Celebrating 50 years

MNASR

1972–2022

Fall 2022 Program Guide

Resident registration dates: August 8–26
Non-resident registration dates: August 20–26
Program dates: September 12–November 20
Bonus session dates: November 28–December 18

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

Maine-Niles Association of Special Recreation is an extension of the following park districts:

Des Plaines Park District
2222 Birch, Des Plaines, IL 60068
(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 | mortongroveparks.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

The Liponi Foundation

The Liponi Foundation for Special Recreation is a 501(c)(3) organization dedicated to improving the lives of individuals with disabilities. The Foundation was formed in 1990 to support the Maine-Niles Association of Special Recreation.

Every dollar raised by the Liponi Foundation goes to support M-NASR's mission. Through generous donations, the Foundation has purchased accessible vehicles, provided program scholarships and sponsored M-NASR's annual End-of-Summer and Halloween parties.

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

Board of Trustees

Dean Strzelecki, President
Ron Stein, Vice-President
Steve Koller, Treasurer

Stella LiPomi, President Emeritus
(1990-2020)

Julie Genualdi
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Brenda Malik
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Toni Rich
Dolores Stanton
Marlene Worthley

GAME ON!

TRIVIAPALOOZA

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

SATURDAY, SEPTEMBER 17, 2022 | 7–10PM
LINCOLNWOOD COMMUNITY CENTER, 4170 MORSE AVE
$25 PER PERSON/$175 PER TEAM OF UP TO 8
REGISTRATION CODE: 425001-1

Grab a team and put your skills to the test! No team? No worries – we'll assign you. See more details and a full registration form here. Questions? Contact Tori Woodbury at 847-966-5522 or twoodbury@mnasr.org

About M-NASR

The Maine-Niles Association of Special Recreation is dedicated to improving the quality of life and, through advocacy and awareness, promoting a successful leisure lifestyle for individuals with disabilities.

BOARD OF DIRECTORS

John Jekot, President, Golf-Maine Park District

Michelle Tuft, Vice President, Skokie Park District

Jeff Wait, Treasurer, Morton Grove Park District

Tom Elenz, Niles Park District

Karen Hawk, Village of Lincolnwood Parks and Recreation

Gayle Mountcastle, Park Ridge Park District

Donald J. Miletic, Des Plaines Park District

2022 BOARD MEETING DATES

Tuesday, February 22
Tuesday, April 26
Tuesday, June 28
Tuesday, August 23
Tuesday, October 25
Tuesday, December 13

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

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Nicole Witt, CTRS, Inclusion Coordinator
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How to reach us

By email
Click here for a complete M-NASR staff directory

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 2022 General Information

Registration Lottery and Minimums

If programs reach the maximum within the resident registration period, a lottery will be held. If a program does not meet the minimum of four participants, M-NASR reserves the right to cancel it.

Virtual Programs

For all Virtual Programs, Zoom meeting information and links will be emailed to you prior to the start of program. If you do not receive the link information 24 hours before the first program, please contact M-NASR.

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.

Bonus Session: Nov 28–Dec 18

Several programs will be offered during our Bonus Session after the fall program season ends in November. They are noted in the listings for each program area with a yellow box. Several special events will also be offered in December, so you can extend the fun with M-NASR through the end of the year!

Winter Break Camp: Dec 27–29 & Jan 3–6

Along with our bonus session of select programs, we are happy to be offering Winter Break Camp again in 2022. See page 14 for more information.

In This Brochure

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Important Dates

Fall 2022

Aug 8–19	Priority resident registration
Aug 20	• Lottery held if needed • Non-resident registration starts
Aug 26	Registration ends
Sept 12	Programs begin
Nov 20	Programs end
Nov 28–Dec 18	Fall bonus session
Dec 27–29 & Jan 3–6	Winter break camp

Winter 2023

Nov 28–Dec 8	Priority resident registration
Dec 9	• Lottery held if needed • Non-resident registration starts
Dec 16	Registration ends
Jan 9	Programs begin
Mar 19	Programs end

Spring 2023

Mar 27–31	Spring break camp

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 in 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, Morton Grove
Maine East High School (MEHS) – 2601 W. Dempster, Park Ridge, Door #4
Weber Center – 9300 Weber Park Place, 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	• 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.

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

M-NASR's annual participant information form has been replaced with ePACT. 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.

Special Services & Programs

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.

Inclusion services are provided to participants free of charge when registering through a member park district's program.

If you have any questions regarding the inclusion process, please contact M-NASR. For park district contact information, see inside the front cover.

To view M-NASR's Inclusion Information Guide, click here.

Interested in a one-to-one chat with one of M-NASR's Recreation Staff?

M-NASR

1:1 Rec chats

Contact the M-NASR office.

Give the gift of leisure!

Looking for gift ideas for a M-NASR participant you love? Make them smile with M-NASR's "Gift of Leisure." This gift certificate can be purchased at the M-NASR office and used for any M-NASR program or special event.

HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS

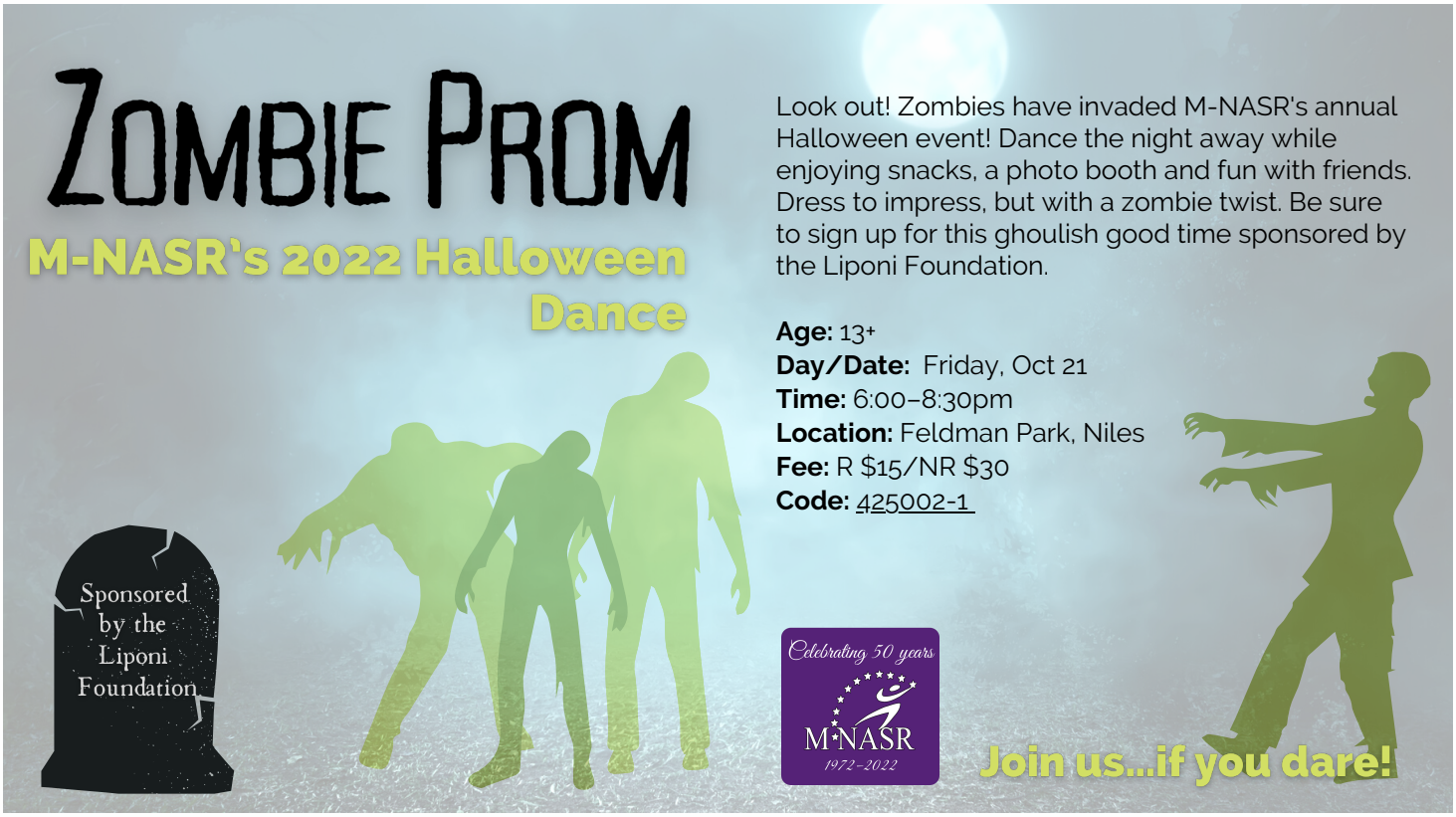
M-NASR is proud to support injured veterans of all eras in our community. In cooperation with our member districts and AllenForce, we are excited to announce the return of the "Healthy Minds Healthy Bodies" program! This program is for veterans with a disability rating of 10% or higher who reside within M-NASR's member districts. It provides countless health and social benefits including a fitness club membership and personal training opportunities 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 BODIES
VETERANS ★ FITNESS TRAINING ★ NETWORKING

Healthy Minds Healthy Bodies is a registered trademark of AllenForce.

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	Notes
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	Sept 12–Nov 14	R $135/NR $270	427005-1 427005-2 427005-3	No program 9/26
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	Sept 14–Nov 16	R $135/NR $270	427006-1 427006-2 427006-3	No program 10/5
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	Sept 15–Nov 17	R $150/NR $300	427007-1 427007-2 427007-3	
Friday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	Sept 16–Nov 18	R $150/NR $300	427008-1 427008-2 427008-3	

Location: Sensory Room, Des Plaines Leisure Center

Youth & Teen Programs & Events

Fall 2022 Program Week At-A-Glance | Sept 12–Nov 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Strides (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	**Clay Creators** (Ages 13–22) 5:30–6:30pm Devonshire Cultural Center	**Sensory Strides** (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	**After School Strikes** (Ages 6–12, 13–22) 3:30–5:00pm Habetler Bowl	**Sensory Strides** (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	**Movers & Makers** (Ages 6–12) 10:00–11:30am Prairie Lakes Community Center
Let's Play (Ages 3–5) 10:00–11:00am Oakton Community Center			**Sensory Strides** (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	M-NASR is offering **Parent Night Out** and **Teen Night In** events on select **Friday evenings!** See Special Event listing below for dates.	**Buddy Soccer** (Ages 6–12, 13–22) 12:00–1:00pm Prairie Lakes Community Center
Special Olympics Young Athletes (Ages 3–8) 4:00–4:45pm South Park Recreation Center	= Private 1:1 sessions; see page 8 for more details. = Bonus Session available Nov 28–Dec 18				**Splishin' & Splashin'** (Ages 6–12) 12:00–1:00pm Location TBA
Cardio Drum Masters (Ages 6–12) 4:45–5:30pm South Park Recreation Center					**Saturday Swimmers** (Ages 13–22) 12:00–1:00pm Location TBA
	Winter Break Camp! (Ages 6–12 and 13–22) Tue, 12/27–Thu, 12/29 and Tue, 1/3–Fri, 1/6, 9:00am–3:00pm See **page 14** for locations and other details.				**Project Kindness** (Ages 13–22) 1:30–2:30pm Prairie Lakes Community Center

Youth & Teen Special Events

Event	Age Range	Date	Time	Location
Parent Night Out	6–12	Fri, 9/16	5:30–8:00pm	Prairie View Community Center
Paint, Party & Shop	13–22	Sat, 9/24	6:00–7:30pm	Lincolnwood Town Center
Teen Night In	13–22	Fri, 9/30	5:30–8:00pm	Prairie View Community Center
Legoland	6–12	Sun, 10/16	1:00–3:00pm	Legoland Schaumburg
MGPD Halloween Family Fun	6–12	Sat, 10/22	2:30–4:00pm	Prairie View Community Center
Tiny Trick-Or-Treat	3–5	Wed, 10/26	1:15–2:45pm	Prairie View Community Center
DPPD Trunk-Or-Treat	6–12	Sat, 10/29	1:45–3:00pm	Prairie Lakes Community Center
M-NASR's Zombie Prom	13+	Fri, 10/21	6:00–8:30pm	Feldman Park
Teen Night In	13–22	Fri, 11/4	5:30–8:00pm	Prairie View Community Center
Friendsgiving	13–22	Wed, 11/9	5:00–6:30pm	Devonshire Cultural Center
Splash Time Social	3–5	Sat, 11/19	2:15–3:15pm	Centennial Fitness Center
Parent Night Out	6–12	Fri, 12/2	5:30–8:00pm	Prairie View Community Center
Jungle Fun Playroom	3–5	Wed, 12/7	3:30–5:00pm	LoVerde Sports & Rec Center
Teen Night In	13–22	Fri, 12/9	5:30–8:00pm	Prairie View Community Center
Wibit Swim Night	6–12	Fri, 12/16	6:00–7:30pm	Prairie Lakes Aquatic Center
Gift Givers	6–12	Sat, 12/17	10:00–11:45am	Oakton Community Center
All Wrapped Up	13–22	Sat, 12/17	1:15–3:15pm	Oakton Community Center

In-Person Youth & Teen Programs

Let's Play (Ages 3–5)

Run, skip, sing and play! Parents and kids will play together and make new friends while working on gross and fine motor skills.

