

South Suburban Special Recreation Association

Providing Therapeutic Recreation Services Since 1973

Winter
Spring
2018



Winter Registration Deadline: January 12, 2018

Spring Registration Deadline: February 16, 2018

Online Registration
Now Available!

See page 23 for details.

Country Club Hills • Frankfort Square • Hazel Crest • Homewood-Flossmoor • Lansing
Matteson • Oak Forest • Olympia Fields • Park Forest • Richton Park • Tinley Park



SSSRA Administrative Office

19910 80th Avenue
Tinley Park, IL 60487
Office Hours 9:00 am - 5:00 pm

(815) 806-0384
711 (Illinois Relay System)
(815) 806-0390 (FAX)
www.sssra.org

SSSRA Staff

Janet Porter, CTRS	Executive Director
Lisa Drzewiecki	Superintendent
Pam Alvarado	Operations Manager
Tammy McMahon	Program Manager
Heather Specht, CTRS	Inclusion Manager
Katie Lucas, CTRS	Support Staff Manager
Rob Hentschel	Recreation Specialist
Alexandra Szymanski, CTRS	Recreation Specialist
Regina Ross-Ellison	Finance & Office Manager
Sandy DeFrancesco	Secretary/Registrar
Laura Pubins	Secretary/Registrar
Anna Broccolo	Public Relations Manager
John Braun	Vehicle Maintenance Coordinator

SSSRA Members

Country Club Hills Park District	Dwone Ross, Sr.
Frankfort Square Park District	John Keenan
Hazel Crest Park District	Joseph Bertrand
Homewood-Flossmoor Park District	Stephanie Simpson
Lan-Oak Park District	Oralethea Davenport
Matteson Recreational Division	Anthony Burton
Oak Forest Park District	Cindy Grannan
Olympia Fields Park District	Denise Will
Park Forest Recreation & Parks Department	Anna Soloff
Richton Park Parks & Recreation Department	Geneen Robinson
Tinley Park-Park District	Sandra Wolff-Chevalier

The SSSRA Board of Directors meets at 9:00 am on the fourth Thursday of the month at the SSSRA Office.

Winter Table of Contents

- 17-18 Adults with Physical Disabilities Programs & Special Events
- 6 Behavior Guidelines
- 39 Coloring Contest
- 7-9 Early Childhood Programs
- 9 Early Childhood Special Events
- 24 First Timer Participant Coupon
- 3-6 General SSSRA Information
- 40 Healthy Minds, Healthy Bodies
- 23 How to Register
- 3 Inclusion Services Information
- 5 Participant Expectations
- 6 Program Cancellation Information
- 51 Program Locations & Directions
- 5 Program Policies
- 23 Refund Policies
- 25-26 Registration Form
- 23-24 Registration Policies
- 23 Scholarship Information
- 20-22 Special Events
- 15-16 Special Olympics Programs
- 8 Sponsors
- 10 Teen Programs & Special Events
- 11-14 Teen & Adult Programs
- 19 Teen & Adult Programs and Special Events for Individuals with Severe and Profound Disabilities
- 4 Transportation Information
- 46 Trip
- 6 Weather Guidelines
- 5 Wellness Guidelines
- 7-9 Youth Programs
- 9 Youth Special Events

Winter Registration Deadline

January 12, 2018

Do not delay, register today!

Ensure that the program you wish to attend is not **cancelled** by registering early. Unfortunately, if there are not enough registrants, the program must be cancelled. Please register early!

SSSRA Mission Statement

To promote the power of choice and to enhance the quality of life of individuals of all abilities, by providing accessible recreation in an environment that promotes dignity, success, and fun.

What is SSSRA?

SSSRA is a therapeutic recreation program that is an extension of eight park districts and three recreation and parks departments. It is organized to provide individuals with disabilities or special needs, the opportunity to be involved in year-round recreation.

Vision Statement

To be a quality resource that impacts the lives of the community, by evolving with their needs.

Who is Eligible for SSSRA Programs?

SSSRA programs are for individuals from birth through adult who are in special education classes, sheltered workshops, or who have recreational needs not met by traditional park district programs. This could include individuals who have varying degrees of physical disabilities, intellectual disabilities, learning disabilities, emotional difficulties, hearing or visual impairments, and developmental delays.

Who is a SSSRA Resident?

Persons residing in the SSSRA member agencies are considered residents. These agencies are: Country Club Hills Park District, Frankfort Square Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Parks and Recreation Department, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation and Parks Department, Richton Park Parks and Recreation Department, and Tinley Park - Park District. SSSRA reserves the right to verify residency and special education services.

Americans with Disabilities Act

SSSRA is subject to and will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability against persons who meet essential eligibility requirements for services. If you have any questions about our services in regard to the ADA, please call us at (815) 806-0384.

Inclusion Services at SSSRA

SSSRA is committed to providing new and challenging leisure and recreation activities for all of our participants. We recognize that a park district or recreation department program may better serve an individual's needs. SSSRA works with our eleven member agencies to assist individuals with making the transition from special recreation to these programs. Our professional staff can help you choose an appropriate program, provide referral services, conduct any necessary staff training, secure support staff, or supply adaptive equipment or communication devices. If you or a family member wish to participate in a park district or recreation department program, please contact Heather Specht at (815) 806-0384.

Safety Precautions

Some participants in SSSRA programs and special events may be carriers of infectious disease(s). Staff and volunteers have been provided in-service training concerning proper hygienic procedures. SSSRA seeks to provide a safe environment for all of our participants, staff, volunteers, and the public. If you have any specific questions, please call the SSSRA Executive Director or Superintendent at (815) 806-0384.

SSSRA and SWSRA Cooperative Agreement

SSSRA has a cooperative agreement with South West Special Recreation Association (SWSRA). This agreement enables participants who reside in SSSRA and SWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. SWSRA serves the residents of: Alsip, Blue Island, Hickory Hills, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth.

