



# JOIN THE SOAR! TEAM TODAY.....

## AND CHASE THOSE WINTER BLUES AWAY!

### February 25<sup>th</sup> – April 4<sup>th</sup>



Join us for the second session of SOAR! activities of 2019; we'll start on Mondays with bowling, enjoy dancercize on Tuesdays, join Angie to aerobicize on Wednesdays and have fun with Walking/Indoor Games on Thursdays! Plus, we'll have four Saturday evenings of seated volleyball at the Gemini Center in Fairview Park. Sign up today as registration is limited!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<p><b>BOWLING:</b> 3:30 – 5:00PM  <b>Where:</b> Roll House Entertainment (Formerly Freeway Lanes) 12859 Brookpark Road. Just east of West 130<sup>th</sup> Street)  <b>Description:</b> Join us for some late afternoon bowling from 3:30 until 4:45 and then enjoy a snack. Always a fun day...hope you can 'spare the time'.☺</p>	<p><b>DANCERCIZE:</b> 6:30-7:30 PM  <b>Where:</b> Gemini Center, 21225 Lorain Road (Just West of 210<sup>th</sup> Street)  <b>Description:</b> Join your SOAR! staff for a fantastic hour of exercise. We'll work out to a great selection of tunes and have a wonderful time too!</p>	<p><b>AEROBICS:</b> 6:30 – 7:30 PM  <b>Where:</b> Big Creek Center (6149 West 130<sup>th</sup> Street)  <b>Description:</b> Join this popular activity with Angie. Listen to great tunes while we work on strength, endurance &amp; flexibility. Always a great time... see you there!</p>	<p><b>INDOOR GAMES:</b> 6:30 – 7:30 PM  <b>Where:</b> Big Creek Center (6149 West 130<sup>th</sup> Street)  <b>Description:</b> Join us for some walking AND indoor games on Thursday nights! We'll play baggo, wiffleball, kickball as well as some 'surprise' games. Always a lot of fun!</p>	<p><b>SEATED VOLLEYBALL:</b> 5:30 – 7:00 PM  <b>Where:</b> Gemini Center, (21225 Lorain Road)  <b>Description:</b> Join us our second session of seated volleyball at the Gemini Center! Always a great time as we bat the 46" beach ball around!</p>
Limited to 28 participants	Limited to 35 participants	Limited to 45 participants	Limited to 30 participants	Limited to 30 participants
<p><b>Dates:</b> Februray 25<sup>th</sup>            March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>            April 1<sup>st</sup></p>	<p><b>Dates:</b> February 26<sup>th</sup>            March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>            April 2<sup>nd</sup></p>	<p><b>Dates:</b> February 27<sup>th</sup>            March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>            April 3<sup>rd</sup></p>	<p><b>Dates:</b> February 28<sup>th</sup>            March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>            April 4<sup>th</sup></p>	<p><b>Dates:</b> March 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup></p>
<b>Fee:</b> \$25.	<b>Fee:</b> \$20.	<b>Fee:</b> \$20.	<b>Fee:</b> \$15.	<b>Fee:</b> \$20.

(Fee includes: Snacks at each activity)

**Registration Deadline is Friday, February 8<sup>th</sup>, so sign up today!!!**

FOR ADDITIONAL INFORMATION OR TO REGISTER FOR AN ACTIVITY CALL US AT: **(440) 327-6454**  
 Mail completed form and registration fee to **NEW ADDRESS:** SOAR!, 32730 Walker Road, Suite I-1, Avon Lake, Ohio 44012