



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
& virtual
programs!

MARCH-APRIL PROGRAMS

March 1- April 11, 2021



Registration begins: February 3
Registration ends: February 19

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

Gayle Mountcastle *President*, Park Ridge Park District

Donald J. Miletic *Vice President*, Des Plaines Park District

John Jekot *Treasurer*, Golf-Maine Park District

Tom Elenz Niles Park District

Melissa Rimdzius-Marsh Village of Lincolnwood
Parks and Recreation

Michelle Tuft Skokie Park District

Jeff Wait Morton Grove Park District

2021 Board Meeting Dates

Tuesday, February 23

Tuesday, April 27

Tuesday, June 22

Tuesday, August 24

Tuesday, October 26

Tuesday, December 14

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

Tom Byczek, Business Manager
tbyczek@mnasr.org | ext 3022

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

Jennifer Gebeck, CTRS, CPRP, Superintendent of Recreation
jgebeck@mnasr.org | ext 3021

Peggy Wilson, Development Officer
pwilson@mnasr.org | ext 3019

Recreation Staff

Lindsey Anderson, CTRS, Recreation Specialist
landerson@mnasr.org | ext 3018

Lisa Barrera, CTRS, Inclusion Manager
lbarrera@mnasr.org | ext 3020

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

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

Lauren Ruiz, CTRS, Program Manager
lruiz@mnasr.org | ext 3013

Alexandrea Teichmiller, CTRS, Inclusion Coordinator
ateichmiller@mnasr.org | ext 3026

How to Reach Us



By phone at 224-217-0618. Staff will be available between 9:00am and 5:00pm, Monday through Friday.



By email or to leave a phone message for a specific staff member, please call 847-966-5522. For a complete staff directory, click [here](#).



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



March-April 2021 Program Information

We are happy to be offering both virtual and in-person programs this season. 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.

In-Person Programs

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

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, no need to complete another one.

Please make sure to read M-NASR's **Safety Guidelines and Eligibility Requirements** on pages 29–32 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

Click on a heading below to go directly to that page.

March/April Program Information	pages 3–4
Registration Information	page 5
Inclusion	page 6
Youth & Teen Programs	pages 7–11
AWID Programs	pages 12–20
PI/VI Programs	pages 21–28
M-NASR Safety & Eligibility Guidelines	pages 29–32
M-NASR General Policies	pages 33–35
Printable Forms	pages 36–39
Member Districts & Program Locations	page 40

Important Dates



March/April Session

February 3	Brochure available/ Registration opens
February 19	Registration ends
February 22	Lottery held if needed
March 1	Programs begin
April 11	Programs end

April/May Session

March 24	Brochure available/ Registration opens
April 9	Registration ends
April 12	Lottery held if needed
April 19	Programs begin
May 30	Programs end

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

March–April 2021 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

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 36. You have four ways to return your form:

1. Mail your completed form and payment to our office: 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. 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 pages 37–39.

Registration Process

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.

Financial aid may be available for those who qualify and who complete a new Financial Aid Application. A link to the application can be found in the box below left. For more information, see page 35. 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 36

Participant Information Form – click [here](#) or see pages 37–39

Financial Aid Application – click [here](#)



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 local Park 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 Park 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 Park District representative will contact you to discuss services needed.
- The Park District will assess if the requested accommodation can be facilitated on their own.
- If the need for M-NASR services is necessary, the Park District will submit an Inclusion request to M-NASR.
- M-NASR begins the process of implementing the requested accommodation.
- Communication between M-NASR, Park 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 Park District contact information, see page 40.

Spring into
the next season of programs by
following M-NASR on social media!

Click on an icon to get connected.

March/April Youth & Teen Programs

Week At-A-Glance | March 1–April 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Dynamite Drawing 4:00–4:30pm	Kids Connection 4:00–4:30pm	Sensory Station 4:00–4:30pm	Quest for Success 3:30–5:00pm Oakton Community Center	Movers & Makers 10:00am–12:00pm Prairie View Community Center
Kids Connection 4:00–4:30pm	M-NAStaRs Theatre 5:30–7:00pm Centennial Activity Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Kids Connection 4:00–4:30pm	
			Show, Tell & Play! 6:00–6:30pm		

In-person programs
 Virtual programs



Youth & Teen Special Events

Event	Date	Time	Location
Safari Ride	Tuesday, March 9	6:00–6:30pm	Zoom
Shamrock Shake	Tuesday, March 16	3:30–5:00pm	Feldman Park
Little Buddy Artists	Sunday, March 21	11:00am–12:00pm	Prairie Lakes Comm Center
Fast Food Frenzy	Tuesday, March 23	6:00–6:30pm	Zoom
Cartoon Craze!	Tuesday, April 6	6:00–6:30pm	Zoom
Mini-Golf Mania	Saturday, April 10	1:30–3:00pm	Mountain View Adventure Center

March/April 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.

Day	Time	Dates	Fees	Program code
Monday	4:00-4:30pm	March 1–April 5	R \$10/NR \$15	211003-1
Wednesday	4:00-4:30pm	March 3–April 7	R \$12/NR \$18	211005-1
Friday	4:00-4:30pm	March 5–April 9	R \$10/NR \$15	211008-1



Note: No program 3/29 or 4/2

Dynamite Drawing

Sketch, color, doodle and draw at Dynamite Drawing. Each week we'll learn to draw something new, including animals, characters, landscapes and more.

Day/Time: Tuesday, 4:00–4:30pm

Dates: March 2–April 6

Fee: R \$12/NR \$18

Program code: 211004-1



Sensory Station



Get in touch with your senses as we touch, taste, smell and more at Sensory Station! Each week we'll use different items from your M-NASR supply box to create a sensory experience. Staff will contact families with supply box pick up information prior to the program beginning.

Day/Time: Thursday, 4:00–4:30pm

Dates: March 4–April 8

Fee: R \$30/NR \$45

Program code: 211006-1



Show, Tell & Play!

