

Fall 2023 Program Guide

Session dates:
September 11–November 19
Plus – bonus events & virtual
programs in Nov–Dec!

Resident
registration:
August 7–25
Non-resident
registration:
August 18–25



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



— “ —
We hope you enjoyed your summer and are coming back for more M-NASR memories this fall.
— ” —

It's the season to fall for M-NASR programs!

Over the summer, M-NASR offered a wide range of warm-weather programs, from beloved old favorites to fun new activities and events. We were happy to see participants enjoy themselves and achieve success. Day camp was back in full force, with pre-Covid registration numbers! Several of our Wildcat athletes competed at Illinois Special Olympics Summer State Games, and our competitive boccia athletes competed at the National Tournament in Indiana. Whether you played, competed or enjoyed more leisurely activities, we hope you enjoyed your summer and are coming back for more M-NASR memories this fall.

Although the seasons haven't changed quite yet, soon we will be feeling the crisp, cool air of autumn! This brochure has many fall offerings, and will cover the beginning of the winter season with winter camps available for registration. Regular programming ends on November 19, but please consider signing up for some of the festive special events and fun virtual programs staff have carefully planned for late November and December.

Thank you for being a part of M-NASR. Have a great fall!

Regards,

Trisha Breitlow
Executive Director



IN AUGUST, KELLY BRUNNING, SENIOR OPERATIONS MANAGER, CELEBRATES 25 YEARS WITH M-NASR. HER DEDICATION TO OUR MISSION AND TO OUR PARTICIPANTS IS AN INSPIRATION. WE APPRECIATE ALL SHE HAS DONE AND CONTINUES TO DO. CONGRATULATIONS AND HAPPY 25TH ANNIVERSARY, KELLY!

About M-NASR

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

2023 BOARD OF DIRECTORS

Michelle Tuft, President, Skokie Park District

Jeff Wait, Vice President, Morton Grove Park District

Karen Hawk, Treasurer, Village of Lincolnwood Parks and Recreation

Tom Elenz, Niles Park District

John Jekot, Golf Maine Park District

Gayle Mountcastle, Park Ridge Park District

Joe Weber, Des Plaines Park District

2023 BOARD MEETING DATES

Tuesday, February 28

Tuesday, April 25

Tuesday, June 27

Tuesday, August 22

Tuesday, November 7

Tuesday, December 12

Meetings are at 10:00am. Agendas and minutes can be found [here](#).

ADMINISTRATIVE STAFF

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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

Fall 2023 General Information



Registration Lottery and Minimums

If programs reach the maximum within the priority resident registration period, a lottery will be held. All programs have a minimum or maximum size. Programs may be canceled or postponed if adequate registration is not met. Should a program be canceled by M-NASR, a full refund will be issued.

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Important Dates

Fall 2023

Aug 7	Priority resident registration starts
Aug 18	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
Aug 25	Registration ends
Sept 11	Programs begin
Nov 19	Programs end
Nov 27– Dec 21	Bonus special events
Nov 27– Dec 21	Bonus virtual programs – See page 26
Dec 26–28	Winter Break Camp Week 1
Jan 2–5	Winter Break Camp Week 2

Winter 2024

Nov 27	Priority resident registration starts
Dec 8	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
Dec 15	Registration ends
Jan 8	Programs begin
Mar 17	Programs end

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 due to 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 **New location!**

Weber Center – 9300 Weber Park Pl., Skokie

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	<ul style="list-style-type: none">• Increased emotional regulation• Enhanced feelings of autonomy• Greater sense of meaning• Improved self-determination• Increased optimism• Increased feelings of balance and stability	<ul style="list-style-type: none">• Increased mobility• Improved strength• Increased endurance• Restored function• Enhanced immune system• Improved blood pressure• Reduced tension• More restful sleep• Increased energy levels	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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.

If needed, a lottery will be held at the end of priority registration. Once priority registration has ended, and the program is open to non-residents, the remaining spots are filled on a first come, first serve basis.

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.

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.

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.

Payment

Full payment is required at time of registration. 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 online at mnasr.org/brochuredownloads. Financial aid is not available for 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.

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.

REGISTER NOW



Special Services & Programs



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.

Day	Time	Dates	Fees	Code
Monday	10:00–10:45am	9/11–11/13	R \$138/NR \$276	<u>437008-1</u>
	11:00–11:45am	Note: No program 9/25		<u>437008-2</u>
	12:00–12:45pm			<u>437008-3</u>
Wednesday	4:30–5:15pm	9/13–11/15	R \$153/NR \$306	<u>437009-1</u>
	5:30–6:15pm			<u>437009-2</u>
	6:30–7:15pm			<u>437009-3</u>
Thursday	4:30–5:15pm	9/14–11/16	R \$153/NR \$306	<u>437010-1</u>
	5:30–6:15pm			<u>437010-2</u>
	6:30–7:15pm			<u>437010-3</u>
Friday	10:00–10:45am	9/15–11/17	R \$153/NR \$306	<u>437011-1</u>
	11:00–11:45am			<u>437011-2</u>
	12:00–12:45pm			<u>437011-3</u>

Location: Sensory Room, Des Plaines Leisure Center



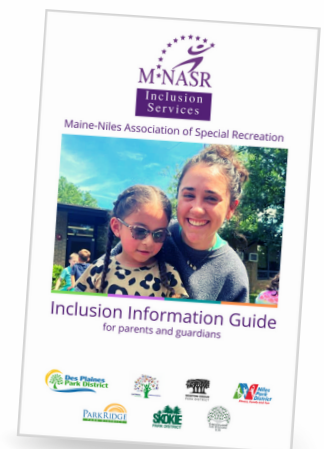
Inclusion Services

Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in recreation programs. M-NASR works cooperatively with park districts 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 park district'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 park district contact information, see page 31.



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

Special Services & Programs

SAVE THE DATE FOR M-NASR'S 2023 HALLOWEEN DANCE!



Get ready for M-NASR's annual Halloween event! Dance the night away while enjoying snacks, a photo booth and fun with friends. Dress to impress, but with a spooky twist. Be sure to sign up for this ghoulish good time.

Age: 13+
Day/Date: Friday, October 20
Time: 6:00-8:30pm
Location: Feldman Park, Niles
Fee: R \$15/NR \$30
Code: [435050-1](#)

SPONSORED BY THE LIPONI FOUNDATION

HEALTHY MINDS HEALTHY BODIES: A **FREE** PROGRAM FOR QUALIFIED VETERANS

M-NASR is proud to support injured veterans of all eras in our community. In cooperation with our member districts and AllenForce, we are pleased to offer the "Healthy Minds Healthy Bodies" program. This program is for veterans with a disability rating of 10% or higher who reside within M-NASR's member districts. It provides countless health and social benefits including a fitness club membership and personal training at no cost, as well as a variety of networking opportunities.

Please contact Taylor Gonio at M-NASR at 847-966-5522 or tgonio@mnasr.org to see if you qualify and for more information.



Healthy Minds Healthy Bodies is a registered trademark of AllenForce.