Location
Oakton Community Center, Skokie

Note
No program 9/26

Day/Time	Dates	Fee	Code
Mon, 10:00–11:00am	9/12–11/14	R $68/NR $136	421001-1

Special Olympics Young Athletes (Ages 3–8)

Young Athletes is an innovative sports play program for children with and without intellectual disabilities, designed to introduce them to the world of sports. Your child will work on foundational skills including walking, running, balance, jumping, trapping, catching, throwing, striking and kicking along with social and cognitive goals.

Note: A Special Olympics Young Athletes registration form must be turned in prior to the first date of program. This form is available online at mnasr.org/brochuredownloads.

Location
South Park Recreation Center, Park Ridge

Note
No program 9/26, 10/31

Day/Time	Dates	Fee	Code
Mon, 4:00–4:45pm	9/12–11/14	R $45/NR $90	421002-1

Special Olympics Illinois

See page 8 for more programming!

- Sensory Strides one-on-one sessions
- M-NASR's 2022 Halloween Dance

Cardio Drum Masters (Ages 6–12)

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

Location
South Park Recreation Center, Park Ridge

Note
No program 9/26, 10/31

Day/Time	Dates	Fee	Code
Mon, 4:45–5:30pm	9/12–11/14	R $45/NR $90	421003-1

Clay Creators (Ages 13–22)

Make and create with a highly tactile and versatile kind of material, clay! Each week you'll use your imagination to make different shapes and figures of your choosing. Clay tools will be available to add texture and detail to your projects. Please bring a smock as this program may be messy.

Location
Devonshire Cultural Center, Skokie

Day/Time	Dates	Fee	Code
Tue, 5:30–6:30pm	9/13–11/15	R $100/NR $200	421005-1

In-Person Youth & Teen Programs

After School Strikes (Ages 6–12, 13–22)

Strike up a conversation with friends as we bowl the afternoon away. All abilities are welcome to practice bowling technique and skills! Transportation is available from Julia S. Molloy Education Center to the bowling alley and to the M-NASR office afterwards.

Location
Habetler Bowl, Chicago

Day/Time	Dates	Fee
Thu, 3:30–5:000pm	9/29–11/17	R $124/NR $248

Age group	Code	Trans fee	Trans code
6–12	421006-1	R $16/NR $32	421006-51
13–22	421006-2	R $16/NR $32	421006-51

Pick-up/Drop-off Locations	Pick-up/Drop-off Times
Molloy	2:50/n/a
M-NASR	n/a/5:20pm

Bonus Session!	Dates	Fee
Thu, 3:30–5:00pm	12/1–12/15	R $47/NR $94

Age group	Code	Trans fee	Trans code
6–12	421016-1	R $6/NR $12	421016-51
13–22	421016-2	R $6/NR $12	421016-51

Pick-up/Drop-off Locations	Pick-up/Drop-off Times
Molloy	2:50/n/a
M-NASR	n/a/5:20pm

Movers & Makers (Ages 6–12)

Start off your morning with friends. Begin the day with a creative activity to help bring out your imagination, followed by lunch brought from home. You'll end the afternoon with active and imaginary games to burn off some energy.

Location
Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Sat, 10:00–11:30am	9/24–11/19	R $119/NR $238	421009-1

Late start

Transportation: Movers & Makers to Buddy Soccer

Time	Fee	Trans code
11:30am–12:00pm	R $8/NR $16	421010-51

Buddy Soccer: Players (Ages 6–12, 13–22)

Spend the first five weeks of the fall season intside 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
Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee
Sat, 12:00–1:00pm	9/24–10/15	R $30/NR $60

Late start

Player age group	Code
6–12	421010-1
13–22	421012-1

Register for Splishin' & Splashin' or Saturday Swimmers on page 12 along with Buddy Soccer for a full 9 weeks of fall fun!

Buddy Soccer: Volunteer Buddies (Ages 13+)

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 athletes 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 at no cost.

Location
Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee
Sat, 12:00–1:00pm	9/24–10/15	None

Late start

Player age group	Code
6–12	421010-2
13–22	421012-2

In-Person Youth & Teen Programs

Splishin' & Splashin' (Ages 6–12)

Dive into the fall season and have a splashin' time at this recreational swim program. Work on social skills while playing with friends and water toys. **Note:** This program runs the second 5 weeks of the season. Register for Buddy Soccer for the first 4 weeks of the season and enjoy a full 9 weeks of Saturday fun!

Location
TBA

Day/Time	Dates	Fee	Code
Sat, 12:00–1:00pm	10/22–11/19	R $63/NR $126	421011-1

Transportation: Movers & Makers to Splishin' & Splashin'

Time	Fee	Trans code
11:30am–12:00pm	R $10/NR $20	421011-51

Saturday Swimmers (Ages 13–22)

Start your Saturday afternoon at the pool! Each week you'll get to enjoy some recreational swim time while socializing with friends. **Note:** This program runs the second 5 weeks of the season. Register for Buddy Soccer for the first 4 weeks of the season and enjoy a full 9 weeks of Saturday fun!

Location
TBA

Day/Time	Dates	Fee	Code
Sat, 12:00–1:00pm	10/22–11/19	R $63/NR $126	421013-1

Transportation: Saturday Swimmers to Project Kindness

Time	Fee	Trans code
1:00–1:30pm	R $10/NR $20	421013-51

Project Kindness (Ages 13–22)

A little kindness can go a long way, and Project Kindness is all about giving back and paying it forward. Work on different projects each week to benefit others in need and your community.

Location
Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Sat, 1:30–2:30pm	9/24–11/19	R $90/NR $180	421014-1

Late start

In-Person Youth & Teen Special Events

Parent's Night Out (Ages 6–12)

Spend some Fridays with M-NASR at Parent's Night Out! Start each night off with a sack dinner from home. After you feast, you'll play games, participate in arts and crafts and get active during a dance party. As the night comes to an end, you'll watch a movie to wind down.

