

SOAR

Special Opportunities
Available in Recreation



WINTER/SPRING 2023

REGISTRATION BEGINS JANUARY 12

CELEBRATING 50 YEARS ALL YEAR LONG

THROWBACK PHOTOS PAGE 21-22



Special Opportunities Available In Recreation

Office Address: 109 E. Olive St., Bloomington, Illinois 61701

Mailing Address: PO Box 3157, Bloomington, Illinois 61702-3157

In Person Registration Address: 115 E. Washington, Bloomington, Illinois 61701

(309) 434-2260

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What is SOAR?

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

Sports and Fitness

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Americans With Disabilities Act

Special Opportunities Available in Recreation (SOAR) will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of services, programs or facilities to individuals with disabilities. SOAR 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 SOAR be available in the most integrated setting appropriate for each individual. Call (309) 434-2260 if you have any questions about the SOAR policy regarding the ADA or believe you have been unfairly discriminated against by SOAR.

Questions/Information

Please contact the SOAR office with any questions regarding eligibility, registration procedures, scholarships, transportation or the SOAR 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.BloomingtonParks.org/soar. Hotline: (309) 434-2386.

Special Information

Inclusive Programs

SOAR recognizes that every individual with special needs and abilities does not always require a SOAR program. The SOAR staff are available to assist and advise participants concerning appropriate placement in SOAR, Bloomington and/or Normal Parks and Recreation Department programs. SOAR 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.

Full-Time Staff

Holly Polley, CTRS - Program Manager
hpolley@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

Program Legend



= **Door to Door
Transportation**

(Transportation details are located
on the inside back cover)



= **Participant
will need to
bring money to program**

Seasonal & Part Time Staff

SOAR is fortunate to have a number of qualified and talented seasonal and part time staff. Thank you to the following Fall session staff for their continued support, dedication and fine work!

Taylor Burlingame
Noelle Bush
Beth Clark
Sally Clark
Katie Clothier
Ritchie D'Costa
Sharon D'Costa
Kim Denton
Doug Dowell
Michele Evans
Alyssa Hamblin
Cassius Harlow
Ella Haynes

Miranda Henson
Randi Meyer
Larry Quanstrom
Bethany Reeser
Maddie Rankin
Eric Ritter
Mark Rutenbeck
Rachael Shropshire
Julie Smith
David Suarez
Glen Wetzell
Kim Workman

Attire at SOAR 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

SOAR 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 fall program session a success by volunteering their time to assist with one or more programs. SOAR is currently accepting volunteers for winter/spring programs. If you are interested in volunteering, please call (309) 434-2260.

Medication Dispensing

SOAR staff may dispense medication to participants during extended programs and trips. In order for SOAR 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. SOAR staff may not perform an injection or any other medically or physically invasive procedure. Please call the SOAR 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, SOAR staff may photograph or videotape participants at programs, special events and facilities. These photos are for SOAR 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 Holly.

Insurance

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

Staff Ratio

SOAR 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 SOAR 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. SOAR reserves the right to dismiss a participant. **Each situation will be evaluated on its own merit.**

Special Information

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 Fall Programs

| | |
|--------------------------|------------------|
| Aurora Abbott | Mary Jo Johnson |
| Cindy Alcazar | Cassidy King |
| Tammy Alsene | Charon Lakebrink |
| Abby Anderson | Anna Masters |
| Kaley Beckman | Jackson McClure |
| Jen Brown | Audrey McWhorter |
| David Campos | Audra Mitchell |
| Vanessa Campos | Donna Neuges |
| Naomi Carsten | Senia Pitts |
| Kanyce Cottrell-Parker | Dennis Sapp |
| Tessah Downs | Madi Sapp |
| Kerri Elson | Verlinda Sapp |
| Faith Lutheran Church | Shelley Schultz |
| Ashley Hamilton | Melissa Sheep |
| Lorelei Hudson | Tyler Stone |
| Illinois Wesleyan Titans | Savannah Torres |
| IOAA artists | MaryBeth Wiegand |
| Destinee Jackson | |

A VERY Special Thank you to our Unified Partners and Volunteer Coaches who give us so much more than their time to make our programs SOAR! You are more than teammates... you're friends!

| | | |
|-----------------|-------------------|-----------------|
| Missy Bird | Jenna Heaser | Bethany Reeser |
| Bruce Broughton | Joe Heaser | Eric Ritter |
| Taylor | Rob Kelley | Kevin Rogers |
| Burlingame | Katie Khoshaba | Buffy Ryan |
| Zach Burlingame | Brian Lahr | Cathy Sprague |
| Beth Clark | Courtney Lahr | Matthew Sprague |
| Jerry Curry | Sophia Lahr | Barb Wells |
| Ritchie D'Costa | Robin Levine | Dee Wilson |
| Sharon D'Costa | Jim Lilienthal | Jamie |
| Alex Dolgner | Sherry Lilienthal | Wielgopalan |
| Laura Ethridge | Conner Polley | |
| Todd Haynes | Holly Polley | |
| Greg Hayward | Larry Quanstrom | |

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. SOAR 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

SOAR 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. SOAR 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, SOAR 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

SOAR 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

SOAR 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.bloomingtonparks.org/soar



Follow us on Facebook

www.facebook.com/cityblmSOAR

Program Holidays

In observation of Good Friday (April 7) and Memorial Day (May 29) the office will be closed and there will be no programs held on these days.



TRAINING PROGRAMS

**Purpose of SOAR
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 SOAR
Special Olympics Training
Programs:**

Individuals who meet Special Olympics eligibility requirements and wish to participate in a SOAR Special Olympics training program must complete the SOAR registration procedure for that program. In addition, Special Olympics Illinois Athlete Medical Form, valid through the entire sport's season must be on file with SOAR before practice begins.

**Expectations For
SOAR Special Olympics
Training Programs:**

Athletes participating in a SOAR 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 Swimming

This is a Special Olympics competition training program for athletes who have basic swimming skills and can swim the length of the pool (some in deep water). This is NOT swim lessons. Registration and a Special Olympics Illinois Athlete Medical Form valid through June 2023 must be on file at the SOAR office by Friday, January 20, 2023, to participate. Athletes will train to compete in the backstroke, breaststroke, butterfly, freestyle in distances of 25 meters, up to 400 meters. Team members who have completed the training requirements of this program will be eligible to participate in the region event held on Saturday, April 1 in Champaign. Athletes who receive a gold medal at the region event will be eligible for the Special Olympics Illinois Summer Games at Illinois State University June 9 - 11. Athletes advancing to Summer Games will have additional training sessions on May 14, May 21 and June 4.

