Providing leisure opportunities for individuals with special needs

REGISTRATION STARTS SEPTEMBER 15

(309) 434-2260  BloomingtonParks.org/SOAR
Special Opportunities Available In Recreation
Office Address: 115 E. Washington, Bloomington, Illinois 61701
Mailing Address: PO Box 3157, Bloomington, Illinois 61702-3157
(309) 434-2260

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>General Information</th>
<th>Cooking</th>
<th>Virtual Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Americans w/ Disabilities Act</td>
<td>Outdoor Cooking</td>
<td>Cardio Fitness</td>
</tr>
<tr>
<td>Calendars</td>
<td>Simple Suppers</td>
<td>Christmas Craft-a-Palooza</td>
</tr>
<tr>
<td>Facility Directory</td>
<td>Zoo Education</td>
<td>Dance to SOAR</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>SOAR Animal Crackers</td>
<td>Gingerbread Houses</td>
</tr>
<tr>
<td>Medication Dispensing</td>
<td>ZOOper Fridays</td>
<td>Holiday Crafts</td>
</tr>
<tr>
<td>Registration Information</td>
<td>Just for Teens/Young Adults</td>
<td>Lunch Bunch</td>
</tr>
<tr>
<td>Registration Form</td>
<td>Fall Friday Fireside Friends</td>
<td>Martial Arts</td>
</tr>
<tr>
<td>Volunteers</td>
<td>Fall Friday Fireside Teens</td>
<td>Music Experience</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ornament Making</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Simple Suppers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SOAR with a Story</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Talk Turkey</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SOAR Social Hour via Zoom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bingo Zoom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Halloween Zoom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Scattegories Zoom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ugly Sweater Zoom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SOAR Drive Thru</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SOAR Drive Thru</td>
</tr>
</tbody>
</table>

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.

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.bpard.org/soar. Hotline: (309) 434-2386.
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
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
SOAR 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!

Beth Clark
Sally Clark
Katie Clothier
Breanne D’Costa
Ritchie D’Costa
Sharon D’Costa
Kim Denton
Doug Dowell
Shelby Edwards
Michele Evans
Miranda Henson
Bethany Keith
Randi Meyer
Tom Mittler
Sydney Pinder
Conner Polley
Holly Polley
Larry Quanstrom
Maranda Richards
Mark Rutenbeck
Rachael Shropshire
Julie Smith
David Suarez

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 have been a part of the summer 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 Nicole.

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.

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.
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
Tim Collins
Jerry Curry
Flint Greil
Greg Hayward
Nate Henry
Barb Howard
Rob Kelley
Bridget Larkin
Audrey McWhorter
Matthew Newell
Ruby Newell
Kristin Papanicolas
Buffy Ryan
Dennis Sapp
Verlinda Sapp
Deb Schultz
Barb Wells
Jamie Wielgopolan
Dee Wilson

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

Visit our website
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 7, November 26 & 27, December 24, 25 & 31, and January 1 & 18. The office will be closed but programs will still be held on November 11.
Current Participant Eligibility

- Ability to maintain 6-foot physical distance from other participants and staff.
- Ability to properly put on, wear, and take off face covering when necessary, for the duration of the program.
- Independent personal care (hygiene, toileting, eating).
- Participate with visual and verbal prompting within a ratio of one staff to four participants, without the need for physical re-direction.
- Ability to follow SOAR Code of Conduct and other pre-determined guidelines.

If the participant is able to adhere to the above eligibility requirements, in-person programming may be a good fit. However, if the participant is unable to meet the above requirements, virtual programs may be the best way to participate at this time. SOAR will review all registrations and contact you if there are questions or concerns regarding the participant's ability to follow the above eligibility and safety practices.

Practices Taken to Promote Safety and Wellness in our Programs

- Program capacity will be a maximum of ten individuals, which includes staff.
- Face coverings must be worn by participants and staff at all times, unless eating or drinking.
- The only exception to this is when staff and participants can maintain physical distancing of at least 6 feet.
- Participants must provide their own face coverings.
- Staff will develop a drop off and pick-up system for each program to ensure proper physical distancing. Parents and caregivers must wear face coverings and stay in their vehicle. Parents and caregivers must wait for staff to acknowledge arrival of participants before leaving.
- Participants must adhere to a strict hand washing and sanitation schedule.
- Staff will clean and disinfect frequently touched surfaces before and after activities and between use by different individuals.
- SOAR will take measure to promote a minimum 6 feet of physical distancing which may include seating assignments, outdoor activities, barriers and traffic flow patterns.
- All participants will be temperature checked, at arrival, using a no-contact infrared forehead thermometer. Participants with elevated temperatures at or above 100.4, with two temperature checks allowed, will be sent home.

