

Panaral Information

Special Opportunities Available In Recreation

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What is S.O.A.R.?

S.O.A.R. is a community therapeutic recreation program serving individuals unable to successfully participate in traditional recreation programs. Leisure, social and developmental skills are emphasized to promote the highest level of recreation participation possible. S.O.A.R. is jointly sponsored by the City of Bloomington and Town of Normal Parks and Recreation Departments.

Most individuals with disabilities are eligible to participate in S.O.A.R. activities. Persons from youth to adults who are in special education classes, workshops, nursing homes or who have leisure needs not met by traditional recreation programs are eligible. This includes individuals with developmental, physical or learning disabilities; sensory, genetic or behavior disorders; autism or emotional difficulties.

Mission Statement

The S.O.A.R. program exists to maintain and enhance the quality of life for individuals with disabilities through comprehensive, specialized recreation programs, activities and special events.

Americans With Disabilities Act

Special Opportunities Available in Recreation (S.O.A.R.) will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. S.O.A.R. will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that program. The ADA requires that recreation programs offered by S.O.A.R. be available in the most integrated setting appropriate for each individual. Call (309) 434-2260 if you have any questions about the S.O.A.R. policy regarding the ADA or believe you have been unfairly discriminated against by S.O.A.R.

Questions/Information

Please contact the S.O.A.R. office with any questions regarding eligibility, registration procedures, scholarships, transportation or the S.O.A.R. program in general at (309) 434-2260. TDD for the hearing impaired at (309) 829-5115. Fax: (309) 434-2483. Web site address is www.bpard.org/soar. Hotline: (309) 434-2386.

Special Infomation

Inclusive Programs

S.O.A.R. recognizes that every individual with special needs and abilities does not always require a S.O.A.R. program. The S.O.A.R. staff are available to assist and advise participants concerning appropriate placement in S.O.A.R., Bloomington and/or Normal Parks and Recreation Department programs. S.O.A.R. staff will contact the appropriate recreation department staff and work with the instructor to assure the participant a smooth transition if they wish to be integrated into a recreation department program.

Program Legend



= door-to-door transportation offered



= participant will need to bring money to program

Full-Time Staff

Nicole Kohler, CTRS - Program Manager nkohler@cityblm.org

Special Interest Programs, Registration, Financial Assistance, Cultural Arts Programs, Special Event Programs, Transportation

Maggie Rutenbeck - Program Manager mrutenbeck@cityblm.org

Volunteers, Summer & Saturday Day Programs, Mailings, Fitness/Sports Programs, Special Olympics Programs

Seasonal & Part-Time Staff

S.O.A.R. is fortunate to have a number of qualified and talented seasonal and part-time staff. Thank you to the following summer session staff for their continued support, dedication and fine work!

Miranda Henson
Larry Kotowski
Linda Kotowski
Mariah Lamberti
Randi Meyer
Larry Quanstrom
Mark Rutenbeck
Rachael Shropshire
Julie Smith
Lexi Snedden
David Suarez
Erin Waller

Attire at S.O.A.R. Programs

Participants should dress comfortably for all programs and special events. Please keep in mind what the weather is like, if the program will be held inside or outside and what the program will involve. Wear clothes that can get dirty and stained to all craft and cooking programs. Sometimes accidents happen and new/good clothes can get ruined! Dress for activity and comfortable movement in all Special Olympics, sports and exercise programs. Athletic shoes and athletic clothing are required. Do not wear blue jeans to any sports programs or practices! Special attire requirements are often suggested in memos sent out for special events.

Volunteers in Action

S.O.A.R. uses a wide variety of volunteers to assist in weekly programs and special events. Volunteers help with program activities and events and work closely with participants to provide an enjoyable and quality leisure experience. Past volunteers have been community residents, college students and community service groups. Thank you to all the individuals who helped make the summer program session a success by volunteering their time to assist with one or more programs. S.O.A.R. is currently accepting volunteers for winter/spring programs. If you are interested in volunteering, please call (309) 434-2260.

Medication Dispensing

S.O.A.R. staff may dispense medication to participants during extended programs and trips. In order for S.O.A.R. staff to do this, a parent/ guardian will need to complete a medication dispensing form and complete a dispensing procedure each time medication is needed. S.O.A.R. staff may not perform an injection or any other medically or physically invasive procedure. Please call the S.O.A.R. staff at (309) 434-2260 if you have any questions or would like a copy of any of these forms: permission for medication dispensing, medication dispensing procedures and invasive procedure policies.

Photo Policy

On occasion, S.O.A.R. staff may photograph or videotape participants at programs, special events and facilities. These photos are for S.O.A.R. use only and may be used in publications, brochures, Facebook, pamphlets, flyers or video productions. If you do not want your photo published contact Maggie or Nicole.

Insurance

Individual accident and medical insurance for program participants is not provided by S.O.A.R., Bloomington or Normal Parks and Recreation Departments.

Staff Ratio

S.O.A.R. currently staffs most programs with one staff to every four participants. If a participant will need more assistance or won't be able to participate within this structure, please let staff know at registration so appropriate staffing may be secured (if possible). Please note in brochure write ups any exceptions to this 1:4 ratio.

Code of Conduct: Participant Guidelines

Equal Access - No participant shall on the basis of race, gender, creed, national origin or disability be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity.

Behavior - Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make S.O.A.R. programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff. Participants shall:

- Show respect to all participants and staff.
- Refrain from using foul language.
- Refrain from causing bodily harm to other participants or staff.
- Show respect for equipment, supplies and facilities.

Discipline - A positive approach will be used. S.O.A.R. reserves the right to dismiss a participant. **Each situation will be evaluated on its own merit.**

Special Infomation

Late Pick-Up Policy

Please double check the pick-up time and be prompt! Program instructors would appreciate your consideration because they have additional work responsibilities after the program and sometimes have another program to lead.

Families/staff of participants who are not picked up promptly will be sent a letter the first time to remind them of this concern. If the situation happens again, a late fee will be assessed. After a 5-minute grace period, a \$5 fee will be charged for every 15 minutes or portion thereafter.

Registration for other programs will not be accepted until all outstanding late fees are paid.

Special Thanks to Our Volunteers who helped with Summer Programs

Tammy Alsene Dana Achartz Gaby Bontea Brendan Beggs Beth Clark Jeremy Davidson Breanne D'Costa Sharon D'Costa Ritchie D'Costa Miranda DeHaai Sydnie DeHaai Doug Dowell Will Dowell Flint Greil Lori Hanson Greg Hayward Sherri Hildebrand Rob Kelley Ken Kohler Larry Johnson Audrey McWhorter Andrea Meyers Clarissa Mueller Nancy Osborne Jody Retter Steven Rose Buffy Ryan Michael Schoeninger Rachel Smith Kayla Stewart Barb Wells Mike Wells Jamie Wielgopolan Dee Wilson

Jason Wynn

Warbirds/Senators Baseball Team

Paperwork...Paperwork...

"You want me to fill out this entire form?" Have you ever said or thought this? Most of us have! The demand for information and paperwork is tremendous in our society today. While our initial reaction is sometimes frustration, we need to step back and consider why information is requested. S.O.A.R. asks that an annual information form be completed, with a seasonal sign off that all information is still correct. Why ask the questions and why persist in acquiring updated information? Listed below are some of the reasons:

- We take our responsibility for participants seriously.
- We care about each person's health and safety.
- We care that each person's physical, emotional, social and developmental needs are being met.
- We want each person to feel satisfaction from program involvement.

Asking for information does not guarantee personal success or safety, but the information is invaluable as we do our best to provide safe and satisfying leisure activities. We thank you for taking the time to provide the requested information.

Cell Phone Policy

S.O.A.R. requests that participants do not bring cell phones to program unless there is an emergency situation they need to be aware of or if they need to call for a ride when the program ends. Participants are not to use their phone during programs and are asked to keep their cell phone in a pocket, purse, bag, etc. during the entire program. S.O.A.R. can't be held responsible if a participant loses his or her phone. If a participant uses a cell phone during a program or the phone becomes a distraction to the participant, S.O.A.R. staff will hold the phone for the duration of the program. The phone will be returned when the participant leaves. This policy will be enforced for the respect of other participants and staff during a program.

Participant Expectations

S.O.A.R. provides healthy community leisure opportunities for individuals with disabilities. While participating in our programs, we stress socialization skills, appropriate behavior and personal appearance. For the dignity and acceptance of individuals with disabilities, and for their overall self-esteem and enjoyment at community outings, the staff has several expectations of participants. We ask that you assist us in fulfilling these basic guidelines. The participant guidelines were developed for the betterment of our participants, their self-esteem and normalization.

Please dress for all programs in clean clothing that is appropriate for the specific activity. Participants should be clean and display good hygiene skills.

Program Times

S.O.A.R. staff and instructors are at the facility for the designated program time only. Individuals providing transportation for participants should make drop-offs and pick-ups at the listed times. Please do not leave a participant at program/program site unless there is a staff present. We know that emergencies arise, but try to let staff know if you will be early or late!

Parent Observation Guidelines

Parents are encouraged to leave the program area during events so participants can give their full attention to the instructor. Thank you.

