

See inside cover for registration and program dates >>>

SUMMER 2024

PROGRAM GUIDE



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



Dive into summer with M-NASR!

Dear Participants, Families and Friends,

Welcome to summer! It's time for outdoor sports, pool time, day camp and enjoying the weather. M-NASR staff are looking forward to enjoying the season with you. Whether it's your first summer with M-NASR or your 50th summer, we know there's something in this brochure for you.

One of everyone's favorite activities, the annual End-of-Summer Party (hosted by the Liponi Foundation), is back again on August 15 with our "Sunset Stampede." A new tradition is back for the second year: the Liponi Foundation's Night at the Chicago Dogs. Please consider attending this event on July 20 with your friends and family. See the back cover for more details.

Enjoy the summer and enjoy M-NASR programs!


Regards,

Trisha Breitlow
Executive Director

— “ —
Whether it's your first summer with M-NASR or your 50th summer, we know there's something in this brochure for you.

— ” —

Important Dates Summer 2024

April 29	Priority resident registration starts
May 10	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
May 17	Registration ends
June 10	Programs begin
August 11	Programs end
August 15	End-of-Summer Party 

Fall 2024

August 5	Priority resident registration starts
August 16	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
August 23	Registration ends
Sept 9	Programs begin
Nov 17	Programs end
Dec 2-22	Bonus session

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About M-NASR

OUR MISSION

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

OUR VALUES

Positivity · Inclusivity · Empowerment · Community · Excellence · Safety

2024 BOARD OF DIRECTORS

Jeff Wait, President, Morton Grove Park District

Karen Hawk, Vice President, Village of Lincolnwood Parks and Recreation

Joe Weber, Treasurer, Des Plaines Park District

Tom Elenz, Niles Park District

John Jekot, Golf Maine Park District

Gayle Mountcastle, Park Ridge Park District

Michelle Tuft, Skokie Park District

ADMINISTRATIVE STAFF

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

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

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

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

Lara Kuechel, Administrative Office Assistant/Receptionist
lkuechel@mnasr.org | ext 3010

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

Keli Stonitsch, Human Resources Manager
kstonitsch@mnasr.org | ext 3016

Barb Woods, CPA, Accounting Manager
bwoods@mnasr.org | ext 3022

2024 BOARD MEETING DATES

Tuesday, February 27

Tuesday, April 23

Tuesday, June 25

Tuesday, August 27

Tuesday, October 22

Tuesday, December 17

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

RECREATION STAFF

Lindsey Anderson, CTRS, Support Staff Coordinator
landerson@mnasr.org | ext 3018

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

Nicole Derrig, CTRS, CPRP, Program Manager
nderrig@mnasr.org | ext 3023

Taylor Gonio, CTRS, Recreation Specialist
tgonio@mnasr.org | ext 3014

Rob Hentschel, Recreation Specialist
rhentschel@mnasr.org | ext 3026

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

Jessie Silva, CTRS, Inclusion Manager
jsilva@mnasr.org | ext 3013

Nicole Witt, CTRS, Inclusion Coordinator
nwitt@mnasr.org | ext 3021

How to reach us



By email

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



By phone at 847-966-5522

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



In person

6820 W. Dempster Street
Morton Grove, IL 60053



On the web

mnasr.org

Program Information

Program Areas and Acronyms

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

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

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

R, NR: Resident, Non-Resident

Transportation

The bus symbol above a program description indicates that transportation is available. Times may be adjusted depending on registrations received. Participants will be contacted one week prior to the start of the program to confirm transportation times and locations. See page 24 for more information.

Pick-up/Drop-off locations:

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

Feldman Park – 8800 W. Kathy Ln., Niles

Weber Leisure Center – 9300 Weber Park Pl., Skokie

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.

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.

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.

Summer registration dates

Priority resident registration begins: 4/29

Non-resident registration begins: 5/10

Registration ends: 5/17

2 ways to register

1 Register Online

To register, **click here**. Please call 847-966-5522 for online registration login information if you do not have it. M-NASR accepts Visa, MasterCard and Discover cards.



2

Print and Send or Drop Off

If you prefer not to register online, a Registration Form can be found on page 25 and can be submitted in one of the following ways:

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

Registration Deadline

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

ePACT Participant Emergency Information

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

Payment

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

Financial aid may be available for those who qualify and who complete a current year's Financial Aid Application, along with a print registration form, by the program registration deadline. M-NASR's Financial Aid Application form and full guidelines can be found 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.

Inclusion Services

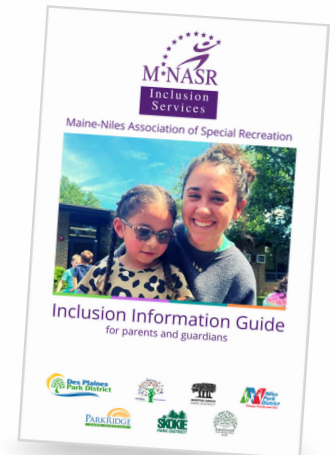


Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in recreation programs. M-NASR works cooperatively with park districts to provide training and education to staff, as well as resources and reasonable accommodations to include individuals 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 the back page of this brochure.



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



Meet Jessie!

Jessica Silva, CTRS
jsilva@mnasr.org
Jessie is M-NASR's Inclusion Manager. She keeps all the plates spinning when it comes to arranging Inclusion Services for participants in our seven member districts. We've come to realize that Jessie is a woman of many extraordinary talents, including DJ, photographer and cookie baker!



Meet Nicole!

Nicole Witt, CTRS
nwitt@mnasr.org
Nicole is M-NASR's Inclusion Coordinator. She loves hearing about what participants are up to and cheering on their accomplishments. She never misses an opportunity to crack jokes at programs and enjoys sharing pictures of her dog, Simba.

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.

