

FALL 2026

PROGRAM GUIDE



M-NASR

MAINE-NILES ASSOCIATION OF SPECIAL RECREATION

An extension of:

Des Plaines Park District | Golf Maine Park District | Morton Grove Park District
Niles Park District | Park Ridge Park District | Skokie Park District
Village of Lincolnwood Parks and Recreation



From M-NASR's Executive Director



Fall fun begins with M-NASR

Although it's still warm outside, I'd like to wish you an early welcome to fall! Staff have been working hard to plan festive, fall-themed events as well as our regular popular programs. The annual Halloween Party, generously hosted by the Liponi Foundation, is back October 23 and Brunch with the Grinch, in cooperation with the Morton Grove Park District, is December 20. While fall programs end on November 15, the fun continues with our bonus programs and events that will run from November 30 to December 18. For youth and teens, there is also the always fun winter break camp, offered during the weeks of December 21 and 28. On a fundraising note, M-NASR will be hosting its third annual Bingo Night fundraiser on Saturday, November 7. This exciting event is very popular and is sure to sell out, so make sure to register early.

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While fall programs end on November 15, the fun continues with our bonus programs and events that will run from November 30 to December 18!

You may notice a few new faces in this brochure. We've expanded our Inclusion department, and added Emily Thompson as manager and Sandy Garcia as an additional coordinator. Also, Gracie Wilcox is our newest Recreation Specialist. Welcome to M-NASR!

We hope you are enjoying the end of your summer and look forward to seeing you with M-NASR this fall!

Regards,

Trisha Breitlow
Executive Director

Important Dates

Fall 2026

Aug 3	Priority resident registration starts
Aug 14	Lottery held if needed
Aug 17	Non-resident registration starts
Aug 21	Registration ends
Sept 8	Programs begin
Nov 15	Programs end

Nov 30	Bonus programs begin
Dec 18	Bonus programs end

Dec 21-30	Winter break camp
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Winter 2027

Nov 30	Priority resident registration starts
Dec 11	Lottery held if needed
Dec 14	Non-resident registration starts
Dec 18	Registration ends
Jan 11	Programs begin
Mar 21	Programs end

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About M-NASR

OUR MISSION

The Maine-Niles Association of Special Recreation provides individuals with disabilities access to meaningful and life-enriching recreation and leisure opportunities.

OUR VALUES

Positivity • Inclusivity • Empowerment • Community • Excellence • Safety

2026 BOARD OF DIRECTORS

Tom Elenz, President, Niles Park District

John Shea, Vice President, Park Ridge Park District

Kevin Hubka, Treasurer, Golf Maine Park District

Karen Hawk, Village of Lincolnwood Parks and Recreation

Donald J. Miletic, Des Plaines Park District

Michelle Tuft, Skokie Park District

Jeff Wait, Morton Grove Park District

2026 BOARD MEETING DATES

Tuesday, February 24

Tuesday, April 28

Tuesday, June 23

Tuesday, August 25

Tuesday, November 3

Tuesday, December 15

Meetings are at 10:00am. Agendas and minutes can be found at mnasr.org.

ADMINISTRATIVE STAFF

Trisha Breitlow, CTRS, CPRE, Executive Director
tbreitlow@mnasr.org | ext 3012

Kelly Brunning, CPRP, Senior Operations Manager
kbrunning@mnasr.org | ext 3017

Audra Ebling, Communications & Marketing Manager
aebbling@mnasr.org | ext 3011

Mary Gates, Administrative Office Assistant/Registrar
mgates@mnasr.org | ext 3010

Dorothea Roque, Accounting Manager
droque@mnasr.org | ext 3022

Louisa Shortall, Inclusion Assistant
lshortall@mnasr.org | ext 3030

Roseann Federico, Human Resources Manager
rfederico@mnasr.org | ext 3016

RECREATION STAFF

Lisa Barrera, CTRS, Superintendent of Recreation
lbarrera@mnasr.org | ext 3020

Sandy Garcia, Inclusion Coordinator
sgarcia@mnasr.org | ext 3025

Rob Hentschel, Support Staff Coordinator
rhentschel@mnasr.org | ext 3026

Nicole Kubica, CTRS, Inclusion Coordinator
nkubica@mnasr.org | ext 3021

Morgan Leno, Recreation Specialist
mleno@mnasr.org | ext 3014

Brendan Meyers, Recreation Specialist
bmeyers@mnasr.org | ext 3015

Liz Rogus, CPRP, Program Manager
lrogus@mnasr.org | ext 3023

Emily Thompson, CTRS, Inclusion Manager
ethompson@mnasr.org | ext 3013

Gracie Wilcox, Recreation Specialist
gwilcox@mnasr.org | ext 3018

How to reach us



By email

For a complete M-NASR staff directory, click [here](#)



By phone at 847-966-5522

Staff are available between 9:00am and 5:00pm, Monday through Friday



In person

6820 W. Dempster Street
Morton Grove, IL 60053



On the web

mnasr.org

Program Information

Program Areas and Acronyms

Youth & Teen: Programming designed for individuals with various disabilities ages 3–22

AWID: Adults with Intellectual Disabilities; programming designed for individuals ages 18 & older

PI/VI: Adults with Physical Impairments/Visual Impairments; programming designed for individuals ages 18 & older

R, NR: Resident, Non-Resident

Transportation

The bus symbol above a program description indicates that transportation is available. Times may be adjusted depending on registrations received. Participants will be contacted one week prior to the start of the program to confirm transportation times and locations. See page 28 for more information.

Pick-up/Drop-off locations:

M-NASR – 6820 W. Dempster St., Morton Grove

Feldman Park – 8800 W. Kathy Ln., Niles

Weber Leisure Center – 9300 Weber Park Pl., Skokie

December 2026 Bonus Session

In addition to our regular fall season that runs from September 8 through November 15, we are offering a bonus session November 30–December 18. Our bonus programs and events are highlighted in our program listings in light purple like you see here.

Program Goals

M-NASR recreation programs are designed specifically to assist in the enhancement of physical, cognitive, emotional, social and leisure development so that individuals may participate fully and independently in their life pursuits. Each program description includes a visual key of which domains our certified full-time staff are incorporating into lesson plans. More details are in the chart below.

M-NASR Recreation Program Goals

Domain	 Mental/ Cognitive	 Physical	 Psychological	 Social
Potential Outcomes or Benefits	- Increased emotional regulation - Enhanced feelings of autonomy - Greater sense of meaning - Improved self-determination - Increased optimism - Increased feelings of balance and stability	- Increased mobility - Improved strength - Increased endurance - Restored function - Enhanced immune system - Improved blood pressure - Reduced tension - More restful sleep - Increased energy levels	- Increased ability to stay focused - Improved memory - Better concentration - Developed goal-setting skills - Ability to follow directions - Enhanced problem-solving - Decreased feelings of isolation and loneliness	- Improved communication skills - Developed interpersonal skills - Ability to demonstrate reciprocal relationship skills - Increased social confidence

Program Eligibility

M-NASR employs experienced professionals who understand the level of skill, both physical and mental, needed to participate fully and safely in the programs they plan. Therefore, M-NASR reserves the right to determine if a program is suitable for an individual. Staff may serve as a resource to suggest alternate programming.

Registration Information

Resident Registration Process

Priority registration will be given to individuals residing in M-NASR's seven-member park district boundaries with the resident (R) program fees rate. These park districts include Des Plaines, Golf Maine, Morton Grove, Niles, Park Ridge, Skokie and the Village of Lincolnwood Parks and Recreation Department. After the priority registration deadline, non-resident registration will begin.

Non-Resident Registration

Non-residents will be allowed to register online for M-NASR programs after the resident priority registration deadline. Individuals residing outside of the M-NASR boundaries are required to pay the non-resident (NR) fees for programs. Door-to-door transportation is not available for non-residents.

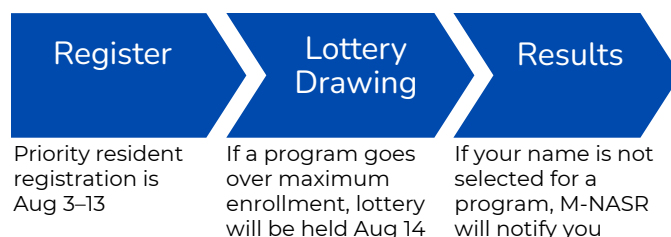
Non-residents may submit their paper registration to the M-NASR office at any time. Registration forms will be processed in the order that they were received beginning on the first day of non-resident registration.

Registration Lottery and Minimums

During the priority resident registration period, programs may reach their maximum enrollment limit. If this occurs, M-NASR will conduct a lottery among all residents who registered during that time to determine which participants are confirmed/enrolled in the program.

Each program is designed to operate within a specific minimum and maximum number of participants to ensure quality and safety. If a program does not meet the required minimum enrollment, M-NASR reserves the right to postpone the program, adjust the schedule or cancel it entirely. In the event that M-NASR cancels a program, all participants who have registered will automatically receive a full refund of their fees.

How the Fall 2026 registration lottery works:



2 ways to register

1

Register Online

To register, **click [here](#)**. Please call 847-966-5522 for online registration login information if you do not have it. M-NASR accepts Visa, MasterCard and Discover cards. Apple Pay and AmEx are not accepted.



2

Print and Send or Drop Off

If you prefer not to register online, a Registration Form can be found on page 29 and can be submitted in one of the following ways:

1. Mail your completed form and payment to:
M-NASR Registration, 6820 W. Dempster,
Morton Grove, IL 60053
2. Fax your completed form to 847-966-8340.
Please call for confirmation of receipt.
3. Email your completed form to
registration@mnasr.org.
4. Drop off your form in person at the M-NASR office.

Registration Deadline

It is important that registrations are received by our deadline listed in the brochure. Registrations received after the deadline may be accepted if additional spaces, tickets, seating and leadership are available.

ePACT Participant Emergency Information

Once registered for a program, you will receive an email invitation to share your emergency information with M-NASR via an online platform. Participants who have not yet completed one must have a completed emergency form submitted through ePACT prior to the start of a program session. Assistance is available for anyone with questions. You will be asked to reconfirm your account each year to keep your information current.

Payment

Full payment is required at time of registration. Payment may be made by check, cash or credit card. M-NASR accepts Visa, MasterCard and Discover cards. Apple Pay and Amex are not accepted.

Financial aid may be available for those who qualify and who complete a current year's Financial Aid Application, along with a print registration form, by the program registration deadline. M-NASR's Financial Aid Application form and full guidelines can be found by clicking [here](#). Financial aid is not available for transportation, special events or for participants residing out of M-NASR's service district.

If a payment plan is needed, please contact the M-NASR office. Any balance due from a previous season must be paid in full before registration is accepted for the current season.

Inclusion Services



Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in recreation programs. M-NASR works cooperatively with member agencies to provide training and education to staff, as well as resources and reasonable accommodations to include individuals with disabilities registered for recreational programs they offer. We believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability.