Individuals training in this sport will not have the option to compete in Athletics, Bocce, Soccer or Powerlifting.

- Who:** Ages 10 and over
- When:** Sundays, February 5 – March 26
2:00 - 3:00 pm
- Where:** YMCA Indoor Pool
- Cost:** \$40
- Limit:** Minimum 6; Maximum 12



Special Olympics

Special Olympics Athletics (Track and Field)

Athletes participating in this Special Olympics training program will prepare for competition in a variety of track and field events at varying levels. Walk racing, sprints, distance running, and field events will be included. Registration and a Special Olympics Illinois Athlete Medical Form valid through June 2023 must be on file at the SOAR office by Friday, January 20, 2023. Practices will be at Heartland Community College Fitness Center until the weather permits, then will be outside at Parkside Junior High's track. The night of practice on March 16 will be at Lincoln Leisure Center due to Spring Break at HCC.

Athletes completing this training program will have the opportunity to participate in the Region G Spring Games track meet which will be held on Sunday, April 30 at East Side Centre in East Peoria.

Athletes that earn a gold medal at the region competition will be eligible to participate in the Special Olympics Illinois Summer Games that will be held at Illinois State University June 9 - 11. Athletes advancing to Summer Games will have additional practices on Thursdays, June 1 and June 8.

Individuals training in this program will not have the option to compete in Swimming, Bocce, Soccer or Powerlifting.

Who: Ages 8 and over

When: Thursdays, March 9 – April 27
5:15 – 6:30 pm

Where: Heartland Community College
Parkside Junior High once weather permits.

Cost: \$40

Limit: Minimum 6; Maximum 20



Special Olympics Soccer

SOAR continues to offer a soccer training program. Athletes with basic motor and cognitive skills appropriate for team play and competition are eligible for this program. Emphasis will be placed on fundamental skills such as proper foot work, goal keeping and scoring as well as game knowledge and sportsmanship. Registration and a Special Olympics Illinois Athlete Medical Form valid through June 2023 must be on file at the SOAR office by Friday, January 20, 2023 to participate.

Athletes who meet the training requirements of this program will participate in a regional competition on Saturday, April 22 OR Sunday April 23 (TBD) in Chatham. A minimum of three games will be scheduled for the team prior to the Regional Qualifier. If the team receives a gold medal at the regional level, they are eligible to participate in the Special Olympics Illinois Summer Games that will be held at Illinois State University June 9 - 11. Athletes advancing to Summer Games will have additional practices on Wednesdays, May 24, 31 and June 7.

We may also have a game night on Monday March 20, from 5:30 – 7:00 pm at Game Time Gym, to get our qualifying games done. TENTATIVE!

Individuals training in this program will not have the option to compete in Swimming, Athletics, Bocce or Powerlifting.

Who: Ages 12 and older

When: Wednesdays, March 1 – April 19
5:30 – 7:00 pm

Where: Lincoln Leisure Center, indoor, White Oak Park outdoor

Cost: \$40

Limit: Minimum 10; Maximum 12



Special Olympics

Special Olympics Unified Tennis

SOAR Unified Tennis will pair Special Olympics athletes and athletes without intellectual disabilities (Unified Partners) as teammates. The goal of this program is to provide an opportunity for athletes to grow and develop from peer encouragement at practice and during competitions. In Unified Tennis, an athlete and partner play together to compete in doubles. Priority will be given to athletes with an established Unified Partner that have played in the past season.

This is a Special Olympics sports training program. A Special Olympics Illinois Athlete Medical Form valid through August 2023 must be on file at the SOAR office by Friday, March 31 to participate. Unified Partners will need to complete Unified Sports Partner & Class A forms and complete the Protective Behaviors and Concussion Awareness sessions. Teams who successfully complete this program and advance beyond the June 25 qualifier in Bloomington will be eligible to compete in the state tennis competition August 19 in Bloomington. Advancing pairs will have additional practices on Mondays, August 7 and 14 to prepare for state competition.

- Who:** Ages 12 and older
When: Mondays, April 24 – June 19 (except Memorial Day)
5:30 – 6:30 pm or 6:30 – 7:30 pm, as assigned
Where: Illinois Wesleyan University Tennis Courts
Cost: \$40
Limit: Minimum 4; Maximum 12



Special Olympics Bocce

This is a reminder that all athletes that received a gold medal/first place at the October Regional Bocce tournament will have practices prior to the state competition at the Special Olympics State Summer Games. Practices will be on May 31st and June 7th, 5:30 – 6:30 pm at O'Neil softball field!

Special Olympics Softball

SOAR will be conducting training programs for slow pitch softball. Team placement will be determined by a combination of previously demonstrated skill and from the skill assessment night. Registration and a Special Olympics Illinois Athlete Medical Form, valid through September 2023, must be on file at the SOAR office by Friday, June 2. Practices will be held on Wednesdays and continue through the Regional Tournament, Saturday July 29, in Springfield. Each team will participate in a minimum of three games prior to the regional tournament.

A team that receives a first place/gold medal at the region competition will be eligible to compete in the Special Olympics Illinois State Softball Tournament held in Springfield on September 9 – 10. Additional practices will be scheduled for August 23, 30 & September 6 for teams advancing to state competition.

Those registered for Special Olympics Softball may NOT register for Special Olympics Unified Golf.

- Who:** Individuals 12 and over
When: Assessment Night: Tuesday, May 23, 6:30 – 8:00 pm
All registered must attend the skills assessment scheduled during this time to determine appropriate team placement.
Regular practices then follow:
Wednesdays, June 7 – July 26
Softball I: 5:30 – 7:00 pm or
Softball II: 7:00 – 8:30 pm as assigned
Where: O'Neil Park Softball Field
Cost: \$40
Limit: Minimum/team 12; Maximum/team 15



Special Olympics

Special Olympics Unified Golf

SOAR is entering the world of competitive golf! This will be a Unified program pairing a Special Olympics athlete with a Unified Partner (an athlete/teammate without intellectual disabilities). The goal of this program is to provide an opportunity for athletes to grow and develop from peer encouragement at practice and during competitions. In Unified Golf, an athlete and partner play together to compete in aggregate 9-hole play on a standard course. Both athletes must be able to walk a 9-hole course unassisted (and without a cart). While it is preferred that the athlete has their own clubs, assistance may be available.