Parent-tot opportunity for kids ages 3-5!

Gross motor activities

Fine motor and sensory activities

Access to state-of-the-art sensory room

DAYTIME PLAYTIME

Location: Des Plaines Leisure Center

Time: 9:30-11:00am

Dates: Fridays this fall – Sept 15, Oct 20, Nov 17 & Dec 15

To attend or learn more, contact Lisa Barrera at lbarrera@mnasr.org or 847-966-5522.

This program is funded by a grant from the Rice Foundation.

Youth & Teen Programs & Events

Fall 2023 Program Week At-A-Glance | Sept 11-Nov 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Sensory Art</u> (Ages 3–5) 10:00–11:00am Des Plaines Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>After School Strikes</u> (Ages 6–12, 13–22) 3:30–5:00pm Habetler Bowl	<u>Daytime Playtime</u> (Ages 3–5) 9:30–11:00am Des Plaines Leisure Center 9/15, 10/20, 11/7 & 12/15 only	<u>Movers & Makers</u> (Ages 6–12) 10:00–11:30am Prairie View Community Center <u>Lunch & Transportation</u> (Ages 6–12) 11:30am–12:30pm From Prairie View Community Center to Centennial Fitness Center <u>Splishin' & Splashin'</u> (Ages 6–12) 12:30–1:30pm Centennial Fitness Center <u>Buddy Soccer</u> (Ages 6–12, 13–22) 2:30–3:30pm Harrer Park <u>Artistic Adventures</u> (13–22) 3:15–4:15pm Prairie View Community Center
<div></div> = Private 1:1 sessions See page 7 for more details	<u>Cardio Drum Masters</u> (Ages 6–12) 4:45–5:45pm South Park	<u>Noise Makers</u> (Ages 6–12) 4:30–5:30pm Howard Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	
		<u>Sports Skills</u> (Ages 13–22) 6:00–7:00pm Location TBA	<u>Teen Scientists</u> (Ages 13–22) 5:30–7:00pm Maine Park Leisure Center		
WINTER BREAK Camp! See page 12 for details. (Ages 6–12, 13–22) Tue, Dec 26–Thu, Dec 28 & Tue, Jan 2–Fri, Jan 5 9:00am–3:00pm Youth location: Des Plaines Leisure Center Teen location: National Park, Morton Grove					



Youth & Teen Special Events – Plus Bonus Events in Dec!

Event	Age Range	Date	Time	Location
<u>Puppy Party</u>	3–5	Tue, 9/19	10:30–11:30am	Oakton Community Center
<u>Splash Time Social</u>	3–5	Fri, 9/22	4:00–5:30pm	Niles Family Fitness Center
<u>Main Event</u>	6–12	Sun, 9/24	2:00–5:00pm	Main Event
<u>Cooking Creations</u>	13–22	Sat, 10/7	4:30–6:00pm	Devonshire Cultural Center
<u>M-NASR Lego Masters</u>	6–12	Fri, 10/13	6:00–7:30pm	Prairie View Community Center
<u>M-NASR Halloween Dance</u>	13+	Fri, 10/20	6:00–8:30pm	Feldman Park
<u>Teens Take On Halloween</u>	13–22	Sat, 10/21	5:30–7:00pm	Devonshire Cultural Center
<u>Morton Grove Halloween Event</u>	6–12	Fri, 10/27	4:00–5:30pm	Prairie View Community Center
<u>Pumpkin Painting</u>	6–12	Fri, 10/27	6:00–7:30pm	Oakton Community Center
<u>Teen Swim</u>	13–22	Fri, 11/3	6:00–7:30pm	Centennial Fitness Center
<u>Movie Night</u>	13–22	Fri, 11/10	6:00–8:00pm	Prairie View Community Center
<u>Parent's Night Out</u>	6–12	Fri, 11/17	6:00–8:00pm	Des Plaines Leisure Center
<u>Friendsgiving</u>	13–22	Sat, 11/18	4:30–6:00pm	Devonshire Cultural Center

Bonus Special Events

<u>Hang & Play</u>	6–12	Sat, 12/2	1:30–3:30pm	Weber Center
<u>Wibit Night</u>	6–12	Fri, 12/8	6:00–7:30pm	Prairie Lakes Aquatic Center
<u>Villa Olivia Tubing</u>	13–22	Sat, 12/9	1:00–4:00pm	Villa Olivia
<u>Paint & Play</u>	13–22	Sat, 12/16	2:00–4:30pm	Lincolnwood Town Center

Youth & Teen Programs

Sensory Art (Ages 3-5)



Get in touch with your senses! Each week we'll make and play with a variety of sensory activities and experiments including shaving cream, slime and kinetic sand.

Location

Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Tue, 10:00-11:00am	9/12-11/14	R \$126/NR \$252	<u>431002-1</u>

Cardio Drum Masters



(Ages 6-12)

Make some noise at Cardio Drum Masters! Each week we'll get together to drum out the wiggles. Using pool noodles and table tops, we'll make our own jams and drum to the the beat of music. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds.

Location

South Park, Park Ridge

Day/Time	Dates	Fee	Code
Tue, 4:45-5:45pm	9/12-11/14	R \$76 /NR \$152	<u>431004-1</u>

Noise Makers (Ages 6-12)



At Noise Makers you'll explore various styles of music and movement. Join your friends in singing songs, playing instruments and moving and grooving to the beat. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds.

Location

Howard Leisure Center, Niles

Day/Time	Dates	Fee	Code
Wed, 4:30-5:30pm	9/13-11/15	R \$76/NR \$152	<u>431005-1</u>

Sports Skills (Ages 13-22)



Practice your sports skills with M-NASR. Each week, you'll get to dive into a new sport, such as baseball, basketball and volleyball. The group will start off with some basics and then we'll run some drills. Finally, we'll finish off with a scrimmage against friends.

Location

TBA

Day/Time	Dates	Fee	Code
Wed, 6:00-7:00pm	9/13-11/15	R \$76/NR \$152	<u>431006-1</u>

After School Strikes



(Ages 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! Transportation is available from Julia S. Molloy Education Center to and from the bowling alley.

Location

Habetler Bowl, Chicago

Day/Time	Dates
Thu, 3:30-5:00pm	9/14-11/16

Age	Code	Fee	Trans fee	Trans code
6-12	<u>431007-1</u>	R \$195/NR \$390	R \$20/NR \$40	<u>431007-51</u>
13-22	<u>431007-2</u>	R \$195/NR \$390	R \$20/NR \$40	<u>431007-51</u>

Pick-up/Drop-off Locations

M-NASR
Molloy

Pick-up/Drop-off Times

2:45/5:30pm
3:00/5:20pm

Teen Scientists



(Ages 13-22)

Grab your friends and grab your goggles for a fun and educational exploration into STEM! You'll learn about science, technology, engineering and math while doing crazy science experiments with peers.

Location

Maine Park Leisure Center, Park Ridge

Day/Time	Dates	Fee	Code
Thu, 5:30-7:00pm	9/14-11/16	R \$175 /NR \$350	<u>431008-1</u>



Meet Rob!