We hope that through this agreement, each agency's residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the SWSRA brochure, call the SWSRA office at (708) 389-9423.

SSSRA and LWSRA Cooperative Agreement

SSSRA has a cooperative agreement with Lincolnway Special Recreation Association (LWSRA). This agreement enables participants who reside in SSSRA and LWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. Registrations will be processed after the deadline is reached for agency residents. LWSRA serves the residents of: Frankfort, Mokena, Manhattan, New Lenox, Peotone, and Wilmington.

We hope that through this agreement, each agency's residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at (815) 806-0384. To receive a copy of the LWSRA brochure, call the LWSRA office at (815) 320-3500.

General Information

Transportation


SSSRA has implemented these transportation procedures to ensure participants ride safely in our vehicles.

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. SSSRA has established transportation policies to ensure the safety of all passengers. If SSSRA staff determines it would be dangerous to transport an individual, SSSRA reserves the right to refuse to transport that person.
4. Persons riding in Amigo-type wheelchairs may have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
5. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
6. When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
7. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
8. If participants do not use SSSRA transportation and plan to be dropped off or picked up at a special event, please notify the SSSRA office prior to the event. Parents/guardians/group home staff are required to notify the program supervisor upon participant arrival and departure.
9. State law does not require the use of car seats in SSSRA buses, as they weigh more than 9,000 pounds. However, as a best practice, the association uses car seats whenever possible, for children under the age of 8.

Pick-Up Points

1. Special events have centralized pick-up and drop-off locations.
2. There are different codes for each pick-up point. Transportation is based on registration for each pick-up point. Please be sure to indicate which pick-up point you will use by documenting the correct code for the program you are registering for.
3. SSSRA cannot wait more than 10 minutes at the pick-up point due to demanding vehicle schedule.

Transportation: Door-To-Door, Persons with Physical Disabilities, and Day Camp

1. SSSRA drivers will assist participants to and from their front door; driveways/walks must be clear of debris/obstacles. SSSRA staff will not enter residences.
2. Persons unable to be in a house alone should have someone meet the van at the designated time of return. SSSRA cannot wait more than 5 minutes due to the demanding vehicle schedule.
3. SSSRA transports in-district participants only for door-to-door service.
4. For door-to-door transportation, you will be called with your pick-up time prior to the program date.
5. A minimum of three participants is required for a vehicle route to run. If there are not enough participants for the route, you will be notified.
6. Door-to-door transportation is available on a limited basis as indicated by this symbol. 

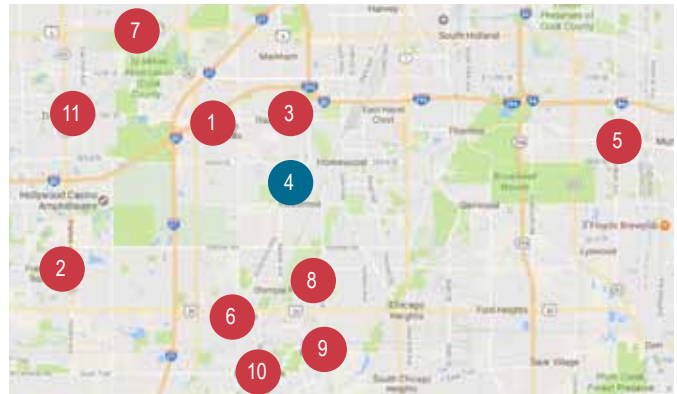
Early Arrival or Late Pick-Up Fee

Participants arriving more than 15 minutes prior to a program or special event will be charged a \$10 fee for every 15 minutes early. Please pick-up participants at the designated time. If parents/guardians are not on time for participant pick-up, a \$10 fee will be assessed for every 15 minutes late.

SSSRA is not responsible for participants' safety until the scheduled program time.

Mileage from Member Communities to Coyote Run Golf Course, Flossmoor (central pick-up point)

1	Country Club Hills Community Recreation Center	3.4 miles
2	Frankfort Square Park District	7.0 miles
3	Hazel Crest	2.9 miles
4	Coyote Run, Flossmoor	
5	Eisenhower Center, Lansing	9.6 miles
6	Matteson Community Center (Matteson Avenue)	4.3 miles
8	Olympia Fields Park District	3.5 miles
9	Park Forest Village Hall	5.9 miles
10	Richton Park Community Center	5.3 miles
11	SSSRA, Tinley Park	8.5 Miles



Program Times

Parents or individuals providing transportation for participants should make drop-offs and pick-ups at the times listed for the program. SSSRA staff use the time before the program to meet with staff and set-up. Please be prompt after the program as some staff are expected at another program. SSSRA staff are instructed to stay with participants until they are picked up. If a participant may walk home, or will be picked up by someone other than parents, a permission note signed and dated by the parent, must be given to the Program Supervisor.

Participation Guidelines When Illness Occurs

To prevent the spread of contagious illnesses, it is recommended that participants refrain from attending programs when any of the following conditions exist:

1. Fever of 100 degrees or higher.
2. Vomiting within the last 24 hours.
3. Persistent diarrhea in conjunction with other symptoms.
4. Contagious rash or a rash of unknown origin.
5. Persistent cough and/or cold symptoms.
6. "Pink eye" (conjunctivitis) or discharge from the eye.
7. Symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo, coxsackie virus, head lice, mites, and ringworm.
8. Runny nose with yellow or green discharge, which indicates infection.
9. Fatigue, due to illness, that will hinder participation and enjoyment of the program.
10. SSSRA may request that a participant submit a doctor's release in order to participate in SSSRA programs or special events.

Please notify the SSSRA office if the participant contracts any contagious illness that will affect his/her attendance at the program. Participants should return to programs at the recommendation of the doctor, or, if not under a doctor's care, when the symptoms have clearly passed.