This is a Special Olympics sports training program. Registration and a Special Olympics Illinois medical form, valid through September 2023 must be on file at the SOAR office by May 19, 2023. Unified Partners will need to complete Unified Sports Partner & Class A forms, completing a background check, the Protective Behaviors and Concussion Awareness sessions prior to participation. Those who participate in this program will compete in a regional qualifier in Edwardsville on Friday August 4. Those receiving a gold medal/first place will be eligible to advance to the State Golf Tournament on Sept. 9 – 10 in Decatur. Extra practices will be scheduled for those who advance.

Those who register for Special Olympics Unified Golf may NOT register for Special Olympics Softball. Anyone registering for this program would be highly encouraged to register for the golf experience days being offered in April.

Who: Individuals 12 and over that can walk a 9-hole course independently

When: Tuesdays, May 30 – August 1 (not July 4)
6:00 – 7:00 pm

Where: Prairie Vista Golf Course and/or Highland Golf Course, Bloomington

Cost: \$40.00 SOAR will cover the cost of 2 rounds of golf for athlete and Partner each, at Highland and at Prairie Vista. Any additional tee times would be the responsibility of the athlete.

Limit: Minimum 2; Maximum 6

**Special
Olympics
Illinois**



Special Olympics Competition Dates:

January 22
Region G Basketball, Illinois Wesleyan

February 25
Polar Plunge, Miller Park Lake

March 10 - 12
State Basketball Tournament
Bloomington/Normal

March 19
Powerlifting Qualifier, Bloomington

April 1
Region Swimming, Champaign

April 22 or 23
Region Soccer, Chatham

April 30
Region Spring Games
East Side Centre, East Peoria

June 9 - 11
Summer Games, ISU, Kingsley & Normal West

June 25
Unified Tennis Qualifier, Bloomington

July 29
Region Softball, Springfield

August 4
Region Golf Qualifier, Edwardsville

August 19
State Tennis, Bloomington

September 9 – 10
State Softball, Springfield

September 9 – 10
State Golf, Forsyth/Decatur

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 SOAR bowling program where socialization is a part of the game!

Who: Individuals that can bowl two games independently

When: Mondays, February 6 – April 24
10:00 – 11:00 am OR
4:00 - 5:00 pm

Where: Pheasant Lanes, Bloomington

Cost: \$72 payable to Pheasant Lanes (lane fees - check or cash) and \$15 payable to SOAR (registration fee)

Limit: Minimum 10; Maximum 30

Cardio Fitness



Get fit with SOAR! This program will focus on exercises designed to get our heart rate up and improve cardiovascular health. 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.

Who: Ages 12 and older

When: Mondays, February 13 – May 1
6:15 - 7:15 pm OR
7:30 – 8:30 pm

Where: Lincoln Leisure Center, rooms 202 and 205 or the gym

Cost: \$36

Limit: Minimum 6; Maximum 12



Daytime Gym

Come and 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 SOAR to participate. Participants may come for part or all of the scheduled program time. "Drop ins" welcome!

Who: Ages 12 and older

When: Tuesdays, February 14 – March 7
2:00 - 3:30 pm

Where: Lincoln Leisure Center, gym

Cost: \$8 (or \$2 drop-in)



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. Hopefully, you will register for one of the many walk/run races around the area after this program!

Who: Ages 12 and older

When: Wednesdays, February 15–April 26
(NOT 3/15 due to HCC Spring Break)
5:30 – 6:30 pm

Where: Heartland Community College Rec Center and campus

Cost: \$18

Limit: Minimum 4; Maximum 15

Dance to SOAR

Spend an hour dancing your way to fitness! Get your heart rate up and get your whole body working as you move to the tunes. No slow dance romance here, this is a workout!

Who: Ages 12 and older

When: Thursdays, March 2 – March 23
7:00 – 8:00 pm

Where: Lincoln Leisure Center, Gym

Cost: \$12

Limit: Minimum 4; Maximum 12

Martial Arts

In this class we will study Bruce Lee's Jun Fan kick boxing/Jeet Kune Do. We will also explore Dog Brothers Martial Arts focusing on bilateral movement and the coordination of the upper and lower body. Additionally, we will delve into Yoga movement for increased strength, balance and flexibility. No previous martial arts experience is required for this class. Guru Terry and friends will lead this class.

Who: Ages 15 and older

When: Tuesdays, March 28 – May 2
5:30 – 6:30 pm

Where: Lincoln Leisure Center gym

Cost: \$60

Limit: Minimum 6; Maximum 12

Sports & Fitness



Yoga with Vanessa

Spend a peaceful hour stretching and meditating with our happiest friend, Vanessa. She will teach you different poses, how to stretch appropriately, and how to quiet yourself from the inside out. This will be a beginner's class, but all are welcome. Chair yoga practices can also be adapted/included as needed.

Who: Ages 12 and older

When: Thursdays March 23-April 13
6:00 – 6:45 pm

Where: Miller Park Pavilion, Main Level

Cost: \$50

Limit: Minimum 4 Maximum 12

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.

Who: Ages 8 and older

When: Sundays, February 12- March 19
2:00pm - 2:30pm

Where: Bloomington Ice Center

Cost: \$36

Limit: Minimum 3; Maximum 6

Chip, Putt, Drive – Golf Experience

In conjunction with adding Special Olympics Unified Golf this season, we thought it would be a good idea to just check out the basic skills of golf. We will head to Prairie Vista for some time learning to putt and chip, and then head to the Golf Learning Center to do try our driving skills.

Who: Ages 12 and over

When: Tuesdays, March 28 - April 18 – Driving and Swinging
Tuesdays, April 25 - May 2 - Putting and Chipping
5:30 – 7:00 pm

Where: March 28 - April 18 – Golf Learning Center,
1304 Cross Creek Drive, Normal (BloNo Pizza)
April 25 - May 2 – Prairie Vista Golf Course,
502 W. Hamilton Rd., Bloomington

Cost: \$40

Limit: Minimum 4, Maximum 8

Recreational Bocce

Come learn to play the game of bocce! This is a great game for all ages and abilities. If you enjoy bowling, you'll love bocce...it's sort of like bowling in the grass! Unified partners and family members welcome also, but not required.

Who: Ages 10 and over

When: Wednesdays,
May 3 - May 24
5:30 – 6:30 pm

Where: O'Neil Park Softball Field

Cost: \$12

Limit: Minimum 4, Maximum 20



Art & Music

Jewelry Making



Let's make some jewelry! Jewelry makes for great accessories and gifts too! In this program, participants will make all sorts of jewelry using beads, string, charms and lots of other fun crafty things you can use to make jewelry.