SOAR COVID-19 protocol (updated August 2020)

- Participants and staff displaying symptoms of illness during program will be removed from the group, and an approved adult will be required to pick up the individual within 30 minutes of notification. Participants will be supervised while waiting for pick up in a location separate from the rest of the group.
- A participant who has been exposed to, or in close contact with, someone confirmed with COVID-19 may only return to program after it has been 14 days from the time of exposure or return a negative COVID-19 test.
- Participants diagnosed with, or exhibiting symptoms of, COVID-19 including cough, shortness of breath, fatigue, body aches, sore throat, congestion/runny nose, nausea/vomiting or diarrhea, may only return to program if:
  - It has been 10 days from the resolve of symptoms, or
  - Participant has returned two negative COVID-19 tests, or
  - Participant can provide documentation from a physician diagnosing them with something other than COVID-19.
- Reasonable accommodations will be evaluated on a case by case basis.

For everyone's safety, individuals that do not adhere to program rules and guidelines as stated above, and in SOAR's Code of Conduct, may be removed from the program.

Self-Health Check

All participants are reminded to stay at home if they have signs or symptoms of COVID-19 OR have been exposed to someone who has tested positive for COVID-19. Before you leave home, can you answer "no" to the following questions? If you have one or more "yes" responses, please protect our friends and staff at SOAR by staying home.

- In the past 14 days, have you had contact with anyone with known COVID symptoms or who has tested positive for COVID?
- Have you had a fever in the last week (100.4 degrees or higher)?
- Do you have a cough or difficulty breathing?
- Do you have any other COVID-related symptoms such as fatigue, body aches, sore throat, congestion, runny nose or nausea/vomiting?
Bocce - Traditional and Unified
Come 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 will be invited to play with a small group of participants during this time. This program is offered as recreational bocce. Please register for either Traditional or Unified Bocce.

“In the event that Special Olympics offers Traditional and/or Unified Bocce competition this fall, participants registered for this program will be contacted about their interest in competing.”

Who: Age 10 and older
When: Wednesdays, September 16 - October 14
5:30 - 6:30 pm
Where: O’Neil Park, Softball Field
Cost: $25
Limit: Minimum 4; Maximum 8

Foot Golf
Kick out the Sunday afternoon blahs and play a round of Foot Golf at the beautiful Highland Golf Course! Try your foot at this game…no prior experience required, just be ready to get your steps in! This program is offered twice to accommodate more people. Please choose one date only.

Who: Age 14 and older
When: Sunday, September 27
3:30 - 5:00 pm
OR
When: Sunday, October 4
3:30 - 5:00 pm
Where: Highland Golf Course
Cost: $10
Limit: Minimum 4; Maximum 6

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 bowl two games during the scheduled program time. This is the SOAR bowling program where socialization is a part of the game! This program is offered twice to allow for more registration, please only choose one time slot.

Who: Individuals age 10 and up who can bowl two games independently or with ramp. We do NOT use bumpers.
When: Mondays, October 12 - November 30
10:00 - 11:15 am
OR
4:00 - 5:15 pm
Where: Pheasant Lanes, Bloomington
Cost: $42 payable to Pheasant Lanes (bowling lane fee) and $16 payable to S.O.A.R. (registration fee)
Limit: Minimum 10; Maximum 20

Snowshoeing
This program is great for maintaining fitness during the winter months. Athletes that can walk or run and like being outside during cool, brisk weather will have a great time learning and practicing the skills needed for snowshoeing. Fundamental skills such as equipment use, proper strides, and fall recovery will be introduced.

“In the event that Special Olympics offers Snowshoeing competition this fall/winter, participants registered for this program will be contacted about their interest in competing.”