Atlanto-Axial Instability (AAI)

Because of the risk of injury, Special Olympics Illinois has established a policy which states that any participant with Down Syndrome, involved in any Special Olympics sport/activity, must obtain a x-ray, submit a letter from their physician, and complete the Special Olympics Illinois medical form. The letter must state that the individual does not have atlanto-axial instability prior to participating in the program. All programs in the brochure which require AAI clearance are marked with the AAI symbol. Please contact the SSSRA office for more information.

Program Policies

1. SSSRA reserves the right to determine participant appropriateness for programs and special events.
2. When arriving and departing a program, parents/guardians/group home staff are required to notify the program supervisor.
3. If a participant cannot attend a program, he/she cannot send a substitute in their place.
4. When participants of varying ages and ability levels are in the same program, SSSRA will group them appropriately.
5. SSSRA provides an approximate 1:4 staff-to-participant ratio.
6. While SSSRA staff will assist participants with their belongings at programs, SSSRA cannot be responsible for lost or stolen property. Participants should not bring valuables to programs.
7. Vacation Trips, Weekend Trips, and Overnights: Participants must have independent self-help skills, be able to work successfully in a 1:4 staff to participant ratio, and have participated in SSSRA weekly programs.
8. With your child's best interest in mind, parents are invited to their child's first program meeting. Our instructors have found that parent and/or sibling distractions during the program time affects the quality of their instruction. Our instructors always welcome the opportunity to discuss a participant's progress with parents at any time.

Participant Expectations

1. Participants must have bowel and bladder control or arrive at the program wearing Depends or similar items under clothing. If this is a concern, please contact the SSSRA office.
2. Overall appearance should be clean (Hair, face, teeth, hands, nails, etc.).
3. Clean, dry clothing.
4. Appropriate attire for program participation (i.e. tennis shoes, warm-ups or loose/comfortable fitting clothing for athletic/sports/exercise programs).

General Information

Behavior Guidelines

SSSRA promotes the concept of “equal fun for everyone.” Participants are expected to exhibit appropriate behavior at all times. SSSRA’s behavior guidelines have been developed to help make the programs safe and enjoyable for all participants.

1. Participants must show respect to all participants, staff and volunteers.
2. Participants must refrain from threatening or causing bodily harm to self, other participants, or staff.
3. Participants must refrain from using foul language or discussing inappropriate topics.
4. Participants must show respect for equipment, supplies, and facilities.
5. Additional rules may be developed for specific programs and athletic programs as deemed necessary by staff.
6. If inappropriate behavior occurs, a prompt resolution will be sought specific to each individual’s situation. SSSRA reserves the right to dismiss participants whose behavior endangers the safety of themselves or others.

Program Cancellations

SSSRA attempts to hold programs whenever possible. However, inclement weather occasionally makes it difficult for staff and participants to travel to program locations. SSSRA’s cancellation policies are as follows:

1. At the scheduled program time, if no participants arrive within the first 30 minutes, the program session will be cancelled, and staff will be sent home. No refunds will be given.
2. SSSRA staff look at all circumstances three hours prior to the starting time of the program or transportation route, to determine if the program should be cancelled.
3. If the program is cancelled, program staff attempt to reach all participants by phone to inform them. You will only be called if the program is cancelled.
4. SSSRA attempts to extend programs to make up missed dates.
5. SSSRA will call/send a letter announcing program extensions.

Severe Weather Guidelines

In the event of severe weather, cancelling programs may be in the best interest of our participants. For the safety of our participants, supervisors may make the decision to cancel a program in progress, should weather become questionable. The following guidelines will be used to determine cancellations:

Severe Cold Weather

- Outdoor programs: Temperature range of 0 degrees or less, including wind chill.
- Programs with transportation: Temperature of 0 degrees or less, including wind chill.
- All programs (including indoor): Snowstorm situations when driving restrictions (winter storm or blizzard warning in which authorities have advised not going out unless necessary) and emergency accident plans (state and local police) are in effect.

Severe Hot Weather

- Outdoor programs, or indoor sites without air-conditioning, a heat index of 100 degrees or higher.
- Programs with transportation: Heat index of 100 degrees or higher.
- All programs (including indoor): Weather situations when a tornado warning is in effect for Lake, Will, Cook and/or DuPage counties.

Program Options

SSSRA assigns designations for individuals in targeted disability groups for each program. The groups targeted are suggestions. We will attempt to accommodate all individuals. Please contact the SSSRA office if you would like to discuss your program options.

Brochure Errors

Our staff have made every effort to prepare this brochure as accurately as possible; however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. SSSRA reserves the right to make any such adjustments. The staff apologize for any inconvenience these errors or adjustments may cause.

Brochure Mail Delivery

SSSRA relies upon the post office for mail deliveries of our seasonal brochures. SSSRA assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at your park district, recreation department, or the SSSRA office.

Swim Lessons

SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant's guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Children ages 3 - 12
LA Fitness, Tinley Park
Mon, Feb 12 - Mar 12
R: \$115, NR: \$460
Min/Max: 2/4

4:30 - 5:00 pm **Code: 36102**

Children ages 3 - 12
LA Fitness, Tinley Park
Tues, Feb 13 - Mar 13
R: \$115, NR: \$460
Min/Max: 2/4

4:30 - 5:00 pm **Code: 36103**
5:00 - 5:30 pm **Code: 36104**
5:30 - 6:00 pm **Code: 36105**

Children ages 3 - 12
Tinley Fitness
Sat, Feb 17 - Mar 17
R: \$115, NR: \$460
Min/Max: 2/4

9:00 - 9:30 am **Code: 36106**
9:30 - 10:00 am **Code: 36107**
10:00 - 10:30 am **Code: 36108**



See page 22 for details.