Location: Sensory Room, Des Plaines Leisure Center

Day	Time	Dates	Fees	Code	
Monday	10:00-10:45am	6/10-8/5	R \$141/NR \$282	347001-1	
	11:00-11:45am			347001-2	
	12:00-12:45pm			347001-3	
Wednesday	4:30-5:15pm	6/12-7/31	R \$126/NR \$252	347002-1	
	5:30-6:15pm			347002-2	
	6:30-7:15pm			347002-3	
Thursday	4:30-5:15pm	6/13-8/8	R \$110/NR \$220	347003-1	
	5:30-6:15pm			Note: No program 7/4, 7/18	347003-2
	6:30-7:15pm			347003-3	
Friday	10:00-10:45am	6/14-8/9	R \$126/NR \$252	347004-1	
	11:00-11:45am			Note: No program 7/5	347004-2
	12:00-12:45pm			347004-3	

SUNSET STAMPEDE

★ End-of-Summer Party ★

Howdy partner! Saddle up to M-NASR's Summer Stampede to wind down the summer season! Join us for this annual celebration full of food, games and fun.

Day/Date: Thursday, August 15

Time: 5:00-7:30pm

Location: Harrer Park, Morton Grove

Fee: None

Code: [345052-1](#)

Please note: This will not be a staffed event. Family members who wish to attend must register in advance.



Register by June 14 to guarantee a t-shirt!

Sponsored by the Liponi Foundation
for Special Recreation

Mark your calendar
for November 9

M-NASR BINGO NIGHT

M-NASR's NEW fall
fundraising event

Support M-NASR's mission
with every dab!

When: Sat, Nov 9, 2024 6:30pm


Where: Oakton Community Center,
Skokie

Join us for a night of bingo, fun and fundraising. More information will follow in mid-August!

If you'd like to be a sponsor, contact Trisha Breitlow at tbreitlow@mnasr.org

Youth & Teen Programs

Summer 2024 Program Week At-A-Glance | June 10–Aug 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sensory Strides (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center</p>	<p>Sensory Play (Ages 3–5) 10:00–11:00am Des Plaines Leisure Center</p> <p>Sensory Art (Ages 3–5) 11:15am–12:15pm Des Plaines Leisure Center</p> <p>Teen Swim (Ages 13–22) 6:00–7:30pm Oasis Water Park</p>	<p>Sensory Strides (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center</p> <p>Buddy Baseball (Ages 6–12) 5:15–6:15pm Hinkley Park</p>	<p>Sensory Strides (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center</p>	<p>Sensory Strides (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center</p> <p>Young Adult Social Club (Ages 13–22) 6:00–8:00pm Various locations</p> <p> = Private 1:1 sessions See page 8 for more details</p>	<p>Movers & Makers (Ages 6–12) 10:00–11:30am Prairie View Community Center</p> <p>Lunch & Transportation (Ages 6–12) 11:30am–12:30pm From Prairie View Community Center to Centennial Aquatic Center</p> <p>Splishin' & Splashin' (Ages 6–12) 12:30–1:30pm Centennial Aquatic Center</p> <p>Saturday Spark (Ages 13–22) 3:00–4:30pm Prairie View Community Center</p>
<p>M-NASR's 2024 Summer Day Camp may have limited availability!</p> <p>Click here to view the summer camp brochure Contact M-NASR for more information.</p>					

Youth & Teen Special Events – Summer 2024

Event	Age Range	Date	Time	Location
Summer Kickoff – Youth	6–12	Wed, 6/19	9:00am–3:00pm	Des Plaines Leisure Center
Summer Kickoff – Teen	13–22	Wed, 6/19	9:00am–3:00pm	Cumberland Terrace Park
Chicago Dogs Baseball	13–22	Sat, 6/22	5:30–8:45pm	Impact Field, Rosemont
Kohl Children's Museum	6–12	Sun, 6/23	10:30am–12:00pm	Kohl Children's Museum, Glenview
Pool Party	6–12	Sat, 7/13	3:45–5:45pm	Mystic Waters
Happy Splashers	3–5	Sat, 8/3	11:00am–12:00pm	Harrer Pool
Centennial Beach	13–22	Sun, 8/4	2:00–4:00pm	Centennial Beach, Naperville
M-NASR End-of-Summer Party	3–22	Thu, 8/15	5:00–7:30pm	Harrer Park

See page 7 for details! 

Youth & Teen Programs

Sensory Play (Ages 3–5)



The sensory room is a great space to explore and learn in a calming environment. Spend this time in an open play format with peers. Benefits of our sensory room may include: improved mood, decreased anxiety and enhanced socialization and interpersonal interactions.

Location

Sensory Room, Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Tue, 10:00–11:00am	6/11–8/6	R \$70/NR \$140	<u>341001-1</u>

Sensory Art (Ages 3–5)



Get in touch with your senses! Each week you'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, 11:15am–12:15pm	6/11–8/6	R \$97/NR \$194	<u>341002-1</u>

Teen Swim (Ages 13–22)



Spend your Tuesday nights at the pool! Enjoy some recreational swimtime while socializing with friends each week.

Location

Oasis Water Park, Niles

Day/Time	Dates	Fee	Code
Tue, 6:00–7:30pm	6/11–8/6	R \$150/NR \$300	<u>341003-1</u>

Young Adult Social Club (Ages 13–22)



Kickstart your weekend with a venture out into the community. Each time we meet, the group will be heading into town for unique activities such as eating at a restaurant, playing games at one of our member districts or enjoying an evening at a local park. A schedule of events and exact times will be provided once all registrations are received.

Location

Various locations

Day/Time	Dates	Fee	Code
Fri, 6:00–8:00pm	6/28, 7/12, 7/26, 8/9	R \$130/NR \$260	<u>341005-1</u>

Buddy Baseball – a M-NASR summer tradition!

Players (Ages 6–12)



At Buddy Baseball you'll throw, catch and bat your way towards becoming an accomplished player! Work alongside peers and staff to learn proper technique. Your self-esteem, teamwork skills and sportsmanship will be out of the park in no time!

Note: Players must provide their own baseball mitt. Players are encouraged to provide their own Buddy, but it is not required to participate. Buddies must complete a M-NASR registration form by May 24 at no additional cost.

