



SOAL - St. James Older Adult Learning

Hello! Welcome to the St. James Older Adult Learning program, also known as SOAL. SOAL classes provide adults 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 travel. 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 Spring 2023 session runs for 5 weeks. Come join us!

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262-251-0897

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SOAL - St. James Older Adult Learning

Spring 2023

Class Dates: 4/14, 4/21, 4/28, 5/5, and 5/12

Potluck will be on 5/12

Session 1: 9:00 - 10:00 AM

Session 2: 10:15 - 11:15 AM

Session 3: 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. This fee also covers operating costs. Some classes are listed with an additional fee to cover the cost of specific 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 packet. You may drop off the registration form in person at the Christian Formation Office Monday-Friday 8:00AM - 2:00PM, or mail it to:

St. James Catholic Church
W220N6588 Town Line 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.

St. James SOAL Program - Spring 2023 Class Options

Session 1: 9:00-10:00AM

A. The Gospels Alive In Us - Gerry Wolf

Gerry Wolf offers a series of reflections and memories from his recent pilgrimage to the Holy Land, highlighting Jesus' words to Thomas: "Do you believe because you have seen? Blessed are those who have not seen, yet believe!"

B. Travelogue

Tammy Papez (4/14) - Join Tammy as she shares about her experience traveling to the Holy Land.

Mary Nettesheim (4/21) - Come learn about the traveling in Great Britain with Mary.

Ali Hipp (4/28) - Take a photographic tour of New York City from Midtown to the West Village, Brooklyn to Ellis Island, the Financial District to SoHo, and more! We'll explore all of the city's most popular destinations, as well as some lesser known gems. There's always something incredible to explore in the Big Apple!

Barb Scheulke (5/5) Enjoy a visit to Scandinavia to see God's love for creation in the beautiful fjords of Norway.

Glafcke Family (5/12) - Hear the Glafcke family share about their experiences traveling as a lay missionary family.

C. Resume to Eternal Life - Matt Rech

Reflecting...on Glorifying God, Praising Jesus, Seeking the Holy Spirit, Honoring Mary, and on the Universal Church of Christ.

D. Craft Sampler - Yolanda Daily, Sandy Wagener, Kate Simon, Jorie Mc Partlin, and Special Guests

Come make a variety of beautiful handmade cards and crafts! **Class Limit: 12, Supply Fee: \$10**

E. Painting on Fabrics - Harriet Belke and Marge Giese

Let's Spring into fun! YOU bring a light-colored shirt or other small fabric item. WE will bring all the other supplies. **Class Limit: 12**

F. Mexican Train Dominoes - Sandy Turowski

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

G. Social Club - Self-Led Puzzles, Games, Coloring, and BYO Card Games

Relax and enjoy some fellowship in this class. Puzzles, games, and coloring supplies will be provided. Please bring your own cards if you'd prefer to play card games.

H: Eggshell Mosaics - Walt Mayer

Become familiar with this seldom-promoted art form! From a simple design on a 5"x5" piece of matte board to a 16"x20" frameable piece of art, you'll be exposed to color theory, special tools, techniques, and tips that your teacher has accumulated over the past several decades. Course objective: Have fun! **Class Limit: 12, Supply fee: \$10**

St. James SOAL Program - Spring 2023 Class Options

Session 2: 10:15-11:15 am

I. Quilting Class—Ann Wegner

Spring into Spring and make a 3D flower block for a pillow, table topper, candle mat, small wall hanging, etc. All levels of experience are welcome.

J. Finding Jesus through the Arts and Imagery—Cathy Ferderbar

In this class, we will explore the messages and insights that artists, painters, sculptors, musicians, performers, and authors have shared about Jesus through their creative works. As we reflect on the artists' understanding of God, we can deepen our own relationship with Jesus, using the imagery they offer.