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 a favorite item with the group and tell us why it is so special to them. After we share, we'll play fun games like I-Spy, Would You Rather and an at-home scavenger hunt.

Day/Time: Thursday, 6:00–6:30pm

Dates: March 4–April 8

Fee: R \$12/NR \$18

Program code: 211007-1



March/April 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, weekly or bi-weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None



Program codes:

218001-1 Individual Phone Chat One time

218002-1 Individual Phone Chat Weekly

218003-1 Individual Phone Chat Bi-Weekly

Virtual Special Events



Safari Ride

Join your friends for a ride on this virtual safari. We'll talk lions and tigers and bears, oh my! You are sure to be an expert explorer by the end of this adventure.

Day/Date: Tuesday, March 9

Time: 6:00–6:30pm

Fee: None

Program code: 211053-1



Fast Food Frenzy

Food, glorious food! At Fast Food Frenzy we'll discuss menu's from McDonald's, Panda Express, Chipotle and a few others! Rate your favorites with your friends and share what your go-to order is at these fast food chains.

Day/Date: Tuesday, March 23

Time: 6:00–6:30pm

Fee: None

Program code: 211054-1



Cartoon Craze!

Spend the evening with friends testing your knowledge about TV and movie characters from Frozen, Ninjago, Peter Pan and more! We'll play trivia, guess character voices and end by learning to draw Mickey Mouse!

Day/Date: Tuesday, April 6

Time: 6:00–6:30pm

Fee: None

Program code: 211055-1



March/April In-Person Youth & Teen Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our Certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	March 1–April 5	R \$75/NR \$150
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 3–April 7	R \$90/NR \$180
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 4–April 8	R \$90/NR \$180

Program code: 215003

Location: Sensory Room, Des Plaines Leisure Center

Note: No program 3/29



M-NASaRs Theatre

Spring is here and so is another show-stopping season of M-NASaRs Theatre! Join in on the fun as we work together to gain confidence in acting and performing skills while working on communication skills and positive peer interaction.

Day/Time: Tuesday, 5:30–7:00pm New time

Dates: March 2–April 6

Fee: R \$83/NR \$166

Location: Centennial Activity Center, Park Ridge

Age range: 16 & older

Program code: 215001-1



Quest for Success

Join us on our Quest for Success where you'll participate in games, discussions, and experiential activities to improve the skills and abilities you need to develop your independence. Sessions will focus on topics including safety, money management, using technology in recreation and healthy living.

Day/Time: Friday, 3:30–5:00pm

Dates: March 5–April 9

Fee: R \$66/NR \$132

Location: Meeting Room, Oakton Community Center, Skokie

Age range: 13–22

Program code: 211001-1

Note: No program 4/2



March/April In-Person Youth & Teen Programs

Movers & Makers

Start off your morning with friends! We'll play Simon Says, Freeze Dance and other active games. After we've burned off some energy, we'll grab a seat for a creative activity that will help bring out your imagination. Age groups may be combined to serve all interested individuals.

Day/Time: Saturday, 10:00am–12:00pm

Dates: March 6–April 10

Fee: R \$85/NR \$170

Location: Activity Room, Prairie View Community Center, Morton Grove

Age range: 6–12, 13–22

Program code: 211002-1

Note: No program 4/3



In-Person Special Events



Shamrock Shake

Shake your shamrock at this St. Patrick's Day celebration! We will dance and play motor games to get our wiggles out. Then craft along with friends as we make rainbow art and a Leprechaun Looker in hopes of finding a pot of gold. Lastly, test your luck in a game of Bingo that will round out this fun-filled afternoon.

Day/Date: Tuesday, March 16

Time: 3:30–5:00pm

Fee: R \$15/NR \$30

Location: Mutipurpose Room, Feldman Park, Niles

Age range: 6–12

Program code: 211051-1



Little Buddy Artists

Create and craft at Little Buddy Artists! We'll welcome spring by painting paper plate flowers and little pots to plant them in. Next, we'll get active outside with sidewalk chalk and spring-inspired yoga poses. We'll finish our day by making beautiful butterflies to help pollinate our flowers. Bring a smock as this program may be messy.

Day/Date: Sunday, March 21

Time: 11:00am–12:00pm

Fee: R \$20/NR \$40

Location: Mt View Mines 1, Prairie Lakes Community Center, Des Plaines

Age range: 3–5

Program code: 211050-1



Mini Golf Mania

Perfect your putt at Mini Golf Mania! We'll spend the afternoon playing a friendly game of mini golf with peers.

Day/Date: Saturday, April 10

Time: 1:30–3:00pm

Fee: R \$18/NR \$36

Location: Mountain View Adventure Center, Des Plaines

Age range: 13–22

Program code: 211052-1



March/April AWID Programs

Ages 18 & up

Week At-A-Glance | March 1–April 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Wildcats Workout 11:00–11:30am	Wildcats Workout 11:00–11:30am	Sing Your Song 3:00–3:30pm	Find Your Zen 11:00–11:30am	All-Star Competitive Bowling 10:00–11:00am River Rand Bowl
Wildcats Workout 11:00–11:30am	Improv Club 4:00–4:30pm	Bingo 4:00–4:30pm	Super Sketchers 4:00–4:30pm	House Hunters 1:00–1:30pm	Recreational Bowling 11:30am–12:30pm River Rand Bowl
Simply Cooking 4:00–4:30pm	M-NASaRs Theatre 5:30–7:00pm Centennial Activity Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Friday Dance Party 4:00–4:30pm	Water Aerobics 1:00–2:00pm Prairie Lakes Aquatic Center
Tee Time Golf 6:00–7:00pm Golf Center of Des Plaines	Wildcats Chat 6:00–6:30pm	Artist Studio 6:00–7:00pm Prairie View Community Center	Chair One Fitness 5:00–6:00pm & 6:15–7:15pm Prairie View Community Center	Movie Critics/Friday Night Social Club 5:30–7:30pm M-NASR office/Prairie View Community Center	
			Dinner Bunch 5:00–5:30pm		