Location

Field #1, Hinkley Park, Park Ridge

Day/Time	Dates	Fee	Code
Wed, 5:15–6:15pm	6/12–8/7	R \$70/NR \$140	<u>341004-1</u>

Volunteer Buddies

M-NASR is looking for positive, enthusiastic volunteers ("Buddies") to assist our athletes in this non-competitive baseball program. Buddies will assist with basic baseball skills, including catching, throwing, batting and fielding, along with helping our athletes to develop their positive social skills, teamwork and sportsmanship! All baseball abilities are welcomed. Make this a summer you won't forget and root, root, root for our M-NASR players!

Note: There is no fee for Buddies and all Buddies must register through M-NASR by May 24.

Location

Field #1, Hinkley Park, Park Ridge

Day/Time	Dates	Fee	Code
Wed, 5:15–6:15pm	6/12–8/7	n/a	<u>341004-2</u>



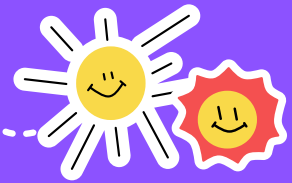
Meet Rob!

Rob Hentschel
rhentschel@mnasr.org
Rob is our 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

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

Day/Time	Dates	Fee	Code
Sat, 10:00–11:30am	6/15–8/10	R \$124/NR \$248	<u>341006-1</u>



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.

Day/Time	Dates	Fee	Code
Sat, 11:30am–12:30pm	6/15–8/10	R \$88/NR \$176	<u>341007-1</u>



Splishin' & 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. Swimming will be held outside, weather permitting. 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

Day/Time	Dates	Fee	Code
Sat, 12:30–1:30pm	6/15–8/10	R \$115/NR \$230	<u>341008-1</u>



Saturday Spark (Ages 13–22)

Liven up your weekends this summer by spending your Saturday afternoons with your M-NASR friends! This program will keep your creativity sharp during the summer months. You'll be working together to make crafts, play active games and explore our world through simple science experiments.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Sat, 3:00–4:30pm	6/15–8/10	R \$124/NR \$248	<u>341009-1</u>



M-NASR Summer Day Camp may have limited availability!



Click [here](#) to see the 2024 camp brochure
Contact M-NASR for more details.

Youth & Teen Special Events

Summer Kickoff (Ages 6–12, 13–22)



Join your peers in a day of play! Listen to music, try out new games, enjoy a picnic lunch at the park, spend some time in the sun and make a new friend or two.

Location

Des Plaines Leisure Center (ages 6–12)
Cumberland Terrace Park, Des Plaines (ages 13–22)

Day/Date	Time	Fee	Code
Wed, 6/19	9:00am–3:00pm	R \$50/NR \$100	<u>341050-1</u> (ages 6–12) <u>341050-2</u> (ages 13–22)

Pool Party (Ages 6–12)



Grab your friends and join us for an afternoon of swimming to beat the heat. Swim in the pool, go down the water slides and float down the lazy river.

Location

Mystic Waters, Des Plaines

Day/Date	Time	Fee	Code
Sat, 7/13	3:45–5:45pm	R \$34/NR \$68	<u>341053-1</u>

Pick-up/Drop-off Location	Pick-up/Drop-off Times
M-NASR Feldman Park	2:55/6:35pm 3:15/6:15pm

Chicago Dogs Baseball



(Ages 13–22)

It's time to play ball! Catching a baseball game is the perfect summer activity. Join us as we cheer on the Chicago Dogs baseball team! This is a cashless venue so if you wish to purchase additional food or souvenirs please plan accordingly.

Location

Impact Field, Rosemont



Day/Date	Time	Fee	Code
Sat, 6/22	5:30–8:45pm	R \$65/NR \$130	<u>341054-1</u>

Pick-up/Drop-off Location	Pick-up/Drop-off Times
M-NASR Weber Leisure Center	5:00/9:15pm 4:40/9:35pm

Happy Splashers (Ages 3–5)



You'll have a splashing good time cooling off from the summer heat! We'll meet at the splash pad at Harrer Pool where they have a tot pool with zero depth entry and a spray pad area.

Location

Harrer Pool, Morton Grove

Day/Date	Time	Fee	Code
Sat, 8/3	11:00am–12:00pm	R \$13/NR \$26	<u>341052-1</u>

Centennial Beach (Ages 13–22)



Summer is not over just yet! Let's take one more trip to the beach before the school year starts. You'll be heading to Naperville to swim at Centennial Beach. Bring extra money if you wish to purchase snacks.

Location

Centennial Beach, Naperville

Day/Date	Time	Fee	Code
Sun, 8/4	2:00–4:00pm	R \$36/NR \$72	<u>341055-1</u>

Pick-up/Drop-off Location	Pick-up/Drop-off Times
M-NASR Weber Leisure Center	12:40/5:20pm 1:00/5:00pm

Kohl Children's Museum (Ages 6–12)



Get ready to explore the power of play as we head to the Kohl Children Museum! You will explore the 17 different interactive, hands-on exhibits they have to offer. Be ready to explore and learn!

Location

Kohl Children's Museum, Glenview

Day/Date	Time	Fee	Code
Sun, 6/23	10:30am–12:00pm	R \$39/NR \$78	<u>341051-1</u>

Pick-up/Drop-off Location	Pick-up/Drop-off Times
M-NASR Weber Leisure Center	9:40am/12:40pm 10:00am/12:20pm