Rob Hentschel
rhentschel@mnasr.org

Rob is the new Youth & Teen Recreation Specialist. He graduated from Illinois State University and has years of experience in the special recreation world. In his free time he enjoys going to live events such as sports, comedy and music and likes to get outside and stay active by hiking, camping and traveling.

Youth & Teen Programs

SATURDAY KIDS FUN!

Supersize your Saturday by registering for all three programs below.

Movers & Makers (Ages 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

Note

No program 10/28

Day/Time	Dates	Fee	Code
Sat, 10:00–11:30am	9/23–11/18	R \$94/NR \$188	<u>431010-1</u>

↪ **Late start**

Lunch & Transportation



Lunch supervision and transportation from Movers & Makers to Splishin' & Splashin' and back to the M-NASR office at 2:00pm is available to those who register! Don't forget to pack a drink and lunch or snack.

Note: No program 10/28

Day/Time	Dates	Fee	Code
Sat, 11:30am–12:30pm	9/23–11/18	R \$53/NR \$106	<u>431010-51</u>

↪ **Late start**

Splashin' & Splashin' (Ages 6-12)



Dive in and have a splashin' time at this recreational swim program. Work on social skills while playing with friends and water toys. Transportation back to the M-NASR office at 2:00pm will be provided if you register for Lunch & Transportation.

Location

Centennial Aquatic Center, Park Ridge

Note

No program 10/28

Day/Time	Dates	Fee	Code
Sat, 12:30–1:30pm	9/23–11/18	R \$89/NR \$178	<u>431011-1</u>

↪ **Late start**

Buddy Soccer



Players (Ages 6-12, 13-22)



Spend the first five weeks of the fall season outside learning the basics of one of the world's most popular sports, soccer! M-NASR is here to help you learn the skills to dribble, pass and score your way towards soccer mastery. Participants will also learn the importance of good sportsmanship and teamwork, while improving their communication skills.

Note: Shin guards and gym shoes are required.

Players are encouraged to provide their own buddy, but it is not required to participate.

Location

Field #4, Harrer Park, Morton Grove

Day/Time

Sat 2:30–3:30pm

Dates

9/23–10/14

Age

6-12 431012-1

13-22 431013-3

Fee

R \$31/NR \$62

R \$31/NR \$62

↪ **Late start/
Early end**

Volunteer Buddies

M-NASR is looking for positive, enthusiastic volunteers (Buddies) to assist our athletes in this non-competitive soccer program. Buddies will assist with basic soccer skills including running, dribbling, passing and scoring, along with helping our teammates develop positive social skills, teamwork and sportsmanship! All soccer abilities are welcomed. Choose the age group you'd like to support when you register.

Note: Buddies are required to complete a M-NASR registration form at no cost.

Location

Field #4, Harrer Park, Morton Grove

Day/Time

Sat, 2:30–3:30pm

Dates

9/23–10/14

Age

6-12

13-22

Code

431012-2

431013-4

↪ **Late start/Early end**

Artistic Adventures (Ages 13-22)



Find your creative side in Artistic Adventures! We'll paint on canvas, draw with oil pastels and experiment with watercolors to create exciting art pieces.

Location

Prairie View Community Center, Morton Grove

Day/Time

Sat, 3:15–4:15pm

Dates

10/21–11/18

Fee

R \$68 /NR \$136

Code

431014-1

↪ **Late start**



See page 7 for Sensory Strides one-on-one sessions!

WINTER BREAK Camp!



Choose one or both weeks of winter break fun! (Ages 6-12, 13-22)



Register for 1 or 2 weeks of winter break camp. Participants will have one field trip day each week. During Week 1 the groups will take a trip on Wednesday to a swimming pool for a splashing good time. Week 2 we'll all take a trip on Friday to a local bowling alley to see how many pins we can knock down! In-house activities will include arts and crafts, active games and sensory exploration.

Week 1 - Tue, Dec 26-Thu, Dec 28

Day/Date	Time	Location	Fee	Code
Tue, Dec 26- Thu, Dec 28	9:00am-3:00pm	Youth: Des Plaines Leisure Center Teen: National Park, Morton Grove	R \$156/NR \$312	432051-1 Youth (ages 6-12) 432051-2 Teen (ages 13-22)

Week 2 - Tue, Jan 2-Fri, Jan 5

Day/Date	Time	Location	Fee	Code
Tue, Jan 2- Fri, Jan 5	9:00am-3:00pm	Youth: Des Plaines Leisure Center Teen: National Park, Morton Grove	R \$208/NR \$416	432052-1 Youth (ages 6-12) 432052-2 Teen (ages 13-22)

Youth & Teen Special Events

Puppy Party (Ages 3-5)



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 K-9 companions. You'll even get to see a few tricks they have up their sleeves.

Location

Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Tue, 9/19	10:30-11:30am	R \$10/NR \$20	431054-1

Cooking Creations



(Ages 13-22)

Spend your Saturday night learning to cook with your friends. Begin the night by learning to make the classic Italian dish, spaghetti and meatballs, along with a side salad. After dinner, enjoy a lesson in baking chocolate brownies for dessert. Aspiring chefs and foodies will love this interactive program, which will help teach basic kitchen skills.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sat, 10/7	4:30-6:00pm	R \$22/NR \$44	431052-1

Trans fee	Trans code
R \$2/NR \$4	431052-51

Pick-up/Drop-off locations

M-NASR
Feldman Park

Pick-up/Drop-off times

3:50/7:05pm
3:30/6:40pm

Splash Time Social (Ages 3-5)



Enjoy a late afternoon of sensory-friendly water play with friends. Splash pad fun will be followed by a small snack and a sing-along to favorite tunes.

Location

Niles Family Fitness Center

Day/Date	Time	Fee	Code
Fri, 9/22	4:00-5:30pm	R \$16/NR \$32	431060-1

Main Event (Ages 6-12)



Bowling, laser tag and mini golf will turn an ordinary Sunday into a real fun day! Participants will enjoy each of these activities and much more.

Location

Main Event, Hoffman Estates

Day/Date	Time	Fee	Code
Sun, 9/24	2:00-5:00pm	R \$51/NR \$102	431051-1

Pick-up/Drop-off locations

M-NASR
Feldman Park

Pick-up/Drop-off times

12:50/6:05pm
1:10/5:45pm

M-NASR Lego Masters



(Ages 6-12)

Be ready to build in this hands-on session designed to spark imagination and inspire creativity. Participants will have the opportunity to build their favorite Lego design to show all of their friends. The evening will wrap up with a small snack.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 10/13	6:00-7:30pm	R \$16/NR \$32	431053-1

Youth & Teen Special Events

Teens Take On Halloween (Ages 13-22)

Join your friends for an evening of spooktacular Halloween fun! Dress in costume, play games and enjoy the company of a crew of ghosts and goblins. A small snack will be provided.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sat, 10/21	5:30-7:00pm	R \$15/NR \$30	<u>431055-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431055-51</u>

Pick-up/Drop-off location	Pick-up/Drop-off times
Feldman Park M-NASR	4:40/7:30pm 5:00/7:50pm

Morton Grove Halloween Event (Ages 6-12)

Sign up today to join the Morton Grove Park District Halloween Family Fest! Trick or treat with local vendors, take a hayride and jump around on inflatables with friends! **Note:** This program is not a staffed event; a family member must also register and attend.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 10/27	4:00-5:30pm	None	<u>431058-1</u>

Pumpkin Painting (Ages 6-12)

Halloween season would not be complete if we didn't take time to paint our pumpkins! Each participant will receive a pumpkin and have the opportunity to transform it with paint and stickers to create their very own masterpiece. A small snack will be provided.

