

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



In-person and
virtual programs!

FALL 2020 PROGRAMS



First Session:
September 14–October 25, 2020

Registration begins: August 17
Registration ends: September 2

About M-NASR

Mission

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

Board of Directors

Tom Elenz *President*, Niles Park District

Gayle Mountcastle *Vice President*, Park Ridge Park District

Donald J. Miletic *Treasurer*, Des Plaines Park District

John Jekot Golf-Maine Park District

Michelle Tuft Skokie Park District

Melissa Rimdzius-Marsh Village of Lincolnwood
Parks and Recreation

Jeff Wait Morton Grove Park District

2020 Board Meeting Dates

Tuesday, February 25

Monday, April 27

Tuesday, June 23

Tuesday, August 25

Tuesday, ~~November 3~~ *Being rescheduled*

Tuesday, December 15

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



Administrative Staff

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How to Reach Us

By phone. Call **224-217-0618**. Staff will be available between 9:30am and 4:30pm, Monday through Friday.

By appointment. Our office is open for in-person appointments, Monday through Thursday, 9:30am to 4:30pm. Please call the number above if you'd like to make an appointment to stop in.

Administrative Office:
6820 W. Dempster Street
Morton Grove, IL 60053
mnasr.org



Fall 2020 Program Information

We are happy to be offering both virtual and in-person programs this fall. With the safety and well-being of all our participants as our top priority, we continue to monitor and follow guidelines from IDPH, the Restore Illinois plan, the CDC and our risk management agency so that we can avoid the spread of COVID-19.

In-Person Programs

In-person program capacity is limited to eight participants to allow for compliance with proper physical distancing guidelines. If programs reach the maximum within the registration period, a lottery will be held on September 3. If a program does not meet the minimum of four participants, M-NASR reserves the right to cancel it.

Prior to registering for in-person programs, participants must complete a **Participant Assessment Form**. If you are interested in registering yourself or a participant for any in-person programs, complete the assessment and a M-NASR staff will contact you to let you know if you meet the eligibility requirements. Once eligibility is determined, participants will be allowed to register. If you already completed an assessment for summer, no need to complete another one.

Please make sure to read M-NASR's **Safety Guidelines and Eligibility Requirements** on pages 27–30 before completing this assessment.

Once the assessment is submitted, M-NASR staff will complete the following steps:

1. Review the submitted assessment
2. Evaluate assessment consistency with known past experiences with M-NASR
3. Contact families for additional information, if needed.

[Click here to complete a Participant Assessment Form.](#)

Virtual Programs

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

To download a printable form to help keep track of your Zoom meetings, click [here](#).

In This Brochure

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Important Dates

First session

August 17	Brochure available/ registration opens
September 2	Registration ends
September 3	Lottery held if needed
September 14	Programs begin
October 25	Programs end

Second session

October 7	Brochure available/ registration opens
October 23	Registration ends
October 24	Lottery held if needed
November 2	Programs begin
December 13	Programs end



This symbol indicates that a program is available to multiple areas/age groups.

Fall 2020 Program Information

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 their lesson plans. M-NASR staff will be working diligently to uphold high standards and to ensure that participants continue to learn and grow, whether the program is in person or virtual.

The chart below includes more details about and a key to the goals covered in each program.



Recreation Program Goals

Domain	 Mental/ Cognitive	 Physical	 Psychological	 Social
Potential Outcomes/ 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

Inclusion

M-NASR and our Member Park Districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. Although many people achieve this through participation in a M-NASR program, sometimes the best option for some individuals' recreational experience is to participate through their Member District's recreation programming. That is where M-NASR's Inclusion Services come in. Inclusion Services are provided to participants free of charge when registering through a Member District's program.



Principles of Inclusion

- The interests and needs of an individual participant will be addressed.
- The concerns of the family will be taken into account.
- The member district staff will be given support by M-NASR.
- Options and choices will be made available to individuals with disabilities.

When registering for a Park District program:

- Mark the ADA section on the registration form. Once the registration is submitted, a Member District representative will contact you to discuss services needed.
- The Member District will assess if the requested accommodation can be facilitated on their own.
- If the need for M-NASR services is necessary, the Member District will submit an Inclusion request to M-NASR.
- M-NASR begins the process of implementing the requested accommodation.
- Communication between M-NASR, Member District staff and family continues throughout the Inclusion Process.

If you have any questions regarding the Inclusion Process, please contact our Inclusion Manager, Lisa Barrera, at lbarrera@mnasr.org. For Member District contact information, see page 38.

Supporting M-NASR

We are grateful to all who have supported M-NASR with financial contributions over the last few months. These generous donations have helped make our ongoing virtual programming possible! If you'd like to make a donation now, click on the button below. Thank you!



[Donate Now](#)

[Secure donations through
Network for Good](#)

Registration Information

Online

Our registration system has been upgraded to a convenient online platform. To register, click [here](#). A unique login is required to be assigned to each user. Please call 224-217-0618 for login information if you have not yet received it.

Print and Send or Drop Off

If you prefer not to register online, download a Registration Form [here](#) or on page 34. You can mail, fax or email it back to us. Or, you may drop it off in person by appointment, Monday through Thursday, between 9:30am and 4:30pm.

- Mail your completed form and payment to our office:
M-NASR Registration
6820 W. Dempster
Morton Grove, IL 60053
- Fax your completed form to 847-966-8340
- Email your completed form to registration@mnasr.org
- If you'd like to drop off your form in person, please call 224-217-0618 for an appointment.



Please note: A current Participant Information Form must be on file at M-NASR. If you need to complete a new one, see box below or page 35.

Registration Process

M-NASR registration begins on August 17. Full payment is required at time of registration. Printed brochures are available at M-NASR by calling 224-217-0618. Any balance due from a previous season must be paid in full before a registration is accepted for the current season unless you have made previous arrangements with the Business Manager.

Registration is only complete when:

1. Registration Form is properly filled out and signed.
2. Payment is made in full.
3. Registration is received by deadline.
4. Participant Information Form is properly filled out and signed.

No registrations will be processed until all balances from previous seasons are paid in full.

Scholarships may be available for those who qualify. If a payment plan is needed please call 224-217-0618.

Forms at your fingertips

Online Registration – click [here](#)