**KOHL CHILDREN'S
MUSEUM**

THE PLACE WHERE AWESOME LIVES

AWID Programs & Events

Summer 2024 Program Week At-A-Glance | June 10–Aug 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center</p>	<p>Bingo 4:00–4:30pm</p>	<p>Wildcats Workout 11:00–11:30am</p>	<p>Trivia 11:00–11:30am</p>	<p>Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center</p>	<p>All Star Competitive Bowling 10:00–11:00am River Rand Bowl</p>
<p>Crossword Club 10:00–11:00am</p>	<p>Creative Corner 5:00–6:00pm 6:15–7:15pm Oakton Community Center</p>	<p>K9 Companions 12:30–1:30pm Oakton Community Center</p>	<p>Sensory Strides 4:30–7:15pm Des Plaines Leisure Center</p>	<p>Friday Dance Party 4:00–4:30pm</p>	<p>Recreational Bowling 11:30am–12:30pm River Rand Bowl</p>
<p>Water Wellness 1:00–2:00pm Centennial Fitness Center</p>	<p>Wildcats Volleyball 6:30–8:00pm Various locations</p>	<p>Sensory Strides 4:30–7:15pm Des Plaines Leisure Center</p>	<p>Pickleball 3:15–4:45 Prairie Lakes Community Center</p>	<p>Town Travelers 6:00–7:30pm Various locations</p>	<p>Bowling Bonanza 12:00–1:00pm Bowlero</p>
<p>Monday Night Bowling 4:30–5:30pm Bowlero</p>	<p>Legend = Virtual program or event</p>	<p>Bocce Skills 5:00–6:00pm Proesel Park Family Aquatic Center</p>	<p>Happy Feet 5:00–6:00pm Golf Mill Park</p>	<p>See page 22 for a full listing of virtual programs for adults ages 18 & older</p>	<p>Water Aerobics 1:00–2:00pm Prairie Lakes Aquatic Center</p>
<p>Wildcats Golf 4:45–5:45pm Golf Center of Des Plaines</p>	<p>Legend = Private 1:1 sessions See page 8 for more details</p>	<p>Zumba™ 5:15–6:15pm South Park</p>	<p>Aktion Club 5:00–6:30pm M-NASR office</p>		<p>Saturday Social Club 5:30–7:00pm Various locations</p>
<p>Tee Time Golf 6:00–7:00pm Golf Center of Des Plaines</p>			<p>Picnic & Games 5:30–7:00pm Lorel Park</p>		

AWID Special Events – Summer 2024

Event	Date	Time	Location
Pickleball Clinic	Sat, 6/15	3:00–4:30pm	Harrer Park
Concert in the Park	Tue, 6/18	7:00–8:30pm	Harrer Park
Nice News	Wed, 6/19	7:00–7:30pm	Zoom
Fishing	Sat, 6/29	3:00–4:30pm	Lake Park Golf Course
Super Sketchers	Wed, 7/10	7:00–7:30pm	Zoom
Kane County Cougars	Fri, 7/12	6:00–9:00pm	Northwestern Medicine Field, Geneva
S'more Fun with Friends	Sat, 7/20	5:00–8:00pm	Camp Reinberg, Palatine
Paint and Party	Sat, 8/3	5:00–6:30pm	Paint N Party, Lincolnwood
Special Olympics Bowling Tournament	Sat, 8/10	9:00am–4:00pm	Stardust Bowl, Addison
Jellystone Park “Glamping” Trip	Thu, 8/22–Sun, 8/25	1:30pm–2:00pm	Jellystone Park, Caledonia, WI
M-NASR End-of-Summer Party	Thu, 8/15	5:00–7:30pm	Harrer Park

See page 7 for details!



AWID Programs

Water Wellness



Come cool off this summer and float with us in a leisure-style pool program. Floating can reduce stress and boost happiness! Program begins and ends on the pool deck; please plan to dress and dry off independently before and after program.

Location

Centennial Fitness Center, Park Ridge

Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	6/10–8/5	R \$93/NR \$186	<u>343001-1</u>

Trans fee	Trans code
R \$18/NR \$36	<u>343001-51</u>

Pick-up/Drop-off location	Pick-up/Drop-off times
M-NASR	12:00/3:10pm
Feldman Park	12:20/2:30pm
Weber Leisure Center	11:40am/2:50pm

M-NASR Golf Programs



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.

If you are interested in participating in Special Olympics Golf, please register for Wildcats Golf. If you are a leisure golfer, please join us for Tee Time Golf. **Note:** For Wildcats Golf, 27 hole score cards are due by 5/21. Tournament fees are included in the program fee. Competition dates are: Unified: 6/24, 3-6-9 Hole: 7/22, Skills: 7/31.

Location

Golf Center of Des Plaines

Wildcats Golf



Day/Time	Dates	Fee	Code
Mon, 4:45–5:45pm	6/10–8/5	R \$99/NR \$198	<u>343002-1</u>

Trans fee	Trans code
R \$18/NR \$36	<u>343002-51</u>



Pick-up/Drop-off location	Pick-up/Drop-off times
M-NASR	4:00/6:30pm
Feldman Park	4:20/6:10pm

Tee Time Golf

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	6/10–8/5	R \$71/NR \$142	<u>343002-2</u>

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

Day/Time	Dates	Fee	Code
Mon, 4:30–5:30pm	6/10–8/5	R \$152/NR \$304	<u>343003-1</u>

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	6/11–8/6	R \$130/NR \$260	<u>343004-1</u>
Tue, 6:15–7:15pm	6/11–8/6	R \$130/NR \$260	<u>343004-2</u>



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 has been playing sled hockey for the Chicago Hornets Sled Hockey Team since 2004!

AWID Programs

Wildcats Volleyball



Break out your athletic attire, lace up your gym shoes and join your M-NASR friends on the volleyball court. Your coaches will train you on how to bump, set, spike and serve. After practicing and scrimmaging, we will participate in the TR Section and Special Olympics competitions. The SO Tournament is TBD and the TR Tournament will be on 10/6. The last day of practice is 10/1. A schedule of pick up/drop off times will be provided after all registrations are received.

Note: A Special Olympics Medical Form must be completed and turned into the office by Friday, June 14.

Location
Various



Day/Time	Dates	Fee	Code
Tue, 5:00–6:00pm	8/6–10/1	R \$196/NR \$393	<u>343005-1</u>

Trans fee	Trans code
R \$24/NR \$48	<u>343005-51</u> Special season!

Pick-up/Drop-off location options
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	6/19, 7/3, 7/17, 7/31	R \$38/NR \$76	<u>343006-1</u>

Bocce Skills



Join your peers as we learn the skills of Bocce. We will teach basic rules, technique and strategy. The friendly competition will be on as you try to get your ball closest to the pallino!

Note: Please meet at the pergola outside the Aquatic Center.

