



**nssra**  
Northern Suburban Special  
Recreation Association  
**Play • Grow • Belong**

**Fall 2023 | [nssra.org](https://nssra.org) | (847) 509-9400**

**Serving the communities of** Deerfield, Glencoe, Glenview,  
Highland Park, Highwood, Kenilworth, Lake Bluff, Lake Forest,  
Northbrook, Northfield, Riverwoods, Wilmette and Winnetka.

# Staff Information

## Recreation Team

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Iliana Antonio	Site Coordinator	x6839; iantonio@nssra.org	ELA Site Coordinator
Vacant	Recreation Manager		Programs, Staffing, Transportation
Meggan Davies, CTRS	Recreation Manager	x6828; mdavies@nssra.org	Inclusion, Facilities, Safety
Nick Falter	Recreation Specialist	x6825; nfalter@nssra.org	Inclusion (Placement & Partner Agency Relations)
Christian Guenther	Recreation Specialist	x6863; cguenther@nssra.org	Special Events, Camp
Joe Hart	Recreation Specialist	x6816; jhart@nssra.org	Adult Day Programs, ELA Program
Becca Luecke, CTRS	Recreation Manager	x6823; bluecke@nssra.org	ELA Program, Gator Athletics, Trips, Interns
Stephany Hoch, CTRS	Recreation Specialist	x6812; shoch@nssra.org	Social Clubs, Camp, Cooperative Programs
Katie Meyer	Recreation Specialist	x6827; kmeyer@nssra.org	Inclusion (Behavior Management)
Peytan Schulte	Recreation Specialist	x6824; pschulte@nssra.org	Adult Programs
Koren Sharrar	Recreation Specialist	x6834; ksharrar@nssra.org	Youth Programs
Erin White, MS, CTRS	Recreation Manager	x6830; ewhite@nssra.org	Special Events, Social Clubs, Camps, Volunteers

## Administrative Team

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Dani Aponte	Registration and Training Coordinator	x6815; daponte@nssra.org
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Candice Cunningham, CTRS	Superintendent	x6826; ccunningham@nssra.org
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**Welcome, Sherry Prause and  
Christian Guenther!**



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## Address

1221 County Line Rd., Highland Park, IL 60035

## Office Hours

Monday - Friday  
9:00 am to 5:00 pm

## Online

[www.nssra.org](http://www.nssra.org)

## Email

[info@nssra.org](mailto:info@nssra.org)

## Phone

(847) 509-9400

## Fax

(847) 509-1177

## After Hours On-Call Phone

(847) 452-3369

Individuals who are deaf or hearing impaired can call NSSRA through the Illinois Relay System by dialing 711 or 1 (800) 526-0844.



[facebook.com/nssra](https://facebook.com/nssra)



[@PlayWithNSSRA](https://www.instagram.com/PlayWithNSSRA)

# About NSSRA

Northern Suburban Special Recreation Association was formed in 1970 and is an extension of ten park districts, two cities and one village in the northern suburbs of Chicago. This partnership includes the Park Districts of Deerfield, Glencoe, Glenview, Highland Park, Lake Bluff, Kenilworth, Northbrook, Northfield, Wilmette and Winnetka; the Cities of Highwood, and Lake Forest and the Village of Riverwoods. NSSRA has been creating an environment of belonging through play for over 50 years, and has the distinction of being the first Special Recreation Association in the country.

## NSSRA's Partner Communities

As a cooperative of 13 partner communities, one representative from each partner community serves on our Board of Directors, collaborating to provide leadership and governance to NSSRA.

<b>Deerfield Park District</b>	Laura McCarty
<b>Glencoe Park District</b>	Lisa Sheppard
<b>Glenview Park District</b>	Michael McCarty
<b>Park District of Highland Park</b>	Brian Romes
<b>City of Highwood</b>	Jim Hospodarsky
<b>Kenilworth Park District</b>	Johnathan Kiwala
<b>Lake Bluff Park District</b>	John Bealer
<b>City of Lake Forest</b>	Sally Swarthout
<b>Northbrook Park District</b>	Molly Hamer
<b>Northfield Park District</b>	Bill Byron
<b>Village of Riverwoods</b>	Kris Ford
<b>Wilmette Park District</b>	Steve Wilson
<b>Winnetka Park District</b>	John Peterson

NSSRA families and the community are invited to attend board meetings on designated Thursdays at 10:00 am. Board meeting schedules can be found online at [nssra.org](http://nssra.org).

## NSSRA's Core Values

Compassion, Respect, Quality, Flexible, Accountable and Ethical Practices.

## NSSRA's Services

NSSRA services include traditional, inclusive, cooperative, summer camp programs, special events, overnight trips, camps, Gator Athletics/Special Olympics, and more.

## NSSRA's Vision

To be leaders in recreation by providing innovative and exceptional services for people with disabilities.

## NSSRA's Mission

Enrich the lives of people with disabilities in our partner communities through quality recreation services.

## Diversity, Equity, and Inclusion Statement

NSSRA is committed to cultivating an inclusive, equitable and safe environment. NSSRA works to remove barriers by fostering a culture that embraces diversity and treats all people with dignity and respect.





# Registration Information

## How to Register

**Online** at [nssra.org](https://nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035

 The NSSRA registration form can be downloaded, or submitted at [NSSRA.org/forms](https://nssra.org/forms).

## Important Dates

**Registration Dates:** July 31 through August 18

 **Registration Deadline:** August 18 at noon

**Program Dates:** September 18 through November 18

**No Program Dates:** September 25

## Program Lottery

NSSRA uses a lottery system for programs. When participants register for a program, they will be put on a waitlist until the lottery is conducted. You don't need to make any payment during registration. The outcome of the lottery will be communicated to all participants by August 23. You will receive a receipt via your primary email address, which will list the programs you are enrolled in, and payment will be expected by August 31.

If the program you selected is in high demand and becomes full during the lottery, you will remain on the waiting list. Your position on the list will be determined by the lottery results and will be mentioned on your receipt. We will do our best to accommodate the waitlists. Openings in programs are dependent on factors such as staff availability, transportation, facility space, and pre-purchased tickets. **NSSRA staff will regularly review the waitlists during the season and will contact you if a spot becomes available in a program.**

## Required for Registration

ePACT replaced our Annual Information Form, Seizure Information Form and Allergy Form.

ePACT makes it easier for you to share emergency information with us while also ensuring we have access to records anytime, anywhere with the mobile app – even without an internet connection.


## How does ePACT work?

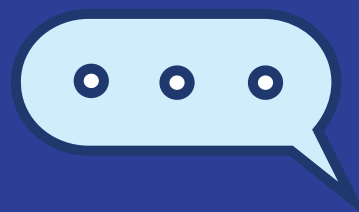
- ▶ Contact our office to receive an email invite to share information with NSSRA.
- ▶ Click 'Complete Request' to create a free account or log in if you already have an existing ePACT account.
- ▶ Enter the required information, like medical conditions, and share it with NSSRA so that program staff have access.
- ▶ You can update this information anytime a change happens.
- ▶ ePACT information will be required to be reconfirmed on an annual basis

Have questions? Don't hesitate to get in touch with us at [registration@nssra.org](mailto:registration@nssra.org).

## Reminder!

Sign up for our text message reminders. We will send texts about registration, special events, and more!

 Sign up at [nssra.org/register/text-alerts/](https://nssra.org/register/text-alerts/).



# News and Announcements

## SPICE

Participants of the Special People's Ice Skating Experience (SPICE) program, a cherished initiative by the Northern Suburban Special Recreation Association (NSSRA) in cooperation with the Northbrook Park District, showcased their incredible talents at the renowned Northbrook-On-Ice: Gliding Through the Galaxy, ice show. The enchanting event occurred over Mother's Day weekend at the Northbrook Sports Center and featured seven NSSRA participants.

Northbrook-On-Ice, an annual spectacle that has captivated audiences since 1969, once again demonstrated why it is considered the best amateur ice show in the country. This year's theme, "Gliding Through the Galaxy," transported viewers into a mesmerizing world of cosmic wonder.

SPICE, NSSRA's longest-running program, provided participants with a unique ice skating experience. Participants from the SPICE program worked tirelessly to develop and improve their skating skills, each step bringing them closer to their dreams on the ice.

Moreover, the skaters were not alone in their journey. Volunteer skating "buddies" accompanied them, fostering social interaction and providing invaluable instruction. The presence of these dedicated buddies ensured an inclusive and empowering environment for all, undoubtedly creating friendships to last a lifetime.

During the Northbrook-On-Ice show, the SPICE program participants took center stage, dazzling the audience with their impressive routines and captivating performances.

As the curtains close on another unforgettable ice show, NSSRA remains committed to empowering individuals with disabilities through high-quality, innovative programs like SPICE.

**Register for SPICE on page 32.**

## The Gators Perform at the Special Olympics Summer Games

The State Summer Games brought together over 3,000 athletes, 1,000 coaches, and approximately 43 Unified partners for a three-day celebration of sportsmanship and inclusivity. Among the participants, 12 exceptional athletes from the Gator team showcased their incredible talent, determination, and sportsmanship, ultimately securing an impressive haul of 19 medals.

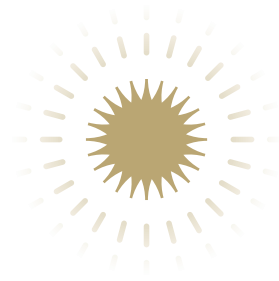
Leading the charge was Daniel E., who showcased his prowess in the Bocce Traditional Singles event, capturing the gold medal. Another standout athlete, Mikey, claimed victory in the Athletics Softball Throw event, earning a well-deserved gold medal.

In the swimming competitions, several Gator athletes competed and earned awards. Nora R. emerged as a dominant force in the pool, clinching gold medals in the 25M Backstroke and 25M Breaststroke events. Gillian S. showcased her speed, earning a silver medal in the 100M Butterfly and a gold medal in the 100M Freestyle. Maria S.'s impressive performance secured her a silver medal in the 25M Freestyle and a fourth-place finish in the 50M Breaststroke. Tim S. claimed a gold medal in the 25M Butterfly and a silver medal in the 50M Freestyle. And lastly, Jay S. demonstrated his skill in the pool, earning a gold medal in the 50M Backstroke.

The Gator athletes also excelled in powerlifting, with Mike S. achieving a silver medal in the Powerlifting Bench Press and a bronze medal in the Powerlifting Deadlift. Miguel A. demonstrated remarkable powerlifting skills, securing multiple awards in various categories. Their incredible strength and determination showcased their unwavering spirit and commitment to their craft. Daniel C. and Andy S. also made their mark in the Bocce Traditional Singles event. While Daniel finished in fourth place, Andy also secured a commendable fourth-place finish.

Congratulations to these exceptional athletes.





## Shining Stars

On Friday, April 14, NSSRA hosted the annual Shining Stars Awards and Recognition Banquet at Pinstripes in Northbrook. The event celebrated the achievements of participants, families, supporters, and community members who have contributed to NSSRA's success over the past year.

The banquet was a magical night of celebration, complete with a DJ playing the best hits, snazzy giveaways, and more.

The highlight of the evening was the presentation of awards to recognize outstanding individuals and organizations.

Congratulations to our award winners:

- ▣ Mitchell L. Slotnick Friend of the Year: Helping Hands Network
- ▣ Advocate of the Year: Wintrust Community Banks
- ▣ Family of the Year: Hull Family
- ▣ Volunteer of the Year: Carlin Endre
- ▣ Program Staff of the Year: Iliana Antonio
- ▣ Youth Participant of the Year: Katia Crawford
- ▣ Adult Participant of the Year: Ann Nalepka
- ▣ Gator Athlete of the Year: Josh Devries

**NSSRA would like to extend a special thanks to the event sponsors who made the night possible.**

## AV Sponsors

Leahy Family Foundation

Wintrust Community Banks

## Invitation Sponsor

Binstein Family

## Music Sponsors

FGMK

Helping Hands Network

Lexis Serot / LittleWins

Walsh Family

## Dessert Sponsors

Gregg & Sue Hartemayer

Lippai / Gibson Family

## Décor Sponsors

Bonnie and Herb Horn

Medansky Family

Odelson, Sterk, Murphey, Frazier & McGrath, Ltd.

Schuman Family



# Inclusion Services

NSSRA recognizes that some individuals with disabilities would benefit from social opportunities available by participating in programs offered through their local park district or recreation department. Inclusion provides a choice for individuals of varying abilities to experience recreation programming within their community.

Inclusion services are offered to residents of NSSRA's 13 partner communities at no additional cost to the family. Inclusion support may come in the form of one or more of the following: program observation, staff training, program modifications/adaptations, modified equipment, and/or an Inclusion Companion.

An Inclusion Companion's role is to blend into the program with the partner agency staff while providing the appropriate amount of support to promote independence.

## What types of services does Inclusion provide?

- ▶ Activity Modification
- ▶ Disability Awareness Training
- ▶ Behavior Management Support
- ▶ Observation and Evaluations
- ▶ Adaptive Equipment
- ▶ Visual Systems
- ▶ Varying Levels of Staff Support

## Reasons to Request Inclusion Support

- ▶ A parent or family member recognizes that a participant would benefit from additional support in a partner agency program.
- ▶ The partner agency staff identifies a need for additional support, for safety and programmatic reasons and communicates this need to the family.





## Requesting Inclusion Services

When registering for a program with one of NSSRA's partner agencies:

- ▶ Mark the accommodation section of the registration form. This can be indicated in the following ways: Special Accommodations, ADA Information, or Americans with Disabilities Act.
- ▶ Once the registration form is submitted, the partner agency will contact the family to discuss the type of Inclusion support needed for the participant.
- ▶ The partner agency will provide NSSRA with an Inclusion request that contains both program and participant information.
- ▶ NSSRA then contacts the family to discuss the participant's needs further and receive input on the type of support needed.
- ▶ NSSRA will work with the partner agency to put the necessary Inclusion accommodations in place.
- ▶ Communication between NSSRA, partner agency staff, and the family continues throughout the Inclusion process.

## Partner Agency Inclusion Contacts

Each of NSSRA's partner agencies has a contact who is available to answer questions regarding Inclusion.