Location
Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 9/16	5:30–8:00pm	R $21/NR $42	421007-1
Fri, 12/2	5:30–8:00pm	R $21/NR $42	421007-3

Paint, Party & Shop (Ages 13–22)

Add some excitement to your Saturday evening by painting, socializing and shopping with friends. Start at Paint N Party, where you'll create a unique ceramic masterpiece. Then take a stroll around the mall. Will you stick with window shopping or buy something that catches your eye? **Note:** Bring money for shopping.

Location
Lincolnwood Town Center

Day/Date	Time	Fee	Code
Sat, 9/24	6:00–7:30pm	R $26/NR $52	421050-1

Trans fee	Trans code
R $2/NR $4	421050-51

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

In-Person Youth & Teen Special Events

Teen Night In (Ages 13–22)

Spend some Fridays with M-NASR this season cooking up something good in the kitchen! After you eat your culinary creation, get involved creatively with arts and crafts, strategize a win during board and card games and end the night with a movie.

Location
Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 9/30	5:30–8:00pm	R $24/NR $48	421008-1
Fri, 11/4	5:30–8:00pm	R $24/NR $48	421008-2
Fri, 12/9	5:30–8:00pm	R $24/NR $48	421008-3

Legoland (Ages 6–12)

Take a trip and surround yourself with millions of LEGO bricks! Explore the ultimate indoor LEGO playground with unique attractions and activities for all to enjoy at LEGOLAND in Schaumburg.

Location
Legoland, Schaumbug

Day/Date	Time	Fee	Code
Sun, 10/16	1:00–3:00pm	R $54/NR $108	421051-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	12:00/4:00pm
MEHS	12:15/3:45pm

MGPD Halloween Family Fun (Ages 6–12)

Put on your costume and come to Prairie View Park for the Morton Grove Park District's Halloween celebration! They'll have a Trunk or Treat, hayride, inflatables, food to purchase and each child gets to take home a pumpkin. Join in for some spooky fun. Children must be accompanied by an adult.

Location
Prairie View Community Center, Morton Grove

MORTON GROVE PARK DISTRICT

Day/Date	Time	Fee	Code
Sat, 10/22	2:30–4:00pm	R $5/NR $5	421052-1

Tiny Trick-Or-Treat (Ages 3–5)

Looking for a structured environment to try trick-or-treating? Put on your costume and join us for trick-or-treating around the M-NASR office! After you've gathered your candy, take a seat to make a spooky craft, followed by a few Halloween-themed motor games.

Location
Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Wed, 10/26	1:15–2:45pm	R $17/NR $34	421053-1

DPPD Trunk-Or-Treat (Ages 6–12)

Join your friends for some trick-or-treating at the Des Plaines Park District's Trunk-or-Treat! M-NASR staff will help you navigate your way through this candy-filled event while you spend time with peers and work on social skills. Costumes are encouranged but not required. Don't forget to bring a bag to collect your candy!

Des Plaines Park District

Location
Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sat, 10/29	1:45–3:00pm	R $9/NR $18	421054-1

Friendsgiving (Ages 13–22)

Feast with friends and learn what it means to be thankful at this year's Friendsgiving! Make Thanksgiving themed snacks and participate in crafts and games with friends.

Location
Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Wed, 11/9	5:00–6:30pm	R $17/NR $34	421055-1

Splash Time Social (Ages 3–5)

Grab a swimsuit, make a splash and explore all the benefits water play has to offer. This parent-child event offers an opportunity to build connections with other parents and peers.

Location
Centennial Fitness Center Pool, Park Ridge

Day/Date	Time	Fee	Code
Sat, 11/19	2:15–3:15pm	R $16/NR $32	421056-1

In-Person Youth & Teen Special Events

Jungle Fun Playroom (Ages 3–5)

Climb, slide and play at the jungle fun room. This play room offers children a multi-level climbing structure with bridges, enclosed slides, padded mats and ramps and swings!

Location
LoVerde Sports and Rec Center, Niles

Day/Date	Time	Fee	Code
Wed, 12/7	3:30–5:00pm	R $19/NR $38	421058-1

Wibit Swim Night (Ages 6–12)

Head over to Prairie Lakes Aquatic Center for Wibit Night! Wibit transforms an ordinary pool into an extraordinary water adventure with special inflatables. This fun-filled night will include swimming, games and plenty of Wibit action. **Note:** Must have high risk waiver on file.

Location
Prairie Lakes Aquatic Center, Des Plaines

Day/Date	Time	Fee	Code
Fri, 12/16	6:00–7:30pm	R $16/NR $32	421057-1

Trans fee	Trans code
R $2/NR $4	421057-51

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

Gift Givers (Ages 6–12)

Join your friends for a morning of shopping. Visit Dollar Tree where you'll pick out gifts for friends and family. Then head back to the program facility where you'll learn to wrap your gifts just in time for the holidays. **Note:** Money for shopping is included in the program fee.

Location
Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Sat, 12/17	10:00–11:45am	R $30/NR $60	421059-1

All Wrapped Up (Ages 13–22)

Head over to Target where you'll practice money management by purchasing gifts for family and friends. Then work on fine motor skills by learning to wrap your gifts and write cards just in time for the holidays. **Note:** Money for shopping is included in the program fee.

Location
Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Sat, 12/17	1:15–3:15pm	R $37/NR $74	421060-1

WINTER BREAK CAMP 2022

Choose one or both weeks of winter break fun!

Register for 1 or 2 weeks of winter break camp. Participants will have 1-2 field trip days each week. During week 1 the youth group will take a trip to the Emily Oaks Nature Center, while teens teens cook up something good in the kitchen. Week 2 we'll all take a trip to the pool for a splashing good time on Wednesday, and strike it up at the bowling alley on Friday! In-house activities will include arts and crafts, active games and sensory exploration.