Printable Registration Form – click [here](#) or see page 34

Participant Information Form – click [here](#) or see pages 35–37



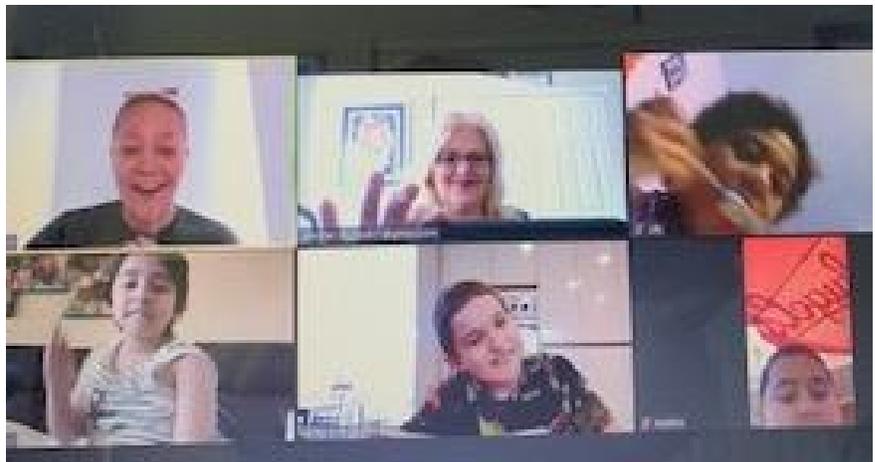
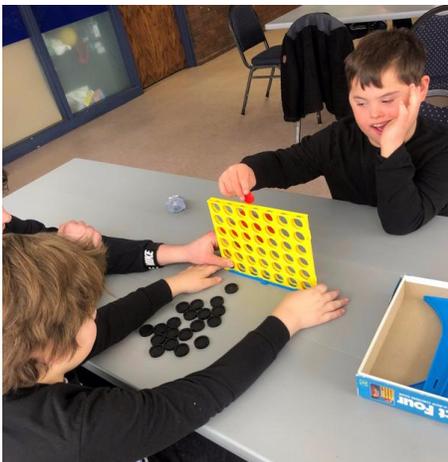
Youth & Teen Programs

Ages 3-22

Week At-A-Glance | September 14-October 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sensory Strides 10:00am-12:45pm Des Plaines Leisure Center	After School Snack 4:00-4:30pm	Kids Connection 4:00-4:30pm	Show and Tell 4:00-4:30pm	Kids Connection 4:00-4:30pm	Game On 10:00-11:00am Prairie View Community Center	Teen Trivia Sept 13 only 11:00-12:30pm Prairie View Community Center
Kids Connection 4:00-4:30pm	M-NASaRs Theatre 5:30-7:30pm Centennial Activity Center	Sensory Strides 4:30-7:15pm Des Plaines Leisure Center	Sensory Strides 4:30-7:15pm Des Plaines Leisure Center	Masquerade Halloween Party Oct 23 only 6:00-7:00pm	Imagination Station 11:30am-12:30pm Prairie View Community Center	
	Dolphin Adventure Sept 29 only 6:30-7:00pm		M-NASR Family Bingo 6:30-7:00pm		Beyond the Book Oct 10 only 2:30-3:30pm Prairie View Community Center	
	Crazy for Candy Oct 20 only 6:30-7:00pm					

In-person programs
 Virtual programs



Virtual Youth & Teen Programs

Kids Connection

Connect with friends at this afterschool virtual hangout. Each afternoon we will get to know each other by sharing stories, exercising, dancing and playing both active and passive games. Choose the days that fit your schedule best – you are welcome to sign up for any or all of the days offered.

Days/Time: Monday/Wednesday/Friday,
4:00–4:30pm

Dates: September 14–October 23

Fee: Monday: R \$10/NR \$15, Wednesday: R \$12/NR \$18,
Friday: R \$12/NR \$18

Program codes: M: 401005, W: 401007,
F: 401009

Note: No class September 28



After School Snack

Hang out, chat and learn to make a new snack! Each week you will learn how to create a new tasty treat. A M-NASR staff will email recipes prior to program. If you do not have ingredients to make the snack along with the group, no problem. You can still log on, bring your own treat and visit with friends!

Day/Time: Tuesday, 4:00–4:30pm

Dates: September 15–October 20

Fee: R \$12/NR \$18

Program code: 401006



Show and Tell

Do you have a favorite stuffed animal, blanket or toy? Grab something you love and share it with your friends. Each participant will have the opportunity to share with the group their favorite item and tell us why it is so special to them.

Day/Time: Thursday, 4:00–4:30pm

Dates: September 17–October 22

Fee: R \$12/NR \$18

Program code: 401008



M-NASR Family Bingo

Rally your family, grab your dabbers and be ready to shout BINGO! The whole family is welcome at this virtual bingo game.

Day/Time: Thursday, 6:30–7:00pm

Dates: September 17–October 22

Fee: None

Program code: 401010



Virtual Youth & Teen Programs

Individual Video/Phone Chats

M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your one-time or weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code: 408001



Virtual Special Events

Dolphin Adventure

Grab your fins because we are going for a virtual swim. Join your M-NASR friends as we take a virtual tour of Marineland Dolphin Adventure, located in Florida. Meet Rocky the sea turtle, learn about lionfish, watch dolphins play and be on the lookout for sharks!

Day/Date: Tuesday, September 29

Time: 6:30–7:00pm

Fee: None

Program code: 401075



Crazy for Candy

Grab a treat and take a seat as we learn how candy is made. Join us on a virtual tour of the largest handmade candy factory. Then learn how M&M's are sorted, see what it means to "pull" taffy and learn the history of bubblegum. All just in time for candy's biggest day of the year!

Day/Date: Tuesday, October 20

Time: 6:30–7:00pm

Fee: None

Program code: 401076



Masquerade Halloween Party

It's the year of the masks and M-NASR Masquerade Halloween Party is here just in time. First, dress in your Halloween costume to come pick up your bag full of goodies at Golf-Maine Park District. Decorate your new mask to be as spooky, silly or as stylish as you can make it, then show it off along with your costume at our virtual Masquerade dance party! We'll have a *fang-tastic* time as we *BOO-gie* the night away!

Day/Date: Friday, October 23

Time: 6:00–7:00pm



Program code: 405070

Note: Registrations will be taken on a first-come, first-served basis, with a maximum number of 200. One registration per participant. Individuals registered to receive a Treat Bag must pick it up at Feldman Park on October 23 between 3:00 and 5:00pm. The dance party will take place at 6:00pm via Zoom.



In-Person Youth & Teen Programs

Sensory Strides

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.

Days	Times	Dates	Fee
Monday	10:00-10:45am 11:00-11:45am 12:00-12:45pm	Sept 14-Oct 19	R \$75/NR \$150
Wednesday	4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	Sept 16-Oct 21	R \$90/NR \$180
Thursday	4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	Sept 17-Oct 22	R \$90/NR \$180

Program code:
407025

Location: Sensory Room, Des Plaines Leisure Center

Note: No sessions on September 28



M-NAStaRs Theatre

Fall back into the action with the M-NAStaR's theatre family. Gain confidence in acting and performing skills while working on communication skills and positive peer interaction. Be a part of our next showstopping performance!

Day/Time: Tuesday, 5:30-7:30pm

Dates: September 15-October 20

Location: Centennial Activity Center, Park Ridge

Age range: 10 & older

Fee: R \$105/NR \$210

Program code: 403019



Game On

Jump, draw, and game on! Spend the morning with your friends playing a variety of games. Work on motor skills with activities like Red Light, Green Light and Simon Says, then stretch your imagination with Pictionary and I Spy!

Day/Time: Saturday, 10:00-11:00am

Dates: September 26-October 24 Late start

Location: Prairie View Community Center, Morton Grove

Age range: 6-22

Fee: R \$37.50/NR \$75

Program code: 401002



In-Person Youth & Teen Programs

Imaginaton Station

Join in on creative crafts and activities like sidewalk chalk, DIY sensory bottles and more. This program is sure to bring out your most imaginative self!