Who: Age 12 and older
When: Saturdays, October 17 - December 5 (not 11/28)
9:30 - 10:30 am
Where: Miller Park Concession Stand and Ballfield
Cost: $38
Limit: Minimum 4; Maximum 8
Fitness

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. **This program is offered twice to allow for more registration, please only choose one time slot.**

Who: Ages 12 and older
When: Tuesdays, October 6 - 27
4:30 - 5:15 pm
OR 5:30 - 6:15 pm
Where: Miller Park Pavilion, lower level
Cost: $8
Limit: Minimum 4; Maximum 6

Walk the Zoo
Here’s a great opportunity to get your steps in for the day, with a beautiful view of the Miller Park Zoo. Feel free to register a walking partner too! We’ve mapped a course and will walk the entire zoo with a few stops to check out the animals and grab some water. Be sure to wear your walking shoes and bring a water bottle. Please remember that masks are required inside the zoo area.

Who: Ages 14 and older
When: Thursdays, October 1 - 29
9:00 - 10:00 am
Where: Meet at the front entrance to Miller Park Zoo
Cost: $25
Limit: Minimum 4; Maximum 6

Cardio Fitness
Get fit with SOAR! This program will focus on exercises designed to get our heart rates up and improve our cardiovascular endurance. Participants will complete a variety of exercises each week as well as some health-related educational activities. Activities will be geared to the health level of each individual with a target goal of improving and maintaining health, fitness and well-being. **We will offer this program twice, as an in-person and virtual option.**

Who: Ages 14 and older
When: Mondays, October 5 - 26
5:30 - 6:30 pm
Where: Miller Park Pavilion, Main Level
Cost: $12
Limit: Minimum 4; Maximum 6

Powerlifting and Strength Training
Build strength, power and self-confidence while learning proper lifting technique, self-control and proper gym etiquette with our friends from Bloomington Normal Barbell Club. Contact Coach Brian Lahr for information, schedules and prices.

Bloomington-Normal Barbell Club:
2902 Gill Street, Bloomington
(309) 531 - 4541

Adaptive Learn to Skate Private Lessons
Adaptive Learn to Skate group ice skating lessons are not available this fall, but this is a perfect time to get some one on one lessons with our experienced instructor, Rachael! If you’re interested in registering for private lessons, please contact Lindsay Danner at the Bloomington Ice Center at ldanner@cityblm.org or (309) 434-2877.
Outdoor Cooking
While the weather is nice, let’s cook and eat outside! Join us for some campfire recipes and some time with friends around the fire. Come hungry and ready to help. You’ll help prepare the meal by mixing, chopping and roasting over the fire with help from our outdoor cooking expert, Bob. Dress appropriately to be outside for the duration of this program. This program is repeated to offer more participant registration, please only choose one date.

Who: Ages 16 and older
When: Wednesday, September 30
6:00 - 7:30 pm
OR
When: Wednesday, October 7
6:00 - 7:30 pm

Where: Hike Haven, Forrest Park, Bloomington
Cost: $10
Limit: Minimum 4; Maximum 6

Simple Suppers
Quick and easy meals are on the menu for this program! 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. This program is repeated to offer an in-person and virtual option; please register for only one three week class.

Who: Ages 16 and older
When: Wednesdays, October 14 - 28
6:00 - 7:30 pm

Where: Miller Park Pavilion, lower level
Cost: $15
Limit: Minimum 4; Maximum 6
**ZOOper Fridays**
Calling all animal lovers! Each month, we'll meet at the zoo to learn about a specific animal. We'll also have a themed activity to go with what we've learned about. This program will include some zoo education in the classroom and on zoo grounds to check out habitats. Wear your walking shoes and dress appropriately for the weather. *This program is repeated to offer more space for registration. Please register for each date individually.*

Who: Ages 18 and older  
When: Friday, September 18  
Friday, October 16  
Friday, November 20  
Friday, December 18  
1:00 - 2:00 pm  
Where: Drop off/pick up at front entrance to Miller Park Zoo  
Cost: $12/each date  
Limit: Minimum 4; Maximum 6

**Fall Friday Fireside Teens**
Get together one Friday a month with your fellow SOAR teen friends for an evening around the fire to chat with friends, playing games inside or out. A meal will be included each night. A memo will be sent to those who register to let you know meal plans. *This program is offered twice to allow more registration, please register for only one time slot.*

