



SOAL - St. James Older Adult Learning



Hello! Welcome to the St. James Older Adult Learning program, also known as SOAL. SOAL classes provide adults age 50 and older a great opportunity to socialize and learn new skills. Participants enjoy 3 one hour sessions each Friday on topics such as spirituality, arts and crafts, health, contemporary issues and senior safety. This program is offered twice a year to the community, and all are welcome to attend. Volunteer instructors set the tone for fun and interesting classes. The Fall session runs for seven weeks. Come join us!



SOAL - St. James Older Adult Learning

SOAL FALL 2019 REGISTRATION FORM

(Please return by Friday, September 27, 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. You will be notified if you do not get your first choice.

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.

SOAL Fall 2019

Class Dates: Oct. 4,11,18,25 Nov. 8,15

Pot luck and display will be on Nov. 22.

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 asked to bring a dessert to share one week.

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
Attn: SOAL

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

G. 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. \$10.00 fee payable to instructor. Class limits 6 minimum, 12 maximum.

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

Become a magician by learning "Disappearing 9 patch" block. Beginner and experienced quilters welcome.

J. Card Game 500 - Dorothy Luckason and Ellie Soliva

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 size 15 people.**

K. Travelogue - Matt Rech, Mike Crain

Come and enjoy the world from the comfort of your chair! You will be travelling to several countries and learn about their traditions and ways of life.

L. Old Testament Scripture Class - Pat Knuth

During these six weeks, we will explore some of the pivotal moments in salvation history that are high points in the first book of the Bible, Genesis, while paying attention to how it was compiled.

M. Expand Your Excellent Bridge Playing - Barb Schuelke

Let's Try DUPLICATE BRIDGE, and do not be afraid. The skills you already know, bidding, playing etc. will be used. I would love to share my enthusiasm for the game of Duplicate Bridge with you. **8 players minimum, 12 works best.**

N. Ticket To Ride, New York - Lisa Cushin

Travel the New York subway system with this cool game. Once this game is mastered, there could be an opportunity in 2020 to play Ticket to Ride with a USA map. **Class limit 8 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.**

P. Paper Beads and Jewelry - Karen Raschke

Make paper beads and combine with other beads to make a necklace set. Will make other items if time allows. Paper and beads provided, or combine with others you may bring along. Must be able to tie a knot. Heat wands are used in class. **\$20.00 supply**

Session 3: 12:30-1:30 pm

Q. Books - From Then, For Now! - Cathy Ferderbar

Remember how you had a favorite book as a kid? We got caught up in the magical land of *The Lion, the Witch and the Wardrobe*, but there is so much more to this tale - and its foreshadowing book, *The Magician's Nephew*. Join us for a reading treat! Books will be available in advance in the Christian Formation office for a cost of \$5.00, or you may also purchase one at our first session .

R. 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 Fall/Winter item, or work on a personal project. Instructions and some materials will be available.

S. Samba - Dorothy Luckason and Pat Stoffel

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.

T. Fall and Holiday Crafts - Sandy Saringer

Come and make some Fall Time crafts. Must have manual dexterity and be able to work independently. We will be making pumpkins, a Christmas ornament, as well as other crafts. A **\$18.00 supply fee will be charged**, 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.**

V. Walking Class - Mary Ann Ehr

Join me as we walk through the church grounds and enjoy the fresh air, scenery and the wildlife.

Session 1: 9:00-10:00 am

A. Scripture Class - Gerry Wolf

Sharing Wisdom: Exploring ways to impart wisdom, with reflections from the Book of Wisdom, from Pope Francis' Sharing the Wisdom of Time, and from Joan Chittister's The Gift of Years. Purchase of a book is not necessary.

B. Wood Carving - Neal Nushart and Darryl Gruender

This class runs from **9:00 - 11:15 am**. Carve a Christmas Santa, with a an alternative of a bald eagle cane topper. Supply fee payable to instructor. **Class limit 15 people.**

C. Senior Safety - Bill Spankowski and Deputy Chad Stenulson

Learn how to protect yourself and be safe in your home. We will discuss some safety issues that are very important to know.

D. Smartphone Basics - Matt Rech

New to Smartphone or want to learn more and share? We will explore safety, getting news, taking pictures (send to computer, show on TV), paying with phone, apps and VPN. I am an Android user but apple brothers and sisters are welcome to share in the fun.

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 25 people.** Instructor will lead class.

F. Live Cheaper Tomorrow - Sandy Saringer

Come and learn to save money when buying and cooking food. Let's start saving!