K. Wii Bowling - Sean Hutchinson

Have a great time with this virtual game of bowling using hand held devices. If you enjoy going to the bowling alley, you are going to love Wii bowling! **Class Limit: 8**

L. Beginner Home Décor in Vinyl and Paper- Sandy Saringer

We will be making paper projects and learning how to use vinyl decals. This class is for any level of experience. **Class Limit: 6, Supply Fee: \$20**

M. Let's Crochet A Christmas Tree—Nancy Fox

You must already know how to crochet. Bring along a 4-8 oz skein of green, white or pink yarn. Your Christmas tree can be any color. The yarn can be acrylic or wool, and bring a hook to fit the thickness of the yarn. **Class Limit: 15**

N. Gardening Class Series - Gertrud Zoeller and Special Guests

Come learn about creative gardening, starting seeds, transplanting, and more!

O. Craft Sampler - Yolanda Dailey, Sandy Wagener, Kate Simon, Jorie Mc Partlin, Harriet Belke, and Marge Giese

Come make a variety of beautiful handmade cards and crafts! **Class Limit: 12, Please note: This class is a variation of the Session 1 Craft Sampler class. Please only register for ONE of the craft sampler classes.**

P. Experiencing America: A Smithsonian Tour Through American History- Kristin Kebis

Learn more about American history through this series of video lectures, accompanied by class discussion & activities. This session we will learn about Extinction & Conservation, the Cold War, National Tragedies, Public Health, & Civil Rights.

St. James SOAL Program - Spring 2023 Class Option

Session 3: 12:30-1:30PM

Q. Advanced Home Décor in Vinyl and Paper- Sandy Saringer

We will be making paper projects and learning how to use vinyl decals. **You must have taken the Beginner Home Décor in Vinyl and Paper class to register for this class. Class Limit: 6, Supply Fee: \$20**

R. Knitting and Crochet Club - Harriet Belke and Marge Giese

Join us for an informal, relaxed, and friendly gathering. Help will be available for beginners and those wishing to expand skills. Work on a personal project or learn about items for donation.

S. Samba - Sandy Turowski and Bonnie LaChapelle

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. Exercise Class—Tom Kissner, Self-led Videos

This class is designed to help you with balance, coordination, increasing flexibility, and improving your stamina and muscular strength.

U. Life Memoir

Have you ever wished you could write down your legacy? Bring a journal or notebook and enjoy time to reflect and record your memories! A list of questions will be provided to help inspire your writing. A limited number of journals will be available for sale.

V. Let's All Go to the Movies!

Relax and view a movie together. We will begin with the movie *Wonder* and choose the next movie(s) as a group.

W. Social Club - Self-Led Puzzles, Games, Coloring, and BYO Card Games

Relax and enjoy some fellowship in this class. Puzzles, games, and coloring supplies will be provided. Please bring your own cards if you'd prefer to play card games.

SOAL Spring 2023 REGISTRATION FORM
(Please return by Friday, April 7, 2023)

NAME _____ PHONE # (_____) _____

E-MAIL _____

ADDRESS _____

CITY & ZIP CODE _____

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT PHONE _____

**Please choose two class choices for each session time that you wish to attend.
Second choices are in the event your first choice is full or may need to be
cancelled. You will be notified if you do not get your first choice.**

Session 1 (9:00-10:00AM): Class Choice #1: _____ Class Choice #2: _____

Session 2 (10:15-11:15AM): Class Choice #1: _____ Class Choice #2: _____

Session 3 (12:30-1:30PM): Class Choice #1: _____ Class Choice #2: _____

Will you be attending lunch? YES _____ NO _____
Do you have any dietary restrictions? YES _____ NO _____

Please explain _____

Are you willing to help set tables for lunch from 8:15-8:45 am?
YES _____ DATE(S) _____

Are you willing to help clean up after lunch from 12:15-1:15 pm?
YES _____ DATE(S) _____

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

If you have any questions, or would like to be removed from our SOAL mailing
list, please call us at 262-250-2663.