

See inside cover for registration and program dates >>>

WINTER & SPRING

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



Double the seasons, double the fun!

Dear Participants, Families and Friends,

Winter is right around the corner, but M-NASR is also thinking ahead to warmer weather and spring! You may notice this brochure looks a little bit different, because we have combined both winter and spring programs into one brochure. We hope the ability to plan further ahead will be helpful for you.

Please note that you won't receive a separate spring brochure, so be sure to save this one. We will have a registration period for winter programs Nov 27–Dec 15 and spring programs Feb 26–Mar 15. See pages 4 and 5 for more details. M-NASR is continuing to offer both in person but also virtual programs—perfect for when weather can be uncooperative this time of year!

— “ —
The recreation team is excited to offer favorite programs, as well as several new ones.
— ” —

The recreation team is excited to offer favorite programs, as well as several new ones. The AWID group can try Introduction to Snowshoe on Mondays. For our youth and teens who are interested in getting together and making some delicious snacks, try Healthy Eaters on Tuesdays. For our PI/VI group, we are again offering Adaptive Pickleball on Thursdays. This program was very popular in the fall—we would love for those interested in this fun sport to come join the fun.

We are looking forward to having you with M-NASR this winter and spring!

Regards,

Trisha Breitlow
Executive Director

Important Dates



Winter 2024

Nov 27	Priority resident registration starts
Dec 8	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
Dec 15	Registration ends
Jan 8	Programs begin
Mar 17	Programs end
Mar 25–29	Spring break camp



Spring 2024

Feb 26	Priority resident registration starts
Mar 8	<ul style="list-style-type: none">• Lottery held if needed• Non-resident registration starts
Mar 15	Registration ends
April 1	Programs begin
May 12	Programs end

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About M-NASR

OUR MISSION

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

OUR VALUES

Positivity • Inclusivity • Empowerment • Community • Excellence • Safety

2023 BOARD OF DIRECTORS

Michelle Tuft, President, Skokie Park District

Jeff Wait, Vice President, Morton Grove Park District

Karen Hawk, Treasurer, Village of Lincolnwood Parks and Recreation

Tom Elenz, Niles Park District

John Jekot, Golf Maine Park District

Gayle Mountcastle, Park Ridge Park District

Joe Weber, Des Plaines Park District

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 [here](#).

ADMINISTRATIVE STAFF

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

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RECREATION STAFF

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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

Winter + Spring = Two M-NASR seasons in one brochure

Most ongoing programs are offered in both the winter and spring seasons. For those programs, you'll see two sets of dates, one for winter and one for spring, with the spring season highlighted in green.

Programs that are offered only in winter are identified by a snowflake symbol. Spring-only programs feature a flower symbol. **Registration for each season is separate.** See page 5 for more registration 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 32 for more information.

Pick-up/Drop-off locations:

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





Feldman Park – 8800 W. Kathy Ln., Niles

Weber Center – 9300 Weber Park Pl., Skokie

Program Goals

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

M-NASR Recreation Program Goals

Domain	 Mental/ Cognitive	 Physical	 Psychological	 Social
Potential Outcomes or Benefits	<ul style="list-style-type: none"> Increased emotional regulation Enhanced feelings of autonomy Greater sense of meaning Improved self-determination Increased optimism Increased feelings of balance and stability 	<ul style="list-style-type: none"> Increased mobility Improved strength Increased endurance Restored function Enhanced immune system Improved blood pressure Reduced tension More restful sleep Increased energy levels 	<ul style="list-style-type: none"> Increased ability to stay focused Improved memory Better concentration Developed goal-setting skills Ability to follow directions Enhanced problem-solving Decreased feelings of isolation and loneliness 	<ul style="list-style-type: none"> Improved communication skills Developed interpersonal skills Ability to demonstrate reciprocal relationship skills Increased social confidence

Program Eligibility

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

Registration Information

Resident Registration Process

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

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.

Winter registration dates ❄️

Priority resident registration: Nov 27-Dec 15, 2023

Non-resident registration: Dec 8-15, 2023

Spring registration dates 🌸

Priority resident registration: Feb 26-Mar 15, 2024

Non-resident registration: Mar 8-15, 2024

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 33 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.

M-NASR Program Locations

Bowlero

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

Centennial Fitness Center

1515 W. Touhy Ave.
Park Ridge, IL 60068 | 847-692-5129

Classic Bowl

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

Dee Park Recreation Center

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

Des Plaines Leisure Center

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

Feldman Park

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

Golf Center of Des Plaines

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

Golf View Recreation Center

7800 N. Caldwell Ave.
Niles, IL 60714 | 847-967-1529

Habetler Bowl

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

Harrer Park

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

Lincoln Middle School

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

Lincolnwood Community Center

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

Maine Park Leisure Center

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

National Park

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

Oakton Community Center/Skokie Exploritorium

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

National Park

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

Prairie Lakes Community Center/Aquatic Center

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

Prairie View Community Center/M-NASR

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

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

Wildwood Nature Center

529 Forestview Ave.
Park Ridge, IL 60068 | 847-692-3570

M-NASR 2024 RECOGNITION NIGHT

You are invited to join M-NASR at our annual Recognition Night! This year we are going to be at the Chateau Ritz, celebrating participants' achievements followed by dinner. We will end the night by showing off our dance moves! Doors open at 5:30pm, program will begin at 6:00pm. **Note:** This is not a staffed event; family and guests are invited to attend but pre-registration is required.

Day/Date	Time	Fee
Wed, April 24	5:30-8:30pm	R \$20/NR \$40
Location	Code	
Chateau Ritz, Niles	245051-1	



You're invited!

Inclusion Services

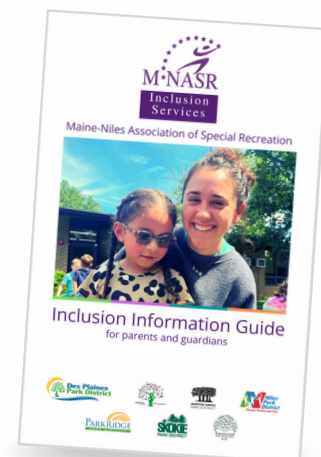


Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in recreation programs. M-NASR works cooperatively with park districts to provide training and education to staff, as well as resources and reasonable accommodations to include individuals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

Note: Due to popularity, participants may only register for one Winter session of Sensory Strides, either Winter I or Winter II.

Winter I	Day	Time	Dates	Fees	Code
	Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	1/8–2/5	R \$78/NR \$156	<u>147001-1</u> <u>147001-2</u> <u>147001-3</u>
	Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	1/10–2/7	R \$78/NR \$156	<u>147002-1</u> <u>147002-2</u> <u>147002-3</u>
	Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	1/11–2/8 Note: No program 1/25	R \$63/NR \$126	<u>147003-1</u> <u>147003-2</u> <u>147003-3</u>
	Friday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	1/12–2/9	R \$78/NR \$156	<u>147004-1</u> <u>147004-2</u> <u>147004-3</u>




Winter II	Day	Time	Dates	Fees	Code
	Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	2/12–3/11	R \$78/NR \$156	<u>147005-1</u> <u>147005-2</u> <u>147005-3</u>
	Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	2/14–3/13	R \$78/NR \$156	<u>147006-1</u> <u>147006-2</u> <u>147006-3</u>
	Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	2/15–3/14	R \$78/NR \$156	<u>147007-1</u> <u>147007-2</u> <u>147007-3</u>
	Friday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	2/16–3/15	R \$78/NR \$156	<u>147008-1</u> <u>147008-2</u> <u>147008-3</u>

Spring	Day	Time	Dates	Fees	Code
	Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	4/1–5/6	R \$94/NR \$188	<u>247001-1</u> <u>247001-2</u> <u>247001-3</u>
	Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	4/3–5/8 Note: No program 4/24	R \$78/NR \$156	<u>247002-1</u> <u>247002-2</u> <u>247002-3</u>
	Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	4/4–5/9	R \$94/NR \$188	<u>247003-1</u> <u>247003-2</u> <u>247003-3</u>
	Friday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	4/5–5/10	R \$94/NR \$188	<u>247004-1</u> <u>247004-2</u> <u>247004-3</u>