Who: Ages 13 - 19  
When: Fridays, October 9 & November 6  
5:00 - 6:30 pm  
OR  
7:00 - 8:30 pm  
Where: Hike Haven, Forrest Park, Bloomington  
Cost: $20  
Limit: Minimum 4; Maximum 6

**SOAR Animal Crackers**
Animal Crackers is a Miller Park Zoo classic! Join us once each month for a story, animal encounter, craft, & snack. Our topic is always a surprise - we have a great time guessing which animal will visit! One adult accompanies each child to class but does not pay an additional registration fee. The registration fee includes admission to the Zoo for the participating child & one adult on the day of class.

Who: Ages 4 - 7 accompanied by parent  
When: Saturdays, September 26 and October 24  
1:00 - 2:00 pm  
Where: Miller Park Zoo  
Cost: $26 per 1 child & 1 adult  
Limit: Minimum 4; Maximum 6

**Fall Friday Fireside Friends**
Get together one Friday a month with your fellow SOAR friends for a night around the campfire to chat with friends, play games inside or out. A meal will be included each night. A memo will be sent to those who register to let you know meal plans. *This program is offered twice to allow more registration, please register for only one time slot.*

Who: Ages 20 - 26  
When: Fridays, October 16 & November 13  
5:00 - 6:30 pm  
OR  
7:00 - 8:30 pm  
Where: Hike Haven, Forrest Park, Bloomington  
Cost: $20  
Limit: Minimum 4; Maximum 6
Music Experience
Make music with us! Participants will engage in a variety of musical games and activities, as they explore instruments, movement and songs. 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 to teaching and creating music. **We will offer this program twice, as an in-person and virtual option.**

Who: Ages 15 and older  
When: Tuesdays, October 6 - 27  
6:00 - 7:00 pm  
Where: Lincoln Leisure Center, room 203  
Cost: $40  
Limit: Minimum 4; Maximum 6

Watercolor Basics
Participants will be introduced to a variety of basic watercolor techniques and knowledges. A portion of each session will be education and a portion will be completing watercolor compositions. A floral and an abstract painting will be completed. This program will be lead by Inside Out Accessible Art Cooperative Instructors.

Who: Ages 15 and older  
When: Tuesdays, November 3 - 17  
7:00 - 8:15 pm  
Where: Lincoln Leisure Center, room 201  
Cost: $20  
Limit: Minimum 4; Maximum 6

Paint with Me
Join instructors from Inside Out Accessible Art as they guide you through painting a canvas. Be sure to wear clothes that can get messy. Only the participant needs to register, however, they should plan to attend with a parent, guardian, friend or sibling. **This class is offered twice to allow for more registration, please choose only one date.**

Who: Ages 14 and older with a parent, friend or sibling  
When: Thursday, September 17  
5:00 - 6:30 pm  
OR  
When: Thursday, September 24  
5:00 - 6:30 pm  
Where: Hike Haven, Forrest Park, Bloomington  
Cost: $25 per couple  
Limit: Minimum 2 couples; Maximum 4 couples

Pumpkin Painting Party
How about a painted pumpkin for your front porch? Painted pumpkins last longer than jack-o-lanterns, they require no sharp tools and they don’t stink after a few days! It’s a great alternative to the traditional carved porch pumpkin. We’ll gather to decorate pumpkins using paint and other embellishments.

Who: Ages 14 and older  
When: Friday, October 23  
5:00 - 6:30 pm  
Where: Hike Haven, Forrest Park, Bloomington  
Cost: $6  
Limit: Minimum 4; Maximum 12
SOAR Animal Crackers
Animal Crackers is a Miller Park Zoo classic! Join us once each month for a story, animal encounter, craft, & snack. Our topic is always a surprise ~ we have a great time guessing which animal will visit! One adult accompanies each child to class but does not pay an additional registration fee. The registration fee includes admission to the Zoo for the participating child & one adult on the day of class.

Who: Ages 4 - 7 accompanied by parent
When: Saturdays, September 26 and October 24
       1:00 - 2:00 pm
Where: Miller Park Zoo
Cost: $26 per 1 child & 1 adult
Limit: Minimum 4; Maximum 6

Let’s Take a Hike!
We’ll head outside…to see if the Fall Colors are starting to come out on the Constitution Trail. Dress for the weather!

