



### THURSDAY'S CHILD

Play group every Thursday morning from 9:30am-11am for children with disabilities ages birth - 6, their parents and siblings. Children will have a great time playing and meeting other friends while parents have the opportunity to talk with each other. Cost: Donations welcome.

- 5/3 at Menasha Site
- 5/10 at Prince of Peace Church  
2330 E. Calumet St. Appleton
- 5/17 at Menasha Library Kids' Dept.  
440 1st St., Menasha
- 5/24 at First English Lutheran Church  
360 E. North St., Appleton
- 5/31 at Menasha Site

### "Parent Talk"

A forum for the free exchange of parenting ideas is offered to parents of kids 3-12 with and without disabilities. Its held the 2nd Monday of each month, 6-7:30pm, concurrent with Pal Pod (see note at right). Contact Lisa Murphy or Lisa McCallister with any questions.

Parents are always welcome to stay at any program we offer.

### What do these fees mean (\$5/\$8/\$10)??

See the other side of this calendar for an explanation.



### PAL POD

Pal Pod is a social group for children 3-12 with and without disabilities. Activities such as games and crafts provide opportunities for friendship building among participants. Pal Pod is held at various locations around the Fox Cities. (all activities will have 2 adults)

- May 14 at UUF (located at 2600 Phillip La. in Appleton). 6-7:30pm \$5 Young Room
- May 21 at UUF [NOTE: 5/21 is make-up for Memorial Day] 6-7:30pm \$5 (Founders Room)
- May 30 at Menasha Library. Fun games and messy activities. \$5

May 17 Kidz Klub. It's one of Pal Pod's new looks. It's right after school. If your child takes specialized transportation, they can get a ride to the activity. At Taft Elementary., Neenah 3:00—5:00



### CREATIVE PLAY

Sat. May 12th, 2007  
9:30am-1:30pm Menasha Site  
\$20/\$25/must register



### YARC—Educational and recreational program for young adults ages 13-23 with and without disabilities

- May 7 Bocce Ball, 5-6pm at Smith Park, Menasha. Play Bocce and other fun outdoor games. \$5/\$8/\$10 2 staff
- May 9 Healthy Relationship class, Menasha office. 5:00-6pm. 2 staff
- May 10 YARC Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St. Appleton
- May 14 Messy Night! 5-6:30pm at Menasha Site. Everything you can't do at home you can do on this night. It's sure to be a great time. 2 staff \$7/\$9/\$11
- May 16 Golfing & Dinner, 5-7pm. Drop off at Soccer Heaven. Pick up at Mr. Goodcents (N162 Eisenhower Dr.) We will mini golf and then go for dinner (subs or pasta). \$10/\$13/\$15 + BYOM for dinner. (Dinner ~10)
- May 20 WALKABOUT at Plamann Park. 10-2:00pm. Bring your pledges!
- May 23 Healthy Relationship class. See May 9 info.
- May 24 YARC Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St., Appleton
- May 31 E-Friends 5-6pm at Menasha Site



### ADULT ACTIVITIES

- May 2 Mother's Day Craft Project. Make a gift for that special woman in your life. You'll leave with a wrapped gift & card. 6:30 — 8 pm, choose Menasha site or May 8 at Harmony Café, Appleton. \$7/\$10/\$15 2 staff
- May 6 Movies, Valley Fair Mall 1-3:30 pm, 1 staff. \$5/\$8/\$10 plus BYOM for your Refreshments.
- May 7 Independent Living Skills "Money Matters", Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2, 6-7 pm. \$5/\$8/\$10 (fee includes both May classes) 2 staff
- May 8 Mother's Day Craft Project. Make a gift for that special woman in your life. You'll leave with a wrapped gift & card. 6:30 — 8 pm, Harmony Cafe, \$7/\$10/\$15 1 staff
- May 9 Healthy Relationship class, Menasha office 5:00-6 pm 2 staff