Who: Ages 14 and older

When: Mondays, February 13 – March 20
6:15pm – 7:15pm

Where: Lincoln Leisure Center, room 107

Cost: \$24

Limit: Minimum 6; Maximum 10

Winter & Spring Crafts Variety



There are a lot of fun winter and spring themed crafts we can make! We will use all sorts of craft materials to make some pretty awesome and unique winter and spring themed crafts. Make sure to wear clothes that can get messy as we will be using paint and glue.

Who: Ages 14 and older

When: Mondays, February 13 – March 20
7:30pm – 8:30pm

Where: Lincoln Leisure Center, room 107

Cost: \$24

Limit: Minimum 6; Maximum 10

Music Experience

Make music with us! Participants will engage in a variety of musical games and activities, as they explore instruments, movement and song. LIVE and recorded music, combined with adapted movements and instruments will meet each ability level and engage all participants to their fullest potential. This program is created by Developing Melodies, with a Board Certified Music Therapist, lending their experience and creating music.

Who: Ages 15 and older
When: Tuesdays, February 28 – April 11
(NO class March 28)
6:00pm – 7:00pm
Where: Lincoln Leisure Center, room 203
Cost: \$52
Limit: Minimum 6; Maximum 10

Buttons, Rocks & Shells Crafts



Buttons, Rocks & Shells – there are a lot of different beautiful and unique crafts you can make with each one of these. In this program, we will use buttons, rocks and shells to make our awesome crafts. Make sure to wear clothes that can get messy as we will use paint and glue.

Who: Ages 14 and older
When: Mondays, March 27 – May 1
6:15pm – 7:15pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Let's Explore Art



Let's explore art and learn how to make art all on our own. In this class, we will use techniques like painting, drawing, dry clay and more to create your own beautiful masterpieces. You will also create your own box portfolio to keep your creations in. Make sure to wear clothes that can get messy! **NOTE:** In this class, participants will be working towards making their own art from scratch by using their unique and creative minds to make their art their own. Keep this in mind when registering for the class.

Who: Ages 14 and older
When: Mondays, March 27 – May 1
7:30pm – 8:30pm
Where: Lincoln Leisure Center, room 107
Cost: \$24
Limit: Minimum 6; Maximum 10

Gardening & Clay Pots



Time to get the garden ready! We'll spend some time cleaning out our planters at Lincoln Leisure Center, replanting flowers and seeds and work on two clay pots. Be sure to wear clothes that can get messy.

Who: Ages 14 and older
When: Mondays, May 8 & 15
6:00pm – 7:30pm
Where: Lincoln Leisure Center, room 107 & outside
Cost: \$10
Limit: Minimum 6; Maximum 10



Adult Coloring



Need some relaxation? Research shows that coloring has many therapeutic benefits including stress relief and a calming effect for all. These books contain age-appropriate designs with much more detail than children's coloring books. For the grown-up version, we'll use colored pencils and sharpies rather than crayons. Several designs will be available for you to choose from each week.

Who: Ages 14 and older
When: Mondays, May 8 & 15
7:30pm – 8:30pm
Where: Lincoln Leisure Center, room 107
Cost: \$6
Limit: Minimum 6; Maximum 10

Cooking

All Things Soup!



Winter and early spring are a great time of year to enjoy yummy soups of all kinds. In this program, we will learn to make all kinds of different soups.

Come hungry and roll up your sleeves because a full meal will be prepared each week. All participants will help in the preparation of each part of the meal.

Who: Ages 14 and older

When: Wednesdays, March 1 – April 5
6:00pm – 7:30pm

Where: Miller Park Pavilion, Lower Level

Cost: \$30

Limit: Minimum 6; Maximum 12

Lunch Bunch I



Come cook a yummy lunch with our friends at the senior center. In this program, we will chop, dice, slice and mix our way to a delicious lunch. Everyone will help prepare the meal and work together to clean up.

The group will also plan the next week's meal and create our shopping list. Come hungry because a full meal will be prepared.

Who: Ages 22 and older

When: Mondays, March 6 – 27
11:30am – 1:00pm

Where: Miller Park Pavilion, Lower Level

Cost: \$20

Limit: Minimum 6; Maximum 10

Lunch Bunch II



Come cook a yummy lunch with our friends at the senior center. In this program, we will chop, dice, slice and mix our way to a delicious lunch. Everyone will help prepare the meal and work together to clean up. The group will also plan the next week's meal and create our shopping list. Come hungry because a full meal will be prepared.

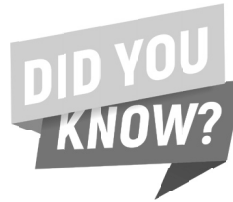
Who: Ages 22 and older

When: Mondays, May 1 – 22
11:30am – 1:00pm

Where: Miller Park Pavilion, Lower Level

Cost: \$20

Limit: Minimum 6; Maximum 10



SOAR began operation in 1973 when Dave Johnson of the Department of Mental Health (DMH) felt that there was a need for a recreation program for individuals with disabilities.

He wrote a grant in order to get the program started and the grant got approved September of 1973.

Stay tuned for more fun facts coming in the next brochure...

Virtual Programs



SOAR Social Hour

Get together with friends to chat, dance and socialize virtually. We'll meet via Zoom once a month. Join us to hang out with friends each month. Zoom link will be sent to those who register the morning of the program date listed.

Who: Ages 15 and older

When: Thursdays, 2/16, 3/30, 4/20, 5/25

Where: Zoom link will be sent via email each month

Cost: FREE, but participants must register for Zoom link

Limit: Minimum 6; Maximum 20

Virtual Game Night

Get together with friends for a fun game night! We'll play some classic games like Scattergories, Guess Who, Mad Libs and more. SOAR will provide supplies, as needed, to you the week of the program. Zoom link will be provided the day of the program. Bring your game face!

Who: Ages 15 and older

When: Thursdays, 2/16, 3/30, 4/20, 5/25

Where: Zoom link will be sent via email each month

Cost: FREE, but participants must register for Zoom link

Limit: Minimum 6; Maximum 20

Zoo Education

ZOoper Fridays

Calling all animal lovers! Each month, we'll meet at the zoo to learn about a specific animal. A zoo education session will also include time to visit the animal's habitat inside the zoo.

Wear your walking shoes and dress appropriately for the weather. This program includes 4 classroom dates and admission to the zoo each program date.