Who: Ages 8 - 21
When: Saturday, October 3
       1:00 - 2:30 pm
Where: Meet at Connie Link Amphitheater Parking lot
       (621 S. Linden Street in Normal)
Cost: $6
Limit: Minimum 4; Maximum 6

Celebrate Kindness
If the weather cooperates, we’ll head outside to show some love to Forrest Park and do a little clean up. We’ll then head back to create some cards of kindness to give family and friends. We will talk about other words that also represent kindness.

Who: Ages 8 - 21
When: Saturday, October 24
       1:00 - 2:30 pm
Where: Hike Haven, Forrest Park, Bloomington
Cost: $6
Limit: Minimum 4; Maximum 6

Everything Apples
In honor of Johnny Appleseed Day, we’ll make apple dumplings. While those are baking, we’ll make an apple wreath for home decoration. Plan to be outside! Dress for the weather.

Who: Ages 8 - 21
When: Saturday, September 26
       3:00 - 4:30 pm
Where: Hike Haven, Forrest Park, Bloomington
Cost: $6
Limit: Minimum 4; Maximum 6
Virtual Programs

Dance to SOAR
This will be an hour of dance with our own DJ Holly Polley. Not a
time for chatting, this is dance plus exercise plus fun! Heart rates
up, talk time down! We will meet, and dance in virtual format
via Zoom. You’ll just need your sound up and enough space to
dance it out. Don’t forget your water! You can register for one or
both dates.

Who: Ages 12 and older
When: Tuesday, September 29
7:00 - 8:00 pm

AND

When: Wednesday, December 2
7:00 - 8:00 pm

Where: Zoom invite sent to those who register
Cost: $6
Limit: Minimum 4; Maximum 15

Mason Jar Crafts
Decorating with mason jars is the hot new trend! These can be
used for holding fresh flowers, a table decoration or a piece of
art. We’ll use mason jars to create three unique decorations. Be
sure to wear clothes that can get dirty. Those who register will
be contacted regarding supplies and receive a Zoom invite for
instruction.

Who: Ages 14 and older
When: Mondays, October 5 - 26
5:30 - 6:30 pm

Where: Zoom invite sent to those who register
Cost: $12
Limit: Minimum 4; Maximum 8

SOAR with a Story
Spend a little bit of time with your SOAR for Starters friends!
We’ll read a book together and then staff will show you a new
craft to make at home that you can show off the next time we get
together. Supplies for projects will be provided either via mail,
don’t off or pick up.

Who: Ages 4 - 7
When: Saturdays, 10/3, 11/14, 11/21 & 12/12
10:00 - 10:30 am

Where: Zoom invitation sent to those who register.
Cost: $8
Limit: Minimum 2; Maximum 8

Music Experience
We are excited to share our virtual music program and be your
side-kick throughout this experience with you. Through Live (over
Zoom) and/or recorded music sessions, we will offer engaging
music experiences that promote creativity, expression, movement
and music-making. We will explore our inner superheroes. All that
is required to participate virtually is a device with internet access.
This program will include two LIVE Zoom sessions and two pre-re-
corded sessions for you to do on your own. Instructor: Developing
Melodies Music Therapy Center

Who: Ages 14 and older
When: October 15 & 29
6:00 - 7:00 pm

Where: Zoom invite sent to those who register
Cost: $40
Limit: Minimum 4; Maximum 12

Simple Suppers
Quick and easy meals are on the menu for this program! Participants will prepare a full meal each week in a virtual format via
Zoom. Participants will need access to measuring cups and spoons,
cooking utensils, a microwave, oven, stove top, mixing bowls, sharp
knives for chopping, cutting board, access to water and clean sur-
faces. A full recipe and ingredient list will be sent to you prior to the
program date so you can have ingredients ready to prepare. Join
Bob in the kitchen for some delicious meals ready to share with
your friends or family. Participants should be able to use applican-
tes independently or supervised by an adult during the program.
Please note this program is offered via Zoom for live demonstration
and social interaction.