Music and Movement



Dancing to the music, reenacting a story, singing, and playing various instruments are just some of the activities your child will engage in during Music and Movement! This structured program will challenge your child's creativity and expression while building their abilities to follow directions, take turns, and interact with their peers.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Mon, Feb 12 - Mar 12
5:00 - 5:45 pm
R: \$10, NR: \$108, LWSRA & SWSRA: \$27
Code: 30201
Min/Max: 4/10

Junior Hoopsters



Look out Bulls, the future players are signing up for Junior Hoopsters! Players will develop skills such as dribbling and shooting while learning more about the game of basketball. This is a great transition program to prepare athletes for Special Olympics Basketball.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 6 - 12
Matteson Community Center (Oakwood)
Mon, Feb 12 - Mar 12
5:00 - 5:45 pm
R: \$10, NR: \$116, LWSRA & SWSRA: \$29
Code: 30301
Min/Max: 4/12

Sports Camp



Ready to get your child involved in sports but are unsure of their interests? Well, this is the program for you! Each week, your child will experience a new sport including: t-ball, soccer, basketball, track and field, and more.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Tues, Feb 13 - Mar 13
5:00 - 5:45 pm
R: \$10, NR: \$92, LWSRA & SWSRA: \$23
Code: 30202
Min/Max: 4/10

Early Childhood & Youth Programs

Bumper Bowl

This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bumpers are placed in the gutters so you will be able to concentrate on skill development and technique while enjoying the success of watching the pins fall. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first.

Children ages 2 - 5, 6 - 12
Centennial Lanes, Tinley Park
Wed, Feb 14 - Mar 14
4:30 - 6:00 pm
R: \$49, NR: \$196
Code: 33501
Min/Max: 4/10

Children ages 2 - 5, 6 - 12
Oak Forest Bowl, Oak Forest
Thurs, Feb 15 - Mar 15
4:15 - 5:45 pm
R: \$49, NR: \$196
Code: 33502
Min/Max: 4/10

Children ages 2 - 5, 6 - 12
Tinley Bowl
Sat, Feb 17 - Mar 17
12:30 - 2:00 pm
R: \$49, NR: \$196
Code: 33503
Min/Max: 4/10

THANK YOU

TO OUR SPONSORS!

Thank you to our Winter 2018 sponsors for enabling us to offer programs, special events and transportation services for free or at a discounted rate for our residents.

Interested in Becoming a Sponsor?

Please contact our office at 815-806-0384.

Aileen S. Andrew Foundation



The Peder Hedberg Foundation



Ricky's Ride



SSSRA

Gymnastics

New Location!



Children will experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide your gymnast with a new experience on the trampoline, balance beam, and bars, along with many other gross motor activities implemented into the program in a fun and safe environment. Staff from SSSRA will assist each gymnast while a certified gymnastics instructor runs the program.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 4 - 6
Eisenhower Center, Lansing
Wed, Feb 14 - Mar 14
4:30 - 5:20 pm
R: \$32, NR: \$328, LWSRA & SWSRA: \$82
Code: 30203
Min/Max: 4/10

Children ages 7 - 12
Eisenhower Center, Lansing
Wed, Feb 14 - Mar 14
5:30 - 6:20 pm
R: \$32, NR: \$328, LWSRA & SWSRA: \$82
Code: 30303
Min/Max: 4/10

Friday Drop In



Calling all parents! It is your turn for a night out on the town. Drop the kids off for a fun filled evening of games, music, arts and crafts, and a movie. Dinner will be provided each week. Feel free to send your kids in comfy clothes. Siblings are welcome, but must be listed on the registration form and sign a waiver.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 2 - 5, 6 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Feb 16 - Mar 16, **No program March 9**
5:00 - 7:30 pm
R: \$34, NR: \$272, LWSRA & SWSRA: \$68
Fee includes participant and 1 additional guest.
Additional guests are \$17 each day.
Code: 33519
Min/Max: 6/15

Early Childhood & Youth Programs & Special Events

Magnificent Mornings



Come join your friends on Saturday mornings. Each week, we will participate in different activities that will help increase our hand-eye coordination, balance, fine and gross motor skills, sensory processing, and socialization. Participants will have the chance to try their hand at new and creative art projects, games, sensory activities, and team-building exercises. A small snack will also be provided.

Due to the generosity of The Peder Hedberg Foundation, this program is offered at a discounted rate for residents.

Children ages 6 - 12
Hazel Crest Park District
Sat, Feb 17 - Mar 17
10:45 - 11:45 am
R: \$21, NR: \$196, LWSRA & SWSRA: \$49
Code: 30304
Min/Max: 6/15

Olaf's Winter Fun

New!

Join Olaf, Elsa, and friends for a fun-filled "Frozen" evening of songs, games, and activities. Children are invited to wear their favorite prince or princess outfit. Refreshments will be served.

Children ages 2 - 5
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Feb 9
5:30 - 6:45 pm
R: \$10, NR: \$20
Code: 30901
Min/Max: 4/12

Ooey Gooley Fun

New!

Sticky fingers and smiling faces! There will be tons of hands-on, messy explorations that every child will love, without making a mess at your own house! Snacks will be provided.

Children ages 2 - 5
Hazel Crest Park District
Sat, Mar 3
12:00 - 1:15 pm
R: \$10, NR: \$20
Code: 30902
Min/Max: 4/12

Slime and Grime

New!

Let's make a mess! Slime and playdough are some of the gooey activities that will take place in this fun special event. Here's a chance for your child to express his or her creativity, and you don't have to clean it up! Snacks will be provided.

Children ages 6 - 12
Hazel Crest Park District
Sat, Mar 3
1:30 - 3:00 pm
R: \$10, NR: \$20
Code: 31001
Min/Max: 4/12

Mad Scientists

Calling all mad scientists! We will discover the fun side of science as we take part in spectacular science demonstrations, including chemical magic and amazing bubbling potions. We will learn some interesting science facts while having fun! You will not want to miss this exciting good time.

Children ages 6 - 12
Tony Bettenhausen Recreation Center, Tinley Park
Fri, Mar 23
5:30 - 7:00 pm
R: \$10, NR: \$20
Code: 31002
Min/Max: 4/12

Little Red Riding Hood

New!