Day/Time: Saturday, 11:30am–12:30pm

Dates: September 26–October 24 Late start

Location: Prairie View Community Center,
Morton Grove

Age range: 6–22

Fee: R \$37.50/NR \$75

Program code: 401003



In-Person Special Events

Teen Trivia

Teens, get excited for an afternoon of trivia and prizes! Team up with friends and battle it out to see who will come out on top! In addition to lots of learning and fun, we'll work on communication and teamwork skills.

Day/Date: Sunday, September 13

Time: 11:00am–12:30pm

Location: Prairie View Community Center,
Morton Grove

Age range: 13–22

Fee: R \$16.25/NR \$32.50

Program code: 401070



Beyond the Book

Get ready to read some of our favorite books, like The Hungry Caterpillar, Berenstain Bears and The Rainbow Fish. After reading, we'll talk about the lessons these characters learned and complete a craft to go with it!

Day/Date: Saturday, October 10

Time: 2:30–3:30pm

Location: Prairie View Community Center,
Morton Grove

Age range: 3–12

Fee: R \$12.50/NR \$25

Program code: 401071



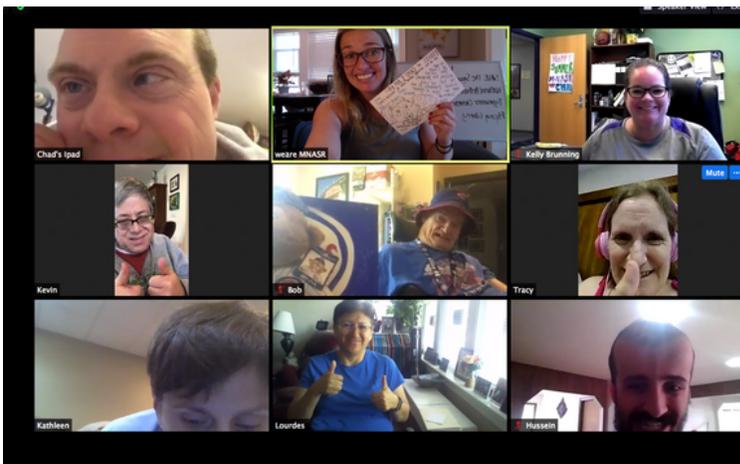
AWID Programs

Ages 18 & up

Week At-A-Glance | September 14–October 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Wildcats Workout 11:00–11:30am	Wildcats Workout 11:00–11:30am	Nice News 10:00–10:30am	Find Your Zen 11:00–11:30am	Afternoon of Improv Sept 26 only 2:00–3:00pm	Fall Florals Oct 18 only 12:00–1:15pm Prairie View Community Center
Wildcats Workout 11:00–11:30am	Trivia Time 4:00–4:30pm	Bingo 4:00–4:30pm	Sing Your Song 3:00–3:30pm	Project Friendship 12:00–12:30pm	Karaoke Night Oct 3 only 6:00–7:00pm	
Lunch Bunch 12:00–12:30pm	M-NAStaRs Theatre 5:30–7:30pm Centennial Activity Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Super Sketchers 4:00–4:30pm	Are You Game? 4:00–5:00pm Prairie View Community Center		
Simply Cooking 3:00–3:30pm	Wildcat Volleyball Skills 6:00–7:00pm Weber Center, Skokie	Dance Party 5:00–5:30pm	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Bingo Night Sept 25 only 6:00–7:00pm Prairie View Community Center		
Artist Studio 6:00–7:00pm Prairie View Community Center		Virtual Disney Tour Sept 16 only 6:00–7:15pm	Staying Fit 6:00–7:00pm Feldman Park, Niles	Masquerade Halloween Party Oct 23 only 6:00–7:00pm		
Tee Time Golf 6:00–7:00pm Golf Center, Des Plaines						

Virtual programs
 In-person programs



Virtual AWID Programs

Wildcats Workout

Join your friends for a virtual workout. Let's burn some calories and get our bodies moving. Three options are available to meet your scheduling needs. You can sign up for any or all these dates and times. This program is designed for all levels and no equipment is needed.

Day/Time: Monday 11:00–11:30am,

Tuesday 11:00–11:30am, **New time!**

Wednesday 11:00–11:30am

Dates: September 14–October 21

Fee: Monday: R \$10/NR \$15, Tuesday: R \$12/NR

\$18, Wednesday: R \$12/NR \$18

Program codes: M: 403009, Tu: 403015,

W: 403010

Note: No class September 28



Lunch Bunch



Make your lunch and then enjoy it with your friends virtually. We will take our lunch break together and find out what everyone has been doing!

Day/Time: Monday, 12:00–12:30pm

Dates: September 14–October 19

Fee: None

Program code: 403017

Note: No class September 28



Simply Cooking

Dice or chop? Tablespoon or teaspoon? Join us in the kitchen to learn about a variety of cooking and baking terms and see the best kitchen tools for the job. You'll follow along with a basic recipe and help our staff prepare a tasty treat.

Day/Time: Monday, 3:00–3:30pm **New time!**

Dates: September 14–October 19

Fee: R \$10/NR \$15

Program code: 403012

Note: No class September 28



Trivia Time

Are you up for a challenge? Come hang out with some of your M-NASR friends as we put our heads together to select the correct answers to some trivia questions. We will have six different themes this season and they are sure to be a hit!

Days/Time: Tuesday, 4:00–4:30pm

Dates: September 15–October 20

Fee: R \$12/NR \$18

Program code: 403014



Virtual AWID Programs

Bingo

We will be playing virtual bingo with all our friends! Instructions for M-NASR Virtual Bingo will be emailed prior to the first day of the program.

Day/Time: Wednesday, 4:00–4:30pm

Dates: September 16–October 21

Fee: R \$12/NR \$18

Program code: 403008



Wednesday Night Dance Party

Let's celebrate midweek by dancing with our friends! Music and fun will be provided for all who join us on Wednesday afternoons.

Days/Time: Wednesday, 5:00–5:30pm

Dates: September 16–October 21

Fee: R \$12/NR \$18

Program code: 403020



Nice News

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

Days/Time: Thursday, 10:00–10:30am

Dates: September 17–October 22

Fee: None

Program code: 403018



Sing Your Song

Let's all join together and sing our favorite songs from well-known musicals! Our Certified Music Therapist, Beth, will be leading the song session.

Days/Time: Thursday, 3:00–3:30pm

Dates: September 17–October 22

Fee: R \$12/NR \$18

Program code: 403021



Virtual AWID Programs

Super Sketchers

Want to learn how to draw but don't know where to start? Grab a piece of paper and put your pencil and creativity to the test. We'll learn the step-by-step process of drawing shapes, animals, characters and more. Project requests will be taken and together we'll use our imaginations to create our own masterpieces.

Days/Time: Thursday, 4:00–4:30pm

Dates: September 17–October 22

Fee: R \$12/NR \$18

Program code: 403013



Find Your Zen

Join M-NASR staff in 10 minutes of stretching and yoga poses and a 10-minute yoga flow. All individuals are welcome, and those with limited mobility can adapt as needed and strive for movements that work best. You will need enough space to lay out a yoga mat or towel, comfortable clothing and a water bottle.

Day/Time: Friday, 11:00–11:30am

Dates: September 18–October 23

Fee: R \$12/NR \$18

Program code: 403011



Project Friendship

Friends support each other, socialize and share their unique interests, and these are the goals of Project Friendship! Play games, discuss themed topics and learn new ways to continue staying connected with old friends and new.