Check Out Our Web Site

www.bpard.org/soar.



Follow us on facebook

Program Holidays

In observation of Labor Day, Veteran's Day, Thanksgiving, Christmas, New Year's, and MLK Day the office will be closed and no programs held on September 4, November 23 & 24, December 22, 25 & 29, and January 1 & 15. The office will be closed but programs will still be held on November 10.

Special Olympics



TRAINING PROGRAMS

Purpose of S.O.A.R. Special Olympics Training Programs:

To provide eligible individuals 8 years of age or older from the Bloomington/Normal area with quality training programs that will prepare them for area, district, regional and/or state competition in a variety of Special Olympics sports on a year around basis.

Requirements to Participate in S.O.A.R. Special Olympics Training Programs:

Individuals who meet Special Olympics eligibility requirements and wish to participate in a S.O.A.R. Special Olympics training program must complete the S.O.A.R. registration procedure for that program. In addition, an Application for Participation (medical), valid through the entire sport's season must be on file with S.O.A.R. before practice begins.

Expectations For S.O.A.R. Special Olympics Training Programs:

Athletes participating in a S.O.A.R. Special Olympics training program must meet the minimum requirements of training in that sport in order to participate in competition. These requirements will include participation in the minimum number of required training sessions for that sport at a level which is considered appropriate for the sport and the athlete.

Special Olympics Basketball

Athletes with basic motor and cognitive skills appropriate for basketball team play and competition are eligible for this program. Emphasis will be on fundamental skills, game knowledge, and sportsmanship. This is a Special Olympics sports training program. A valid Special Olympics Application for Participation *(medical form)* good through March 2018 must be on file at the S.O.A.R. office by Friday, October 27 to participate. Individuals who successfully complete this program will be eligible to compete in the Special Olympics Basketball District G Tournament that will be held January 14, 2018. A minimum of three games will be scheduled for each S.O.A.R.basketball team prior to early January. Teams that advance to the State Basketball Tournament *(March 16 - 18, 2018)* will have additional practices scheduled in February and March.

Code: 21219

Who: Ages 12 and over

When: Monday, August 28, 5:30 - 7:30 pm - All registered must attend the skill as-

sessment scheduled during this time to determine team placement.

Regular Practices then follow: Tuesdays or Thursdays, as assigned, 5:30 - 7:00 pm or 7:00 - 8:30 pm, November 7/9 - January 9/11 (no practices the weeks of 11/20 or 12/25 but will have games 12/29 - 12/30 at Ron Knisley Memorial Shoot Out)

Where: Lincoln Leisure Center, gym

Cost: \$30

Limit: Minimum 10; Maximum 48



S.O.A.R. Special Olympics Pizza Celebration

Celebrate the accomplishments of S.O.A.R.'s Special Olympics athletes for the second half of this year (*July - December*). S.O.A.R. will provide pizza, soda and salad. After dinner, a brief program honoring athletes who have participated in the following sports will follow: softball, bowling, unified tennis and volleyball (*both traditional & unified*). Each person wanting to attend must register individually.

Code: 21220

Who: Athletes, partners, their families and anyone who wants to recognize our S.O.A.R.

athletes for their achievements.

When: Friday, December 8

6:00 - 8:30 pm

Where: The Den at Fox Creek

Cost: \$3 per person

Limit: No limit, but MUST pre-register!

Special Olympics

Special Olympics Competition Dates

September 9 - 10 Outdoor Sports Festival (Softball), Decatur

> September 16 Volleyball Qualifier, Peru

October 7
District Bocce, Mattoon

October 14
Sectional Bowling, Peoria

October 19 Medfest, Special Olympics Headquarters, Normal

October 28 - 29
Fall Games (Volleyball), Rockford Harlem

December 2 State Bowling, Peoria

December 29 & 30 Ron Knisley Memorial Shoot Out Tournament Illinois Wesleyan University

January 14, 2018 District Basketball, Bloomington

March 16 - 18, 2018 State Basketball, Bloomington and Normal

Weekly Programs

- SUNDAYS -

Unified Foot Golf

Foot Golf for everyone! We're going to try a new event that is meant for everyone to join in! We're offering a four week "league" for a SOAR participant and a Unified Partner (sibling, parent, friend) to play as teammates. We'll explain the rules when you get there, but BOTH teammates will be kicking and walking, so be prepared for some exercise as well as some fun on the AWESOME Highland Course.

Code: 21221

Who: Ages 12 and older

When: Sundays, September 24 - October 15

4:00 - 5:30 pm

Where: Highland Golf Course

Cost: \$20

Limit: Minimum 4, Maximum 8

- BREAK PROGRAM -

Columbus Day Break

Celebrate the day off of school with us as we enjoy an action packed fall day at the Decatur Zoo. Fee includes transportation, admission and a snack. **Please bring a water bottle and lunch.** This will be a shared program with Bloomington Parks & Recreation.

Code: 21263 Who: Ages 8 - 21

When: Monday, October 9

9:00 am - 3:00 pm

Where: Meet at Lincoln Leisure Center

Cost: \$25

Limit: Minimum 6; Maximum 12

Facility Directory

Community Activity Center

1110 Douglas St. Normal, IL 61761 (309) 454-9540

Hike Haven

218 Tanner St. Bloomington, IL 61701

Miller Park Pavilion

1020 S Morris Ave Bloomington, IL 61701 (309) 434-2255

Pheasant Lanes

804 N. Hershey Rd Bloomington, IL 61704 (309) 663-8556

Government Center

115 E. Washington St. Bloomington, IL 61701 (309) 434-2260

Lincoln Leisure Center

1206 S. Lee Bloomington, IL 61701 (309) 434-2819

Pepper Ridge Fields

2502 Fox Creek Rd Bloomington, II 61705

Timber Pointe Outdoor Center

20 Timber Pointe Drive Hudson, II 61748 309-365-8021

Highland Park Golf Course

1613 S. Main St. Bloomington, IL 61701 309-434-2200

Metcalf Lab School

7000 S. University St. Normal, IL 61761

Pepsi Ice Center

201 S. Roosevelt Ave. Bloomington, IL 61701 (309) 434-2875

The Den at Fox Creek Golf Course

3002 Fox Creek Rd. Bloomington, IL 61705 309-434-2300

- MONDAYS -

Recreational Bowling

Here's your chance to bowl just for fun. No competition, no stress, and no hurry. Participants will be assigned to lanes and can bowl two games during the scheduled program time. This is the S.O.A.R. bowling program where socialization is a part of the game!

Code: 21222

Who: Individuals age 10 and up who can bowl two

games independently. We do NOT use bumpers.

When: Mondays, September 11 - November 27

4:00 - 5:15 pm

Where: Pheasant Lanes, Bloomington

Cost: \$51 payable to Pheasant Lanes (bowling fee)

and \$12 payable to S.O.A.R. (registration fee)

Limit: Minimum 30; Maximum 60

Music Jam ROCK BAND

This is an accessible music instruction program where the participant will be part of a rock band. Instrument choices will include drum set, bass, guitar, electric keyboard, singer and other instruments. Please meet instructors inside the entrance off of University Street. Free parking is available in the back of the school. This program is offered by The Metcalf Music Academy and is instructed and supervised by Illinois State University instructors and students. Instruments will be provided to use during the program time.

Code: 21223

Who: Ages 16 and older

When: Mondays, September 11 - November 13

5:30 - 6:30 pm

Where: Metcalf Laboratory School on the campus of ISU

Cost: \$60

Limit: Minimum 6; Maximum12



Cardio Fitness 1



Get fit with S.O.A.R. This program will focus on exercises designed to get our heart rate up and improve cardiovascular endurance. Participants will complete a variety of exercises each week as well as participate in health-related educational activities. Activities will be geared to the health level of each individual with a target goal of improving health, fitness, and well being. Individuals who register for "Strength & Flexibility Fitness I" shouldn't register for this program. Choose please!

Code: 21224

Who: Ages 12 and older

When: Mondays, September 11 - November 27

6:15 - 7:15 pm

Where: Lincoln Leisure Center, gymnasium

Cost: \$24

Limit: Minimum 6; Maximum 12

Wreaths & More



Create something unique to hang on your door and decorate your home! We'll create several wreaths made from different materials to celebrate the upcoming holidays. Be sure to wear clothes that can get dirty as we'll be using paint and glue.

Code: 21225

Who: Ages 14 and older

When: Mondays, September 11 - October 16

6:15 - 7:15 pm

Where: Lincoln Leisure Center, room 107

Cost: \$24

Limit: Minimum 6; Maximum 12



Strength and Flexibility Fitness I



This fitness program will focus on strength & flexibility training. Participants will participate in activities that use hand weights and exercise bands as well as Yoga and Tai Chi. *Individuals who register for "Cardio Fitness I" shouldn't register for this program. Choose please!*

Code: 21226

Who: Ages 12 and older

When: Mondays, September 11 - November 27

7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 202

Cost: \$12

- MONDAYS -





Fall leaves, Halloween and cool temps. We're in the mood to use fall hues and decorate with the theme in mind. All projects will be geared toward the fall theme. Be sure to wear clothes that can get dirty as we'll be using paint and glue.