Week 1 – Tue, Dec 27–Thu, Dec 29

Day/Date	Time	Location	Fee	Code
Tue, Dec 27–Thu, Dec 28	9:00am–3:00pm	Des Plaines Leisure Center (Youth) National Park, Morton Grove (Teens)	R $150/NR $300	422001-1 Youth (ages 6–12) 422001-2 Teen (ages 13–22)

Week 2 – Tue, Jan 3–Fri, Jan 6

Day/Date	Time	Location	Fee	Code
Tue, Jan 3–Fri, Jan 6	9:00am–3:00pm	Des Plaines Leisure Center (Youth) National Park, Morton Grove (Teens)	R $200/NR $400	422002-1 Youth (ages 6–12) 422002-2 Teen (ages 13–22)

AWID Programs & Events

Fall 2022 Program Week At-A-Glance | Sept 12–Nov 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	**Bingo** 4:00–4:30pm	**Wildcats Workout** 11:00–11:30am	**Walking Club** 4:30–5:30pm Feldman Park	**Sensory Strides** 10:00am–12:45pm Des Plaines Leisure Center	**All Star Competitive Bowling** 10:00–11:00am River Rand Bowl
Tee Time Golf 6:00–7:00pm Golf Center of Des Plaines	**Creative Corner** 5:00–6:00pm Oakton Community Center	**Afternoon Bowling** 2:00–3:00pm River Rand Bowl	**Sensory Strides** 4:30–7:15pm Des Plaines Leisure Center	**Friday Dance Party/Super Sketchers** 4:00–4:30pm	**Recreational Bowling** 11:30am–12:30pm River Rand Bowl
Wildcats Basketball Skills 6:00–7:00pm Lincoln Middle School	**Wildcats Basketball** 6:30–8:00pm Various locations	**Sensory Strides** 4:30–7:15pm Des Plaines Leisure Center	**Chair One Fitness** 6:00–7:00pm Dee Park	**Movie Critics/Town Travelers** 5:30–7:30pm M-NASR office/ Various locations	**Water Aerobics** 1:00–2:00pm Prairie Lakes Aquatic Center
Healthy Hearts 6:00–7:00pm Weber Center		**Zumba™** 5:30–6:30pm Oakton Community Center			
= Virtual program or event = Private 1:1 sessions; see page 8 for more details. = Bonus Session available Nov 28–Dec 18			***Bonus Session only:* Super Sketchers** 11:00–11:30am	***Bonus Session only:* Wildcats Workout** 11:00–11:30am	***Bonus Session only:* Bonus Bowling** 10:30–11:30am River Rand Bowl

AWID Special Events

Event	Date	Time	Location
Go Cubs Go	Thu, 9/8	1:20–4:20pm	Wrigley Field
Movie Under the Moon	Sat, 9/10	7:00–9:00pm	Proesel Park
Magic Meadows Alpacas	Sat, 9/24	2:30–4:30pm	Magic Meadows Alpacas
SRA Homecoming Dance	Fri, 9/30	7:00–9:30pm	York Township Building, Lombard
Paramount Theatre: Dreamgirls	Sun, 10/9	1:00–3:30pm	Paramount Theatre
M-NASR's Zombie Prom	Fri, 10/21	6:00–8:30pm	Feldman Park
Pickleball & Dinner	Sat, 11/12	3:30–5:30pm	Prairie Lakes Community Center
Chili Cook-In	Wed, 11/16	4:30–5:30pm	Zoom
Holidays Around the World	Wed, 11/30	7:00–8:00pm	Zoom
Holiday Lights Bus Tour	Sat, 12/10	6:30–8:00pm	M-NASR office
Taste Buds Cooking Experience	Sun, 12/18	1:30–3:30pm	Taste Buds Kitchen

Virtual AWID Programs & Events

Virtual Ongoing Programs

Bingo

Get ready to play 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	9/13–11/15	R $26/NR $39	423004-1

Wildcats Workout

Join your friends for a virtual workout. Burn some calories and get your body moving. Two options are available to meet your scheduling needs. You can sign up for one or both of these dates and times. This program is designed for all levels and no equipment will be needed. **Note:** No program 10/5

Day/Time	Dates	Fee	Code
Wed, 11:00-11:30am	9/14–11/16	R $18/NR $27	423007-1

Bonus Session!	**Dates**	**Fee**	**Code**
Wed, 11:00-11:30am	11/30–12/14	R $6/NR $9	423021-1
Fri, 11:00-11:30am	12/2–12/16	R $6/NR $9	423023-1

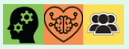
Friday Dance Party

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

Day/Time	Dates	Fee	Code
Fri, 4:00–4:30pm	9/16, 9/30, 10/14, 11/4	R $8/NR $12	423013-1

Register for both Friday Dance Party and Super Sketchers for 8 full weeks of Friday afternoon fun!

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
Fri, 4:00–4:30pm	9/23, 10/7, 10/28, 11/18	R $8/NR $12	423014-1

New day

Bonus Session!	**Dates**	**Fee**	**Code**
Thu, 4:00–4:30pm	11/30–12/14	R $6/NR $9	423022-1

Virtual Special Events

Chili Cook-In

Chop, sizzle and stir your way to a delicious meal. Experience this virtual cooking lesson as an observer or choose to cook along. This simple meal is easy to make and sure to warm up your belly on a fall afternoon.

Day/Date	Time	Fee	Code
Wed, 11/16	4:30–5:30pm	R $6/NR $9	423076-1

Holidays Around the World

Learn of festivities happening around the globe from the comfort of your home. Join the discussion as we explore the unique cultures and traditions of Europe, Africa and Asia.

Day/Date	Time	Fee	Code
Wed, 11/30	7:00–8:00pm	R $4/NR $6	423077-1

See page 8 for more programming!

- Sensory Strides one-on-one sessions
- M-NASR's 2022 Halloween Dance

In-Person AWID Programs

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 Foundation 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 9/26

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	9/12–10/10	R $30/NR $60	432002-1

Trans fee	Trans code
R $8/NR $16	423002-51

Pick-up/Drop-off location
M-NASR

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

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, December 5, 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.

Location
Lincoln Middle School, Park Ridge

Late start

Note
No program 11/21

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	10/17–12/5	R $60/NR $120	423001-1

Trans fee	Trans code
R $16/NR $32	423001-51

Pick-up/Drop-off location
M-NASR

Pick-up/Drop-off times
5:30/7:25pm

Special Olympics Illinois

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. Wear fitness attire and gym shoes. Bring a water bottle.

Location
Weber Fitness Center, Skokie

Late start

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	10/17–11/14	R $37/NR $74	423003-1
Bonus Session! Mon, 6:00–7:00	11/28–12/12	R $22/NR $44	423020-1

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	9/13–11/15	R $125/NR $250	423005-1

New day

In-Person AWID Programs

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 ITRS and Special Olympics tournaments. The Special Olympics tournament will be held in January 22, 2023. The ITRS tournament will be held on February 12, 2023. A schedule of pick up and drop off points will be provided after all registrations are received.