Location

Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Fri, 10/27	6:00-7:30pm	R \$16/NR \$32	<u>431057-1</u>

Teen Swim (Ages 13-22)

Start your weekend with a splash! Join us for an evening at the pool, swimming and relaxing with friends.

Location

Centennial Fitness Center, Park Ridge

Day/Date	Time	Fee	Code
Fri, 11/3	6:00-7:30pm	R \$16/NR \$32	<u>431059-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431059-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR Weber	5:00/8:30pm 5:15/8:10pm

Movie Night (Ages 13-22)

Take a night off from homework and enjoy a movie with friends. We'll pop some popcorn, grab some drinks and vote on a movie to watch together!

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 11/10	6:00-8:00pm	R \$18/NR \$36	<u>431061-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431061-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Feldman Park	5:10/8:45pm 5:30/8:25pm

Parent's Night Out (Ages 6-12)

Spend your Friday with M-NASR at Parent's Night Out! After enjoying a dinner you bring from home, you will participate in arts and crafts, a visit to the Sensory Room and get active during a dance party, we will end the evening watching a movie.

Location

Des Plaines Leisure Center

Day/Date	Time	Fee	Code
Fri, 11/17	6:00-8:00pm	R \$17/NR \$34	<u>431062-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431062-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber M-NASR Feldman Park	4:50/8:50pm 5:10/9:10pm 5:30/8:30pm

Friendsgiving (Ages 13-22)

What better way to spend the holiday season than with your friends? This evening we will enjoy pizza, along with some crafts, and have fun hanging out with friends.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sat, 11/18	4:30-6:00pm	R \$18/NR \$36	<u>431063-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431063-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park M-NASR	3:40/6:25pm 4:00/6:45pm

Youth & Teen Bonus Special Events

Hang & Play (Ages 6-12)



Sign up for an afternoon with friends! Participants will have a fun afternoon with their friends playing winter games, enjoying circle time and hanging out. A light snack will be provided.

Location

Weber Center, Skokie

Day/Date	Time	Fee	Code
Sat, 12/2	1:30-3:30pm	R \$19/NR \$38	<u>431064-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431064-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR Feldman Park	1:10/4:10pm 12:50/3:50pm

Villa Olivia Tubing (Ages 13-12)



Bundle up and let's head to the slopes! Join us as we head to Villa Olivia and experience tubing in the snow. After we are done we will head indoors for some hot chocolate and warm up! Participants will need to dress for the weather. A High Risk waiver will need to be signed ahead of time.

Location

Villa Olivia, Bartlett

Day/Date	Time	Fee	Code
Sat, 12/9	1:00-4:00pm	R \$75/NR \$150	<u>431066-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber M-NASR Feldman Park	11:35am/5:25pm 11:55am/5:05pm 12:15/4:45pm

Wibit Night (Ages 6-12)



Get ready for a fun-filled night of water adventure with amazing Wibit inflatables. Enjoy swimming, games and plenty of Wibit action.

Location

Prairie Lakes Aquatic Center, Des Plaines

Day/Date	Time	Fee	Code
Fri, 12/8	6:00-7:30pm	R \$16/NR \$32	<u>431065-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>431065-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber M-NASR Feldman Park	4:50/8:20pm 5:10/8:40pm 5:30/8:00pm

Paint & Play (Ages 13-22)



Let's head to Lincolnwood Town Center and spend the afternoon having fun while we paint! Participants will have the opportunity to select a ceramic piece, paint and, once dried, will be able to take their masterpiece home! Participants can bring money to purchase their own snack after we finish painting.

Location

Lincolnwood Town Center

Day/Date	Time	Fee	Code
Sat, 12/16	2:00-4:30pm	R \$37/NR \$74	<u>431067-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park Weber	1:20/5:10pm 1:40/4:50pm



AWID Programs & Events

Fall 2023 Program Week At-A-Glance | Sept 11-Nov 19

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>Wildcats Workout</u> 11:00–11:30am	<u>Mindful Movement</u> 11:00–11:30am	<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 Oakton Community Center	<u>K9 Companions</u> 12:30–1:30pm Oakton Community Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Friday Dance Party</u> 4:00–4:30pm	<u>Recreational Bowling</u> 11:30am–12:30pm River Rand Bowl
<u>Monday Night Bowling</u> 4:30–5:30pm Bowlero	<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	<u>Town Travelers</u> 6:00–7:30pm Various locations	<u>Water Aerobics</u> 1:00–2:00pm Prairie Lakes Aquatic Center
<u>Wildcats Basketball Skills</u> 5:00–6:00pm Lincoln Middle School		<u>Zumba™</u> 5:30–6:30pm Lincoln Junior High School	<u>Aktion Club</u> 5:00–6:30pm M-NASR office		<u>Saturday Social Club</u> 5:30–7:00pm Various locations
<u>Tee Time Golf</u> 6:00–7:00pm Golf Center of Des Plaines	 = Virtual program or event	See page 25 for a full listing of virtual programs for adults ages 18 & older	<u>Chair One Fitness</u> 6:00–7:00pm Dee Park		
<u>Healthy Hearts</u> 6:00–7:00pm Weber Center	 = Private 1:1 sessions See page 7 for more details	PLUS – DECEMBER BONUS SESSION of virtual programs – see page 26	 See page 7 for Sensory Strides one-on-one sessions!		

AWID Special Events – Plus Bonus Events in Dec!

Event	Date	Time	Location
<u>Chicago Red Stars</u>	Sat, 9/30	7:00–9:00pm	SeatGeek Stadium
<u>Let's Get Sketchy</u>	Fri, 10/6	4:00–4:30pm	Zoom
<u>Jack-O-Lantern World</u>	Sat, 10/7	7:00–9:00pm	Jack O'Lantern World
<u>Archery</u>	Sun, 10/15	3:00–4:30pm	Weber Center
<u>M-NASR Halloween Dance</u> 	Fri, 10/20	6:00–8:30pm	Feldman Park
<u>Pumpkin Carving & Movie</u>	Fri, 10/27	6:00–8:00pm	Oakton Community Center
<u>Pickleball</u>	Sun, 11/5	2:00–3:30pm	Weber Center
<u>Impact Field Lights</u>	Sat, 11/11	5:30–7:30pm	Impact Field
<u>Karaoke Night</u>	Sat, 11/18	3:00–5:00pm	Prairie View Community Center
Bonus Special Events			
<u>Piano Bar Rosemont</u>	Fri, 12/1	7:00–9:30pm	Pete's Dueling Piano Bar
<u>Pizza & Movie</u>	Wed, 12/6	6:00–8:30pm	Prairie View Community Center
<u>Rivers Casino</u>	Thu, 12/14	12:00–2:30pm	Rivers Casino
<u>Willow Hill Lights</u>	Tue, 12/19	5:00–7:00pm	Willow Hill Golf Course
<u>Noon Year Dance</u>	Sat, 12/16	11:30am–12:30pm	Zoom

AWID Programs

Monday Night Bowling



Beginners through advanced bowlers are welcome. Focus on perfecting your skills and cheer on your friends. Participants are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location

Bowlero, Niles

Note

No program 9/25

Day/Time	Dates	Fee	Code
Mon, 4:30-5:30pm	9/11-11/13	R \$141/NR \$282	<u>433001-1</u>

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 3 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.