Day/Time: Friday, 12:00–12:30pm

Dates: September 18–October 23

Fee: R \$12/NR \$18

Program code: 403016



Individual Video/Phone Chats

M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your one-time or weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code: 408001



Virtual AWID Programs

Virtual Special Events

Disney Trip Virtual Tour



Join us as we travel to the happiest place in the world, Disney World in Orlando! We will visit some of the theme parks and, for any thrill seekers out there, even ride a rollercoaster. You won't want to miss this magical adventure.

Day/Date: Wednesday, September 16

Time: 6:00–7:15pm

Fee: None

Program code: 403072



Afternoon of Improv



We'll be throwing away the script and doing something unplanned during this afternoon program. Get ready to practice your social skills through spontaneous story-telling and acting, which will lead to some unforgettable moments and laughs!

Day/Date: Saturday, September 26

Time: 2:00–3:00pm

Fee: None

Program code: 403074



Karaoke



Do you like music and know all the words to your favorite song? Bring out your inner voice as we sing and dance to some popular tunes. Sit back and take in the melodies, jump up and get moving to the beats or belt out your favorite artist. However you choose to participate, it'll be an evening to remember.

Day/Date: Saturday, October 3

Time: 6:00–7:00pm

Fee: None

Program code: 403073



Masquerade Halloween Party



It's the year of the masks and M-NASR Masquerade Halloween Party is here just in time. First, dress in your Halloween costume to come pick up your bag full of goodies at Golf-Maine Park District. Decorate your new mask to be as spooky, silly or as stylish as you can make it, then show it off along with your costume at our virtual Masquerade dance party! We'll have a *fang-tastic* time as we *BOO-gie* the night away!

Day/Date: Friday, October 23

Time: 6:00–7:00pm



Program code: 405070



Note: Registrations will be taken on a first-come, first-served basis, with a maximum number of 200. One registration per participant. Individuals registered to receive a Treat Bag must pick it up at Feldman Park on October 23 between 3:00 and 5:00pm. The dance party will take place at 6:00pm via Zoom.

In-Person AWID Programs

Sensory Strides

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.

Days	Times	Dates	Fee	Program code:
Monday	10:00-10:45am 11:00-11:45am 12:00-12:45pm	Sept 14-Oct 19	R \$75/NR \$150	407025
Wednesday	4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	Sept 16-Oct 21	R \$90/NR \$180	Location: Sensory Room, Des Plaines Leisure Center
Thursday	4:30-5:15pm 5:30-6:15pm 6:30-7:15pm	Sept 17-Oct 22	R \$90/NR \$180	Note: No sessions on September 28



Artist Studio

Listen to your heart and make some amazing art. The fall is full of changing colors and weather. Channel the atmosphere around you and let the season inspire you to create a masterpiece! Use various mediums and tools to let your creativity flow. Each artist will be provided with their own supplies. Bring an old shirt or smock as activities may be messy.

Day/Time: Monday, 6:00-7:00pm

Dates: September 14-October 19

Fee: R \$62.50/NR \$125

Location: Prairie View Community Center, Morton Grove

Program code: 403005

Note: No class September 28



In-Person AWID Programs

Tee Time Golf

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

Day/Time: Monday, 6:00–7:00pm

Dates: September 14–October 26 Special season

Fee: R \$45/NR \$90

Location: Golf Center, Des Plaines

Program code: 403004

Note: No class September 28



M-NASaRs Theatre

Fall back into the action with the M-NASaR's theatre family. Gain confidence in acting and performing skills while working on communication skills and positive peer interaction. Be a part of our next showstopping performance!

Day/Time: Tuesday, 5:30–7:30pm

Dates: September 15–October 20

Fee: R \$105/NR \$210

Location: Centennial Activity Center, Park Ridge

Program code: 403019

Age range: 10 & older



Wildcat Volleyball Skills

Dig in this fall season and bump up your plans! Learn all the basics of this fun sport as you build camaraderie with other athletes. The focus of this program is to learn the basic skills for playing volleyball. Your coaches will train you to bump, set, spike, serve and even how to read the ball.

Day/Time: Tuesday, 6:00–7:00pm

Dates: September 1–October 6 Special season

Fee: R \$45/NR \$90

Location: Weber Center Gym, Skokie

Program code: 403003

Note: Wear athletic attire, gym shoes and bring a water bottle.



In-Person AWID Programs

Staying Fit

Hustle for that muscle this fall season! We will focus on proper technique while enjoying the company of friends during this high intensity interval training (HIIT) program. This mentally and physically stimulating, high-energy class, paired with support and encouragement from M-NASR staff, will help you reach your fitness goals.

Day/Time: Thursday, 6:00–7:00pm

Dates: September 17–October 22

Fee: R \$45/NR \$90

Location: Feldman Park, Niles

Program code: 403006

Note: Wear athletic attire, gym shoes and bring a water bottle.



Are You Game?

Come join us as we explore some of your favorite games. Whether you are a fan of Heads Up, Charades, Pictionary, Scattergories or Trivial Pursuit, we believe we have something for each of you. You will be smiling at the end of each program as we share some good times with our friends.

Day/Time: Friday, 4:00–5:00pm

Dates: September 18–October 16 Early end

Fee: R \$42/NR \$84

Location: Prairie View Community Center,
Morton Grove

Program code: 403007



In-Person Special Events

Bingo Night

B4 it's too late, we hope you will join us for some Friday in-person fun! Bingo enthusiasts are all welcome to join one of M-NASR's most popular special events. Everyone is a winner and can pick from a variety of prizes. There is no sweeter sound than "BINGO!"

Day/Date: Friday, September 25

Time: 6:00–7:00pm

Fee: R \$18/NR \$36

Location: Prairie View Community Center,
Morton Grove

Program code: 403070



Fall Florals

Join peers as you learn some basics of floral design. We'll talk proportion, harmony, balance and other floral lingo as our creations bloom. Your imagination will soar as you create a fall floral arrangement in a pumpkin that will be yours to take home.