Who: Ages 22 and older

When: Fridays, 2/17, 3/17, 4/21 & 5/19
1:00pm – 2:30pm

Where: Drop off/pick up at front entrance of Miller Park Zoo

Cost: \$48

Limit: Minimum 4; Maximum 10



Facility Directory

Government Center/The Hub

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

Lincoln Leisure Center

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

Miller Park Zoo

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

Bloomington Ice Center

201 S Roosevelt Ave,
Bloomington, IL 61701
(309) 434-2737

ISU Horton Field House

180 N Adelaide St, Normal, IL 61761
(309) 438-3633

Heartland Community College Fitness & Rec Center

1500 West Raab Road
Normal, Illinois 61761-9446
Phone: 309-268-8000

BN Barbell Club

2902 Gill Street
Bloomington, IL 61704
(309) 531-4541

Pheasant Lanes

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

Wesleyan Shirk Center

302 E Emerson St,
Bloomington, IL 61701
(309) 556-3196

White Oak Park

1514 Cottage Ave,
Bloomington, IL 61701
(309) 434-2260

Prairie Vista Golf Course

502 W. Hamilton Rd.
(309) 434-2217

Midwest Food Bank - Bloomington/Normal Division

2031 Warehouse Rd,
Normal, IL 61761
(309) 663-5350

Hike Haven

218 Tanner St.
Bloomington, IL 61701

Miller Park Pavilion

1122 S Morris Ave
Bloomington, IL 61701
(309) 434-2255

O'Neil Park (Softball Field)

1515 W. Chestnut St.
Bloomington, IL 61701

Normal Community Activity Center

1110 Douglas St, Normal, IL 61761
(309) 454-9779

The Den At Fox Creek Golf Course

3002 Fox Creek Rd.
(309) 434-2300

The Proving Ground Bouldering Gym

1503 E. College,
Normal, Illinois
(309) 808-0309

Teen and Adult Night Out Programs

Friday Night Teen Club \$

Get together one Friday a month with your fellow SOAR 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. (The first night we will meet at Hike Haven in Forrest Park for a fireside cookout and chat to figure out what our other outings will be.)

Due to the popularity of this program, we've broken this into three nights, based on age. Please sign up for the appropriate section.

Who: Ages 13 - 19

When: Fridays, 2/10, 3/3, 4/14 & 5/5

6:00 pm – 8:00 pm

(sometimes a little longer, depending on activity)

Where: Drop off/pick up at various locations.

Cost: \$16 (plus expenses each month)

Limit: Minimum 6; Maximum 12



Friday Night Out \$

Get together one Friday a month with your fellow SOAR 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.

Due to the popularity of this program, we've broken this into three nights, based on age. Please sign up for the appropriate section.

Who: Ages 20 – 26

When: Fridays, 2/24, 3/17, 4/21, 5/12

6:00 pm – approximately 8:00 pm

(depending on activity)

Where: Drop off/pick up at various locations.

Cost: \$16 (plus expenses each month)

Limit: Minimum 6; Maximum 12



Let's Get Out! \$

Get together one Friday a month with your fellow SOAR friends for some fun around town. Outings could include movies, bowling, going to the mall or a game, 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.

Due to the popularity of this program, we've broken this into three nights, based on age. Please sign up for the appropriate section.

Who: Ages 27 – up

When: Fridays, 2/17, 3/24, 4/28, 5/19

5:00 - 7:00 pm

Where: Drop off/pick up at Lincoln Leisure Center unless otherwise noted

Cost: \$16 plus any extra costs depending on the chosen activity

Limit: Minimum 6, Maximum 12



Youth Programs

SOAR for Starters

This program is targeted to youth that are too young for most other SOAR programs. A variety of activities including games, music, dance, fitness, crafts, and social activities will be provided. Development of fundamental motor skills and eye-hand coordination will be emphasized. A 1:2 staff to participant ratio will be provided. Dress in clothing for activity and wear gym shoes. Since some activities involve things like paint, participants should dress in clothes that can get messy!

Who: Ages 4 - 7

When: Saturdays, 2/11, 2/18, 3/4, 3/18, 4/15, 4/29, 5/6
10:00 – 11:30 am

Where: Lincoln Leisure Center, room 107 & gym

Cost: \$42

Limit: Minimum 4; Maximum 10

White Shirt? What a Shirt!!

White Shirt Day...who wants that? We'll be making white bright with a tie dye project! Since it's also Inventor's Day, we might invent some new tie dye methods!

Who: Ages 8 - 21

When: Saturday, February 11
1:00 – 2:30 pm

Where: Lincoln Leisure Center, room 107

Cost: \$6

Limit: Minimum 6; Maximum 12

Random Acts of Kindness

We'll take our energy to good things and maybe pick up around Lincoln Leisure Center and then also make some cards for a local nursing home. And... to be kind to each other, we'll try making MINT HOT CHOCOLATE!

Who: Ages 8 - 21

When: Saturday, February 18
1:00 – 2:30 pm

Where: Lincoln Leisure Center, room 208

Cost: \$6

Limit: Minimum 6; Maximum 12

Karaoke and Caramel

It's Celebrate Karaoke Week AND Caramel Popcorn Day...so we're combining the two...come sing with our own DJ Holly Polley and then make some caramel corn to take home.

Who: Ages 8 - 21

When: Saturday, March 4
1:00 – 2:30 pm

Where: Lincoln Leisure Center, room 208

Cost: \$6

Limit: Minimum 6; Maximum 12

Imagine it, Build It!

Using bits of nature that we have collected; we'll build the homes and cities of tomorrow! This is how it was done BEFORE Legos!

Who: Ages 8 – 21

When: Saturday, March 18
1:00 – 2:30 pm

Where: Lincoln Leisure Center, room 208

Cost: \$6

Limit: Minimum 6; Maximum 12

Flutter By

We'll be learning about butterflies this week and planting some seeds that hopefully will grow into something good for Monarchs!

Who: Ages 8 – 21

When: Saturday, April 15
1:00 – 2:30 pm

Where: Lincoln Leisure Center, room 208

Cost: \$6

Limit: Minimum 6, Maximum 12

What's New at the Zoo?

We'll meet at the Miller Park Zoo to see what's new this spring and hear from our friend Shannon about all things cool at the zoo! A project, a walk...be ready to be active!

Who: Ages 8 - 21

When: Saturday, April 29
1:00 – 2:30 pm

Where: Miller Park Zoo

Cost: \$6

Limit: Minimum 6; Maximum 12

Think Outside...no box required!

It's a day in the trees, a walk out in nature, celebrate all that's great about the great outdoors. We'll head to Funk's Grove for our appreciation of all things green and beautiful. In honor of Space Day, we may bring a telescope along to see what's up above us as well

Who: Ages 8 - 21

When: Saturday, May 6
1:00 – 3:00 pm

Where: Leave from Lincoln Leisure Center

Cost: \$6

Limit: Minimum 6; Maximum 12

School Break Program

Presidents' Day Break

Join us for a day of fun at Pheasant Lanes. We'll enjoy some bowling, lunch, and time in the arcade. Bowling fees, shoe rental, and lunch is included in the registration fee. Money for the arcade will be on your own.