Youth & Teen Winter Programs

Winter 2024 Program Week At-A-Glance | Jan 8–March 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Sensory Art</u> (Ages 3–5) 10:00–11:00am Des Plaines Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>After School Strikes</u> (Ages 6–12, 13–22) 3:30–5:00pm Habetler Bowl	<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Movers & Makers</u> (Ages 6–12) 10:00–11:30am Prairie View Community Center
<u>Fitness & Fun</u> (Ages 13–22) 3:30–5:00pm Prairie Lakes Community Center	<u>Sensory Room Time</u> (Ages 3–5) 11:15am–12:15pm Des Plaines Leisure Center	<u>Sports Skills</u> (Ages 13–22) 4:00–5:00pm Golf View Recreation Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<div><div></div> = Private 1:1 sessions See page 8 for more details</div>	<u>Lunch & Transportation</u> (Ages 6–12) 11:30am–12:30pm From Prairie View Community Center to Centennial Aquatic Center
	<u>Healthy Eaters</u> (Ages 13–22) 5:30–6:30pm Oakton Community Center				<u>Splishin' & Splashin'</u> (Ages 6–12) 12:30–1:30pm Centennial Aquatic Center
<div><div></div><div><h2>SPRING BREAK CAMP 2024!</h2><p>(Ages 6–12, 13–22) March 25–29, 2024 9:00am–3:00pm Youth location: Des Plaines Leisure Center Teen location: National Park, Morton Grove</p></div></div>					

Youth & Teen Special Events – Winter 2024

Event	Age Range	Date	Time	Location
<u>New Year's Party</u>	6–12	Fri, 1/12	6:00–7:30pm	Prairie View Community Center
<u>Day Off School</u>	6–12, 13–22	Mon, 1/15	9:00am–3:00pm	South Park (6–12) Feldman Park (13–22)
<u>Dance Party</u>	3–5	Fri, 1/19	1:00–2:00pm	Lincolnwood Community Center
<u>Movie & Hot Cocoa Night</u>	6–12	Fri, 1/26	6:00–8:00pm	M-NASR office
<u>Everybody's Birthday Party</u>	13–22	Sat, 1/27	4:00–5:30pm	Prairie View Community Center
<u>Fast Food & Flicks</u>	13–22	Sat, 2/3	5:00–9:00pm	TBA
<u>Game Time Fun</u>	6–12	Sun, 2/18	1:00–2:30pm	M-NASR office
<u>School's Out</u>	6–12, 13–22	Fri, 3/1	9:00am–3:00pm	Des Plaines Leisure Center (6–12) Feldman Park (13–22)
<u>Bowling</u>	13–22	Sat, 3/9	3:00–4:00pm	Habetler Bowl
<u>St. Patrick's Day Party</u>	6–12	Fri, 3/15	6:00–7:30pm	Prairie View Community Center

Youth & Teen Spring Programs

Spring 2024 Program Week At-A-Glance | April 1–May 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Sensory Art</u> (Ages 3–5) 10:00–11:00am Des Plaines Leisure Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center	<u>After School Strikes</u> (Ages 6–12, 13–22) 3:30–5:00pm Habetler Bowl	<u>Sensory Strides</u> (Ages 3 & up) 10:00am–12:45pm Des Plaines Leisure Center	<u>Movers & Makers</u> (Ages 6–12) 10:00–11:30am Prairie View Community Center
<u>Fitness & Fun</u> (Ages 13–22) 3:30–5:00pm Prairie Lakes Community Center	<u>Sensory Room Time</u> (Ages 3–5) 11:15am–12:15pm Des Plaines Leisure Center	<u>Sports Skills</u> (Ages 13–22) 4:00–5:00pm Golf View Recreation Center	<u>Sensory Strides</u> (Ages 3 & up) 4:30–7:15pm Des Plaines Leisure Center		<u>Lunch & Transportation</u> (Ages 6–12) 11:30am–12:30pm From Prairie View Community Center to Centennial Aquatic Center
	<u>Healthy Eaters</u> (Ages 13–22) 5:30–6:30pm Oakton Community Center			 = Private 1:1 sessions See page 8 for more details	<u>Splishin' & Splashin'</u> (Ages 6–12) 12:30–1:30pm Centennial Aquatic Center
<div>  <div> <h3>SPRING BREAK CAMP 2024!</h3> <p>(Ages 6–12, 13–22) March 25–29, 2024 9:00am–3:00pm Youth location: Des Plaines Leisure Center Teen location: National Park, Morton Grove</p> <p>See page 14 for details.</p> </div> </div>					

Youth & Teen Special Events – Spring 2024

Event	Age Range	Date	Time	Location
<u>Spring Creations</u>	6–12	Fri, 4/5	5:00–6:30pm	Oakton Community Center
<u>Hot Wheels Racing</u>	3–5	Sat, 4/13	10:00–11:00am	Maine Park Leisure Center
<u>M-NASR Recognition Night</u>	3+	Wed, 4/24	5:30–8:30pm	Chateau Ritz, Niles
<u>Trip to Cosley Zoo</u>	6–12	Sun, 4/28	11:00am–1:30pm	Cosley Zoo, Wheaton
<u>Train Cruisers</u>	13–22	Sat, 5/4	10:45am–1:45pm	Various
<u>Teen Overnight</u>	13–22	Fri, 5/10–Sat 5/11	5:00pm–10:00am	Holiday Inn Express & Suites Chicago North Shore, Niles

*You're invited to join us for
M-NASR Recognition Night!*

Wed, April 24, 5:30–8:30pm | Chateau Ritz, Niles
 See page 6 for registration information



See page 8 for Sensory Strides one-on-one sessions!

Youth & Teen Programs Winter & Spring

Fitness & Fun (Ages 13–22)

Kick off your week with a workout. After school grab a light snack and then head straight to the gym. Benefits of exercise include stress reduction, calorie burn and increased endurance! You'll try different exercise methods and hopefully find what works to incorporate into your health routine.

Location

Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Mon, 3:30–5:00pm	1/8–3/11	R \$138/NR \$276	<u>141001-1</u>
	4/1–5/6	R \$83/NR \$166	<u>241001-1</u>

Trans fee Trans code

R \$20/NR \$40 141001-51

R \$12/NR \$24 241001-51

Pick-up/Drop-off Locations Pick-up/Drop-off Times

M-NASR

2:45/5:30pm

Feldman Park

3:00/5:20pm

Sensory Art (Ages 3–5)

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

Location

Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Tue, 10:00–11:00am	1/9–3/12	R \$109/NR \$218	<u>141003-1</u>
	4/2–5/7	R \$62/NR \$124	<u>241003-1</u>

Sensory Room Time (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, 11:15am–12:15pm	1/9–3/12	R \$78/NR \$156	<u>141004-1</u>
	4/2–5/7	R \$47/NR \$94	<u>241004-1</u>

Healthy Eaters (Ages 13–22)

Grab your apron, it's dinnertime! Each week we will work together to create a light, healthy meal for all to enjoy.

Location

Oakton Community Center, Skokie

Day/Time	Dates	Fee	Code
Tue, 5:30–6:30pm	1/9–3/12	R \$128/NR \$256	<u>141002-1</u>
	4/2–5/7	R \$83/NR \$166	<u>241002-1</u>

Sports Skills (Ages 13–22)

Each week try your hand at a new sport or activity. Whether we play basketball, baseball or soccer, you'll learn a new skill and work up a sweat!

Location

Golf View Recreation Center, Niles

Day/Time	Dates	Fee	Code
Wed, 4:00–5:00pm	1/10–3/13	R \$78/NR \$156	<u>141005-1</u>
	4/3–5/8	R \$39/NR \$78	<u>241005-1</u>

Note: No program 4/24

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

Strike up a conversation with friends as you bowl the afternoon away. All abilities are welcomed to practice bowling technique and skills! Transportation is available from Julia S. Molloy Education Center to and from the bowling alley.

Day/Time	Location
Thu, 3:30–5:00pm	Habetler Bowl, Chicago

Dates	Age	Code	Fee	Trans fee
1/18–3/14	6–12	<u>141007-1</u>	R \$187/NR \$374	R \$18/NR \$36
	13–22	<u>141007-2</u>	R \$187/NR \$374	R \$18/NR \$36

Trans code
<u>141007-51</u>

Dates	Age	Code	Fee	Trans fee
4/4–5/9	6–12	<u>241007-1</u>	R \$124/NR \$248	R \$12/NR \$24
	13–22	<u>241007-2</u>	R \$124/NR \$248	R \$12/NR \$24

Trans code
<u>241007-51</u>

Pick-up/Drop-off Locations	Pick-up/Drop-off Times
M-NASR	2:45/5:30pm
Molloy	3:00/5:20pm



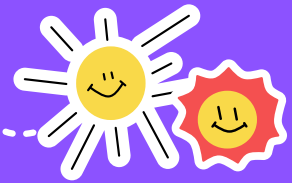
Meet Rob!