Join Little Red Riding Hood on her journey to Grandma's House in this original musical comedy adaptation of the classic story. Will Little Red stray from her path? My, what big fun you will have on the way to a happy ending! One adult guest is welcomed free of charge. Guest must be listed on the registration form.

Children ages 2 - 5, 6 - 12
Chicago Heights Drama Group
Sat, Mar 24
10:00 am Show
R: \$22, NR: \$44
Code: 34401
Min/Max: 4/16

Location	Depart	Return
SSSRA Office, Tinley Park	8:30 am	12:30 pm
Coyote Run Golf Course, Flossmoor	9:00 am	12:00 pm

Teen Programs & Special Events

Fit-Tastic



Shape up weekly as we work out with a goal to improve our wellness. We will work on building our balance, muscle tone, strength, and gym etiquette. Please wear comfortable clothing, gym shoes, and bring a bottle of water.

Due to the generosity of Ricky's Ride, this program is offered at a discounted rate for residents.

Persons ages 13 - 20
Homewood-Flossmoor Racquet & Fitness Club
Tues, Feb 13 - Mar 13
6:30 - 7:30 pm
R: \$10, NR: \$104, LWSRA & SWSRA: \$26
Code: 32713
Min/Max: 6/12

Slumber Party Crafts

New!

Every generation loves slumber parties - and some of the coolest crafts were born in those parties. Let's get some friends together, sing along to our favorite songs, and make some of these famous crafts, including fleece tied pillows, tie-dye t-shirts, and beaded friendship bracelets.

Persons ages 13 - 20
Hazel Crest Park District
Wed, Feb 14 - Mar 14
6:15 - 7:15 pm
R: \$40, NR: \$160
Code: 32714
Min/Max: 6/12

Young Adult Social Club

Liven up your Friday nights by joining your friends at Young Adult Social Club! All of our activities place a strong emphasis on socialization. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 13 - 20
Various Community Outings
Fri, Feb 16 - Mar 16
7:00 - 9:00 pm (times may vary)
R: \$89, NR: \$356
Code: 32705
Min/Max: 6/12

Game Night

Send your participant to Game Night where they will engage in an array of classic games, such as Monopoly, play cards or dice, or even a game of charades. Sound like fun? Come join us! Snacks will be provided.

Persons ages 13 - 20
Marie Irwin Community Center, Homewood
Sat, Feb 17
5:30 - 7:00 pm
R: \$10, NR: \$20
Code: 33101
Min/Max: 6/12

Dance to the Movies Performance

New!

Let's spend the evening at Governors State University where we will enjoy watching movie clips come to life through various genres of dance, including contemporary, Broadway musicals, jazz, ballet, tango, hip-hop, and more.

Persons ages 13 - 20
Governors State University, University Park
Thurs, Mar 8
7:30 pm Show
R: \$27, NR: \$54
Code: 33102
Min/Max: 6/12

Location	Depart	Return
SSSRA Office, Tinley Park	6:00 pm	10:30 pm
Coyote Run Golf Course, Flossmoor	6:30 pm	10:00 pm



Find us on Facebook
facebook.com/sssra1973

Day Trippers

Come spend Mondays with your friends from SSSRA. Different activities are scheduled every other week. All of our activities place a strong emphasis on socialization and community integration. Door-to-door transportation is provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

February 19: Lunch and a Movie

Grab the popcorn, sit back, and relax. We are going to Emagine Frankfort Theatre to see a movie! It's been a long time off from programs, so we will catch up at lunch after the movie. The movie ticket and lunch is included in the fee. Please bring money if you wish to purchase a snack at the theatre.

March 5: Harrah's Casino

Let's throw our luck around at the casino! The group will be heading to Harrah's Casino in Joliet to win some money and enjoy lunch at Flavors the Buffet. Lunch is included in the fee. Please bring money if you wish to press your luck.

March 26: Museum of Science and Industry

Located in the beautiful city of Chicago is the Museum of Science and Industry. Loaded with a variety of exhibits, the group will explore all that the museum has to offer. The group will stop for breakfast before traveling to the museum.

April 9: Topgolf

Fore! Time to tee up against your friends in a fun and interactive golf game at Topgolf Naperville. Everyone will be able to rack up some points by hitting golf balls into various targets. This will definitely work up an appetite, and the group will enjoy lunch afterwards. The golf bays are covered and heated in case of inclement weather.

April 23: Blackwell Forest Preserve

We are rounding out the winter and spring season by visiting the Blackwell Forest Preserve in Warrenville! The forest preserve offers a variety of recreational activities. The group can enjoy exploring the trails, then even do some fishing off the pier. Please bring a lunch as we will be having a picnic at the preserve.

You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older
 Various Community Outings
 Mon, Feb 19; Mar 5, 26; Apr 9, 23
 9:00 am - 5:00 pm (times may vary)
 R w/Trans: \$180, NR: \$720
Code: 35001
 Min/Max: 6/10

Swim Lessons

SSSRA has partnered with British Swim School and their certified instructors to provide quality swim lessons to our participants. In the progressive classes, swimmers are introduced to basic water skills, breath holding, and a number of submerging progressions, which will eventually lead the child to unassisted swimming. Swimming activities will encourage self-confidence, strengthen gross motor skills, and assist in following directions. Swim lessons are taught in a 1:2 staff to participant ratio. Please note that we share the pool with the public.

Please note that participant's guardian/caregiver must assist with personal needs, i.e. dressing.

Please note 2 locations.

Persons ages 13 and older
 LA Fitness, Tinley Park
 Mon, Feb 12 - Mar 12
 R: \$115, NR: \$460
 Min/Max: 2/4
 4:30 - 5:00 pm **Code: 36102**

Persons ages 13 and older
 LA Fitness, Tinley Park
 Tues, Feb 13 - Mar 13
 R: \$115, NR: \$460
 Min/Max: 2/4
 4:30 - 5:00 pm **Code: 36103**
 5:00 - 5:30 pm **Code: 36104**
 5:30 - 6:00 pm **Code: 36105**

Persons ages 13 and older
 Tinley Fitness
 Sat, Feb 17 - Mar 17
 R: \$115, NR: \$460
 Min/Max: 2/4
 10:30 - 11:00 am **Code: 36109**

Chair Cardio

Staying active during the colder months can be hard, but this is a workout class you will not want to miss! Chair Cardio is a chance to break a sweat, all while sitting in a chair. The class will include a combination of chair aerobics, yoga, and dance. Wear athletic clothing and bring water!