Code: 21227

Who: Ages 14 and older

When: Mondays, September 11 - October 16

7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$24

Limit: Minimum 6; Maximum 12



Jewelry Making



If you love beads, bracelets and accessories, this is your program! We'll create some unique pieces to wear and share. Projects include a few bracelets, a pendent necklace, and earrings. This project requires use of fine motor skills.

Code: 21228

Who: Ages 14 and older

When: Mondays, October 23 - November 27

6:15 - 7:15 pm

Where: Lincoln Leisure Center, room 107

Cost: \$24

Limit: Minimum 6; Maximum 12

Craft a Gift



The holidays are coming, so we're here to help you create a perfect gift for giving. We'll create some home décor items, a jewelry piece, piece of artwork and cards to give to friends and family this holiday season. We'll be using paint and glue, so be sure to wear clothes that can get messy.

Code: 21229

Who: Ages 14 and older

When: Mondays, October 23 - November 27

7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$18

Limit: Minimum 6; Maximum12

Lunch Bunch



Here's another chance to perfect your cooking skills. In this program, we will go to the store and shop for our ingredients each week & cook lunch. The group will also plan each week's meal and create our shopping list. Bring your appetite because a full meal will be served each week. Participants will have the opportunity to chop, slice, dice & mix to assist with meal preparation.

Code: 21230

Who: Ages 22 and older

When: Mondays, December 4 - 18

10:00 am - 1:00 pm

Where: Lincoln Leisure Center, room 107

Cost: \$15



- TUESDAYS -



Adaptive Learn to Skate

We're back on the ice! This program will introduce you to basic skills in ice skating. No prior experience is necessary. This program is specially adapted for individuals with disabilities to learn introductory ice skating techniques, learn balance and feel comfortable on the ice. Skate rental is included in the program fee. Be sure to wear long pants and layers. This program incorporates the use of several volunteers so that each skater or pair of skaters has an assistant on the ice.

Code: 21231

Who: Ages 8 and older

When: Tuesdays, September 12 - November 7 (not 10/31)

5:30 - 6:00 pm Where: Pepsi Ice Center

Cost: \$48

Limit: Minimum 3; Maximum 6

Seat to SOAR



Get off your seat and soar with the SOAR walk/run club! This program encourages the lifetime fitness activities of walking and running. By using a progressive training program and walk/run mentors, you will be able to increase fitness and endurance at your own pace. The ultimate goal of this session is to be ready to enter in the City of Bloomington Parks and Rec. Turkey Trot walk/run event on November 23rd.

Code: 21232

Who: Ages 12 and older

When: Tuesdays, September 12 - November 14

5:30 - 6:30 pm

Where: Miller Park Pavilion, lower level

Cost: \$20

Limit: Minimum 4, Maximum 12

Mini Masterpieces with Mary Jo



This is an opportunity to create a variety of small works of art using a variety of mediums. Participants will work on tiles, shrink art, mini canvas, mini panels, chalk board and watercolor paper. Artists will use markers, acrylic paints, colored pencils and watercolors to create mini master pieces. Artists from Inside Out Accessible Art Cooperative will be teaching this interactive program. Participants should be able to work independently. Plan to get messy as projects may include paint each week.

Code: 21233

Who: Ages 15 and older

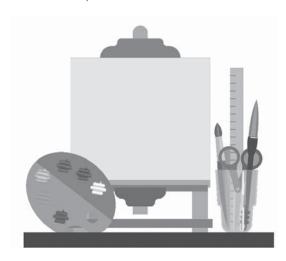
When: Tuesdays, November 7 - November 28

5:30 - 7:00 pm

Where: Lincoln Leisure Center, room 201

Cost: \$20

Limit: Minimum 4; Maximum 12



Beginner Stained Glass



Here's your chance to learn the basics of stained glass! You'll be introduced to the copper foil technique and will design, solder and patina all your own art. Depending on time, projects will include a sun catcher heart, abstract panel, and a seascape hanging. Glass will be precut for participants in this introductory program. All glass supplies and safety equipment will be provided. Appropriate participants must be able to work with sharp glass, hot equipment and chemicals. This class is repeated on Thursdays. Same program content, just register for one.

Code: 21234

Who: Ages 15 and older

When: Tuesdays, November 7 - November 28

7:15 - 8:45 pm

Where: Lincoln Leisure Center, room 201

Cost: \$20

- WEDNESDAYS -

Therapeutic Horseback Riding

This program is offered cooperatively between S.O.A.R. and CIRT (Central Illinois Riding Therapy) in East Peoria. Each lesson will include horseback riding instruction, tacking and grooming. Each rider will have 1:1 staffing when riding and will spend contact each week with a horse. The registration fee includes all instruction, transportation, registration dues and evaluation fees. All new riders will need to complete several forms, have a physical and attend an evaluation at CIRT prior to riding. Those participants who rode during the Winter/Spring 2017 session with S.O.A.R. will not need to complete forms again. Registration deadline for this program is August 24h.

Code: 21235

Who: Ages 18 and older

When: Wednesdays, September 13 - November 1

Make-up date: November 8

9:00 am - 12:30 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$180

Limit: Minimum 3; Maximum 6

Open Gym

Come and play or shoot some hoops. This will be an unstructured but supervised program. Basketballs will be provided. Participants must wear athletic shoes and have a registration form on file with S.O.A.R. to participate. Participants may come for part or all of the scheduled program time. "Drop ins" welcome!

Code: 21236

Who: Ages 12 and older

When: Wednesdays, September 13 - November 1

6:00 - 8:00 pm

Where: Lincoln Leisure Center, gym

Cost: \$14 (or \$2/night)

Limit: Minimum 6; Maximum 15



Fall Recipes

Bob is back in the kitchen with some of his fall favorites. When it comes to fall recipes, we think of warm soups, sweet treats and chili! Participants will help with the preparation of the menu each week including chopping, mixing, baking and serving. Come with an appetite because a full meal will be served each week.

Code: 21237

Who: Ages 14 and older

When: Wednesdays, September 13 - October 18

6:00 - 7:30 pm

Where: Miller Park Pavilion, Lower Level

Cost: \$24

Limit: Minimum 6; Maximum15

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SOARing through the ages with Music



Make music with us! Participants will explore popular culture from a variety of decades through music, movement. This program will be facilitated by Developing Melodies, with a Board Certified Music Therapist, lending their experience teaching and creating music.

Code: 21238

Who: Ages 15 and older

When: Wednesdays, September 13 - October 18

6:00 - 7:00 pm

Where: Lincoln Leisure Center, room 203

Cost: \$48

Limit: Minimum 6; Maximum15

Martial Arts



This program will increase physical fitness and help you learn self-defense awareness. This program will be led by Crutcher Academy of Martial Arts Instructor, Terry Crutcher. The goals of this class are to improve coordination, speed, timing, balance, flexibility, strength & rhythm. The participants will learn fundamentals of Jun Fan kick boxing, Kali and strength & flexibility training. Participants should wear comfortable workout clothes. No prior experience is required.

Code: 21286

Who: Ages 14 and older

When: Wednesdays, October 4 - November 29 (not 11/22)

6:00 - 7:00 pm

Where: Lincoln Leisure Center, room 208

Cost: \$40



0 0

- WEDNESDAYS -

Casserole Cooking ***O

Casseroles are easy one pot meals. This means fewer dishes to wash and all the good stuff in one dish! For this program, you'll have the opportunity to cut, chop, mix and bake up your dinner. Come with an appetite because a full meal will be served each week.

Code: 21239

Who: Ages 14 and older

When: Wednesdays, October 25 - December 6 (not 11/22)

6:00 - 7:30 pm

Where: Miller Park Pavilion, Lower Level

Cost: \$24

Limit: Minimum 6; Maximum12



Holiday Performers

Here's your chance to shine! Have fun and gain confidence while developing your special talents on the stage. If your talent is dancing, singing, acting, telling jokes or even making faces... we're looking for you! Everyone will perform and have a great time focusing on presenting a holiday-themed show. Participants must be able to go up and down stairs with little to no assistance and follow verbal instructions. The program will conclude with a dress rehearsal on December 12 and the actual performance on December 13. No transportation is available for dress rehearsal and show. Attendance is mandatory each week, including the dress rehearsal. Please check your calendar for conflicts before registering as participants will only be allowed to miss 2 rehearsals and MUST attend dress rehearsal.

Code: 21240

Who: Ambulatory, ages 16 and older

When: Wednesdays, October 25 - December 6 (not 11/22)

+Dress Rehearsal 12/12 & Show 12/13

6:15 - 8:15 pm

Where: Lincoln Leisure Center, room 107/gym

Cost: \$30

Limit: Minimum 10; Maximum 22



Cardio II: Pickleball

Continue to exercise during the break between program sessions using our favorite game, Pickleball to keep our heart rates up and improve cardiovascular endurance. Activities will be geared to the health level of each individual with a target goal of improving health, fitness, and well-being.