A Special Olympics Medical Form and Consent Form must be completed and returned prior to October 6.

Location

Lincoln Middle School, Park Ridge

Note

No program 11/20

Day/Time	Dates	Fee	Code
Mon, 5:00-6:00pm	10/16-11/27	R \$53/NR \$106	<u>433004-1</u>

Trans fee	Trans code
R \$14/NR \$28	<u>433004-51</u>

Late start

Pick-up/Drop-off location	Pick-up/Drop-off times
M-NASR	4:35/6:30pm



Meet Brendan!

Brendan Meyers
bmeyers@mnasr.org
Brendan is the AWID Recreation Specialist at M-NASR. He is a graduate of Northern Illinois University. He is a diehard Chicago Blackhawks, Bears and White Sox fan and he has been playing sled hockey for the Chicago Hornets Sled Hockey Team since 2004!

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. We will also have a professional from GolfTECH who will share basic instruction of golf skills.

Location

Golf Center of Des Plaines

Note

No program 9/25

Day/Time	Dates	Fee	Code
Mon, 6:00-7:00pm	9/11-10/9	R \$31/NR \$62	<u>433002-1</u>

Trans fee	Trans code
R \$8/NR \$16	<u>433002-51</u>

Early end

Pick-up/Drop-off location	Pick-up/Drop-off times
M-NASR	5:25/7:25pm

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	10/16-11/13	R \$38/NR \$76	<u>433003-1</u>

Late start



AWID 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	9/12–11/14	R \$126/NR \$252	<u>433005-1</u>

Trans fee	Trans code
R \$20/NR \$40	<u>433005-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park M-NASR	3:55/6:30pm 4:05/6:50pm

Wildcats Basketball



M-NASR will once again be offering our Wildcats Basketball program. 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 1/21/24. The TR Section tournament will be held on 2/4/24. A schedule of pick-up and drop-off points will be provided after all registrations are received.

Note: A Special Olympics Medical Form and Consent Form must be completed and turned into the office by Monday, September 18.

Location	Note
Various	No program 11/21, 12/26, 1/2

Day/Time	Dates	Fee	Code
Tue, 6:30–8:00pm	10/24/23– 2/6/24	R \$237/NR \$474	<u>433006-1</u>

Special season

Trans fee	Trans code	Options for transportation
R \$30/NR \$60	<u>433006-51</u>	M-NASR/Feldman Park



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	9/13, 9/27, 10/11, 10/25, 11/8	R \$43/NR \$86	<u>433007-1</u>

Zumba™



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

Lincoln Junior High School, Skokie

Note

No program 9/27,
11/1

Day/Time	Dates	Fee	Code
Wed, 5:30–6:30pm	9/13–11/8	R \$75/NR \$150	<u>433008-1</u>

Early end

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. Being active not only benefits your physical well-being, but it also supports your mental and social happiness.

Location

Feldman Park, Niles

Day/Time	Dates	Fee	Code
Thu, 4:30–5:30pm	9/14–11/16	R \$77/NR \$154	<u>433009-1</u>

Chair One Fitness



Chair One Fitness is an uplifting, high-energy, full-body workout. This exercise class will have you dancing to the beat by moving in your seat! Follow along as our certified instructor helps you get your heart rate up through various new movements.

Location

Dee Park, Des Plaines

Day/Time	Dates	Fee	Code
Thu, 6:00–7:00pm	9/14–11/16	R \$77/NR \$154	<u>433011-1</u>

AWID Programs

Town Travelers



Start off the weekend by joining friends out on the town. Activities will include a night out in one of our member district communities, a dinner at a local eatery and a night playing games and doing crafts. Due to popularity, participants can choose only one Town Travelers section. If you register for Town Travelers, you cannot register for 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	9/29, 10/6, 11/3	R \$88/NR \$176	<u>433012-1</u>
Day/Time	Section #2 Dates	Fee	Code
Fri, 6:00–7:30pm	9/22, 10/13, 11/10	R \$88/NR \$176	<u>433013-1</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 are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location	Note		
River Rand Bowl, Des Plaines	No program 9/16, 11/11		
Day/Time	Dates	Fee	Code
Sat, 10:00–11:00am	9/9–11/18	R \$125/NR \$250	<u>433014-1</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 are encouraged (but not required) to bring their own ball and shoes. Due to popularity, participants can only choose one bowling program.

Location	Note		
River Rand Bowl, Des Plaines	No program 9/16, 11/11		
Day/Time	Dates	Fee	Code
Sat, 11:30am–12:30pm	9/9–11/18	R \$125/NR \$250	<u>433015-1</u>

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 9/16		
Day/Time	Dates	Fee	Code
Sat, 1:00–2:00pm	9/9–11/18	R \$81/NR \$162	<u>433016-1</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. If you register for Saturday Social Club, you cannot register for either of the Town Travelers programs on Friday. A schedule of pick-up and drop-off points and times will be provided once all registrations are received.

Location			
Various			
Day/Time	Dates	Fee	Code
Sat, 5:30–7:00pm	9/23, 10/14, 11/4	R \$88/NR \$176	<u>433017-1</u>



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.

For more information, contact Kelly Brunning at kbrunning@mnasr.org.

AWID Special Events

Chicago Red Stars



Come cheer on Chicago's National Women's Soccer Team at SeatGeek Stadium. The Chicago Red Stars take on Racing Louisville. Watch the team try to kick, head and cross the ball into the net!



Location

SeatGeek Stadium, Bridgeview

Day/Date	Time	Fee	Code
Sat, 9/30	7:00-9:00pm	R \$63/NR \$126	<u>433050-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	4:40/10:20pm
M-NASR	5:00/10:40pm
Feldman Park	5:20/10:00pm

Jack-O-Lantern World



Take a trip through Jack-O-Lantern World in Lake Zurich. Look at thousands of pumpkins carved in their own creative way along the 45-minute trail!