Day/Date: Sunday October 18

Time: 12:00–1:15pm

Fee: R \$28/NR \$56

Location: Prairie View Community Center,
Morton Grove

Program code: 403071



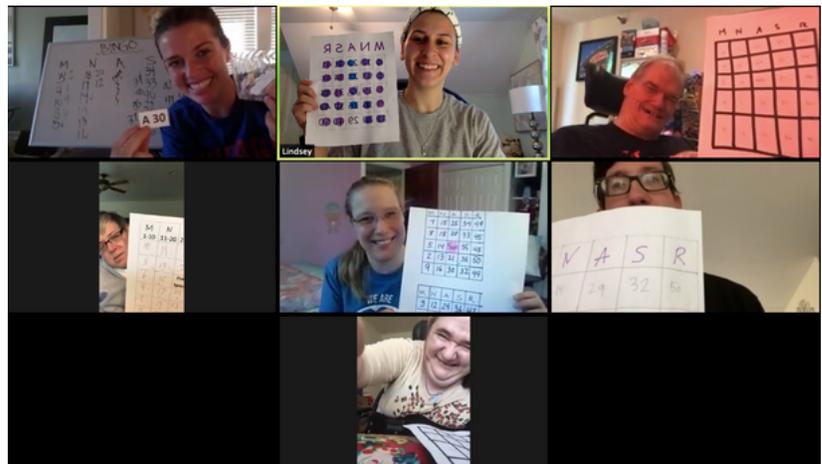
PI/VI Programs

Ages 18 & up

Week At-A-Glance | September 14–October 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Movie Meetup 1:30–2:45pm Prairie View Community Center	Mindful Movement 10:00–10:30am	Nice News 10:00–10:30am	Fitness Fun 10:00–10:30am	Fitness Fusion 1:00–2:00pm Prairie View Community Center	B-I-N-G-O Sept 13 only 2:00–3:00pm Prairie View Community Center
Fitness Fun 10:00–10:30am	Improve Your Improv 2:00–2:30pm	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Crisp Morning Social Club 10:00–11:00am Harrer Park	Gameshow Night Sept 25 only 6:00–7:00pm	Haunted Chicago Virtual Tour Oct 10 only 6:00–7:00pm	
Lunch Bunch 12:00–12:30pm	M-NAStaRs Theatre 5:30–7:30pm Centennial Activity Center	Boccia Team Meetup 6:00–6:30pm	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Masquerade Halloween Party Oct 23 only 6:00–7:00pm		
Chicago Sports Mixer 2:00–2:30pm			All Things Autumn 2:00–2:30pm			
Experience This! Sept 21 only 11:00am–12:15pm Prairie View Community Center						

Virtual programs
 In-person programs



Virtual PI/VI Programs

Fitness Fun

Join your friends for a virtual workout! Let's burn some calories and get our bodies moving. This program is designed for all levels and no equipment will be needed. Adaptations and modifications to exercises will be provided.

Days/Time: Monday 10:00–10:30am, Friday 10:00–10:30am

Dates: September 14–October 23

Fee: Monday: R \$10/NR \$15, Friday: R \$12/NR \$18

Program codes: M: 404004, F: 404005

Note: No class September 28



Lunch Bunch

Make your lunch and then enjoy it with your friends virtually. We will take our lunch break together and find out what everyone has been doing!

Day/Time: Monday, 12:00–12:30pm

Dates: September 14–October 19

Fee: None

Program code: 403017

Note: No class September 28



Chicago Sports Mixer

Whether you're a diehard Cubs, Bears, Blackhawks, or Bulls fan, this sports social program is for you. We're mixing up our activities each week with trivia, throwback video clips and team news that will help us feel the pride and passion that only Chicago fans know! Dress in your favorite team's gear each week.

Day/Time: Monday, 2:00–2:30pm

Dates: September 14–October 19

Fee: R \$10/NR \$15

Program code: 404008

Note: No class September 28



Improve Your Improv

Have you ever been described as funny, creative or spontaneous? Get ready to put these attributes to work as we improve our improv! Being yourself and having fun are the keys to comedy success and we'll try a variety of unique games to bring some laughter to our afternoons.

Day/Time: Tuesday, 2:00–2:30pm New day!

Dates: September 15–October 20

Fee: R \$12/NR \$18

Program code: 404007



Virtual PI/VI Programs

Mindful Movement

Now is the perfect time to take a deep breath and relax. We will use our meditation skills to get us through the rest of the week. Deep breathing exercises, yoga, and relaxation techniques will be part of this peaceful time.

Day/Time: Wednesday, 10:00–10:30am

Dates: September 16–October 21

Fee: R \$12/NR \$18

Program code: 404006



Boccia Team Meetup

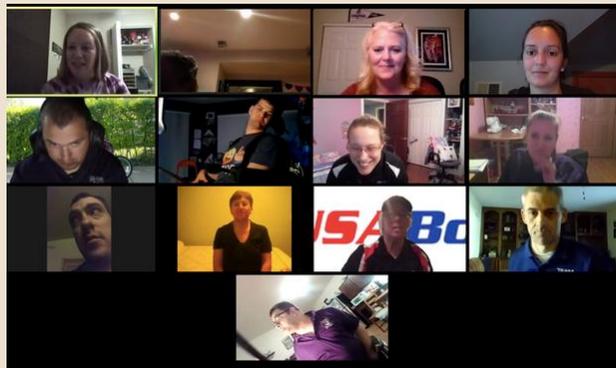
Socialization and strategy are the names of this game! You won't be *blue* as we continue discussing personal and team goals, learning new skills through drill ideas and Paralympic video clips and just catching up with each other. The fun never *ends* for this team!

Day/Time: Wednesday, 6:00–6:30pm New time!

Dates: September 16–October 21

Fee: R \$12/NR \$18

Program code: 404009



Nice News

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

Day/Time: Thursday, 10:00–10:30am

Dates: September 17–October 22

Fee: None

Program code: 403018



All Things Autumn

Let's enjoy all things autumn! We'll be sharing our favorite pumpkin recipes and craft ideas, exploring virtual festivals and farms and learning unique facts about the season. Get cozy at home and experience this fall with us.

Day/Time: Thursday, 2:00–2:30pm

Dates: September 17–October 22

Fee: R \$12/NR \$18

Program code: 404010



Virtual PI/VI Programs

Individual Video/Phone Chats

M-NASR staff will be available to contact participants via Zoom or phone call for 15-minute chats. We are here to help keep you positive, active and connected. After you register, M-NASR staff will contact you to schedule your one-time or weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program code: 408001



Virtual Special Events

Haunted Chicago Virtual Tour

This spooky time of year is perfect for learning more about Chicago's notorious haunted hotspots. We'll explore the history behind the tales, and you can decide what's authentic and what is *BOO*-gus!

Day/Date: Saturday, October 10

Time: 6:00–7:00pm

Fee: None

Program code: 404072



Gameshow Night

PI/VI participants...come on down! You're the next contestants on Gameshow Night! With a mix of M-NASR-themed categories and general trivia, everyone's knowledge will be helpful.

Day/Date: Friday, September 25

Time: 6:00–7:00pm

Fee: None

Program code: 404073



Masquerade Halloween Party

It's the year of the masks and M-NASR Masquerade Halloween Party is here just in time. First, dress in your Halloween costume to come pick up your bag full of goodies at Golf-Maine Park District. Decorate your new mask to be as spooky, silly or as stylish as you can make it, then show it off along with your costume at our virtual Masquerade dance party! We'll have a *fang-tastic* time as we *BOO-gie* the night away!

Day/Date: Friday, October 23

Time: 6:00–7:00pm

Program code: 405070

Note: Registrations will be taken on a first-come, first-served basis, with a maximum number of 200. One registration per participant. Individuals registered to receive a Treat Bag must pick it up at Feldman Park on October 23 between 3:00 and 5:00pm. The dance party will take place at 6:00pm via Zoom.



In-Person PI/VI Programs

Sensory Strides

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.

Days	Times	Dates	Fee	Program code:
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	Sept 14–Oct 19	R \$75/NR \$150	407025
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	Sept 16–Oct 21	R \$90/NR \$180	Location: Sensory Room, Des Plaines Leisure Center
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	Sept 17–Oct 22	R \$90/NR \$180	Note: No sessions on September 28



Movie Meetup

Lights...camera...fun! We're getting together to watch movies in-house, with old classics and new releases on the line up! Let's spend the afternoon laughing together and reconnecting.