- Who:** Ages 8 - 21
When: Monday, February 20
12:00 pm – 3:00 pm
Where: Meet at Pheasant Lanes
Cost: \$30
Limit: Minimum 6; Maximum 10



Special Events

Mardi Gras Bingo



Calling all bingo players! Join us for a Mardi Gras themed bingo party! We will enjoy dessert before we play a few rounds of bingo and win some cool prizes.

- Who:** Ages 12 and older
When: Thursday, February 9
6:30 – 8:30 pm
Where: Normal Community Activity Center
Cost: \$8
Limit: Minimum 8; Maximum 20

ISU Women's Basketball Game



Cheer on the Lady Redbirds as they face the Missouri State University Lady Bears at the Redbird Arena in a 1:00 pm game. Be sure to wear red and bring money for concessions. Please note seats may be in the upper bowl. A reminder email with more information will be sent to those who register.

- Who:** Ages 14 and older
When: Sunday, February 12
12:00 pm - 4:00 pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$12
Limit: Minimum 8; Maximum 20

IWU Men's Basketball Game



Come out and support the IWU Titans as they take on the Carthage Firebirds. Be sure to wear green and white to support the Titans. Participants may bring money for concessions. A reminder email with more information will be sent to those who register.

- Who:** Ages 14 and older
When: Saturday, February 18
3:30pm – 7:00pm
Where: Drop off/pick up at Lincoln Leisure Center
Cost: \$10
Limit: Minimum 8; Maximum 20



Snowshoe Sunday!

Everyone wonders about it, here's your chance to try it! Join us for an afternoon of snowshoeing plus a bonfire and hot chocolate. If you're looking for something to beat the winter blues, get outside and join us for some brisk walking and snow games. Snowshoes are provided. Family and friends welcome but must register.

- Who:** Ages 5 and beyond
When: Sunday February 19
2:00 – 3:30 pm
Where: Hike Haven in Forrest Park
Cost: \$3.00 per person
Limit: Minimum 4, Maximum 20

Dragons & Mythical Beasts Show



Let's go to the Bloomington Center for the Performing Arts and enjoy a show! Dragons & Mythical Beasts is a show that entails magnificent dragons along with mythical beasts. Come and watch these spectacular dragons and beasts life-sized puppets come to life.

- Who:** Ages 14 and older
When: Wednesday, February 22
6:00pm – 9:00pm
Where: Drop off/Pick-up at Lincoln Leisure Center
Cost: \$22
Limit: Minimum 8; Maximum 15

Special Events

Proving Ground

Ready to do something new and active? We'll head to the Proving Ground Bouldering Gym where we'll be able to learn how to boulder (climbing horizontally rather than just vertically) and spend some time climbing in the gym with expert support. Registration is per class. Participants may register for one or both classes. Equipment is provided. Please wear comfortable closed toe shoes and clothes suitable for climbing/exercising.

Who: Ages 15 and older

When: Sunday, March 5
3:00pm – 4:30pm

When: Sunday, April 2
3:00pm – 4:30pm

Where: Proving Ground, Normal, IL

Cost: \$25

Limit: Minimum 4; Maximum 8



Respect Run

Spread the Word to End the Word. The “R-word” Campaign is spotlighted every March. It is supported by our friends at Special Olympics and Best Buddies. To spread the word in our own community and get in some physical fitness, we're offering a non-competitive 5K run and shortened family walk at Miller Park. Registration is available online on ActiveNet. T-Shirt Registration is available online through our online SOAR apparel store. Link to the store will be available on ActiveNet as well as on your receipt after you register. If you have any questions regarding t-shirts, please contact Holly Polley at hpolley@cityblm.org. Walk in registration is available at 12:30pm onsite. All ages welcome. **Please do not bring dogs.** Strollers are welcome.

Who: Friends, family and SOAR participants
of all ages welcome

When: Sunday, March 26
Registration begins at 12:30pm
Run/Walk begins at 1:00pm

Where: Miller Park (registration inside the Pavilion)

Cost: \$5 registration and walk-in registration

Limit: Minimum 25; Maximum 200

SOAR Spring Formal 50th Anniversary Celebration



SOAR is turning 50! Woohoo! Let's celebrate! We will enjoy music from a live DJ and a light dinner will be served. Our theme this year is Golden Anniversary. We will also have a photographer available to take individual/group pictures. SOAR will provide each participant with one professional photo; additional photos with groups/friends will cost \$5 per person. Please bring cash if you'd like to purchase an additional photo. Dress is formal. A reminder email will be sent to those who register. *Parent cafe will be available in the lower level during the event.*

Who: Ages 12 and older

When: Friday, March 31
6:30 – 9:00 pm

Where: Miller Park Pavilion, Main Level

Cost: \$20

Limit: Minimum 16; Maximum 100

SOAR Easter Egg Hunt

Come out to Miracle League Field and join Normal Parks and Recreation for this fun Easter Egg Hunt and play some yard games! Everything you need for the hunt will be provided for you. Make sure to wear walking shoes and clothes that are appropriate for the weather. We will have 2 different times for 2 different age groups. Please sign up for the appropriate time.

Who: Ages 4 - 21

When: Saturday, April 1
12:30 - 1:15 pm

Who: Ages 22 and older

When: Saturday, April 1
1:30 - 2:15 pm

Where: Miracle League Field, Normal, IL

Cost: FREE, but must register to participate

Limit: Minimum 10, Maximum 50 (per age group)

Family Movie Day

Come and enjoy a movie with your family! We will be watching the new Pinocchio movie on the big blowup screen in the Lincoln Leisure Gym. Bring a lawn chair and/or blanket, relax and enjoy! We will also have popcorn and water for everyone to enjoy while watching the movie.

Who: SOAR Families

When: Sunday, April 16
1:30pm – 3:30pm

Where: Lincoln Leisure Center, Gym

Cost: \$2 per person

Limit: Minimum 10; Maximum 40

Special Events

Madagascar the Musical



Let's head to the Bloomington Center for the Performing Arts for a show! We will be watching Dreamwork's Madagascar the Musical on the big stage. Be ready for lots of laughs along with lots of singing and dancing.