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 Winter & Spring

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	1/13–3/16 4/6–5/11	R \$133/NR \$266 R \$88/NR \$176	<u>141009-1</u> <u>241009-1</u>

Note: No program 3/2

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	1/13–3/16 4/6–5/11	R \$71/NR \$142 R \$47/NR \$94	<u>141010-51</u> <u>241010-51</u>

Note: No program 3/2

Splishin' & Splashin' (Ages 6–12)



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

Location

Centennial Aquatic Center, Park Ridge

Day/Time	Dates	Fee	Code
Sat, 12:30–1:30pm	1/13–3/16 4/6–5/11	R \$119/NR \$238 R \$77/NR \$144	<u>141011-1</u> <u>241011-1</u>

Note: No program 2/10, 3/2



Youth & Teen Special Events–Winter

New Year's Party (Ages 6–12)



Kick off the New Year with your M-NASR friends! We will be celebrating the start of 2024 with games, crafts, music and the big countdown. Light snacks will be provided.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 1/12	6:00–7:30pm	R \$18/NR \$36	<u>141050-1</u>

Day Off School (Ages 6–12, 13–22)



School's out! Come spend your day off school with your M-NASR friends. You will be taking a field trip to the mall to do some window shopping and get an ice cream treat. In-house activities will include arts and crafts, active games and sensory exploration.

Location

South Park Recreation Center, Park Ridge (ages 6–12)
Feldman Park, Niles (ages 13–22)

Day/Date	Time	Fee	Code
Mon, 1/15	9:00am–3:00pm	R \$50/NR \$100	<u>141059-1</u> (ages 6–12). <u>141059-2</u> (ages 13–22).

Youth & Teen Special Events–Winter

Dance Party (Ages 3–5)



Winter weather won't hold you back from fun at this dance party! Listen to your favorite songs and dance your wiggles out with friends.

Location

Lincolnwood Community Center

Day/Date	Time	Fee	Code
Fri, 1/19	1:00–2:00pm	R \$8/NR \$16	<u>141051-1</u>

Game Time Fun (Ages 6–12)



Are you ready for some friendly competition? Try your hand at a variety of games including: Sorry, Connect 4, Uno and more!

Location

M-NASR office

Day/Date	Time	Fee	Code
Sun, 2/18	1:00–2:30pm	R \$12/NR \$24	<u>141056-1</u>

Movie & Hot Cocoa Night (Ages 6–12)



It's freezing outside! Spend this Saturday night inside as you make some hot cocoa and watch a winter movie with friends.

Location

M-NASR office

Day/Date	Time	Fee	Code
Fri, 1/26	6:00–8:00pm	R \$19/NR \$38	<u>141052-1</u>

School's Out (Ages 6–12, 13–22)



School's out for the day! Get together with some of your friends for a day of fun. Some of the activities will include arts and crafts, active games and sensory exploration.

Location

Des Plaines Leisure Center (ages 6–12)
Feldman Park, Niles (ages 13–22)

Day/Date	Time	Fee	Code
Fri, 3/1	9:00am–3:00pm	R \$50/NR \$100	<u>141060-1</u> (ages 6–12), <u>141060-2</u> (ages 13–22)

Everyone's Birthday Party (Ages 13–22)



Tonight, we celebrate everyone's birthday on one special night. Dance, play party games, all while enjoying snacks and cupcakes! This is a birthday party for YOU, you have to be there.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 1/27	4:00–5:30pm	R \$18/NR \$36	<u>141053-1</u>

Bowling (Ages 13–22)



Calling all bowlers! Practice your skills as we work to get strikes and spares. Bowling is guaranteed to be a fun time! You'll get to bowl and laugh the evening away with your friends.

Location

Habetler Bowl, Chicago

Day/Date	Time	Fee	Code
Sat, 3/9	3:00–4:00pm	R \$21/NR \$42	<u>141057-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>141057-51</u>

Pick-up/Drop-off Location	Pick-up/Drop-off Times
M-NASR	2:40/4:20pm

Fast Food & Flicks (Ages 13–22)



This weekend we're heading to the movies to catch the newest hit! Before we get to the theater, we'll grab a quick dinner at a local fast food restaurant. Pick-up times will depend on movie times. A PG-13 or lower rated movie will be selected and a detailed schedule will be communicated a week prior to the program.

Location

Various

Day/Date	Time	Fee	Code
Sat, 2/3	5:00–9:00pm	R \$83/NR \$166	<u>141054-1</u>

St. Patrick's Day Party (Ages 6–12)



Luck of the Irish to ya! Throw on your best green outfit and get ready to party. Enjoy St. Patrick's Day-themed games, crafts, music and more.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 3/15	6:00–7:30pm	R \$18/NR \$36	<u>141058-1</u>



SPRING BREAK CAMP!

MARCH 25–29, 2024

Register for 2, 3 or all 5 days for a full week of spring break fun!



Activities will include arts and crafts, active games and sensory exploration. Participants will have field trip days on Tuesday and Friday.

3-day option – Mon/Wed/Fri

Dates	Time	Location	Fee	Code
3/25, 3/27, 3/29	9:00am–3:00pm	Youth: Des Plaines Leisure Center Teen: National Park, Morton Grove	R \$150/NR \$300	<u>142050-1 Youth (ages 6–12)</u> <u>142050-2 Teen (ages 13–22)</u>

2-day option – Tue/Thu

Dates	Time	Location	Fee	Code
3/26, 3/28	9:00am–3:00pm	Youth: Des Plaines Leisure Center Teen: National Park, Morton Grove	R \$100/NR \$200	<u>142051-1 Youth (ages 6–12)</u> <u>142051-2 Teen (ages 13–22)</u>

Youth & Teen Special Events–Spring

Spring Creations (Ages 6–12)



Let's get ready for spring by getting crafty and creating some springtime art. Following the program you'll be able to take the art home to decorate for the season.

Location

Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Fri, 4/5	5:00–6:30pm	R \$16/NR \$32	<u>241052-1</u>

Hot Wheels Racing (Ages 3–5)



Start your engines! We're off to the races this afternoon where you will play and race Hot Wheels cars. Build race tracks and see which car is the fastest.

Location

Maine Park Leisure Center, Park Ridge

Day/Date	Time	Fee	Code
Sat, 4/13	10:00–11:00am	R \$15/NR \$30	<u>241053-1</u>

Trip to Cosley Zoo (Ages 6–12)



No better way to kick off spring than visiting our animal friends at Cosley Zoo! You'll have the opportunity to see more than 200 animals from 20 different exhibits. Bring a sack lunch as we will be eating in their picnic area.

Location

Cosley Zoo, Wheaton

Day/Date	Time	Fee	Code
Sun, 4/28	11:00am–1:30pm	R \$20/NR \$40	<u>241054-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Weber	9:20am/3:10pm
M-NASR	9:40am/2:50pm
Feldman	10:00am/2:30pm

Train Cruisers (Ages 13–22)



All aboard! Today you'll be hopping on the train and taking it into Lake Forest for lunch. Enjoy some Jimmy John's before getting back on the train to head back.

Location

Various

Day/Date	Time	Fee	Code
Sat, 5/4	10:45am–1:45pm	R \$42/NR \$84	<u>241055-1</u>

Pick-up/Drop-off location

M-NASR

Pick-up/Drop-off times

10:20am/2:15pm

Teen Overnight (Ages 13–22)



It's time to pack your bags because we're heading on a mini trip! Plan to enjoy the night at a local hotel, playing games, socializing and eating a pizza dinner.

Note: Participants must have independent self-help skills and be able to handle a 1:4 staffing ratio. Medical forms must be completed and turned in by May 2.

