



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 Spring 2024 session runs for 5 weeks. Invite a friend and come join us for this fun program!

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SOAL Coordinator
262-251-0897

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SOAL - St. James Older Adult Learning

Spring 2024 Important Dates:

- February 16th- Registration forms will be emailed out to past participants
- February 17th/18th-Registration forms handed out after Masses at St. James
- February 18th- Registration forms not picked up after Masses will be mailed
- February 22nd at 8AM - Registration Opens!

Class Dates: 3/15, 3/22, 4/5, 4/12, 4/19

Please note: NO SOAL on 3/29 (Good Friday)

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, February 22nd at 8AM.** You may drop off the registration form in person at the Christian Formation Office Monday-Friday 8:00AM – 4:00PM, 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 - Spring 2024 Class Options

Session 1: 9:00-10:00AM

A. Source & Summit- Gerry Wolf

During this time of the U. S. Bishops' call for a Eucharistic Revival, let's reflect on the various aspects which the celebration of Eucharist includes and expresses: thanksgiving, meal, memorial, sacrifice, liturgy, communion, mission.

B. Apostolic Fathers and the History of the Church - Matt Rech

We will study the Apostolic fathers including Constantine's Roman Catholic Church, his mother St. Helen, the relationship between St. Peter and St. Paul and more.

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

Learn more about the story of America through this series of video lectures, accompanied by class discussion & activities. We close out this lecture series with sessions that help us dive into our nation's history through the cultural mediums of portraits, clothing styles, film, jewels and music.

D. Craft Sampler

Come learn a variety crafting techniques and create an assortment of beautiful handmade "make and take" crafts! **Class Limit: 14, Supply Fee: \$10**

E. Woodcarving- Neal Nushart & Darryl Gruender

You will learn to carve a cute panda cub. 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. Spring Cute Couple Planters - Harriet Belke & Marge Giese

Decorative clay pot "He" and "She" planters to brighten porch, patio or home. You need to bring four (4) 3" (measure across opening) clay pots from craft or garden centers. Size uniformity is important to our planning. All other supplies will be provided free of cost.

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**

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Session 2: 10:15-11:15AM

I. Quilting Class—Ann Wegner & Kathy Gotthardt

All levels of quilting skills welcome! Come learn how to do raw appliqué. Create a block for Fourth of July hanger and/or three other choices.

J. Card Game: “I Take” - Sandy Turowski

Calling all card players! “I Take” is a form of Rummy including runs and sets to form a hand with a succession of 5 various hands to work towards. The object of the game is to go out and win with the least score at the end of 5 hands.

K. Quilling and Magazine Bowls- Sue Wirth

Enjoy the art of rolled paper! Learn to make round coils out of thin paper strips using simple quilling tool. Shape them together into a bowl. If we have time, we'll try a small project. Please bring your supplies with you if you took the fall class. *Note: Classes may be difficult for those with hand/finger problems.* **Class Limit: 12, Supply Fee: \$10**

L. Let's Crochet an Amulet Necklace Pouch—Nancy Fox

We will weave a 2 ½ x 2 ½” amulet bag. Supplies to bring: Thin ribbon, yarn, strips of fabric, a large eyed darning needle with a blunt tip. You choose your colors, or you can trade with each other! Come join the fun! **Class Limit: 15**

M. Cribbage and Rummikub- Judy Clark & Sandy Ehlert

It's game time! Learn to play Cribbage, a card game of luck and skill, where you will use a special board to keep track of points. You will also learn Rummikub, a number tile game that is packed with strategy, a bit of luck, and lots of fun! Join Judy and Sandy as they teach these **easy to learn** games that will be enjoyed by all.

N. Travelogue

Through our guest speakers' stories and pictures, you will adventure to places like Poland, the Western United States, Africa, China, and more!

O. 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**

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Session 3: 12:30-1:30PM

P. Diamond Painting - Sandy Saringer

Diamond painting is a form of mosaic art where you create sparkling designs by placing tiny resin rhinestones (often referred to as 'diamonds') onto a coded adhesive canvas. The end result is a vivid, shimmering work of art. *Classes may be difficult for those with vision, hand, or finger problems.* **Class Limit: 12, Class Fee: \$10 for a kit and other supplies**

Q. Samba - Sandy Turowski & 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.

R. Exercise Class—Tom Kissner & Julie Mrotek

Tom and Julie will lead this class designed to help you with balance, coordination, increasing flexibility, and improving your stamina and muscular strength.

S. My Favorite Recipe- Various Instructors

Do you love learning new recipes? Then this class is for you! A variety of instructors will share with you some their favorite recipes, including appetizers, dips, and more. You'll also have an opportunity to join in a recipe exchange so you can share YOUR favorite recipe!
Class Limit: 16, Class Fee: \$15

T. Let's All Go to the Movies!

Come relax and enjoy watching movies together. We will begin with the movie *A League of Their Own* and vote on the movies to follow.

U. Leaving Your Legacy- Kristen Winter

Documenting your life story, experiences, and wisdom can be a beautiful process. Let's explore some creative ideas for sharing your memories! We'll provide suggestions of projects to help inspire you and then have quiet work sessions for you to get started leaving your legacy. Journals will be available for those who wish to use them. If projects of choice require additional materials, participants may bring those materials to work sessions beginning 3/22.

V. Knitting and Crochet Club- Harriet Belke & Marge Giese

Inviting all levels of yarn crafters to join us to learn, enhance skills or work on a personal project. The "what" and "where" of items for donation will be discussed. This is a low-key mostly social, welcoming gathering.

SOAL Spring 2024 REGISTRATION FORM
(Please return by March 11, 2024)

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.