Location
Proesel Park Family Aquatic Center, Lincolnwood

Day/Time	Dates	Fee	Code
Wed, 5:00–6:00pm	6/12–7/31	R \$63/NR \$126	<u>343007-1</u>

Trans fee	Trans code
R \$16/NR \$32	<u>343007-51</u>

Pick-up/Drop-off locations
M-NASR
Feldman Park

Pick-up/Drop-off times
4:10/6:50pm
4:30/6:30pm

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
South Park, Park Ridge

Note: No program 6/26, 8/7

Day/Time	Dates	Fee	Code
Wed, 5:00–6:00pm	6/12–7/31	R \$71/NR \$142	<u>343008-1</u>

Pickleball



Pickleball is a fast growing sport! It combines many elements of tennis, badminton and ping-pong. Come learn how to play and get your workout in for the day. **Note:** This program runs alongside our PI/VI section of Adaptive Pickleball and we may team up for more exhilarating matches.

Location
Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Thu, 3:15–4:45pm	6/20, 7/11, 7/25, 8/8	R \$47/NR \$94	<u>343018-1</u>

Happy Feet



It's time to get outside and enjoy all the benefits walking has on your health. This program is designed to improve your mood, burn calories, strengthen your heart and boost your energy. Come join us and you're sure to have some "Happy Feet!"

Location
Golf Mill Park, Niles

Note
No program 7/4, 7/18

Day/Time	Dates	Fee	Code
Thu, 5:00–6:00pm	6/3–8/8	R \$55/NR \$110	<u>343010-1</u>

Picnic & Games



The sun is out so let's celebrate! Come spend some of your free time with M-NASR. Start the evening by sitting down to have a picnic and socializing with your peers. Please bring your own dinner and a blanket or lawn chair for your comfort. After dinner, enjoy some good old-fashioned outdoor games.

Location
Lorel Park, Skokie

Day/Time	Dates	Fee	Code
Thu, 5:30–7:00pm	6/20, 7/11, 7/25, 8/8	R \$47/NR \$94	<u>343009-1</u>

Trans fee	Trans code
R \$8/NR \$16	<u>343009-51</u>

Pick-up/Drop-off locations
M-NASR
Feldman Park

Pick-up/Drop-off times
5:00/7:40pm
4:40/7:20pm

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 times will be provided once all registrations are received.

Location Various
Options for transportation M-NASR/Feldman Park/Weber Leisure Center

Day/Time Fri, 6:00–7:30pm
Section #1
Dates 6/14, 7/12, 8/2
Fee R \$84/NR \$168
Code 343011-1

Day/Time Fri, 6:00–7:30pm
Section #2
Dates 6/21, 7/19, 8/9
Fee R \$84/NR \$168
Code 343012-1

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 River Rand Bowl, Des Plaines

Day/Time Sat, 10:00–11:00am
Dates 6/15–8/10
Fee R \$152/NR \$304
Code 343013-1

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 River Rand Bowl, Des Plaines

Day/Time Sat, 11:30am–12:30pm
Dates 6/15–8/10
Fee R \$152/NR \$304
Code 343015-1

Bowling Bonanza

Come have a ball as you bowl with peers. 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 **New time!**

Day/Time Sat, 12:00–1:00pm
Dates 6/15–8/10
Fee R \$152/NR \$304
Code 343014-1

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 Sat, 1:00–2:00pm
Dates 6/15–8/10
Fee R \$93/NR \$186
Code 343016-1

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 times will be provided once all registrations are received.

Location Various
Options for transportation M-NASR/Feldman Park/Weber Leisure Center

Day/Time Sat, 5:30–7:00pm
Dates 6/22, 7/20, 8/10
Fee R \$84/NR \$168
Code 343017-1



AWID Special Events

Pickleball Clinic



Pickleball is a fast growing sport! It combines many elements of tennis, badminton and ping-pong. Find out how this fun sport can be adapted to fit your abilities at this one-day clinic that will cover the fundamentals.

Location

Harrer Park, Morton Grove

Day/Date	Time	Fee	Code
Sat, 6/15	3:00–4:30pm	R \$12/NR \$24	<u>343050-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>343050-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	2:10/5:10pm
Weber Leisure Center	2:30/4:50pm

Concert in the Park



Take a trip back to the 80's with local Chicago band the Mix Tape Junkies! You'll get to hear all your favorite 80's pop rock hits from Billy Joel, the Cars and Elvis Costello. Don't forget to bring a blanket or lawn chair to sit on and snacks if desired.

Location

Harrer Park, Morton Grove

Day/Date	Time	Fee	Code
Tue, 6/18	7:00–8:30pm	R \$12/NR \$24	<u>343051-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>343051-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	6:15/9:05pm
Weber Leisure Center	6:35/8:45pm

Fishing



Enjoy an afternoon out by the water! Fishing is a fun and relaxing way to spend a summer afternoon. You will learn the basics of fishing including: setting the hook, how to cast and more.

Location

Lake Park Golf Course, Des Plaines

Day/Date	Time	Fee	Code
Sat, 6/29	3:00–4:30pm	R \$16/NR \$32	<u>343052-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>343052-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	2:10/5:30pm
Feldman Park	2:30/4:50pm
Weber Leisure Center	1:50/5:10pm

Kane County Cougars



Batter up! Enjoy a summer night baseball game with friends while you cheer on the Kane County Cougars. After the game you'll also catch a fireworks show. Ticket includes admission and \$10 for concessions. Please bring money for additional food and souvenirs.

Location

Northwestern Medicine Field, Geneva

Day/Date	Time	Fee	Code
Fri, 7/12	6:00–9:00pm	R \$51/NR \$102	<u>343053-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber Leisure Center	3:55/10:50pm
M-NASR	4:05/10:30pm
Feldman Park	4:25/10:10pm



S'more Fun with Friends



Embark on an adventure in the great outdoors with an evening of camping, without the discomfort of sleeping outside overnight. Take in your surroundings on a sunset hike, and afterward, gather around the campfire for a sing-along. Don't pass up the opportunity to craft a delicious s'more!

Location

Camp Reinberg, Palatine

Day/Date	Time	Fee	Code
Sat, 7/20	5:00–8:00pm	R \$32/NR \$64	<u>343054-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	4:20/9:00pm
Feldman Park	4:40/8:20pm
Weber Leisure Center	4:00/8:40pm

Paint & Party



Elevate your weekend plans with this exhilarating blend of painting, socializing and shopping with friends. Unleash your creativity at Paint N Party as you craft your own unique ceramic masterpiece, then embark on a leisurely stroll around the mall. The choice is all yours to make this one unforgettable evening.