Inclusion services are provided to participants free of charge when registering through a member agency's program. We ask for a minimum of two weeks notice in order to provide adequate accommodations.

Inclusion requires a collaborative effort between parents, the Program Inclusion Assistant, the park district program staff and M-NASR staff working together throughout the program to provide a successful inclusive experience.

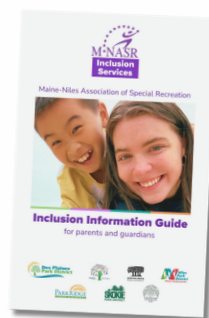
If you would like more information or have questions regarding the inclusion process, please contact M-NASR. For member agency contact information, see page 31.



Emily Thompson, CTRS
ethompson@mnasr.org

Emily is our Inclusion Manager. Her background includes adaptive sports and recreation, adaptive camp programming, therapeutic recreation and work in higher education Disability Services. In her free time, she enjoys spending time outdoors and with family, and going on adventures with her husband and dog.

Meet Emily



To view M-NASR's Inclusion Information Guide online, [click here](#)



Sandy Garcia
sgarcia@mnasr.org

Sandy Garcia is M-NASR's new Inclusion Coordinator. She has a background in Psychology as well as Recreation Therapy and experience with adaptive sports. In her free time, she enjoys playing soccer and going on runs. She'd like everyone to know she is excited to be a part of the team and to meet everyone!

Meet Sandy



Nicole Kubica, CTRS
nkubica@mnasr.org

Nicole, one of M-NASR's Inclusion Coordinators, loves hearing about what participants are up to and cheering on their accomplishments. She never misses an opportunity to crack jokes at programs and enjoys sharing pictures of her dog, Simba.

Meet Nicole!

Sensory Strides



Individual one-on-one sessions for ages 3 & up!



Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams.

In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one-on-one with our certified staff.

Note: Due to popularity and limited spaces, participants can only choose one Sensory Strides program per season.

Location: Sensory Room, Des Plaines Leisure Center

Day	Time	Dates	Fees	Code
Monday	10:00–10:45am	9/14–11/9	R \$132/NR \$198	<u>467001-1</u>
	11:00–11:45am	Late start		<u>467001-2</u>
	12:00–12:45pm	No program 9/21		<u>467001-3</u>
Wednesday	4:30–5:15pm	9/9–11/11	R \$165/NR \$247.50	<u>467002-1</u>
	5:30–6:15pm			<u>467002-2</u>
	6:30–7:15pm			<u>467002-3</u>
Thursday	4:30–5:15pm	9/10–11/12	R \$165/NR \$247.50	<u>467003-1</u>
	5:30–6:15pm			<u>467003-2</u>
	6:30–7:15pm			<u>467003-3</u>
Friday	10:00–10:45am	9/11–11/13	R \$148.50/NR \$222.75	<u>467004-1</u>
	11:00–11:45am	No program 10/23		<u>467004-2</u>
	12:00–12:45pm			<u>467004-3</u>



HALLOWEEN HOOPLA!

This year, M-NASR's Annual Halloween Party, sponsored by the Liponi Foundation, is sure to be a fang-tastic night of fun with friends and family. Come dressed in your favorite costume and boogie with your boo crew while enjoying music, games, festive activities and treats.

**DON'T GHOST US;
REGISTER BY THE
DEADLINE
TO RECEIVE A
THEMED EVENT T-SHIRT!**

Location
Feldman Park Niles

Day/Date	Time
Fri, 10/23	6:00–8:30pm

Fee	Code
R \$15/NR \$30	<u>465060-1</u>

Register at mnasr.org

Youth & Teen Fall Programs

Fall 2026 Program Week At-A-Glance | Sept 8–Nov 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Exploring Sensory Stations</u> (Ages 3–5) 9:30–10:30am Des Plaines Leisure Center	<u>Crafty Crew</u> (Ages 13–22) 5:15–6:15pm Prairie View Community Center	<u>After School Strikes</u> (Ages 6–12, 13–22) 3:30–5:00pm Habetler Bowl	<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Soccer Skills</u> (Ages 6–12) 10:30–11:30am 9/12–10/10 Prairie View Community Center
<u>Kids Can Cook</u> (Ages 6–12) 4:15–5:15pm Maine Park Leisure Center	<u>Teen Swim Social</u> (Ages 13–22) 6:30–7:30pm Centennial Fitness Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>Young Adult Social Club</u> (Ages 13–22) 6:00–8:00pm Various locations	<u>Movers & Makers</u> (Ages 6–12) 10:00–11:30am 10/17–11/14 Prairie View Community Center
<u>Chef's Kitchen</u> (Ages 13–22) 5:30–7:00pm Maine Park Leisure Center	<u>Pool Pals</u> (Ages 6–12, 13–22) 6:30–7:30pm Centennial Fitness Center	= Private 1:1 sessions See page 7 for more details	<u>Lego and Building Lab</u> (Ages 6–12) 4:00–5:00pm Des Plaines Leisure Center	= December bonus program or event	<u>Lunch & Transportation</u> (Ages 6–12) 11:30am–12:30pm From Prairie View Community Center to Centennial Fitness Center
<u>Bake It Happen</u> (Ages 13–22) 5:30–6:30pm Maine Park Leisure Center					<u>Splishin' & Splashin' 1 & 2</u> (Ages 6–12) 1 – 12:30–1:30pm 2 – 1:45–2:45pm Centennial Fitness Center
Winter Break Camp See page 13 for details.  (Ages 6–12, 13–22) Session 1: 12/21–23 Session 2: 12/28–30 9:00am–3:00pm Location: Youth: Des Plaines Leisure Center/Teens: National Park, Morton Grove					

Youth & Teen Special Events – Fall 2026

Event	Age Range	Date	Time	Location
<u>Popcorn and Play</u>	13–22	Sat, 9/19	3:30–4:30pm	Devonshire Cultural Center, Skokie
<u>Fall Fun with Friends</u>	13–22	Sat, 10/3	1:00–3:30pm	Wagner Farm, Glenview
<u>Pumpkin Painters</u>	6–12, 13–22	Fri, 10/9	6:00–7:30pm	Prairie View Community Center, Morton Grove
<u>School's Day Out</u>	6–12, 13–22	Mon, 10/12	9:00am–3:00pm	Youth: Des Plaines Leisure Center Teens: Feldman Park, Niles
<u>Halloween Hop</u>	6–12	Fri, 10/16	6:00–7:30pm	Prairie View Community Center, Morton Grove
<u>Exploring the Exploritorium</u>	3–5	Sat, 10/17	12:00–1:30pm	Skokie Exploritorium
<u>Pizza and Puzzles</u>	6–12	Sun, 10/18	11:00am–12:30pm	Devonshire Cultural Center, Skokie
<u>Slime Time</u>	6–12	Wed, 10/21	4:00–4:45pm	Lincolnwood Community Center
<u>M-NASR Halloween Dance</u>	16+	Fri, 10/23	6:00–8:30pm	Feldman Park, Niles
<u>Dance Your Heart Out</u>	3–5	Wed, 11/4	9:30–10:30am	Weber Leisure Center, Skokie
<u>Fast Food and Flicks</u>	13–22	Fri, 11/13	5:00–8:30pm	Various
<u>Winter Party</u>	6–12, 13–22	Wed, 12/16	6:00–7:30pm	Oakton Community Center, Skokie

Youth & Teen Fall Programs

Kids Can Cook (6-12)



Young chefs will discover how fun and rewarding it can be to make their own food! Learn tasty recipes, build confidence in the kitchen, try new foods and learn simple cooking skills to use at home. No experience needed, just bring your appetite and creativity!

Location

Maine Park Leisure Center, Park Ridge No program 9/21

Day/Time	Dates	Fee	Code
Mon, 4:15-5:15pm	9/14-11/16 Late start	R \$114/NR \$171	<u>461001-1</u>

Chef's Kitchen (13-22)



Spice up your kitchen skills! Join Chef's Kitchen and get ready to learn to mix, chop and sprinkle your way to some delicious meals and snacks. Each week you'll be working with your friends to create simple meals to share with each other. At the end of the season you'll bring home a cookbook with everything the group creates this season.

Location

Maine Park Leisure Center, Park Ridge No program 9/21

Day/Time	Dates	Fee	Code
Mon, 5:30-7:00pm	9/14-11/16 Late start	R \$171/NR \$256.50	<u>461002-1</u>

Exploring Sensory Stations



(3-5)

Calling all little sensory seekers! Join us for hands-on creative fun where children can play, build and discover at a variety of engaging stations each week. Kids will explore water, sand, textures, toys and so much more while using their imagination and curiosity in a playful learning environment.

Location

Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Tue, 9:30-10:30am	9/8-11/10	R \$107.50/NR \$161.25	<u>461003-1</u>

Teen Swim Social (13-22)



Spend your Tuesday nights with M-NASR friends at the pool! Enjoy some recreational swim time while also getting in some social time.

Location

Centennial Fitness Center, Park Ridge

Day/Time	Dates	Fee	Code
Tue, 6:30-7:30pm	9/8-11/10	R \$132.50/NR \$198.75	<u>461004-1</u>

Crafty Crew (13-22)



Join friends for a fun and creative experience each week! Every session features a new craft to create, personalize and take home. Whether you're an experienced artist or just love trying new things, this program is a great way to relax, express creativity and make new friends.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Wed, 5:15-6:15pm	9/9-11/11	R \$152.50/NR \$228.75	<u>461005-1</u>

After School Strikes



(6-12, 13-22)

Strike up a conversation with friends as you bowl the afternoon away. All abilities are welcomed to practice bowling technique and skills! Participants in bowling programs may bowl up to a total of two games or the program time limit. Transportation is available from Julia S. Molloy Education Center and Niles West High School to and from the bowling alley.

Location

Habetler Bowl, Chicago

Day/Time	Dates	Age	Fee	Code
Thu, 3:30-5:00pm	9/10-11/12	6-12	R \$223.75/NR \$335.75	<u>461006-1</u>
		13-22	R \$223.75/NR \$335.75	<u>461006-2</u>

Trans fee	Trans code
R \$40/NR \$60	<u>461006-51</u>

Pick-up/Drop-off Locations	Pick-up/Drop-off Times
Niles West	2:45/5:20pm
Molloy	3:00/5:35pm

Young Adult Social Club



(13-22)

Kick start your weekend with a venture out into the community. Each time we meet, the group will experience a new activity, such as eating at a restaurant, playing games at one of our member districts or enjoying an evening of bowling. A schedule of events and exact times will be provided once all registrations are received. Participants will meet the bus at the M-NASR office.

Location

Various locations

Day/Time	Dates	Fee	Code
Fri, 6:00-8:00pm	9/11, 9/25, 10/9, 11/6	R \$124.25/NR \$186.50	<u>461007-1</u>

Youth & Teen Fall Programs

SATURDAY KIDS

Check out our new lineup!