Location

Jack-O-Lantern World, Lake Zurich

Day/Date	Time	Fee	Code
Sat, 10/7	7:00-9:00pm	R \$53/NR \$106	<u>433051-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	5:20/10:05pm
M-NASR	5:40/10:25pm
Feldman Park	6:00/9:45pm

Archery



Archery is a sport with no limits on age, gender and ability. Find out more at this special demonstration of our adapted archery equipment! M-NASR staff will show you the proper hold and then you will get to aim for that perfect bullseye yourself while trying out a new adapted sport. You'll then put those new skills to the test as we play some games and finish off with a few matches. **Note:** All participants must have a completed High Risk Waiver on file in order to participate.

Location

Weber Center Gym, Skokie

Day/Date	Time	Fee	Code
Sun, 10/15	3:00-4:30pm	R \$11/NR \$22	<u>433052-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>433052-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	2:20/4:55pm
M-NASR	2:40/5:15pm

Pumpkin Carving & Movie



Come get into the spooky spirit! Enjoy a night of carving your own pumpkin and watching a Halloween-themed movie to start the Halloween weekend off in the right mood!

Location

Program Room West, Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Fri, 10/27	6:00-8:00pm	R \$25/NR \$50	<u>433053-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>433053-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	5:00/8:45pm
M-NASR	5:20/9:05pm
Weber	5:40/8:25pm

Pickleball



Pickleball is a fast growing sport! It combines many elements of tennis, badminton and ping-pong. Come find out how this fun sport can be adapted to fit your abilities!

Location

Weber Center Gym, Skokie

Day/Date	Time	Fee	Code
Sun, 11/5	2:00-3:30pm	R \$11/NR \$22	<u>433054-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>433054-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	1:10/3:55pm
M-NASR	1:30/4:15pm

Impact Field Lights



Come tour the stadium of the Chicago Dogs as they put on the Sparkle Light Festival! Light up your night with a magical walk through all the exhibits.

Location

Impact Field, Rosemont

Day/Date	Time	Fee	Code
Sat, 11/11	5:30-7:30pm	R \$51/NR \$102	<u>433055-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	4:20/8:10pm
M-NASR	4:40/8:30pm
Feldman Park	5:00/7:50pm



AWID Special Events

Karaoke Night



Have the urge to break out into song? Want to sing a duet with a friend? Come on out to M-NASR Karaoke Night and sing your heart out!

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 11/18	3:00–5:00pm	R \$15/NR \$30	<u>433056-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>433056-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	2:10/5:45pm
Feldman Park	2:30/5:25pm



AWID Bonus Special Events

Piano Bar



Looking for a fun night out on the town? Pete's Dueling Piano Bar in Rosemont offers up a dueling piano performance! Cheer on and sing along to songs that you know as the pianists battle each other for the bigger crowd reaction!

Note: If you are over the age of 21 and plan to consume adult beverages, "yes" must be checked on your current ePACT Form and you must bring a photo ID and money to purchase them.

Location

Pete's Dueling Piano Bar, Rosemont



Day/Date	Time	Fee	Code
Fri, 12/1	7:00–9:30pm	R \$29/NR \$58	<u>433057-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	5:45/10:30pm
M-NASR	6:05/10:50pm
Feldman Park	6:25/10:10pm

Pizza & Movie



Come on out for a night of eating pizza and watching a movie! No need to worry about frightful weather as you stay cozy inside with friends.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Wed, 12/6	6:00–8:30pm	R \$28/NR \$56	<u>433058-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>433058-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	5:10/9:15pm
Feldman Park	5:30/8:55pm

Rivers Casino



Come visit the Rivers Casino with the best action, the most jackpots, delicious meals, unforgettable entertainment and home to BetRivers Sportsbook. Lunch will be included; you must bring money for games. Please bring your ID.

Note: If you are over the age of 21 and plan to consume adult beverages, "yes" must be checked on your current ePACT Form and you must bring a photo ID and money to purchase them.

Location

Rivers Casino, Des Plaines



Day/Date	Time	Fee	Code
Thu, 12/14	12:00–2:30pm	R \$54/NR \$108	<u>433059-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	10:50am/3:10pm
M-NASR	11:00am/3:30pm
Feldman Park	11:25am/2:50pm

Willow Hill Lights



Want to see holiday lights but don't want to leave the car? Join M-NASR to take a drive through the Willow Hill Lights in Northbrook. Stay warm and enjoy the lights with friends!

Location





Willow Hill Golf Course, Northbrook

Day/Date	Time	Fee	Code
Tue, 12/19	5:00–7:00pm	R \$18/NR \$36	<u>433060-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	4:00/7:40pm
M-NASR	4:20/8:00pm
Feldman Park	4:40/7:20pm

PI/VI Programs & Events

Fall 2023 Program Week At-A-Glance | Sept 11-Nov 19

Monday	Tuesday	Wednesday	Thursday	Friday	HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS See page 8 for more information!  
Crossword Club 10:00–11:00am	Boccia Blend 3:00–4:30pm Prairie Lakes Community Center	Wildcats Workout 11:00–11:30am	Mindful Movement 11:00–11:30am	Sensory Strides 10:00am– 12:45pm Des Plaines Leisure Center	
Sensory Strides 10:00am– 12:45pm Des Plaines Leisure Center	Bingo 4:00–4:30pm	Canvas & Clay 12:30–1:30pm Des Plaines Leisure Center	Restaurant Hoppers 11:30am–1:00pm Various locations	Incredi-bowl Strikes 1:00–2:30pm Classic Bowl	
Fitness Funatics 1:00–2:00pm Feldman Park		K9 Companions 12:30–1:30pm Oakton Community Center	Adaptive Pickleball 1:00–2:30pm Prairie Lakes Community Center	Friday Dance Party 4:00–4:30pm	
 = Virtual program or event See page 25 for a full listing of virtual programs for adults ages 18 & older PLUS – DECEMBER BONUS SESSION of virtual programs – see page 26		Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	 = Private 1:1 sessions See page 7 for more details	

PI/VI Special Events – Plus Bonus Events in Nov/Dec!

Event	Date	Time	Location
Handcycling Experience	Fri, 9/29	11:30am–2:00pm	Midlothian Meadows
Adaptive Painting	Sun, 10/1	1:00–3:00pm	Evanston Art Center
Let's Get Sketchy	Fri, 10/6	4:00–4:30pm	Zoom
Brew Masters	Sat, 10/14	5:00–7:00pm	Une Année Brewery
M-NASR Halloween Dance 🎃	Fri, 10/20	6:00–8:30pm	Feldman Park
Pumpkin Carving & Movie	Fri, 10/27	6:00–8:00pm	Oakton Community Center
Bears Watch Party	Sun, 11/5	12:00–3:30pm	M-NASR office
Dinner & Movie	Sat, 11/18	3:30–7:30pm	Various locations
Bonus Special Events			
Rivers Casino	Tue, 11/28	12:00–2:30pm	Rivers Casino
Shedd Aquarium	Wed, 12/6	11:00am–3:00pm	Shedd Aquarium
Holiday Lights Tour	Sat, 12/16	5:00–7:00pm	Various locations
Noon Year Dance	Sat, 12/16	11:30am–12:30pm	Zoom
Pizza & Trivia	Thu, 12/21	4:30–6:30pm	Devonshire Cultural Center

PI/VI Programs

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

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 9/25	
Day/Time	Dates	Fee	Code
Mon, 1:00-2:00pm	9/11-11/13	R \$69/NR \$138	<u>434001-1</u>
Trans fee		Trans code	
R \$72/NR N/A		<u>434001-50</u>	

Boccia Blend



This fall we are switching things up! All boccia athletes will play together! Recreational and competitive players will be mixed together for a chance to learn from each other. There will be a variety of games and matches to play!