Location

Holiday Inn Express & Suites Chicago North Shore, Niles

Day/Date	Time	Fee	Code
Fri, 5/10– Sat 5/11	5:00pm–10:00am	R \$175/NR \$350	<u>241056-1</u>

AWID Winter Programs & Events

Winter 2024 Program Week At-A-Glance | Jan 8–March 17


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>Bingo</u> 4:00–4:30pm	<u>Wildcats Workout</u> 11:00–11:30am	<u>Mindful Movement</u> 11:00–11:30am	<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>All Star Competitive Bowling</u> 10:00–11:00am River Rand Bowl
<u>Crossword Club</u> 10:00–11:00am	<u>Creative Corner</u> 5:00–6:00pm 6:15–7:15pm Oakton Community Center	<u>K9 Companions</u> 12:30–1:30pm Oakton Community Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Friday Dance Party</u> 4:00–4:30pm	<u>Bowling Bonanza</u> 10:00–11:00am Bowlero
<u>Introduction to Snowshoe</u> 4:00–5:00pm Prairie View Community Center	<u>Wildcats Track & Field</u> 5:00–6:00pm 6:15–7:15pm Weber Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Walking Club</u> 4:30–5:30pm Feldman Park	<u>Town Travelers</u> 6:00–7:30pm Various locations	<u>Recreational Bowling</u> 11:30am–12:30pm River Rand Bowl
<u>Monday Night Bowling</u> 4:30–5:30pm Bowlero	<div></div> = Virtual program or event	<u>Zumba™</u> 5:15–6:15pm South Park	<u>Aktion Club</u> 5:00–6:30pm M-NASR office	<u>See page 30 for a full listing of virtual programs for adults ages 18 & older</u>	<u>Water Aerobics</u> 1:00–2:00pm Prairie Lakes Aquatic Center
<u>Healthy Hearts</u> 6:00–7:00pm Weber Center	<div></div> = Private 1:1 sessions See page 8 for more details	<u>Wildcats Powerlifting</u> 6:00–7:00pm Prairie View Community Center	<u>Chair One Fitness</u> 6:00–7:00pm Dee Park		<u>Saturday Social Club</u> 5:30–7:00pm Various locations

AWID Special Events – Winter 2024

Event	Date	Time	Location
<u>Big Top Boogie</u>	Fri, 1/19	7:00–9:00pm	Park Center, Glenview
<u>National Puzzle Day</u>	Sun, 1/28	3:00–4:30pm	Oakton Community Center
<u>Winter Bingo</u>	Sat, 2/3	3:00–5:00pm	Prairie View Community Center
<u>Virtual Tour: National Parks</u>	Wed, 2/7	7:00–7:30pm	Zoom
<u>Super Bowl Pregame Party</u>	Sun, 2/11	12:00–2:00pm	M-NASR office
<u>Chicago Steel Hockey Game</u>	Fri, 2/16	6:45–10:15pm	Fox Valley Ice Arena, Geneva
<u>Maine East HS Musical</u>	Sat, 2/24	7:00–9:30pm	Maine East High School, Park Ridge
<u>Billy Elliot Musical</u>	Sat, 3/9	3:00–6:00pm	Paramount Theatre, Aurora
<u>St. Patrick's Day Celebration</u>	Fri, 3/15	6:00–8:00pm	Prairie Lakes Community Center


AWID Spring Programs & Events

Spring 2024 Program Week At-A-Glance | April 1–May 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>Bingo</u> 4:00–4:30pm	<u>Wildcats Workout</u> 11:00–11:30am	<u>Mindful Movement</u> 11:00–11:30am	<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>All Star Competitive Bowling</u> 10:00–11:00am River Rand Bowl
<u>Crossword Club</u> 10:00–11:00am	<u>Creative Corner</u> 5:00–6:00pm 6:15–7:15pm Oakton Community Center	<u>K9 Companions</u> 12:30–1:30pm Oakton Community Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Friday Dance Party</u> 4:00–4:30pm	<u>Bowling Bonanza</u> 10:00–11:00am Bowlero
<u>Water Workout</u> 1:00–2:00pm Prairie Lakes Aquatic Center	<u>Wildcats Softball</u> 6:30–8:00pm Various locations	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Walking Club</u> 4:30–5:30pm Feldman Park	<u>Town Travelers</u> 6:00–7:30pm Various locations	<u>Recreational Bowling</u> 11:30am–12:30pm River Rand Bowl
<u>Monday Night Bowling</u> 4:30–5:30pm Bowlero	<div>  = Virtual program or event </div>	<u>Bocce Skills</u> 5:00–6:00pm Proesel Park	<u>Aktion Club</u> 5:00–6:30pm M-NASR office	<div>  = Private 1:1 sessions See page 8 for more details </div>	<u>Water Aerobics</u> 1:00–2:00pm Prairie Lakes Aquatic Center
<u>Healthy Hearts</u> 6:00–7:00pm Weber Center		<u>Zumba™</u> 5:15–6:15pm South Park	<u>Chair One Fitness</u> 6:00–7:00pm Dee Park	<div> See page 30 for a full listing of virtual programs for adults ages 18 & older </div>	<u>Saturday Social Club</u> 5:30–7:00pm Various locations
<u>Tee Time Golf</u> 6:00–7:00pm Golf Center of Des Plaines					

AWID Special Events – Spring 2024

Event	Date	Time	Location
<u>Creative Cooking</u>	Sat, 4/6	3:30–6:00pm	Prairie View Community Center
<u>Virtual Tour: Buckingham Palace</u>	Wed, 4/10	4:00–4:30pm	Zoom
<u>Shedd Aquarium</u>	Sat, 4/20	11:00am–3:00pm	Shedd Aquarium, Chicago
<u>M-NASR Recognition Night</u>	Wed, 4/24	5:30–8:30pm	Chateau Ritz, Niles
<u>A Day in Nature</u>	Sat, 4/27	12:00–2:00pm	Wildwood Nature Center
<u>AWID Overnight Trip – Utica</u>	Fri, 5/3–Sun 5/5	1:30pm–3:00pm	Grand Bear Resort, Utica
<u>Chicago Botanic Garden</u>	Sat, 5/11	11:00am–1:00pm	Chicago Botanic Garden, Glencoe


See page 8 for Sensory Strides one-on-one sessions!

You're invited to join us for
M-NASR Recognition Night!

Wed, April 24, 5:30–8:30pm | Chateau Ritz, Niles
 See page 6 for registration information

AWID Programs Winter & Spring

Introduction to Snowshoe



Interested in trying out the sport of snowshoeing? You will get that opportunity as M-NASR is happy to offer a program to teach you the basics! Snowshoes will be provided.

Location

Prairie View Community Center Field

Day/Time	Dates	Fee	Code
Mon, 4:00–5:00pm	1/8–3/11	R \$79/NR \$158	<u>143017-1</u>

Winter only!

Trans fee Trans code

R \$20/NR \$40 143017-51

Pick-up/Drop-off locations Pick-up/Drop-off times

Weber	3:20/5:20pm
Feldman Park	3:40/5:40pm

Tee Time Golf



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

Location

Golf Center of Des Plaines

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	4/1–5/6	R \$47/NR \$94	<u>243003-1</u>

Trans fee Trans code

R \$12/NR \$24 243003-51

Pick-up/Drop-off location	Pick-up/Drop-off times
M-NASR	5:35/7:25pm

Water Workout



Dive into our new aquatic fitness program! Participate in a low-impact water exercise group as we move throughout the water and listen to music. Program begins and ends on the pool deck, please plan to dress and dry off independently before and after program.

Location

Prairie Lakes Aquatic Center, Des Plaines

Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	4/1–5/6	R \$58/NR \$116	<u>243020-1</u>

Spring only!

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. See real results after consistent weeks of hard work and sweat!

Location

Fitness Center, Weber Center, Skokie

Day/Time	Dates	Fee	Code
Mon, 6:00–7:00pm	1/8–3/11	R \$79/NR \$158	<u>143002-1</u>
	4/1–5/6	R \$47/NR \$94	<u>243002-1</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	1/8–3/11	R \$159/NR \$318	<u>143001-1</u>
	4/1–5/6	R \$98/NR \$196	<u>243001-1</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. And he is a diehard Chicago Blackhawks, Bears and White Sox fan and he has been playing sled hockey for the Chicago Hornets Sled Hockey Team since 2004!



AWID Programs Winter & Spring

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

Now offering two sections each season!

Day/Time	Dates	Fee	Code
Tue, 5:00–6:00pm	1/9–3/12	R \$139/NR \$278	<u>143003-1</u>
Tue, 6:15–7:15pm	1/9–3/12	R \$139/NR \$278	<u>143003-2</u>
Tue, 5:00–6:00pm	4/2–5/7	R \$107/NR \$214	<u>243004-1</u>
Tue, 6:15–7:15pm	4/2–5/7	R \$107/NR \$214	<u>243004-2</u>

Wildcats Track & Field



Lace up your running shoes and loosen up your throwing arm! Wildcats Track & Field has an event for everyone. Together we will stretch, run, throw, jump and train for the Special Olympics competition April 13 and 14, 2024. The date you compete will depend on the events you plan to participate in. Grab your water bottle and join us for a fun-filled season. The first three weeks of Track & Field and any remaining dates that bring inclement weather will be held at the Skokie Weber Center. The decision to move practice after March 12 will be made by 4:00pm each Tuesday.