Saturday Kids will start the season with Soccer Skills, then as the weather turns cooler, we'll shift to Movers & Makers. Both programs come with the option for Lunch & Transportation to Splishin' & Splashin' for a full lineup of Saturday fun!

Soccer Skills (6-12)



Kick off the fun with our beginner soccer program! Participants will learn the basics of soccer through exciting scrimmages, drills and engaging activities designed for all skill levels. Kids will learn dribbling, passing, shooting and teamwork in a supportive and energetic environment. This program focuses on building confidence, staying active and requires no prior experience to play!

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Sat, 10:30-11:30am	9/12-10/10	R \$56.25/NR \$84.50	<u>461008-1</u>

Movers & Makers (6-12)



Start off your morning with friends. Begin the day with a creative activity to help bring out your imagination. You'll end the morning with active and imaginary games to burn off some energy.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Sat, 10:00-11:30am	10/17-11/14	R \$77/NR \$115.25	<u>461009-1</u>

Lunch & Transportation



Lunch supervision and transportation from Soccer Skills/Movers & Makers to Splishin' & Splashin' is available to those who register! Don't forget to pack a drink and lunch or snack.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Sat, 11:30am-12:30pm	9/12-10/10	R \$61.25/NR \$92	<u>461010-1</u>
	10/17-11/14	R \$61.25/NR \$92	<u>461010-2</u>

Splishin' & Splashin' 1 (6-12)



Dive in after Movers & Makers and lunch and have a splashin' time at this recreational swim program. Work on social skills while playing with friends and water toys. **Note:** This section is only for participants who also register for Soccer Skills or Movers & Makers. Transportation is not provided back to the office.

Location

Centennial Fitness Center, Park Ridge No program 10/24

Day/Time	Dates	Fee	Code
Sat, 12:30-1:30pm	9/12-11/14	R \$119.25/NR \$179	<u>461011-1</u>

Splishin' & Splashin' 2 – Swim only! (6-12)

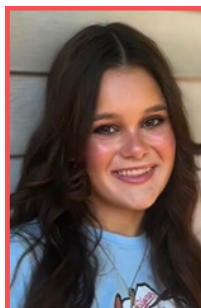


This section is designed for participants who are not participating in Soccer Skills or Movers & Makers and want only a swim program on Saturdays. Work on social skills while playing with friends and water toys at this recreational swim program.

Location

Centennial Fitness Center, Park Ridge No program 10/24

Day/Time	Dates	Fee	Code
Sat, 1:45-2:45pm	9/12-11/14	R \$119.25/NR \$179	<u>461011-2</u>



Meet Gracie!

Gracie Wilcox gwilcox@mnasr.org

Gracie is M-NASR's Youth & Teen Recreation Specialist. She is a graduate of Illinois State University. Some fun facts about her, in her own words: "I am obsessed with the color pink, I love working out and doing crafts and my favorite food is French fries!"

Youth & Teen Fall Special Events

Popcorn and Play (13-22)

Pop into a fun weekend by joining us for popcorn stations, board games and socializing with friends. Whether you're competitive or just in it for the laughs, there's something for everyone. Come ready for an event full of fun, friendly competition—and plenty of popcorn!

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sat, 9/19	3:30–4:30pm	R \$12.25/NR \$18.50	461050-1

Fall Fun with Friends (13-22)

Get ready for a fun-filled fall adventure at Historic Wagner Farm! Join us for a day of seasonal excitement featuring a barn full of farm animals, games and plenty of autumn activities to enjoy with friends. Explore the pumpkin patch, take in the festive atmosphere and make lasting memories surrounded by all the best parts of fall.

Location

Wagner Farm, Glenview

Day/Date	Time	Fee	Code
Sat, 10/3	1:00–3:30pm	R \$84.50/NR \$126.75	461051-1

Pick-up/Drop-off Locations	Pick-up/Drop-off Times
M-NASR	12:40/4:10pm
Feldman Park	12:20/3:50pm

Pumpkin Painters (6-12/13-22)

Get ready for a cozy and creative fall celebration! Join us for a fun fall day where we'll dive into seasonal crafts and decorate pumpkins in all kinds of imaginative ways. From silly to spooky to totally unique designs, you'll have everything you need to make your pumpkin one-of-a-kind. All supplies are provided, just bring your creativity and get ready for fall fun time!

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Age	Fee	Code
Fri, 10/9	6:00–7:30pm	6–12	R \$22.50/NR \$33.50	461052-1
		13–22	R \$22.50/NR \$33.50	461052-2

School's Day Out (6-12/13-22)

Spend your day off school with your M-NASR friends! Activities will include arts and crafts, active games and sensory exploration.

Location

Youth: Des Plaines Leisure Center
Teens: Feldman Park, Niles

Day/Date	Time	Fee	Age	Code
Mon, 10/12	9:00am–3:00pm	R \$54/NR \$81	6–12	461053-1
		R \$54/NR \$81	13–22	461053-2

Halloween Hop (6-12)

Get ready for a spooktacular night of music, costumes and fun! Children are invited to wear their favorite Halloween costumes and dance the night away with friends at our Halloween Dance Party. Enjoy upbeat music, a Halloween craft and a festive atmosphere filled with laughter and excitement.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 10/16	6:00–7:30pm	R \$24.50/NR \$36.50	461054-1

Exploring the Exploritorium (3-5)

Enjoy Skokie Park District's indoor playground and hands on play center for an afternoon of fun! Climb on equipment, build train tracks, enjoy a safe sensory space and so much more.

Location

Skokie Exploritorium

Day/Date	Time	Fee	Code
Sat, 10/17	12:00–1:30pm	R \$20.50/NR \$30.50	461055-1

Pizza and Puzzles (6-12)

You are invited to join us for a fun-filled Pizza & Puzzle Party! Participants will enjoy delicious pizza while working together on puzzles and games. This event is a great opportunity for kids to build teamwork skills, make new friends and have fun in a relaxed and welcoming environment.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sun, 10/18	11:00am–12:30pm	R \$21.50/NR \$32	461056-1

Slime Time (6-12)

Get ready for a gooey, squishy, hands-on adventure at our Slime Making Event! Kids will have the chance to mix, stretch and create their very own custom slime to take home and enjoy. With different colors, textures and fun add-ins, each child will make a unique slime creation while exploring a fun sensory experience.

Location

Lincolnwood Community Center

Day/Date	Time	Fee	Code
Wed, 10/21	4:00–4:45pm	R \$14.25/NR \$21.25	461057-1

Youth & Teen Fall Special Events

Dance Your Heart Out (3-5)



Wiggle, giggle and groove with other silly music lovers! This is a space free to express yourself and enjoy time with friends. From all your favorite songs to fun games like freeze dance and Simon Says, you are sure to have fun dancing your heart out!

Location

Weber Leisure Center, Skokie

Day/Date	Time	Fee	Code
Wed, 11/4	9:30-10:30am	R \$10.25/NR \$15.50	<u>461058-1</u>

Fast Food and Flicks (13-22)



Teens will kick off the evening by heading to a local fast food restaurant to grab dinner and then head to the theater to enjoy a movie on the big screen. It's the perfect mix of good food, great company and a fun film. Don't miss this chance to relax, socialize and enjoy a classic night out experience! Times may be slightly adjusted depending on movie times. Please meet at the M-NASR office.

Location

Various

Day/Date	Time	Fee	Code
Fri, 11/13	5:00-8:30pm	R \$80/NR \$120.25	<u>461059-1</u>

Youth & Teen December Bonus Programs

Bake It Happen (13-22)



Get ready to mix, measure and make delicious memories! Young bakers will enjoy hands-on creativity and take home their tasty creations to share with family and friends. This sweet weekly program is perfect for kids who love to learn, create and have fun!

Location

Maine Park Leisure Center, Park Ridge

Day/Time	Dates	Fee	Code
Mon, 5:30-6:30pm	11/30-12/14	R \$54.75/NR \$82.25	<u>461060-1</u>

Pool Pals (6-12/13-22)



Missing swimming weather? Join us at an indoor pool where participants can enjoy free time to swim, play games, practice their skills and spend time with friends. This weekly program is the perfect way for everyone to stay active, build confidence in the water and enjoy an afternoon swimming!

Location

Centennial Fitness Center, Park Ridge

Day/Time	Dates	Age	Fee	Code
Tue, 6:30-7:30pm	12/8-12/22	6-12	R \$39.75/NR \$59.75	<u>461062-1</u>
		13-22	R \$39.75/NR \$59.75	<u>461062-2</u>

Lego and Building Lab (6-12)



Bring your imagination to life at this exciting building club! Participants will explore their creativity using LEGO bricks, magnet tiles and a variety of other fun building toys. Whether you are following a tutorial, or using your imagination, this hands-on program encourages creativity and social fun for all skill levels!

Location

Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Thu, 4:00-5:00pm	12/3-12/17	R \$33.75/NR \$50.75	<u>461061-1</u>

Special winter event for youth and teens!

Winter Party (6-12/13-22)



Enjoy a festive evening filled with holiday fun, including cookie decorating, building and decorating gingerbread houses, creating a winter-themed craft and listening to cheerful holiday music with friends.

Location

Oakton Community Center, Skokie



Day/Date	Time	Fee	Age	Code
Wed, 12/16	6:00-7:30pm	R \$22.50/ NR \$33.50	6-12	<u>461063-1</u>
			13-22	<u>461063-2</u>

Youth & Teen Fall Special Events

Winter Break Camp

Chill out with the coolest camp over winter break!

(Ages 6–12, 13–22) 

Register for one or two weeks of winter break camp! Participants will have one field trip each week. In-house activities will include arts and crafts, active games and sensory exploration.