Persons ages 13 and older
 Hazel Crest Park District
 Mon, Feb 12 - Mar 12
 5:00 - 6:00 pm
 R: \$19, NR: \$76
Code: 32923
 Min/Max: 6/20

Teen & Adult Programs

Drama Club

There's no business like show business! Here is your big chance to become a star! We will work on pantomime, facial expressions, and vocal levels. Performing is a great way to improve verbal and social skills, while building self-confidence.

Using props and costumes, we will perform at the Spring Arts Recital and Drama Show on Monday, April 30 at 7:00 pm.

Don't forget to register for Stage Crew. See page 34 for details.

Persons ages 13 and older
Freedom Hall, Park Forest
Mon, Feb 12 - Apr 23,

Meet at SSSRA Office on Mar 5 and Apr 9
Spring Arts Recital and Drama Show -
Monday, April 30, 7:00 pm

6:00 - 7:30 pm
R: \$99, NR: \$396
Code: 32902
Min/Max: 6/20

Weight Lifting and Water Aerobics

Ready to get in shape and feel energized? We will spend half of the program in the pool, working on core muscle strengthening and overall body conditioning. The other half of the program will be in the weight room to work on cardiovascular exercises as well as overall strength training. Please bring workout clothes, gym shoes, a water bottle, swimsuit, and towel. Participants may want to consider bringing a key lock for the lockers. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please note that we share the pool with the public.

Persons ages 14 and older
Matteson Community Center (Matteson Ave)
Mon, Feb 12 - Mar 12

6:30 - 8:30 pm
R: \$47, NR: \$188
Code: 32904
Min/Max: 6/12

Chef's Kitchen

Join us at Chef's Kitchen where every week is a culinary experience. Learn new culinary skills that can last you a lifetime. Enjoy your creation that was prepared along with your SSSRA friends! Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners. Stay for Crafty Creations following this program.

Please note 2 locations and days.

Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Feb 13 - Mar 13
4:30 - 6:30 pm
R: \$52, NR: \$208
Code: 32906
Min/Max: 6/12

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 15 - Mar 15
4:30 - 6:30 pm
R: \$52, NR: \$208
Code: 32907
Min/Max: 6/12

Crafty Creations

Explore your creative side and use your unique talents to make beautiful crafts! Join us for this exciting program, and experience the fun of using your imagination. Help strengthen your fine motor skills and self-esteem through artistic self-expression. Participants must be able to work successfully in a 1:4 staff to participant ratio. Don't forget to sign up for Chef's Kitchen to enjoy dinner before this program.

Please note 2 locations and days.

Persons ages 13 and older
Eisenhower Center, Lansing
Tues, Feb 13 - Mar 13
6:45 - 7:45 pm
R: \$32, NR: \$128
Code: 32908
Min/Max: 6/12

Persons ages 13 and older
Hazel Crest Park District
Thurs, Feb 15 - Mar 15
6:45 - 7:45 pm
R: \$32, NR: \$128
Code: 32909
Min/Max: 6/12

Wild Card

Join us for some weekly Wild Card fun! Every week will consist of a different game to play. Hang out with your friends and enjoy friendly competition through board games, video games, card games, and more.

Persons ages 13 and older
Marie Irwin Center, Homewood
Tues, Feb 13 - Mar 13
6:30 - 7:30 pm
R: \$22, NR: \$88
Code: 32924
Min/Max: 6/20

Bowling

This favorite program is guaranteed to provide a “striking” good time. Our bowling programs provide an opportunity for all ability levels to participate in this popular sport. Bowlers will be grouped according to age and ability. This program includes two games or 1½ hours of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant’s bowling averages for Special Olympics.

Please note 3 locations and days.

Persons ages 13 and older
Centennial Lanes, Tinley Park
Wed, Feb 14 - Mar 14
4:30 - 6:00 pm
R: \$49, NR: \$196
Code: 32913
Min/Max: 6/30

Persons ages 13 and older
Oak Forest Bowl, Oak Forest
Thurs, Feb 15 - Mar 15
4:15 - 5:45 pm
R: \$49, NR: \$196
Code: 32914
Min/Max: 6/30

Persons ages 13 and older
Tinley Bowl
Sat, Feb 17 - Mar 17
12:30 - 2:00 pm
R: \$49, NR: \$196
Code: 32915
Min/Max: 6/30

Bingo

B-I-N-G-O! Enjoy yourself and have some fun while playing the game of Bingo! Participants will have the chance every week to win a prize.

Persons ages 13 and older
The Bradford Barn, Olympia Fields
Wed, Feb 14 - Mar 14
6:00 - 7:00 pm
R: \$22, NR: \$88
Code: 32922
Min/Max: 6/12

Aerobics

Are you ready to burn off some energy? Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn exercises that you can do at home. We will begin with aerobic activity, and then move into stations to work with weights and other exercise equipment. Be sure to register for Let’s Dance following this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 14 - Mar 14
6:00 - 7:00 pm
R: \$20, NR: \$80
Code: 32916
Min/Max: 6/20

Let’s Dance

Let’s dance to all your favorite tunes! We will work on dance steps, turns, and combinations, as well as learning interactive dances to all your favorite songs. This program will enhance your gross motor skills and encourage socialization. So grab your dancing shoes and get out on the dance floor! Don’t forget to sign up for Aerobics before this program.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Wed, Feb 14 - Mar 14
7:15 - 8:15 pm
R: \$20, NR: \$80
Code: 32917
Min/Max: 6/20

Teen & Adult Programs

Fast Food and Flicks

Lights, Camera, Action! Join your friends for an evening of entertainment! After enjoying a fast food dinner, we will watch one of the newest hit movies. We plan on seeing a 7:00 pm movie that is rated G, PG, or PG-13. The fee includes dinner and a movie, so if you would like a snack, please bring money. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Please note dates listed.