Note: A Special Olympics Medical Form must be completed and turned into the office by Monday, February 12.

Location

Weber Center, Skokie

Late start

Day/Time	Dates	Fee	Code
Tue, 5:00–6:00pm	2/20–4/9	R \$71/NR \$142	<u>143004-1</u>
Tue, 6:15–7:15pm	2/20–4/9	R \$71/NR \$142	<u>143004-2</u>

Winter only!



Special Olympics
Illinois

Wildcats Softball



You are just a swing away from a home run! The Wildcats are ready for another successful season of softball. Whether you are a long-time player or looking to try a new sport, M-NASR will help you grow as an athlete and be a part of a team. Athletes are required to provide their own glove. Please note that the TR-Section competition will be held on July 14. Details about the Special Olympics competition will be shared when they become available. A schedule of pick-up and drop-off points will be provided after all registrations are received.

Note: A Special Olympics Medical Form must be completed and turned into the office by Monday, June 3, 2024.

Location

Various

Late start

Day/Time	Dates	Fee	Code
Tue, 6:30–8:00pm	5/21–7/23	R \$188/NR \$374	<u>243006-1</u>

Spring only!

Trans fee

R \$22/NR \$44

Trans code

243006-51

Options for transportation

M-NASR
Feldman Park



Special Olympics
Illinois

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	1/10, 1/24, 2/7, 2/21, 3/6	R \$44/NR \$88	<u>143005-1</u>
	4/3, 4/17, 5/1	R \$30/NR \$60	<u>243007-1</u>

AWID Programs Winter & Spring

Wildcats Powerlifting ❄️



Stretch, bench, squat, deadlift, repeat! Challenge yourself this season to reach your personal best with Wildcats Powerlifting. Gain strength and flexibility, build muscles and increase your endurance. In addition to overall training, you will be focusing on the bench press, dead lift and squat when we compete at Region B's qualifying meet on either March 23 or 24 based on weight class.

Note: A current Special Olympics Medical Form must be completed and turned into the office by Monday, January 15.

Location

Prairie View Community Center, Morton Grove

Day/Time	Dates	Fee	Code
Wed, 6:00–7:00pm	1/24–3/20	R \$79/NR \$158	<u>143007-1</u>
<i>Winter only!</i>			



Special Olympics
Illinois

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	4/3–5/8	R \$39/NR \$78	<u>243008-1</u>
<i>Spring only!</i>			
Note: No program 4/24			

Trans fee	Trans code
R \$10/NR \$20	<u>243008-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR Feldman Park	4:40/6:40pm 4:20/6:20pm

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

↪️ New location & time!

Day/Time	Dates	Fee	Code
Wed, 5:15–6:15pm	1/10–3/13	R \$101/NR \$202	<u>143006-1</u>
	4/3–5/8	R \$51/NR \$102	<u>243009-1</u>
Note: No program 4/24			

Walking Club



Welcome to Walking Club! What better way to get your steps in for the day than walking with friends? Walk your way around the track, work up a sweat and get your heart rate rising. Being active not only benefits your physical well-being, but it also supports your mental and social happiness.

Location

Feldman Park, Niles

Note: No program 1/25

Day/Time	Dates	Fee	Code
Thu, 4:30–5:30pm	1/11–3/14	R \$77/NR \$154	<u>143008-1</u>
	4/4–5/9	R \$39/NR \$78	<u>243010-1</u>

Chair One Fitness



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

Location

Dee Park, Des Plaines

Note: No program 1/25

Day/Time	Dates	Fee	Code
Thu, 6:00–7:00pm	1/11–3/14	R \$79/NR \$158	<u>143009-1</u>
	4/4–5/9	R \$47/NR \$94	<u>243011-1</u>

Aktion Club



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

Location	Day/Time	Dates	Fee	Code
M-NASR office, Morton Grove	Thu, 5:00–6:30pm	1/11, 1/18, 2/8, 2/22, 3/7	R \$50/NR \$100	<u>143010-1</u>
		4/4, 4/18, 5/2	R \$50/NR \$100	<u>243010-1</u>

Please note, this is a year-round program so you will have to register for Aktion Club in both seasons. You will not be charged a fee in the spring if you paid the fee for winter.



AWID Programs Winter & Spring

Town Travelers



Start off the weekend by joining friends out on the town. Activities will include a night out in one of our member district communities, a dinner at a local eatery and a night playing games and doing crafts. Due to popularity, participants can choose only one Town Travelers section. If you register for Town Travelers, you cannot register for Saturday Social Club. A schedule of pick-up and drop-off points and times will be provided once all registrations are received.

Location

Various

Options for transportation

M-NASR/Feldman Park

Day/Time

Fri, 6:00–7:30pm

Section #1

Dates

1/12, 2/9, 3/1

Fee

R \$83/NR \$166

Code

143011-1

Day/Time

Fri, 6:00–7:30pm

Section #2

Dates

2/2, 2/23,
3/8

Fee

R \$83/NR \$166

Code

143012-1

Day/Time

Fri, 6:00–7:30pm

Section #1

Dates

4/5, 4/19

Fee

R \$56/NR \$112

Code

243013-1

Day/Time

Fri, 6:00–7:30pm

Section #2

Dates

4/12, 4/26

Fee

R \$56/NR \$112

Code

243014-1

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

Note: No program 2/24, 3/2

Day/Time

Sat, 10:00–11:00am

Dates

1/13–3/16

Fee

R \$135/NR \$270

Code

143013-1

4/6–5/11

R \$101/NR \$202

243015-1

Bowling Bonanza



New recreational bowling opportunity! 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

Note: No program 1/27, 3/2

Day/Time

Sat, 10:00–11:00am

Dates

1/13–3/16

Fee

R \$135/NR \$270

Code

143018-1

4/6–5/11

R \$101/NR \$202

243021-1

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

Note: No program 2/24, 3/2

Day/Time

Sat, 11:30am–
12:30pm

Dates

1/13–3/16

Fee

R \$135/NR \$270

Code

143014-1

4/6–5/11

R \$101/NR \$202

243016-1

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

Note: No program 3/2

Day/Time

Sat, 1:00–2:00pm

Dates

1/13–3/16

Fee

R \$92/NR \$184

Code

143015-1

Sat, 1:00–2:00pm

4/6–5/11

R \$55/NR \$110

243017-1

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 points and times will be provided once all registrations are received.

Location

Various

Options for transportation

M-NASR/Feldman Park

Day/Time

Sat, 5:30–7:00pm

Dates

1/20, 2/17,
3/16

Fee

R \$83/NR \$166

Code

143016-1

4/13, 4/27

R \$56/NR \$112

243018-1

AWID Special Events–Winter

Big Top Boogie



Come one, come all to an evening of dancing and carnival games hosted by NSSRA! Light refreshments will be served.

Location

Park Center, Glenview

Day/Date	Time	Fee	Code
Fri, 1/19	7:00–9:00pm	R \$40/NR \$80	<u>143050-1</u>
Pick-up/Drop-off locations		Pick-up/Drop-off times	
M-NASR		6:15/10:00pm	
Feldman Park		6:35/9:20pm	
Weber		5:55/9:40pm	

National Puzzle Day



Like to solve puzzles? Socialize with friends? Spend the afternoon working together to solve jigsaw puzzles. Puzzles will be provided or feel free to bring your own to complete.

Location

Oakton Community Center, Skokie

Day/Date	Time	Fee	Code
Sun, 1/28	3:00–4:30pm	R \$12/NR \$24	<u>143051-1</u>
Trans fee	Trans code		
R \$2/NR \$4	<u>143051-51</u>		
Pick-up/Drop-off locations		Pick-up/Drop-off times	
M-NASR		2:20/5:30pm	
Feldman Park		2:00/5:10pm	
Weber		2:40/4:50pm	

Winter Bingo



Stay warm from the winter weather and enjoy an afternoon of bingo. Socialize with your friends and try to get a bingo multiple ways on your card. Prizes will be awarded to winners.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 2/3	3:00–5:00pm	R \$16/NR \$32	<u>143052-1</u>
Trans fee	Trans code		
R \$2/NR \$4	<u>143052-51</u>		
Pick-up/Drop-off locations		Pick-up/Drop-off times	
Feldman Park		2:40/5:20pm	
Weber		2:20/5:40pm	

Superbowl Pregame Party



Get your Super Bowl Party started early and enjoy some appetizers and drinks. Watch old Super Bowl highlights and old halftime shows. Wear your favorite Bears or NFL team gear to get in the spirit.