- May 14 Board Games Goodwill Bldg. 1800 Appleton Rd., Menasha, Door 2, Appleton Room. 6:30-8 pm. \$5/\$8/\$10 2 staff.
- May 17 Venturing--Fishing. Details to be announced to those registered. 2 staff
- May 18 Dinner & Dance! Doors open at 5:30 pm for dinner, the dance is 6:30-8:30 pm at the Menasha site. Join us for dinner \$5, the dance is \$7 or dinner and dance for \$10. The evening is hosted by the People First Menasha Chapter.
- May 20 WALKABOUT at Plamann Park. 10-2 pm. Bring your pledges!
- May 21 Independent Living Skills "Money Matters" Part 2, Goodwill Bldg. 2, 6-7 pm.
- May 23 Healthy Relationship class, Menasha office. 5:00-6 pm 2 staff
- May 29 Adopt A Highway, 6 pm: Meet in front of North Shore Golf Course on Hwy 10 (across from Christ the Rock Church). Pick up will be at 8 pm at Tom's Drive In, Menasha. Remember to wear closed toe shoes & long pants. Gloves, vests and garbage bags are provided. BYOM for a treat at Tom's. 2 staff
- May 31 Evening Respite 5:30—8:30 pm Sabre Lanes, Menasha. Pizza dinner & bowling. \$25/\$35 3 staff. Register by 4:00pm on May 24th.

### ~ Special Olympics Fox Cities ~ SEE ENCLOSED FLYER FOR SOFTBALL/TEE-BALL SIGN UP!! Practices are May 30-Aug. 1

May 5, Track meet at Appleton North High School.  
May 5, Soccer Tournament in Green Bay

Check the June newsletter for information about signing up for Special Olympics 2007-08 season.

Interested in volunteering? Let's talk! Call Linda Kay at 725-0943.

Athletes qualified to go to State must have form/fee in by June 5.



### People First Fox Cities ~An adult self-advocate business meeting~

- Appleton Chapter: Thursday, May 3 at Appleton Public Library, 225 N. Oneida St. 6:15-7:30pm. 1 Staff
- Menasha Chapter: Tuesday, May 8 Self Directed Supports Meeting Green Bay 7:30 am—5:30 pm 1 staff
- May 18 Dinner & Dance Fundraiser (see back)

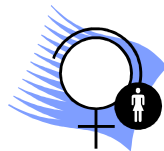
### Mark your calendar for these events!

June 17-22 Arc Camp Onaway and Camp Nan-a-Bo-Sho

Arc Annual Golf Outing, Tues., September 18th at Butte des Morts Country Club

## May 2007

S	M	T	W	T	F	S
		1	2	3	4	5
Please use the signup sheet to register and prepay for all programs.					Special Olympics Spaghetti Dinner	Area Track Meet at Appleton North Soccer Tourney In Green Bay
6	7	8	9 Membership Mtg	10	11	12
					17 Dance	19
13 Mother's Day		15	16	17 	18 Dance	19
20 YARC Walkabout	21 	22	23	24 	25	26
27	28 Memorial Day Celebrated — Arc Fox Cities Offices Closed	29	30 Softball/tee ball begins	31 		



### May 2007—Healthy Relationship Classes

Due to the success of this program offered from September through May, we will be running another session of classes. This next session will start May 9th at our Menasha facility and will be approximately 6 months long. Topics will include Understanding Relationships, Social Interaction, Sexual Awareness, Assertiveness, and how to protect yourself from strangers. Reach Counseling and The Arc Fox Cities staff will be collaborating on this project. Cost: \$25 fee covers the entire 6-month session. Use the signup sheet to register and prepay.

### The Arc Fox Cities Membership Meeting

Date: **Wed, May 9, 2007**

Time: **7-8:00 pm**

Location: **Arc Fox Cities—Menasha facility**

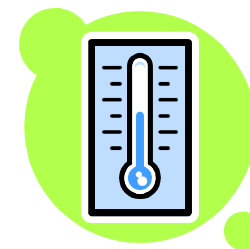
Meeting Agenda:

1. Membership
2. Program Fees
3. Transition process

It's the perfect time to meet fellow members of The Arc Fox Cities and keep up-to-date on what's happening!

Not a member for 2007 yet? We'll be able to help you this evening by having forms available to complete.