Day/Time: Tuesday, 1:30–2:45pm

Dates: September 15–October 20

Fee: R \$57/NR \$114

Location: Prairie View Community Center,
Morton Grove

Program code: 404001



M-NAStaRs Theatre

Fall back into the action with the M-NAStaR's theatre family. Gain confidence in acting and performing skills while working on communication skills and positive peer interaction. Be a part of our next showstopping performance!

Day/Time: Tuesday, 5:30–7:30pm

Dates: September 15–October 20

Fee: R \$105/NR \$210

Location: Centennial Activity Center, Park Ridge

Program code: 403019

Age Range: 10 & older



In-Person PI/VI Programs

Crisp Morning Social Club

A crisp fall morning walk is even better while chatting with friends! We're meeting up at the accessible trail at Harrer Park in Morton Grove to stroll together as the cool air refreshes us and the changing leaves crunch beneath us. Feel free to bring your morning coffee!

Day/Time: Thursday, 10:00–11:00am
Dates: September 17–October 22
Fee: R \$45/NR \$90
Location: Harrer Park, Morton Grove

Program code: 404002

Note: In the case of inclement weather, the decision to cancel this program will be made by 8:00am on each program date and participants will be notified of any changes. Restrooms will not be available for use at this park.



Fitness Fusion

Fitness Fusion combines seated aerobics to get your heart pumping, strength exercises to build muscle, and mindfulness-based stretching exercises to increase your flexibility and balance! Join us for this unique workout that will benefit your body and mind.

Day/Time: Saturday, 1:00–2:00pm
Dates: September 26–October 24 **Late start**
Fee: R \$37.50/NR \$75
Location: Prairie View Community Center, Morton Grove

Program code: 404003



In-Person PI/VI Programs

In-Person Special Events

B-I-N-G-O

Knock at the door, number four! It's time to play Bingo! We're rolling up our sleeves and bringing the friendly competition on in person. Register *B4* this enjoyable afternoon passes you by.

Day/Date: Sunday, September 13

Time: 2:00–3:00pm

Fee: R \$18/NR \$36

Location: Prairie View Community Center,
Morton Grove

Program code: 404070



Experience This

Swamp paths and land mines...are you up for the challenge? Teamwork, problem-solving and leadership skills are applicable in every part of our lives. This program will provide you with opportunities to try out unique adapted activities that will help you learn about yourself and your strengths, as well as develop your assertiveness, confidence and decision-making skills!

Day/Date: Monday, September 21

Time: 11:00am–12:15pm

Fee: R \$10/NR \$20

Location: Prairie View Community Center,
Morton Grove

Program code: 404071



M-NASR Safety Guidelines and Eligibility Requirements

These guidelines supplement existing eligibility requirements and general safety policies for M-NASR programs, in response to COVID-19 and use guidelines from IDPH, the Restore Illinois plan, the CDC and our risk management agency. As more information becomes available, M-NASR may adjust these guidelines. The information in this document is not implied nor intended to be a substitute for professional medical advice, diagnosis or treatment.

Eligibility for Participation

- All participants desiring to join M-NASR in-person programs will need to meet the following eligibility requirements:
- Ability to maintain a 6-foot physical distance from other participants and staff.
- Ability to properly put on, wear, and take off a face covering when necessary, for the duration of the program.
- Participants must provide their own face covering.
- Be able to independently attend to personal care (i.e. toileting, feeding, hygiene).
- Ability to wash hands thoroughly and independently.
- Be able to participate within a ratio of one staff to four participants with minimal visual and verbal prompting.
- Be responsible for own personal items with verbal prompts or reminders.
- Be able to stay in safe proximity to group and refrain from elopement or wandering.
- Be able to refrain from physically aggressive behaviors such as biting, spitting, scratching, hitting, kicking, etc. or behaviors that require direct or close proximity intervention from staff.
- Ability to follow the M-NASR Code of Conduct and other pre-determined guidelines.

Requirements Prior to Attending Each Program

Guardians must confirm that participants have not exhibited any of the following symptoms prior to arriving to the program each day:

- Temperature of 100.4 degrees Fahrenheit or higher
- Shortness of breath
- Cough
- Sore throat
- Nausea or vomiting
- Diarrhea
- Runny nose
- Chills
- Unexplained muscle aches
- Headaches
- Unexplained fatigue
- Abdominal pain
- New loss of smell or taste

M-NASR Safety Precautions

Although recreation programs always have an inherent risk, M-NASR has taken several measures to promote safety and wellness in our programs.

- Programs will have maximum capacities to ensure limited, smaller group sizes.
- Staff must perform an at home self-health check every day prior to arrival at program.
- Participants and staff must wear face coverings at all times.
 - The only exception to this is when the program is outside, and staff and participants can maintain physical distancing of at least 6 feet.
- Staff will develop a pickup and drop off system for each program to ensure proper physical distancing.
- Staff will clean and disinfect frequently touched surfaces (tabletops, door handles, etc.) before and after activities and in between uses of different individuals.
- Participants will be provided a supply kit to limit the need for sharing.
- Toys and learning tools not able to be sanitized will not be used.
- M-NASR will take measures to promote 6-foot physical distancing like seat assignments, outdoor activities, barriers, and traffic flow patterns.
- Only registered participants and staff will be allowed to attend programs.

M-NASR Safety Guidelines and Eligibility Requirements

- To protect the participant and those they interact with, participants who do not adhere to program rules and the above guidelines may be removed from the program.
- Currently transportation services will not be offered to and from programs due to social distancing concerns. Once we have safely implemented programming and are able to provide proper spacing, transportation may be introduced.

Participant Screening Protocols

Prior to admittance to the program area, parents/guardians/participants must provide M-NASR staff with verbal verification of completing the At Home Participant Self-Assessment (see page 30. This verbal verification by parents/guardians/participants will be noted by by M-NASR staff. If a participant exhibits any symptoms on the checklist or answers yes to any of the questions they will not be allowed to participate in the program. If the answer to any of the questions is "yes," the participant will be asked to leave and not return until cleared by a medical professional.

Hand Washing

Participants and staff will be asked to wash or sanitize their hands upon entry to the program room or area and throughout the day at transitions or specific intervals. Hand sanitizer will be readily available at each program site. Participants must be able to independently comply with these requests.

Face Coverings

Both M-NASR staff and participants will be required to wear face coverings when 6 feet of distance is not possible and/or during indoor programming. Each program and situation will be assessed separately, and staff will indicate when face coverings are necessary. When utilizing a member district facility or community venue, M-NASR staff and participants will be required to follow facility-specific guidelines in place. Participants must be able to independently put on and take off their face covering.

Participants will be required to provide their own face covering. Face coverings should: 1) Fit snugly but comfortably around the face, 2) Be secured with ties or ear loops, 3) Preferably have multiple layers of fabric, 4) Allow for breathing without restriction, 5) Be clean. Disposable face coverings should not be worn more than one time. Fabric face coverings should be laundered regularly.

Physical and Verbal Reminders of Distance

M-NASR staff will provide verbal reminders for physical distancing as needed throughout the program. Since this is a new concept for many, it is likely that frequent reminders will be needed. When possible, physical and visual reminders will be used as well. Examples include changing the location of equipment and furniture to allow for distancing, taping areas/markers on the floor, creating physical barriers and displaying signage with reminders/expectations.