### Deerfield Park District

▶ **Contact:** Laura McCarty  
▶ **Phone:** (847) 572-2615

### City of Highwood

▶ **Contact:** Scott Coren  
▶ **Phone:** (847) 432-1924

### Northbrook Park District

▶ **Contact:** Nancy Eschker  
▶ **Phone:** (847) 291-2995

### Glencoe Park District

▶ **Contact:** Bobby Collins  
▶ **Phone:** (847) 835-7535

### Kenilworth Park District

▶ **Contact:** Johnathan Kiwala  
▶ **Phone:** (847) 251-1691

### Northfield Park District

▶ **Contact:** Jim Reuter  
▶ **Phone:** (847) 446-4428

### Glenview Park District

▶ **Contact:** Joe Pollina  
▶ **Phone:** (224) 521-2552

### Lake Bluff Park District

▶ **Contact:** Jim Lakeman  
▶ **Phone:** (847) 457-7343

### Village of Riverwoods

▶ **Contact:** Kris Ford  
▶ **Phone:** (847) 867-3188

### Park District of Highland Park

▶ **Contact:** Julie Nichols  
▶ **Phone:** (847) 579-3131

### City of Lake Forest Recreation Department

▶ **Contact:** Joe Mobile  
▶ **Phone:** (847) 810-3941

### Wilmette Park District

▶ **Contact:** Mary Liz Jayne  
▶ **Phone:** (847) 256-9689

### Winnetka Park District

▶ **Contact:** Colleen Swanson  
▶ **Phone:** (847) 501-6130

# Code of Conduct

## Behavior

All participants and their guests are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by NSSRA. 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 sponsored by NSSRA.

## 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 NSSRA, please notify staff upon registration.

## Participants and their guests shall:

- ▶ Show respect to all participants and program staff and/or supervisors.
- ▶ Take direction from program staff and/or supervisors.
- ▶ Refrain from using abusive or foul language.
- ▶ Refrain from causing bodily harm to self, other participants or program staff and/or supervisors.
- ▶ Refrain from bullying other participants or program staff and/or supervisors.
- ▶ Show respect to equipment, supplies and facilities.

## Participant Expectations

- ▶ Clean, dry clothing.
- ▶ 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.
- ▶ Attention to body odor.
- ▶ Overall appearance should be clean.
- ▶ Appropriate attire for program participation. If you have questions about the type of attire participants should wear for a particular program, please contact our office.
- ▶ NSSRA 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.

## Discipline

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. NSSRA reserves the right to dismiss participants whose behavior endangers themselves or others.



# Icon Key



## **Atlanto-Axial Instability (AAI)**

NSSRA requires AAI documentation from a physician for a participant with Down syndrome wishing to register in a program where this symbol is indicated. AAI requires precautions that may affect the safety of those with Down syndrome participating in certain programs.

## **Transportation Information**

Program descriptions specify where pick up and drop off points or door-to-door transportation are available. Please indicate your pick up/drop off locations on the registration form.

## **Bring Spending Money**

Programs with this symbol may request participants to carry spending money for food, beverages and souvenirs.

## **Undetermined Drop Off Time**

NSSRA may offer programs to destinations such as sporting events and shows for which the end time cannot be specifically determined. The group will stay until the conclusion of the event. Staff will phone each participant's household at the conclusion of the event with specific drop off times.

## **High Risk Waiver**

Programs with this symbol have higher risk than typical recreation programs and will require a waiver signed by the parent/guardian for participation.



# Special Events

Date	Program	Time	Ages	Page
Sunday, October 8	NSSRA Run for All	9:00 - 10:30 am	All ages	13
Sunday, October 15	Lookin' for the Great Pumpkin	12:00 - 2:30 pm	21 and up	13
Sunday, October 22	Beyond Stone and Bone	12:00 - 3:00 pm	7 - 21	14
Sunday, October 29	Halloween Boo Bash	12:00 - 2:00 pm	16 and up	14
Sunday, November 5	Gamers World	12:30 - 2:30 pm	7 - 21	14
Sunday, November 12	Family Movie Night	7:00 pm - End of movie	All ages	14
Sunday, November 19	Frozen Fury	2:30 pm - End of game	21 and up	15
Friday, December 1	Knight to Remember	6:15 - 9:15 pm	21 and up	15
Saturday, December 2	Pizza Party	11:00 am - 1:00 pm	16 - 21	16
Sunday, December 3	Sunday Brunch at Topgolf	10:30 am - 12:30 pm	21 and up	16
Saturday, December 9	Beats & Eats	7:00 - 9:00 pm	21 and up	16
Sunday, December 10	Snowball Tea Party	10:00 am - 12:00 pm	5 - 12	16
Saturday, December 16	A Christmas Carol Musical	9:45 am - 3:00 pm	21 and up	17
Sunday, December 17	Winter Wonderland Extravaganza	7:00 - 9:00 pm	16 and up	17

## How to Register for Special Events

**Online** at [nssra.org](http://nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035



The NSSRA registration form can be downloaded or submitted at [nssra.org/forms](http://nssra.org/forms).

## Important Dates

**Registration Dates:** July 31 through August 18



**Registration Deadline:** August 18 at noon

## Questions?

For any questions about special events, please contact Christian Guenther at (847) 509-9400 x6863 or [cguenther@nssra.org](mailto:cguenther@nssra.org).

## Transportation for Special Events

Most of NSSRA's special events include transportation to and from designated pick up points with enrollment. Transportation times vary and will add to program length before and after the special event advertised.

NSSRA will communicate specific transportation details and pick up points before the event.

## Designated Pick Up Points

- Slotnick Center / NSSRA, Highland Park
- Moraine Living Facility
- Wilmette Community Recreation Center
- Northbrook Sports Center
- Pick up points will vary based on registration and special event location.






## **NSSRA Run for All**

**Sunday, October 8 | 9:00 - 10:30 am**

**Registration Deadline: Friday, September 8**

**Park Center, Glenview**

Get your family and friends together and join us for the NSSRA Run for All 5K and 1-mile run! Check-in will open at 7:45 am, and the race will begin at 9:00 am. Registration fee includes:

-  Race t-shirt
-  Race timing
-  Post-race refreshment
-  Music and games.
-  Please note that NSSRA staff will not be available to supervise participants.

 **Age:** All


 **Program Code / Fee:** 433001-01 / \$25


## **Lookin' for the Great Pumpkin**

**Sunday, October 15 | 12:00 - 2:30 pm**

**Goebbert's Farm, South Barrington**

Pick a pumpkin, any pumpkin! It's time for Goebbert's Fall Festival. We will check out Goebbert's Farm and its various attractions, including a corn maze, petting zoo, wagon rides, and more. Afterward, we'll have lunch at the concession stands.

-  Program fee includes admission, a pumpkin, and lunch. Please bring additional money if you would like to purchase souvenirs or snacks. Please dress appropriately for the weather.

 **Age:** 21 and up

 **Min/Max:** 6/10


 **Program Code / Fee:** 437001-61 / \$101



## **Beyond Stone and Bone**

**Sunday, October 22 | 12:00 - 3:00 pm**  
**Dunn Museum, Libertyville**

Join us on a historic adventure back in time at the Dunn Museum! With nearly 20,000 artifacts and 1,000 linear feet of archival materials, there is so much to explore and learn. Not to fear, before our outing, we will eat lunch at Jimmy John's to get some brain fuel! It'll be an experience you will not want to miss.

-  The program fee includes admission and lunch. Please bring additional money if you would like to purchase souvenirs or snacks.

**Age:** 7 - 21

**Min/Max:** 6/10

**Program Code / Fee:** 437002-61 / \$91

## **Halloween Boo Bash**

**Sunday, October 29 | 12:00 - 2:00 pm**  
**Slotnick Center/NSSRA, Highland Park**

The goblins are haunting, and the monsters will mash; it's time to prepare for our Halloween Bash! Eyeballs, mock-tails, and some tasty snacks like a finger or two. Come to our party for some ghoulish fright, and be prepared to have the most creative costume in sight!

**Age:** 16 and up

**Min/Max:** 6/20


**Program Code / Fee:** 437003-61 / \$47

## **Gamers World**

**Sunday, November 5 | 12:30 - 2:30 pm**

**People's Choice Family Fun Center, Waukegan**

Game On! Let's head to People's Choice Family Fun Center for a FUN-filled afternoon with various arcade games and attractions to explore with friends.

-  The program fee includes two slices of pizza, a drink, and 30 tokens. Please bring money if you would like to purchase additional tokens.

**Age:** 7 - 21

**Min/Max:** 6/10




**Program Code / Fee:** 437004-61 / \$53

## **FREE!** **Family Movie Night**

**Sunday, November 12 | 7:00 pm**

**Registration Deadline: Friday, November 10**  
**Slotnick Center / NSSRA, Highland Park**

Bring the whole family and your own movie snacks for our FREE Family Movie Nights.

-  Doors will open 30 minutes prior to show time.
-  This is a FREE event; advance registration is required.
-  Please note that NSSRA staff will not be available to supervise participants.

**All Ages**

**Movie:** The Super Mario Bros. Movie

**Program Code / Fee:** 437005-01 / FREE





## **Frozen Fury**

**Sunday, November 19 | 2:30 pm - TBD (End of game)**

**Allstate Arena, Rosemont**

Get ready for an adrenaline-fueled experience with the Chicago Wolves! Watch the Wolves go head-to-head on the ice to beat their opponent!

-  The program fee includes tickets, a hot dog, and a drink.
-  Please bring additional money if you would like to purchase snacks or souvenirs. In addition, expect a phone call regarding drop-off times, as the game length varies.

**Age:** 21 and up

**Min/Max:** 6/20

**Program Code / Fee:** 437006-61 / \$87




## **Knight to Remember**

**Friday, December 1 | 6:15 - 9:15 pm**

**Medieval Times, Schaumburg**

Experience the epic battles of steel and steed! Let's time travel back to the 11th century into the stone wall castles of medieval times and watch them come to life before our eyes! This experience occurs over a four-course meal!

-  Medieval Times is a live horse show in an enclosed arena. Persons with respiratory conditions, allergies or asthma should attend at their own risk. Medieval Times uses stroboscopic and pyrotechnic effects. Program fee includes admission and dinner.

**Age:** 21 and up

**Min/Max:** 6/10

**Program Code / Fee:** 437007-61 / \$118



## **Pizza Party**

**Saturday, December 2 | 11:00 am - 1:00 pm**

**Slotnick Center/NSSRA, Highland Park**

Join us at NSSRA for a pizza party! There is no better way to spend the afternoon than staying warm and making pizza with friends. What toppings, from olives to pepperoni, will you pick?

**Age:** 16 - 21

**Min/Max:** 8/15


**Program Code / Fee:** 437008-61 / \$40

## **Beats & Eats**

**Saturday, December 9 | 7:00 - 9:00 pm**

**Johnny's Kitchen & Tap, Glenview**

Prepare to be immersed in a night filled with music and food! Grab a bite and enjoy live music and dinner at Johnny's Kitchen & Tap!

 The program fee includes dinner

**Age:** 21 and up

**Min/Max:** 6/10


**Program Code / Fee:** 437010-61 / \$63

## **Sunday Brunch at Topgolf**

**Sunday, December 3 | 10:30 am - 12:30 pm**

**Top Golf, Schaumburg**

Good morning, golfers! Let's head to Topgolf's climate-controlled driving range bays for a friendly competition with buddies.

 The program fee includes brunch at the bays and 2 hours of golfing. There are heaters, but please dress appropriately for the weather.

**Age:** 21 and up

**Min/Max:** 6/12

**Program Code / Fee:** 437009-61 / \$100

## **Snowball Tea Party**

**Sunday, December 10 | 10:00 am - 12:00 pm**

**Slotnick Center/NSSRA, Highland Park**

Step into a whimsical world of elegance and charm at our enchanting Snow Ball Tea Party. Indulge in a delightful morning filled with delicate teas, delectable dishes, and captivating conversations. Dress to impress and start your day with a bountiful brunch!

**Age:** 5-12

**Min/Max:** 8/17

**Program Code / Fee:** 437011-61 / \$66



# GATORS

Northern Suburban Special Recreation Association

**Did you know that you are  
welcome, in fact, invited, to attend  
Gator games?**

[nssra.org/programs/gator-athletics/](https://nssra.org/programs/gator-athletics/)


 

## A Christmas Carol Musical

**Saturday, December 16 | 9:45 am - 3:00 pm**

**Drury Lane Theatre, Oakbrook Terrace**

Rise and dine at Denny's with your friends! Afterward, we'll head to Drury Lane to watch Charles Dickens' A Christmas Carol, which tells the classic tale of Ebenezer Scrooge and the ghosts that visit him one fateful Christmas Eve, hoping to change his miserly ways. With the winter festivities right around the corner, let's get a kick-start on the holiday cheer!

-  The program fee includes breakfast and show admission. Please bring money if you would like to purchase additional concessions at the theatre.

**Age:** 21 and up

**Min/Max:** 6/15

**Program Code / Fee:** 437012-61 / \$89



## Winter Wonderland Extravaganza

**Sunday, December 17 | 7:00 - 9:00 pm**

**Slotnick Center/NSSRA, Highland Park**

Tis' the season for dancing! There's nothing like breaking a sweat on the dance floor to keep warm this winter. Join us as we look forward to the upcoming winter festivities. We'll also throw in some winter activities and crafts for everyone's enjoyment. It'll be a night you won't want to miss.

**Age:** 16 and up

**Min/Max:** 6/20

**Program Code / Fee:** 437013-61 / \$32



# Winter Break Camp

## Registration

Registration for Camp Igloo begins July 31 at 9:00 am.

## Camp Location

Camp location and times will be determined after registration. Possible locations include Takiff Center, Glencoe or Willow Park Field House, Glenview.

## Parent Information

Parent letters will be mailed approximately three weeks to one month before the start of camp. The letter will include site details and calendar of events.

## Financial Assistance and Payment Plans

Financial assistance is open to NSSRA residents who complete an NSSRA Reduced Fee Request Form and submit a \$125 deposit with their registration. To receive a Reduced Fee Request Form or to request a payment plan, please contact the NSSRA office at (847) 509-9400 or [info@nssra.org](mailto:info@nssra.org).

## Lunch, Snacks and Drinks

Campers should bring a labeled lunch, snack and drink each day.

## Camp Goals

To provide campers with recreation and leisure activities during the summer months. Activities will focus on socialization, independence, motor development, leisure education and an overall sense of well-being through participation.

## Communication and Safety

Communication books will be used daily for each camper to help facilitate communication between families and staff. Communication books will be available at the open house or sent home on the first day.

If your child requires specific accommodations, please contact Stephany Hoch at (847) 509-9400 x6812 or [shoch@nssra.org](mailto:shoch@nssra.org).

## What to Wear and Bring to Camp

Please send campers in comfortable clothes and gym shoes each day. Campers should bring a labeled backpack to camp. Participants are required to bring a lunch and drink each day. A detailed schedule will be mailed home prior to camp.

## Questions?

Camp Questions may be directed to Erin White, Recreation Manager for Camps, at (847) 509-9400 x6830 or [ewhite@nssra.org](mailto:ewhite@nssra.org).



## **Camp Igloo**




**Registration Deadline:** Friday, October 13

**Location:** Camp location determined after registration

**Age:** 5 - 21

Are you looking for some awesome icy adventures during your winter break? Camp Igloo is the perfect mini-camp to fill the days while school is out. Campers will spend their winter break hours at our day camp with their friends and engage in various activities.

Activities will focus on independence, motor development, and developing an overall sense of well-being. Campers will enjoy sports, cooking, music, arts, crafts, and maybe even some snow time if the weather permits!