Location

M-NASR office

Day/Date	Time	Fee	Code
Sun, 2/11	12:00–2:00pm	R \$36/NR \$72	<u>143053-1</u>
Trans fee	Trans code		
R \$2/NR \$4	<u>143053-51</u>		
Pick-up/Drop-off locations		Pick-up/Drop-off times	
Feldman Park		11:40am/2:40pm	
Weber		11:20am/2:20pm	

Chicago Steel Hockey Game



Enjoy the sounds of cheers, skates on ice and pucks being shot. Root on the Chicago Steel USHL Hockey Team at Fox Valley Ice Arena. The Steel are playing the Tri-City Storm from Kearney, Nebraska.

Location

Fox Valley Ice Arena, Geneva

Day/Date	Time	Fee	Code
Fri, 2/16	6:45–10:15pm	R \$42/NR \$84	<u>143054-1</u>
Pick-up/Drop-off locations		Pick-up/Drop-off times	
M-NASR		5:20/11:30pm	
Feldman Park		5:40/10:50pm	
Weber		5:00/11:10pm	

Maine East HS Musical



Enjoy a night at the theater. Get immersed in the singing, dancing and acting of the students of Maine East High School in their annual musical production. More details about the show will be shared when it's announced.

Location

Maine East High School, Park Ridge

Day/Date	Time	Fee	Code
Sat, 2/24	7:00–9:30pm	R \$34/NR \$68	<u>143055-1</u>
Trans fee	Trans code		
R \$2/NR \$4	<u>143055-51</u>		
Pick-up/Drop-off locations		Pick-up/Drop-off times	
M-NASR		6:20/10:10pm	
Weber		6:00/9:50pm	

AWID Special Events–Winter

Billy Elliot Musical



The music of Elton John brings to life the story of Billy Elliot, an 11-year-old English boy who stumbles upon a ballet class during his weekly boxing lesson. Billy Elliot is a coming-of-age story that inspires us all to do what you love no matter what other people think. BE TRUE TO YOU. You will enjoy seeing Billy Elliott at the Paramount Theatre in Aurora.

Location

Paramount Theatre, Aurora

Day/Date	Time	Fee	Code
Sat, 3/9	3:00–6:00pm	R \$66/NR \$132	<u>143056-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	1:20/7:30pm
Feldman Park	1:40/6:50pm
Weber	1:00/7:10pm

St. Patrick’s Day Celebration



Irish or not, we all have a little luck on our side. Wear green and celebrate St. Patrick’s Day with your friends. Games and activities will be provided along with light snacks. You may even be lucky enough to find a pot of gold at the end of the rainbow!

Location

Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Fri, 3/15	6:00–8:00pm	R \$24/NR \$48	<u>143057-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>143057-51</u>

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



AWID Special Events–Spring

Creative Cooking



Spend your Saturday night learning to cook with your friends. Begin the night by learning to make dinner. After dinner, enjoy baking and eating a special dessert. If you love to cook or enjoy food, you will love this special event.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Sat, 4/6	3:30–6:00pm	R \$35/NR \$70	<u>243050-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>243050-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
Feldman Park	3:10/6:40pm
Weber	2:50/6:20pm

Shedd Aquarium



Immerse yourself in the aquatic animal world while you explore the Shedd Aquarium with friends. Lunch will be included. Bring extra money if you wish to purchase souvenirs.

Location

Shedd Aquarium, Chicago



Day/Date	Time	Fee	Code
Sat, 4/20	11:00am–3:00pm	R \$73/NR \$146	<u>243051-1</u>

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

A Day in Nature



Spend the day with friends out in nature. Go on a hike, see different wildlife and enjoy the outdoors. Bring a snack to have a mini picnic.

Location

Wildwood Nature Center, Park Ridge

Day/Date	Time	Fee	Code
Sat, 4/27	12:00–2:00pm	R \$16/NR \$32	<u>243052-1</u>

Trans fee	Trans code
R \$2/NR \$4	<u>243052-51</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	11:00am/3:00pm
Feldman Park	11:40am/2:20pm
Weber	11:20am/2:40pm

AWID Overnight Trip



Spend the weekend with friends as you journey to scenic Utica, Illinois. Enjoy a two-night stay at Grand Bear Resort. Splash and float around at the Grand Bear Falls Indoor Waterpark. Enjoy a tour of a brewery and, weather permitting, a hike at Starved Rock State Park.

Note: Trip medical forms must be completed and turned in by April 19. All participants must have independent self-help skills. A current state-issued ID is required to attend.

Location

Grand Bear Resort, Utica

Day/Date	Time	Fee	Code
Fri, 5/3–	1:30pm–	R \$548/NR \$1,096	<u>243053-1</u>
Sun, 5/5	3:00pm		

Pick-up/Drop-off location
M-NASR



GRAND BEAR RESORT
AT STARVED ROCK ★★



Chicago Botanic Garden



Spring has sprung and it's time to smell the flowers. Enjoy a walk through the Chicago Botanic Garden in Glencoe. Dress appropriately as Chicago's May weather could be tricky. Bring extra money if you would like to buy a souvenir from The Garden Shop.

Location

Chicago Botanic Garden, Glencoe







Day/Date	Time	Fee	Code
Sat, 5/11	11:00am–1:00pm	R \$34/NR \$68	<u>243054-1</u>

Pick-up/Drop-off locations	Pick-up/Drop-off times
M-NASR	10:20am/2:10pm
Feldman Park	10:40am/1:30pm
Weber	10:00am/1:50pm



PI/VI Winter Programs & Events

Winter 2024 Program Week At-A-Glance | Jan 8–March 17





Monday	Tuesday	Wednesday	Thursday	Friday	HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS See page 27 for more information!  
<u>Crossword Club</u> 10:00–11:00am	<u>Competitive Boccia</u> 3:00–4:30pm Prairie Lakes Community Center	<u>Wildcats Workout</u> 11:00–11:30am	<u>Mindful Movement</u> 11:00–11:30am	<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	
<u>Sensory Strides</u> 10:00am–12:45pm Des Plaines Leisure Center	<u>Bingo</u> 4:00–4:30pm	<u>Canvas & Clay</u> 12:30–1:30pm Des Plaines Leisure Center	<u>Recreational Boccia</u> 3:00–4:30pm Weber Center	<u>Incredi-bowl Strikes</u> 1:00–2:30pm Classic Bowl	
<u>Fitness Funatics</u> 1:00–2:00pm Feldman Park		<u>K9 Companions</u> 12:30–1:30pm Oakton Community Center	<u>Adaptive Pickleball</u> 3:00–4:30pm Weber Center	<u>Friday Dance Party</u> 4:00–4:30pm	
 = Virtual program or event See page 30 for a full listing of virtual programs for adults ages 18 & older		<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	<u>Sensory Strides</u> 4:30–7:15pm Des Plaines Leisure Center	 = Private 1:1 sessions See page 8 for more details	

PI/VI Special Events – Winter 2024

Event	Date	Time	Location
<u>Unleash the Beast: Professional Bull Riding</u>	Sat, 1/13	6:15–8:45pm	Allstate Arena, Rosemont
<u>Volo Auto Museum</u>	Sat, 1/20	12:00–3:00pm	Volo Auto Museum, Volo
<u>Virtual Tour: National Parks</u>	Wed, 2/7	7:00–7:30pm	Zoom
<u>Thursday Night Laughs</u>	Thu, 2/15	6:00–8:30pm	Schaumburg Park District
<u>Archery & Dinner</u>	Sun, 2/25	3:00–5:00pm	Prairie Lakes Community Center
<u>Game Night</u>	Fri, 3/1	6:00–7:30pm	Prairie View Community Center
<u>Chicago Wolves Game</u>	Sun, 3/10	2:30–6:00pm	Allstate Arena, Rosemont
<u>M-NASR Boccia Tournament</u>	Sun, 3/24	9:00am–5:00pm	Prairie Lakes Gym, Des Plaines

