



SOAL - St. James Older Adult Learning



Hello! Welcome to the St. James Older Adult Learning program, also known as SOAL. This program is offered twice a year to the community, and all are welcome to attend. SOAL classes provide adults age 50 and older a great opportunity to socialize and learn new skills. Participants enjoy sessions on spirituality, arts and crafts, health, contemporary issues and senior safety. Volunteer instructors set the tone for fun and interesting classes. Spring classes run for six weeks.



SOAL - St. James Older Adult Learning

REGISTRATION FORM

(Please return by Friday, March 18 , 2019)

NAME _____ PHONE # (_____) _____

E-MAIL _____

ADDRESS _____

CITY & ZIP CODE _____

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT PHONE _____

Please register for courses by inserting the capital letter of each course you wish to take. Second choices are in the event the first choice is full or may need to be cancelled.

Session 1	Session 2	Session 3
9:00 am - 10:00 am	10:15 am - 11:15 am	12:30 pm - 1:30 pm
1st Choice ___ 2nd Choice___	1st Choice___ 2nd Choice___	1st Choice___ 2nd Choice ___

WILL YOU BE ATTENDING LUNCH? YES _____ NO _____

**Are you willing to help set the tables for lunch?
8:15-8:45 am** YES _____ DATE _____

**Are you willing to help clean up after lunch?
12:15-1:15 pm** YES _____ DATE _____

Are you willing to bring a dessert to lunch? YES _____ DATE _____

If you have any questions, or would like to be removed from our SOAL mailing list, please call us at 251-0897.

Spring Dates: March 22, 29 April 5,12,26 May 3

Session 1	Session 2	Session 3
9:00 -10:00 am	10:15 -11:15 am	12:30—1:30 pm

The tuition for SOAL is \$30.00, which is a one-time registration fee that covers up to 3 classes and lunch. Some classes are listed with an additional fee to cover the cost of materials. Lunch is included on each day of SOAL, and you are also welcome to bring a dessert.

The registration form for classes is included in this brochure. You may drop off the registration form in person, Mon - Fri 8:00 am-3:30 pm or mail it to:

St. James Catholic Church
W220N6588 Townline Road
Menomonee Falls, WI 53051

Our building is wheelchair-accessible, including an elevator. Please call 262-251-0897 if you have questions about the SOAL program.

G. Coloring Class - Lisa Cushin

Come and enjoy some casual coloring and friendship. We will provide the materials for this class.

H. Mexican Train Dominoes - Sandy Turowski

Be the first to play all of your dominoes in this fun game. Some math skills required. **Class limit 15 people.**

Session 2: 10:15-11:15 am

I. Quilting - Ann Pitzen and Ann Wegner

Delectable Stars block pattern. Make it country or modern. Make one block or as many as you want. Create a hot pad, wall hanging, table runner or lap quilt. Beginners and experienced quilters welcome.

J. Painting on Shirts - Harriet Belke and Marge Giese

Wear your art. It's fun and easy. Bring a washed, non-stretchy, light colored shirt. Supplies will be provided. **\$5 fee payable** to instructor. **Class limit 16 people.**

K. Travelogue - Matt Rech, Sr. Carol Ann, Pam Dennis and Ginny Kenney

Come and enjoy the world from the comfort of your chair! You will be travelling to South Africa, Cape Town, Krueger National Park, Israel, Alaska and Guatemala.

L. Wisdom Literature in the Bible - Pat Knuth

St. Paul was a tireless traveler in order to spread the news of Jesus Christ. Delve into the seven letters that scholars affirm he wrote to the Christian communities around the Mediterranean.

M. Card Game 500 - Ellie Soliva and Dorothy Luckason

500 involves bidding, playing a trump card and left and right bowers. A team wins by scoring at least 500 points through winning bids. **Class limit 25 people.**

N. Card Making - Sandy Wegener and Betty Nettlesheim

It's back! Come and learn to make cards and other paper products. Beginner level. **\$18.00 fee** payable to instructor. **Class limit 15 people.**

O. Fun With Vinyl Decals - Jen Galang

Have fun with custom vinyl decals to personalize mugs, t-shirts, canvas and more. No experience necessary. **\$20 supply fee** payable to instructor. **Class limit 8 people.**

Session 3: 12:30-1:30 pm

P. Issues Affecting Seniors - Carol Ralian

Topics include brain health and aging, preventing falls, senior awareness scams, and caregiver support.

Q. Knitting and Crochet Club - Harriet Belke and Karen Raschke

Join us as a beginner or to expand your skills. Project presentation will be an easy, fun Spring/Summer item, or work a personal project. Instructions and some materials will be available.

R. Samba - Dorothy Luckason and Pat Stoefel

Samba is closely related to Canasta, but introduces a couple of variations that for some, make the game more enjoyable. Have a great time and meet new friends. Must have Hand and Foot or Canasta experience to play.

S. Yoga and Strong Bodies - Jenn Witty, Diane Sutrick, Betsy Thatcher and Patti Breitbach

We will focus on gentle stretches, breathing, relaxations and simple movements. Can be done while sitting. We will also do some simple strength training with light weights. Your teachers include Jenn Witty from the UW Waukesha extension, and Diane, Betsy and Patti are instructors at the Peace Yoga Studio in Menomonee Falls.

T. Let's Do Some Springtime Crafting - Sandy Saringer

Come and make some spring and Easter crafts. Must have manual dexterity and be able to work independently. **\$15.00 supply fee** payable to instructor. **Class limit 10 people.**

U. Wii Bowling - Sean Hutchinson

Have a great time with this virtual game using hand held devices. **Class limit 8 people.**

Session 1: 9:00-10:00 am

A. Lenten Gospel Reflections with Bishop Robert Barron - Gerry Wolf

Each week we will reflect on and discuss the Lenten Daily Gospels leading us into the celebration of Holy Week. Each participant will receive a booklet with daily Gospel readings, daily reflections from Bishop Barron, reflection pages and journal pages.

B. Wood Carving - Neal Nushart and Darryl Gruender

This class runs from **9:00 - 11:15 am**. Carve a miniature stylized blue heron. **Supply fee** payable to instructor. **Class limit 15 people.**

C. Health and Safety - Deputy Chad Stenulson, Chenoa James, Brigitte Glinski RN & MFFD

Learn how to protect yourself and be safe in your home. Deputy Chad will talk about fraud and safety, Chenoa will discuss hearing issues and Brigitte will speak about senior safety. The Menomonee Falls Fire department will also visit us to talk about home safety.

D. Matt Rech - Smartphone Basics

Smartphone, Apps, Camera, & more. Android focused, I-phones welcome.

E. Uptown Art Class - Stacie Estrada

We will guide you step-by-step through 2 painting projects. No experience necessary. Projects will take 5 weeks to complete, and week 6 we will work on touch ups. Materials will be provided. **\$20.00 supply fee** payable to instructor. **Class limit 20 people.**

F. Spring Time Gardening - Gertrud Zoeller

Want to grow some veggies, herbs or flowers, but don't know where to start? We can be very creative and have lots of fun!