Virtual programs
 In-person programs



AWID Special Events

Event	Date	Time	Location
Color Me Creative	Sat, March 6	6:00–7:00pm	Zoom
Foodie Fun	Wed, March 10	6:00–7:00pm	Zoom
DIY Spring Florals	Sat, March 13	3:00–4:15pm	Prairie Lakes Comm Center
Shamrock Dance-A-Long	Sat, March 13	6:00–7:00pm	Zoom
SRA Bingo Day	Sat, March 20	7:00–8:00pm	Zoom
Sports of All Sorts	Sun, March 21	2:00–3:30pm	Prairie Lakes Comm Center
Topsy Bowling Tourney	Sun, March 28	11:00am–12:15pm	River Rand Bowl
Animal Adventures	Wed, March 31	6:00–7:00pm	Zoom
DIY Paint-N-Party	Sat, April 10	6:00–7:15pm	Paint-N-Party, Lincolnwood

March/April 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 of these dates and times. This program is designed for all levels and no equipment will be needed.

Day	Time	Dates	Fees	Program codes	Note: No program 3/29
Monday	11:00–11:30am	March 1–April 5	R \$10/NR \$15	213001-1	 Late start
Tuesday	11:00–11:30am	March 2–April 6	R \$12/NR \$18	213004-1	
Wednesday	11:00–11:30am	March 3–April 7	R \$12/NR \$18	213007-1	

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 emailed to you prior to the program's start and help our staff prepare a tasty treat.

Day/Time: Monday, 4:00–4:30pm
Dates: March 1–April 5
Fee: R \$16/NR \$24

Program code: 213002-1
Note: No program 3/29



Improv Club

Bring some humor and laughter to your late afternoons as you join us for some creative and spontaneous moments. This program allows you to be yourself, while also giving you the opportunity to shine!

Days/Time: Tuesday, 4:00–4:30pm
Dates: March 2–April 6
Fee: R \$12/NR \$18

Program code: 213005-1



Wildcats Chat

Calling all Wildcat athletes – your coaches miss you and so do your teammates. We are hoping to socially REConnect with you through this Wildcat social group! This group is for anyone who participates in a Wildcat sport through M-NASR.

Days/Time: Tuesday, 6:00–6:30pm
Dates: March 2–April 6
Fee: R \$12/NR \$18

Program code: 213006-1



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: March 3–April 7
Fee: R \$18/NR \$27

Program code: 213008-1



March/April Virtual AWID Programs



Sing Your Song

Let's all join together and sing our favorite songs from a popular musical selection! Our Certified Music Therapist will be leading the song session for all to enjoy.

Days/Time: Thursday, 3:00–3:30pm

Dates: March 4–April 8

Fee: R \$12/NR \$18

Program code: 213010-1



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: March 4–April 8

Fee: R \$12/NR \$18

Program code: 213011-1



Dinner Bunch

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

Days/Time: Thursday, 5:00–5:30pm

Dates: March 4–April 8

Fee: R \$12/NR \$18

Program code: 215002-1



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.

Day/Time: Friday, 11:00–11:30am

Dates: March 5–April 9

Fee: R \$10/NR \$15

Program code: 213014-1

Note: No program 4/2



March/April Virtual AWID Programs

House Hunters

Did the winter get you down? Join us as we create some excitement and see what treasures we may find around our own homes. This program will have you hunting for items to show off and share with others. We may work independently or together as a team. Get ready to smile and have some fun this spring!

Day/Time: Friday, 1:00–1:30pm

Dates: March 5–April 9

Fee: R \$10/NR \$15

Program code: 213015-1

Note: No program 4/2



Friday Dance Party

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

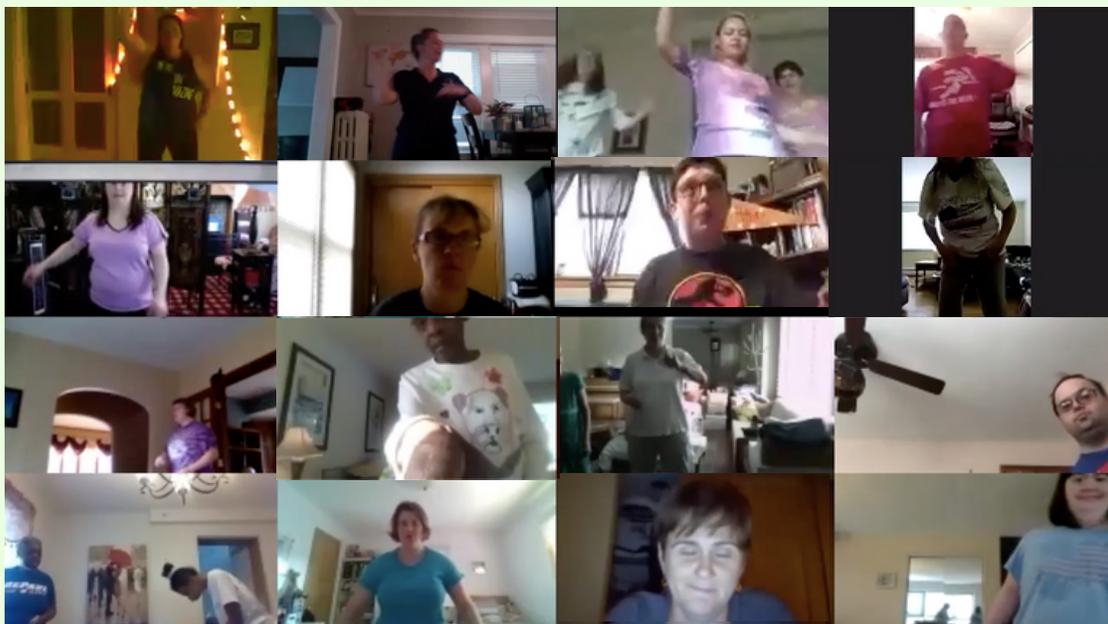
Day/Time: Friday, 4:00–4:30pm

Dates: March 5–April 9

Fee: R \$10/NR \$15

Program code: 213016-1

Note: No program 4/2



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, weekly or bi-weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None

Program codes:

218001-1 Individual Phone Chat One time

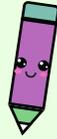
218002-1 Individual Phone Chat Weekly

218003-1 Individual Phone Chat Bi-Weekly



March/April Virtual AWID Programs

Virtual Special Events



Color Me Creative

Can't get enough of Super Sketchers? This program takes it to the next level! Participants will explore their creative side as we make three individual drawings. Then, dive into coloring by blending, shading and highlighting. You are sure to create something that makes you proud.