Code: 21241

Who: Ages 12 and older

When: Wednesdays, January 3 - 24

6:15 - 7:15 pm

Where: Lincoln Leisure Center, gym

Cost: \$8

Limit: Minimum 6; Maximum 10

Valentine's Crafts



Valentine's Day is around the corner. Let's create some cards and crafts with hearts, pink and cupid front and center to celebrate the holiday. Be sure to wear clothes that can get messy as we'll be using paint and glue.

Code: 21242

Who: Ages 14 and older

When: Wednesdays, January 3 - 24

6:15 - 7:15 pm

Where: Lincoln Leisure Center, room 107

Cost: \$12

Limit: Minimum 5; Maximum 12

Latch Hook

During our remodeling of the SOAR room, we've found some great surprises. One of which was some latch hook supplies. Let's see if we can make some great pieces with the mats, yarn and supplies we've found. Take home a great piece to show at the end of this four week session.

Code: 21243

Who: Ages 16 and older

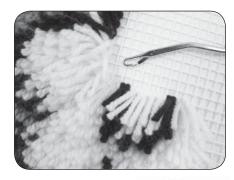
When: Wednesdays, January 3 - 24

7:30 - 8:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$12

Limit: Minimum 5; Maximum 10



Strength & Flexibility II: Gym Time!



Continue to stay limber during the break between program sessions using our favorite games from the past to keep our heart rates up and improve flexibility. Activities will be geared to the health level of each individual with a target goal of improving health, fitness, and well-being.

Code: 21244

Who: Ages 12 and older

When: Wednesdays, January 3 - 24

7:30 - 8:30 pm

Where: Lincoln Leisure Center, gym

Cost: \$8

- THURSDAYS -





This class will be offered by the talented artists and volunteers from Inside Out Accessible Art Cooperative. Each participant will be paired with an artist mentor and create works of art side by side. Projects will use clay to create a unique masks. Be sure to dress to get messy! Class content is repeated, so please choose one time slot.

Who: Ages 15 and older

Code: 21245

When: Thursdays, August 24 - September 14

2:00 - 3:30 pm

Code: 21246

When: Thursdays, August 24 - September 14

5:30 - 7:00 pm

Where: Lincoln Leisure Center, room 105

Cost: \$20

Limit: Minimum 2; Maximum 6



Beginner Stained Glass



Here's your chance to learn the basics of stained glass! You'll be introduced to the copper foil technique and will design, solder and patina all your own art. Depending on time, projects will include a sun catcher heart, abstract panel, and a seascape hanging. Glass will be precut for participants in this introductory program. All glass supplies and safety equipment will be provided. Appropriate participants must be able to work with sharp glass, hot equipment and chemicals. This class is repeated on Tuesdays. Same program content, just register for one.

Code: 21247

Who: Ages 15 and older

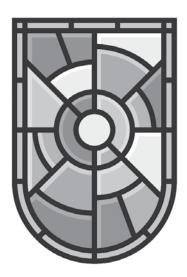
When: Thursdays, September 28 - October 26

5:30 - 6:45 pm

Where: Lincoln Leisure Center, room 201

Cost: \$20

Limit: Minimum 2; Maximum 4



Watercolor Landscapes with Mary Jo



During this watercolor class, participants will paint a variety of landscapes including a poured skyline landscape, sprayed floral and Yupo landscape. Artists will have the opportunity to complete these three semi-abstract watercolor landscapes by applying paint in several steps. This program is appropriate for individuals who can work independently. Artists and volunteers from Inside Out Accessible Art Cooperative will be assisting with this program.

Code: 21248

Who: Ages 15 and older

When: Thursdays, September 28 - October 26

7:00 - 8:30 pm

Where: Lincoln Leisure Center, room 201

Cost: \$20

- FRIDAYS -

Friday Night Teen Club

Get together one Friday a month with your fellow S.O.A.R. teen friends for a night on the town. Outings could include movies, bowling, going to the mall or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc. Please sign up for the age appropriate section.

Code: 21249 Who: Ages 13 - 19

When: Fridays, 9/8, 10/6, 11/3, 12/15, 1/12

approximately 6:30 - approximately 9:30 pm

(depending on activity)

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$10 (plus expenses each month)
Limit: Minimum 6; Maximum 12



Friday Night Out

Get together one Friday a month with your fellow S.O.A.R. friends for a night on the town. Outings could include movies, bowling, going to the mall or any other fun ideas we come up with as a group. Each week participants will need to pay for their own food and entertainment or admission expenses. A memo will be sent to those who register regarding activities, times, money needs, transportation, etc. Please sign up for the appropriate section based on age.

Code: 21250 Who: Ages 20 - 26

When: Fridays, 9/22, 10/20, 11/17, 12/15, 1/26

Approximately 6:30 pm - approximately 9:30 pm

(depending on activity)

Where: Drop-off/pick up at Lincoln Leisure Center

Cost: \$10 (plus expenses each month)
Limit: Minimum 6, Maximum 12



TGIF

Our favorite adult day program is back this fall! We'll hit the road for some fun trips, do some in-town activities and enjoy time with friends. Each Friday program meets, lunch will be provided as well as an activity that will require some walking. Cost of lunch is included in the registration fee. Participants may bring spending money for souvenirs or snacks. A reminder memo will be mailed to those who register.

Code: 21251

Who: Ages 22 and older

When: Fridays, September 29 - October 13

10:00 am - 4:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$45

Limit: Minimum 6; Maximum 16

Thank you to the following volunteers for their hours of service and donations to SOAR through State Farm Good Neighbor Grants:

Tammy Alsene, Flint Greil, Greg Hayward, Joe Heaser, Jim Presley, Kevin Rogers & Jamie Wielgopolan

StateFarm®

THANK YOU!

Youth Programs

- SATURDAYS -

S.O.A.R. for Starters

This program is targeted to youth that are too young for most other S.O.A.R. programs. On two Saturdays every month we will explore a variety of activities including games, music, dance, fitness, crafts, and social interaction. A 1:2 staff to participant ratio will be provided. Development of fundamental motor skills and eye-hand coordination will be emphasized. Dress in clothing for activity and wear gym shoes. Since some activities involve things like paint, participants should also

wear clothes that can get messy!

Code: 21252 **Who:** Ages 4 - 7

When: Saturdays, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9,

1/6, 1/20

10:00 - 11:30 am

Where: Lincoln Leisure Center, room 107 & gym

Cost: \$45

Limit: Minimum 4; Maximum 8

(NOTE: on 9/23 this program will start at 2:00 pm - 3:30 pm)

Just for Fun

An hour of recreation and social time for family and friends. This will be a "unified" program where each participant will have a family member or friend join them in the action. It may be games, scooters, a walk to the park, bags, card games...recreation for all a and just for fun. Each participant must be accompanied by a participating partner.

Code: 21253

Who: Ages 4 - 21, unified Partner should be at least 14 **When:** Saturdays, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9,

1/6, 1/20

11:30 am - 12:30 pm

Where: Lincoln Leisure Center, Gym and 107

Cost: \$18

Limit: Minimum 6, Maximum 12

(NOTE: On 9/23 this program will start at 1:00 - 2:00 pm)

Safety First

We're going to visit Bloomington Fire Station #6!! We will receive a tour and a presentation on safety from members of the Department.

Code: 21254 Who: Ages 8 - 21

When: Saturday, September 9

1:00 - 2:30

Where: Meet at Fire Station #6,

4040 E. Oakland in Bloomington

Cost: \$6

Limit: Minimum 6; Maximum 12

Hooked on Fishing

We're heading to East Peoria to go fishing! We'll learn about baiting hooks and casting and RELEASING the fish. Poles and bait are provided. Please arrive on time so we have plenty of time for the park plus travel.

Code: 21255 **Who:** Ages 8 - 21

When: Saturday, September 23

8:30 am - 12:15 pm

Where: Depart from Lincoln Leisure Center,

Cost: \$10 plus \$5 for the Park Limit: Minimum 6, Maximum 12

Fun with Fondant

Our good friend Tammy is going to show us fun ways to decorate cupcakes using fondant. It will be a fall-themed adventure!

Code: 21256 Who: Ages 8 - 21

When: Saturday, October 7

1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12



Sweetness and Scarecrows

We'll make some fall-themed treats with popcorn and some Halloween crafts.

Code: 21257

Who: Ages 8 - 21

When: Saturday, October 21

1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Youth Programs

- SATURDAYS -

Book Lover's Day

We're going to make our own books, pages filled with thoughts & memories, pictures and poems.

Code: 21258 Who: Ages 8 - 21

When: Saturday, November 4

1:00 - 2:30 pm

Where: Lincoln Leisure Center, Room 207

Cost: \$6

Limit: Minimum 6; Maximum 12

Turkeys are Lurking!

Turkey crafts and games (maybe bowling for turkeys!) to get us in the mood for the upcoming holiday!

Code: 21259 **Who:** Ages 8 - 21

When: Saturday, November 18

1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12

'Tis the Season

Snowflakes! Trees! Reindeer! Moose! Who knows what might come home or get sent to a friend on the cards we make today!