Pick-Up and Drop-Off Procedures

Drop-Off process

- Driver pulls up to the designated meeting location where M-NASR staff will greet them.
- Driver will remain in the car with participant to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment before leaving.
- If someone takes public transportation to the program location or drives themselves, they also need to wait in the designated meeting location to give M-NASR staff verbal consent of completing the At Home Participant Self-Assessment.
- Only the participant will be permitted to enter the program area.

Pick-Up process

- M-NASR staff will watch for parents/guardians to pull up to the designated area.
- Driver pulls up to the designated meeting location where M-NASR staff and participant will greet them.
- Driver will remain in the car.
- Participant will be directed to their vehicle.

M-NASR Safety Guidelines and Eligibility Requirements

Equipment/Supplies Use

To reduce the sharing of items, M-NASR will provide each participant with their own kit for each program requiring equipment. There will be no sharing of equipment or supplies. If items will be used by more than one individual, disinfecting will occur between each use.

Personal Belongings

M-NASR will ensure that participants' belongings are separated and in individually labeled storage containers, cubbies or areas. Personal belongings must be taken home each day to be cleaned. When possible, belongings will be separated 6 feet apart.

Food

M-NASR will not be offering food preparation or dining during programs. When eating is necessary at a program, participants are asked to bring food in disposable containers. Containers will be put in the trash after use. Participants will not be allowed to share food. Participants may bring a refillable water bottle, which should be taken home at the conclusion of each program.

Cleaning and Sanitation

M-NASR will be following enhanced cleaning guidelines at facilities. High touch areas will be cleaned prior to the start of each program. M-NASR staff will clean and disinfect any shared equipment (such as chairs, tables, mats) daily. High touch surfaces will be disinfected after each use. Disinfecting wipes will be readily available. All cleaning products and methods will follow Centers for Disease Control recommendations.

Communicable Disease Procedures

M-NASR will utilize communicable disease procedures developed with guidance from local health departments and CDC regulations. Due to the serious nature of COVID-19 and specific prevention recommendations M-NASR has updated our policy to accommodate COVID-19 related considerations. The policy has been developed for quick response and containment with the highest level of confidentiality. In the event of an outbreak those considered at risk or who may have come into contact will be notified. To protect the identity of the person infected, only necessary details regarding the situation will be communicated. M-NASR asks that all participants and families cooperate in any investigation or tracing efforts M-NASR may conduct.

Exposure or Symptoms

In the event a participant displays or develops symptoms of COVID-19 during a program, M-NASR staff will follow the procedures outlined below to isolate the individual until they can be picked up from the program site.

- If not already wearing a face covering both the participant and staff must wear a covering.
- A staff member will remain with the participant at a safe distance while reaching out to the emergency contacts and then waiting for them to arrive.
- Parents/Guardians or emergency contacts are required to pick up within 30 minutes of the initial call, preferably much sooner.
- The participant displaying symptoms will be removed from the group to a location that is a safe distance from others.
- If the facility has a designated isolation room, the individual displaying symptoms will be taken to that room until he/she can be safely picked up.
- Participants will be required to have multiple emergency contacts to ensure that someone is available to pick them up if the need arises.

Response to Known Cases or Exposure

If a participant has someone in their household who is symptomatic or has tested positive for COVID-19 or has been exposed/ in contact with someone with confirmed COVID-19, they should stay home and self-quarantine for 14 days per CDC guidelines, and should seek a COVID-19 test. "Close contact" includes household contacts, intimate contacts or contacts within 6 feet for 15 minutes or longer unless wearing N95 mask during period of contact. If a

M-NASR Safety Guidelines and Eligibility Requirements

participant contracts COVID-19, they should notify a M-NASR full-time staff. M-NASR will work with local health officials and communicate details as needed with participants and families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA).

Required Doctor's Notes

A doctor's note clearing the participant to return to programs must be provided for:

- Those who test positive for COVID-19
- Those who have been under doctor's care for COVID-19 or COVID-19 related symptoms

Personal Travel

Participants/families who travel internationally or use cruise travel will be required to notify a M-NASR full-time staff and to self-quarantine for 14 days upon return, before returning to any M-NASR program.

At Home Participant Self-Assessment

Maine-Niles Association of Special Recreation is committed to the safety of employees, patrons, and the community, including during the COVID-19 pandemic. Participants will be required to self-assess using these questions each day prior to coming to a M-NASR program. If the answer is "yes" to any questions, participants will not be permitted to attend their scheduled program in order to prevent the spread of illness. Additionally, parents/guardians/participants should notify M-NASR of the reason for their absence for the day.

1. Do you have a fever of 100.4 degrees Fahrenheit or higher?
2. Do you have a cough, runny nose or sore throat?
3. Have you been experiencing difficulty breathing or shortness of breath?
4. Do you have muscle aches?
5. Have you had a new or unusual headache (e.g., not typical to the individual)?
6. Have you noticed a new loss of taste or loss of smell?
7. Have you been experiencing chills or rigors (i.e., a sudden feeling of cold with shivering accompanied by a rise in temperature)?
8. Do you have gastrointestinal concerns (e.g., abdominal pain, vomiting, diarrhea)?
9. Have you tested positive for COVID-19 in the last 14 days?
10. Is anyone in your household displaying any symptoms (as listed above) of COVID-19?
11. To the best of your knowledge, in the last 14 days, have you come into close contact with anyone who has tested positive for or been diagnosed with COVID-19?

By coming to M-NASR programs, you acknowledge that you have in fact conducted this self-assessment and the information provided above is true and accurate to the best of your current knowledge and beliefs.

M-NASR General Policies

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 MNASR.

Participants and family members shall:

- Show respect to all participants, family members and program staff and/or supervisors.
- Not possess any weapons.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants or program staff/supervisors.
- Show respect to equipment, supplies and facilities.

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 programs, please contact our office.
6. M-NASR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an unclean manner at the end of a program.

Equal Access

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

Wellness Policy

In addition to our COVID-19 guidelines outlined in pages 27–30, 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.

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.

M-NASR General Policies

Americans with Disabilities Act (ADA)

Please keep this information in mind when registering: 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.

Reasonable Accommodations

Member agencies may offer reasonable accommodations by: Providing communication aids and services, removing barriers, selecting available alternative activity sites or taking other appropriate actions. To assist us in making reasonable accommodations, we urge you to contact M-NASR to provide for your individual needs.

Augmentative Communication Devices

M-NASR staff are interested in learning how to assist participants with communication aids at our recreational programs. We will work with you and your therapist to train our staff on the proper and safe ways to use their devices. Please contact M-NASR for additional information.

Important Registration Information

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

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

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

M-NASR 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.

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

Program Scholarships

Participants in need of a scholarship for M-NASR programs may request an application by contacting the M-NASR office. A completed application and required financials must be received by the program registration deadline. The Executive Director will review your application and you will be advised based on available funds. Scholarships are not available for special events, trips or for participants residing out of M-NASR's service district.

Refund Policy

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

Please read the following information to see if a refund is due:

1. If the Association cancels a program, a refund will be issued or the program will be rescheduled unless it is weather-related. M-NASR weekly programs and special events may be cancelled due to inclement weather. When a program is cancelled, each participant will be notified by phone. 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.
2. 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).
3. 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.
4. 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.
5. 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.).
6. If the reason is for medical or an unavoidable circumstance, proof may be required in writing prior to a refund being given.

