories, tips, and laughs. Settle down with your favorite beverage and connect with SOAR friends. The goal of this virtual happy hour is to touch base with one another, share stories, and laugh. Look for an email with the link to the meeting. If you are not on the SOAR Together contact list, email Tammy for the meeting info at [tammy@soarfoxcities.com](mailto:tammy@soarfoxcities.com). Cheers!

**Games (Face to Face & Inside)**

5:30-7:00pm at SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 non-members

We're going to spend the evening playing games!



- **Tues., September 1st**

[Register by August 31st](#)

**Outside Games (Face to Face & Outside)**

5:30-7:00pm at SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 non-members

Join Paula for a second night of fun games; this time in the SOAR parking lot!

- **Wed., September 2nd**

[Register by August 31st](#)

**Safe & Free (Face to Face & Virtual)**

6:00-8:00pm at SOAR Fox Cities Building, Lower Level Activity Room + ZOOM

Fee: FREE!!

Safe & Free is a series of 6 workshops that promote Living Well, Safe & Free. During our 6 weeks together we'll discuss the following topics:

- Knowing Yourself & Being Part of Your Community
- Rights, Rules & Responsibilities
- Communication
- Safety at Home & in the Community
- Abuse Awareness
- Dating & Intimate Relationships

- **Tuesdays, September 8th, 15th, 22nd, 29th & October 6th & 13th**

[Register by September 2nd](#)

**Coping with Stress (Face to Face & Virtual)**

4:00-5:00pm at SOAR Fox Cities Building, Lower Level Activity Room + ZOOM

Fee: \$15 or \$30 for non-members (Cost for the whole series)

- **Wednesdays, September 9th, 16th, & 23rd** Learn strategies to help you deal more effectively with stress.

[Register by September 2nd](#)

**Dinner & Movie (Face to Face)**

5:30pm-8:30pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$15 or \$30 for non-members Caregiver fee: \$15

- **Wed., September 9th** Dinner will be sub sandwiches, chips, and a dessert. Then we're going to watch the movie!

[Register by September 3rd](#)

**Baking Class (Face to Face & Virtual!)**

9:00am - Noon at the SOAR Fox Cities Building, Lower Level Activity Room or ZOOM

ZOOM starts at 9:00am

Fee: \$10 or \$20 for non-members

- **Thurs., September 10th** This month we will be making Danish Braids. This is a yeast dough that we'll be making from scratch. Because of that the class will start earlier than usual - please take note!

[Register by September 3rd](#)

## Healthy Cooking Class (Face to Face)

4:30-6:00pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$30 or \$45 for non-members

- **Thurs., September 10th, 17th & 24th** During this three week series you will be making your own dinner. **Register by September 3rd**

\*\* Registration is VERY limited - 6 for this class. Be sure to register early!!

## Lunch & Crafts (Face to Face)

11:00am-2:00pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$25 or \$50 for non-members Caregiver fee: \$25

- **Sun., September 13th** We will have tater tot casserole, fruit and a dessert! Then we'll do a variety of crafts for you to take home! **Register by September 9th**

## Art Class (Face to Face)

10:00am-11:30am at the SOAR Fox Cities Building, Lower Level Activity Room (but possibly outside)

Fee: \$10 or \$20 for non-members

- **Mon., September 14th** Learn how to use alcohol inks. This can be a messy project so if weather permits, we will be outside. **Register by September 7th**



## Crafts - Evening (Face to Face)

5:30-7:00pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 for non-members

- **Mon., September 14th** - We will make a Fall craft!

**Register by September 9th**

## Mini Golf (Face to Face)

5:30pm-7:00pm at Badger Sports Park (3600 E. Evergreen Dr., Appleton)

Fee: \$15 or \$30 for non-members Caregiver fee: \$10

- **Tues., September 15th** Drop off & pick up at Badger Sports Park to play mini golf! **Register by September 10th**

## Dinner & Bingo (Face to Face)

5:30pm-8:30pm at the SOAR Building, Lower Level Activity Room

Fee: \$25 or \$50 for non-member Caregiver: \$15

- **Mon., September 21st** We'll have spaghetti, salad, fruit, & a dessert. Then we'll play BINGO!! **Register by September 16th**