Code: 21260 Who: Ages 8 - 21

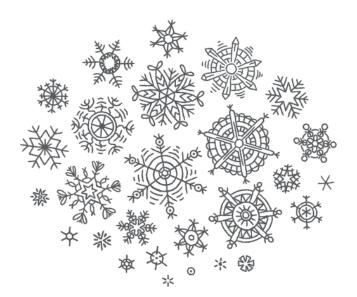
When: Saturday, December 9

1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12



Games and More

We'll beat the winter blues with scooter races, Minion Bowling and other games.

Code: 21261 Who: Ages 8 - 21

When: Saturday, January 6

1:00 - 2:30 pm

Where: Lincoln Leisure Center, room 107 and the gym

Cost: \$6

Limit: Minimum 6; Maximum 12



Snow Hope!

Be prepared to play in the snow we HOPE to have! Snow angels, snowshoeing, snow toss, snow cones! There's no people like SNOW PEOPLE!

Code: 21262 Who: Ages 8 - 21

When: Saturday, January 20

1:00 - 2:30 pm

Where: Lincoln Leisure Center, OUTSIDE & Room 107

Cost: \$6



SOAR has partnered with Healing Rides to offer a unique biking experience for individuals with disabilities in our community. Rides take place on smooth trails and are powered by volunteers!



Healing Rides Openings: August 4, 10, 18 & 24 and September 7, 15, 21 & 29

All rides are FREE and take place from 1:00—3:00 PM

Reservations for rides can be made by contacting Maggie at 434-2260 or mrutenbeck@cityblm.org

General Information on Special Events:

Transportation: S.O.A.R. provides transportation to and from out of town trips as part of the registration fee.

Transportation fees are only assessed for door-to-door transportation services.

Payment: Payment for special events is due at registration. Events will not be placed on a payment plan unless special

arrangements are approved.

Supervision: Community based special events are chaperoned under a 1 staff to 4 participant ratio. Those registered

for special events should be able to participate appropriately under this ratio.

Overnights: Participants must have previously attended S.O.A.R. activities before attending an overnight.

Hotdogs & Hayride at Hike Haven



Fun for all members of our Youth Programs and their families. We'll cook hotdogs, have games in the park and a hayride will be available. While all participants must have at least one adult family member with them, entire families are welcome! Please register each family member attending. No reminder memo will be mailed for this event.

Code: 21264 **Who:** Ages 8 - 21

When: Thursday, September 21

6:00 - 8:00 pm

Where: Hike Haven in Forrest Park Cost: \$3 per family member Limit: Minimum 12; Maximum 30



ISU Football Game



Join us as we cheer on our hometown team when the Redbirds face Indiana State in a 6:30 pm game. Be sure to wear red to show your support and dress appropriately for the weather. A reminder memo with more information will be mailed to those who register.

Code: 21265

Who: Ambulatory, ages 16 and older

When: Saturday, September 30

5:00 - 10:15 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$25

Limit: Minimum 12; Maximum 24



Museum of Science & Industry

Chicago's Museum of Science & Industry is an exciting place to learn. It's been a few years since we've visited and it's time to return to see what's new. Join us for a fun day of exploration. Program fee includes admission, parking, lunch and transportation. A reminder memo with more information will be sent to those who register.

Code: 21266

Who: Ambulatory, ages 22 and older

When: Thursday, October 5

8:00 am - 7:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$35

Brookfield Zoo

Before it gets too chilly, let's check out what's new at the zoo. The Brookfield Zoo is an expansive facility with hundreds of animals. The exhibits include monkeys, leopards, lions and tigers, bears, birds, penguins and more. We'll spend the whole day exploring the various exhibits, so wear comfortable walking shoes. Registration fee includes admission, parking, transportation and lunch.

Code: 21267

Who: Ambulatory, ages 22 and older

When: Tuesday, October 10

8:00 am - 7:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost:

Limit: Minimum 8; Maximum 16

Titan Football

Cheer on our hometown team! The Illinois Wesleyan Football Team faces Carthage College in a 1:00 pm game. Dress for the cool weather and wear your green! Go Titans! A reminder memo with more information will be sent to those who register.

Code: 21270

Who: Ages 16 and older When: Saturday, October 21 12:00 - 4:30 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$10

Limit: Minimum 8; Maximum 12



Halloween Bingo

Get in the spirit of Halloween with a friendly round of bingo with friends. Win some Halloween themed prizes and eat a delicious snack. Be sure to wear your costume for an extra special prize! No reminder memo will be mailed.

Code: 21268

Who: Ages 12 and older When: Thursday, October 12

6:30 - 8:30 pm

Where: Normal Community Activity Center

Cost:

Limit: Minimum 8; Maximum 45

Beach Boys

The Beach Boys are coming to ISU!! AH! If you're a Beach Boy fan, you'll want to get tickets to this show. Why not join your friends to sing and dance along with you to your favorite tunes? Tickets for this show may be in the balcony. Best seating as available for the price. Wear your favorite Hawaiian shirt! No reminder memos will be mailed.

Code: 21271

Who: Ages 18 and older When: Tuesday, October 24

6:30 - 10:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost:

Limit: Minimum 8: Maximum 12

Bompke's Patch

Bompke's Patch is located just west of Springfield. It boasts a Christmas Tree farm, pumpkin patch, corn maze, bean maze, wagon rides, fall and Christmas décor for purchase, yummy treats and more. We'll head out on the wagon to see the Christmas trees and pumpkins, pass the petting zoo and enjoy the warm outdoors. Participants should bring money for purchases. Please note the havride is not accessible to those who cannot transfer from a wheelchair. A sack lunch will also be provided. A reminder memo with more information will be sent to those who register.

Code: 21269

Who: Ages 12 and older When: Sunday, October 15

10:00 am - 4:30 pm

Where: Drop off/pick up at Lincoln Leisure Center

\$15 Cost:





Halloween Dance

Time to get your best costume out! Come celebrate Halloween with S.O.A.R. A DJ will provide music for dancing. We will also have light refreshments and punch. Awards will be given during our costume contest too! *No reminder memo will be mailed.*

Code: 21272

Who: Ages 12 and older **When:** Friday, October 27

6:30 - 8:30 pm

Where: Miller Park Pavilion, Main Level

Cost: \$8

Limit: Minimum 20; Maximum 100



Chili Cook Off



Our annual Chili Cook Off is back! This time, we're taking it outdoors. We'll host our chili tasting indoors at Hike Haven located inside Forrest Park and have an opportunity to cook some hot dogs over an open fire right outside. All are welcome to try out some delicious recipes and vote for your favorite. The best chili and the best soup will take home some great prizes and bragging rights! Tasting portions of chili and soup, a hot dog dinner with chips, a drink and dessert, along with some fall themed crafts are included at this event. SOAR parents, friends of SOAR and SOAR staff are welcome to compete in the Chili Cook Off (Soups welcome too!) by contacting Nicole at 434-2260 or nkohler@cityblm.org before October 26. Walk ins wlelcome. No reminder memo will be mailed.

Code: 21273

Who: Open to all; SOAR participants & their families welcome

When: Thursday, November 2

5:30 - 7:30 pm

Where: Hike Haven, Bloomington

Cost: \$5/person

Limit: Minimum 10; Maximum 100

Timber Pointe Overnight

How about a quick campout this fall? We're headed to Hudson-just a short 20 minute drive from home- to camp at Timber Pointe Outdoor Center (home to Easter Seals camps).

Registration fee covers overnight accommodations, transportation, meals and all activities. Each person will need to provide their own bedding. SOAR will provide a packing list as the trip date gets closer. S.O.A.R. will staff this trip with one staff for every five participants. All participants will have to work independently within this ratio, including in the areas of hygiene, self-care and feeding. Please note that sleeping quarters are split by gender, but contained in one cabin with two sleeping rooms and separate bathing facilities. Full payment is due when registering. Please address all questions to Nicole. The registration deadline for this overnight is October 6. A memo with more information will be sent to those who register.

Code: 21274

Who: Ages 14 and older

When: Saturday, November 4 - Sunday, November 5

2:00 pm drop off/ 1:00 pm pick up Where: Drop off/pick up at Timber Pointe

Cost: \$35

Limit: Minimum 12; Maximum 25

ISU Volleyball & Dinner



Check out the fierce competition at ISU when our hometown women's volleyball team takes on Evansville in a 7:00 pm game. Before we head to the game, we'll have dinner at McDonald's on our way. Participants must bring money for dinner. Be sure to wear red to support our team. A reminder memo with more information will be sent to those who register.

Code: 21275

Who: Ages 16 and older When: Saturday, November 18

5:15 - 9:45 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$8



Sister Act

Community Players is bringing a fun show to the stage this fall. Check out the musical comedy, Sister Act. You've seen the popular movie in two parts on TV, now it's time to see it live! Join us for a fun show. No reminder memo will be sent.

Code: 21276

Who: Ages 18 and older When: Friday, November 10

6:15 pm - 10:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$20

Limit: Minimum 8; Maximum 12



Turkey & Games

Thanksgiving is on its way, so it's time to eat some turkey! We will have a full dinner, including turkey, sides, a drink and dessert. After we eat, we'll enjoy some games with friends. No reminder memo will be mailed.