Errors and Adjustments

While we try to be accurate in presenting information in our brochure, some unavoidable errors or changes to the programs, fees, schedules and other information may occur. M-NASR apologizes for any inconvenience.

Participant Information Form

Please download and print. Completed form should be returned to M-NASR.



This Annual Participant Information Form (PI) must be completed and filed with the M-NASR office prior to registration for 2020 programs, for a participant to join any M-NASR program or event. The PI contains extremely important information which is necessary for M-NASR staff to plan and execute safe and enjoyable programs. **Please complete all information.** If you are completing this form digitally, please e-mail to registration@mnsr.org. If you are completing this form manually, please mail it to our address below, or scan and e-mail to registration@mnsr.org.

PARTICIPANT INFORMATION

Date Completed: _____ Are you new to M-NASR? Yes No Participant is own guardian: Yes No
Participant First Name: _____ Middle: _____ Last: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Cell Phone: _____ E-Mail: _____
Sex: _____ Date of Birth: _____ Height: _____ Weight: _____
Primary Diagnosis: _____ Secondary Diagnosis: _____
*If Down Syndrome, result of the Atlanto-Axial Instability test: Positive Negative Never Tested
Does participant have a seizure disorder? Yes No Date of Last Seizure: _____
If yes, please contact M-NASR's Registrar for a Seizure Information Form
T-Shirt Size: _____ Township: _____

Group Home Participants Only:
Case Manager: _____ E-Mail: _____ Cell Phone: _____

CONTACT INFORMATION

Parent/Guardian Name: _____ Relationship to Participant: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
E-Mail: _____

Parent/Guardian Name: _____ Relationship to Participant: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
E-Mail: _____

EMERGENCY CONTACT INFORMATION

Please list emergency contacts in order of contact preference:

#1: _____
First and Last Name (Primary Contact) Phone Number (Home Work Cell, please select for # listed)

Address (including state, city, and zip code) Relationship to Participant

#2: _____
First and Last Name Phone Number (Home Work Cell, please select for # listed)

Address (including state, city, and zip code) Relationship to Participant

M-NASR · 6820 W Dempster Street, Morton Grove, IL 60053 · (847) 966-5522 · Fax: (847) 966-8340 · www.mnsr.org · registration@mnsr.org

Participant Information Form

ALLERGIES (please check all that apply)

- Food allergies: _____ Reaction: _____
- Medication allergies: _____ Reaction: _____
- Other allergies: _____ Reaction: _____

Does participant use/carry an EpiPen? Yes No **(If yes, please contact M-NASR's Registrar for necessary form)**

DIETARY INFORMATION

Requirements: _____

Restrictions: _____

Preferences: _____

If over 21 years, can consume alcohol: Yes No Quantity: _____

MEDICAL INFORMATION

Permission to apply sunscreen: Yes No Permission to apply bug spray: Yes No

Primary physician: _____ Phone: _____

Medical insurance company: _____ Policy #: _____

Please list all medications participant takes (if more than three, please attach list):

Medication Name	Dosage	Time	Purpose

***Any participant requiring medication during programs must complete necessary forms. Please contact M-NASR's Registrar.**

MOBILITY/TRANSPORTATION

Preferred pick up point (please select one): M-NASR (Morton Grove) Maine-East HS (Park Ridge) Weber Center (Skokie)

Uses wheelchair: if yes, what type: Manual Electric

Can transfer independently: Yes No Can walk independently: Yes No

Uses orthopedic equipment (walker, braces, canes, AFOs): _____

Requires a vehicle with a lift

COMMUNICATION NEEDS

- Verbal/independent communication Uses sign language
- Non-verbal Hearing aid
- Limited verbal Uses communication system (PECS, picture schedule, talker)
- Requires an interpreter (ASL) Define: _____

BEHAVIOR INFORMATION

Best way to transition to new activity:

Best way to re-direct:

Best way to calm:

Behaviors exhibited when upset/frustrated:

Participant Information Form

Fears/phobias:

Preferred activities:

Does participant have a behavior plan? Yes No (If yes, please provide behavior plan.)

SAFETY

- Able to say name? Yes No
- Able to consistently say phone number? Yes No
- Does participant stay with the group? Yes No
- Is participant responsible for own belongings? Yes No
- Can participant manage own money? Yes No
- Can participant recognize danger? Yes No
- Does participant swim? Yes No

If "Yes," please describe skill level: _____

Who is authorized to pick up participant from programs or events? _____

DAILY LIFE SKILLS (check all that apply)

- Requires assistance eating: _____
- Requires assistance in bathroom: _____
- Requires regular bathroom schedule: _____
- Requires assistance dressing: _____

Can participant read? _____ Can participant write? _____

ADDITIONAL INFORMATION

Please share any additional information you feel is helpful (if nothing has changed from a previous PI that M-NASR has on file, please indicate that below):

AUTHORIZATIONS AND RELEASE (check each box you wish to indicate authorization for)

Participant can wait (unsupervised) at conclusion of program or drop-off location.

I authorize M-NASR to arrange for emergency medical treatment, in the event of injury to my child or me and if I or my designated emergency contact cannot be reached by M-NASR.

Unless otherwise indicated in writing, I grant permission to M-NASR to contact the school, park district, teacher assistants, teacher, social worker, therapist or physician for the purpose of gathering or releasing information regarding the participant. The information will be used to develop the most effective plan for providing M-NASR recreation services and proper placement in Inclusion. All information will be kept confidential.

Signature of Participant/Parent/Guardian

Date

M-NASR · 6820 W Dempster Street, Morton Grove, IL 60053 · (847) 966-5522 · Fax: (847) 966-8340 · www.mnasr.org · registration@mnasr.org Exp. 04/30/2021

M-NASR General Information

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

Des Plaines Park District

2222 Birch, Des Plaines, IL 60068
(847) 391-5700 | desplainesparks.org

Golf-Maine Park District

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

Morton Grove Park District

6834 W. Dempster, Morton Grove, IL 60053
(847) 965-1200 | 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

M-NASR Program Locations September/October 2020

Centennial Activity Center

100 S. Western Ave.
Park Ridge, IL 60068 | 847-692-3597

Des Plaines Leisure Center

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

Feldman Park

8880 Kathy Lane
Niles, IL 60714 | 847-297-3000

Golf Center of Des Plaines

353 N. River Road
Des Plaines, IL 60018 | 847-803-4653

Harrer Park

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

Prairie View Community Center

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

Weber Center

9300 Weber Park Place
Skokie, IL 60007 | 847-674-1500

M-NASR is hiring!

M-NASR is looking for motivated people to join our part-time staff. Whether or not you have experience working with individuals with disabilities, you can make a difference in the community on the M-NASR team. Enjoy flexible hours and competitive pay.

See more about our open positions and apply at mnasr.org.



M-NASR Spirit End-of-Summer Celebration

August 2020



This spirited and memorable celebration was made possible by the generous support of the Liponi Foundation. Thank you!



M-NASR staff are excited to see you again,
in-person and on Zoom!



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847-966-5522 | mnasr.org