Persons ages 21 and older
Marcus Country Club Hills Cinema
Wed, Feb 14, 28; Mar 14; Apr 4, 18
7:00 pm Showtime
R: \$132, NR: \$528
Code: 33002
Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	4:45 pm	TBA*
Coyote Run Golf Course, Flossmoor	5:15 pm	TBA*

*You will be notified of return time each week.

Brunch and a Movie

Who's up for some brunch? We will start off our day together enjoying an early meal at a new restaurant each day. Do you want breakfast or lunch, well that'll be up to you to decide. After we enjoy our brunch together, we will head to the theater to catch a matinee movie and avoid the evening crowds! The cost of the program covers the meal and movie ticket, so please bring extra money if you wish to purchase snacks.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older
Various locations
Fri, Feb 23; Mar 9
10:00 am - 4:00 pm
R w/o Trans: \$80, R w/ Trans: \$108, NR: \$320
Code: 33004 (w/o Trans), 35002 (R w/ Trans)
Min/Max: 6/12

Fitness and Fun

Take time for fun and fitness - it is good for the body and the mind. Join your friends and keep in shape by exercising and using a variety of workout equipment. This is a great opportunity to enhance coordination, balance, strength, and muscle tone. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Please note 2 locations.

Persons ages 13 and older
Hazel Crest Park District - Fitness Center
Sat, Feb 17 - Mar 17
9:30 - 10:30 am
R: \$29, NR: \$116
Code: 32918
Min/Max: 6/10

Persons ages 13 and older
Oak Forest Park District - Fitness Center
Sat, Feb 17 - Mar 17
10:00 - 11:00 am
R: \$29, NR: \$116
Code: 32919
Min/Max: 6/15

Animal Therapy

Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Persons ages 13 and older
Marie Irwin Community Center, Homewood
Sat, Feb 24; Mar 10, 24; Apr 14, 28
12:30 - 1:00 pm
R: \$29, NR: \$116
Code: 32920
Min/Max: 3/6

Saturday Night Social Club

Spend Saturday night with your friends, having fun out on the town! Different activities are scheduled each week. We may dine out, attend a sporting event, or have a dance party. All of our activities place a strong emphasis on socialization skills. You will be mailed a schedule of events and transportation times one week prior to the start of the program. Participants must be able to work successfully in a 1:4 staff to participant ratio, and display appropriate table manners.

Persons ages 21 and older
Various Community Outings
Sat, Feb 17 - Mar 17
7:00 - 9:00 pm (times may vary)
R: \$89, NR: \$356
Code: 33003
Min/Max: 6/32

Special Olympics Programs



Special Olympics Swim Team (AAI)

Do you enjoy swimming and want to be part of a competitive team? If you are able to swim laps of the pool comfortably, then the SSSRA Special Olympics Swim Team is for you! Weekly workouts include stroke technique, endurance training, relay team training, and building upper body strength. Participants must be able to work successfully in a 1:4 staff to participant ratio and must be able to swim 1 lap of the pool using basic free-style technique.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by December 15, 2017.

Registration Deadline: January 5, 2018

Please note: program fee does not include State Competition

Persons ages 8 and older
Matteson Community Center (Matteson Avenue)
Sat, Jan 13 - Mar 3
11:00 am - 12:00 pm
R w/o Trans: \$66, R w/ Trans: \$122, NR: \$264
Code: 30701 (w/o Trans), 30801 (R w/ Trans)
Min/Max: 6/12

Location	Depart	Return
SSSRA Office, Tinley Park	9:45 am	1:15 pm
Coyote Run Golf Course, Flossmoor	10:15 am	12:45 pm

Area Aquatics
Stagg High School, Palos Hills
February 10, 2018
9:00 am - 2:00 pm

District Aquatics
Stagg High School, Palos Hills
Mar 3, 2018
9:00 am - 2:00 pm

State Summer Games
Illinois State University
June 15 - 17, 2018
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-A

Young Athletes™ is an innovative sports play program for children ages 2 - 7, with and without intellectual disabilities. This program will be beneficial on multiple levels for your child, including helping the children improve physically, cognitively, and socially. This program focuses on two specific levels of play. Level 1 includes physical activities focused on developing motor tracking and hand-eye coordination. Level 2 concentrates on the application of physical activities through sports and developing skills consistent with Special Olympics sports play. Activities will consist of walking and running, balancing and jumping, trapping and catching, throwing, striking, kicking, and advanced skills.

A separate Special Olympics registration form will need to be completed prior to participation.

Children ages 2 - 7
Tony Bettenhausen Recreation Center, Tinley Park
Sat, Feb 17 - Mar 17
9:15 - 10:00 am
R: \$21, NR: \$84
Code: 30702
Min/Max: 6/12

Oak Forest Fleadh Parade **SSSRA**

Join SSSRA and the city of Oak Forest as they kick off St. Patrick's Day week! Come dressed in green, and get those smiles and waves ready! SSSRA will participate in the Fleadh Parade down Cicero Avenue. We will meet at the SSSRA office.

All SSSRA Participants and Families
Oak Forest (Cicero Avenue)
Sat, Mar 3
11:00 am - 12:00 pm
R: FREE, NR: FREE
Code: 31515
Min/Max: 6/25

Location	Depart	Return
SSSRA Office, Tinley Park	10:15 am	1:45 pm

State Competition Fees

Please note that fees for state competition will not be prorated unless for medical reasons. On average, fees are subsidized between 35 - 50%.