Code: 21277

Who: Ages 14 and older When: Tuesday, November 14

6:30 - 8:30 pm

Where: Normal Community Activity Center

Cost: \$12

Limit: Minimum 6; Maximum 20



Make & Take Art

Create a unique piece of art in one afternoon and take it home that day. This session's make & take art class will feature the use of polymer clay to create a textured mosaic frame. Artists from Inside Out Accessible Art Cooperative will join us to make this easy piece that is sure to be fun and stunning. Participants should be able to work independently. A snack and drink will be provided.

Code: 21278

Who: Ages 15 and older When: Sunday, November 19

1:00 - 4:00 pm

Where: Lincoln Leisure Center, room 201

Cost: \$20

Limit: Minimum 4; Maximum 12

Holiday Dance



Celebrate the holidays with dessert and dancing with friends. Music will be provided by a DJ and a dessert and drinks will be served. Santa and Mrs. Claus will also arrive to pass out gifts before you leave. Dress is semi-formal to formal. *No reminder memo will be mailed*.

Code: 21279

Who: Ages 12 and olderWhen: Friday, December 1

6:30 - 8:30 pm

Where: Miller Park Pavilion, main level

Cost: \$10

Limit: Minimum 20; Maximum 100



Christmas Party



Time to celebrate the holidays with friends. At our Christmas party, we'll make treats, create a gift for a friend and play a fun game. Be sure to dress festive and take lots of pictures with your friends. *No reminder memo will be mailed.*

Code: 21280

Who: Ages 12 and older When: Monday, December 4

6:30 - 8:30 pm

Where: Normal Community Activity Center

Cost: \$8

Christmas Concert & Dinner \$

The Bloomington Parks & Recreation Department's annual Christmas Concert at Miller Park Pavilion is back! We will go to dinner at Culver's before the concert. Then, we will hear the holiday sounds of the Community Concert Band. Participants will need to bring money for dinner. A reminder memo with more information will be sent to those who register.

Code: 21281

Who: Ages 14 and older When: Thursday, December 7

5:15 - 9:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$4

Limit: Minimum 6; Maximum 12

Family Painting Party

Painting parties are all the rage! Ever so popular, why not enjoy it with your mom, dad, sister or a friend? Grab a pal and join us for a canvas painting that you can create to hang in your home or give as a gift. This fun day will include dessert and all supplies needed to create a one of a kind piece. Be sure to wear clothes that can get dirty! Just register one person per couple. No reminder memo will be mailed.

Code: 21282

Who: Participants ages 8 and older with a

family member or friend **When:** Monday, December 11

6:30 - 8:30 pm

Where: Miller Park Pavilion, lower level

Cost: \$25/couple

Limit: Minimum 4/couples; Maximum 20 couples

Pizza & Bingo

Calling all bingo players! Join us for some delicious pizza and dessert before we play a few rounds of bingo and win some cool prizes. *No reminder memo will be mailed.*

Code: 21284

Who: Ages 12 and older When: Monday, January 8

6:30 - 8:30 pm

Where: Normal Community Activity Center

Cost: \$8

Limit: Minimum 8; Maximum 35

Thift Store Shopping



New Year, new you! If you're looking to update your wardrobe, make some decor changes to your home or just add something special to your day, let's do it on a budget! We'll head to Home Sweet Home Mission Mart first, then Goodwill for our finds. After shopping, we'll enjoy a late dinner at Steak N' Shake. Participants should bring money for their purchases and dinner.

Code: 21285

Who: Ages 18 and older When: Thursday, January 18

5:00 - 9:00 pm

Where: Drop off/pick up at Lincoln Leisure Center

Cost: \$12

Limit: Minimum 6; Maximum 12

Family Bowl-a-Thon

The bowl-a-thon has been such a popular event, that we keep getting asked to do it again! Bring out your family and friends for a fun afternoon of bowling. No prizes, auctions or raffles, just fun with your family and friends this time. The concession stand will be open. Please register each person. Registration will also be taken at the door, but early registration is encouraged. Registration fee includes 2 games of bowling and shoe rental. If bowling ramps are needed, please contact SOAR at least a week prior to the event. *No reminder memo will be sent.*

Code: 21283

Who: SOAR participants and their families

When: Sunday, January 7

3:00 - 4:30 pm

Where: Pheasant Lanes, Bloomington

Cost: \$8/person



September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Labor Day -	SO Modified		Partners in Art	Friday Night Teen	SOAR for Starters Safety First SO Outdoor Sports
	(Office Closed)	Volleyball		SO Unified Volleyball	Club	Festival <i>(Softball)</i> Just for Fun
3	4	5	6	7	8	9
	Recreational Bowling Music Jam	Seat to SOAR	CIRT			
SO Outdoor Sports Festival(Softball)	Cardio Fitness Wreaths & More Strength & Flexibility	Adaptive Learn to Skate SO Modified	Open Gym Fall Recipes	Partners in Art SO Unified Volleyball		SO Volleyball Qualifier
	Fitness Fall Crafts	Volleyball	SOARing in Music			
10	11	12	13	14	15	16
	Recreational Bowling					
	Music Jam Cardio Fitness	Seat to SOAR	CIRT Open Gym	Hotdogs & Hayride at	Friday Night Out	SOAR for Starters Hooked on Fishing
	Wreaths & More Strength & Flexibility Fitness	Adaptive Learn to Skate	Fall Recipes SOARing in Music	Hike Haven	Friday Night Out	Just for Fun
	Fall Crafts					
17	18	19	20	21	22	23
	Recreational Bowling					
Unified Foot Golf	Music Jam Cardio Fitness Wreaths & More	Seat to SOAR Adaptive Learn to	CIRT Open Gym Fall Recipes	Beginner Strained Glass Watercolor	TGIF	ISU Football Game
	Strength & Flexibility Fitness Fall Crafts	Skate	SOARing in Music	Landscapes		
24	25	00	27			
24	25	26	21	28	29	30

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Unified Foot Golf	Recreational Bowling Music Jam Cardio Fitness Wreaths & More Strength & Flexibility Fitness Fall Crafts	Seat to SOAR Adaptive Learn to Skate	CIRT Open Gym Fall Recipes SOARing in Music Martial Arts	Museum of Science & Industry Beginner Stained Glass Watercolor Landscapes	Friday Night Teen Club TGIF	SOAR for Starters Fun with Fondant District Bocce Just for Fun
Unified Foot Golf	Columbus Day Break Recreational Bowling Music Jam Cardio Fitness Wreaths & More Strength & Flexibility Fitness Fall Crafts	Brookfield Zoo Seat to SOAR Adaptive Learn to Skate	CIRT Open Gym Fall Recipes SOARing in Music Martial Arts	Beginner Stained Glass Watercolor Landscapes Halloween Bingo	TGIF	Sectional Bowling
8	9	10	11	12	13	14
Unified Foot Golf Bompke's Patch	Recreational Bowling Music Jam Cardio Fitness Wreaths & More Strength & Flexibility Fitness Fall Crafts	Seat to SOAR Adaptive Learn to Skate Halloween Bingo	CIRT Open Gym Fall Recipes SOARing in Music Martial Arts	MedFest Beginner Stained Glass Watercolor Landscapes	Friday Night Out	SOAR for Starters Sweetness & Scarecrows Just for Fun Titan Football
15	16	17	18	19	20	21
	Recreational Bowling Music Jam Cardio Fitness Jewerly Making Strength & Flexibility Fitness Craft a Gift	Seat to SOAR Adaptive Learn to Skate Beach Boys	CIRT Open Gym Casserole Cooking Holiday Performers Martial Arts	Beginner Stained Glass Watercolor Landscapes	Halloween Dance	Fall Games
22	23	24	25	26	27	28
Fall Games 29	Recreational Bowling Music Jam Cardio Fitness Jewerly Making Strength & Flexibility Fitness Craft a Gift	Seat to SOAR Adaptive Learn to Skate				

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CIRT Open Gym Holiday Performers Casserole Cooking Martial Arts	Chili Cook Off	Friday Night Teen Club	SOAR for Starters Book Lovers Day Just for Fun Timber Pointe Overnight
Timber Pointe Overnight	Recreational Bowling Music Jam Cardio Fitness Jewelry Making Strength & Flexibility Fitness Craft a Gift	Seat to SOAR SO Basketball Mini Masterpieces Beginner Stained Glass Adaptive Learn to Skate	CIRT (make up) Holiday Performers Casserole Cooking Martial Arts	SO Basketball	(Office Closed) Sister Act	Veteran's Day 11
12	Recreational Bowling Music Jam Cardio Fitness Jewelry Making Strength & Flexibility Fitness Craft a Gift	Seat to SOAR SO Basketball Mini Masterpieces Beginner Stained Glass Turkey & Crafts	Holiday Performers Casserole Cooking Martial Arts	SO Basketball	Friday Night Out	SOAR for Starters Turkeys are Lurking Just for Fun ISU Volleyball
Make & Take Art	Recreational Bowling Cardio Fitness Jewelry Making Strength & Flexibility Fitness Craft a Gift	Mini Masterpieces Beginner Stained Glass	NO SOAR PROGRAMS	Thanksgiving Break - (Office Closed)	Thanksgiving Break - (Office Closed)	25
26	Recreational Bowling Cardio Fitness Jewelry Making Strength & Flexibility Fitness Craft a Gift	SO Basketball Mini Masterpieces Beginner Stained Glass	Holiday Performers Casserole Cooking Martial Arts	SO Basketball		