Day/Date: Saturday, March 6

Time: 6:00–7:00pm

Fee: R \$5/NR \$7.50

Program code: 213070



Foodie Fun

FREE

Since the new norm has been delivery instead of dine in, we thought we'd have a little fun reminiscing about our restaurant favorites. We will discuss differences between local eateries, play Guess the Logo, then learn about the menu items you shouldn't miss. Your inner foodie will thank you!

Day/Date: Wednesday, March 10

Time: 6:00–7:00pm

Fee: None

Program code: 213071



Shamrock Dance-A-Long

Dig out your dancing shoes and prepare to learn M-NASR's version of the shamrock shake. Enjoy a night of fun and socialization as we all learn and follow along to a step by step dance routine!

Day/Date: Saturday, March 13

Time: 6:00–7:00pm

Fee: R \$4/NR \$6

Program code: 213073



SRA Bingo Day

FREE

Live from your living room, it's Saturday night! Did someone say BINGO? Come join your friends and other Special Recreation Associations for a fun night of bingo, friendship and great conversation! A Bingo card will be emailed to you prior to the program.

Day/Date: Saturday, March 20

Time: 7:00–8:00pm

Fee: None

Program code: 213074



Animal Adventures

FREE

Animals can do some pretty amazing things. Log on to play animal trivia, hear heroic animal stories and watch videos of dogs who have learned to help around the house.

Day/Date: Wednesday, March 31

Time: 6:00–7:00pm

Fee: None

Program code: 213077



March/April In-Person AWID Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR’s therapeutic sensory sessions! Our Recreation Therapists will assess each participant’s abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we’ll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our Certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	March 1–April 5	R \$75/NR \$150
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 3–April 7	R \$90/NR \$180
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 4–April 8	R \$90/NR \$180

Program code: 215003

Location: Sensory Room,
Des Plaines Leisure Center

Note: No program 3/29



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: March 1–April 5

Fee: R \$37.50/NR \$75

Location: Golf Center of Des Plaines

Program code: 213003-1

Note: No program 3/29



M-NAStaRs Theatre

Spring is here and so is another show-stopping season of M-NAStaRs Theatre! Join in on the fun as we work together to gain confidence in acting and performing skills while working on communication skills and positive peer interaction.

Day/Time: Tuesday, 5:30–7:00pm New time

Dates: March 2–April 6

Fee: R \$83/NR \$166

Location: Centennial Activity Center, Park Ridge

Age range: 16 & older

Program code: 215001-1



March/April In-Person AWID Programs

Artist Studio

"Art brings imagination to life." –Robert Lee Munoz. Artist Studio is the perfect place to express your creative side. Whether you are a beginner or have joined us for this program before, our friendly staff are there to support you! Art is anything you want it to be and the possibilities are endless as you are sure to bring home spring-themed works of art. Each artist will be provided with their own supplies. Bring an old shirt or smock as activities may be messy.

Day/Time: Wednesday, 6:00–7:00pm New day

Dates: March 3–April 7

Fee: R \$75/NR \$150

Location: Prairie View Community Center, Morton Grove

Program code: 213009-1



Chair One Fitness

Chair One Fitness is an uplifting, high energy, full body workout. This exercise class will have you dancing to the beat by moving in your seat! Follow along as the Certified Instructor helps you get your heart rate up through various new movements. This class is open to all ability levels. Due to limited spaces please only sign up for one of these two programs.

Day/Time: Thursday, 5:00–6:00pm & 6:15–7:15pm New day

Dates: March 4–April 8

Fee: R \$45/NR \$90

Location: Prairie View Community Center, Morton Grove

Program codes:

5:00pm class: 213012-1

6:15pm class: 213013-1 New time



Movie Critics Special season

Lights, camera, action! Get together every other Friday to enjoy a G, PG, or PG-13 movie with your friends. You will help us critique the movie and share your review. Don't forget to eat before program and also sign up for Friday Night Social Club on alternating Fridays.

Day/Time: Friday, 5:30–7:30pm

Dates: March 5, March 19 & April 9 only

Fee: R \$48/NR \$96

Location: M-NASR office, Morton Grove

Program code: 213017-1



Friday Night Social Club Special season

Let's start off your weekend by coming together with your friends and enjoying two nights of fun. Activities will include game night and craft night. Don't forget to eat before program and sign up for Movie Critics on alternating Fridays.

Day/Time: Friday, 5:30–7:30pm

Dates: March 12 & March 26 only

Fee: R \$38/NR \$76

Location: Activity Room, Prairie View Community Center, Morton Grove

Program code: 213018-1



March/April In-Person AWID Programs



All Star Competitive Bowling

Bowling is back! Join us each week as you participate in one of M-NASR's favorite pastimes. Focus on perfecting your form and cheer on your friends before you split! This program is designed for more competitive style bowling. There will be no more than two participants on each lane. Participants are encouraged (but not required) to bring their own ball and shoes. **Due to popularity, participants can only choose one in-person bowling program.**

Day/Time: Saturday, 10:00–11:00am

Dates: March 6–April 10

Fee: R \$82.50/NR \$165

Location: River Rand Bowl, Des Plaines

Program code: 213019 -1

Note: No program 4/3



Recreational Bowling

Bowling is back! Beginners through advanced bowlers are welcome. Focus on perfecting your skills and cheer on your friends. There will be no more than two participants on each lane. Participants are encouraged (but not required) to bring their own ball and shoes. **Due to popularity, participants can only choose one in-person bowling program.**

Day/Time: Saturday, 11:30am–12:30pm

Dates: March 6–April 10

Fee: R \$82.50/NR \$165

Location: River Rand Bowl, Des Plaines

Program code: 213020-1

Note: No program 4/3



Water Aerobics

Meet M-NASR at this warm water pool for an exercise program that provides maximum results with minimal impact stress on the body! Whether you'd prefer a lower-intensity routine to increase flexibility, mobility and strength or cardio-based exercises to get your heart rate up, there's a water aerobics workout that's right for you!