Who: Ages 14 and older
When: Saturday, April 22
6:15pm – 9:15pm
Where: Drop off/Pick-up at Lincoln Leisure Center
Cost: \$36
Limit: Minimum 8; Maximum 15

Throwback Bingo



Let's celebrate 50 years of SOAR with some throwback bingo. This bingo will be a bit different than our traditional games of bingo because instead of using numbers we will use pictures from the past that fill our card. Be ready to play some fun throwback bingo and win some cool prizes. We will also enjoy a yummy treat!

Who: Ages 12 and older
When: Tuesday, May 9
6:30 – 8:30 pm
Where: Miller Park Pavilion, Lower Level
Cost: \$8
Limit: Minimum 8; Maximum 20

Trek the Trails

Check out the local trails just in time for spring. We will be hitting the Constitution Trail in Normal and then will enjoy a picnic dinner with our friends. Be sure to wear comfortable walking shoes and dress to be outside.

Who: Ages 14 and older
When: Thursday, May 11 4:00 - 7:00 pm
Where: Drop off /pick up at
Connie Link Amphitheatre in Normal, IL
Cost: \$8
Limit: Minimum 8; Maximum 16

Mother's Day Brunch

Spend some time with mom to let her know she is so special. All ladies and guys with their mothers or grandmothers are invited to this event. We will enjoy a delicious brunch at The Den at Fox Creek Golf Course. A reminder email with more information will be sent closer to program date.

Who: Participants and their mother/grandmother
When: Saturday, May 13
10:00 – 11:30 am
Where: The Den at Fox Creek Golf Course, Bloomington
Cost: \$10 per person
Limit: Minimum 8 (4 pairs); Maximum 50 (25 pairs)



Let's Plant Flowers

Let's plants some flowers in pots! For this program you will be painting a clay pot, planting in it and then you will be able to take it home. Come ready to plant and be sure to wear clothes that can get messy.

Who: Ages 14 and older
When: Thursday, May 18
6:00pm – 7:30pm
Where: Hike Haven, Forrest Park
Cost: \$5
Limit: Minimum 8; Maximum 20

Volunteer at the

Midwest Food Bank

Dates/Times TBD
Contact Maggie Rutenbeck
at mrutenbeck@cityblm.org
if you are interested
in volunteering



February 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|---|
| | | | 1 | 2 | 3 | 4 |
| SO Swimming 5 | Recreational Bowling 6 | 7 | 8 | Mardi Gras Bingo 9 | Friday Night Teen Club 10 | SOAR for Starters White Shirt? What a Shirt! 11 |
| SO Swimming Adaptive Learn to Skate ISU Women's Basketball Game 12 | Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 13 | Daytime Gym 14 | Seat to SOAR 15 | SOAR Social Hour Virtual Game Night 16 | ZOOper Fridays Let's Get Out! 17 | SOAR for Starters Random Acts of Kindness IWU Men's Basketball Game 18 |
| SO Swimming Adaptive Learn to Skate Snowshoe Sunday 19 | Presidents' Day Break Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 20 | Daytime Gym 21 | Seat to SOAR Dragons & Mythical Beasts Show 22 | 23 | Friday Night Out 24 | Polar Plunge 25 |
| SO Swimming Adaptive Learn to Skate 26 | Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 27 | Daytime Gym Music Experience 28 | | | | |

VOLUNTEER AT THE MIDWEST FOOD BANK - CONTACT MAGGIE RUTENBECK AT MRUTENBECK@CITYBLM.ORG

March 2023

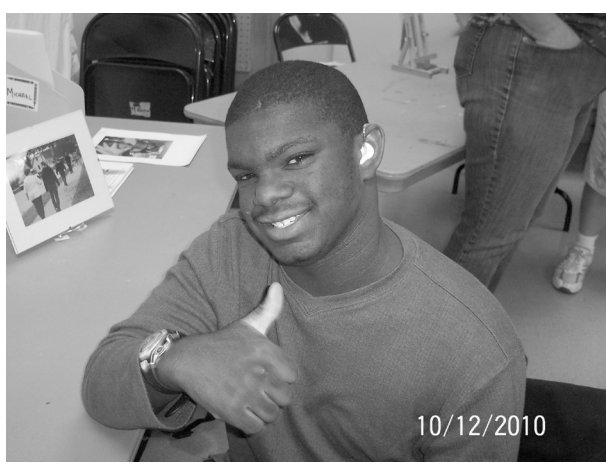
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|--|
| | | | Seat to SOAR SO Soccer All Things Soup! 1 | Dance to SOAR 2 | Friday Night Teen Club 3 | SOAR for Starters Karaoke and Caramel 4 |
| SO Swimming Adaptive Learn to Skate Proving Ground 5 | Lunch Bunch I Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 6 | Daytime Gym Music Experience 7 | Seat to SOAR SO Soccer All Things Soup! 8 | SO Athletics Dance to SOAR 9 | SO State Basketball 10 | SO State Basketball 11 |
| SO State Basketball SO Swimming Adaptive Learn to Skate 12 | Lunch Bunch I Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 13 | Music Experience 14 | SO Soccer All Things Soup! 15 | SO Athletics Dance to SOAR 16 | ZOoper Fridays Friday Night Out 17 | SOAR for Starters Imagine it, Build It! 18 |
| SO Powerlifting Qualifier SO Swimming Adaptive Learn to Skate 19 | Lunch Bunch I Recreational Bowling Cardio Fitness Jewelry Making Winter & Spring Crafts Variety 20 | Music Experience 21 | Seat to SOAR SO Soccer All Things Soup! 22 | SO Athletics Yoga with Vanessa Dance to SOAR 23 | Let's Get Out! 24 | 25 |
| Respect Run SO Swimming 26 | Lunch Bunch I Recreational Bowling Cardio Fitness Buttons, Rocks & Shells Crafts Let's Explore Art 27 | Martial Arts Chip, Putt, Drive – Golf Experience 28 | Seat to SOAR SO Soccer All Things Soup! 29 | SO Athletics Yoga with Vanessa SOAR Social Hour Virtual Game Night 30 | SOAR Spring Formal 50 th Anniversary Celebration 31 | |

REGISTER EARLY! CLASSES FILL UP FAST!