Who: Ages 16 and older
When: Wednesdays, November 4 - 18
6:00 - 7:30 pm

Where: Zoom invite sent to those who register
Cost: $9
Limit: Minimum 4; Maximum 8

Holiday Crafts
Get ready for the holidays with some fall and Christmas themed
crafts. We’ll create some items to gift and some decor pieces. Be
sure to wear clothes that can get messy. Those who register will
be contacted regarding supplies and receive a Zoom invite for in-
struction.

Who: Ages 14 and older
When: Mondays, November 9 - 30
5:30 - 6:30 pm

Where: Zoom invite sent to those who register
Cost: $12
Limit: Minimum 4; Maximum 8
Virtual Programs

Talk Turkey!
A Thanksgiving craft or two and learning to make an easy and healthy turkey roll-up snack. Supplies will be provided either via pick up or drop off.

Who: Ages 8 - 21
When: Saturday, November 21
1:00 - 2:30 pm
Where: Zoom invitation sent to those who register.
Cost: $6
Limit: Minimum 4; Maximum 12

Cardio Fitness
Get fit with SOAR! This program will focus on exercises designed to get our heart rates up and improve our cardiovascular endurance. Participants will complete a variety of exercises each week as well as some health-related educational activities. Activities will be geared to the health level of each individual with a target goal of improving and maintaining health, fitness and well-being. We will offer this program twice, as an in-person and virtual option.

Who: Ages 14 and older
When: Mondays, November 9 - 30
5:30 - 6:30 pm
Where: Zoom invite to those who register
Cost: $12
Limit: Minimum 4 Maximum 12

Ornament Making
Once you have your tree up, it's time to decorate! Let's craft some unique holiday ornaments for your tree or to give as a gift this holiday season. Be sure to wear clothes that can get dirty. Those who register will be contacted regarding supplies and receive a Zoom invite for instruction. Zoom instruction is repeated at two time slots, please choose only one.

Who: Ages 14 and older
When: Monday, December 7
3:00 - 4:30 pm
OR
5:00 - 6:30 pm
Where: Zoom invite sent to those who register
Cost: $4
Limit: Minimum 4; Maximum 8

Gingerbread Houses
Things are getting to get festive! We'll decorate gingerbread houses or cookies...one to eat and one to use as decoration! Supplies will be provided either via pick up or drop off. Zoom invite is provided for instruction and socialization.

Who: Ages 8 - 21
When: Saturday, December 12
1:00 - 2:30 pm
Where: Zoom invitation sent to those who register.
Cost: $6
Limit: Minimum 4; Maximum 12

Lunch Bunch
Here’s another chance to perfect your cooking skills. In this program, we’ll make a simple lunch and dessert together via Zoom. A full recipe and ingredient list will be sent to you prior to the program date you register for so you can have ingredients ready to prepare. Participants will need access to measuring cups and spoons, a microwave, oven (or toaster oven) mixing bowl and utensils (spoon, mixing spoon and spatula). Participants should be able to use appliances independently or supervised by an adult during the program. This program is offered twice; participants are able to register for both dates. Please note this program is offered via Zoom for live demonstration and social interaction.

Who: Ages 16 and older
When: Tuesday, December 15
11:30 am - 1:00 pm
OR
When: Wednesday, December 16
11:30 am - 1:00 pm
Where: Zoom invite sent to those who register
Cost: $5/date
Limit: Minimum 4; Maximum 8

Cardio Fitness
Get fit with SOAR! This program will focus on exercises designed to get our heart rates up and improve our cardiovascular endurance. Participants will complete a variety of exercises each week as well as some health-related educational activities. Activities will be geared to the health level of each individual with a target goal of improving and maintaining health, fitness and well-being. We will offer this program twice, as an in-person and virtual option.

Who: Ages 14 and older
When: Mondays, November 9 - 30
5:30 - 6:30 pm
Where: Zoom invite to those who register
Cost: $12
Limit: Minimum 4 Maximum 12
Virtual Programs

Martial Arts
This virtual martial arts program will include four pre-recorded martial arts videos for you to learn and improve your skills and one live Zoom meeting. Videos will include instruction on breathing exercises and Zen meditation, mobility skills, verbal judo including verbal de-escalation techniques and using your voice to set boundaries and basic Jun Fan Kick Boxing with empty hand techniques of Sijo Bruce Lee to maintain space and defense. Zoom date/time to be determined at a later date. Only those who register will be sent the Zoom link invite. Instructor: Guru Terry Crutcher

Who: Ages 15 and older
When: Self-paced recorded videos sent to those who register
Cost: $15
Limit: Minimum 5; Maximum 15

Christmas Craft-a-Palooza
Get ready for Christmas with bags, tags, decor and more. We supply you with all the necessary items to prepare you to get crafty this holiday season! Take home kits with instructions for each craft project will be supplied for those who register. This is a self-paced option so you can spend a rainy day inside and get all your projects done, or complete one at a time as you prepare for the holidays.