-  Campers should bring a sack lunch.
-  Camp location and times will be determined after registration. Possible locations include Takiff Center, Glencoe or Willow Park Field House, Glenview.
-  Camp Igloo will include weekly outings, including high-risk activities such as ice-skating. NSSRA will send a waiver home after the lottery.

**Time:** Group A: 9:00 am - 2:45 pm

Group B: 9:15 am - 3:00 pm

**Days:** Wednesday - Friday

## Session Options

**Session 1 Dates:** December 27 - 29

**Session 1 Program Code/Fee:** 435001-01 / \$276

**Session 2 Dates:** January 3 - 5

**Session 2 Program Code/Fee:** 435001-02 / \$276

## Transportation Information

**Session 1 Transportation Code/Fee:** 435001-51 / \$37

**Session 2 Transportation Code/Fee:** 435001-52 / \$37

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 8:00 am / 3:55 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 8:20 am / 3:20 pm

**Location:** Northbrook Sports Center

**Pick Up / Drop Off Time:** 8:50 am / 3:40 pm



# Overnight Trips

## Trip Eligibility

Participants must be able to meet general trip expectations for all overnight trips. Specific trip eligibility is listed in the program guide information. For all trips lasting longer than three days and two nights, participants must attend an NSSRA overnight trip prior to the registration deadline for the desired trip in order for NSSRA staff to assess the individual's readiness for the trip. Assessments will be completed at the end of all trips to determine eligibility for future trips.

## General Trip Expectations

For NSSRA overnight trips, participants must be able to:

- ▶ Meet all expectations outlined in the Code of Conduct.
- ▶ Participate in a group setting and follow all scheduled activities.
- ▶ Demonstrate appropriate social skills with peers, staff and members of the public.
- ▶ Carry out activities of daily living, with or without staff assistance.
- ▶ Respectfully share living space with other participants and staff.

## Questions?

For any questions about trips, please contact Lacey Allen at (847) 509-9400 x6833 or [llallen@nssra.org](mailto:llallen@nssra.org).

## Trip Housing

Participants may be expected to share rooms, and possibly beds, with peers of the same gender. Specific housing details are listed in the trip information. To arrange for a single room or bed, if available, please call the trip contact listed in the program guide by the designated registration deadline. An additional fee may apply for these arrangements.

NSSRA staff may not be present in all rooms during downtime, personal care/hygiene time or overnight. Room assignments will be made at the staff's discretion. Participants are expected to stay in their rooms and be respectful of their roommates. To arrange for a staff member to be present in the room overnight, please call the trip contact as listed in the program guide by the designated registration deadline.

## Activities of Daily Living

All participants are required to adhere to NSSRA participant expectations for the duration of the trip. Depending on the trip, NSSRA staff are available to provide different levels of reminders, prompting and assistance for activities of daily living (i.e. toileting, showering, brushing teeth, dressing and feeding). Specific expectations for carrying out activities of daily living on trips are listed in the program guide information.

## Registration

Please note that registration for overnight trips will be conducted on a first-come-first-served basis, meaning that spots will be filled in the order that registrations are received. There will no longer be a lottery system in place for trip registration. Don't wait to sign up for these amazing opportunities!

## Adventures in Indy



**Registration Deadline:** Friday, August 18

**Location:** Indianapolis, Indiana

**Age:** 18 and up

**Min/Max:** 6/8

Adventure with us as we travel to Indianapolis, Indiana! Indianapolis is a city filled with great food, history, and countless attractions. We will be sure to see a popular museum in town, spend some time in the great outdoors, and encounter new experiences. It will be a fun-filled weekend that is well worth the trip! Please bring spending money if you would like to buy snacks or souvenirs. Fee includes transportation, meals, accommodations and admission to all activities.

- ⓘ The group will be staying at a rental home. Staff may not be present in all rooms overnight, but will be present in the rental home. Participants will be sharing rooms with peers of the same gender. To arrange for a single room, if available, please contact Lacey Allen, Recreation Specialist for Trips, by the registration deadline. An additional fee may be charged for these arrangements.
- ⓘ A trip packet will be sent out one month prior to the trip and all included forms must be returned by the advertised deadline for the registered participant to attend.

**Date:** Saturday, December 2 - Sunday, December 3

**Program Code / Fee:** 431001-61 / \$500







## Adaptive Sports Center



**Age:** 18 and up

**Min/Max:** 6/10

**Registration Deadline:** Friday, December 1

**Location:** Adaptive Sports Center, Crested Butte, Colorado

NSSRA is heading back to the mountains for another trip of a lifetime to Adaptive Sports Center (ASC) in Crested Butte, Colorado! ASC, founded in 1987, started with a small but passionate group of individuals that began offering ski instruction and equipment to participants with disabilities. ASC is now a therapeutic recreation organization that operates year-round with activities ranging from mountain biking and skiing to ice climbing and kayaking.

ASC and NSSRA offer participants a ski/snowboarding trip in the mountains of beautiful Crested Butte, Colorado. Prior experience with skiing or snowboarding is optional; ASC staff will pair up with our group to provide adaptations and individualized lessons. Pack your warm winter clothes and join us for an exhilarating adventure!

- ❗ Fee includes airfare, bus shuttles, meals, accommodations and all associated skiing/snowboarding costs.
- ❗ Participants are expected to carry out all activities of daily living independently. Minimal staff guidance and prompting is provided to remind participants of activities of daily living.
- ❗ It is not recommended that you register if you tire easily when walking or if you do not have the desire to ski or snowboard for the majority of each day.
- ❗ The group will be staying at one of the Adaptive Sports Center-owned buildings. Participants will share rooms with peers of the same gender. Staff will not be present in any rooms overnight, but will be present in the building. To arrange for a single room, please contact Lacey Allen, Recreation Specialist for Trips, to make arrangements, if available, by the registration deadline.
- ❗ NSSRA will send a trip packet one month before the trip. All new participants and guardians must attend a trip information meeting.
- ❗ New participants must attend a short overnight trip prior to Friday, December 1 for NSSRA staff to assess readiness for this trip.
- ❗ For additional trip details, please contact Lacey Allen at (847) 509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org).

**Date:** Sunday, February 25 - Thursday, February 29

**Program Code / Fee:** 141001-01 / \$600 deposit

(Approximate fee will be \$2,450 - \$2,750)



# Marching Through Milwaukee



**Registration Deadline:** Friday, December 8

**Location:** Milwaukee, Wisconsin

**Age:** 8 - 21

**Min/Max:** 6/10

Join NSSRA as we march our way through Milwaukee! We will start by meeting our furry friends at Milwaukee's spectacular zoo, Milwaukee County Zoo. We'll continue the fun by exploring more of Milwaukee's downtown through the Milwaukee Public Market before enjoying a delicious dinner. We'll end our packed day by bowling at one of Milwaukee's most lively bowling alleys before heading off to bed! On our peaceful Sunday, we'll enjoy the amazing Harley Davidson Museum before grabbing lunch and returning to NSSRA.

- ⓘ Participants must be able to meet all general trip expectations. Staff assistance is available for all activities of daily living. All participants may register for this trip without attending prior NSSRA trips.
- ⓘ The group will stay at Home2 Suites in downtown Milwaukee. Staff will be present in all rooms overnight. Participants will be sharing rooms, and possibly beds, with peers of the same gender. To arrange for a single room, please contact Lacey Allen, Recreation Specialist for Trips, to make arrangements, if available, by the registration deadline.
- ⓘ NSSRA will send a trip packet out one month before the trip, and all included forms must be returned by the advertised deadline for the registered participant to attend.
- ⓘ Please bring spending money if you would like to buy snacks or souvenirs. Fee includes transportation, meals, accommodations and admission to all activities.

**Date:** Saturday, March 16 - Sunday, March 17

**Program Code / Fee:** 141002-01 / \$600



# Youth Programs

Day	Program	Time	Ages	Page
Monday	Fitness Fanatics	5:00 - 6:00 pm	7 - 21	25
Monday	Bright Star Theatre Co.	5:00 - 6:00 pm	16 and up	25
Monday	NSSRA Bowling	6:30 - 8:00 pm	8 and up	26
Tuesday	Chef's Creations	4:30 - 5:45 pm	7 - 21	26
Tuesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	27
Tuesday	Buddy Basketball	5:00 - 5:45 pm	5-15	26
Wednesday	Sensory Art	4:45 - 5:30 pm	7 - 21	28
Wednesday	Gym Groupies	6:00 - 7:00 pm	16 and up	28
	Gym Groupies	7:15 - 8:15 pm	16 and up	28
Thursday	Horseback Riding	Varies	3 and up	29
Thursday	NEW! Embrace U	6:00 - 7:15 pm	15 - 30	30
Friday	NEW! Friday Frenzy	7:00 - 9:00 pm	13 - 15	30
Friday	NEW! Teens Night Out	7:00 - 9:00 pm	16 - 18	31
Saturday	SPICE	9:00 - 9:30 am	6 - 21	32
Saturday	Community Club	9:00 am - 11:30 am	7 - 15	32
Saturday	NEW! Teen Travelers	12:30 - 3:00 pm	16 - 21	32
Saturday	Social Squad	12:30 - 1:30 pm	7 - 21	33

## How to Register for Youth Programs

**Online** at [register.nssra.org](http://register.nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035



The NSSRA registration form can be downloaded at [nssra.org/forms](http://nssra.org/forms).

## Questions?

For any questions about youth programs, please contact Koren Sharrar at (847) 509-9400 x6834 or [ksharrar@nssra.org](mailto:ksharrar@nssra.org).

## What do these icons mean?



An icon key can be found on page 11.

## Important Dates

**Registration Dates:** July 31 through August 18



**Registration Deadline:** August 18 at noon

**Program Dates:** September 18 through November 18

**No Program Dates:** September 25

## ! Fitness Fanatics

**Age:** 7-21

**Min/Max:** 6/12

**Location:** Northfield Community Center

Calling all fitness fanatics! Each week participants will engage in fitness instruction from yoga and meditation to strength training and cardio. This program consists of exploring fitness techniques to create a successful workout. Participants will also socialize with their peers while encouraging active lifestyles.

### Goals:

- ▣ Engage in various fitness activities.
- ▣ Increase strength, endurance, and flexibility.
- ▣ Increase socialization opportunities.

**Contact:** Koren Sharrar

**Time:** 5:00 - 6:00 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 432001-01 / \$106

## Bright Star Theatre Company

**Age:** 16 and up

**Min/Max:** 8/12

**Location:** Northbrook Leisure Center

Join your fellow NSSRA thespians for a theatre program for teens and adults interested in acting, performing amongst a cast, and experiencing all that a live stage production has to offer! Volunteers with a common interest in theatre, known as Creative Companions and Northbrook Park District Theatre staff, will join participants to help facilitate a total production. Actors will develop an understanding of auditioning, character development, stage blocking, choreography, performing with costumes, set pieces, sound effects, and more!

This year's production will be "The Wizard of Oz"! Join Dorothy as she embarks on her journey to the Emerald City to meet the Wizard alongside a Scarecrow that needs a brain, a Tin Man missing a heart and a Cowardly Lion who is seek courage; and of course, her dog, Toto! This fun filled, classic will challenge you as an actor and have you singing along every step of the way.

Performances are scheduled for Saturday, April 13 and Sunday, April 14

**Contact:** Stephany Hoch

**Time:** 5:00 - 6:00 pm

**Day:** Monday

**Dates:** October 9 - April 14, 2024

(No program 12/18, 12/25, 1/1, 3/25)

**Program Code / Fee:** 432002-01 / \$450



## Become a Creative Companion!

We are looking for volunteers ages 15 and up ready to share in the fun and excitement of a theater production! As a Creative Companion, you will be paired with an actor or stage crew member with special needs as he or she participates in a professional theater production of The Wizard of Oz. This is an hourly commitment on Mondays each week from October - April, culminating in two performances.

If you're interested in becoming a Creative Companion please email Erin White at [ewhite@nssra.org](mailto:ewhite@nssra.org)

## Monday



### **NSSRA Bowling**

**Age:** 8 and up




**Min/Max:** 6/15

**Location:** Bowlero, Vernon Hills

During this program, you will enjoy bowling up to two games and socializing with your peers. Adaptive bowling equipment is available.

-  The fee includes bowling and shoe rental.
-  Participants already registered for Gator Bowling are not eligible to sign up for NSSRA Bowling.

#### **Goals:**

-  Develop an understanding of bowling rules and etiquette.
-  Increase bowling averages.
-  Improve social skills by conversing with one another while waiting to bowl.

**Contact:** Peyton Schulte

**Time:** 6:30 - 8:00 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 434004-01 / \$156

### **Transportation Information**

**Transportation Code / Fee:** 434004-51 / \$97

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 5:00 pm / 9:00 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:30 pm / 8:45 pm

**Location:** Northbrook Sports Center

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm

## Tuesday

### **Chef's Creations**




**Age:** 7-21

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Grab your apron and chef hat and join us in NSSRA's teaching kitchen on Tuesday afternoons! Channel your inner cooking connoisseur and dabble with new cuisines. Each week, participants will follow step-by-step recipes to cook up a delicious culinary creation. Get ready to measure, slice, mix, and cook some delightful dishes!

#### **Goals:**

-  Increase kitchen safety.
-  Learn basic cooking skills.
-  Create healthy habits.

**Contact:** Koren Sharrar

**Time:** 4:30 - 5:45 pm

**Day:** Tuesday

**Dates:** September 19 - November 14

**Program Code / Fee:** 432003-01 / \$126

### **Buddy Basketball**




**Age:** 5 - 15

**Min/Max:** 4/8

**Location:** Greenbriar School, Northbrook

Get ready to hit the court and join our team for an action-packed basketball skills program at the gym! Participants will enjoy warm-up sessions, engaging peer play, structured basketball activities, and exciting scrimmages each week.

#### **Goals:**

-  Improve understanding and basic skills of basketball.
-  Increase social interaction.
-  Improve teamwork.

**Contact:** Koren Sharrar

**Time:** 5:00 - 5:45 pm

**Day:** Tuesday

**Dates:** September 19 - November 14

(No program October 31)

**Program Code / Fee:** 432005-01 / \$119



## Private Piano Lessons

**Age:** 3 and up

**Min/Max:** 3/6

**Location:** Slotnick Center / NSSRA, Highland Park

Unlock the power of music therapy with personalized 30-minute individual lessons tailored by an expert music therapist. No prior skills required - this program is designed to accommodate learners of all levels.

ⓘ Returning participants have priority for their same time slot from the previous season. You are welcome to state a time preference; however, no placements are guaranteed. NSSRA will notify you of your time slot before the start of the program.

ⓘ Non-independent participants need a guardian to stay on-site during the lesson. During the program, the guardian will be responsible for all behavior needs, medical decisions, and personal care needs.

### Goals:

- ▢ Develop an understanding and appreciation of music.
- ▢ Increase ability to follow instructions.
- ▢ Promote the development of fine motor skills required to play an instrument.