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Eve					Holiday Dance	State Bowling
31					1	2
	Lunch Bunch Christmas Party	SO Basketball	Holiday Performers Casserole Cooking	SO Basketball Christmas Concert & Dinner	Pizza Celebration	SOAR for Starters 'Tis the Season Just for Fun
3	4	5	6	7	8	9
	Lunch Bunch Painting Party	SO Basketball Holiday Performers Dress Rehearsal	Holiday Performers Show	SO Basketball	Friday Night Teen Club Friday Night Out	
10	11	12	13	14	15	16
	Lunch Bunch	SO Basketball		SO Basketball	(Office Closed)	
17	18	19	20	21	22	23
Christmas Eve	Christmas (Office Closed)				(Office Closed at Noon) Holiday Classic	Holiday Classic
24	25	26	27	28	29	30

January 2017

			inuary 201	 -		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day (Office Closed)	SO Basketball	Valetine's Crafts Pickleball Latch Hook Gym Time	SO Basketball		SOAR for Starters Games & More Just for Fun
	1	2	3	4	5	6
Family Bowl-a-Thon	Pizza & Bingo	SO Basketball	Valetine's Crafts Pickleball Latch Hook Gym Time	SO Basketball	Friday Night Teen Club	
7	8	9	10	11	12	13
District Baksetball	MLK Day - (Office Closed)		Valetine's Crafts Pickleball Latch Hook Gym Time	Thift Store Shopping		SOAR for Starters Snow Hope Just for Fun
14	15	16	17	18	19	20
			Valetine's Crafts Pickleball Latch Hook Gym Time		Friday Night Out	
21	22	23	24	25	26	27
28	29	30	31			

2017 - 2018

Annual Information Form



Please complete both side of this form in full and return it to S.O.A.R. with Registration Form. This form must be completed every year prior to the fall program season or if you are a new participant. Individuals completing this form are encouraged to provide thorough answers to questions. Information provided assists S.O.A.R. in planning goals and objectives for each individual's participation in programs.

IT IS IMPERATIVE THAT SOAR BE INFORMED OF CHANGES IN ANY OF THE INFORMATION LISTED ON THIS FORM.

Doublein and Names		A	Divide de	to. / /	0
Participant Name:					
		-		State:	ZIP:
Home Phone #: ()				Phone: ()	
Parent/Guardian Name(s): 1					
Emergency Contact (1 Hone. ()	
)	
Participant's School or Work:					
Doctor's Name:)	
Doctor's Name			1 110116 #. ()	
PLEASE INDICATE P	RIMARY DISABILI	TY WITH A "1" AN	D SECONDAR	Y DISABILITY WITH	A "2".
	(ple	ease check all that a	pply)		
Attention Deficit Disorder (ADD)	Attention [Deficit/Hyperactivity D	isorder (ADHD)	Autism (AUT)	
Behavior Disorder (BD)	Brain Injur	red (BI)		Developmental Dis	sability (DD)
Down Syndrome (DS)	Cerebral F	Palsy (CP)		Mental Illness	
Hearing Impaired (HI)	Learning [Disorder (LD)		Genetic Disorder (list below)
Multiply Challenged (MC)		Challenged (PC)		Visually Impaired ((VI)
Other					
MEDICATION INCODMATI	ON				
MEDICATION INFORMATION	_				
PLEASE LIST ALL MEDICATIONS TH					
DISPENSING FORM MUST BE OBTAI	NED, SIGNED, AND RE	ETURNED TO S.O.A.R.	IN UNDER FUR 31	AFF IO ASSIST WITH DI	SPENSING.
	(If more thar	n 3 medications, pleas	e attach a list)		
Drug Name		_ Dosage		Frequency	
Drug Name		_ Dosage		Frequency	
Drug Name		_ Dosage		Frequency	
Will participant need more than a re	minder to take this me	edication? Yes	N	0	
MEDICAL INFORMATION					
PLEASE CHEC	K THE APPROPRIAT	TE BOX. IF "YES", PF	ROVIDE ADDITIO	NAL INFORMATION.	
Has participant had any injuries of	r curacry in the nee	t voor that might affa	et participation?	•	□Voo □ No
If so, please describe			ct participation?	•	□Yes □ No
If participant has Down Syndrome	e. have x-rays of the	C-1 and C-2 vertebra	e been taken an	d examined? □Yes	□ No
Is participant clear of Atlanto Axia			to boot tanon an	u oxa	□Yes □ No
Is participant subject to seizures					□Yes □ No
If yes, please note date of last		quency			
Symptoms of oncoming seizure	<u>}</u>				
Allergy Rea	ection	Treatment		(If additional, plea	se attach list)
Does participant use any of the fo	llowing: (Answer seek	itom and provide addition	al comments on the	onese provided)	
Hearing Aid(s)	niowing. (Answer each			space provided)	
Corrective Eyewear	□No	□Yes			
Orthopedic or Prosthetic Device		⊒Yes			
Manual Wheelchair	□No				
Electric Wheelchair	□No	□Yes			
Walker	□No				
Cane (list type)	□No	□Yes			

DAILY LIVING SKILLS/COMMUNICATION/BEHAVIOR

PLEASE CHECK THE APPROPRIATE BOX. IF "YES", PROVIDE ADDITIONAL INFORMATION.

		_		? (Answer each item and provide additional comments on the space provided)
Eating/Drinking	□ No		Yes Yes	
Toileting Check any special toileting supplies		artioipant us		
☐ diaper ☐ leg bag	-			her (please list)
Dressing/Undressing/Tying Shoes	□ No		Yes	
Money Handling	□ No		Yes	
Following Directions			Yes	
Orientation to people, place, time	□ No		Yes	
Anticipation of safety needs	□ No		Yes	
Reading	□ No		Yes	
Writing	□ No		Yes	
Communication	□ No	_	Yes	
Check any communication too		_		
☐ American Sign Language		mmunicatio		d/Book Personal Signs/Gestures
Does the participant respond to s				
	-	□ No	-	Yes
Does the participant need specifi				
The state of the s		□ No	-	Yes
Does the participant display unus				
		□ No		Yes
Does the participant have specifi	c dietary r	eeds or ha	ve res	trictions?
		□ No		Yes
Does participant have difficulties	staying w	ith the grou	ıp?	
		□ No ̈		Yes (If No, will they wander or run?) ☐ Yes ☐ No
Please indicate below any other in	nformation	in regard t	o daily	living skills, communication, and behavior that might assist S.O.A.R.
staff:				
-				
RECREATION				
PLEASE CHEC	K THE AP	PROPRIATI	E BOX.	. IF "YES", PROVIDE ADDITIONAL INFORMATION.
SWIMMING: (Answer each item and p			c on the	space provided)
	rovide additie	onal comments	oui uie	
	rovide addition	onal comments	s on the	
Can participant swim?	rovide addition	onal comments		□Yes
Can participant swim? Can participant enter pool indepe			• [□Yes
	endently?	□No) [□Yes
Can participant enter pool indepe	endently?	□No	o (o (uipmer	□Yes
Can participant enter pool indepe Does participant require any of the	endently?	□No □No g swim equ	o (o (uipmer	Yes
Can participant enter pool indepe Does participant require any of the Ear Plugs Nose Plugs	endently?	□No □No g swim equ □No	o (uipmer o (□Yes □Yes □Yes □Yes
Can participant enter pool indeper Does participant require any of the Ear Plugs Nose Plugs Goggles	endently?	□No □No g swim equ □No) [) [uipmer) [) [□Yes Int? □Yes □Yes □Yes □Yes
Can participant enter pool indepe Does participant require any of the Ear Plugs Nose Plugs	endently?	□No □No g swim equ □No □No) [) [uipmer) [) [□Yes
Can participant enter pool indeper Does participant require any of the Ear Plugs Nose Plugs Goggles	endently?	□No □No g swim equ □No □No) [) [uipmer) [) [□Yes Int? □Yes □Yes □Yes □Yes
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION:	endently? ne followin	□No □No g swim equ □No □No □No	o [o [uipmer o [o [o [o [o [o [o [o [o [o [□Yes Int? □Yes □Yes □Yes □Yes
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION: Please note any concerns in receiving the second participant of the second partici	endently? ne followin	□No □No g swim equ □No □No □No	ipmer i [□Yes ht? □Yes □Yes □Yes □Yes □Yes □Yes □Yes □Yes
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION: Please note any concerns in receiving the second participant of the second partici	endently? ne followin	□No □No g swim equ □No □No □No	ipmer i [□Yes □Yes □Yes □Yes □Yes □Yes □Yes
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION: Please note any concerns in reparing knives, etc.	endently? ne followin	□No □No □No □No □No □No □No □No	uipmer i (□Yes nt? □Yes □Yes □Yes □Yes □Yes □Yes □ g general craft and cooking equipment such as scissors, glue gun, oven,
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION: Please note any concerns in reparing knives, etc. Does participant require any ada	endently? ne followin egards to t	□No □No □No □No □No □No □No ne participal	uipmer uipmer	□Yes nt? □Yes □Yes □Yes □Yes □Yes □Yes □ g general craft and cooking equipment such as scissors, glue gun, oven,
Can participant enter pool indeped Does participant require any of the Ear Plugs Nose Plugs Goggles Any adaptive equipment GENERAL RECREATION: Please note any concerns in reparing knives, etc. Does participant require any ada	endently? ne followin egards to t	□No □No □No □No □No □No □No ne participal	uipmer uipmer	□Yes nt? □Yes □Yes □Yes □Yes □Yes □Yes □ g general craft and cooking equipment such as scissors, glue gun, oven,
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Fall 2017 S.O.A.R. Program Registration Form

Please return the completed form along with the fee to the S.O.A.R./Bloomington Parks and Recreation Office, PO Box 3157, Bloomington, IL 61702-3157. For further information, call (309) 434-2260.