The take home kits will be prepared to be age appropriate for anyone who registers. Those who register will be contacted about supply delivery.

Who: Ages 6 and older
Where: Your Home
Cost: $15
Limit: Minimum 4; Maximum 20

SOAR Social Hour via Zoom
Open to all SOAR participants and their families! It’s always a little loud, a lot of fun and a crazy dance party. Meeting invite will only be sent to those who register. These programs are all free but registration is required. Please note that we’ve added some fun theme days!

Bingo Zoom
Bingo cards will be emailed. Print them off & follow along for fun!

When: Thursday, October 1
5:30 - 6:30 pm

Halloween Zoom
Wear a Halloween costume or festive t-shirt and get ready to dance!

When: Friday, October 30
6:30 - 7:30 pm

Scattegories Zoom
Join us for a game of Scattegories. This program will be held at two time slots for smaller groups. Please register for only one time slot.

When: Thursday, November 5
4:00 - 5:00 pm
OR
Thursday, November 5
5:30 - 6:30 pm

Ugly Sweater Zoom
Show us your best Ugly Christmas Sweater!

When: Friday, December 11
6:30 - 7:30 pm
SOAR Drive-Thru

Drive thru Lincoln Leisure Center parking lot and pick up a bag filled with hand sanitizer, craft kits, coloring pages and at-home fun activities. Masks also available for those who need one! Stop by and say “hi” to our staff, grab your bag and drive thru. Limited number of supplies available. Both time slots offer the same supplies, so just choose one time to drive thru. No pre-registration required.

When: Tuesday, September 22
9:00 - 10:30 am

AND

4:30 - 6:00 pm
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
</tr>
<tr>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
</tr>
</tbody>
</table>

- **September 2020**
- Labor Day (Office Closed)
- SOAR Fall Registration
- Bocce
- Paint with Me
- ZOOper Fridays
- SOAR Drive-Thru
- Bocce
- Paint with Me
- SOAR Animal Crackers
  - Everything Apples
- Foot Golf
- Dance to SOAR - Virtual
- Bocce
- Outdoor Cooking
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bingo Zoom - Virtual</td>
<td>Walk the Zoo</td>
<td>Let's Take a Hike SOAR with a Story - Virtual</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot Golf</td>
<td>Cardio Fitness</td>
<td>Seat to SOAR</td>
<td>Bocce</td>
<td>Walk the Zoo</td>
<td>Fall Friday Fireside Teens</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mason Jar Crafts - Virtual</td>
<td>Music Experience</td>
<td>Outdoor Cooking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recreational Bowling</td>
<td>Seat to SOAR</td>
<td>Bocce</td>
<td>Walk the Zoo</td>
<td>ZOOper Fridays Fall Friday Fireside Teens</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cardio Fitness</td>
<td>Music Experience</td>
<td>Simple Suppers</td>
<td></td>
<td></td>
<td>Snowshoeing</td>
</tr>
<tr>
<td></td>
<td>Mason Jar Crafts - Virtual</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recreational Bowling</td>
<td>Seat to SOAR</td>
<td>Simple Suppers</td>
<td>Walk the Zoo</td>
<td>Pumpkin Painting Party</td>
<td>Snowshoeing SOAR Animal Crackers</td>
</tr>
<tr>
<td></td>
<td>Cardio Fitness</td>
<td>Music Experience</td>
<td></td>
<td></td>
<td></td>
<td>Celebrate Kindness</td>
</tr>
<tr>
<td></td>
<td>Mason Jar Crafts - Virtual</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recreational Bowling</td>
<td>Seat to SOAR</td>
<td>Simple Suppers</td>
<td>Walk the Zoo</td>
<td>Halloween Zoom - Virtual</td>
<td>Snowshoeing</td>
</tr>
<tr>
<td></td>
<td>Cardio Fitness</td>
<td>Music Experience</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mason Jar Crafts - Virtual</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>-------</td>
<td>--------</td>
<td>--------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td></td>
<td>Recreational Bowling</td>
<td>Watercolor Basics</td>
<td>Bocce</td>
<td>Simple Suppers - Virtual</td>
<td>Scat'tegories Zoom - Virtual</td>
<td>Fall Friday Fireside Teens</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Recreational Bowling</td>
<td>Cardio Fitness - Virtual</td>
<td>Watercolor Basics</td>
<td>Veteran's Day (Office Closed)</td>
<td>Simple Suppers - Virtual</td>
<td>Fall Friday Fireside Friends</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Recreational Bowling</td>
<td>Cardio Fitness - Virtual</td>
<td>Watercolor Basics</td>
<td>Simple Suppers - Virtual</td>
<td>ZOOper Fridays</td>
<td>Snowshoeing SOAR with a Story - Virtual</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Recreational Bowling</td>
<td>Cardio Fitness - Virtual</td>
<td>Holiday Crafts - Virtual</td>
<td>Thanksgiving (Office Closed)</td>
<td>Thanksgiving (Office Closed)</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Recreational Bowling</td>
<td>Cardio Fitness - Virtual</td>
<td>Holiday Crafts - Virtual</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dance to SOAR</td>
<td></td>
<td></td>
<td>Snowshoeing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ornament Making - Virtual</td>
<td></td>
<td>Ugly Sweater Zoom - Virtual</td>
<td>SOAR with a Story - Virtual</td>
<td>Gingerbread Houses - Virtual</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lunch Bunch - Virtual</td>
<td>Lunch Bunch - Virtual</td>
<td></td>
<td></td>
<td>ZOOper Fridays</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>
**Fall 2020 SOAR Program Registration Form**