**Contact:** Koren Sharrar

**Time:** 4:30 - 7:30 pm (30 minute lessons)

## Tuesday

### Dates:

September 19 - November 14

### Program Code / Fee:

432004-01 / \$450

## Wednesday

### Dates:

September 20 - November 15

### Program Code / Fee:

432004-11 / \$450



## Basketball Buddies Wanted!

Interested in becoming a buddy? We are looking for buddies ages 12-21 to share in the fun and excitement of basketball! As a buddy you will be paired with a participant athlete as they learn to play basketball. Help us create a program where everyone can have fun and experience basketball in a fun and successful atmosphere.

Please contact Koren Sharrar at [ksharrar@nssra.org](mailto:ksharrar@nssra.org) if you are interested in becoming a buddy or would like to learn more.



## Sensory Art

**Age:** 7 - 21

**Min/Max:** 4/6

**Location:** Slotnick Center / NSSRA, Highland Park

Immerse yourself in the world of art and embark on a sensory adventure in this exciting program! Sensory Art allows participants to explore their senses while gaining experience in using new creative mediums, tools, and artistic techniques. It's time to nurture your inner artist!

### Goals:

- ▣ Promote growth and self-confidence through artmaking.
- ▣ Enhance fine motor skills.
- ▣ Increase exposure to creativity and attentiveness to art instruction.

**Contact:** Koren Sharrar

**Time:** 4:45 - 5:30 pm

**Day:** Wednesday

**Dates:** September 20 - November 15

**Program Code / Fee:** 432007-01 / \$123

## Gym Groupies


**Age:** 16 and up

**Min/Max:** 6/10

**Location:** Sachs Recreation Center, Deerfield

Join your friends for an active open gym night! Participants will experience various fitness activities, including stretches, sports skills, scrimmaging, and more! If you are looking for a Wednesday workout, this program is for you.

 Please wear athletic clothes and gym shoes.

 If you would like transportation to and from program, please ensure you register for Group 2.

### Goals:

- ▣ Increase exposure to various fitness activities.
- ▣ Improve social interaction and teamwork and enhance gross motor skills through group fitness.

**Contact:** Peyton Schulte

**Day:** Wednesday

**Dates:** September 20 - November 15

## Group 1

**Time:** 6:00 - 7:00 pm

**Program Code / Fee:**

434008-01 / \$119

## Group 2\*

**Time:** 7:15 - 8:15 pm

**Program Code / Fee:**

434008-02 / \$119

## \*Transportation Information

**Transportation Code / Fee:** 434008-52 / \$110

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 6:10 pm / 9:05 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:30 pm / 8:50 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 6:50 pm / 8:35 pm

## Thursday






### Horseback Riding

**Age:** 3 and up




**Min/Max:** 3/6

**Location:** Equestrian Connection, Lake Forest

Saddle up! Equestrian Connection is a one-of-a-kind stable that provides therapeutic horseback riding opportunities specifically designed for individuals with disabilities. Participants will experience recreation and riding with three rotations during the program; riding, groundwork, and a craft. During groundwork, participants will learn and practice grooming techniques.

-  Please note that riding time is 20 minutes each week.
-  NSSRA will send a waiver before the program, and you must return it to the NSSRA office by Thursday, September 7.
-  As a safety precaution for all, participants over 250 pounds will do groundwork with horses instead of riding.
-  Participants must be able to wear an equestrian helmet and gait belt to partake in riding.
-  Participants with physical and medical conditions, please use caution.

#### Goals:

-  Increase flexibility and range of motion while on the horse.
-  Gain self-confidence and a sense of control through stable skills.
-  Develop companionship with the horse and a sense of responsibility.

**Contact:** Koren Sharrar

**Day:** Thursday

**Dates:** September 21 - November 16 (No program September 28)

### 3 - 15

**Time:** 5:00 - 6:10 pm

**Program Code / Fee:** 432009-01 / \$405

### 16 and up

**Time:** 6:20 - 7:30pm

**Program Code / Fee:** 432010-01 / \$405





## Thursday


### **NEW! Embrace U**

**Age:** 15 - 30




**Min/Max:** 4/8

**Location:** CROYA, Lake Forest

Self-love isn't selfish. It's important. Join us as we develop confidence and manifest acceptance through group and individual exercises. During the program, we will explore many different ways in which we can focus on and improve our mental health, including, but not limited to, journaling and scrapbooking, meditation, affirmations, projects, and games. You will want to take advantage of this opportunity to create healthy habits!

-  Due to the content of programming, those registering for Embrace U must be at a 1:4 staffing ratio. For more information, please contact NSSRA.

#### Goals:

-  To improve self-esteem and self-image.
-  To develop a sense of creativity through self-expression.
-  To increase socialization with others through a shared goal.

**Contact:** Peyton Schulte

**Time:** 6:00 - 7:15 pm

**Day:** Thursday

**Dates:** September 21 - November 16

**Program Code / Fee:** 434009-01 / \$126

## Transportation Information

**Transportation Code / Fee:** 434009-51 / \$110

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 4:35 pm / 8:10 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:05 pm / 7:55 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 5:35 pm / 7:35 pm

## Friday



### **NEW! Friday Frenzy**

**Age:** 13 - 15



**Min/Max:** 6/10

**Location:** Varies

Get together with your friends for exciting Friday night activities! Participants will have an in-house themed activity or a community outing each night.

-  Fee includes transportation from the designated pick up points, meals at restaurants, and admissions during community outings.
-  NSSRA will email transportation information and other important program information before the start of the program.

#### Goals:

-  Increase ability to initiate interactions with others.
-  Promote independence in the community and increase awareness of positive leisure activities.

**Contact:** Koren Sharrar

**Time:** 7:00 - 9:00 pm

**Day:** Friday

**Dates:** September 22 - November 17

**Program Code / Fee:** 432011-61 / \$298

## Friday Frenzy Outings

**September 22:** Fall Into Autumn at Takiff Center, Glencoe

**September 29:** Fun and Games at Play and Spin, Niles

**October 6:** All About Space at Takiff Center, Glenview

**October 13:** Hayrides & Hot Cocoa at Kroll's Farm, Waukegan

**October 20:** Spooktacular Slumber Party at Willow Park Field House, Glenview

**October 27:** Monster Ball at Slotnick Center, Highland Park

**November 3:** Out to Eat! at P.F. Chang's, Northbrook

**November 10:** Dessert & Disney at Slotnick Center, Highland Park

**November 17:** Deerfield Family Theater: "Beauty and the Beast" at Caruso Auditorium, Deerfield

Friday



## **NEW! Teen's Night Out**

**Age:** 16-18




**Min/Max:** 6/10

**Location:** Varies

It's teen's night out and time to get together with your friends for exciting Friday night activities! Participants will have a themed in-house activity or a community outing each night.

-  Fee includes transportation from the designated pick up points, meals at restaurants, and admissions during community outings.
-  NSSRA will email transportation information and other important program information before the start of the program.

### Goals:

-  Increase ability to initiate interactions with peers.
-  Promote independence in the community.
-  Increase awareness of positive leisure activities.

**Contact:** Koren Sharrar

**Time:** 7:00 - 9:00 pm

**Day:** Friday

**Dates:** September 22 - November 17

**Program Code / Fee:** 432012-61 / \$298

## Teen's Night Out Outings

**September 22:** Bowling into Fall at Bowlero, Buffalo Grove

**September 29:** Cozy Night In at Willow Park Field House, Glenview

**October 6:** The Great Highwood Pumpkin Festival in Downtown Highwood

**October 13:** Crafts & Mocktails at Takiff Center, Glenview

**October 20:** Kick Off: GBN vs. GBS at Glenbrook  
North High School, Northbrook

**October 27:** Monster Ball at Slotnick Center, Highland Park

**November 3:** The Great Outdoors at Takiff Center, Glencoe

**November 10:** Movie Night

**November 17:** Pie Time at Slotnick Center, Highland Park





### SPICE

**Age:** 6 - 21

**Min/Max:** 6/10

**Location:** Northbrook Sports Center

Special People's Ice Skating Experience (SPICE) is NSSRA's longest-running program. This program will offer participants a flexible ice skating experience. A skating coach will work with the group to develop and improve skating skills. Volunteer skating buddies will work alongside the skaters to increase social interaction and instruction.

A waiver will be sent before the program and must be returned to the NSSRA office by Tuesday, September 12.

**Contact:** Stephany Hoch

**Time:** 9:00 - 9:30 am

**Day:** Saturday

**Dates:** September 23 - November 18

**Program Code / Fee:** 432013-01 / \$125

### Community Club/ NEW! Teen Travelers

**Age:** 7 - 21

**Min/Max:** 6/10

**Location:** Varies

Explore the town in Community Club and Teen Travelers. This program is for you if you enjoy out-and-about adventures and experiencing new things! Each week participants will ride the bus from the Slotnick Center/ NSSRA to a local community hot spot for an exciting outing. Weekly destinations may include farmers markets, libraries, local parks, nature centers, and more!

🗺 NSSRA will provide outing details at the start of the season.

#### Goals:

- ▶ Increase socialization and peer interaction.
- ▶ Enhance awareness of positive leisure in the community.
- ▶ Encourage participation in community activities.

**Contact:** Koren Sharrar

**Day:** Saturday

**Dates:** September 23 - November 18

### SPICE Buddies Wanted!

NSSRA is looking for volunteers ages 12 - 21 ready to share in the fun and excitement of ice skating! As a SPICE Buddy, you will be paired with a participant with special needs to increase the social experience and assist with skating instruction.

If you're interested in becoming a SPICE Buddy please email Erin White at [ewhite@nssra.org](mailto:ewhite@nssra.org)

### Ages 7 -15 (Community Club)

**Time:** 9:00 - 11:30 am

**Program Code / Fee:** 432014-61 / \$266

### Ages 16 - 21 (Teen Travelers)

**Time:** 12:30 - 3:00 pm

**Program Code / Fee:** 432015-61 / \$266

## Saturday

### **Social Squad**

**Age:** 7 - 21

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Saturdays are for socializing! Social Squad allows participants to experience various leisure activities, including current events, group games, fitness and movement, creative expression, and more! If you enjoy trying new things, being active, and spending time with friends, join the squad!

#### **Goals:**

- ☐ Increase independence and self-confidence through socialization with peers and staff.
- ☐ Develop increased attention to activities and ability to follow directions.
- ☐ Promote physical activity and knowledge of different leisure activities.

**Contact:** Koren Sharrar

**Time:** 12:30 - 1:30 pm

**Day:** Saturday

**Dates:** September 23 - November 18

**Program Code / Fee:** 432016-01 / \$129



# Adult Programs

Day	Program	Time	Ages	Page
Monday	Let's Bowl	11:30 am - 2:30 pm	21 and up	35
Monday	Bright Star Theatre Co.	5:00 - 6:00 pm	16 and up	36
Monday	Strength & Cardio	6:15 - 7:15 pm	21 and up	37
Monday	NSSRA Bowling	6:30 - 8:00 pm	8 and up	35
Tuesday	Private Piano Lessons	4:30 - 7:30 pm	3 and up	27
Tuesday	What's Cooking?	6:15 - 7:45 pm	21 and up	37
Wednesday	Day Trips	11:00 am - 2:30 pm	21 and up	38 - 39
Wednesday	Gym Groupies 1	6:00 - 7:00 pm	16 and up	40
	Gym Groupies 2	7:15 - 8:15 pm	16 and up	40
Wednesday	Artist Studio	6:00 - 7:15 pm	21 and up	41
Thursday	Embrace U	6:00 - 7:15 pm	15 - 30	42
Thursday	Singers Showcase	6:15 - 7:15 pm	21 and up	43
Thursday	Horseback Riding	6:20 - 7:30pm	16 and up	41
Friday	Finally Friday	7:00 - 9:00 pm	19 - 30	44 - 45
Friday	After Hours	7:00 - 9:00 pm	31 and up	46 - 47
Saturday	Healthy Living	9:30 - 10:30 am	21 and up	48
Saturday	Creative Arts	11:00 am - 12:00 pm	21 and up	49
Saturday	Weekenders	1:00 - 2:00 pm	21 and up	49
Saturday	Saturday Night Hot Spots	7:00 - 9:00 pm	21 and up	50 - 51


## How to Register for Adult Programs

**Online** at [nssra.org](https://nssra.org)

**Email** your registration form to [registration@nssra.org](mailto:registration@nssra.org)

**Fax** to (847) 509-1177

**Drop Off or Mail** to 1221 County Line Rd.  
Highland Park, IL 60035

 The NSSRA registration form can be downloaded or submitted at [nssra.org/forms](https://nssra.org/forms).

## What do these mean?



An icon key can be found on page 11.

## Important Dates

**Registration Dates:** July 31 through August 18

 **Registration Deadline:** August 18 at noon

**Program Dates:** September 18 through November 18

**No Program Dates:** September 25

## Questions?

For questions about adult social clubs (Finally Friday, After Hours, or Saturday Night Hot Spots), please contact Stephany Hoch at (847) 509-9400 x6812. For any questions about adult programs, please contact Peytan Schulte at (847) 509-9400 x6827 or [pschulte@nssra.org](mailto:pschulte@nssra.org).

## Monday


### **Let's Bowl**

**Age:** 21 and up




**Min/Max:** 6/10

**Location:** Pinstripes, Northbrook

Spend time at the lanes with your friends while improving your bowling skills. Participants will bowl at least one game per week before eating lunch together. During the first week of the program, bowlers will eat at the Pinstripes Bistro, and then they will create a schedule of restaurants to visit for the remainder of the season. Adaptive bowling equipment is available.

-  Please bring \$20 - \$25 for lunch each week. The fee includes shoe rental and bowling fees.

#### Goals:

-  Increase bowling skills.
-  Develop an understanding of bowling rules and etiquette.
-  Increase upper extremity's range of motion.

**Contact:** Peytan Schulte

**Time:** 11:30 am - 2:30 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 434001-01 / \$213

### Transportation Information

**Transportation Code / Fee:** 434001-51 / \$97

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 10:50 am / 3:15 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 11:10 am / 3:00 pm



### **NSSRA Bowling**

**Age:** 8 and up




**Min/Max:** 6/15

**Location:** Bowlero, Vernon Hills

During this program, you will enjoy bowling up to two games and socializing with your peers. Adaptive bowling equipment is available.

-  The fee includes bowling and shoe rental.
-  Participants already registered for Gator Bowling are not eligible to sign up for NSSRA Bowling.

#### Goals:

-  Develop an understanding of bowling rules and etiquette.
-  Increase bowling averages.
-  Improve social skills by conversing with one another while waiting to bowl.