Location

Paint N Party, Lincolnwood

Day/Date	Time	Fee	Code
Sat, 8/3	5:00–6:30pm	R \$25/NR \$50	<u>343055-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>343055-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	4:10/7:35pm
Feldman Park	3:50/7:15pm
Weber Leisure Center	4:30/6:55pm

AWID Special Events

Special Olympics Bowling Tournament



The 2024 Special Olympics District Bowling Tournament is back! You will compete against the Region's top bowlers for a chance to make it to the Sectional Tournament. Each athlete will be able to compete in one of these events: individual, doubles or teams.

You must be registered in a current M-NASR bowling program or provide 12 documented game scores from 2024 to participate in this program. To compete in this event, you must also have a current Special Olympics Athlete Medical and Consent form on file no later than July 3, 2024. Transportation times will be available as the date approaches.

Location

Stardust Bowl, Addison

Day/Date	Time	Fee	Code
Sat, 8/10	9:00am-4:00pm	R \$46/NR \$92	<u>343057-1</u>

Pick-up/Drop-off location options

M-NASR
Feldman Park
Weber Leisure Center



Special Olympics
Illinois

Jellystone Park "Glamping" Trip



Pack your bags for the glamping event of the season! M-NASR adults are heading to Caledonia, Wisconsin, to enjoy the comforts of cabin camping at Jellystone Park! Campers will enjoy beach visits, campfire-cooked meals, a waterpark, mini golf, a high ropes course and much more! Some activities will require pre-signed waivers and the trip attendees must have independent self-help skills and a current state-issued ID is required to attend.

Location




Jellystone Park, Caledonia, WI

Day/Date	Time	Fee	Code
Thu, 8/22-	1:30pm-2:00pm	R \$737/NR \$1,474	<u>343058-1</u>
Sun, 8/25			



PI/VI Programs & Events

Summer 2024 Program Week At-A-Glance | June 10–Aug 11

Monday	Tuesday	Wednesday	Thursday	Friday	
Crossword Club 10:00–11:00am	Competitive Boccia 3:00–4:30pm Dee Park	Wildcats Workout 11:00–11:30am	Trivia 11:00–11:30am	Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	<p>HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS</p> <p>See page 20 for more information!</p>  <p>HEALTHY MINDS HEALTHY BODIES: VETERANS • FITNESS TRAINING • NETWORKING</p>
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Bingo 4:00–4:30pm	K9 Companions 12:30–1:30pm Oakton Community Center	Recreational Boccia 2:30–4:00pm Weber Leisure Center	Incredi-bowl Strikes 1:00–2:30pm Classic Bowl	
Fitness Funatics 1:00–2:00pm Feldman Park	 = Virtual program or event	Canvas & Clay 1:00–2:00pm Feldman Park	Adaptive Pickleball 3:15–4:45pm Prairie Lakes Community Center	Friday Dance Party 4:00–4:30pm	
Restaurant Hoppers 5:00–6:30pm Various locations	See page 22 for a full listing of virtual programs for adults ages 18 & older	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 8 for more details	

PI/VI Special Events – Summer 2024

Event	Date	Time	Location
Brookfield Zoo	Wed, 6/12	11:00am–2:00pm	Brookfield Zoo
GLASA Boccia Tournament	Sat, 6/15	9:00am–5:00pm	Lake Forest High School
Nice News	Wed, 6/19	7:00–7:30pm	Zoom
Abilities Expo	Sat, 6/22	12:00–3:00pm	Renaissance Convention Center, Schaumburg
Cubs Game	Sun, 6/30	12:45–4:15pm	American Family Field, Milwaukee
Super Sketchers	Wed, 7/10	7:00–7:30pm	Zoom
Cookout & Games	Sat, 7/13	5:00–7:00pm	Lorel Park
Car Show	Mon, 7/22	6:00–7:30pm	Old Orchard
Field Museum	Sat, 7/27	12:00–3:00pm	Field Museum
M-NASR End-of-Summer Party	Thu, 8/15	5:00–7:30pm	Harrer Park

See page 7 for details! 

PI/VI Programs

Fitness Funatics



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

Location

Feldman Park, Niles

Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	6/10–8/5	R \$71/NR \$142	<u>344001-1</u>
Trans fee	Trans code		
R \$72/NR N/A	<u>344001-50</u>		

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 entree. We will start at Taqueria Los Comales week one and decide on our next two locations as a group! Pickup times may vary week to week based on the restaurant. If you do not sign up for transportation, please meet at the new location each week.

Location

Various

Day/Time	Dates	Fee	Code
Mon, 5:00–6:30pm	6/17, 7/8, 8/5	R \$125/NR \$250	<u>344002-1</u>
Trans fee	Trans code		
R \$24/NR N/A	<u>344002-50</u>		

Competitive Boccia



M-NASR is ready to get back at it, working on strategy, technique, focus and teamwork! Become the best athlete you can be with drills to help you nail down your moves, activities to test you physically and mentally and Paralympic-style games each week! Athletes interested in learning about the sport of boccia or who are interested in our competitive program, but do not have previous boccia experience, should sign up for the recreational program or contact Taylor Gonio first.

Location

Dee Park, Des Plaines

Day/Time	Dates	Fee	Code
Tue, 3:00–4:30pm	6/11–8/6	R \$108/NR \$216	<u>344003-1</u>
Trans fee	Trans code		
R \$72/NR N/A	<u>344003-50</u>		

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	6/19, 7/3, 7/17, 7/31	R \$38/NR \$76	<u>344004-1</u>
Trans fee	Trans code		
R \$32/NR N/A	<u>344004-50</u>		

Canvas & Clay

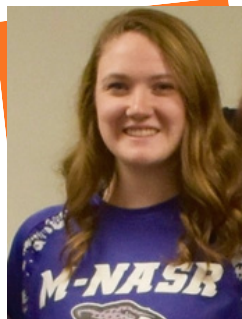


Let your inner artist take hold as you spend five weeks exploring different art mediums. From painting to working with clay, you are sure to have a great time creating new masterpieces with your peers.