PI/VI Spring Programs & Events

Spring 2024 Program Week At-A-Glance | April 1–May 12

Monday	Tuesday	Wednesday	Thursday	Friday	HEALTHY MINDS HEALTHY BODIES: A FREE PROGRAM FOR QUALIFIED VETERANS See page 27 for more information!  
Crossword Club 10:00–11:00am	Competitive Boccia 3:00–4:30pm Prairie Lakes Community Center	Wildcats Workout 11:00–11:30am	Mindful Movement 11:00–11:30am	Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Bingo 4:00–4:30pm	K9 Companions 12:30–1:30pm Oakton Community Center	Recreational Boccia 3:00–4:30pm Weber Center	Incredi-bowl Strikes 1:00–2:30pm Classic Bowl	
Fitness Funatics 1:00–2:00pm Feldman Park			Adaptive Pickleball 3:00–4:30pm Weber Center	Friday Dance Party 4:00–4:30pm	
 = Virtual program or event See page 30 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 – Spring 2024

Event	Date	Time	Location
<u>Cookie Decorating</u>	Sat, 4/6	3:00–4:30pm	Devonshire Cultural Center
<u>Virtual Tour: Buckingham Palace</u>	Wed, 4/10	4:00–4:30pm	Zoom
<u>Maine South Theater Production</u>	Sun, 4/21	1:30–5:00pm	Maine South High School, Park Ridge
<u>M-NASR Recognition Night</u>	Wed, 4/24	5:30–8:30pm	Chateau Ritz, Niles
<u>New Buffalo Overnight Trip</u>	Sat, 4/27–Sun, 4/28	9:00am–5:00pm	Various
<u>Morton Arboretum</u>	Wed, 5/8	11:00am–2:00pm	Morton Arboretum, Lisle



See page 8 for Sensory Strides one-on-one sessions!

*You're invited to join us for
M-NASR Recognition Night!*

Wed, April 24, 5:30–8:30pm | Chateau Ritz, Niles
See page 6 for registration information

PI/VI Programs Winter & Spring

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	1/8–3/11	R \$79/NR \$158	<u>144001-1</u>

Trans fee	Trans code
R \$80/NR N/A	<u>144001-50</u>

Day/Time	Dates	Fee	Code
Mon, 1:00–2:00pm	4/1–5/6	R \$47/NR \$94	<u>244001-1</u>

Trans fee	Trans code
R \$48/NR N/A	<u>244001-50</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

Prairie Lakes Community Center, Des Plaines

Day/Time	Dates	Fee	Code
Tue, 3:00–4:30pm	1/9–3/12	R \$120/NR \$240	<u>144002-1</u>

Trans fee	Trans code
R \$80/NR N/A	<u>144002-50</u>

Day/Time	Dates	Fee	Code
Tue, 3:00–4:30pm	4/2–5/7	R \$73/NR \$146	<u>244002-1</u>

Trans fee	Trans code
R \$48/NR N/A	<u>244002-50</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	1/10, 1/24, 2/7, 2/21, 3/6	R \$44/NR \$88	<u>144003-1</u>

Trans fee	Trans code
R \$40/NR N/A	<u>144003-50</u>

Day/Time	Dates	Fee	Code
Wed, 12:30–1:30pm	4/3, 4/17, 5/1	R \$30/NR \$60	<u>244003-1</u>

Trans fee	Trans code
R \$24/NR N/A	<u>244003-50</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.

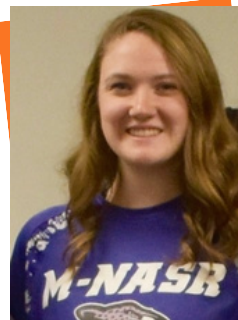
Location

Des Plaines Leisure Center

Day/Time	Dates	Fee	Code
Wed, 12:30–1:30pm	1/17, 1/31, 2/14, 2/28, 3/13	R \$70/NR \$140	<u>144004-1</u>

Winter only!

Trans fee	Trans code
R \$40/NR N/A	<u>144004-50</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.



For details on door-to-door transportation for residents and non-residents, see page 32.

PI/VI Programs Winter & Spring

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 Center, Skokie

Day/Time	Dates	Fee	Code
Thu, 3:00-4:30pm	1/11, 1/25, 2/8, 2/22, 3/7	R \$61/NR \$122	<u>144005-1</u>
Trans fee	Trans code		
R \$40/NR N/A	<u>144005-50</u>		

Day/Time	Dates	Fee	Code
Thu, 3:00-4:30pm	4/4, 4/18 5/2	R \$37/NR \$74	<u>244004-1</u>
Trans fee	Trans code		
R \$24/NR N/A	<u>244004-50</u>		

Adaptive Pickleball



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

Location

Weber Center, Skokie

Day/Time	Dates	Fee	Code
Thu, 3:00-4:30pm	1/18, 2/1, 2/15, 2/29, 3/14	R \$60/NR \$120	<u>144006-1</u>
Trans fee	Trans code		
R \$40/NR N/A	<u>144006-50</u>		

Day/Time	Dates	Fee	Code
Thu, 3:00-4:30pm	4/11, 4/25 5/9	R \$35/NR \$70	<u>244005-1</u>
Trans fee	Trans code		
R \$24/NR N/A	<u>244005-50</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

Day/Time	Dates	Fee	Code
Fri, 1:00-2:30pm	1/12-3/15	R \$253/NR \$506	<u>144007-1</u>
Trans fee	Trans code		
R \$80/NR N/A	<u>144007-50</u>		

Day/Time	Dates	Fee	Code
Fri, 1:00-2:30pm	4/5-5/10	R \$152/NR \$304	<u>244006-1</u>
Trans fee	Trans code		
R \$48/NR N/A	<u>244006-50</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–Winter

Unleash the Beast: Professional Bull Riding



Enjoy watching top professional bull riders duke it out in this wildly entertaining event. You will get to see a variety of bull riders take the floor to compete for the chance at a world title. **Note:** Allstate Arena is a cashless venue.

Location

Allstate Arena, Rosemont

Day/Date	Time	Fee	Code
Sat, 1/13	6:15–8:45pm	R \$88/NR \$168	<u>144050-1</u>

Volo Auto Museum



Explore over 300 classic, antique and muscle cars, including the country's largest display of Hollywood TV and movie cars as you travel to the Volo Auto Museum. Also enjoy a chance to explore the Titanic experience after we make a pit stop at Grams Central Station Pizzeria for lunch.

Location

Volo Auto Museum, Volo

Day/Date	Time	Fee	Code
Sat, 1/20	12:00–3:00pm	R \$114/NR \$220	<u>144051-1</u>

Thursday Night Laughs



Laughter is the best medicine! Jump-start the weekend with an extra helping of hilarity and discover the latest comedians to emerge from Chicago's stand-up scene.

Location

Schaumburg Park District

Day/Date	Time	Fee	Code
Thu, 2/15	6:00–8:30pm	R \$50/NR \$92	<u>144052-1</u>

Archery & Dinner



Archery is a sport with no limits on age, gender and ability. Find out more at this special demonstration of our adapted archery equipment! M-NASR staff will show you the proper hold and then you will get to aim for that perfect bullseye yourself while trying out a new adapted sport. You'll then put those new skills to the test as we play some games and finish off with a few matches. At the completion of the matches we will gather for a pizza dinner.

Note: All participants must have a completed High Risk Waiver on file in order to participate.

Location

Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sun, 2/25	3:00–5:00pm	R \$31/NR \$62	<u>144053-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>144053-50</u>

Game Night



Bring your best strategy to game night and see how it holds up against your fellow players. You will play a variety of board games that will be chosen by vote by the group. Drinks and snacks will be provided. Please eat dinner before attending program.

Location

Prairie View Community Center, Morton Grove

Day/Date	Time	Fee	Code
Fri, 3/1	6:00–7:30pm	R \$18/NR \$36	<u>144054-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>144054-50</u>

Chicago Wolves Game



Join friends to cheer on the local Chicago Wolves hockey team. This American Hockey League experience is sure to be an icy blast! A hot dog and soda are included in the event price. **Note:** Allstate Arena is a cashless venue.

Location

Allstate Arena, Rosemont

Day/Date	Time	Fee	Code
Sun, 3/10	2:30–6:00pm	R \$104/NR \$200	<u>144055-1</u>

M-NASR Bocchia Tournament

M-NASR's annual bocchia tournament is back! Whether you are new to the sport or looking to further your skills, M-NASR welcomes you to join us at our entry level tournament. Any interested athletes should have participated in at least one season of competitive or recreational bocchia. Please contact Taylor Gonio with any questions regarding the tournament.