Week 1 – Mon, 12/21–Wed, 12/23

Location

Youth (ages 6–12): Des Plaines Leisure Center

Teen (ages 13–22): National Park, Morton Grove

Dates	Time	Fee	Code
12/21–12/23	9:00am–	R \$162	<u>461065-1</u> (ages 6–12)
	3:00pm	NR \$243	<u>461065-2</u> (ages 13–22)

Week 2 – Mon, 12/28–Wed, 12/30

Location

Youth (ages 6–12): Des Plaines Leisure Center

Teen (ages 13–22): National Park, Morton Grove

Dates	Time	Fee	Code
12/28–12/30	9:00am–	R \$162	<u>461066-1</u> (ages 6–12)
	3:00pm	NR \$243	<u>461066-2</u> (ages 13–22)



A sensory-friendly event from M-NASR and the Morton Grove Park District

Brunch with the Grinch

Join us as we bring the Grinch to life in a sensory-friendly breakfast experience! This special event is designed for kids (and kids-at-heart) who may have sensory sensitivities or require a more relaxed atmosphere. Don't miss this unique opportunity to experience the magic of the Grinch tale in a way that's tailored to your needs. We can't wait to welcome your family to our sensory-friendly breakfast bash! Please note that this is not a staffed event.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee per person	Code
Sat, 12/19	9:00–10:00am	R \$19/NR \$19	<u>461064-1</u>
		No fee for children 3 & under	



AWID Fall Programs & Events

Fall 2026 Program Week At-A-Glance | Sept 8–Nov 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>Bingo</u> 4:00–4:30pm	<u>Day Trippers</u> 10:30am–2:30pm Various locations	<u>Pickleball</u> 10:30–11:45am Prairie Lakes Community Center	<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>All Star Competitive Bowling</u> 10:00–11:00am River Rand Bowl
<u>Crossword Club</u> 10:00–11:00am	<u>Creative Corner</u> 5:00–6:00pm 6:15–7:15pm Oakton Community Center	<u>Wildcats Workout</u> 11:00–11:30am <i>Bonus session only!</i>	<u>Chair One Fitness</u> 3:00–4:00pm Prairie View Community Center	<u>Town Travelers</u> 6:00–7:30pm Various locations	<u>Bowling Bonanza</u> 11:00am–12:00pm Lucky Strike
<u>Monday Night Bowling</u> 4:30–5:30pm Lucky Strike	<u>Intro to Theater</u> 6:30–7:30pm Oasis Fun Center	<u>K-9 Companions</u> 12:30–1:30pm Oakton Community Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	= Virtual program or event	<u>Recreational Bowling</u> 11:15am–12:15pm River Rand Bowl
<u>Zumba™</u> 5:00–6:00pm Prairie Lakes Community Center	<u>Wildcats Basketball</u> 6:30–8:00pm Various locations	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Walking Club</u> 4:30–5:30pm Feldman Park	See page 22 for a listing of virtual programs for adults ages 18 & older	<u>Water Aerobics</u> 1:00–2:00pm Prairie Lakes Aquatic Center
<u>Tee Time Golf</u> 6:00–7:00pm Golf Center of Des Plaines	= Program or event included in Dec Bonus session	<u>Zumba™</u> 5:30–6:30pm Edison School	<u>Aktion Club</u> 5:00–6:30pm Various locations	= Private 1:1 sessions See page 7 for more details	<u>Saturday Social Club</u> 4:00–5:30pm Various locations
<u>Healthy Hearts</u> 6:00–7:00pm 7:15–8:15pm Weber Center					
<u>Wildcats Basketball Skills</u> 6:30–7:30pm TBA					

AWID Special Events – Fall 2026

Event	Date	Time	Location
<u>Chess & Snacks</u>	Sat, 9/12	4:00–5:30pm	Prairie View Community Center, Morton Grove
<u>Morton Arboretum</u>	Wed, 9/23	10:30am–1:00pm	Morton Arboretum, Lisle
<u>Bingo!</u>	Sun, 9/27	6:00–8:00pm	South Park, Park Ridge
<u>Name That Tune!</u>	Fri, 10/2	6:00–7:30pm	Prairie View Community Center, Morton Grove
<u>Just I Am</u>	Sun, 10/4	1:00–3:00pm	Just I Am Studio, Northbrook
<u>M-NASR Halloween Dance</u>	Fri, 10/23	6:00–8:30pm	Feldman Park, Niles
<u>Bears Watch Party</u>	Sun, 10/11	3:15–6:30pm	Prairie Lakes Community Center, Des Plaines
<u>Would You Rather/Virtual</u>	Wed, 10/14	4:00–4:30pm	Zoom
<u>Pumpkin Decorating</u>	Sat, 10/17	3:30–5:30pm	Prairie View Community Center, Morton Grove
<u>Mane in Heaven</u>	Wed, 10/21	10:30am–12:30pm	Mane in Heaven, Barrington
<u>Sundae & Board Games</u>	Sun, 11/1	1:00–3:00pm	Prairie View Community Center, Morton Grove
<u>Cernan Earth & Space Center</u>	Sat, 11/14	5:30–8:00pm	Cernan Earth & Space Center, River Grove
<u>Holiday Lights & Dinner</u>	Thu, 12/10	5:00–8:00pm	Arlington Heights Park District
<u>Cocoa & Karaoke</u>	Wed, 12/16	5:30–7:30pm	Oakton Community Center, Skokie
<u>Dance Party/Virtual</u>	Thu, 12/17	4:00–4:30pm	Zoom

AWID Fall Programs

Monday Night Bowling



Beginners through advanced bowlers are welcome. Focus on perfecting your skills and cheer on your friends. Participants in bowling programs may bowl up to a total of two games or the program time limit. Participants are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location Lucky Strike, Niles (formerly Bowlero) **Note** No program 9/21

Day/Time	Dates	Fee	Code
Mon, 4:30-5:30pm	9/14-11/9	R \$146/NR \$219	<u>463001-1</u>
Dec bonus! ▶	11/30-12/14	\$54.75/\$82.25	<u>463001-2</u>

Tee Time Golf



Grab your clubs and join us at the Golf Center of Des Plaines! There is no better time to perfect your swing, work on your short game or finally master that bunker shot you have been working on. We are excited to be teaming up with the Sunshine Through Golf Program, with support provided by the Chicago District Golf Association again this season, as they provide some of their volunteers who are experts in the game.

Note: Thanks to the generosity of CDGA, transportation will be offered at no cost.

Location Golf Center of Des Plaines **Note** No program 9/21

Day/Time	Dates	Fee	Code
Mon, 6:00-7:00pm	9/14-10/5	R \$24.75/NR \$37.25	<u>463002-1</u>
Trans fee	Trans code		
R \$0/NR \$0	<u>463002-51</u>		

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	5:05/7:40pm
Feldman Park	5:25/7:20pm

Healthy Hearts



Push yourself to the max and feel the burn! Do not worry if you don't know where to start; M-NASR staff are there to guide you through the process of creating a healthier you. Being active not only benefits your physical well being but also supports your mental and social happiness.

Location Fitness Center, Weber Center, Skokie

Day/Time	Dates	Fee	Code
Mon, 6:00-7:00pm	10/12-11/9	R \$41.25/NR \$62	<u>463004-1</u>
Mon, 7:15-8:15pm	10/12-11/9	R \$41.25/NR \$62	<u>463004-2</u>

Late start

Wildcats Basketball Skills



Love the game of basketball, but need some help learning the skills at a more individualized level? Practice the skills of dribbling, passing and shooting at our basketball skills program! Athletes may compete in the Special Olympics Basketball Skills competition on Sunday, Dec 6 and be scored based on Spot Shot, Ten Meter Dribble and Target Pass. This event provides meaningful competition for athletes with lower ability levels, athletes that do not have access to participate on a team and athletes with equipment or mobility assistive devices that, for safety reasons, cannot participate in team play. Coaches will guide you in the abilities you need to get ready for competition.

Note: A Special Olympics Online Portal must be completed by Monday, November 2.

Location TBA **Note** No program 10/12, 10/23

Day/Time	Dates	Fee	Code
Mon, 6:30-7:30pm	10/5-12/6	R \$66/NR \$99	<u>463003-1</u>

Trans fee	Trans code
R \$32/NR \$48	<u>463003-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	5:55/8:25pm
Feldman Park	5:35/8:05pm



Special Olympics
Illinois



Brendan Meyers
bmeyers@mnasr.org

Brendan is the AWID Recreation Specialist at M-NASR. He is a graduate of Northern Illinois University. He's a diehard Chicago Blackhawks, Bears and Milwaukee Brewers fan and he has been playing sled hockey for the Chicago Hornets Sled Hockey Team since 2004!

Meet Brendan!

AWID Fall Programs

Creative Corner



This is your space to create and learn about various media and tools used in the process of making art. See where your mind can take you and share your accomplishments with your fellow artists. Art can help you decrease stress levels, improve emotional regulation and think more creatively. The brushes, canvases and scissors are waiting, so what are you waiting for?

Location

Oakton Community Center, Skokie

Day/Time	Dates	Fee	Code
Tue, 5:00-6:00pm	9/8-11/10	R \$162.50/NR \$243.75	<u>463005-1</u>
Tue, 6:15-7:15pm	9/8-11/10	R \$162.50/NR \$243.75	<u>463005-2</u>

Intro to Theater

Our Intro to Theater class will integrate creativity and fun while exploring the world of musical theater. Facilitated by one of Special Gifts Theatre's teaching artists, participants will learn about a variety of musicals, engage in embodied storytelling and act through fun-filled theater activities. This class is designed to include all ability levels and promote team building, collaboration and critical thinking skills while fostering self-confidence and social and communication skills.

Location

Oasis Fun Center, Niles

Day/Time	Dates	Fee	Code
Tue, 6:30-7:30pm	9/8-11/10	R \$107.50/NR \$161.25	<u>463006-1</u>

Wildcats Basketball



Spend time on the court while enjoying the company of your M-NASR friends. Break out your athletic attire, gym shoes and bring a water bottle. Your coaches will train you on how to dribble, pass and shoot. After practicing and scrimmaging, we will participate in the Special Olympics and TR Section tournaments. The Special Olympics tournament will be held on TBA. The TR Section tournament will be held on 11/16. A schedule of pick up and drop off points will be provided after all registrations are received.

Note: A Special Olympics Online Portal must be completed by Monday, November 2.

Location

Various

Note

No program 11/3 & 24, 12/22 & 29

Day/Time	Dates	Fee	Code
Tue, 6:30-8:00pm	10/20-1/17	R \$193.50/NR \$290.25	<u>463007-1</u>

Special season

Trans fee	Trans code
R \$44/NR \$66	<u>463007-51</u>

Pick-up/Drop-off location options

M-NASR
Feldman Park



Special Olympics
Illinois



Collaborative program with PI/VI area!

Day Trippers



Spend the day with M-NASR as you embark on small day trips both in and out of our member districts. Each week we will go somewhere different and lunch will be included. Each trip will have its own section, so please make sure you sign up for each week for the maximum amount of exploration! Routes will differ each week based on location and transportation times will be shared the week prior to each adventure. Pick-up and drop-off from M-NASR will be available. See below for planned trips.

Week 1 – Fall Festival at Goebbert's Farm in Pingree Grove

Experience the sights, sounds, and flavors of fall as we visit Goebbert's Farm in Pingree Grove! Enjoy seasonal attractions, festive activities and time with friends while exploring one of the area's favorite autumn destinations.

Day/Date	Time	Fee	Code
Wed, 9/30	10:30am–2:30pm	R \$97/NR \$143.50	<u>463008-1</u>

Week 2 – Dave & Buster's Schaumburg

Get ready for a fun-filled outing to Dave & Buster's in Schaumburg! Enjoy exciting arcade games, friendly competition and great memories with friends during this action-packed day of entertainment.