Location

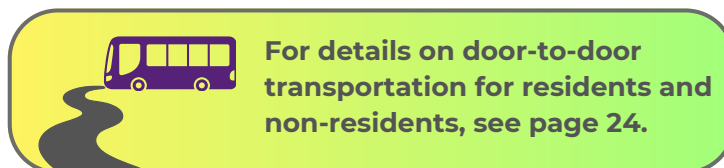
Feldman Park, Niles

Day/Time	Dates	Fee	Code
Wed, 1:00–2:00pm	6/26, 7/10, 7/24, 8/7	R \$55/NR \$110	<u>344005-1</u>
Trans fee	Trans code		
R \$32/NR N/A	<u>344005-50</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.



PI/VI Programs

Recreational Boccia

Boccia is an exciting sport that offers something for everyone! Each week you'll learn rules and practice new skills needed to be successful in this unique game. You'll play boccia matches while socializing with friends in a lively yet relaxed atmosphere. Develop strategy, focus and control while increasing your confidence and having a whole lot of fun along the way!

Athletes interested in learning about the sport of boccia or who are interested in our competitive program, but do not have previous boccia experience, should sign up for the recreational program or contact Taylor Gonio first.

Location

Weber Leisure Center, Skokie

Day/Time	Dates	Fee	Code
Thu, 2:30–4:00pm	6/13, 6/27, 7/18, 8/1	R \$49/NR \$98	<u>344006-1</u>

Trans fee	Trans code
R \$32/NR N/A	<u>344006-50</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. **Note:** This program runs alongside our AWID section of Pickleball and we may team up for more exhilarating matches.

Location

Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Thu, 3:15–4:45pm	6/20, 7/11, 7/25, 8/8	R \$47/NR \$94	<u>344007-1</u>

Trans fee	Trans code
R \$32/NR N/A	<u>344007-50</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

Classic Bowl, Morton Grove

Note:

No program 7/5

Day/Time	Dates	Fee	Code
Fri, 1:00–2:30pm	6/14–8/9	R \$202/NR \$404	<u>344008-1</u>

Trans fee	Trans code
R \$64/NR N/A	<u>344008-50</u>

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.

PI/VI Special Events

Brookfield Zoo



Take a trip to the zoo to see some of your favorite animals and enjoy the lovely natural setting. Lunch will be included with the cost of program.

Location

Brookfield Zoo

Day/Date	Time	Fee	Code
Wed, 6/12	11:00am–2:00pm	R \$106/NR \$204	<u>344050-1</u>

GLASA Boccia Tournament



Bring your A game! GLASA will once again be hosting a bocchia tournament within the Great Lakes Games. If you have not competed in this tournament before, please speak with Taylor Gonio before signing up to ensure it is a good fit.

Location

Lake Forest High School

Day/Date	Time	Fee	Code
Sat, 6/15	9:00am–5:00pm	R \$138/NR \$268	<u>344003-2</u>

Abilities Expo

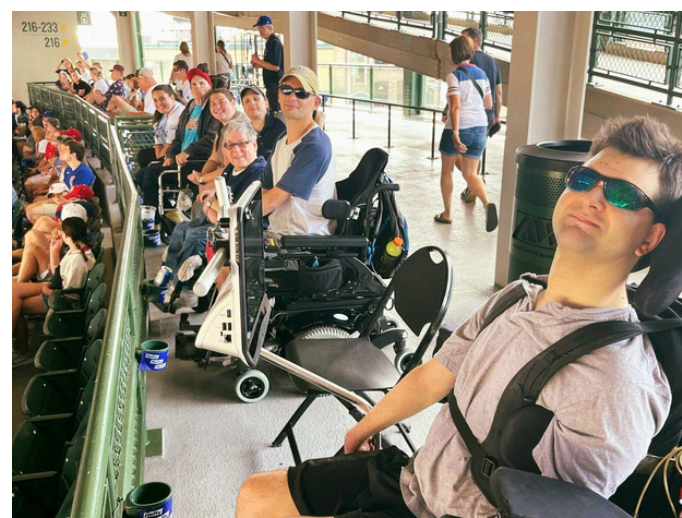


Explore all the new adaptive equipment that has been created as M-NASR takes a trip to the Abilities Expo. Light concessions are included in the price of program.

Location

Renaissance Convention Center, Schaumburg

Day/Date	Time	Fee	Code
Sat, 6/22	12:00–3:00pm	R \$54/NR \$100	<u>344051-1</u>



Cubs Game



Take me out to the ball game! Enjoy a day out with friends as you attend summer's favorite pastime, at American Family Field in Milwaukee. Enjoy all the traditions of a baseball game as we root for the Cubs! **Note:** Lunch and a soft drink are included in the price of program. Must bring a valid state ID to purchase alcohol.

Location

American Family Field, Milwaukee

Day/Date	Time	Fee	Code
Sun, 6/30	12:45–4:15pm	R \$177/NR \$346	<u>344052-1</u>

Cookout & Games



Enjoy a night with peers as you grill hot dogs and compete in a few friendly competition yard games at a local park.

Location

Lorel Park, Skokie

Day/Date	Time	Fee	Code
Sat, 7/13	5:00–7:00pm	R \$28/NR \$56	<u>344053-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>344053-50</u>

Car Show



Marvel at vehicles that are classic, vintage, antique and muscle cars/trucks 25 years or older at the car show outside Old Orchard Mall. **Note:** Bring a sack dinner or money to purchase food at the event.

Location

Old Orchard Mall, Skokie

Day/Date	Time	Fee	Code
Mon, 7/22	6:00–7:30pm	R \$12/NR \$24	<u>344054-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>344054-50</u>

Field Museum



Fuel your passion for discovery with dinosaurs, ancient objects, cultural insights and groundbreaking science on a trip to the Field Museum. **Note:** Lunch is included in the price of the program.

Location

Field Museum, Chicago

Day/Date	Time	Fee	Code
Sat, 7/27	12:00–3:00pm	R \$117/NR \$226	<u>344055-1</u>

Virtual Programs

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.