**Contact:** Peytan Schulte

**Time:** 6:30 - 8:00 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 434004-01 / \$156

### Transportation Information

**Transportation Code / Fee:** 434004-51 / \$97

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 5:00 pm / 9:00 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:30 pm / 8:45 pm

**Location:** Northbrook Sports Center

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm





Monday

## Bright Star Theatre Company

**Age:** 16 and up

**Min/Max:** 8/12

**Location:** Northbrook Leisure Center

Join your fellow NSSRA thespians for a theatre program for teens and adults interested in acting, performing amongst a cast, and experiencing all that a live stage production has to offer! Volunteers with a common interest in theater, known as Creative Companions and Northbrook Park District Theatre staff will join participants to help facilitate a total production. Actors will develop an understanding of auditioning, character development, stage blocking, choreography, performing with costumes, set pieces, sound effects, and more!

This year's production will be "The Wizard of Oz"! Join Dorothy as she embarks on her journey to the Emerald City to meet the Wizard alongside a Scarecrow that needs a brain, a Tin Man missing a heart and a Cowardly Lion who is seek courage; and of course, her dog, Toto! This fun filled, classic will challenge you as an actor and have you singing along every step of the way.

Performances are scheduled for Saturday, April 13 and Sunday, April 14

**Contact:** Koren Sharrar

**Time:** 5:00 - 6:00 pm

**Day:** Monday

**Dates:** October 9, 2023 - April 14, 2024

(No program 12/18, 12/25, 1/1, 3/25)

**Program Code / Fee:** 434002-01 / \$450

## Become a Creative Companion!

We are looking for volunteers ages 15 and up ready to share in the fun and excitement of a theater production! As a Creative Companion, you will be paired with an actor or stage crew member with special needs as he or she participates in a professional theater production of The Wizard of Oz. This is an hourly commitment on Mondays each week from October - April, culminating in two performances.

If you're interested in becoming a Creative Companion please email Erin White at [ewhite@nssra.org](mailto:ewhite@nssra.org)

## Monday


### **Strength & Cardio**

**Age:** 21 and up

**Min/Max:** 4/6

**Location:** Northfield Community Center

Participants will learn to increase strength through various exercise workouts such as cardio, yoga, fitness machines, and free weights. Program staff will assist each participant in a successful workout.

 This program is not competitive.

#### **Goals:**

- ☐ Increase knowledge of fitness machines.
- ☐ Engage in various fitness activities and exercises.
- ☐ Maximize strength, endurance, and flexibility through workouts with peers.

**Contact:** Peytan Schulte

**Time:** 6:15 - 7:15 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 434003-01 / \$106

## Private Piano Lessons

Private Piano lessons are available for all ages.

**See page 27 for details.**

## Tuesday


### **What's Cooking?**


**Age:** 21 and up

**Min/Max:** 4/8

**Location:** Slotnick Center / NSSRA, Highland Park

Are you a foodie interested in making delicious dishes while improving your kitchen skills? Then this program in NSSRA's state-of-the-art teaching kitchen is for you! Join your peers in learning hands-on cooking basics, such as meal planning, recipe following, and food prepping. Participants will develop a repertoire of recipes throughout the season.

 This program includes group cooking instruction; therefore, NSSRA cannot accommodate all dietary restrictions.

 Eating the food made in the program will be incorporated into this program; please plan accordingly.

#### **Goals:**

- ☐ Learn basic cooking skills and techniques.
- ☐ Develop understanding of food preparation and kitchen safety.
- ☐ Increase ability to follow step-by-step recipes.

**Contact:** Peytan Schulte

**Time:** 6:15 - 7:45 pm

**Day:** Tuesday

**Dates:** September 19 - November 14

**Program Code / Fee:** 434005-01 / \$126

## Transportation Information

**Transportation Code / Fee:** 434005-51 / \$110

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:25 pm / 8:15 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 5:45 pm / 8:00 pm





# Wednesday Day Trips



**Age:** 21 and up

**Min/Max:** 6/10

**Location:** Various Community Locations

Spend the day with friends exploring the community and experiencing exciting adventures! Participants can expect to socialize, play games, and visit local destinations. Sign up for all, or choose only the ones that interest you. Each event has a separate fee to cover the cost of admission, staff, and transportation. Each trip will incorporate a group lunch.

- ⓘ A valid state-issued ID verifying your age as 21 or older is required each week.
- ⓘ Please bring \$20 - \$25 to cover the cost of lunch each week.

## Goals:

- ▣ Enhance socialization with peers.
- ▣ Increase awareness of community leisure opportunities.
- ▣ Strengthen money management skills.

**Contact:** Peyton Schulte

**Time:** 10:30 am: Leave the Slotnick Center / NSSRA

11:00 am - 2:30 pm: Program Time

3:00 pm: Return to the Slotnick Center / NSSRA

**Times are approximated.**

**Day:** Wednesday

## Transportation Information

- ⓘ **Transportation for this program is at community pick up points. Details will be emailed to you prior to the start of the program.**

## Wagner Farm

Jump back in time to one of the last working dairy farms in Cook County for a day of completing daily chores and caring for farm animals. After our day at the farm, we will enjoy some lunch at Culver's!

**Date:** Wednesday, September 20  
**Program Code / Fee:** 434006-61 / \$45

## Milwaukee Art Museum

Immerse yourself in art, architecture, and a variety of experiences. After our self-guided tour, participants will share lunch at Jersey Mike's.

**Date:** Wednesday, September 27  
**Program Code / Fee:** 434006-62 / \$57

## Morton Arboretum

We'll experience the beauty of the autumn season by gazing upon the colors and scenic views Morton Arboretum has to offer. After enjoying nature, the group will eat lunch on-site at Ginkgo Café.

**Date:** Wednesday, October 4  
**Program Code / Fee:** 434006-63 / \$42

## Color Me Mine

Let your imagination run wild as you create a personalized masterpiece using an array of vibrant colors. Later we will head to lunch at Noodles and Company and check out some shops at The Glen.

**Date:** Wednesday, October 11  
**Program Code / Fee:** 434006-64 / \$71

## Goebbert's Farm

Embark on a festive fall journey through the pumpkin patch, petting zoo, corn maze, and pig races! We will enjoy lunch on-site at Red Barn Café.

**Date:** Wednesday, October 18  
**Program Code / Fee:** 434006-65 / \$57

## Pumpkins, Paint and Picture Show

Join us to pick out the perfect pumpkin at a local grocery store, get creative with spine-tingling designs, and settle in with Domino's Pizza and a Halloween movie on NSSRA's big screen.

**Date:** Wednesday, October 25  
**Program Code / Fee:** 434006-66 / \$48

## Bowl-o-Rama

Enjoy an afternoon of bowling at Pinstripes. After two hours of gameplay, the group will indulge in a sit-down lunch at Pinstripes Bistro.

**Date:** Wednesday, November 1  
**Program Code / Fee:** 434006-67 / \$71

## Holiday Shopping

Embrace the giving season by looking for the best gifts for your friends and family at Woodfield Mall. When we have shopped 'til we drop, the group will enjoy lunch at Red Robin.

**Date:** Wednesday, November 8  
**Program Code / Fee:** 434006-68 / \$53

## MakerSpace

Join us in exploring a world of opportunity and technology at Deerfield Public Library's MakerSpace by trying 3D printing, laser engraving, embroidery, and more. Afterward, the group will head to Max & Benny's for lunch.

**Date:** Wednesday, November 15  
**Program Code / Fee:** 434006-69 / \$56





## Wednesday



### **Gym Groupies**

**Age:** 16 and up




**Min/Max:** 6/10

**Location:** Sachs Recreation Center, Deerfield

Join your friends for an active open gym night! Participants will experience various fitness activities, including stretches, sports skills, scrimmaging, and more! If you are looking for a Wednesday workout, this program is for you.

-  Please wear athletic clothes and gym shoes.
-  If you would like transportation to and from program, please ensure you register for Group 2.

#### Goals:

-  Increase exposure to various fitness activities.
-  Improve social interaction and teamwork.
-  Enhance gross motor skills through group fitness.

**Contact:** Peytan Schulte

**Day:** Wednesday

**Dates:** September 20 - November 15

### Group 1

**Time:** 6:00 - 7:00 pm

**Program Code / Fee:** 434008-01 / \$119

### Group 2

**Time:** 7:15 - 8:15 pm

**Program Code / Fee:** 434008-02 / \$119

### Transportation Information

**Transportation Code / Fee:** 434008-52 / \$110

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 6:10 pm / 9:05 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:30 pm / 8:50 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 6:50 pm / 8:35 pm

## Wednesday



### Artist Studio

**Age:** 21 and up

**Min/Max:** 6/8

**Location:** Slotnick Center / NSSRA, Highland Park

Attention artists! Join us for a program filled with creativity, self-expression, and art-making. Each week, artists will learn different techniques while receiving individualized instruction. During the program session, participants will create a portfolio of art pieces, experimenting with various mediums, styles, and art skills.

#### Goals:

- ▶ Learn basic art techniques.
- ▶ Improve attention and focus with step-by-step instructions.
- ▶ Increase social engagement with peers through a common interest in art making.
- ▶ Develop self-expression through a visual medium.

**Contact:** Peytan Schulte

**Time:** 6:00 - 7:15 pm

**Day:** Wednesday

**Dates:** September 20 - November 15

**Program Code / Fee:** 434007-51 / \$149

## Transportation Information

**Transportation Code / Fee:** 434009-51 / \$110

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:10 pm / 7:45 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 5:30 pm / 7:30 pm

## Thursday



### Horseback Riding

**Age:** 16 and up

**Min/Max:** 3/6

**Location:** Equestrian Connection, Lake Forest

Saddle up! Equestrian Connection is a one-of-a-kind stable that provides therapeutic horseback riding opportunities specifically designed for individuals with disabilities. Participants will experience recreation and riding with three rotations during the program; riding, groundwork, and a craft. During groundwork, participants will learn and practice grooming techniques.

- ⓘ Please note that riding time is 20 minutes each week.
- ⓘ NSSRA will send a waiver before the program, and you must return it to the NSSRA office by Thursday, September 7.
- ⓘ As a safety precaution for all, participants over 250 pounds will do groundwork with horses instead of riding.
- ⓘ Participants must be able to wear an equestrian helmet and gait belt to partake in riding.
- ⓘ Participants with physical and medical conditions, please use caution.

#### Goals:

- ▶ Increase flexibility and range of motion while on the horse.
- ▶ Gain self-confidence and a sense of control through stable skills.
- ▶ Develop companionship with the horse and a sense of responsibility.

**Contact:** Koren Sharrar

**Time:** 6:20 - 7:30pm

**Day:** Thursday

**Dates:** September 21 - November 16

**Program Code / Fee:** 432010-01 / \$405



Thursday


## **NEW! Embrace U**

**Age:** 15 - 30




**Min/Max:** 4/8

**Location:** CROYA, Lake Forest

Self-love isn't selfish. It's important. Join us as we develop confidence and manifest acceptance through group and individual exercises. During the program, we will explore many different ways in which we can focus on and improve our mental health, including, but not limited to, journaling and scrapbooking, meditation, affirmations, projects, and games. You will want to take advantage of this opportunity to create healthy habits!

-  Due to the content of programming, those registering for Embrace U must be able to participate at a 1:4 staffing ratio. For more information, please contact NSSRA.

### **Goals:**

-  To improve self-esteem and self-image.
-  To develop a sense of creativity through self-expression.
-  To increase socialization with others through a shared goal.

**Contact:** Peytan Schulte

**Time:** 6:00 - 7:15 pm

**Day:** Thursday

**Dates:** September 21 - November 16

**Program Code / Fee:** 434009-01 / \$126

## **Transportation Information**

**Transportation Code / Fee:** 434009-51 / \$110

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 4:35 pm / 8:10 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:05 pm / 7:55 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 5:35 pm / 7:35 pm



Thursday

## Singers Showcase

**Age:** 21 and up

**Min/Max:** 4/12

**Location:** Slotnick Center / NSSRA, Highland Park

Join your fellow singing enthusiasts as we develop our vocal potential! Participants will gain an appreciation for various music styles and genres while learning a new repertoire and singing old favorites. Singers will also become familiar with performance etiquette, choreography, and movement at each rehearsal.

- 🔔 There will be a final performance on the last day of the program that all family and friends are invited to attend. Because the Fall Showcase will only have one rehearsal season, it will be a smaller production than the Winter/Spring Showcase.

### Goals:

- ▶ Improve vocal skills and ability to follow directions.
- ▶ Enhance memory of song lyrics and music theory.
- ▶ Increase exposure to a variety of movements and musical genres.
- ▶ Develop confidence through performance.
- ▶ Provide socialization and education through music and song.

**Contact:** Peytan Schulte

**Time:** 6:15 - 7:15 pm

**Day:** Thursday

**Dates:** September 21 - November 16

**Program Code / Fee:** 434016-01 / \$98

## Transportation Information

**Transportation Code / Fee:** 434016-51 / \$110

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:35 pm / 7:45 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 5:55 pm / 7:30 pm





# Finally Friday




**Age:** 19 - 30 (New Age Range)

**Min/Max:** 6/10

**Location:** Various Locations

You don't want to miss out on this social scene with friends, fun, and great times! Sign up for all, or choose only the ones that interest you. Each event has a separate fee which covers the cost of admission, transportation, and meals.

 Please bring spending money if you would like to purchase snacks or souvenirs, when applicable.

## Goals:

- ☐ Develop ability to initiate positive interactions with others.
- ☐ Expand awareness of leisure activities within the community.
- ☐ Increase awareness of peers and ability to self advocate.


**Contact:** Stephany Hoch

**Time:** 7:00 - 9:00 pm (Approximate)

**Day:** Friday

**Dates:** September 22 - November 17

## Transportation Information


 Transportation cost is covered in the price of this program and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## Spartans vs. Warriors

**Date:** Friday, September 22

**Location:** Glenbrook North High School, Northbrook

Go, fight, win! Join us for an evening under the Friday night lights at the Glenbrook North versus Deerfield High School homecoming football game. Nothing is better than a Fall night spent cheering and socializing with friends.

 Please plan to bring cash for concessions, if applicable.

**Program Code / Fee:** 434010-61 / \$41

## Bocce Bites

**Date:** Friday, September 29

**Location:** Pinstripes, Northbrook

We are calling all bocce enthusiasts! Let's go to the courts and practice our tossing skills at Pinstripes. Here, the group will enjoy various delectable appetizers while engaging in two hours of bocce with great company.


**Program Code / Fee:** 434010-62 / \$80

## The Great Highwood Pumpkin Festival

**Date:** Friday, October 6

**Location:** Downtown Highwood, IL

Time to pumpkin-spice up your night by spending time in Highwood to celebrate the Fall season with friends. With many games, rides, and attractions, this festival will surely leave you grinning like a jack-o-lantern!

 The program fee includes an unlimited ride package. Please plan to bring cash for concessions or extra attractions, if applicable.

**Program Code / Fee:** 434010-63 / \$80

## Friday Night Flicks

**Date:** Friday, October 13

**Location:** TBD

Silence your cell phones, sit back, and enjoy; it's movie night for Finally Friday! Check out the latest flicks at the theater with friends.