Location
Various

Special season

Day/Time	Dates	Fee	Code
Tue, 6:30–8:00pm	10/25–2/7	R $225/NR $450	423006-1

Trans fee	Trans code	Options for transportation
R $30/NR $60	423006-51	M-NASR/MEHS

Note
No program 11/22, 12/20, 12/27

Special Olympics Illinois

Afternoon Bowling

Beginners through advanced bowlers are welcome in this midweek recreational bowling program. 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
River Rand Bowl, Des Plaines

Note
No program 10/5

Day/Time	Dates	Fee	Code
Wed, 2:00–3:00	9/14–11/16	R $139/NR $278	423008-1

New location & time

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
Oakton Community Center, Skokie

Note
No program 10/5

Day/Time	Dates	Fee	Code
Wed, 5:30–6:30pm	9/14–11/16	R $142/NR $248	423009-1

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. Wear fitness attire and gym shoes. Bring a water bottle.

Location
Feldman Park, Niles

Day/Time	Dates	Fee	Code
Thu, 4:30–5:30pm	9/15–11/17	R $75/NR $150	423010-1

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	9/15–11/17	R $75/NR $150	423012-1

Kiwanis AKTION CLUB

M-NASR Aktion Club, established in partnership with the Park Ridge Kiwanis, 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.

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

In-Person AWID Programs

Movie Critics

Film lovers won't want to miss getting together every other Friday to enjoy a G, PG or PG-13 movie with friends. You will help us critique the movie and share your review. Don't forget to eat before the program and also sign up for Town Travelers on alternating Fridays.

Location
M-NASR office, Morton Grove

Day/Time	Dates	Fee	Code
Fri, 5:30–7:30pm	9/16, 10/7, 10/28	R $40/NR $80	423015-1

Register for Movie Critics and Town Travelers for six full weeks of Friday night fun!

Town Travelers

Start off the weekend by joining friends on the town. Activities will include a pizza dinner at D'Agostino's in Niles, the M-NASR Zombie Prom Halloween Dance and a game and craft night. A schedule of activities and transportation times will be sent out prior to the start of the season. Don't forget to sign up for Movie Critics on alternating Fridays!

Location	Options for transportation
Various	M-NASR office/MEHS

Day/Time	Dates	Fee	Code
Fri, 5:30–7:30pm	9/23, 10/21, 11/11	R $84/NR $168	423016-1

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 11/12

Day/Time	Dates	Fee	Code
Sat, 10:00–11:00am	9/17–11/19	R $139/NR $278	423017-1

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 11/12

Day/Time	Dates	Fee	Code
Sat, 11:30am–12:30pm	9/17–11/19	R $139/NR $278	423018-1

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
Prairie Lakes Aquatic Center, Des Plaines

Day/Time	Dates	Fee	Code
Sat, 1:00–2:00pm	9/17–11/19	R $100/NR $200	423019-1

Bonus Session: Bowling

Participate in one of M-NASR's favorite pastimes: bowling. See if you can be the next one to get a strike at our Bonus Bowling program. Participants are encouraged (but not required) to bring their own ball and shoes.

Location
River Rand Bowl, Des Plaines

Day/Time	Dates	Fee	Code
Sat, 10:30–11:30am	12/3–12/17	R $46/NR $92	423024-1

In-Person AWID Special Events

Go Cubs Go

Root, root, root for the Cubbies! Come on down to the friendly confines as the Cubs take on the Cincinnati Reds! In the words of Bert Wilson, "I don't care who wins, as long as it's the Cubs!"

Location
Wrigley Field

Day/Date	Time	Fee	Code
Thu, 9/8	1:20–4:20pm	R $72/NR $144	423070-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	11:05am/6:40pm
M-NASR	11:20am/7:00pm
MEHS	11:40am/6:40pm

Movie Under the Moon

Join M-NASR staff and friends for an outdoor screening of the classic movie Willy Wonka and the Chocolate Factory. Come enjoy stars on the big screen while sitting under the stars in the sky. Pack up a blanket or lawn chair, your favorite snacks and some bug spray for a night to remember.

Location
Proesel Park, Lincolnwood

Day/Date	Time	Fee	Code
Sat, 9/10	7:00–9:00pm	R $17/NR $34	423071-1

Trans fee	Trans code
R $2/NR $4	423071-51

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	6:15/9:50pm
MEHS	6:35/9:30pm

Magic Meadows Alpacas

Who hums when they're happy, has silky strong wool and wears the best hair-do? Alpacas! Head out to Magic Meadows to meet the softest animals and take a tour of the farm then enjoy some ice cream in town.

Location
Magic Meadows Alpacas, Wonder Lake, IL

Day/Date	Time	Fee	Code
Sat, 9/24	2:30–4:30pm	R $36/NR $72	423072-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	12:15/6:10pm
M-NASR	12:30/5:55pm
MEHS	12:45/5:40pm

SRA Homecoming Dance

Dance till you drop! Join peers from M-NASR and other SRAs as we bring back the good old days with a homecoming dance. The dress code is formal and the highlight of the night will be crowning the king and queen!

Location
York Township Building, Lombard

Day/Date	Time	Fee	Code
Fri, 9/30	7:00–9:30pm	R $41/NR $82	423073-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	6:00/10:40pm
MEHS	6:20/10:20pm
M-NASR	6:40/10:00pm

Paramount Theatre: Dreamgirls

Move and groove to the sounds of Motown! Take a trip to Paramount Theatre to see the Dreamettes work to earn the spotlight in the musical nominated for 11 Tony Awards: Dreamgirls.

Location
Paramount Theatre, Aurora

Day/Date	Time	Fee	Code
Sun, 10/9	1:00–3:30pm	R $76/NR $152	423074-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	10:50am/4:35pm
M-NASR	11:05am/4:50pm
MEHS	11:20am/4:20pm

Pickleball & Dinner

Now is your chance to learn a popular, fast growing sport! Pickleball is a unique sport that combines elements of badminton, tennis and table tennis. Afterwards, you will refuel at McDonald's.

Location
Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sat, 11/12	3:30–5:30pm	R $26/NR $52	423075-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	2:35/6:00pm
MEHS	3:10/5:40pm
M-NASR	2:50/6:15pm

In-Person AWID Special Events

Holiday Lights Bus Tour

Hop on the bus and join us for a tour of our local communities holiday light hot spots! See the best of the best homes in our area and rank your favorites. Then warm up with a stop for hot cocoa and cookies!

Location
M-NASR office, Morton Grove

Day/Date	Time	Fee	Code
Sat, 12/10	6:30–8:00pm	R $14/NR $28	423078-1

Trans fee	Trans code
R $2/NR $4	423078-51

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	5:50/8:15pm
MEHS	6:15/8:40pm

Taste Buds Cooking Experience

Put on your chef hat and meet us in the kitchen. We will team up with real chefs to learn how to make a tasty Thai meal. No experience necessary, just come hungry and ready to learn and have fun. The menu will feature dairy and gluten free ingredients.