Day/Time: Saturday, 1:00–2:00pm

Dates: March 6–April 10

Fee: R \$54/NR \$108

Location: Prairie Lakes Aquatics Center, Des Plaines

Program code: 213021-1

Note: No program 4/3



March/April In-Person AWID Programs

In-Person Special Events



DIY Spring Florals

Spring has sprung and it's time for floral fun! Join your peers and spend the afternoon creating a silk floral wreath. This timeless spring decor can be hung indoors or outdoors and will help you welcome the season.

Day/Date: Saturday, March 13

Time: 3:00–4:15pm

Fee: R \$23/NR \$46

Location: Prairie Lakes Community Center, Des Plaines

Program code: 213072-1



Sports of All Sorts

There's still sports of all sorts that can be enjoyed even in these unique times. Join friends as we play socially distanced "solo" games such as Horse, Around the World and Baggo. Come to experience, separate but together, sports of all sorts.

Day/Date: Sunday, March 21

Time: 2:00–3:30pm

Fee: R \$11/NR \$22

Location: Gym, Prairie Lakes Community Center, Des Plaines

Program code: 213075-1



Topsy Bowling Tourney

Missing bowling tournaments? We've got a fun alternative for you. At this tournament things will get topsy turvy as we add in silly challenges to each frame. Prizes will be awarded to unconventional winners and all are sure to have a ball. Each bowler will be able to bowl 3 games. Beginners through advanced bowlers are welcome. You are encouraged (but not required) to bring your own ball and shoes. There will be a maximum of two people per lane.

Day/Date: Sunday, March 28

Time: 11:00am–12:15pm

Fee: R \$19/NR \$38

Location: River Rand Bowl, Des Plaines

Program code: 213076-1



DIY Paint-N-Party

Paint parties are the perfect way to spend a Saturday night! Join your peers at Paint-N-Party and create your very own personalized ceramic masterpiece. Your item will be ready to be picked up at the M-NASR office the following week.

Day/Date: Saturday, April 10

Time: 6:00–7:15pm

Fee: R \$26/NR \$52

Location: Paint-N-Party, Lincolnwood

Program code: 213078-1



March/April PI/VI Programs

Ages 18 & up

Week At-A-Glance | March 1–April 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensory Strides 10:00am–12:45pm Des Plaines Leisure Center	Coffee Chat 11:00–11:30am	Mindful Movement 10:00–10:30am	Chair One Fitness 11:00–11:30am	Fitness Fun 11:00–11:30am	Ever Wonder? 2:00–2:30pm
Fitness Fun 11:00–11:30am	Sunshine Mix 2:00–2:30pm	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Sensory Strides 4:30–7:15pm Des Plaines Leisure Center	Crossword Club 2:00–3:00pm	
Let's Draw 2:00–2:30pm	M-NAStaRs Theatre 5:30–6:30pm Centennial Activity Center	Community Heroes 2:00–2:30pm	Dinner Bunch 5:00–5:30pm	Trivia Night 6:00–6:30pm	
	Bingo 6:00–6:30pm	Boccia Team Meetup 6:00–6:30pm	Poetry Corner 6:00–6:30pm		

Virtual programs
 In-person programs



PI/VI Special Events

Event	Date	Time	Location
Partial to Pinterest	Sat, March 6	2:00–3:00pm	Zoom
Seven Wonders of the World	Mon, March 8	6:00–7:00pm	Zoom
Karaoke Night	Sat, March 13	6:00–7:00pm	Zoom
Spring Blooms	Sun, March 14	1:00–2:00pm	Prairie Lakes Comm Center
Shamrock Social	Tues, March 16	7:00–8:00pm	Zoom
Virtual Art Exploration: Still Life	Fri, March 19	7:00–8:00pm	Zoom
Sip Like A Sommelier Deux	Sun, March 21	6:00–7:00pm	Zoom
Evening of Improv	Sat, April 10	6:00–7:00pm	Zoom

March/April 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.

Day	Time	Dates	Fees	Program codes	Note: No program 3/29 or 4/2
Monday	11:00–11:30am	March 1–April 5	R \$10/NR \$15	214001-1	 
Friday	11:00–11:30am	March 5–April 9	R \$10/NR \$15	214011-1	

Let's Draw



Let's draw! The creativity will be flowing in this new program as we learn to sketch various items, characters and nature scenes based on your interests. We'll discuss ways to adapt art tools and learn techniques to make drawing accessible for everyone's unique abilities.

