



SOAL - St. James Older Adult Learning

Hello! Welcome to the St. James Older Adult Learning program, also known as SOAL. SOAL classes provide adults (ages 55 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 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 Fall 2023 session runs for 5 weeks. Invite a friend and come join us for this fun program!

Sue Devine Simon
SOAL Coordinator
262-251-0897

Kristen Winter
SOAL Assistant
262-250-2663

Come join the
FUN! Look
for our NEW
class offerings!



Registration
Opens on
September
28th at 8AM!

Happy Fall!



Fall 2023 Important Dates:

- **Sept. 23rd and 24th** – Registration forms handed out after Masses at St. James
- **Sept. 25th** – Registration forms not picked up after Masses will be mailed or emailed. Forms will only be emailed to those who signed up for email delivery during Spring SOAL 2023.
- **Sept. 28th at 8AM** – Registration Opens!

Class Dates: 10/20, 10/27, 11/3, 11/10, 11/17

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. Please don't allow cost to keep you from attending! We have a limited number of scholarships available. Contact Sue or Kristen if you need assistance with tuition.

The registration form for classes is included in this packet. **We will begin accepting registrations on Thursday, September 28th at 8AM.** 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, if you would like to be removed from our SOAL mailing list, or if you would prefer to receive registration forms via email.

St. James SOAL Program - Fall 2023 Class Options

Session 1: 9:00-10:00AM

A. A Mosaic of Mary in the Scriptures - Sue Devine-Simon

We will look at passages in Scripture that speak of who Mary is and look at some of the theology of the Mother of God, to better understand the role of Mary in our faith. You are welcome to bring your bible.

B. Travelogue

Through our guest speakers' stories and pictures, you will adventure to places like Australia, New Zealand, Iona, Lindisfarne, and more!

C. A Path to Faith - Matt Rech

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

D. Craft Sampler

Come learn a variety crafting techniques and create an assortment of beautiful handmade "make and take" crafts! **Class Limit: 12, Supply Fee: \$10**

E. Woodcarving- Neal Nushart and Darryl Gruender

Carve "Sydney the Shark" and the wave he rides to the shore. A carving glove is recommended.

Students will only require basic carving tools to complete this project. **Class limit: 15, Supply Fee: \$20**

Note: Woodcarving is a 2 hour class. Please do not register for a 10:15AM class if you register for this class.

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. Clay Pot Soliders- Harriet Belke & Marge Giese

Clay pot construction revives a favorite 16" toy soldier project from years past. In 5 weeks, you'll be proud to display this project or give it as a gift. **Class Limit: 9, Supply Fee: \$5**

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 - Fall 2023 Class Options

Session 2: 10:15-11:15AM

I. Quilting Class—Ann Wegner

All are welcome for quilting! Beginners-Experienced. Come explore half square triangles. Choose a table runner/wall quilt or carpenter star table topper/wall quilt.

J. Simeon and Anna: Mentors for Aging - Gerry Wolfe

Gerry Wolfe offers a series of reflections examining the spiritual challenges and triumphs that come with getting older.

K. Quilling and Magazine Bowls- Sue Wirth

Explore the art of rolled paper! Learn to make round coils out of thin paper strips using a quilling tool. Shape them together into a simple Christmas ornament or be more creative! We'll also make a magazine page bowl. Fold, tape, coil, and shape colorful magazine pages to make a small (approx. 4 inch) bowl. Takes approximately 30-40 pages. A bigger bowl will take about 65 pages. So bring a magazine or two you'd like to use! *Note: Classes may be difficult for those with hand/finger problems.*

Class Limit: 12, Supply Fee: \$10

L. Let's Crochet A Tote—Nancy Fox

If you know how to crochet and want to make a tote, this class is for you! Bring to class 14-16 oz of 4-ply yarn and an H hook. We will crochet thirteen 7-inch squares and sew them together. Come join the fun! **Class Limit: 15**

M. Rummikub—Judy Clark

This number tile game is packed with strategy, a bit of luck, and lots of fun! Come join Judy as she teaches this **easy to learn** game that will be enjoyed by all.

N. Craft Sampler

Come learn a variety crafting techniques and create an assortment of beautiful handmade "make and take" crafts! **Class Limit: 12, Supply Fee: \$10, Please note: This class is a variation of the Session 1 Craft Sampler class. Please only register for ONE of the craft sampler classes.**

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

Learn about inventions, ideas & programs that changed America through this series of video lectures, accompanied by class discussion & activities. Our sessions will focus on Transportation, Communication, Technology, Flight & Space Exploration.

P. 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**

St. James SOAL Program – Fall 2023 Class Option

Session 3: 12:30–1:30PM

Q. Heating our Way through the Holidays with Vinyl – Sandy Saringer

We will be making a sign and other decorative items for the holidays using vinyl decals. **Class Limit: 6,**
Supply Fee: \$20.00

R. Racing – Matt Rech

In this class, we will look at the history of how Nascar and Indy racing started and their differences. We will also explore some of the cars, tracts, race drivers and more. We will also be visited by current race car drivers.

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. Seasonal Fun with Food– Michelle Beimborn, Kristin Kebis, Mary Grace Khoury

Halloween, Thanksgiving, and Christmas are coming! Let's get into the holiday spirit and create some fun holiday treats!

V. Let's All Go to the Holiday Movies!

Relax and view holiday movies together. We will begin with a “not too spooky” Halloween film and then choose from Thanksgiving and Christmas movies as a group.

W. Knitting and Crochet Club– Harriet Belke & Marge Giese

Let's challenge ourselves to create items for charitable donation. It's useful and self-satisfying. More than one option will be suggested. As always, learners are welcome. Some yarn will be available at no cost for projects.

X. Ask An Expert

We will welcome a variety of professionals to SOAL. They will share a little bit of their knowledge with you before opening the class up to answer YOUR questions! Don't miss this NEW class!

- “Ask an Aging and Disability Resource Center Expert” –ADRC Staff
 - Have you ever wondered what community resources are available to you or loved ones? ADRC will share with us more about how to take advantage of their free referral services and benefits counseling.
- “Ask a Pharmacist” – Chris Lodl
 - Let's talk about medication safety, drug interactions, and more with Chris.
- “Ask a Technology Safety Expert” – Sean Kane
 - Dealing with computer safety, security, and technology can feel overwhelming at times. Sean will be there to help!
- “Ask a Bereavement Minister”– Marge Schumann, Former Chaplain at St. Michael's Stevens Point
 - We all experience death and loss. Come learn ways to support your family and friends at these difficult times and get some tips for yourself.
- “Ask a Priest” – Fr. John Hemsing
 - Hear our very own pastor share about his calling to priesthood and life as a priest. Come get to know Fr. John and bring your questions about the Catholic faith!

SOAL Fall 2023 REGISTRATION FORM
(Please return by Monday, October 16, 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. Unless notified otherwise, you will receive your first choices of classes.

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 _____ on DATE(S) _____

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

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

☐ Check this box if this is your **FIRST TIME** ever attending SOAL. Please list the name of the person that invited you: _____

☐ Check this box if you need assistance with SOAL tuition and would like the St. James staff to reach out to you about a scholarship.