Location
Taste Buds Kitchen, Bannockburn

Day/Date	Time	Fee	Code
Sun, 12/18	1:30–3:30pm	R $115/NR $230	423079-1

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Center	12:15/4:40pm
M-NASR	12:35/4:20pm
MEHS	12:55/4:00pm

PI/VI Programs & Events

Fall 2022 Program Week At-A-Glance | Sept 12–Nov 20

Monday	Tuesday	Wednesday	Thursday	Friday
Crossword Club 10:00–11:00am	**Chair Yoga** 11:30am–12:15pm Feldman Park	**K9 Companions** 1:00–2:00pm Oakton Community Center	**Chair One Fitness** 11:00–11:30am	**Sensory Strides** 10:00am–12:45pm Des Plaines Leisure Center
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center		**Sensory Strides** 4:30–7:15pm Des Plaines Leisure Center	**Boccia Blend** 2:00–3:30pm Prairie Lakes Community Center	**Incredi-bowl Strikes** 1:30–2:30pm Classic Bowl
Fitness Funatics 1:00–2:00pm Feldman Park		**Out on the Town** 5:30–7:30pm Various locations	**Sensory Strides** 4:30–7:15pm Des Plaines Leisure Center	**Book Club** 5:00–6:00pm Maine Park Leisure Center
	Bonus Session only: **Boccia Blend** 3:00–4:30pm Prairie Lakes Community Center	***Bonus Session only:*** **Seize the Clay** 3:30–5:30pm Evanston Art Center	= Virtual program or event = Private 1:1 sessions; see page 8 for more details. = Bonus Session available Nov 28–Dec 18	

HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS

See page 7 for more information!

U.S. NAVY
U.S. MARINES
U.S. AIR FORCE
U.S. ARMY

HEALTHY MINDS BODIES
VETERANS • FITNESS TRAINING • NETWORKING

PI/VI Special Events

Event	Date	Time	Location
Goebbert's Farm	Tue, 9/20	11:00am–2:00pm	Goebbert's Farm
Cubs vs. Reds	Sun, 10/2	1:20–4:20pm	Wrigley Field
Adaptive Cycling	Thu, 10/13	10:00am–12:00pm	Busse Woods
M-NASR's Zombie Prom	Fri, 10/21	6:00–8:30pm	Feldman Park
Tasting & Trivia	Mon, 10/24	6:30–8:30pm	Une Année Brewery, Niles
Escape Room	Wed, 11/2	5:00–5:30pm	Zoom
Adaptive Pickleball	Sat, 11/12	1:30–2:30pm	Prairie Lakes Community Center
Brookfield Zoo Lights	Wed, 11/30	4:00–7:00pm	Brookfield Zoo
Decades Trivia	Wed, 12/7	5:00–5:30pm	Zoom

Virtual PI/VI Programs & Events

Virtual Ongoing Programs

Crossword Club

Calling all crossword kings and queens! 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 9/26.

Day/Time	Dates	Fee	Code
Mon, 10:00–11:00am	9/12–11/14	R $36/NR $54	424001-1
Bonus Session!	**Dates**	**Fee**	**Code**
Mon, 10:00–11:00am	11/28–12/12	R $12/NR $18	424011-1

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. This class is open to all ability levels.

Day/Time	Dates	Fee	Code
Thu, 11:00–11:30am	9/15–11/17	R $20/NR $30	424007-1
Bonus Session!	**Dates**	**Fee**	**Code**
Thu, 11:00–11:30am	12/1–12/15	R $6/NR $9	424014-1

Virtual Special Events

Escape Room

Challenge yourself once again to escape a virtual world. You and your friends will work together to solve the puzzle and come out on the other side!

Day/Date	Time	Fee	Code
Wed, 11/2	5:00–5:30pm	R $2/NR $3	424064-1

Decades Trivia

Test your knowledge from back in the day as you complete three sets of trivia questions related to the 70s, 80s and 90s. Each era will get their time to shine! Share your knowledge with your peers as you compete to see who knows each decade the best.

Day/Time	Time	Fee	Code
Wed, 12/7	5:00–5:30pm	R $2/NR $3	424067-1

In-Person 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 rates.

Location
Feldman Park, Niles

Note
No program 9/26

Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	9/12–11/14	R $80/NR $160	424002-1

Trans fee	Trans code
R $72/NR N/A	424002-50

Chair Yoga

Improve your flexibility, reduce your anxiety and learn how to adapt traditional yoga poses with the use of a chair. You will be shown how to accomplish these things from a Certified Chair Yoga instructor.

Location
Feldman Park, Niles

Note
No program 9/20

Day/Time	Dates	Fee	Code
Tue, 11:30am–12:15pm	9/13–11/15	R $114/NR $228	424003-1

Trans fee	Trans code
R $72/NR N/A	424003-50

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. Due to popularity, participants can only choose one session.

Location
Oakton Community Center, Skokie

Day/Time	Session 1 Dates	Fee	Code
Wed, 1:00–2:00pm	9/21, 10/19, 11/2	R $31/NR $62	424005-1

Trans fee	Trans code
R $24/NR N/A	424005-50

Day/Time	Session 2 Dates	Fee	Code
Wed, 1:00–2:00pm	9/28, 10/26, 11/9	R $31/NR $62	424005-2

Trans fee	Trans code
R $24/NR N/A	424005-51

Out on the Town

Join your peers as we spend three nights out in M-NASR member district communities. You will spend a night out at a restaurant tuning into a baseball game, a night in playing games, and finally a night painting with a special instructor.

Location
Various

Day/Time	Dates	Fee	Code
Wed, 5:30–7:30pm	9/14, 10/12, 11/16	R $79/NR $158	424006-1

Trans fee	Trans code
R $24/NR N/A	424006-50

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. **Note:** No program 10/13 due to Adaptive Cycling Special Event.

Location
Prairie Lakes Community Center, Des Plaines

Note
No program 10/13

Day/Time	Dates	Fee	Code
Thu, 2:00–3:30pm	9/15–11/17	R $104/NR $208	424008-1

Trans fee	Trans code
R $72/NR N/A	424008-50

In-Person PI/VI Programs & Events

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
Classic Bowl, Morton Grove

Note
No program 10/21

Day/Time	Dates	Fee	Code
Fri, 1:30–2:30pm	9/16–11/18	R $139/NR $279	424009-1

Trans fee	Trans code
R $72/NR N/A	424009-50

Bonus session!	Dates	Fee	Code
Fri, 1:30–2:30pm	12/2–12/16	R $47/NR $93	424015-1

Trans fee	Trans code
R $24/NR N/A	424015-50

Book Club

Attention book worms! Dive into a new novel and discuss your opinions with other participants. As a group you will pick out a book of interest. Each meeting you will be responsible for reading the agreed upon material beforehand to come ready to discuss what you read! Challenge your thinking as you have thoughtful conversations with your peers.