Location			
Prairie Lakes Community Center, Des Plaines			
Day/Time	Dates	Fee	Code
Tue, 3:00-4:30pm	9/12-11/14	R \$116/NR \$232	<u>434002-1</u>
Trans fee	Trans code		
R \$80/NR N/A	434002-50		

K9 Companions



Calling all animal lovers! Join M-NASR as we team up with Rainbow Animal Assisted Therapy for interactive sessions 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	9/13, 9/27, 10/11, 10/25, 11/8	R \$43/NR \$86	<u>434003-1</u>
Trans fee	Trans code		
R \$40/NR N/A	<u>434003-50</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 have a great time creating new masterpieces with your peers.

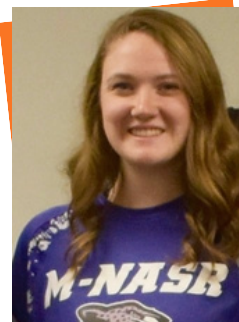
Location			
Des Plaines Leisure Center			
Day/Time	Dates	Fee	Code
Wed, 12:30-1:30pm	9/20, 10/4, 10/18, 11/1, 11/15	R \$68/NR \$136	<u>434004-1</u>
Trans fee	Trans code		
R \$40/NR N/A	<u>434004-50</u>		

Adaptive Pickleball



Back by popular demand! Pickleball is a fast growing sport! It combines many elements of tennis, badminton and ping-pong. Come find out how this fun sport can be adapted to fit your abilities.

Location			
Prairie Lakes Community Center, Des Plaines			
Day/Time	Dates	Fee	Code
Thu, 1:00-2:30pm	9/14, 9/28, 10/12, 10/26, 11/9	R \$57/NR \$114	<u>434005-1</u>
Trans fee	Trans code		
R \$40/NR N/A	<u>434005-50</u>		



Meet Taylor!

Taylor Gonio, CTRS
tgonio@mnasr.org
Taylor is M-NASR's PI/VI Specialist. She graduated from the University of Wisconsin La Crosse, where she enjoyed her time on the co-ed club bowling team. Taylor uses her drive for team unity to coach various sports here at M-NASR, including the Competitive Boccia Team.

See page 7 for Sensory Strides one-on-one sessions!

PI/VI Programs & Events

Restaurant Hoppers



Why eat at the same restaurant all the time when there are so many great options? Each week, we'll visit a tasty eatery in our member districts to sample a new entrée. We will start at Panera the first week and decide on other locations as a group. Pick-up times may vary week to week based on the restaurant. If you do not register for transportation, please meet at the restaurant each week.

Location

Various locations

Day/Time	Dates	Fee	Code
Thu, 11:30am-1:00pm	9/21, 10/5, 10/19, 11/2	R \$154/NR \$308	<u>434006-1</u>
Trans fee	Trans code		
R \$32/NR N/A	<u>434006-50</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.

Location	Note		
Classic Bowl, Morton Grove	No program 9/29, 10/20		
Day/Time	Dates	Fee	Code
Fri, 1:00-2:30pm	9/15-11/17	R \$188/NR \$376	<u>434007-1</u>
Trans fee	Trans code		
R \$64/NR N/A	<u>434007-50</u>		



PI/VI Special Events

Handcycling Experience



Join Shirley Ryan Ability Lab as you travel to Midlothian Meadows in Midlothian for a chance to try out adapted cycling. Adapted equipment for all abilities will be provided to ensure everyone is successful! Lunch and transfer assistance will be provided.

Note: All participants must have a completed High Risk Waiver on file.

Location

Midlothian Meadows, Midlothian

Day/Date	Time	Fee	Code
Fri, 9/29	11:30am-2:00pm	R \$27/NR \$46	<u>434051-1</u>

Adaptive Painting



"Every artist was first an amateur"– Ralph Waldo Emerson. Come expand your artistic foundation as M-NASR partners up with Evanston Art Center for a watercolor painting class.

Location

Evanston Art Center

Day/Date	Time	Fee	Code
Sun, 10/1	1:00-3:00pm	R \$63/NR \$118	<u>434050-1</u>

Brew Masters



Visit a local brewery and sample a new refreshment! If you are not a beer lover, that's ok, we will also be sharing appetizers. A bit of fun and lots of good beer; make no mistake, you'll want to be there!

Note: Appetizers and soft drinks are included in the program fee. If you plan to consume adult beverages, "yes" must be checked on your current ePACT Form and you must bring a photo ID and money to purchase them.

Location

Une Année Brewery, Niles

Day/Date	Time	Fee	Code
Sat, 10/14	5:00-7:00pm	R \$45/NR \$90	<u>434053-1</u>
Trans fee	Trans code		
R \$8/NR N/A	<u>434053-50</u>		

PI/VI Special Events

Pumpkin Carving & Movie



Come one, come all to a spook-tacular event where we will carve pumpkins and watch a Halloween movie! You can choose to either carve or paint your pumpkin just in time to place it outside before the holiday begins.

Location

Program Room West, Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Fri, 10/27	6:00-8:00pm	R \$25/NR \$50	<u>434054-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>434054-50</u>

Bears Watch Party



Cheer on the Chicago Bears while we live stream the game and eat wings!

Location

M-NASR office, Morton Grove



Day/Date	Time	Fee	Code
Sun, 11/5	12:00-3:30pm	R \$50/NR \$100	<u>434052-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>434052-50</u>

Dinner & Movie



Enjoy a night out as we stop for dinner at Portillo's and catch a movie on the big screen! **Note:** Time subject to change based on available showtimes.

Location

Various locations

Day/Date	Time	Fee	Code
Sat, 11/18	3:30-7:30pm	R \$66/NR \$132	<u>434055-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>434055-50</u>

Note: Door-to-Door transportation for residents is included with out-of-district special events. Non-residents will arrange to meet at the M-NASR office to be on the route.



PI/VI Bonus Special Events

Rivers Casino



Come visit the Rivers Casino with the best action, the most jackpots, delicious meals, unforgettable entertainment and home to BetRivers Sportsbook. Lunch will be included; you must bring money for games. Make sure to bring a valid state ID.

Note: If you are over the age of 21 and plan to consume adult beverages, "yes" must be checked on your current ePACT Form and you must bring a photo ID and money to purchase them.

Location

Rivers Casino, Des Plaines



Day/Date	Time	Fee	Code
Tue, 11/28	12:00-2:30pm	R \$54/NR \$108	<u>434056-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>434056-50</u>

Holiday Lights Tour



All aboard! Join M-NASR as we tour the member districts looking at holiday lights. We will make a quick stop for hot cocoa along the way.