Participant's Name					Gen	der
Address				Disage		
CityBirthdat			•			
AgeBirtndat Primary Emergency Cor		•				
Secondary Emergency (
		1st Pho				
T-Shirt/Jersey size	Shorts/Pant	its size(o				
E-Mail Address						
PROGRAM CODE		PROGRAM	NAME			PROGRAM FEE
						<u> </u>
To help S.O.A.R. provide sa						
ications, behaviors, living s					TOTA	L: \$
					-	<u> </u>
Publicity Statement: <i>I Do</i> □ <i>Do Not</i> □ give my	nermission for pict	tures to be taken of the	Emergency Treatn I know that S.O.A.F			dical or accident insur-
participant to be used by S	O.A.R. for the purp	ose of agency promo-	ance. My own heal	lth insurance	must as	ssume responsibility in
tion and education.			the event of injury. to protect the safet			ery precaution is taker
Transportation:						
<i>I Do</i> □ <i>Do Not</i> □ give m transportation in vehicles			I Do ☐ Do Not ☐ cian or hospital in t			y treatment by a physicoe reached.
weekly programs and spec		y 0.0.7 th to 10. 10.0	olari or risopitali	IIIG OVOIT	l I Our.	Je redoriod.
Signature of parent or le	egal guardian:				Date	ə:
		(participant needs to s				
	Must	complete if using VISA,	MasterCard, or Disc	over		
Card Number			_ Expiration Date	V	-code on	back of card
Name of Cardholder				Char	rge Amoı	unt: \$
Authorized Signature						

Transportation Information & Procedures

Internet Registration

Summer registration opens beginning Thursday, August 10, at 5:00 am.

PIN and Client Barcode Numbers

Before using RECWeb, you need a client barcode and family Personal Identification Number (PIN). Anyone registered for programs since Fall 2012 or who completed an annual form has these numbers. If you haven't been entered in the system and would like to use automated registration, stop by the Bloomington Parks, Recreation & Cultural Arts Department or download a brochure registration form from our website, fill it out indicating you need numbers and mail or fax to us.

Visit RecWeb!

Visit RecWeb at http://recweb.cityblm.org - our 24-hour Internet registration system. Click on MY BASKET and log in using your Family PIN and Client Barcode. Search for courses by clicking on the ACTIVITIES tab; when you find a course you want to register for, click on the ADD button to place the course in MY BASKET. Complete instructions can be found on the website.



Registration Deadline

On-line registration begins at 5:00 am on August 10. Walk-in and mail-in registration will begin on August 10 at 9:00 am. Registration won't be accepted for a program that has already begun. Registration deadline for all special events is one week prior to the date of each event if openings are available. Please register early; many S.O.A.R. programs fill quickly!

Payment Plans

Full payment of program fees should be included with the registration form. However, payment plans can be arranged for those individuals who need to spread their payment out over several months. Payment in full must be received in the S.O.A.R. office prior to registering for a new program session. Payments for special events must be paid in full at the time of registration. No payment plans will be set up after August 25.

Financial Assistance Policy

Partial financial assistance is available for those who need it in order to pay the program registration fees. Those requesting assistance need to fill out a Scholarship Request Form (available at Bloomington Parks and Recreation Office) and submit it to Nicole along with a completed registration form. Financial assistance is not provided for bowling fees or special events with contractual or admission costs. The deadline to request assistance for programs is August 25.

Registration Procedures

Participants must be registered prior to attending any S.O.A.R. activities. Anyone who attends a S.O.A.R. event without previously registering won't be allowed to participate! To register:

 Return the seasonal registration form on page 27 and payment at the time of sign-up to the Bloomington Parks, Recreation & Cultural Arts office. Registration may be done on-line, in person or through the mail. Registration may be done in person between 9:00 am and 5:00 pm, Monday through Friday, or it may be mailed. Send to:

> S.O.A.R. Program Registration PO Box 3157 Bloomington, IL 61702-3157

- Payment can be made in cash, by check, money order, Visa, or Mastercard. All on-line registrations must be completed with a credit card.
- 3. Telephone registration isn't accepted.
- 4. Registration is done on a first-come, first-served basis.
- Participation in registered programs begins once the above procedures have been met.

Notification of Acceptance

S.O.A.R. will notify you only if you have not been accepted into a program. Once the registration procedure has been completed and accepted by S.O.A.R. staff you are registered. Please attend the program as scheduled in the brochure. Reminder memos are only sent for those events that state in the brochure...."reminder memo will be mailed."

Program Cancellation

- A program will be cancelled if the minimum number of participants needed is not met. S.O.A.R. staff will notify people by mail if this situation arises.
- In cases of bad weather, participants should call the S.O.A.R. office at (309) 434-2260 or the Bloomington Parks and Recreation HOTLINE at (309) 434-2386 after 3:00 pm to see if a program has been cancelled.

Typo, Human Errors, We Goofed...!?

Occasionally there may be an error in days, times, registration requirements or fees in the brochure. If so, the staff will do everything possible to correct the situation promptly. Thank you for your patience and understanding should any of these situations arise.

Where Are We?

We are located in the Government Center building at 115 E. Washington St., Bloomington. Visitor parking is available across the street on the corner of East and Washington Streets.

Transportation Information & Refund Procedures



Transportation is available for some S.O.A.R. activities on a first-come, first-served basis for *Bloomington and Normal residents who have no other way to attend events. Car pools and the City transit system are recommended means of transportation. Please don't use transportation services as a "convenience". Many individuals have no other way to attend programs and services are limited. A minimum of five individuals per program must need transportation for these services to be provided. Programs in which transportation is available are followed by this symbol:



To receive transportation:

- Individuals needing to use door to door transportation services from SOAR must apply for this service separately for each program/event that it is available for. Applications for transportation services are available at the S.O.A.R. office.
- Transportation service is limited and this is reserved for individuals who could not otherwise participate in SOAR programs without it. If a participant has a parent or someone in the home that can drive the participant to/from programs, he/she should NOT register for transportation. This service is not to be utilized for convenience.
- 3. Transportation is also only available to those individuals who live within the Bloomington/Normal service area (listed below). SOAR reserves the right to cancel a participant's registration for transportation if they have access to other means of transportation or live outside of the service area in order to accommodate someone who meets eligibility.
- 4. Before a program is scheduled to begin, individuals will be sent notification of pick-up time for transportation for each requested program in the mail. This will be mailed at the beginning of the session for weekly programs or one week prior to a special event (if a memo is sent).
- 5. All transportation applications and requests must be received by Friday, August 25.

Bloomington/Normal residents eligible for transportation sevice need to reside within the following geographic area: *55 north*, *74/55/51 bypass west* *Six Points/Veteran's Parkway/Ireland Grove South* *Towanda Barnes Road east*

Refund Procedures

- A full credit or refund will be issued if a program is cancelled by S.O.A.R.
- To be eligible for a requested refund, the request must be made no less than three business days prior to the start of the program.
- 3. A refund minus a \$5 service charge will be issued to participants withdrawing from a program.
- 4. Refunds of special event/program fees for which S.O.A.R. has incurred a cost due to ticket purchase, deposits, rentals, etc. will only be made if S.O.A.R. is given 48-hour notice and the vacancy caused by the cancellation is filled. A \$5 service charge will be deducted.
- 5. A pro-rated refund may be given if a program is deemed inappropriate for an individual.
- Credits for future registration costs will be issued for all refunds of \$20 or less.
- Refunds will be issued by check on a monthly basis after being approved by the Bloomington City Council. Please allow at least three weeks for the processing of refunds.

Questions/Information

If there are any questions regarding eligibility, registration procedures, scholarships, transportation, or the S.O.A.R. program in general, feel free to contact the S.O.A.R. office at (309) 434-2260. TDD for the hearing impaired at (309) 829-5115. Fax: (309) 434-2483. Web site address is www.cityblm.org/soar. Hotline: (309) 434-2386.

nkohler@cityblm.org mrutenbeck@cityblm.org



Please...don't call/leave messages for S.O.A.R. staff at Lincoln Leisure Center.
This isn't our office. All calls should go to (309) 434-2260.