- 📌 NSSRA will provide movie specifics and transportation details before October 11. Please plan to bring money for concessions, if applicable.

⌋ **Program Code / Fee:** 434010-64 / \$50

## Garden of Good Times

**Date:** Friday, October 20

**Location:** Olive Garden, Vernon Hills

Prepare to be whisked away on a culinary journey of endless breadsticks, mouthwatering pasta, and bottomless laughter! Join us at Olive Garden to savor the flavors of Italy and socialize over a classy dinner.

⌋ **Program Code / Fee:** 434010-65 / \$63

## Monster Ball

**Date:** Friday, October 27

**Location:** Slotnick Center / NSSRA, Highland Park

Prepare to boogie, groove, and howl through the night at NSSRA's spooktacular Monster Ball dance! Join your friends from Friday Frenzy, Teen's Night Out, and After Hours for a night full of dancing to the bewitching beat, playing ghoulish games, and celebrating Halloween with your favorite ghosts and goblins.

- 👗 Participants should come dressed in their Halloween costumes, if desired.

⌋ **Program Code / Fee:** 434010-66 / \$41

## Bake It Happen

**Date:** Friday, November 3

**Location:** Slotnick Center / NSSRA, Highland Park

Prepare for the upcoming holiday season by perfecting your baking skills. The group will be making pies and other seasonal desserts to enjoy. Afterward, participants will socialize and engage in Fall-themed activities!

⌋ **Program Code / Fee:** 434010-67 / \$41

## Deerfield Family Theater

**Date:** Friday, November 10

**Location:** Caruso Auditorium, Deerfield

It's a "tale as old as time..." NSSRA will enjoy Deerfield Family Theater's excellent theater productions! Jump into the enchanting world of Belle and her friends as she navigates finding her happily ever after. This musical will have you laughing, swooning, and on the edge of your seat, so "be our guest" and come support local theater with us!

⌋ **Program Code / Fee:** 434010-68 / \$68

## SRACLC's Fall Fantasy Dance

**Date:** Friday, November 17

**Location:** Sullivan Center, Vernon Hills

Prepare to fall into a world of whimsy and wonder at SRACLC's Fall Fantasy Dance. The dance will be a night filled with dancing to the DJ, socializing with friends from NSSRA and other SRA's, and enjoying a delicious dinner.

⌋ **Program Code / Fee:** 434010-69 / \$60

# Friday Night After Hours



**Age:** 31 and up (New Age Range)

**Min/Max:** 6/12

**Location:** Various Locations

It's after hours and time to socialize! Sign up for all events or choose only the ones that interest you. Each outing has a separate fee that covers admission, meals, staff, and transportation.

## Goals:

- ▢ Increase awareness of leisure activities and social opportunities.
- ▢ Develop positive peer relationships.
- ▢ Learn about various community resources.

**Contact:** Peyton Schulte

**Time:** 7:00 - 9:00 pm (Approximate)

**Day:** Friday

**Dates:** September 22 - November 17

## Transportation Information

- ⓘ Transportation cost is covered in the price of this program and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## Paint & Sip: Autumn Art

**Date:** Friday, September 22

**Location:** Slotnick Center / NSSRA, Highland Park

Join us to sip on colorful mocktail creations and tasty snacks while painting the perfect project you will be proud of. This program will undoubtedly lead to a masterpiece on canvas and a belly full of laughter. Cheers to a creatively delightful evening!

} **Program Code / Fee:** 434011-61 / \$41

## "GBN Goes Pink" Football Game

**Date:** Friday, September 29

**Location:** Glenbrook North High School, Northbrook

Get ready to paint the town pink and cheer on your team at the "GBN Goes Pink" football game! Watch the Spartans battle the Maine South Hawks in your brightest pink attire. This game will indeed have everyone on their feet, cheering and scoring touchdowns against cancer!

- ⓘ Please plan to bring cash for concessions, if applicable.

} **Program Code / Fee:** 434011-62 / \$41

## Wings & Wins

**Date:** Friday, October 6

**Location:** Buffalo Wild Wings, Northbrook

Time to tackle the ultimate game-day feast and cheer on your favorite teams at Buffalo Wild Wings! From finger-licking sauces to nail-biting plays, this program guarantees a winning combination of delicious bites and thrilling moments with friends.

} **Program Code / Fee:** 434011-63 / \$56

## Morkes Chocolates

**Date:** Friday, October 13

**Location:** Morkes Chocolate, Palatine

Do you have a sweet tooth? Then join us as we head to Morkes Chocolates in Palatine to make some sugary goodness! After making our delectable treats, we will head to Subway for a much-needed, savory bite.


› **Program Code / Fee:** 434011-64 / \$50


## M-NASR's Halloween Party

**Date:** Friday, October 20

**Location:** Feldman Park, Niles

Let's get spooky at M-NASR's annual Halloween party! Let your inner monster out with a night full of howling laughter, graveyard-smashing tunes, and wickedly good memories made with friends from NSSRA and other SRAs.

 Participants should come dressed in their Halloween costume, if desired.

 Dinner is included.


› **Program Code / Fee:** 434011-65 / \$68


## Monster Ball

**Date:** Friday, October 27

**Location:** Slotnick Center / NSSRA, Highland Park

Prepare to boogie, groove, and howl through the night at NSSRA's spooktacular Monster Ball dance! Join your friends from Friday Frenzy, Teen's Night Out and Finally Friday for a night full of dancing to an enchanting beat, playing ghoulish games, and celebrating Halloween with your favorite ghosts and goblins.

 Program fee includes snacks and refreshments.

 Participants should come dressed in their Halloween costume, if desired.

› **Program Code / Fee:** 434011-66 / \$41

## Pin Pals

**Date:** Friday, November 3

**Location:** Bowlero, Buffalo Grove

Are you looking to have some fun in your "spare" time? Let's hit the lanes for bowling and socializing at Bowlero.

 Dinner is included with bowling

› **Program Code / Fee:** 434011-67 / \$74

## Deerfield Family Theater

**Date:** Friday, November 10

**Location:** Caruso Auditorium, Deerfield

It's a "tale as old as time..." NSSRA will enjoy Deerfield Family Theater's excellent theater productions! Jump into the enchanting world of Belle and her friends as she navigates to find her happily ever after. This musical will have you laughing, swooning, and on the edge of your seat, so "be our guest" and come support local theater with us!

› **Program Code / Fee:** 434011-68 / \$68

## Big Screen, Big Slice

**Date:** Friday, November 17

**Location:** Slotnick Center / NSSRA, Highland Park

Grab a slice of cheesy goodness, cozy up in front of NSSRA's big screen, and enjoy a classic movie of the group's choice that will have you savoring every cinematic bite.

› **Program Code / Fee:** 434011-69 / \$42





**Saturday**

## Healthy Living

**Age:** 21 and up

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Living a healthy lifestyle is our priority, so let's create healthy habits! Join your friends for a morning of fitness, meal planning, and self-care practices that you can add to your home routines. Throughout the season, participants will prepare healthy snacks, engage in fitness activities and enjoy learning about healthy lifestyles.

- ⓘ This program may include group cooking instruction; therefore, NSSRA cannot accommodate all dietary restrictions.
- 👕 Participants should wear gym shoes and bring a water bottle.

### Goals:

- ▶ Develop an understanding of health and wellness.
- ▶ Promote positive socialization skills with peers.
- ▶ Increase kitchen safety and basic cooking.
- ▶ Practice independent skills and healthy lifestyle habits.

**Contact:** Peyton Schulte

**Time:** 9:30 - 10:30 am

**Day:** Saturday

**Dates:** September 23 - November 18

**Program Code / Fee:** 434012-01 / \$129



## Saturday

### Creative Arts

**Age:** 21 and up

**Min/Max:** 6/12

**Location:** Slotnick Center / NSSRA, Highland Park

Are you looking for a Saturday morning full of all things creative arts? Join us to develop a repertoire of new hobbies and skills, including, but not limited to, dance, music, drama and theatre, photography, filmmaking, and storytelling. Through hands-on learning and creating, NSSRA will introduce and expose participants to various fine art-related topics each week.

#### Goals:

- ▢ Explore self-expression through the development of original projects and ideas.
- ▢ Develop confidence through performing and sharing with peers.

**Contact:** Peytan Schulte

**Time:** 11:00 am - 12:00 pm

**Day:** Saturday

**Dates:** September 23 - November 18

**Program Code / Fee:** 434013-01 / \$129

### Weekenders

**Age:** 21 and up

**Min/Max:** 6/10

**Location:** Slotnick Center / NSSRA, Highland Park

Do you live for the weekends? Get a jump start and join your friends for the best Saturday afternoons, including themed parties, activities, and socialization! This group loves good ole fashion fun, from bingo to karaoke, and game day to mocktails.

#### Goals:

- ▢ Increase socialization and positive peer interactions.
- ▢ Develop appropriate peer relationships.
- ▢ Increase awareness of positive leisure activities.
- ▢ Develop increased attention to activities and ability to follow directions.

**Contact:** Peytan Schulte

**Time:** 1:00 - 2:00 pm

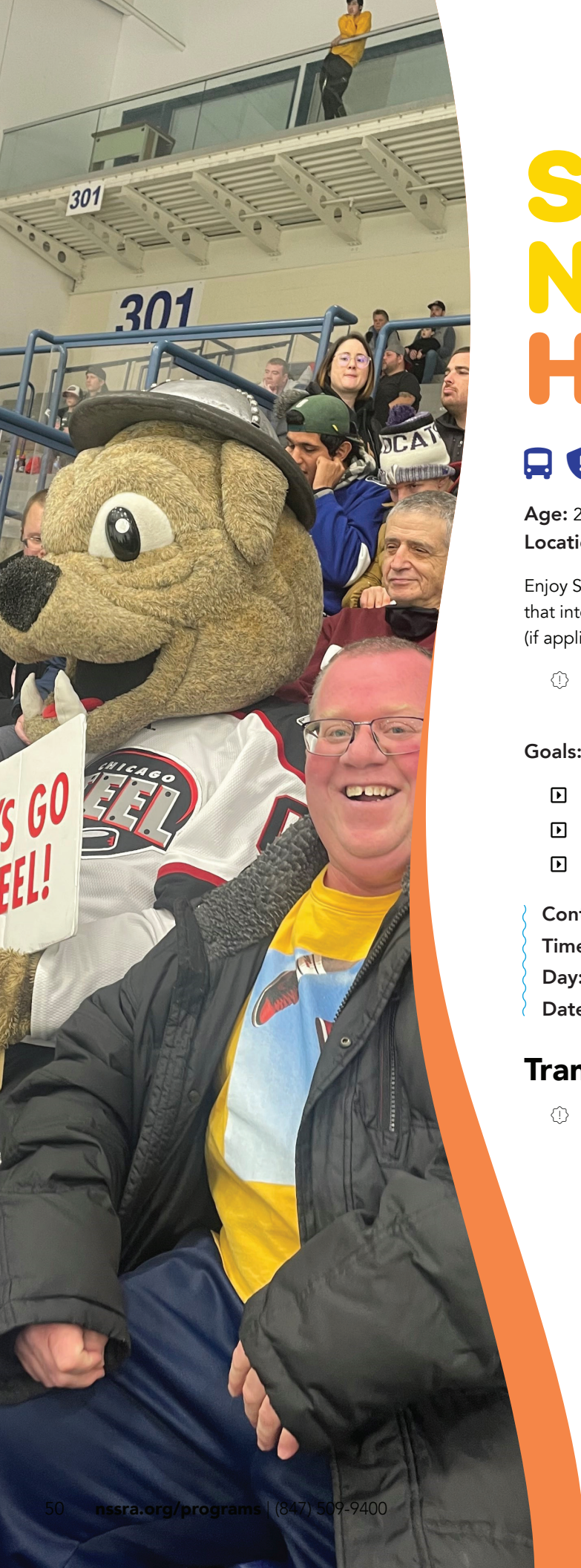
**Day:** Saturday

**Dates:** September 23 - November 18

**Program Code / Fee:** 434014-01 / \$129







# Saturday Night Hot Spots




**Age:** 21 and up




**Min/Max:** 6/12

**Location:** Various Locations

Enjoy Saturday nights in Chicagoland! Sign up for all or choose only the ones that interest you. Each outing has a separate fee that covers admission, meal (if applicable), staff, and transportation from designated pick up points.

-  A valid state-issued ID verifying you are 21 or older is required each week.

## Goals:

-  Develop and maintain positive relationships.
-  Increase awareness of community and leisure opportunities.
-  Improve ability to engage and socialize with peers.


**Contact:** Stephany Hoch

**Time:** 7:00 - 9:00 pm (Approximate)

**Day:** Saturday

**Dates:** September 30, October 14, October 28, November 11

## Transportation Information

-  Transportation is covered in the price of each Saturday Night Hot Spot activity and includes pick up and drop off at designated community locations. NSSRA will email details to you before the start of the program.

## Dave & Busters

**Date:** Saturday, September 30

**Location:** Dave & Buster's, Vernon Hills

Join your friends for an evening full of playing, eating, and making memories that will have you grinning from ear to ear! From thrilling arcade games that'll have you high-fiving to mouthwatering bites that'll keep your energy levels up, this program guarantees non-stop fun and laughter.

- ⓘ The program fee includes a buffet dinner and Power Card for an hour of games.

› **Program Code / Fee:** 434015-61 / \$80

## Chicago Wolves Home Opener

**Date:** Saturday, October 14

**Location:** Allstate Arena, Rosemont

Cheer on our beloved Chicago Wolves at their home opener in a sure-to-be thrilling game.

- ⓘ The program fee includes admission and a \$6 food voucher.
- ⓘ Extra concessions are credit card-only, so please plan accordingly.

› **Program Code / Fee:** 434015-62 / \$60

## Mystery Party

**Date:** Saturday, October 28

**Location:** Slotnick Center / NSSRA, Highland Park

If you are a detective or sleuthing enthusiast, this thrilling night of chilling challenges is for you. Get ready to embark on an evening of laughter, clues, and whodunit surprises that will keep you guessing and giggling until the mystery is solved!

- ⓘ The program fee includes a pasta dinner.

› **Program Code / Fee:** 434015-63 / \$56

## Sugar Factory

**Date:** Saturday, November 11

**Location:** Sugar Factory, Rosemont

Sugar! Yes, please! Join us for a night of deliciously colorful dining experience. There's nothing better than the rush you get while indulging in a new experience with tasty treats that tickle your tastebuds!

- ⓘ The program fee includes dinner and an Old-Fashioned Milkshake.

› **Program Code / Fee:** 434015-64 / \$81





# Gator Athletics

Participants competing on Gator teams are active in Illinois Therapeutic Recreation Section competitions and Special Olympics Illinois games. Gator Athletics gives NSSRA's athletes the experience of competing against other individuals of similar abilities from nearby communities. These programs are competitive, and athletes must follow sports rules, etiquette, and coach direction at practices and competitions. Gator Athletics runs on a different schedule than NSSRA traditional programs to meet deadlines established by Special Olympics Illinois.