## ZOOM Basics (Face to Face & Virtual)

4:00-5:00pm at the SOAR Building, Lower Level Activity Room + on Zoom

Fee: \$10 or \$20 for non-members

- **Tues., September 22nd** Struggling with Zoom & want to learn more? Join us to learn some of the basic how-to's of Zoom so you can connect easier while staying safer at home. **Register by September 15th**

## Games (Face to Face)

5:30-7:00pm at the SOAR Fox Cities Building, Lower Level Activity Room

Fee: \$10 or \$20 for non-members

- **Tues., September 22nd** Join us for game night! **Register by September 17th**



**Craft Class - Daytime (Face to Face)**

1:00-2:30pm at the SOAR Fox Cities Building, Lower Level Activity Room  
 Fee: \$10 or \$20 for non-members

- **Mon., September 28th** You'll be making a decorative wall art monogram from melted crayons. **Register by September 21st**

**Games - Pictionary! (Face to Face)**

5:30-7:00pm at the SOAR Fox Cities Building, Lower Level Activity Room  
 Fee: \$10 or \$20 non-members

- **Mon., September 28th** Join Paula for a fun game night! **Register by September 24th**

**VIRTUAL Bingo!**

1:00-2:00pm via ZOOM  
 Fee: \$10 or \$20 for non-members

- **Tues., September 29th** Let's play BINGO!! Prizes for winners!! **Register by September 22nd**

**Dinner & Craft (Face to Face)**

5:30-8:30pm at the SOAR Fox Cities Building, Lower Level Activity Room  
 Fee: \$35 or \$70 for non-members Caregiver Fee: \$20

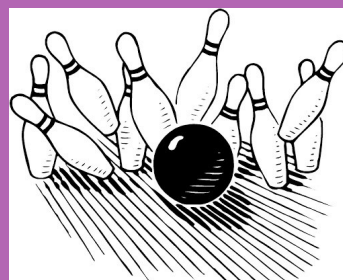
- **Wed., September 30th** We will have burgers, veggies, fruit & a dessert with crafts to follow! **Register by September 24th**

**SPECIAL OLYMPICS!!!**

IS BACK IN SEPTEMBER (at least that's what we're planning!)

And guess what sport starts in September? That's right!! BOWLING!!!

The bowling registration was sent in August's newsletter, but you can also call or e-mail Lisa Volkman, Special Olympics Program Coordinator, for more information including what our safety procedures will be 920-731-9831, ext. 109 or [lisav@soarfoxcities.com](mailto:lisav@soarfoxcities.com)



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

Date of Activity	Activity Name	Cost
	Consider SOAR'n Up by adding a donation below in the Totals!	

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 on-line.

**Total:** \_\_\_\_\_

**SOAR UP \$** \_\_\_\_\_

**New Total:** \_\_\_\_\_

# September 2020

(920) 731.9831  
211 E Franklin St.  
Appleton, WI 54911  
info@soarfoxcities.com



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Games with Paula Page 7	2 Coffee Connections Page 6  Outside Games Page 7	3 Brain Injury Support Group (In-Person) Page 6	4	5
	6	7	8	9	10	11	12
		Labor Day! SOAR Office is Closed!	Safe & Free Page 7	Coping with Stress Page 7  Dinner & Movie Page 7	Baking Class Page 7  Healthy Cooking Class Page 8  TnT Virtual Page 5		
	13	14	15	16	17	18	19
	Lunch & Crafts Page 8	Art Class Page 8  Craft - Evening Page 8  Bowling-Sabre Lanes	Safe & Free Page 7  People First Page 5  Mini-Golf Page 8	Coping with Stress Page 7  Family Packer Tailgate Party Page 6	Healthy Cooking Page 8  Brain Injury Support Group (Face to Face) Page 6	Raindate for Packer Tailgate Party	
	20	21	22	23	24	25	26
		Dinner & Bingo Page 8  Bowling-Sabre Lanes	Safe & Free Page 7  Zoom Basics Page 8  Games Page 8	SOAR Together Virtual Social Hour Page 6  Coping with Stress Page 7	Healthy Cooking Page 8  TnT In Person Page 5		
	27	28	29	30			
		Craft Class Page 9  Games - Pictionary Page 9  Virtual BISG Page 6  Bowling-Sabre Lanes	Safe & Free Page 7  Virtual Bingo Page 9	Dinner & Crafts Page 9			
	NOTES						