Day/Date	Time	Fee	Code
Wed, 10/28	11:00am–2:30pm	R \$72/NR \$106	<u>463008-2</u>

Week 3 – M-NASRgiving at Prairie View Community Center, Morton Grove

Join us for M-NASRgiving as we shop for ingredients, prepare and enjoy a delicious meal together, giving thanks alongside friends before the holiday season begins.

Day/Date	Time	Fee	Code
Wed, 11/11	10:30am–2:30pm	R \$49/NR \$71.50	<u>463008-3</u>



Exact meeting times will be shared closer to each outing date!

AWID Fall Programs

K9 Companions



Calling all animal lovers! Join M-NASR as we team up with Rainbow Animal Assisted Therapy for an interactive program with their therapy dogs! You will complete various activities with the K9 companions. You'll even get to see a few tricks they have up their sleeves.

Location

Oakton Community Center, Skokie

Day/Time	Dates	Fee	Code
Wed, 12:30–1:30pm	9/16, 10/7, 11/4	R \$24.75/NR \$37.25	<u>463009-1</u>
Dec bonus!	12/2, 12/16	R \$16.50/NR \$24.75	<u>463009-2</u>

Zumba™ New! 2 options



Feel the rhythm of the beat at Zumba™ – a high-energy, Latin dance-inspired workout! Dance and work out to various songs as a certified Zumba™ instructor leads you through the motions. Shake your way to a healthier heart, a healthier mind and a healthier you.

Location

Prairie Lakes Community Center, No program 9/21, 11/2
Des Plaines

Day/Time	Dates	Fee	Code
Mon, 5:00–6:00pm	9/14–11/9	R \$90/NR \$135	<u>463010-2</u>

Late start

Location

Edison School, Morton Grove

Day/Time	Dates	Fee	Code
Wed, 5:30–6:30pm	9/9–11/11	R \$112.50/NR \$168.75	<u>463010-1</u>

Pickleball



Pickleball is a fast growing sport that combines many elements of tennis, badminton and ping-pong. This is a joint program with the PI/VI area, so come find out how this fun sport can be adapted to everyone's abilities.

Location

Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Thu, 10:30–11:45am	9/10, 9/24, 10/8, 10/22	R \$41.25/NR \$62	<u>463011-1</u>

Chair One Fitness



Stay active, improve flexibility and boost your energy—all from the comfort of a chair! Chair One Fitness is a low-impact exercise class designed for anyone looking for a gentle workout.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Thu, 3:00–4:00pm	9/10–11/12	R \$112.50/NR \$168.75	<u>463014-1</u>

Walking Club



Welcome to Walking Club! What better way to get your steps in for the day than walking with friends? Walk your way around the track, work up a sweat and get your heart rate rising. Walking is a great way to boost your fitness and enhance your mental well-being. Join us for the three-week bonus walking program after the fall season ends!

Location

Feldman Park, Niles

Day/Time	Dates	Fee	Code
Thu, 4:30–5:30pm	9/10–11/12	R \$82.50/NR \$123.75	<u>463012-1</u>

Aktion Club



Through the joint sponsorship of the Kiwanis of Park Ridge and the Maine-Niles Association of Special Recreation, the M-NASR Aktion Club is a unique community service organization designed for adults with disabilities who wish to help others. This club supports the core values of character building, leadership, inclusiveness and caring among all members. Each year, the group conducts fundraisers to support local, state, national and international projects. Due to the nature of this club, members must be able to perform service activities independently. A seasonal schedule will be provided for meetings and events.

Location

Various

Day/Time	Dates	Fee	Code
Thu, 5:00–6:30pm	9/19, 9/24, 10/15, 10/29, 11/12	R \$85/NR \$127.50	<u>463013-1</u>

AWID Fall Programs

Town Travelers



Start off the weekend by joining friends out on the town. Activities will include dinner at a local eatery, the M-NASR Halloween Hoopla party and a night playing games and doing crafts. Due to popularity, participants can choose one Town Travelers section or Saturday Social Club. A schedule of pick-up and drop-off points and times will be provided once all registrations are received.

Location		Options for transportation		
Various		M-NASR/Feldman Park		
Day/Time	Section #1 Dates	Fee	Code	
Fri, 6:00–7:30pm	9/18, 10/23, 11/6	R \$100.25/NR \$150.25	<u>463015-1</u>	
Day/Time	Section #2 Dates	Fee	Code	
Fri, 6:00–7:30pm	9/25, 10/23, 11/13	R \$100.25/NR \$150.25	<u>463015-2</u>	

All Star Competitive Bowling



Participate in one of M-NASR's favorite pastimes: bowling. Focus on perfecting your form and cheer on your friends before you *split*! This program is designed for more competitive-style bowling. Participants in bowling programs may bowl up to a total of two games or the program time limit. Participants are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location			
River Rand Bowl, Des Plaines			
Day/Time	Dates	Fee	Code
Sat, 10:00–11:00am	9/12–10/31	R \$146/NR \$219	<u>463017-1</u>
Early end			

Bowling Bonanza



Exciting recreational bowling opportunity! Come have a ball as you bowl with peers. Participants in bowling programs may bowl up to a total of two games or the program time limit. Participants are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location			
Lucky Strike, Niles (Formerly Bowlero)			
Day/Time	Dates	Fee	Code
Sat, 11:00am–12:00pm	9/12–11/14	R \$182.50/NR \$273.75	<u>463016-1</u>

Recreational Bowling



Beginners through advanced bowlers are welcome. Focus on perfecting your skills and cheer on your friends in this recreational-style bowling program. Participants in bowling programs may bowl up to a total of two games or the program time limit. Participants are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location			
River Rand Bowl, Des Plaines			
Day/Time	Dates	Fee	Code
Sat, 11:15am–12:15pm	9/12–10/31	R \$146/NR \$219	<u>463019-1</u>
Early end			

Water Aerobics



Meet M-NASR at the warm water therapy pool for an exercise program that provides maximum results with minimal impact stress on the body! Whether you would prefer a lower-intensity routine to increase flexibility, mobility and strength or cardio-based exercises to get your heart rate up, you'll find a water aerobics workout that is right for you.

Location		Note	
Prairie Lakes Aquatic Center, Des Plaines		No program 10/17	
Day/Time	Dates	Fee	Code
Sat, 1:00–2:00pm	9/12–11/14	R \$119.25/NR \$179	<u>463020-1</u>

Saturday Social Club



Let's spend Saturday night with our friends. We will enjoy an evening out to dinner at a local restaurant, a game/craft night and a night out in one of our member communities. Due to popularity, participants can choose Saturday Social Club or one Town Travelers section. A schedule of pick-up and drop-off points and times will be provided once all registrations are received.

Location		Options for transportation	
Various		M-NASR/Feldman Park/Weber Leisure Center	
Day/Time	Dates	Fee	Code
Sat, 4:00–5:30pm	9/19, 10/24, 11/7	R \$100.25/NR \$150.25	<u>463021-1</u>

AWID Fall Special Events

Chess & Snacks



Join us for a fun-filled special event featuring friendly chess games, tasty snacks and great company! Whether you're a seasoned player or just learning the basics, everyone is welcome to come enjoy an evening of strategy, laughter and community.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 9/12	4:00–5:30pm	R \$15.50/NR \$23	<u>463050-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463050-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	3:05/6:25pm
Feldman Park	3:25/6:05pm

Morton Arboretum



Join us for an early autumn adventure at The Morton Arboretum! Enjoy a fun and relaxing day exploring nature, walking the trails and spending time together outdoors. Comfortable walking shoes are recommended. Lunch will be included.

Location

Morton Arboretum, Lisle

Day/Date	Time	Fee	Code
Wed, 9/23	10:30am–1:00pm	R \$78/NR \$117	<u>463051-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	8:50am/2:35pm
M-NASR	9:10am/2:50pm
Feldman Park	9:30am/2:10pm

Bingo!



Bingo, bingo, bingo! Grab your bingo dobber and tasty treats, then get ready for an evening of friendly competition. Enjoy several rounds of bingo and spend time with friends. Snacks will be provided.

Collaborative event with PI/VII!

Location

South Park, Park Ridge

Day/Date	Time	Fee	Code
Sun, 9/27	6:00–8:00pm	R \$21/NR \$31.50	<u>463052-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463052-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	4:55/8:55pm
M-NASR	5:05/9:05pm
Feldman Park	5:25/8:35pm

Name That Tune!



Come test your music knowledge! Listen to a variety of familiar songs and see how many tunes you can name. Snacks will be provided.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 10/2	6:00–7:30pm	R \$15.50/NR \$23	<u>463053-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463053-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	5:05/8:25pm
Feldman Park	5:25/8:05pm

Just I Am



Express yourself through creative exploration at Just I Am Studio. You'll engage in art-based activities that focus on process, choice and self-expression rather than a finished product. This program offers a welcoming space to create, connect and unwind.

Location

Just I Am Studio, Northbrook

Day/Date	Time	Fee	Code
Sun, 10/4	1:00–3:00pm	R \$39.75/NR \$59.50	<u>463054-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	11:55am/3:50pm
M-NASR	12:10/4:05pm
Feldman Park	12:30/3:35pm

Bears Watch Party



Join us to cheer on the Bears with friends, enjoy snacks and refreshments and experience the excitement of the game together while they play against rival Green Bay Packers. Wear your Bears gear and get ready for a great time!

Location

Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sun, 10/11	3:15–6:30pm	R \$45.25/NR \$68	<u>463055-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463055-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	2:00/7:30pm
M-NASR	2:25/7:50pm
Feldman Park	2:45/7:05pm

AWID Fall Special Events

Pumpkin Decorating



Get creative with paint, stickers and festive decorations at our fun pumpkin decorating event! Enjoy a relaxing time filled with creativity, fall fun and great company!

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 10/17	3:30–5:30pm	R \$29.50/NR \$44.25	<u>463056-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463056-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	5:25/8:35am
Feldman Park	5:05/8:55pm

Mane in Heaven



Experience the calming connection between people and horses during a visit to Mane in Heaven. You will get to assist with walking their miniature therapy horses, a craft and a round of bingo.

Location

Mane in Heaven, Barrington

Day/Date	Time	Fee	Code
Wed, 10/21	10:30am–12:30pm	R \$23.75/NR \$35.75	<u>463057-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	8:40am/2:25pm
M-NASR	9:00am/2:40pm
Feldman Park	9:20am/2:00pm

Sundae & Board Games



Create your own delicious ice cream sundae with all of your favorite toppings, then spend the afternoon enjoying a variety of board games and friendly competition with friends.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sun, 11/1	1:00–3:00pm	R \$21.50/NR \$32.25	<u>463058-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463058-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	12:05/3:55pm
Feldman Park	12:25/3:35pm

Cernan Earth & Space Center



Join us for an awe-inspiring fall outing as we journey to the Cernan Earth & Space Center for an unforgettable showing of a great laser light show! This dazzling laser light experience, set to powerful, electrifying sounds of music, is the perfect way to celebrate the season.