Day/Time: Monday, 2:00–2:30pm

Dates: March 1–April 5

Fee: R \$10/NR \$15

Program code: 214002-1

Note: No program 3/29



Coffee Chat



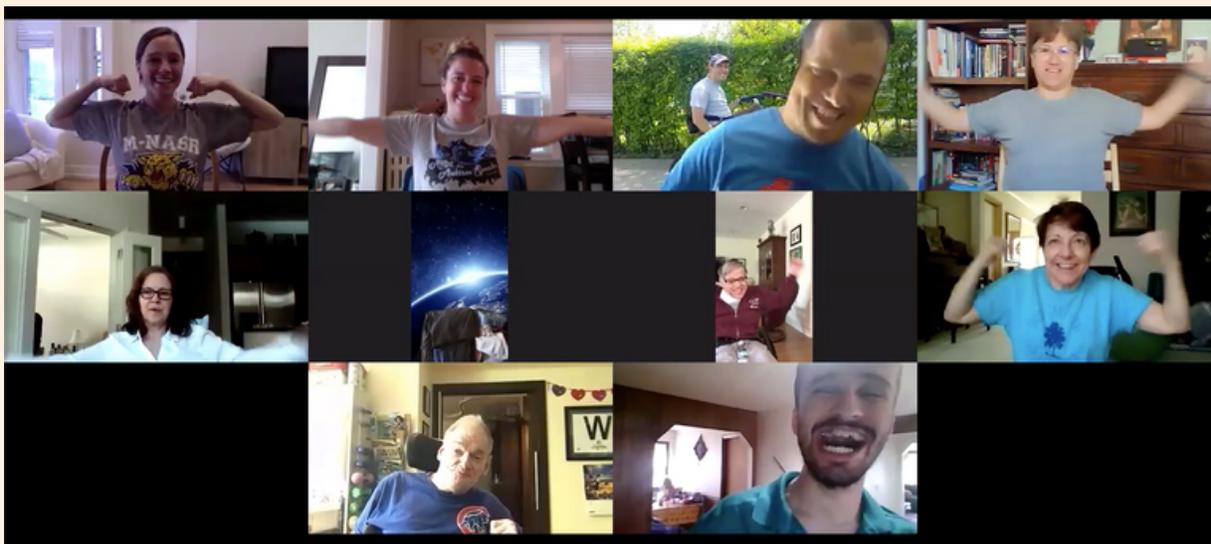
Whether coffee, tea or water is your preference, join us for this late morning social opportunity. We'll catch up as we sip and discuss current events, M-NASR news and other topics of interest.

Day/Time: Tuesday, 11:00–11:30am

Dates: March 2–April 6

Fee: R\$12/NR \$18

Program code: 214003-1



March/April Virtual PI/VI Programs

Sunshine Mix

Spring is starting and we're ready to celebrate this beautiful season. We'll be *walking on sunshine* with a variety of activities including cooking with refreshing springtime ingredients, creating unique warm weather crafts for outdoors and taking a virtual stroll through a local park and zoo. This program is sure to give you a sunshine mix!

Day/Time: Tuesday, 2:00–2:30pm

Dates: March 2–April 6

Fee: R \$16/NR \$24

Program code: 214004-1



Bingo

All aboard the bingo train! Line up your cards and get your daubers ready. Win or lose, the laughs and excitement we'll have together are a sure thing.

Day/Time: Tuesday, 6:00–6:30pm

Dates: March 2–April 6

Fee: R \$14/NR \$21

Program code: 214005-1



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 tools to find your sense of calm.

Day/Time: Wednesday, 10:00–10:30am

Dates: March 3–April 7

Fee: R \$12/NR \$18

Program code: 214006-1



Community Heroes

"Hard times don't create heroes. It is during the hard times when the hero within us is revealed." –Bob Riley.

In this inspiring program, we'll have the opportunity to meet and learn from some of our local community heroes with a different guest speaker each week. Join us to ask questions, socialize and show your gratitude to individuals who are working so hard to keep us safe and healthy.

Day/Time: Wednesday, 2:00–2:30pm

Dates: March 3–April 7

Fee: R \$12/NR \$18

Program code: 214007-1



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

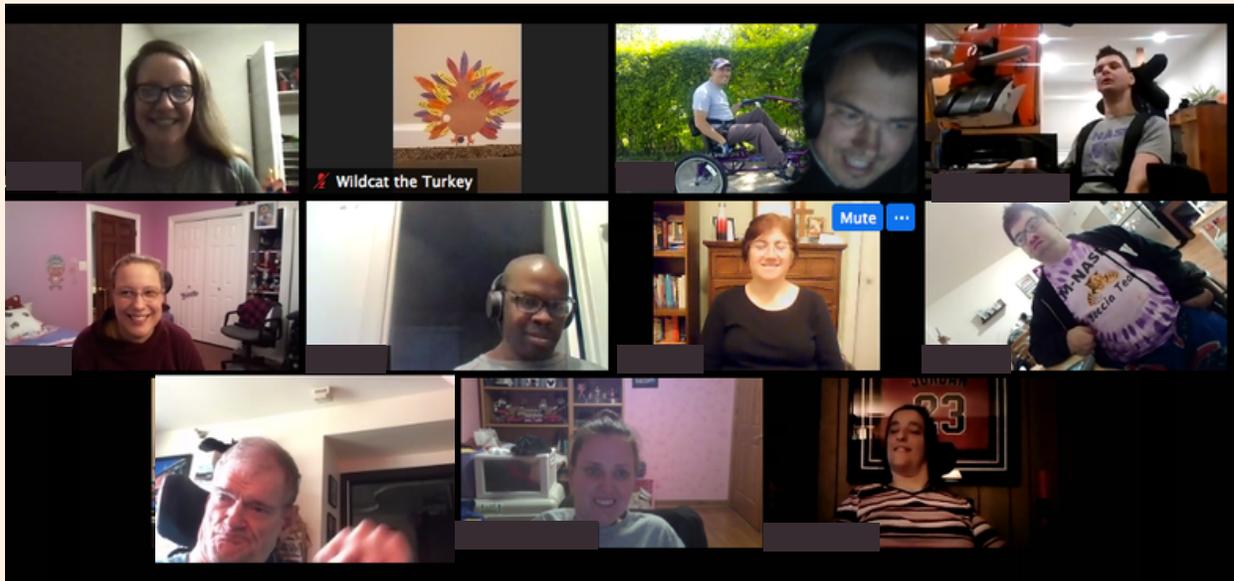
Dates: March 3–April 7

Fee: R \$12/NR \$18

Program code: 214008-1



March/April Virtual PI/VI Programs



Chair One Fitness

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

Day/Time: Thursday, 11:00–11:30am
Dates: March 3–April 7
Fee: R \$12/NR \$18

Program code: 214009-1



Dinner Bunch

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

Day/Time: Thursday, 5:00–5:30pm
Dates: March 4–April 8
Fee: R \$12/NR \$18

Program code: 215002-1



Poetry Corner

Writing poetry is a unique way to express yourself, tell your story and advocate for your passions. In this beginner's program, we'll learn about various creative styles and work together to put our ideas into written words.