May 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|--|--|---|
| | Lunch Bunch II SO Tennis Cardio Fitness Buttons, Rocks & Shells Crafts Let's Explore Art <div style="text-align: right;">1</div> | Martial Arts Chip, Putt, Drive – Golf Experience <div style="text-align: right;">2</div> | Recreational Bocce <div style="text-align: right;">3</div> | | Friday Night Teen Club <div style="text-align: right;">5</div> | SOAR for Starters Think Outside...no box required! <div style="text-align: right;">6</div> |
| | Lunch Bunch II SO Tennis Gardening & Clay Pots Adult Coloring <div style="text-align: right;">8</div> | Throwback Bingo <div style="text-align: right;">9</div> | Recreational Bocce <div style="text-align: right;">10</div> | Trek the Trails <div style="text-align: right;">11</div> | Friday Night Out <div style="text-align: right;">12</div> | Mother's Day Brunch <div style="text-align: right;">13</div> |
| | Lunch Bunch II SO Tennis Gardening & Clay Pots Adult Coloring <div style="text-align: right;">15</div> | | Recreational Bocce <div style="text-align: right;">17</div> | Let's Plant Flowers <div style="text-align: right;">18</div> | ZOOper Fridays Let's Get Out! <div style="text-align: right;">19</div> | |
| | Lunch Bunch II SO Tennis <div style="text-align: right;">22</div> | SO Softball Assessment Night <div style="text-align: right;">23</div> | Recreational Bocce <div style="text-align: right;">24</div> | SOAR Social Hour Virtual Game Night <div style="text-align: right;">25</div> | | |
| | Memorial Day <i>(Office Closed)</i> <div style="text-align: right;">29</div> | SO Unified Golf <div style="text-align: right;">30</div> | SO Bocce <div style="text-align: right;">31</div> | | | |
| | | | | | | |

VOLUNTEER AT THE MIDWEST FOOD BANK - CONTACT MAGGIE RUTENBECK AT MRUTENBECK@CITYBLM.ORG

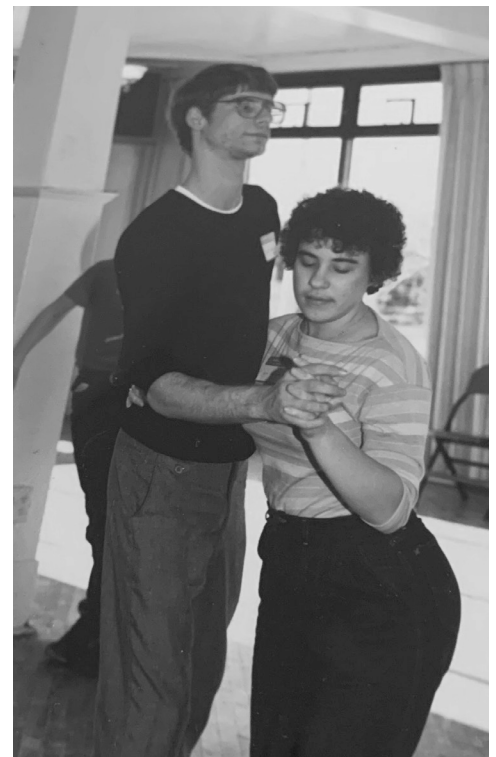


THE BEST
THING ABOUT
Memories
IS MAKING THEM





THE BEST
THING ABOUT
Memories
IS MAKING THEM



Registration Information

How to register for a Program or Activity - you must first establish your account: Visit www.bloomingtonparks.org

In the top right hand corner hover over "Register"
A dropdown will appear
Select Programs & Activities

This will take you to a new page:

If you previously had an account in our old system you will need to select "Sign In" and enter the email address associated with the existing account, then click "Forgot your password?" This will then prompt you to create a new password.

If you did not have an account, you will need to "Create an Account"

After your account has been established, you are ready to register for an activity or program by following the steps outlined below:

- 1) Click the Activities button on the registration home page.
- 2) Select the Activity Category that you would like to enroll into. Clicking the underlined name will show you a detailed Activity description.
- 3) Click the Enroll Now button if you wish to register for the Activity. Select the participant you wish to enroll. Click the Add to Cart button to register.
- 4) Next, sign into your online registration account by entering your Email and Password. Proceed to checkout by clicking the Continue button. From this screen you may remove Activities from your cart or view more Activities and add them to your cart.

*Please Note: If more than one family member will be attending the Activity, click on the button labeled, Add Another One (*located under the Shopping Cart screen*).
- 5) Confirm your Activity name, date and time, enrollee and price.
- 6) Click Check Out to proceed with payment. You will be prompted that you are entering a secure site. Enter your credit card information on the Payment Information Page and agree to any required waiver(s) and confirm the payer meets the age requirement of "13 Years or Older". Click Continue. This system accepts Visa, MasterCard, Discover and American Express.

*Please Note: The name and address must match those that are on file with your credit card company. If the address shown is not your credit card billing address, click on the My Account button and change your residential address to match your credit card billing address.

- 7) Once your payment has been approved, your receipt will display. Please print a copy of your receipt for your records.

Other ways to register - Registration may be done on-line, in person or through the mail. **Registration may be done in person at The Hub at 115 E Washington Street. Monday - Friday from 8:00 am to 4:30 pm or it may be mailed. Send to:**

**SOAR Program Registration
PO Box 3157
Bloomington, IL 61702-3157**

Notification of Acceptance - SOAR will notify you only if you have not been accepted into a program. Once the registration procedure has been completed and accepted by SOAR 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

1. A program will be cancelled if the minimum number of participants needed is not met. SOAR staff will notify people by mail if this situation arises.
2. In cases of bad weather, participants should call the SOAR 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 109 E. Olive St., Bloomington, Illinois.

Registration Deadline - On-line registration begins at 7:00 am on Thursday, January 12th. Mail-in registration will begin on Thursday, January 12th at 8:00 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 SOAR programs fill up 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 SOAR 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 Friday, February 3.

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 Holly 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 Friday, February 3.

Refund Procedures

Refund Procedures

1. A full credit or refund will be issued if a program is cancelled by SOAR.
2. 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 SOAR has incurred a cost due to ticket purchase, deposits, rentals, etc. will only be made if SOAR 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.
6. Credits for future registration costs will be issued for all refunds of \$20 or less.
7. 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.

Transportation

Transportation is available for some SOAR 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:

1. 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 SOAR office.
2. 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, January 27.

Bloomington/Normal residents eligible for transportation service 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

Questions/Information

If there are any questions regarding eligibility, registration procedures, scholarships, transportation, or the SOAR program in general, feel free to contact the SOAR 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.

hpolley@cityblm.org OR mrutenbeck@cityblm.org



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DECEMBER 21, 2022



RESPECT RUN!

FUN
RUN

CHANGE THE "R-WORD" TO RESPECT

SUNDAY, MARCH 26
MILLER PARK

REGISTRATION 12:30PM
RUN/WALK 1:00PM

SEE PAGE 15 FOR DETAILS