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

<table>
<thead>
<tr>
<th>Participant's Name</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>City</th>
<th>Zip</th>
<th>Home Phone</th>
<th>Age</th>
<th>Birthdate</th>
<th>Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Primary Emergency Contact**

1st Phone | 2nd Phone
---------------------

**Secondary Emergency Contact(s)**

1st Phone | 2nd Phone
---------------------

<table>
<thead>
<tr>
<th>E-Mail Address</th>
<th>1st Phone</th>
<th>2nd Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PROGRAM NAME

<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>PROGRAM FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Publicity Statement:

I Do [ ] Do Not [ ] give my permission for pictures to be taken of the participant to be used by SOAR for the purpose of agency promotion and education.

### Transportation:

I Do [ ] Do Not [ ] give my permission for the participant to receive transportation in vehicles owned or rented by SOAR for use in weekly programs and special events.

### Emergency Treatment Permission

I know that SOAR does not carry medical or accident insurance. My own health insurance must assume responsibility in the event of injury. I understand that every precaution is taken to protect the safety of each person.

I Do [ ] Do Not [ ] agree to emergency treatment by a physician or hospital in the event that I can’t be reached.

Signature of parent or legal guardian: ____________________________ Date: ______________

(participant needs to sign if own legal guardian)

**Must complete if using VISA, MasterCard, or Discover**

Card Number ____________________________ Expiration Date _______ V-code on back of card _______

Name of Cardholder _______________________ Charge Amount: $ _______

Authorized Signature ____________________

Page 18
Registration Information

Other ways to register - Return the seasonal registration form on page 24 and payment at the time of sign-up to the Grossinger Motors Arena. Registration may be done on-line, in person or through the mail. Registration may be done in person at Grossinger Motors Arena exterior windows on Front and Madison 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 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.

Registration Deadline - On-line registration begins at 7:00 am on September 15. Mail-in registration will begin on September 15 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 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 September 15.

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 September 15.
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.

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.

nkohler@cityblm.org
mrutenbeck@cityblm.org

Coronavirus Precaution Tips
1. Wash your hands frequently
2. Wear a mask
3. Cover your mouth with sleeve or elbow
4. Maintain social distancing
BE SURE TO CHECK OUT OUR VIRTUAL PROGRAMS

FOLLOW US! /facebook  /instagram