Location
Maine Park Leisure Center, Park Ridge

Day/Time	Dates	Fee	Code
Fri, 5:00–6:00pm	9/16, 9/30, 10/14, 10/28, 11/11	R $78/NR $155	424010-1

See page 8 for more programming!

- Sensory Strides one-on-one sessions
- M-NASR's 2022 Halloween Dance

More Bonus Session programs!

Seize the Clay

Join us at the Evanston Art Center as you complete two weeks of ceramics activities. Build up your artistic ability as you learn how to create your masterpiece and finish it off with the glaze of your choosing! Each week you can create a new project and finish it the following week.

Location
Evanston Art Center

Day/Time	Dates	Fee	Code
Wed, 5:30–7:30pm	11/30, 12/7	R $97/NR $193	424012-1

Trans fee	Trans code
R $16/NR N/A	424012-50

Boccia Blend

For 3 weeks only this bonus season, 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	11/29–12/13	R $34/NR $68	424013-1

Trans fee	Trans code
R $24/NR N/A	424013-50

In-Person PI/VI Special Events

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

Goebbert's Farm

Come fall into autumn with M-NASR as we take a trip to Goebbert's Farm. Shop in the farmers market for locally sourced fall items and produce, find your way through the accessible corn maze or pick out pumpkins to bring home. Goebbbert's also has over 50 different animals, some which you can pet and feed, including giraffes! **Note:** Bring money for snacks and souvenirs.

Location
Goebbert's Farm, South Barrington

Day/Date	Time	Fee	Code
Tue, 9/20	11:00–2:00pm	R $63/NR $118	424060-1

Cubs vs. Reds

Take me out to the ball game! Join your peers as M-NASR attends the Cubs vs. Reds game. Enjoy all the traditions of a baseball game as we root for the Cubs!

Location
Wrigley Field

Day/Date	Time	Fee	Code
Sun, 10/2	1:20–4:20pm	R $139/NR $270	424061-1

Adaptive Cycling

Join Adaptive Adventures as you travel to a local forest preserve for a chance to try out adapted cycling. Adapted equipment for all abilities will be provided to ensure everyone is successful! **Note:** Must have high risk waiver on file.

Location
Busse Woods, Rolling Meadows

Day/Date	Time	Fee	Code
Thu, 10/13	10:00am–12:00pm	R $43/NR $78	424062-1

Tasting & Trivia

Travel to Une Année Brewery for a chance to expand your taste palate and your mind. You will have the chance to taste a variety of beverages from the brewery while also competing in Trivia Night! Must be 21 or older; please bring state ID.

Location
Une Année Brewery, Niles

Day/Date	Time	Fee	Code
Mon, 10/24	6:30–8:30pm	R $25/NR $50	424063-1

Trans fee	Trans code
R $8/NR N/A	424063-50

Adaptive 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
Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sat, 11/12	1:30–2:30pm	R $14/NR $28	424065-1

Trans fee	Trans code
R $8/NR N/A	424065-50

Brookfield Zoo Lights

Explore the magic of the season! Take a stroll through the Brookfield Zoo as you take in all the lights that decorate the park, especially in the 600-foot-long "Tunnel of Lights." Holiday Magic® features over two million twinkling LED lights.

Location
Brookfield Zoo

Day/Date	Time	Fee	Code
Wed, 11/30	4:00–7:00pm	R $75/NR $141	424066-1

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.

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.

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.

Wellness Policy

In addition to our COVID-19 guidelines outlined on page 28, 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.

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.

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.

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.

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.

COVID-19 Policy & Guidelines

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

Covid-19 diagnosis, symptoms and exposure. If an individual is diagnosed with Covid-19, proof of clearance from a medical professional is required. If an individual is experiencing covid symptoms, they should stay home and seek medical guidance. If an individual has had close contact to someone with Covid-19, please contact M-NASR before attending programs.

Face masks. Face masks are not currently required in M-NASR programs or on our transportation services. However, as we continue to follow the CDC and IDPH guidelines and recommendations we reserve the right to incorporate additional precautions during our programs and transportation services if deemed necessary. Staff are recommended, but not required, to wear face masks while providing personal care such as feeding, toileting or changing, or while assisting participants requiring hand over hand assistance or close proximity supervision. Face masks will continue to be required for the following:

- For participants or staff per the CDC guidelines if individual had exposure to someone with Covid-19
- At locations that require face masks

Safety precautions. M-NASR will continue to implement the following:

- Promoting physical distance when possible
- Limiting sharing of supplies and equipment when possible
- Providing hand sanitizer
- Additional cleaning and sanitizing of equipment and supplies

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.

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.

M-NASR Program Registration Form

Please download and print. Or register online by clicking here.

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: _____

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)

☐ Cash

☐ Credit card on file. Last four digits: _____

☐ 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: _____

M-NASR Program Registration Form

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 are 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. I understand that it is my responsibility to ensure there is adequate space for my 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.

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. 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 Program Locations

Centennial Fitness Center
1515 W. Touhy Ave.
Park Ridge, IL 60068 | 847-529-5129

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

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

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

Devonshire Cultural Center
4400 Greenwood Ave.
Skokie, IL 60076 | 847-965-1200

Evanston Art Center
1717 Central St.
Evanston, IL 60201 | 847-475-5300

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

Lincolnwood Community Center
4170 Morse Ave.
Lincolnwood, IL 60712 | 847-677-9740

LoVerde Sports & Recreation Center
7847 N. Caldwell Ave.
Niles, IL 60714 | 847-583-2750

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

Oakton Community Center/Skokie Exploritorium
4701 Oakton St.
Skokie, IL 60076 | 847-674-1500

Oasis Recreation Center
7877 N. 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

Proesel Park
6915 N. Kostner Ave.
Lincolnwood, IL 60712 | 847-673-1540

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 | 847-692-3556

Weber Leisure Center
9300 Weber Park Place
Skokie, IL 60076 | 847-674-1500

Tis the season...for M-NASR's annual holiday raffle

Win a $1,000 Visa gift card this holiday season!

All proceeds will benefit M-NASR's programs.

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