



Boccia Business

M-NASR's competitive Boccia team hasn't been *blue* during these challenging times! Our virtual program has provided opportunities for socialization, support and focus on social and emotional goals.

Most recently, our athletes have provided their own unique perspectives on topics they find most important for our team with "leadership days." Throughout the season, each athlete has been assigned to lead a meetup which has included researching a topic, presenting it to the team and leading a discussion to relate this info to our practices and competitions. These awesome ideas have included skill-building videos, an original boccia-themed crossword puzzle and boccia sign language lessons.

We are so proud to have such passionate and creative athletes whose dedication to this team never *ends!*

Improve YOUR Improv!

Beginning with a simple goal of providing a new social opportunity for our P/VI participants, "Improve Your Improv" brought a few brave souls to register last year. Through storytelling, acting and games, this group has become one of our favorite virtual programs. While it is a misconception that you need to be funny in order to be successful at improvisation, we never leave without many laughs! Decision-making skills, memory and focus naturally improve through our engaging activities.

"The best benefits that have come from this program are our participants' new levels of assertiveness and confidence. To go from hesitating to try something new to jumping in as the first volunteer because you believe in yourself and know you'll be supported is amazing to see," said Improv leader Lauren Ruiz.

"Improve Your Improv" will be offered in our April/May program season – contact Lauren to join in on the fun!

Participant Spotlight: Susanna B.

Since 2011, Evanston resident Susanna has participated in our P/VI programming. Her passions include volunteering, animals and knitting. Susanna has her license in social work and has her certificate in medical billing. Thanks to her love for reading, she is an amazing Crossword Club contributor!

In addition to her way with words, Susanna brings joy to each program she is involved in with her compassion, creativity and unforgettable smile. We are constantly learning from her during our programs, and we are so lucky to have gotten to know her even better this past year!



Wildcat Exchange

This past year prevented us all from participating in the many sports we love. As things start getting back to normal, we are excited to get you back out on the fields and courses.

The weather is getting warmer and we will be offering several outdoor Wildcat sports skills opportunities. Tee Time Golf on Mondays will help you practice your short game or even head out onto the course. Tuesdays will include Softball Skills where you can increase your skills of catching, throwing, hitting and fielding. Finally, our Bocce Skills program will be held on Wednesdays where you will have the opportunity to get your ball closest to the pallino.

Let's go Wildcats!



New program coming this summer: Picnic & Games

New this summer, M-NASR's AWID area will be offering Picnic and Games! Safely spend time outdoors while enjoying the company of friends. Bring a picnic dinner as well as your favorite blanket and or lawn chair to have a cozy spot to relax. We will socialize, listen to music and chat. After finishing up our food, we will play a few good old-fashioned outdoor games.

If you've been missing dinners out with friends or just spending time in the company of others and want to ease back in, this is the program for you!

Participant Spotlight: Meghan D.

Meghan has participated with M-NASR for over 15 years. Since being at home this past year, Meghan has attended many of our virtual programs from Wildcats Workout to Sing Your Song and the ever-popular Bingo. Her favorite virtual program is Super Sketchers. Meghan says the best thing about M-NASR is seeing and making new friends! She likes having independence and through programs has improved her skills in exercise, yoga and cooking. If you haven't had the pleasure of meeting Meghan yet, you're sure to recognize her by her smiling face and great dance moves!





Kids Connection: A great way to unwind and connect

Kids Connection provides M-NASR youth and teens and opportunity to connect virtually after school three days a week. Special visitors make our program even more unique, and this spring we welcomed Debbie from the Morton Grove Library. Debbie led a discussion about fairytales and the themes that we notice in these stories, including lessons we can learn and characters or things that are make believe. Most recently we focused on *Goldilocks and The Three Bears* and read different versions of this story, followed by singing songs!

Camp Corner

Summer is almost here and so is M-NASR Summer Camp! While things will look a little different this year, we are so excited to offer both in-person and virtual options for our families.

Both in-person camps, Quest for Adventure in Morton Grove and Sunshine Experience in Des Plaines, will provide a variety of activities each day to keep campers engaged and foster relationships between peers. Activities will include exercise, science experiments, arts and crafts and cooking.

These activities will provide opportunities for improvement in motor skills, problem solving and communication skills, along with specific focus on individual campers' goals!



Participant Spotlight: Marzel L.

Marzel has been a participant with M-NASR since June 2016. You may have met him in some of his favorite programs such as Summer Day Camp or Mad Scientists on Zoom! He is 9 years old and loves a good birthday party. His favorite food is pepperoni pizza, and his favorite activity is playing Nintendo Switch's Pokémon Swords. Marzel recently shared his favorite toy "Mico," a stuffed monkey, during the virtual Show, Tell and Play group along with some of his very special M-NASR friends like Brent, Tynan & Gavin!



At-Home Activity: Make your own terrarium!



Spring brings fresh, new beginnings! Boost your mood with this terrarium project and bring some springtime green into your home.

You'll need a clear glass container such as a pickle jar, small pebbles, sheet moss, soil, a spoon and paper towels. We suggest planting a dwarf fern.

Put a handful of small pebbles in the bottom of your container. This will help with drainage and aeration. Soak your sheet moss in water for a few seconds and squeeze out any excess liquid. Place the slightly damp moss onto the pebbles, patting it down so it fills the surface area. Next, fill your container with a few inches of soil, making sure to leave enough room in the container for your plant. Place the fern's root balls in a shallow layer of the soil, add additional soil around them and pat down. Water lightly once a week.

If you make a terrarium, send us a photo and we'll feature it on social media!



"I love M-NASR programs! I feel great when I'm in them and my favorites are Bingo, Improv and dancing!" -Laura S.

Staff Favorites: Springtime hobbies

Jen: "Driving in the countryside with my 85-year-old father, enjoying nature and singing to the radio."

Kelly: "I will be on the lookout for monarch eggs. I enjoy finding as many as I can and watching them develop into butterflies!"

Lauren: "I can't wait to go kayaking. I love relaxing on the water in the sunshine!"

Nicole: "Backpacking! I love hiking through the woods, sleeping in my hammock and cooking food over the campfire."

Lindsey: "Baking, because it helps me de-stress and allows me to be creative."

Ali: "I love to go for walks and runs along the lakefront path in Chicago!"

Lisa: "I love finding old furniture and fixing it up for our house."

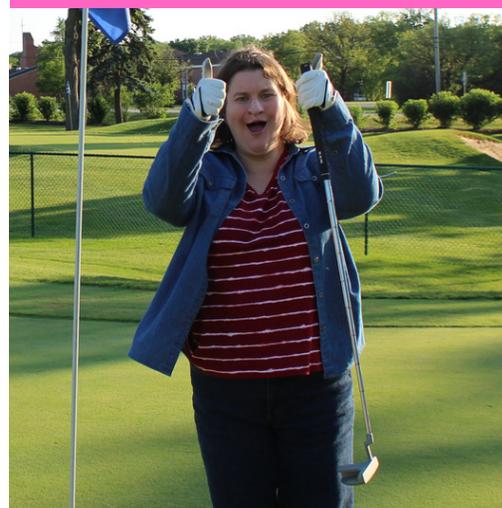
What's coming up at M-NASR

Summer Camp registration open April 12–April 30

April/May program season April 19–May 30

Summer program registration open May 12–June 4

Summer programs begin June 14



M-NASR REConnections Spring 2021



Follow M-NASR on social media!