Location

Various

Day/Date	Time	Fee	Code
Sat, 12/16	5:00-7:00pm	R \$35/NR \$62	<u>434058-1</u>

Pizza & Trivia



Who will be the ultimate trivia winner? Join your peers as we enjoy pizza and some friendly trivia competition.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Thu 12/21	4:30-6:30pm	R \$27/NR \$54	<u>434059-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>434059-50</u>

Shedd Aquarium



Spend the day among the animals of the sea while you and your peers explore the Shedd Aquarium. Lunch will be included. Bring extra money if you wish to purchase souvenirs.

Location

Shedd Aquarium, Chicago



Day/Date	Time	Fee	Code
Wed, 12/6	11:00am-3:00pm	R \$116/NR \$222	<u>434057-1</u>

Virtual Programs & Events

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.



Virtual Ongoing Programs

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 9/25**

Day/Time	Dates	Fee	Code
Mon, 10:00–11:00am	9/11–11/13	R \$36/NR \$54	<u>435001-1</u>

Mindful Movement



Now is the perfect time to take a deep breath and relax. Learn adapted yoga poses, deep breathing exercises and relaxation techniques that will give you the ability to find your sense of calm.

Day/Time	Dates	Fee	Code
Thu, 11:00–11:30am	9/14–11/16	R \$20/NR \$30	<u>435004-1</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
Tues, 4:00–4:30pm	9/12–11/14	R \$25/NR \$38	<u>435002-1</u>

Friday Dance Party



Celebrate the week by dancing with your friends! Music and fun will be provided for all who join in on Friday late afternoons.

Day/Time	Dates	Fee	Code
Fri, 4:00–4:30pm	9/15, 9/29, 10/13, 10/27, 11/10	R \$10/NR \$15	<u>435005-1</u>

Wildcats Workout



Join your friends for a virtual workout. Burn some calories and get your body moving. This program is designed for all levels and no equipment will be needed.

Day/Time	Dates	Fee	Code
Wed, 11:00–11:30am	9/13–11/15	R \$20/NR \$30	<u>435003-1</u>

BONUS SESSION!
More virtual programs
are being offered
Nov 27–Dec 16!
See next page for
details.

Virtual Special Events

Let's Get Sketchy



Fall is in the air, can you smell the scent of the leaves falling all around us? Grab a piece of paper and put your pencil and creativity to the test. We will learn the step-by-step process of drawing different types of leaves. We look forward to seeing where your creativity will take you.

Day/Date	Time	Fee	Code
Fri, 10/6	4:00–4:30pm	R \$2/NR \$3	<u>435051-1</u>

Noon Year Dance



Dress to impress and join us on Zoom to participate in a countdown to the new year at noon. We hope you will join this dance party to say goodbye to 2023!

Day/Date	Time	Fee	Code
Sat, 12/16	11:30am–12:30pm	R \$4/NR \$6	<u>435052-1</u>

Virtual Programs – Bonus Session Nov 27-Dec 16

Motivation Monday



Do Mondays have you feeling down? We hope you will join as we start our week off right by doing some yoga, stretching and some other exercises.

Day/Time	Dates	Fee	Code
Mon, 11:00–11:30am	11/27–12/18	R \$8/NR \$12	<u>435006-1</u>

Super Sketchers



Want to learn how to draw but not sure where to start? Grab a pencil and piece of paper and get ready to discover your inner artist. Learn the step-by-step process of drawing shapes, animals, characters and more. Project requests will be taken and you will get to use your imagination to create your own masterpiece.

Day/Time	Dates	Fee	Code
Mon, 4:00–4:30pm	11/27–12/18	R \$8/NR \$12	<u>435007-1</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
Tues, 4:00–4:30pm	11/28–12/19	R \$11/NR \$17	<u>435008-1</u>

Chair One Fitness



Join us from the comfort of your own home. Chair One Fitness is an uplifting, high-energy, full-body workout. This exercise class will have you dancing to the beat by moving in your seat! Follow along as our certified instructor helps you get your heart rate up through various new movements.

Day/Time	Dates	Fee	Code
Wed, 11:00–11:30am	11/29–12/20	R \$8/NR \$12	<u>435009-1</u>

Lunch Bunch



It's time to get social with your peers. Bring your lunch and let's talk about current events, exciting happenings and share a joke or two with each other.

Day/Time	Dates	Fee	Code
Thu, 12:00–12:30pm	11/30–12/21	R \$8/NR \$12	<u>435010-1</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 abusive or foul language.
- 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 unclean 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: 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.

COVID-19 Policy & Guidelines

Requirements are subject to change per guidance from CCDPH, IDPH, CDC and M-NASR's risk management agency.

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.

Extreme Temperature Policy

- 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.

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 both pages 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 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.

Program	Code #	Fee	Program	Code #	Fee
Donation: If you would like to make a donation to M-NASR, please indicate the amount here:					

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

Payment Method


☐ Check (Please make check payable to M-NASR) ☐ Credit card on file. Last four digits: _____

☐ Cash ☐ Credit card (Discover, Visa, Mastercard): Complete below

Cardholder name _____ Amount of payment \$ _____

Card number _____ Expiration date _____

Signature _____

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.

 Parent/Guardian signature: _____  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.

M-NASR Program Locations

Bowlero

7333 N. Milwaukee Ave.
Niles, IL 60174 | 847-647-9433

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 Recreation Center

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

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

Harrer Park

6250 Dempster St.
Morton Grove, IL 60053 | 847-965-1200

Howard Leisure Center

6676 Howard St.
Niles, IL 60714 | 847-969-6633

Lincoln Junior High School

7839 Lincoln Ave.
Skokie, IL 60077 | 847-676-3545

Lincoln Middle School

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

Maine Park Leisure Center

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

Niles Family Fitness Center

987 Civic Center Dr.
Niles, IL 60714 | 847-588-8400

Oakton Community Center/Skokie Exploritorium

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

National Park

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

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 Recreation Center

833 W. Talcott Rd.
Park Ridge, IL 60068 | 847-692-3557

Weber Leisure Center

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

M-NASR is an extension of the following park districts:

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



Grab a team and put your trivia skills to the test!



A trivia night fundraiser presented
by the Maine-Niles Association
of Special Recreation

Saturday, September 23, 2023 | 6:30pm
Lincolnwood Community Center, 4170 Morse Ave
\$25 per person/\$175 per team of up to 8

No team? No worries – we will assign you.

Questions? Contact Lisa Barrera
at 847-966-5522 or lbarrera@mnasr.org

RSVP by Sept 8!

SCAN THE CODE
TO REGISTER



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 Vera Kramer at vkramer@mnasr.org or 847-966-5522.

Win a Visa® Gift Card just in time for the holidays!

M-NASR Holiday Raffle

JUST \$10 PER TICKET!

Every ticket will get you a chance to win a Visa gift card in M-NASR's annual holiday raffle!

Tickets will go on sale in late October – stay tuned for more details!

**ALL PROCEEDS TO BENEFIT
M-NASR PROGRAMS**



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