Location

Cernan Earth & Space Center, River Grove

Day/Date	Time	Fee	Code
Sat, 11/14	5:30–8:00pm	R \$57.25/NR \$86	<u>463059-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	3:50/9:35pm
M-NASR	4:15/9:50pm
Feldman Park	4:35/9:15pm

AWID December Bonus Special Events

Holiday Lights & Dinner



Explore Arlington Heights Park District's holiday lights and then grab a bite to eat at Culvers. The dazzling light displays are sure get you into the holiday spirit!

Location

Arlington Heights Park District

Day/Date	Time	Fee	Code
Thu, 12/10	5:00–8:00pm	R \$58/NR \$87	<u>463060-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	3:35/9:05pm
M-NASR	3:55/9:25pm
Feldman Park	4:15/8:45pm

Cocoa & Karaoke



Join us for a cozy evening of music and warm hot cocoa. Bring your singing voice and your favorite holiday sweater to turn up the festive vibes!

Location

Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Wed, 12/16	5:30–7:30pm	R \$20.50/NR \$30.75	<u>463061-1</u>

Trans fee	Trans code
R \$4/NR \$6	<u>463061-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	4:35/8:05pm
M-NASR	4:55/8:25pm

PI/VI Fall Programs & Events

Fall 2026 Program Week At-A-Glance | Sept 8–Nov 15

Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Crossword Club</u> 10:00–11:00am	Competitive Bocchia 2:00–3:30pm Prairie Lakes Community Center	<u>Day Trippers</u> 10:30am–2:30pm Various locations	<u>Adaptive Pickleball</u> 10:30–11:45am Prairie Lakes Community Center	<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	
<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center		<u>Wildcats Workout</u> 11:00–11:30am <i>Bonus session only!</i>		<u>Canvas & Clay</u> 10:30–11:45am Prairie View Community Center	<u>Incredi-bowl Strikes</u> 1:00–2:30pm Classic Bowl
<u>Fitness Funatics</u> 1:00–2:00pm Feldman Park		<u>K9 Companions</u> 12:30–1:30pm Oakton Community Center		<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	
<u>Incredi-bowl Strikes</u> 1:00–2:30pm Classic Bowl	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center		<u>See page 7 for more details</u>		
See page 22 for a listing of virtual programs for adults ages 18 & older	= Virtual program or event			= Private 1:1 sessions	= Program or event included in Dec Bonus session

PI/VI Special Events – Fall 2026

Event	Date	Time	Location
<u>Paint & Sip</u>	Sun, 9/20	1:00–3:00pm	Weber Leisure Center, Skokie
<u>Chicago Botanic Garden</u>	Sat, 9/26	3:00–6:30pm	Chicago Botanic Garden, Glencoe
<u>Bingo!</u>	Sun, 9/27	1:00–3:00pm	South Park, Park Ridge
<u>Springbrook Nature Center</u>	Sat, 10/3	3:30–5:00pm	Springbrook Nature Center, Itasca
<u>Would You Rather/Virtual</u>	Wed, 10/14	4:00–4:30	Zoom
<u>Pumpkin Decorating</u>	Sun, 10/18	1:00–3:00pm	Prairie View Community Center, Morton Grove
<u>Dinner at Olive Garden</u>	Thu, 10/22	6:00–8:00pm	Olive Garden, Lincolnwood
<u>M-NASR Halloween Dance</u>	Fri, 10/23	6:00–8:30pm	Feldman Park, Niles
<u>Make Your Own Pizza!</u>	Thu, 11/5	6:00–8:00pm	Prairie View Community Center, Morton Grove
<u>Cocoa & Crafts</u>	Thu, 12/3	5:30–7:30pm	Prairie View Community Center, Morton Grove
<u>Hairspray</u>	Thu, 12/17	7:00–10:00pm	North Shore Center, Skokie
<u>Dance Party/Virtual</u>	Thu, 12/17	4:00–4:30pm	Zoom

PI/VI Fall Programs

Fitness Funatics



This exciting, fully-accessible fitness class will combine seated aerobics to get your heart pumping, strength exercises to build muscle and mindfulness-based stretching exercises to increase your flexibility! During the first half of each class, we will focus on cardiovascular endurance and muscular strength. The second half of each class will combine adapted yoga, tai chi and stretching exercises that will increase your flexibility, improve your balance and lower your heart rate.

Location		Note	
Feldman Park, Niles		No program 9/21	
Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	9/14–11/9 Late start	R \$66/NR \$99	<u>464001-1</u>
Trans fee		Trans code	
R \$80/NR N/A		<u>464001-50</u>	

Collaborative program with AWID area!

Day Trippers



Spend the day with M-NASR as you embark on small day trips both in and out of our member districts. Each week we will go somewhere different and lunch will be included. Each trip will have its own section, so please make sure you sign up for each week for the maximum amount of exploration! Routes will differ each week based on location and transportation times will be shared the week prior to each adventure. Pick-up and drop-off from M-NASR will be available. See below for planned trips.

Week 1 – Fall Festival at Goebbert's Farm in Pingree Grove

Experience the sights, sounds, and flavors of fall as we visit Goebbert's Farm in Pingree Grove! Enjoy seasonal attractions, festive activities and time with friends while exploring one of the area's favorite autumn destinations.

Day/Date	Time	Fee	Code
Wed, 9/30	10:30am– 2:30pm	R \$103/NR \$149.50	<u>464004-1</u>

Week 2 – Dave & Buster's Schaumburg

Get ready for a fun-filled outing to Dave & Buster's in Schaumburg! Enjoy exciting arcade games, friendly competition and great memories with friends during this action-packed day of entertainment.

Day/Date	Time	Fee	Code
Wed, 10/28	11:00am– 2:30pm	R \$78/NR \$112	<u>464004-2</u>

Week 3 – M-NASRgiving at Prairie View Community Center, Morton Grove

Join us for M-NASRgiving as we shop for ingredients, prepare and enjoy a delicious meal together, giving thanks alongside friends before the holiday season begins.

Day/Date	Time	Fee	Code
Wed, 11/11	10:30am– 2:30pm	R \$55/NR \$77.50	<u>464004-3</u>



Exact meeting times will be shared closer to each outing date!

M - N A S R W I L D C A T S

BOCCIA

M-NASR is proud to offer bocchia, a Paralympic sport designed for individuals with physical disabilities. This highly competitive program provides athletes with the opportunity to train and compete at the local and regional levels, utilizing adaptive equipment if needed. Athletes with the drive to excel in this elite sport are encouraged to contact M-NASR for more information about joining the team.

For more information about joining the M-NASR team, contact Morgan Leno at mleno@mnasr.org or 847-966-5522

PI/VI Fall Programs

K9 Companions



Calling all animal lovers! Join M-NASR as we team up with Rainbow Animal Assisted Therapy for an interactive program with their therapy dogs! You will complete various activities with the K9 companions. You'll even get to see a few tricks they have up their sleeves.

Location

Oakton Community Center, Skokie

Day/Time	Dates	Fee	Code
Wed, 12:30–1:30pm	9/16, 10/7, 11/4	R \$24.75/NR \$37.25	<u>464003-1</u>

Dec bonus! ▶

12/2, 12/16	R \$16.50/NR \$24.75	<u>464003-2</u>
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Trans fee Trans code

R \$30/NR N/A	<u>464003-50</u>
R \$20/NR N/A	<u>464003-51</u>

Adaptive Pickleball



Pickleball is a fast-growing sport that combines many elements of tennis, badminton and ping-pong. This is a joint program with the AWID area, so come find out how this fun sport can be adapted to everyone's abilities.

Location

Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Thu, 10:30–11:45am	9/10, 9/24, 10/8, 10/22	R \$41.25/NR \$62	<u>464005-1</u>

Trans fee	Trans code
R \$40/NR N/A	<u>464005-50</u>

Canvas & Clay



Let your inner artist take hold as you spend five weeks exploring different art mediums. From painting to working with clay, you are sure to have a great time creating new masterpieces with your peers.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Thu, 10:30–11:45am	9/17, 10/15, 10/29, 11/12	R \$69.25/NR \$104	<u>464006-1</u>

Trans fee	Trans code
R \$40/NR N/A	<u>464006-50</u>

Incredi-bowl Strikes



You're sure to have an incredi-bowl/ afternoon with friends while engaging in some friendly competition at M-NASR's adapted bowling program! Join us to socialize with friends and try to top your best bowling scores. We'll assist you in finding adaptive equipment that will enable you to be successful, so every shot is your best. You'll improve your coordination and motor skills while having a great time. Participants in bowling programs may bowl up to a total of two games or the program time limit.

Location

Classic Bowl, Morton Grove

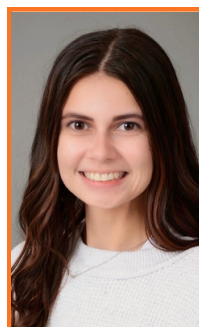
Note

No program 10/23

Day/Time	Dates	Fee	Code
Fri, 1:00–2:30pm	9/11–11/13	R \$201.50/NR \$302	<u>464007-1</u>

Mon,	Bonus program on Mondays!		
1:00–2:30pm	11/30–12/14	R \$67.25/\$100.75	<u>464007-2</u>

Trans fee	Trans code
R \$90/NR N/A	<u>464007-50</u>
R \$30/NR N/A	<u>464007-51</u>



Meet Morgan!

Morgan Leno
mleno@mnasr.org

Morgan is our Recreation Specialist for Adult Special Events and PI/VI Programming. She has experience in both special recreation and special education. Outside of work, she can often be found reading a good book or baking something sweet – we hear cookies are her favorite!



For details on door-to-door transportation for residents and non-residents, see page 28.

PI/VI Fall Special Events

Paint & Sip



Enjoy a relaxing time painting your own masterpiece while sipping on tasty beverages and spending time with friends. No painting experience is needed, just come ready to be creative and have fun!

Location

Weber Leisure Center, Skokie

Day/Date	Time	Fee	Code
Sun, 9/20	1:00–3:00pm	R \$27.75/NR \$41.50	<u>464050-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464050-50</u>

Chicago Botanic Garden



It's time to smell the early autumn flowers. You will enjoy the beautiful scenery and stop for a picnic at the Chicago Botanic Gardens in Glencoe. Bring extra money if you would like to buy a souvenir from The Garden Shop. Dinner will be included.

Location

Chicago Botanic Garden, Glencoe

Day/Date	Time	Fee	Code
Sat, 9/26	3:00–6:30pm	R \$93.75/NR \$125.75	<u>464051-1</u>

Bingo!



Bingo, bingo, bingo! Grab your bingo dobber and tasty treats, then join your friends for an evening of friendly competition. Enjoy several rounds of bingo and spend time with friends. Snacks will be provided.

Collaborative event with AWID!