Forms are also downloadable at [www.arcfoxcities.com](http://www.arcfoxcities.com)



**Our paid membership is at 287 families ....and counting!**

**Join us!**



5:30 Dinner



6:30-8:30 Dance

### May 18—Dinner & Dance!

- ◆ Doors open at 5:30 pm for dinner, the dance is 6:30-8:30 pm at the Menasha site.
- ◆ Join us for dinner \$5, the dance is \$7 or dinner and dance for \$10.
- ◆ *The evening is hosted by the People First Menasha Chapter.*

### Smoking/Alcohol Policy

In order to provide a safe, healthy environment at all Arc Fox Cities activities, no smoking or alcohol consumption will be allowed by participants, caregivers, staff, or anyone attending in conjunction with The Arc. This includes locations where alcohol and smoking are permissible to others, such as bowling, Timber Rattler games, etc. Consumption of non-alcoholic beers such as Sharps and O'Doul's are not allowed either. Anyone in violation of this policy will be asked to leave the event. Thank you for your cooperation in helping The Arc Fox Cities provide a safe environment for all.

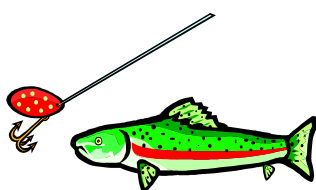
### Technology and Savings for The Arc

**www=\$avings**

As requested by many Arc Fox Cities friends, we have been able to put several publications and documents on our website. We now have the capability of sending our monthly calendar mailings via email in a more readable manner. If you prefer to receive the mailing via email, please contact Diane Quella at [diane@arcfoxcities.com](mailto:diane@arcfoxcities.com). What else is available on-line? Membership forms, Participant Information Forms, fundraising news, the Andy & Beth video order form plus plenty of photos!

Visit us soon at [www.arcfoxcities.com](http://www.arcfoxcities.com)

### Fishin' for something to do??



**"Fishing Has No Boundaries" is happening on May 19th & 20th!** The UW-Oshkosh Adapted PE Program has teamed up with Fishing Has No Boundaries, Inc. and will be placing "anglers" with disabilities "on the water" during the fun-filled weekend. Many sponsors make this event possible. Any fish you catch can be taken home or donated to a selected food pantry. The cost of the weekend is \$50. Registration forms are available at The Arc Fox Cities offices or you can visit the website at [www.uwosh.edu/adaptedpe](http://www.uwosh.edu/adaptedpe).

**The Bay Beach Wildlife Sanctuary is hosting "Wheelin' and Reelin'"** - an outdoor event for people with disabilities. It's **June 23, 2007, 9am-3pm**, at the Wildlife Sanctuary, 1660 East Shore Drive, Green Bay.

Fishing, archery and other activities for people with disabilities will be offered with NO COST. Volunteers will provide assistance and expert instruction. No fishing license required. All equipment is furnished. Lunch will be provided. Family members are welcome (bring lawn chairs).

For more information on the Wheelin' Sportsmen program, call Al Smith at (641) 777-9484. PRE-REGISTRATION IS MANDATORY! Limited to 100 participants. Call Options for Independent Living at 1-888-465-1515 or 920-997-9999 to register.

### Informational and Educational Workshops and Seminars: Contact the Arc offices for reservation information.

#### **AUTISM: Educating Our Community 2007**

These programs are held the 2<sup>nd</sup> Tuesday of each month through May. Each month features a different topic with speaker(s), followed by 30 minutes of support, questions and answers, etc. It is open to anyone interested in learning about autism. AASD teaching staff can receive district points. All AASD staff can ask their principal to accept these meetings as staff development hours. We meet 6:30-8:30 pm in the library (LMC) at Appleton North High School, 5000 N. Ballard Rd., Appleton.

Contact persons: Mary Ann Tellock 997-1399 ext. 6660 [tellockmary@asd.k12.wi.us](mailto:tellockmary@asd.k12.wi.us)

Or Leanne Line [lineleanne@asd.k12.wi.us](mailto:lineleanne@asd.k12.wi.us)

**May 8:** Financial Planning and questions

Speaker: Marsha Snow from YES and Jolene Wanek from Benefits Planning Assistance and Outreach

Disabilities and long term planning options. Instead of planning for "empty nest", many children are staying in their parent's homes when they reach adulthood. Planning ahead is important.