Day/Time: Thursday, 6:00–6:30pm
Dates: March 4–April 8
Fee: R \$12/NR \$18

Program code: 214010-1



March/April Virtual PI/VI Programs

Crossword Club

Calling all crossword kings and queens! The clues may be challenging but we will work together to solve each puzzle. Put on your thinking cap and get ready to celebrate crossword completion.

Day/Time: Friday, 2:00–3:00pm

New extended program time!

Dates: March 5–April 9

Fee: R \$20/NR \$30

Program code: 214012-1

Note: No program 4/2



Trivia Night NEW

Are you a Chicago sports teams buff? A movie quote pro? An expert in all things Disney? Our Friday trivia nights are sure to bring out the hidden knowledge we all have about our interests! Come to show off your trivia skills and stay for quality time with friends.

Day/Time: Friday, 6:00–6:30pm

Dates: March 5–April 9

Fee: R \$10/NR \$15

Program code: 214013-1

Note: No program 4/2



Ever Wonder? Special season

Ever wonder...how animals communicate? How maps are made? How Chicago's "L" system works? Whatever random subject it is that you've always wanted to know more about, we've got you covered! You bring your curiosity, and we'll bring the facts as we learn about some fascinating new topics together.

Day/Time: Saturday, 2:00–2:30pm

Dates: March 13, March 20 and April 10 only

Fee: R \$6/NR \$9

Program code: 214014-1



Individual Video/Phone Chats FREE

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, weekly or bi-weekly chat and provide you with an individualized Zoom link.

Day/Time: To be individually arranged

Fee: None



Program codes:

218001-1 Individual Phone Chat One time

218002-1 Individual Phone Chat Weekly

218003-1 Individual Phone Chat Bi-Weekly



March/April Virtual PI/VI Programs

Virtual Special Events



Partial to Pinterest

FREE

Recipes and crafts and fashion...oh my! Pinterest is the best website to organize, or "pin," your ideas, goals and interests. We'll discuss the many benefits that Pinterest has and learn how to create virtual boards that help you collect resources related to your most favorite things. In addition, we'll learn about M-NASR's Pinterest page and the extra activity ideas available right at your fingertips.

Day/Date: Saturday, March 6

Time: 2:00–3:00pm

Fee: None

Program code: 214071-1



Seven Wonders of the World

This is one bucket list adventure you will not want to miss! From the Great Wall of China to the Colosseum in Rome, kick back, relax and experience a virtual version of a tour most of us can only *wonder* about. With 360 degree views, fascinating historical facts and spectacular scenery, you're in for an evening to remember.

Day/Date: Monday, March 8

Time: 6:00–7:00pm

Fee: R \$4/NR \$6

Program code: 214072-1



Karaoke Night

FREE

Get ready to sing your heart out! We'll gather song requests ahead of time so the playlist includes our favorite jams, then pump up the volume and have a blast together. Whether or not your voice is rock star quality, this special event will rock!

Day/Date: Saturday, March 13

Time: 6:00–7:00pm

Fee: None

Program code: 214073-1



March/April Virtual PI/VI Programs

Shamrock Social



St. Paddy's Day has arrived and your luck, whether you're Irish or not, will come in handy as we test our holiday knowledge and play shamrock-themed social games! Gather your lucky charms and grab your favorite green attire. Shamrock Social will get your eyes smiling.

Day/Date: Tuesday, March 16

Time: 7:00–8:00pm

Fee: None

Program code: 214075-1



Art Exploration: Still Life

Art is an amazing form of expression. Because each of us brings our own experiences, abilities and personality to our work, the artistic outcomes are as unique as each artist. Our "Art Exploration" series continues and this season, we're focusing on creating still life pieces. In addition to learning how this genre has changed throughout history, we'll learn ways that materials and techniques can be adapted to suit your own style.

Day/Date: Friday, March 19

Time: 7:00–8:00pm

Fee: R \$4/NR \$6

Program code: 214076-1



Sip Like a Sommelier Deux

Sip Like a Sommelier is back and it's time to expand our palates! Grab a glass of your favorite Pinot or Cabernet as we expand our concept of food pairings, tasting notes and the factors which determine the characteristics of wine.

Day/Date: Sunday, March 21

Time: 6:00–7:00pm

Fee: R \$4/NR \$6

Age range: 21 & older

Program code: 214077-1



Evening of Improv

Being yourself and having fun are the keys to comedy success. This virtual special event will be the perfect way to *improve your improv* before the return of our ongoing program. We'll try a variety of unique games that will bring us lots of laughs in addition to helping build our confidence, assertiveness and spontaneity!

Day/Date: Saturday, April 10

Time: 6:00–7:00pm

Fee: R \$4/NR \$6

Program code: 214078-1



March/April In-Person PI/VI Programs

Sensory Strides – Individual One-on-One Sessions!

Engage your senses and take meaningful strides at M-NASR's therapeutic sensory sessions! Our Recreation Therapists will assess each participant's abilities, interests and needs and will create an engaging program unique to each individual. We will use our specialized sensory equipment to assist you in achieving physical, emotional and social goals, from developing body awareness in the vibroacoustic learning chair to expressing emotions through our sound beams. In addition, we'll identify sensory tools that can be used outside of our room that will help you continue your strides at home, school and work. This program includes weekly, 45-minute visits working one on one with our Certified staff.

Day	Time	Dates	Fees
Monday	10:00–10:45am 11:00–11:45am 12:00–12:45pm	March 1–April 5	R \$75/NR \$150
Wednesday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 3–April 7	R \$90/NR \$180
Thursday	4:30–5:15pm 5:30–6:15pm 6:30–7:15pm	March 6–April 10	R \$90/NR \$180

Program code: 215003

Location: Sensory Room,
Des Plaines Leisure Center

Note: No program 3/29



M-NASaRs Theatre

Spring is here and so is another show-stopping season of M-NASaRs Theatre! Join in on the fun as we work together to gain confidence in acting and performing skills while working on communication skills and positive peer interaction.