Location

South Park, Park Ridge

Day/Date	Time	Fee	Code
Sun, 9/27	1:00–3:00pm	R \$21/NR \$31.50	<u>464052-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464052-50</u>

Springbrook Nature Center



Join us for a fun and educational adventure at the nature center! Get up close with a variety of animals and explore their unique features and habitats. We'll also take a special look at some fascinating feathered friends. Learn to identify different types of birds and discover what makes each one unique.

Location

Springbrook Nature Center, Itasca

Day/Date	Time	Fee	Code
Sat, 10/3	3:30–5:00pm	R \$39/NR \$43.50	<u>464053-1</u>

Pumpkin Decorating



Get creative with paint, stickers and festive decorations while making your own unique pumpkin design. Enjoy a relaxing time filled with creativity, fall fun and great company!

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sun, 10/18	1:00–3:00pm	R \$31.50/NR \$47.25	<u>464054-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464054-50</u>

Dinner at Olive Garden



We're heading to Olive Garden for a night of great food and even better company. Come hungry—the bread sticks await!

Location

Olive Garden, Lincolnwood

Day/Date	Time	Fee	Code
Thu, 10/22	6:00–8:00pm	R \$48/NR \$71.25	<u>464055-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464055-50</u>

Make Your Own Pizza!



Pizza! Pizza! There is nothing like a homemade pizza, oozing cheese and featuring all your favorite toppings, that you made on a chilly fall night.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Thu, 11/5	6:00–8:00pm	R \$24.50/NR \$36.75	<u>464056-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464056-50</u>

PI/VI December Bonus Special Events

Cocoa & Crafts



Make seasonal crafts right before the holidays while the cocoa is nice and warm. You can create something for yourself or for someone else on this cozy, crafty evening.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Thu, 12/3	5:30–7:30pm	R \$26.50/NR \$39.75	<u>464057-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464057-50</u>

Hairspray



Enjoy an exciting performance of this iconic musical, filled with catchy songs, energetic dancing and plenty of laughs. Come experience this fun and uplifting musical with friends for a memorable night together!

Location

North Shore Center for the Performing Arts, Skokie

Day/Date	Time	Fee	Code
Thu, 12/17	7:00–10:00pm	R \$95.25/NR \$142.75	<u>464058-1</u>

Trans fee	Trans code
R \$10/NR N/A	<u>464058-50</u>



Virtual Programs & Events–Fall 2026

M-NASR virtual programs are designed for participants ages 18 years and older. For all virtual programs, Zoom meeting information and links will be emailed to you prior to the start of programs. If you do not receive the link information 24 hours before the first program, please contact M-NASR.

Crossword Club



Calling all crossword enthusiasts! The clues may be challenging, but you can count on your fellow participants to help solve each puzzle. Put on your thinking cap and get ready to celebrate crossword completion. **Note:** No program 9/21

Day/Time	Dates	Fee	Code
Mon, 10:00–11:00am	9/14–11/9	R \$36/NR \$54	<u>465001-1</u>

Bingo



Get ready to play virtual bingo with all your friends! Instructions for M-NASR virtual bingo will be emailed prior to the first day of the program.

Day/Time	Dates	Fee	Code
Tue, 4:00–4:30pm	9/8-11/10	R \$20/NR \$30	<u>465002-1</u>

Would You Rather: Fall Edition



Put your decision making skills to the test with a fun program filled with fall themed *Would You Rather?* questions! From choosing between apple cider or hot chocolate to deciding if you'd rather visit a pumpkin patch or jump in a pile of leaves, you'll have the chance to share your opinions and see what everyone else thinks.

Day/Date	Time	Fee	Code
Wed, 10/14	4:00–4:30pm	R \$2/NR \$3	<u>465050-1</u>



Bonus Virtual Programs & Events

Bingo



We will be playing virtual bingo with all our friends! Instructions for M-NASR virtual bingo will be emailed prior to the first day of the program.

Day/Time	Dates	Fee	Code
Tue, 4:00–4:30pm	12/1–12/15	R \$6/NR \$9	<u>465003-1</u>

Dance Party



Celebrate the holiday season by dancing with friends! Music and fun will be provided for all who join us.

Day/Date	Time	Fee	Code
Thu, 12/17	4:00–4:30pm	R \$2/NR \$3	<u>465051-1</u>

Wildcats Workout



Join your friends for a virtual workout. Let's burn some calories and get our bodies moving.

Note: This program is designed for all levels and no equipment is needed.

Day/Time	Dates	Fee	Code
Wed, 11:00–11:30am	12/2–12/16	R \$6/NR \$9	<u>465004-1</u>

M-NASR General Policies & Information

M-NASR Code of Conduct Policy/Behavior

All participants and family members are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by M-NASR. This includes participation in programs that may or may not require an admission fee. For the purpose of the Code of Conduct, the term "program" refers to all recreational events you may attend as a participant, spectator or visitor, which are sponsored by M-NASR. Participants and family members shall:

- Show respect to all participants, family members and program staff and/or supervisors.
- Not possess any weapons.
- Refrain from using foul language or other offensive behavior including but not limited to rude gestures or sexually explicit language.
- Refrain from inappropriate touching.
- Refrain from causing bodily harm to self, other participants or program staff/supervisors.
- Show respect to equipment, supplies and facilities.
- Not elope or run away from program staff or facility.

Discipline Policy

A positive approach is used when disciplining. Program staff may discuss the Code of Conduct with all program participants prior to the start of the program and will periodically review the Code of Conduct. If inappropriate behavior occurs, staff will develop a solution specific to each situation as it arises. M-NASR reserves the right to dismiss a participant whose behavior endangers them or others.

Participant Expectations

1. Clean, dry clothing.
2. No bowel/bladder problems upon arrival at the transportation location or program. If this is a concern, extra clean clothing, clean-up supplies and Depends™ garments or similar items must be sent with the participant.
3. Attention to body odor (should smell clean).
4. Clean hair, face, teeth, hands, nails, etc. (overall appearance should be clean).
5. Appropriate attire for program participation (i.e. tennis shoes, warmups or loose/comfortable fitting clothing for athletic/sports/exercise programs). If you have questions about the type of attire participants should wear for a particular program, please contact our office.
6. M-NASR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an unclear manner at the end of a program.

Equal Access

No eligible participant shall, on the basis of race, creed, national origin, disability, sexual orientation, sexual identity or any other class protected by law, be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity. If any special accommodations are necessary for participation in any program or to receive any service provided by M-NASR, please notify the staff upon registration.

Parent/Guardian Pick-Up/Drop-Off Policy

To eliminate additional staff costs, please pick up participants at the designated time. A late fee will be assessed if pick-up is not on time. A fee of \$10.00 for the first 15 minutes and \$1.00 each minute thereafter will be charged.

Wellness Policy

In consideration of other participants and the M-NASR staff, to prevent the spread of contagious illnesses, it is requested that participants refrain from attending programs when any of the following conditions exist: Fever or vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, "pink eye" (conjunctivitis) or discharge from eye, symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus, runny nose with yellow or green discharge, lice/mites present or fatigue due to illness that will hinder participation and enjoyment in the program.

Medical Assistance/Apparatus Needs

Any and all participants are welcome in M-NASR programs, but if they have a medical need or need an apparatus, they (the participant, the participant's family or the group home) must provide a trained individual to volunteer for each program for the entire duration of each program and have a criminal background check completed. M-NASR will pay for any program-specific expenses for the volunteer (i.e., admission to a movie or event, dinner for a dinner program, etc.). M-NASR reserves the right to determine if a program is suitable for a participant.

Dietary Restrictions

For activities where food is consumed, please advise M-NASR of any dietary restrictions prior to programs. Accommodations will be made to the best of our ability.

Americans with Disabilities Act (ADA)

Services, programs and activities of the Maine-Niles Association of Special Recreation are subject to all applicable laws regarding nondiscrimination, including the Americans with Disabilities Act (ADA). Programs are provided through the Association by offering classes for individuals with similar impairments. However, classes are open to any individual as long as age and skill requirements are met. If you, a family member or friend has a disability and are interested in participating or attending member park district programs or activities, each park district will make reasonable accommodations to facilitate that opportunity. Member agencies may offer reasonable accommodations by: Providing communication aids and services, removing barriers, selecting available alternative activity sites or taking other appropriate actions. The ADA Coordinator for the Maine-Niles Association of Special Recreation (6820 Dempster St., Morton Grove, IL 60053) is Lisa Barrera, Superintendent of Recreation. She can be reached at lbarrera@mnasr.org.

Extreme Weather Policy

In the event of severe weather, M-NASR reserves the right to make the decision to cancel programs in the best interest of participants and staff.

- Hot temperatures (for outdoor programs) at program time: 94° actual temperature; heat index of 98° or more constitutes cancelling program due to unsafe conditions. Extra consideration will be made for outdoor programs that require physical activity.
- Cold temperatures (for all programs) at program time: 2° actual temperature; -30° or below wind chill constitutes cancelling program due to unsafe conditions.
- Due to M-NASR's use of high profile vehicles for our transportation services, M-NASR transportation may be cancelled during high wind conditions or advisories.

M-NASR General Policies & Information

Refund Policy

Refunds may be issued in the following circumstances:

1. If the Association cancels a program, a refund will be issued or the program will be rescheduled unless it is weather-related.
 2. Weekly programs cancelled due to inclement weather are not rescheduled. Refunds will be issued for weather cancellations of two or more times per season. Special events and social clubs that are cancelled due to inclement weather will be rescheduled or refunded.
 3. If a participant cancels out of a weekly program with two full business days' notice prior to the start of the program, a refund will be issued (less \$5.00 cancellation fee).
 4. Satisfaction Guaranteed Program: Participants will receive a full refund if there is dissatisfaction for any reason with the program, after the first class session, but before the second class session.
 5. After a program or activity has started, a pro-rated refund will be issued for medical or unavoidable circumstances such as transfer of job, moving, death in the family, etc. Proof may be required in writing.
 6. For one-day classes, workshops and special events, if a participant cancels out of a program with two full business days' notice prior to the start of the program, a refund will be issued, less \$5.00 cancellation fee and any overhead cost items which the Association cannot retrieve (i.e., tickets purchased in advance, airfare, hotel cost, etc.). If the reason is for medical or an unavoidable circumstance, proof may be required in writing prior to a refund being given.
- Program refunds are issued on a monthly basis.
 - Refunds for credit card transactions will only be issued in the form of a credit back to the original credit card.
 - Refunds will only be issued to the entity that originally paid for the program.

Refunds of scholarship dollars will not be issued to anyone receiving M-NASR financial assistance when a program is cancelled or a participant is unable to attend.

Liability Information

Please recognize that M-NASR does not carry medical accident insurance for injuries sustained in its programs or at its facilities. The cost of such could make program fees prohibitive and could result in the reduction or elimination of certain programs and facilities. Therefore, each person registering themselves or a family member should review their own health insurance policy for coverage.