**Reminder: New Fee Structure**—We are using a new program fee structure due to increases we are experiencing. If a program description shows a tiered cost such as \$5/\$8/\$10, etc., the first fee is for members, the second is for non-members and the third will be charged if you attend an activity and have not registered ahead for it (walk-in or at-the-door charge). **Please use the enclosed signup sheet.** We strongly encourage all participants to become members and register in advance to avoid the higher fees. Unpaid fees will be invoiced promptly.

# May Sign-up Sheet

Name: \_\_\_\_\_

## Adult Activities

- May 2 Mother's Day Craft
- May 6 Movies, BYOM for refreshments
- May 7 & 21 Ind. Living Skills "Money Matters"
- May 8 Mother's Day Craft
- May 9 & 23 Healthy Relationship Class - one time fee
- May 14 Board Games
- May 17 Venturing/Fishing
- May 18 Dinner only
- May 18 Dance only
- May 18 Dinner and Dance
- May 20 Walkabout - Bring your pledge forms!
- May 29 Adopt-a-Highway
- May 31 Evening Respite (registration & payment deadline is 5/24, 4pm)

Cost: Member Non-member Walk In Cost

Member	Non-member	Walk In Cost
\$7	\$10	\$15
\$5	\$8	\$10
\$5	\$8	\$10
\$7	\$10	\$15
\$25	\$25	\$25
\$5	\$8	\$10
n/c due to a Scout program grant		
\$5	\$5	must register
\$7	\$7	\$10
\$10	\$10	
<b>SEE</b>	<b>YOU</b>	<b>THERE!</b>
n/c	n/c	n/c
\$25	\$35	must register



Program questions?  
Call  
725-0943

## Youth Activities

- Creative Play--Respite for ages 3-12, Sat., May 12th

\$20	\$25	must register
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### Pal Pod

- May 14 Unitarian Universalist Fellowship
- May 17 "Kidz Klub" after-school activity at Taft Elem., Neenah
- May 21 Unitarian Universalist Fellowship
- May 30 at Menasha Library

\$5	\$5	\$5
NEW -- no fee ----- pilot program		
\$5	\$5	\$5
\$5	\$5	\$5

### YARC

- May 7 Bocce Ball
- May 9 & 23 Healthy Relationship Class - one time fee
- May 10 & 24 YARC Meeting
- May 14 Messy Night!
- May 16 Golfing & BYOM for Dinner
- May 20 Walkabout - Bring your pledge forms!
- May 31 E-Friends

\$5	\$8	\$10
\$25	\$25	\$25
\$10	\$15	\$20
\$7	\$9	\$11
\$10	\$13	\$15
<b>SEE</b>	<b>YOU</b>	<b>THERE!</b>
n/c	n/c	n/c

\*=Caregiver fees apply. Make checks payable to **Arc Fox Cities**. Total amount enclosed: \_\_\_\_\_

**SPECIAL OLYMPICS INTENT TO PARTICIPATE  
THE ARC FOX CITIES  
FALL 2007 – SUMMER 2008**

**INTENT TO PARTICIPATE**

Athletes Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ e-mail: \_\_\_\_\_

Please check the sporting events in which you **might be** interested in participating.

- Bowling (September 2007 – December 2007)
- Basketball Skills (December 2007 – March 2008)
- Basketball, Unified (December 2007 – March 2008)
- Basketball, Traditional Teams (December 2007 – March 2008)
- Power lifting (December 2007 – June 2008)
- Gymnastics (January 2008 – March 2008)
- Aquatics (February 2008 – June 2008)
- Track & Field (March 2008 – June 2008)
- Soccer (April 2008 – June 2008)
- Tee-ball (May 2008 – August 2008)
- Softball (May 2008 – August 2008)

Specific locations and schedules will be included in the monthly newsletter prior to each season.

Please return this Intent to Participate form **by July 16, 2007.**