Athletes need to attend and participate in all practices, games, and tournaments. Athletes attending any tournament with NSSRA are required to register for this additional program with no extra cost. Registration materials will be sent home during the program and must be turned in by the deadline printed on the registration form. Registrations are a commitment that the athlete will participate in both practices and tournaments.

## NSSRA offers nine Gator Athletics programs

- |                            |                                |                          |
|----------------------------|--------------------------------|--------------------------|
| ▶ Basketball (Fall/Winter) | ▶ Volleyball (Fall)            | ▶ Bowling (All Seasons)  |
| ▶ Golf (Summer)            | ▶ Bocce (Fall/Spring)          | ▶ Softball (Summer)      |
| ▶ Swimming (Winter/Spring) | ▶ Powerlifting (Winter/Spring) | ▶ Track & Field (Spring) |

## Special Olympics Medical Forms:

- ▶ Are available in English or Spanish through the NSSRA office and at [www.nssra.org/forms](http://www.nssra.org/forms).
- ▶ Must be completed and signed by a doctor to be considered valid.
- ▶ Must be valid from the start of practice through the last tournament date for each sport in which the athlete competes.
- ▶ Will be submitted to Special Olympics Illinois by NSSRA.

 **All Gator athletes must have a current Special Olympics medical and consent forms on file to compete in tournaments. NSSRA staff will reach out to all athletes and families later to communicate Special Olympics competition information as it is announced.**

**For more information, contact Recreation Specialist Lacey Allen at (847) 509-9400 x6833 or [lallen@nssra.org](mailto:lallen@nssra.org).**

## **Gator Bowling**

**Age:** 8 and up

**Min/Max:** 6/20

**Location:** Bowlero, Vernon Hills

We designed Gator Bowling for competitive bowlers interested in competing in Special Olympics Tournaments. Athletes will focus on techniques to improve their bowling skills for competition. Each week bowlers will bowl two games.

- During the first week of the program, new athletes will go through a Skills Assessment Test to determine participation in the program for the remainder of the season and gain eligibility for Special Olympics Illinois competitions in future seasons.

### **Goals:**

- Improve competitive skills such as aim, stance and approach.
- Increase bowling average.

**Contact:** Lacey Allen

**Time:** 6:30 - 8:00 pm

**Day:** Monday

**Dates:** September 18 - November 13

(No program September 25)

**Program Code / Fee:** 436001-01 / \$156

## **Transportation Information**

**Transportation Code / Fee:** 436001-51 / \$97

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 5:00 pm / 9:00 pm

**Location:** Wilmette Community Recreation Center

**Pick Up / Drop Off Time:** 5:30 pm / 8:45 pm

**Location:** Northbrook Sports Center

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:00 pm / 8:25 pm

## **Gator Basketball**

**Age:** 16 and up

**Min/Max:** 10/36

**Location:** Northfield Community Center

Gator Basketball athletes will learn the rules of basketball, develop skills, practice, play weekly games against local teams, and compete. Gator athletics emphasizes sportsmanship, fundamentals, and regulations of the game. Participants are expected to compete in Special Olympics (SO) and Special Recreation Association (SRA) events. The first few weeks will consist of practicing, conditioning, and skill scoring to determine teams. After athletes are divided into teams, NSSRA will distribute a weekly schedule and tournament information.

- During the first week of the program, new athletes will go through a Skills Assessment Test to determine participation in the program for the remainder of the season and gain eligibility for Special Olympics Illinois competitions in future seasons.

- The TR Section Basketball Tournament will take place on February 4 and the location is TBD. Special Olympics District Basketball Tournament is TBD.

### **Goals:**

- To develop basketball skills and improve gross motor movement through practices, games, and tournaments.
- Encourage athletes to work as a team and stay active.

**Contact:** Lacey Allen

**Time:** 6:30 - 8:00 pm

**Day:** Tuesday

**Dates:** October 31 - February 13

(No program December 26 and January 2)

**Program Code / Fee:** 436002-61 / \$181

## **Transportation Information**

**Location:** Slotnick Center / NSSRA, Highland Park

**Pick Up / Drop Off Time:** 5:40 pm / 8:40 pm

**Location:** Moraine Living Facility

**Pick Up / Drop Off Time:** 6:00 pm / 8:20 pm

# Enriched Lifestyles for Adults



ELA is a year-round day program for individuals with disabilities who are 22 years of age and older. ELA was created to enhance the quality of life and offer well-rounded daytime program options for adults with disabilities while providing a flexible schedule for families.

## ELA's core program areas are:

- ▶ **Independent Living & Continuing Education:** Computers, Nutrition & Health, Money Skills, Reading, Cooking
- ▶ **Communication & Socialization:** Peer Interactions, Current Events, Relationship Building, Conflict Resolution, and Peer Leadership
- ▶ **Recreation & Leisure:** Sports, Fitness, Arts & Crafts, Music, Hobbies
- ▶ **Community Integration:** Community Service Projects, Lunch Outings, Day Trips, Using Community Resources

📍 If you are interested in beginning the registration process for NSSRA's adult day programming, please visit [www.nssra.org/ela](http://www.nssra.org/ela) to complete our Adult Day Program Interest Form. Interested participants will be contacted in the order interest forms are received.



# Enriched Lifestyles for Adults (ELA) Fun Run Brings Together Special Recreation Associations in Celebration

The Northern Suburban Special Recreation Association (NSSRA) and Enriched Lifestyles for Adults (ELA) Program, a year-round day program for individuals with developmental disabilities aged 22 and older, hosted its highly anticipated Fun Run on Friday, May 19. The event brought together participants from ELA and several other special recreation associations, creating a vibrant and inclusive community celebration.

ELA participants and their friends from Western DuPage Special Recreation Association (WDSRA), Northern Illinois Special Recreation Association (NISRA), South East Association for Special Parks and Recreation (SEASPAR), Special Recreation Association of Central Lake County (SRACLC), and Northeast DuPage Special Recreation Association (NEDSRA) showcased their unwavering determination and athletic abilities throughout the event. Under the clear skies at Maplewood Park in Deerfield, ELA participants and SRA friends grew to over 150 runners, walkers, and volunteers as the race commenced. The atmosphere was filled with excitement as participants engaged in various activities and attractions, including engaging 90s Trivia, capturing memorable moments at the Photo Booth, the thrilling game of Ker-plunk, and an exhilarating water relay. These additional events added to the vibrant and festive ambiance, creating an unforgettable experience for everyone involved.

"This year's ELA walk was truly fantastic. Witnessing SRAs from near and far coming together to celebrate and have a remarkable experience," expressed Joe Hart, Recreation Specialist for Adult Day Programs.

ELA participants dedicated several weeks to planning and organizing the Fun Run, ensuring a memorable experience for everyone involved. Inspirational signs, meticulously created by ELA participants, lined the route, encouraging and inspiring runners and walkers alike.

At the event's culmination, each participant was awarded a well-deserved medal, presented by the members of the Deerfield-Bannockburn Fire Department and Twin Brook volunteers. The atmosphere was filled with joy and a sense of accomplishment as the participants reveled in their achievements.

ELA and NSSRA thank the sponsors whose generous support made this event possible. Twin Brook, the presenting sponsor; Rubin Law, the medal sponsor; Parkway Bank and AJ Feldman Financial, the T-shirt sponsors; and Lake Forest Dermatology, the refreshment sponsor, played a vital role in creating a truly memorable and inclusive event.

ELA and NSSRA extend their heartfelt gratitude to the Deerfield Park District for providing the space at Maplewood Park to host the Fun Run. Their support and collaboration contributed significantly to the success of the event.

ELA and NSSRA also appreciate Lululemon, giveNkind, Twin Brook Capital Partners, and Jewel-Osco for their in-kind donations, including water, bags, and giveaways!

ELA remains committed to enriching experiences and fostering a supportive community for individuals with developmental disabilities. The success of the Fun Run further strengthens its dedication to empowering participants, promoting inclusivity, and celebrating the achievements of all individuals.

## ELA Participants Must:

- ▣ Be 22 years of age and older or a high school graduate.
- ▣ Complete the intake assessment process to determine ELA eligibility and participant program needs.
- ▣ Submit participant information forms as requested by the ELA Program.

## Questions?

For more information, contact Becca Luecke, Recreation Manager for ELA, at (847) 509-9400 x6823 or [bluecke@nssra.org](mailto:bluecke@nssra.org).





# General Policies

## Financial Assistance

Participants in need of financial assistance may download the Reduced Fee Application from our website at [www.nssra.org/forms](http://www.nssra.org/forms) or request a copy from NSSRA at (847) 509-9400 or [registration@nssra.org](mailto:registration@nssra.org).

Send in your registration form with the application. All requests are reviewed by the Executive Director, and you will be notified upon approval. Financial assistance is not awarded to non-resident participants for cooperative programs, special events, trips, or transportation.

## High-Risk Waiver Policy

Programs that involve potential high-risk activities will require signed high-risk waivers to be returned to the office two weeks prior to event date or start of program.

If a waiver has not been returned by the deadline, participation will not be permitted for that specific event or program.

## Participant Information

To better serve our participants and their families, we collect participant information regarding diagnosis, allergies, dietary needs, medications, mobility, communication, safety, behaviors, and daily life skills. A completed ePACT profile must be on file before registration. You will be required to reconfirm every year. If you are new to NSSRA or have not completed an ePACT profile, please contact our team at [registration@nssra.org](mailto:registration@nssra.org) for more details.



If you do not have a completed ePACT profile on file, you will not be allowed to register for programs.

## Late Pick Up Policy

If a participant has not been picked up at the scheduled program end time, the parent/guardian/group home staff will be contacted. After the ten-minute wait period, emergency contacts will be called if the participant has not been picked up. After ten minutes, a fee may be applied.



## Medication

At times participants require assistance taking medication during programs. If participant is unable to self-medicate or take the medication prior to or after the program, NSSRA requires additional paperwork and pre-packaged medication be delivered to our office prior to the program.

Please contact Safety Coordinator Meggan Davies at (847) 509-9400 x6828 or [mdavies@nssra.org](mailto:mdavies@nssra.org) with any questions.

## Americans with Disabilities Act (ADA)

NSSRA complies with the Americans with Disabilities Act (ADA) and will make reasonable accommodations to enable individuals with disabilities to participate in and enjoy recreation programs. If you have a question about NSSRA's compliance, or feel that NSSRA has discriminated against you, please contact Craig Culp, Executive Director, at (847) 509-9400 x6820 or [cculp@nssra.org](mailto:cculp@nssra.org).

## Inclement Weather Policy

If inclement weather occurs, NSSRA may still decide to hold programs. If the weather turns dangerous (100 degrees or higher actual temperature or heat index, 2 degrees or lower actual temperature, -30 degrees or lower wind chill or severe snow/ice), NSSRA will call participants before the start of a program to cancel the program. If you are not sure whether a program will meet due to inclement weather, call NSSRA. Refunds are issued for canceled programs.

## Transportation

Program descriptions will indicate if transportation is available. If the program offers optional transportation, a separate code and fee will be listed. If you register for transportation, note the transportation code, fee and desired pick up/drop off location when registering.

Transportation times and pick up points are subject to change based on enrollment. A minimum of three participants is needed at each pick up/drop off location. NSSRA staff will communicate any changes in transportation prior to the program season. If a participant is registered for transportation and will not need pick up and/or drop off on a particular day, please notify NSSRA by calling the front office at (847) 509-9400. Routes are otherwise unnecessarily delayed.

To review NSSRA's Transportation Policies, please visit [nssra.org/us/policies/transportation-policies/](https://nssra.org/us/policies/transportation-policies/).





# Participant Information

## Private Meetings

NSSRA staff members are available to conduct 30-minute private consultations to discuss recreation and leisure opportunities for individuals with disabilities.

## Special Assistance and Sign Language Interpreters

If you need special assistance or a sign language interpreter, please inform NSSRA upon registration.

## Boardmaker

If a participant uses a picture-making program such as Boardmaker, please indicate so on the registration form, and our staff will work with you to facilitate its use at our programs.

## Participant Wellness

In consideration of other participants and the NSSRA staff and to prevent the spread of contagious illnesses, it is requested that participants refrain from attending programs when any of the following conditions exist:

- ☐ Did not attend school, camp, or work due to illness that day
- ☐ Fever of 100 degrees or higher (when this occurs, participants must stay home for one whole program day - 24 hours from time sent home)
- ☐ 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 eye discharge
- ☐ Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus
- ☐ Runny nose with yellow or green discharge
- ☐ Lice/mites present
- ☐ Fatigue due to illness that will hinder participation and enjoyment in the program
- ☐ NSSRA will monitor federal, state, and local health guidelines pertaining to infectious diseases.





# Safety and Insurance Information

NSSRA is committed to conducting its recreation programs and activities in the safest manner possible and holds participants' safety in the highest possible regard. Participants and parents registering for recreation programs must recognize, however, that there is an inherent risk of injury when choosing to participate in recreational activities. NSSRA continually strives to reduce such risks and insists that participants follow all safety rules and instructions designed to protect the participants' safety.

Please recognize that NSSRA does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering themselves or a family member for a recreation program/activity should review their own insurance coverage. It must be noted that the absence of health insurance coverage does not make NSSRA automatically responsible for the payment of medical expenses.

Due to the difficulty and exorbitant cost of obtaining liability insurance, the agency providing liability coverage for NSSRA requires the execution of a Waiver and Release. Certain high-risk activities may require an additional waiver prior to participation. This waiver must be signed before participation in a program. See NSSRA's High-Risk Waiver Policy on page 56 for more information.

⚠ Please contact NSSRA Safety Coordinator Meggan Davies at (847) 509-9400 x6828 or [mdavies@nssra.org](mailto:mdavies@nssra.org) with any questions.



## Safety Slugger

Catch someone being safe! NSSRA's Safety Committee recognizes our staff and volunteers for their safety efforts at each Seasonal Program Meeting.

[nssra.org/us/culture/safety-principles/](https://nssra.org/us/culture/safety-principles/)



# Registration Policies

## Registration Period and Deadline

A lottery will be conducted for all programs. All registered participants will be contacted regarding the outcome of the lottery by August 23.

No payment is required at the time of registration; however, participants who are enrolled in the program will be expected to make a payment by August 31.

## Program Payment

Outstanding balances must be paid prior to registration for the next season. If assistance is needed regarding payment, contact NSSRA at (847) 509-9400 or [registration@nssra.org](mailto:registration@nssra.org).

## Resident/Non-Resident Policy

If you live in one of NSSRA's ten partner park district, two cities, or village, you are considered a resident. These include the Park Districts of Deerfield, Glencoe, Glenview, Highland Park, Kenilworth, Lake Bluff, Northbrook, Northfield, Wilmette and Winnetka, the Cities of Lake Forest and Highwood, and the Village of Riverwoods.