Participants and parents of participants must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. M-NASR continually strives to reduce such risks and hold the safety of participants in the highest regard. Certain programs offered by M-NASR will require a high risk waiver to be filled out and signed by participants or legal guardian prior to the start of a program. Programs requiring this waiver include, but are not limited to, gymnastics, overnight trips, sledding, skiing, ice skating, canoeing, martial arts and paddling. Program staff will provide all registrants with a waiver after registration.

Due to the difficulty and high cost of obtaining liability coverage and to continue our commitment to provide recreational services, M-NASR requires the execution of the Waiver and Release found in the registration form. Your cooperation is greatly appreciated.

Transportation

A minimum of two riders is required for M-NASR to provide transportation. For ongoing programs that offer door-to-door transportation, it is only available to participants residing within the M-NASR boundaries. Door-to-door transportation times for residents will be determined based on registrations and communicated prior to program. Non-residents wishing to utilize transportation for special events will need to arrange to be picked up and dropped off at the M-NASR office. Transportation is not guaranteed for those who sign up after the registration deadline. Programs providing pick-up and drop-off points list convenient, public locations. The transportation times listed in the brochure are subject to change, based on registration. Riding times may be up to 90 minutes.

All participants must be punctual in respect to scheduled pick-up and drop-off times. M-NASR vehicles will remain at designated locations for five minutes after the scheduled time. After that time, the vehicle will proceed to the next point. Participants remaining at a drop-off location for an extended period after the scheduled time will be brought back to the M-NASR office for pick-up at the completion of the route. The following safety requirements will be enforced when M-NASR transportation is used:

1. All passengers must remain sitting in seats or wheelchairs with seatbelts securely fastened during transportation.
2. Transport chairs will be allowed on M-NASR vehicles; however, the participant will be required to transfer to a van seat to be safely secured on the van.
3. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
4. When door-to-door transportation is offered, the M-NASR driver may assist participants to and from their homes, but driveways and walks must be cleared.
5. The M-NASR drivers are not responsible for lifting or carrying participants or their wheelchairs.
6. The M-NASR drivers are responsible for determining whether a participant can be transported safely. If it is determined that it would be dangerous to transport an individual, the driver may refuse to transport that person.

Errors and Adjustments

While M-NASR strives to be accurate in presenting information in our brochure, some unavoidable errors or changes to the programs, fees, schedules and other information may occur.

We apologize for any inconvenience. Please see the digital version of this brochure at mnasr.org/brochuredownloads for updates that may occur after printing.



M-NASR Program Registration Form

Please complete in full and sign and date the form. Registration is complete upon receipt of payment and ePACT emergency medical form.

Participant's name: _____ Race/ethnicity: _____

Gender: _____ Date of birth: _____ Township of residence: _____

Street address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian name: _____ Email address: _____

Primary phone number: _____ Alternate phone number: _____

Will you apply for financial assistance? ☐ Yes (Appropriate forms must be on file at time of registration.) ☐ No

What is your preferred pick-up/drop-off location? ☐ M-NASR ☐ Feldman Park ☐ Weber Center ☐ N/A

Will the participant be taking any medications during program time? ☐ Yes ☐ No

If yes, you will be contacted to complete additional forms and for collection of the medication.

			FOR OFFICE USE ONLY	
Program (If you need more spaces, please attach another sheet.)	Code #	Fee	Scholarship Applied (% amount)	Adjusted Fee
Donation. If you'd like to make a donation to M-NASR, indicate the amount here:				
TOTAL: \$			ADJUSTED TOTAL: \$	

Payment Method

☐ Check (Please make check payable to M-NASR)

☐ Cash

☐ Credit card (Discover, Visa, Mastercard): Credit card payments must be made in person at the M-NASR office or via phone at 847-966-5522. M-NASR does not accept Apple Pay or Amex.

☐ Credit card on file. Last four digits: _____

Authorized signature: _____

Please sign above to authorize M-NASR to charge the credit card you have on file.

Please read the the Waiver and Release on the next page before providing your signature and date below. 

I have read and fully understand the important information on the next page, warning of risk, assumption of risk and waiver and release of all claims. If submitting registration electronically, my electronic signature shall substitute for and have the same legal effect as an original form signature.

 Signature (if own guardian),
Parent or Legal Guardian _____

 Date: _____

Waiver and Release

IMPORTANT INFORMATION

Please recognize that M-NASR does not carry medical accident insurance for injuries sustained in its programs or at its facilities. The cost of such could make program fees prohibitive and could result in the reduction or elimination of certain programs and facilities. Therefore, each person registering themselves or a family member should review their own health insurance policy for coverage. Participants and parents of participants must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. M-NASR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/program. You are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating and other risks inherent to the particular activity. In this regard, it is impossible for M-NASR to guarantee absolute safety. You should consult your physician or other health care professional before starting this virtual or in-person recreational program to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with this virtual or in-person recreational programming, you do so at your own risk and acknowledge that the activity/program carries an inherent risk of physical injuries. It is your responsibility to ensure there is adequate space for your child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen. To the extent permitted by law, M-NASR and its affiliates disclaim any and all liability in connection with the activity/program in this virtual or in-person programming and any instructions and advice provided.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against M-NASR, including its officials, agents, volunteers and employees.

*** I understand that unless specifically stated in writing at the time of registration, photographs of participants may be taken, I realize that our rights to privacy will be protected in all photographs and publications of M-NASR activities. I have been made to understand that no personal information other than names and hometowns will be released under any circumstances and this meets with my approval.

Please sign and date the previous page of this registration form to acknowledge that you have read this information. Registration cannot be processed without a signature and date.

You have four ways to return your form:

1. Mail your completed form and payment to 6820 W. Dempster, Morton Grove, IL 60053.
2. Fax your completed form to 847-966-8340. Please call M-NASR for confirmation of receipt.
3. Email your completed form to registration@mnasr.org.
4. Drop off your form in person at the M-NASR office.



**Maine-Niles Association of Special Recreation
6820 W. Dempster Street | Morton Grove, Illinois 60053
847-966-5522 | mnasr.org**

M-NASR Member Districts

M-NASR is an extension of the following agencies:

**Des Plaines Park District**

2222 Birch, Des Plaines, IL 60018
847-391-5700 | desplainesparks.org

**Golf Maine Park District**

8800 Kathy Lane, Niles, IL 60714
847-297-3000 | gmpd.org

**Morton Grove Park District**

6834 W. Dempster, Morton Grove, IL 60053
847-965-1200 | mortongrovecparks.com

**Niles Park District**

6676 Howard Street, Niles, IL 60714
847-967-6633 | niles-parks.org

**Park Ridge Park District**

2701 West Sibley, Park Ridge, IL 60068
847-692-5127 | prparks.org

**Skokie Park District**

9300 Weber Park Place, Skokie, IL 60077
847-674-1500 | skokieparks.org

**Village of Lincolnwood Parks and Recreation**

6900 N. Lincoln, Lincolnwood, IL 60646
847-677-9740 | lincolnwoodil.org

M-NASR Program Locations

Centennial Fitness Center

1515 W. Touhy Ave.
Park Ridge, IL 60068 | 847-692-5729

Classic Bowl

8530 Waukegan Rd.
Morton Grove, IL 60053 | 847-965-5300

Dee Park

9229 W. Emerson St.
Des Plaines, IL 60016 | 847-297-3000

Des Plaines Leisure Center

2222 Birch St.
Des Plaines, IL 60018 | 847-391-5700

Devonshire Cultural Center

4400 Greenwood Ave.
Skokie, IL 60076 | 847-674-1500

Edison Elementary School

8200 Gross Point Rd.
Morton Grove, IL 60053 | 847-966-6210

Feldman Park

8800 Kathy Ln.
Niles, IL 60714 | 847-297-3000

Golf Center of Des Plaines

353 N. River Rd.
Des Plaines, IL 60016 | 847-803-4653

Habetler Bowl

5250 Northwest Hwy.
Chicago, IL 60630 | 773-774-0500

Lincoln Middle School

200 S. Lincoln Ave.
Park Ridge, IL 60068 | 847-318-4215

Lincoln Junior High School

7839 Lincoln Ave.
Skokie, IL 60077 | 847-676-3345

Lucky Strike (Formerly Bowlero)

7333 N. Milwaukee Ave.
Niles, IL 60714 | 847-647-9433

Maine Park Leisure Center

2701 Sibley St.
Park Ridge, IL 60068 | 847-692-5127

National Park

9325 Marion Ave.
Morton Grove, IL 60053 | 847-965-1200

Oakton Community Center/Skokie Exploritorium

4701 Oakton St.
Skokie, IL 60076 | 847-674-1500

Oasis Fun Center

7877 Milwaukee Ave.
Niles, IL 60714 | 847-967-6648

Prairie Lakes Community Center/Aquatic Center

515 E. Thacker St.
Des Plaines, IL 60016 | 847-391-5711

Prairie View Community Center/M-NASR

6820 W. Dempster St.
Morton Grove, IL 60053 | 847-965-1200

River Rand Bowl

191 S. Des Plaines River Rd.
Des Plaines, IL 60016 | 847-299-1001

South Park

833 W. Talcott Rd.
Park Ridge, IL 60068 | 847-692-3556

Weber Leisure Center/Skatium Ice Arena

9300 Weber Park Pl.
Skokie, IL 60077 | 847-674-1500

save THE DATE: NOV 7



Join us for our third annual night of bingo, food, fun and fundraising. We hope to see you there!

When: Sat, Nov 7, 2026
6:30pm

Where: Oakton Community Center, Skokie

For more details,
contact Trisha Breitlow at
tbreitlow@mnasr.org

**THIS EVENT
WILL SELL OUT!**



REGISTER NOW!



The Liponi Foundation for Special Recreation

The Liponi Foundation for Special Recreation was founded in 1990 to support the Maine-Niles Association of Special Recreation (M-NASR). Every dollar raised by the Liponi Foundation goes directly to assist M-NASR in its mission to provide individuals with disabilities access to meaningful and life-enriching recreation and leisure opportunities.

Donations to the Liponi Foundation fund the following:

- the purchase of accessible vehicles to help transport M-NASR participants to programs and events
- the Stella LiPomi Memorial Scholarship Fund, enabling M-NASR participants to access programming regardless of financial circumstances
- the sponsorship of two popular annual events for M-NASR participants – the End-of-Summer party and Halloween Dance

For more information about the Liponi Foundation, including volunteering, donating or attending future events, contact Trisha Breitlow at tbreitlow@mnasr.org or 847-966-5522.

Liponi Foundation impact snapshot

**OVER \$1.65 MILLION RAISED SINCE 1990,
WITH MORE THAN:**

 **\$700,000 TO TRANSPORTATION**

 **\$590,000 TO SCHOLARSHIPS**

 **\$296,000 TO SPECIAL EVENTS**

Scan the code
to donate now



Maine-Niles Association of Special Recreation
6820 W. Dempster Street | Morton Grove, Illinois 60053
847-966-5522 | mnasr.org