Note: All athletes will need to meet at the tournament location.

Location

Prairie Lakes Community Center, Des Plaines

Day/Date	Time	Fee	Code
Sun, 3/24	9:00am–5:00pm	R \$35/NR \$35	<u>144056-1</u>



PI/VI Special Events–Spring

Cookie Decorating



Transform a plain cookie into an adorable seasonal treat! Practice your fine motor skills as you decorate cookies to celebrate the start of spring. Take your amazing creations home to share with someone special.

Location

Devonshire Cultural Center, Skokie

Day/Date	Time	Fee	Code
Sat, 4/6	3:00–4:30pm	R \$20/NR \$40	<u>244050-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>244050-50</u>

Maine South Theater Production



Travel to Maine South High School once again to see a local theater production. This exhilarating musical is sure to be a great night out with friends.

Location

Maine South High School, Park Ridge

Day/Date	Time	Fee	Code
Sun, 4/21	1:30–5:00pm	R \$45/NR \$90	<u>244051-1</u>

Trans fee	Trans code
R \$8/NR N/A	<u>244051-50</u>

PI/VI Overnight–New Buffalo



It's time for a mini getaway to Michigan's Harbor Country! Travel to New Buffalo with friends for an unforgettable experience. Plan for some afternoon shopping, enjoy new restaurants, stroll along the lake and spend time at the Four Winds Casino.

Note: Trip medical forms must be completed and turned in by April 12. A current state-issued ID is required to attend. All participants will need to meet at M-NASR.

Location

New Buffalo, Michigan

Day/Date	Time	Fee	Code
Sat, 4/27–	9:00am–5:00pm	R \$484/NR \$968	<u>244052-1</u>
Sun, 4/28			

Morton Arboretum



Come explore the beautiful landscape of the Morton Arboretum. Take a stroll through the accessible park while you learn how trees, shrubs and other plants enhance our natural environment. **Note:** Lunch at the café is included in the cost of program.

Location

Morton Arboretum, Lisle

Day/Date	Time	Fee	Code
Wed, 5/8	11:00am–2:00pm	R \$76/NR \$144	<u>244053-1</u>



Virtual Programs Winter & Spring

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	1/8–3/11	R \$40/NR \$60	<u>145001-1</u>
	4/1–5/6	R \$24/NR \$36	<u>245001-1</u>

Mindful Movement



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

Day/Time	Dates	Fee	Code
Thu, 11:00–11:30am	1/11–3/14	R \$20/NR \$30	<u>145004-1</u>
	4/4–5/9	R \$12/NR \$18	<u>245004-1</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	1/9–3/12	R \$26/NR \$39	<u>145002-1</u>
	4/2–5/7	R \$16/NR \$24	<u>245002-1</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	1/12, 1/26, 2/9, 2/23, 3/8	R \$10/NR \$15	<u>145005-1</u>
	4/5, 4/19, 5/3	R \$6/NR \$9	<u>245005-1</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	1/10–3/13	R \$20/NR \$30	<u>145003-1</u>
	4/3–5/8	R \$12/NR \$18	<u>245003-1</u>



Virtual Special Events

Virtual Tour: National Parks



Take a virtual adventure with friends to National Parks around the United States. Rappel down a glacier crevasse at Knai Fjords and explore the largest cave chamber in Carlsbad Caverns.

Day/Date	Time	Fee	Code
Wed, 2/7	7:00–7:30pm	R \$2/NR \$3	<u>145050-1</u>

Virtual Tour: Buckingham Palace



Pack your (virtual) bags and get ready for a flight to London where you'll explore and learn all about the royal family's home: Buckingham Palace.

Day/Date	Time	Fee	Code
Wed, 4/10	4:00–4:30pm	R \$2/NR \$3	<u>245050-1</u>

M-NASR General Policies & Information

M-NASR Code of Conduct Policy/Behavior

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

Participants and family members shall:

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

Discipline Policy

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

Participant Expectations

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

Equal Access

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

Parent/Guardian Pick-Up/Drop-Off Policy

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

Wellness Policy

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

COVID-19 Policy & Guidelines

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

Medical Assistance/Apparatus Needs

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

Dietary Restrictions

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

Americans with Disabilities Act (ADA)

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

Extreme Temperature Policy

- Hot temperatures (for outdoor programs) at program time: 94° actual temperature; heat index of 98° or more constitutes cancelling program due to unsafe conditions. Extra consideration will be made for outdoor programs that require physical activity.
- Cold temperatures (for all programs) at program time: 2° actual temperature; -30° or below wind chill constitutes cancelling program due to unsafe conditions.

M-NASR General Policies & Information

Refund Policy

Refunds may be issued in the following circumstances:

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

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

Liability Information

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

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

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

Transportation

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

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

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

Errors and Adjustments

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

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



M-NASR Program Registration Form

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

Participant's name: _____ Race/ethnicity: _____

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

Street address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian name: _____ Email address: _____

Primary phone number: _____ Alternate phone number: _____

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

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

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

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

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

Payment Method

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

☐ Cash

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

☐ Credit card on file. Last four digits: _____

Authorized signature: _____

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

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

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

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

 Date: _____

Waiver and Release

IMPORTANT INFORMATION

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

WARNING OF RISK

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

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

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

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

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

You have four ways to return your form:

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



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



**“Zumba is one of
Laura’s favorite things
to do...she loves
M-NASR staff.”**
–Krys K, parent

**Together we can
make a difference in
the lives of individuals
with disabilities.**

Donate today.

mnasr.org/donation



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

Dear Friend,

After celebrating our 50th anniversary last year, 2023 marks the year we've embarked on the next half century of special recreation. We have an updated mission and renewed clarity on the important work we have been doing since 1972: To provide individuals with disabilities access to meaningful and life-enriching recreation and leisure opportunities.

For M-NASR to continue to provide those opportunities, your support is needed more than ever.

By giving to this annual appeal, you will enable us to provide programming that reflects our values of positivity, inclusivity, empowerment, community, excellence and safety. Donations will go directly towards transportation costs, specialized equipment, team uniforms, program supplies and more.

Without the support of our generous donors, M-NASR could not achieve as much as we do. A few highlights from this year so far include:

- Welcoming 16 teams to the TR Section Basketball Tournament at Niles West that we hosted in February
- Sending five M-NASR Wildcat boccia athletes to the USA Boccia National Competition in Fort Wayne, IN, in August
- Increasing our Leisure Education programming to include 80 special education students in learning leisure pursuits such as archery, storytelling, sensory and fitness activities
- Establishing the Daytime Playtime early childhood program, which allows children ages 3–5 to work on improving gross motor skills, balance, hand-eye coordination and socialization with peers

No donation is too small to make an impact, helping us keep our programs and services accessible and affordable for the children, teens and adults with disabilities we serve.

Make your donation now – you have two options

1. Donate online at mnasr.org/donation OR
2. Send your donation to the M-NASR office

Give today and you will be helping to ensure that the individuals with disabilities who count on M-NASR get to enjoy the meaningful and life-enriching recreation and leisure opportunities they deserve, this year and every year to come.

With gratitude,

Trisha D. Breitlow
Executive Director

Save the Date

S A T U R D A Y
MARCH 2, 2024

THE LIPONI FOUNDATION FOR SPECIAL RECREATION 2024 DINNER DANCE AND SILENT AUCTION

All funds raised will directly benefit
M-NASR participants

DINNERDANCE2024.GIVEMART.COM



The Liponi Foundation is dedicated to providing support to the Maine-Niles Association of Special Recreation in its efforts to provide recreational and leisure programs for individuals with disabilities.

Find more information at
mnasr.org/liponi-foundation

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

M-NASR Holiday Raffle

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

- Ticket price: \$10 each
- Prize: \$1,000 Visa® gift card
- Drawing: Wednesday, December 15, 2023
- Tickets will be available until December 14

Scan the code
to purchase tickets
(Must be an Illinois resident
to purchase online)



or contact Vera Kramer at vkramer@mnasr.org

Thank you to our generous sponsors!



Oak St.
Health



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

Des Plaines Park District

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

Golf Maine Park District

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

Morton Grove Park District

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

Niles Park District

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

Park Ridge Park District

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

Skokie Park District

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

Village of Lincolnwood Parks and Recreation

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



Maine-Niles Association of Special Recreation

6820 W. Dempster Street | Morton Grove, Illinois 60053
847-966-5522 | mnasr.org