Individuals residing outside the NSSRA boundaries must pay an annual Administrative Fee prior to registering for any NSSRA program. The Administrative Fee is approximately \$2,200.

This fee allows participation in NSSRA programs for one year.

## Program Refunds

For all programs, camps, special events and trips, full refunds will be granted up to the registration deadline. Our full refund policy is available online at [nssra.org/us/policies/registration-policies/](https://nssra.org/us/policies/registration-policies/).





## Waiting List

For most programs in which participants register, they will be placed on a waitlist until the lottery is conducted. If the program you have selected is of high demand and becomes full once the lottery is conducted, you will remain on the waiting list. Your position on the waiting list is based on the lottery results and will appear on your receipt. We will make every effort to accommodate waiting lists. Available openings in programs are dependent on staffing needs, transportation, facility space and pre-purchased tickets. NSSRA staff will monitor waiting lists throughout the season and will contact you if a participant can be added into the program.

Please note that registration for overnight trips will be conducted on a first-come-first-served basis, meaning that spots will be filled in the order that registrations are received.



## Program & Transportation Fees

Each program and event listed in our program guide is assigned one code and one fee. If the program offers optional transportation, a separate code and fee will be listed.

## Primary Mailing Address

When a participant's parents or guardians have multiple mailing addresses, all of our correspondence is sent to the address listed on the program registration form. If another parent or guardian, living at a different address, would like to receive information from NSSRA, the person who signs the registration form must submit a written request to Superintendent Mel Robson at [mrobson@nssra.org](mailto:mrobson@nssra.org). Program and participant information will also be communicated to the individual who signs the registration form. Sometimes the person who signs the registration form and the person who pays program fees are different. Nevertheless, the person who signs the registration form is NSSRA's primary contact.





**NSSRA Foundation is deeply grateful to the local Community and Service Organizations that have generously supported NSSRA participants in 2023:**

- ▶ Helping Hands Network Inc.
- ▶ Kenilworth Community Fund
- ▶ Northbrook Woman's Club Foundation
- ▶ Northfield Township
- ▶ Rotary Club of Glenview Sunrise
- ▶ Rotary Club of Northbrook

## **Sponsor the party of the summer!**

There's still time available to support NSSRA's end-of-the-summer party for participants, families, and friends of NSSRA that includes dinner, live music and fun on Wednesday, August 9!

View Summer Bash sponsorship opportunities online at [nssrafoundation.org/summer-bash](https://nssrafoundation.org/summer-bash).

## **Register for the Swing Golf Outing**

Friday, September 15, 2023  
at the Wilmette Golf Club

### **Event Includes**

- ▶ Continental Breakfast
- ▶ 18 Holes of Golf with Cart
- ▶ Scramble Format
- ▶ Contest, Awards, Prizes & More
- ▶ Lunch After Event

[nssrafoundation.org/swing](https://nssrafoundation.org/swing).

### ***i* For more information**

Contact Foundation Manager  
Laurie DeSimone at (847) 509-9400  
x6821 or [ldesimone@nssra.org](mailto:ldesimone@nssra.org).



## NSSRA Foundation Board of Directors

**Glenn Binstein,**  
President, Glenview

**Colin Blackshaw,**  
Treasurer, Glenview

**Sue Hartemayer,**  
Secretary, Winnetka

**Ed Bettenhausen,**  
Morton Grove

**Alex Karasik,** Lake Forest

**Greg Kavanaugh,** Glencoe

**Rick LaChapelle,** Wilmette

**Christopher Latta,**  
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**Liza McElroy,** Chicago

**Robynn Medansky,**  
Highland Park

**Benji Rubin,** Northbrook

**William Schuman,**  
Highland Park

**Barry Slotnick,** Glencoe

**Kris Ford,** NSSRA  
Board Liaison, Mayor,  
Village of Riverwoods

## Upcoming Board Meetings

▶ September 11 at 6:30 pm

▶ October 23 at 6:30 pm

▶ December 4 at 5:00 pm

All meetings are held at NSSRA's offices at 1221 County Line Rd., Highland Park, IL 60035. All dates are subject to change.

## About NSSRA Foundation

Northern Suburban Special Recreation Association Foundation (NSSRA Foundation) was established to support the mission of NSSRA. The Foundation raises funds through solicitation of grants and their annual Holiday Appeal and receives generous support from many individuals, corporations, foundations, businesses, and community organizations throughout the year.

The Foundation provides financial assistance for children, teens, and adults with disabilities who demonstrate financial need; grants the funds to purchase specially equipped vehicles to transport participants safely to programs; and provides ongoing support for the growing demand for new services and programs offered by NSSRA.

Additionally, the Foundation hosts an annual SWING Golf Outing with the proceeds supporting NSSRA. The Foundation also sponsors NSSRA special events, including the Shining Stars Banquet and Summer Bash.

NSSRA Foundation's mission is to support the mission of Northern Suburban Special Recreation Association by raising and granting supplemental funding. Established in 1997, NSSRA Foundation supports NSSRA by:

- ▶ Providing approximately 200 scholarships annually.
- ▶ Raising over \$2.5M for NSSRA programs and services in the last 25 years.
- ▶ Raising \$4M for A Place to Belong Capital Campaign.
- ▶ Hosting the SWING Golf Outing each September.
- ▶ Purchasing accessible vehicles for NSSRA that provide approximately 18,000 rides for participants each year.
- ▶ Sponsoring NSSRA special events, allowing participants and their families to attend the Shining Stars Awards & Recognition Banquet and Summer Bash for free or at a reduced rate each year.

NSSRA Foundation is a 501(c)(3) non-profit organization (EIN: 36-4038371). Donations to NSSRA Foundation are tax deductible to the extent allowed by law.

**Donate online at [nssrafoundation.org/give-today](https://nssrafoundation.org/give-today)**

Please contact Laurie DeSimone, Foundation Manager for more information at (847) 509-9400 x6821 or [ldesimone@nssra.org](mailto:ldesimone@nssra.org).



# Program Locations

 **Transportation pick up and drop off locations**

## **CROYA**

(847) 810-3980  
400 Hastings Road, Lake Forest

## **Bowlero**

(847) 367-1600  
316 Center Drive, Vernon Hills

## **Equestrian Connection**

(847) 615-8696  
600 North Bradley Road, Lake Forest

## **Greenbriar School**

(847) 498-7950  
2195 Cherry Lane, Northbrook

## **Mitchell L. Slotnick Center / NSSRA, Highland Park**

(847) 509-9400  
1221 County Line Road, Highland Park

## **Moraine Living Facility**

1954 Green Bay Road, Highland Park

## **Northbrook Leisure Center**

(847) 291-2995  
3323 Walters Avenue, Northbrook

## **Northbrook Sports Center**

(847) 291-2993  
1730 Pfingsten Road, Northbrook

## **Northfield Community Center**

(847) 446-4428  
401 Wagner Road, Northfield

## **Park Center**

(847) 724-5670  
2400 Chestnut, Glenview

## **Pinstripes**

(847) 480-2323  
1150 Willow Road, Northbrook

## **Recreation Center of Highland Park**

(847) 579-4554  
1207 Park Avenue West, Highland Park

## **Sachs Recreation Center**

(847) 572-2600  
455 Lake Cook Road, Deerfield

## **Takiff Center**

(847) 572-2600  
999 Green Bay Road, Glencoe

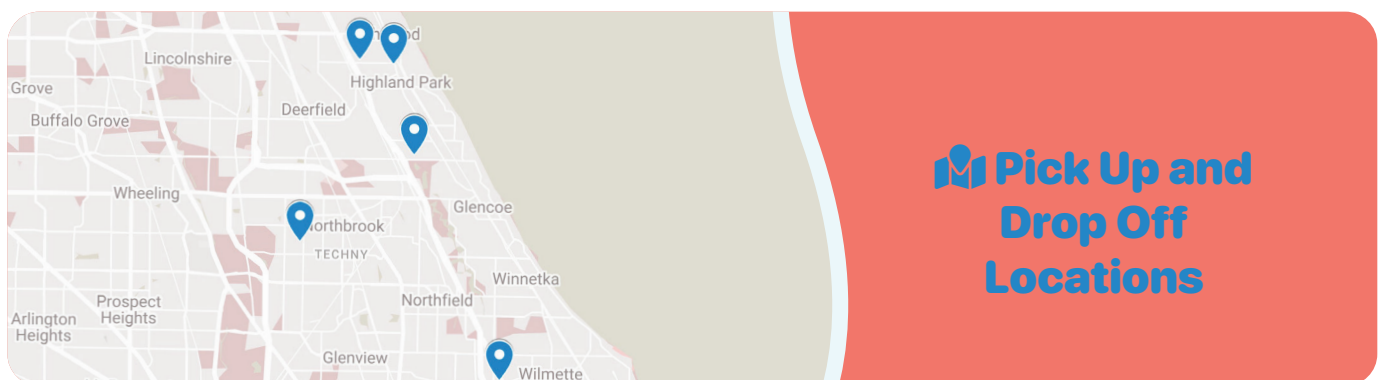
## **Willow Park Field House**

(847) 572-2600  
2600 Greenwood Road, Glenview

## **Wilmette Community Recreation Center**

(847) 256-9686  
3000 Glenview Road, Wilmette

For directions to a park or facility, contact NSSRA at (847) 509-9400.





## Registration Form

Mail or drop off to: **Mitchell L. Slotnick Center / NSSRA** | 1221 County Line Rd., Highland Park 60035  
Fax: (847) 509-1177 • Email: [registration@nssra.org](mailto:registration@nssra.org)  
Please be sure to include check or credit card information.

### PARTICIPANT INFORMATION

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ New Participant? ☐ Yes ☐ No

If you answered yes or if any information has changed since last season, please complete the fields below:

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Contact Name/Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Primary Emergency Contact Name/Phone: \_\_\_\_\_

Participant's School/Work: \_\_\_\_\_ Teacher/Contact Name: \_\_\_\_\_

School/Work Phone: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

☐ Participant Requires Medication During Program

### REGISTRATION INFORMATION

(Need more space? Flip to the next page.)

Program Information			Transportation Information				SUBTOTAL
Program	Code	Fee	Code	Fee	Pick Up Site	Drop Off Site	(Program Fees)

☐ Yes, I would like to make a donation to NSSRA Foundation. To learn more about NSSRA Foundation, visit [www.nssrafoundation.org](http://www.nssrafoundation.org).

#### Waiver & Release of All Claims

Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in an NSSRA program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program (including transportation services and vehicle operation, when provided). I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against NSSRA and its officers, agents, servants, and employees. I do hereby fully release and discharge NSSRA and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend NSSRA and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize NSSRA officials to secure from any licensed hospital, physician and or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

Subtotal Fee:	
Subtotal from Reverse Side:	
Deposit:	
Credits:	
<b>TOTAL DUE:</b>	

#### OFFICE USE ONLY:

##### Registration Complete

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Receipt #: \_\_\_\_\_

#### ➔ EACH REGISTRATION FORM MUST BE SIGNED\*

Participant/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ Please Print Name: \_\_\_\_\_

\*If registering by fax or electronically your facsimile or electronic signature shall substitute for and have the same legal effect as an original form signature.

### PAYMENT INFORMATION: This Section Must Be Completed

☐ If paying by check, please fill in your check number here: \_\_\_\_\_

☐ If you are using Mastercard, Visa, Discover or American Express, please complete the following section:

Please check one: ☐ Mastercard ☐ Visa ☐ Discover ☐ AMEX

Cardholder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_


CVV #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_ Amount of Charge: \$ \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

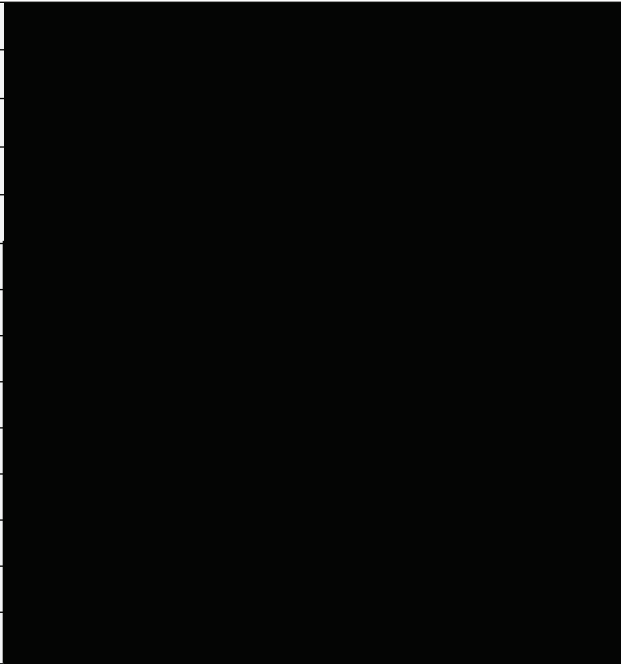
Please add payment details if you are entering the lottery for in-person programming. You will only be charged if you are enrolled.

# Registration Form

## (Page 2)

 Please Print Participant's Name: \_\_\_\_\_

### REGISTRATION INFORMATION CONTINUED

Program Information			Transportation Information				SUBTOTAL
Program	Code	Fee	Code	Fee	Pick Up Site	Drop Off Site	
<b>Special Events</b>							
	NSSRA Run for All	433001-01	\$25				
	Lookin' for the Great Pumpkin	437001-61	\$101				
	Beyond Stone and Bone	437002-61	\$91				
	Halloween Boo Bash	437003-61	\$47				
	Gamers World	437004-61	\$53				
	Family Move Night	437005-01	FREE				
	Frozen Fury	437006-61	\$87				
	Knight to Remember	437007-61	\$118				
	Pizza Party	437008-61	\$40				
	Sunday Brunch at Topgolf	437009-61	\$100				
	Beats & Eats	437010-61	\$63				
	Snowball Tea Party	437011-61	\$66				
	A Christmas Carol Musical	437012-61	\$89				
	Winter Wonderland Extravaganza	437013-61	\$32				
<b>SUBTOTAL:</b>							

*Please carry this subtotal over to front of form.*

### COMMENTS: We Welcome Your Input

You or your child is participating in programs through NSSRA and/or your local park district or recreation department. NSSRA services include providing year-round recreation programs for the residents of its thirteen partner communities, Inclusion support, sign language interpreters, behavior management support and training, disability awareness training and any other services necessary to involve you and your child in community recreational activities.

We encourage you to share with us your thoughts and ideas about our current services or other services which you would like to see us offer. We use your comments to develop new programs, train support staff and companions, and improve the quality of NSSRA and park district or recreation department programs.

**We value your feedback!**







**Northern Suburban Special  
Recreation Association (NSSRA)**

Mitchell L. Slotnick Center  
1221 County Line Road  
Highland Park, IL 60035



**Did you know that you are  
welcome, in fact, invited, to  
attend Gator games?**

[nssra.org/programs/gator-athletics/](http://nssra.org/programs/gator-athletics/)