Day/Time: Tuesday, 5:30–7:00pm 

Dates: March 2–April 6

Fee: R \$83/NR \$166

Location: Centennial Activity Center, Park Ridge

Age range: 16 & older

Program code: 215001-1



In-Person Special Event



Spring Blooms

Spring is here at last, and we can't wait to gaze at the bright colors and breathe in the fresh scents of the season! At Spring Blooms, we'll create our own sprinkling can flower arrangements to brighten our moods and homes. During our time together, we'll also discuss basic gardening tips and our favorite seasonal plants and flowers.

Day/Date: Sunday, March 14

Time: 1:00–2:00pm

Fee: R \$27/NR \$54

Location: Prairie Lakes Community Center, Des Plaines

Program code: 214074-1



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 32). This verbal verification by parents/guardians/participants will be noted 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. 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 29–32, 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

Financial Assistance

Participants in need of financial assistance for M-NASR programs must complete a new 2021 Financial Aid Application form, which can be found by clicking [here](#). A completed application and required financials must be received by the program registration deadline. Financial assistance is not available for special events 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.

M-NASR Registration Form

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

Maine-Niles Association of Special Recreation, 6820 W. Dempster Street, Morton Grove, IL 60053-2631
 Phone: (847) 966-5522 Relay System: (800) 526-0844 Fax: (847) 966-8340

Are you a new participant? Yes No In which township do you reside? Maine Niles Other

Family Name (Last Name): _____ Date of Birth: _____ Email Address: _____

Address: _____ City: _____ Zip: _____

Home Phone: () _____ Business Day Phone: () _____

Participant Name: _____							
(Last)				(First)			
Program	Code #	Trans. Yes No	Fee	Program	Code #	Trans. Yes No	Fee
		N/A				N/A	
Donation: If you would like to make a donation to M-NASR, please indicate the amount here:							

Full payment is required to hold a place in programs. Registration will not be processed without this payment. Registrations will not be processed if a balance remains from a previous season.

Total: _____

How would you like to pay?
 (Please circle one)

Check Cash Money Order

Credit XXXX-XXXX-XXXX-____

Use card on file

Call me for card information

Other _____

Scholarship Requested: Yes _____ No _____

Required Documents on File: Yes _____ No _____

Office Use Only		
1)	CK# _____	Date: _____
2)	CK# _____	Date: _____

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 holds the safety of participants in the highest regard. M-NASR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/program. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. I understand that it is my responsibility to ensure there is adequate space for my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen.

WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the M-NASR to guarantee absolute safety. You should consult your physician or other health care professional before starting this virtual or in-person recreational program to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with this virtual or in-person recreational programming, you do so at your own risk and acknowledge that the activity/program carries an inherent risk of physical injuries. To the extent permitted by law, M-NASR and its affiliates disclaim any and all liability in connection with the activity/program in this virtual or in-person programming and any instructions and advice provided.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

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

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line, my on-line acknowledgment shall substitute for and have the same legal effect as an original form signature.

PLEASE SIGN HERE

➔ Participant's Signature if own guardian or Parent/Guardian Signature _____

➔ Date _____ Is Participant their own guardian? Yes No

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

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 March/April 2021

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

Golf Center Des Plaines

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

Mountain View Adventure Center

510 E Algonquin Rd.
Des Plaines, IL 60016 | 847-391-5733

Oakton Community Center

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

Paint-N-Party

Lincolnwood Town Center
3333 W. Touhy Ave.
Lincolnwood, IL 60712 | 847-699-0111

Prairie Lakes Community Center/Aquatic Center

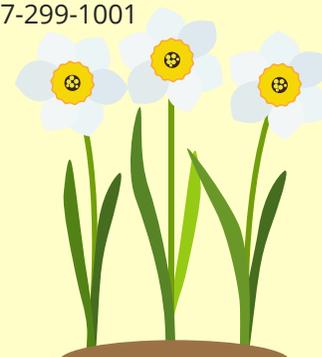
515 E. Thacker St.
Des Plaines, IL 60016 | 847-391-5711

Prairie View Community Center/M-NASR

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

River Rand Bowl

191 S. Des Plaines River Rd.
Des Plaines, IL 60016 | 847-299-1001



Help the Liponi Foundation keep the legacy alive

Raise the Paddle for the Stella LiPomi Memorial Scholarship Fund

While it was a difficult decision, we have decided it necessary to cancel the 2021 Liponi Foundation Dinner Dance and Auction. The health and safety of all our friends and families are of the utmost importance. Although we will not be hosting the event this year, we are still counting on your support.

In 2017, the Stella LiPomi Scholarship Fund was created to raise funds for M-NASR's scholarship program so that all participants, regardless of their financial situation, could participate in these much-needed programs. The Foundation is dedicated to continuing her dream and fulfilling its mission.

Two ways you can give

1. Make a cash donation
2. Purchase a raffle ticket for a chance to win \$2,500!
Tickets are \$50 each and only 250 will be sold. Drawing will be held on March 31, 2021.

DONATE NOW

Select Liponi Foundation
from the designation menu

To purchase a raffle ticket or
if you have questions, contact
pwilson@mnasr.org

Thank you!

The Liponi Foundation is a 501(c)(3) not-for-profit organization. All donations are tax-deductible.

Coming soon: Popcorn fundraiser!



If you've ever tasted DoubleGood's locally-made, ultra-premium popcorn, you know how delicious it is. Their mission to help non-profits, like M-NASR, raise money for important causes is just as great. It means that when we host a fundraiser next month, for every sale, M-NASR will get 50% of the profit.

This special fundraising opportunity will run from March 5 through 9. Watch for more information in coming weeks about how you can join this delicious campaign to make a difference for M-NASR!





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