Day/Time	Dates	Fee	Code
Mon, 10:00-11:00am	6/10-8/5	R \$36/NR \$54	<u>345001-1</u>

Trivia



Put your knowledge to the test as you go head-to-head with your peers each week in a trivia battle. Topics of trivia will vary each week. **Note: No program 7/4**

Day/Time	Dates	Fee	Code
Thu, 11:00-11:30am	6/13-8/8	R \$16/NR \$24	<u>345004-1</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	6/11-8/6	R \$24/NR \$36	<u>345002-1</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	6/14, 6/28, 7/12, 7/26, 8/9	R \$10/NR \$15	<u>345005-1</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	6/12-8/7	R \$18/NR \$27	<u>345003-1</u>



Virtual Special Events

Nice News



Join our chat where we discuss all the good in the world. Bring a story to share about something nice you've done or something nice you've heard is happening in your community, Illinois or anywhere.

Day/Date	Time	Fee	Code
Wed, 6/19	7:00-7:30pm	R \$2/NR \$3	<u>345050-1</u>

Super Sketchers



Show off your drawing skills as you join M-NASR on Zoom for this one-time event.

Day/Date	Time	Fee	Code
Wed, 7/10	7:00-7:30pm	R \$2/NR \$3	<u>345051-1</u>

M-NASR General Policies & Information

M-NASR Code of Conduct Policy/Behavior

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

Participants and family members shall:

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

Discipline Policy

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

Participant Expectations

1. Clean, dry clothing.
2. No bowel/bladder problems upon arrival at the transportation location or program. If this is a concern, extra clean clothing, clean-up supplies and Depends™ garments or similar items must be sent with the participant.
3. Attention to body odor (should smell clean).
4. Clean hair, face, teeth, hands, nails, etc. (overall appearance should be clean).
5. Appropriate attire for program participation (i.e. tennis shoes, warmups or loose/comfortable fitting clothing for athletic/sports/exercise programs). If you have questions about the type of attire participants should wear for a particular program, please contact our office.
6. M-NASR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an 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: Fever or vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, "pink eye" (conjunctivitis) or discharge from eye, symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus, runny nose with yellow or green discharge, lice/mites present or fatigue due to illness that will hinder participation and enjoyment in the program.

Medical Assistance/Apparatus Needs

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

Dietary Restrictions

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

Americans with Disabilities Act (ADA)

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

Extreme Weather Policy

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

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

M-NASR General Policies & Information

Refund Policy

Refunds may be issued in the following circumstances:

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

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

Liability Information

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

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

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

Transportation

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

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

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

Errors and Adjustments

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

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



M-NASR Program Registration Form

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

Participant's name: _____ Race/ethnicity: _____

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

Street address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian name: _____ Email address: _____

Primary phone number: _____ Alternate phone number: _____

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

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

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

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

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

Payment Method

Check (Please make check payable to M-NASR)

Cash

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

Credit card on file. Last four digits: _____

Authorized signature: _____

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

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

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

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

Waiver and Release

IMPORTANT INFORMATION

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

WARNING OF RISK

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

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

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

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

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

You have four ways to return your form:

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



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

M-NASR 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 | 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



M-NASR Program Locations

Bowlero

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

Centennial Aquatic Center

100 S. Western Ave.
Park Ridge, IL 60068 | 847-692-5044

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

Cumberland Terrace Park

426 S. Warrington Rd.
Des Plaines, IL 60016 | 847-391-5700

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

Golf Mill Park

Church St. & Cumberland Ave.
Niles, IL 60714 | 847-967-6633

Harrer Park & Pool

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

Hinkley Park

25 Busse Hwy.
Park Ridge, IL 60068 | 847-692-5127

Lake Park Golf Course

1015 Howard Ave.
Des Plaines, IL 60018 | 847-391-5730

Lincoln Middle School

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

Lorel Park

8135 Lorel Ave.
Skokie, IL 60076 | 847-674-1500

Mystic Waters Family Aquatic Center

20265 Miner St.
Des Plaines, IL 60016 | 847-391-5740

Oakton Community Center/Skokie Exploritorium

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

Oasis Water Park

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 Family Aquatic Center

7055 N. Kostner Ave.
Lincolnwood, IL 60712 | 847-673-6870

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

**Join the Liponi Foundation
for their annual night of family
fun with the Chicago Dogs!**

**Saturday, July 20, 2024, 6:00pm
Impact Field, Rosemont**



You're invited to join the Liponi Foundation Board of Trustees and M-NASR friends for a lively night of baseball to raise funds for the Liponi Foundation for Special Recreation.

\$40 ticket price includes a Chicago Dogs hat and food and drinks on the Leinenkugel party deck. **Please note:** M-NASR will not be providing staff supervision at this event.

Scan the code below or click [here](#) to be contacted by the Chicago Dogs about securing tickets. For more information, contact Trisha Breitlow at tbreitlow@mnsr.org or 847-966-5522.



Scan Here!

Photo credit:
Chicago Dogs

Liponi Foundation 2024 Mini-Golf Fundraiser



**Support a worthy cause
Join us for mini-golf
Become a sponsor**

Date: Wednesday, August 7, 2024

Time: 5:30–8:30pm

Location: Skokie Sports Park, 3459 Oakton, Skokie

Cost: \$20 per person

Package includes: 18 holes of mini-golf,
one dinner ticket

To register:

1. Scan the code
2. Click [here](#) OR
3. Contact Trisha Breitlow at tbreitlow@mnsr.org

**RSVP by
July 31**



2024 Liponi Foundation Dinner Dance and Silent Auction

A heartfelt thank you to the following organizations for generously sponsoring our event.

BEVERAGE SPONSORS:



A generous grant from the
Accel Community Support Fund
at the Chicago Community Foundation

FRIEND OF LIPONI:

First American Bank

PRIME SPONSORS:

Advocate Health Care
Barrett Homes
Best Bus Sales
Fifth Third Bank
McGrath Acura of Morton Grove
Brad & Deana Tokarz
David Troiani

TABLE SPONSORS:

Des Plaines Park District	Niles Park District
Trustee John Liston	Trustee Dolores Stanton
Trustee Deborah Manno	Trustee Ron Stein
Trustees Mario & Fred Minelli	Trustee Dean Strzelecki
Morton Grove Park District	



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