Special Olympics Programs



Special Olympics Track & Field (AAI)

Grab your running shoes and meet us at the track. At weekly practices, we will warm up with stretching, then head to the track to practice for Spring games. You can choose from walking/running events, long jump, shot put, softball/tennis ball throw, and much more. We will compete in the Area 7 Special Olympics Spring games, and if athletes win a gold medal, you will then compete in the Special Olympics Summer Games.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by March 9, 2018.

Please note: program fee does not include State Competition

Registration Deadline: January 12, 2018

Persons ages 8 and older
Matteson Community Center (Matteson Avenue)
Sat, Mar 10 - Apr 28
9:00 - 10:30 am
R: \$69, NR: \$276
Code: 30703
Min/Max: 6/25

Area 7 Spring Games
Thornwood High School, South Holland
May 5, 2018
Time TBA

State Summer Games
Illinois State University
June 15 - 17, 2018
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-B

Special Olympics Powerlifting (AAI)

Do you enjoy lifting weights? Powerlifting is a growing sport in Special Olympics and SSSRA! Athletes will train to compete at the Area Tournament in benchpress and deadlift competition. Gold medalists from the Area Tournament will advance to the Special Olympics Summer Games in June.

All athletes must have a current Special Olympics Medical Application on file with SSSRA by February 16, 2018.

Please note: program fee does not include State Competition

Registration Deadline: January 12, 2018

Persons ages 14 and older
Quality Classic Health & Fitness, Park Forest
Thurs, Mar 8 - June 7, **No program May 3**
6:30 - 7:30 pm
R: \$69, NR: \$276
Code: 30706
Min/Max: 4/10

Area Competition
Naperville
April 29, 2018
Time TBA

State Summer Games
Illinois State University
June 15 - 17, 2018
Time TBA
Fee determined by number of qualifying athletes.
Code: 11901-D

State Competition Fees

Please note that fees for state competition will not be prorated unless for medical reasons. On average, fees are subsidized between 35 - 50%.

Special Olympics Medical Applications

Special Olympics Medical Applications are available at our office and on our website.

Please contact us at 815-806-0384 if you would like us to mail or fax you an application.

Please visit <http://sssra.org/specialolympics.html> to access the application online.

Programs, Adapted Sports, and Special Events

Suggested for Adults with Physical Disabilities

Bowling

Bowling provides a great opportunity to socialize and sharpen your bowling skills. An adaptive bowling ball and ramp are available. The program includes two games or 1½ hours of bowling, whichever comes first.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Centennial Lanes, Tinley Park
Tues, Feb 13 - Mar 13
1:00 - 2:30 pm
R w/o Trans: \$49, R w/ Trans: \$49, NR: \$196
Code: 30502 (w/o Trans), 30602 (R w/ Trans)
Min/Max: 3/10

Coffee Corner

Do you enjoy starting your morning off with a cup of Joe? Join Coffee Corner and you'll be able to enjoy that cup of coffee with other SSSRA friends! Each time we meet, we'll sip on whatever type of coffee you like while also enjoying some snacks. We can also read some books together throughout the season if you'd like. You get to call the shots in this program!

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Various coffee shops
Thurs, Feb 15; Mar 1
11:00 am - 12:00 pm
R w/o Trans: \$23, R w/ Trans: \$23, NR: \$92
Code: 30504 (w/o Trans), 30604 (R w/ Trans)
Min/Max: 3/10

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You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older
Various Community Outings
Mon, Feb 19; Mar 5, 26; Apr 9, 23
9:00 am - 5:00 pm (times may vary)
R w/Trans: \$180, NR: \$720
Code: 30603
Min/Max: 3/10

Programs, Adapted Sports, and Special Events

Suggested for Adults with Physical Disabilities

Brunch and a Movie

Who's up for some brunch? We will start off our day together enjoying an early meal at a new restaurant each day. Do you want breakfast or lunch, well that'll be up to you to decide. After we enjoy our brunch together, we will head to the theater to catch a matinee movie and avoid the evening crowds! The cost of the program covers the meal and movie ticket, so please bring extra money if you wish to purchase snacks.

Due to the generosity of the Aileen S. Andrew Foundation, door-to-door transportation for this program is offered free of charge for residents.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Various locations
Fri, Feb 23; Mar 9
10:00 am - 4:00 pm
R w/o Trans: \$80, R w/ Trans: \$80, NR: \$320
Code: 30505 (w/o Trans), 30605 (R w/ Trans)
Min/Max: 3/10



Please see page 40 for information on Healthy Minds Healthy Bodies.

For more information about Healthy Minds Healthy Bodies, please contact Tammy McMahon at (815) 806-0384 x 14 or tammy@sssra.org

New!

Cabaret

Let's all get together for an afternoon showing of *Cabaret*. We will be heading to Paramount Theatre to see one of the most well-known Broadway musicals of all time! This performance will include extraordinary songs, universal appeal, and a spellbinding story that still holds true in today's world. This performance has been nominated for 26 Tony Awards over three decades, so you will not want to miss out! Please bring money if you wish to purchase food.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Paramount Theatre, Aurora
Wed, Feb 7
1:30 pm Show
R: \$97, NR: \$194
Code: 34601
Min/Max: 3/10

New!

Dance to the Movies Performance

Let's spend the evening at Governors State University where we will enjoy watching movie clips come to life through various genres of dance, including contemporary, Broadway musicals, jazz, ballet, tango, hip-hop, and more.



You will be notified of your pick-up time for door-to-door transportation.

Persons ages 21 and older with physical disabilities
Governors State University, University Park
Thurs, Mar 8
7:30 pm Show
R w/o Trans: \$34, R w/ Trans: \$48, NR: \$68
Code: 31302 (w/o Trans), 34602 (R w/ Trans)
Min/Max: 3/10

Transportation Information

Please refer to the Transportation Guidelines on page 4. Limited transportation is available for all programs indicated with the transportation symbol and will be on a first-come, first-served basis. Please indicate if transportation is needed on your registration form. Transportation is available for residents only. You will be called during the first week of the program with your pick-up time. Please note: A minimum of three participants are required in order to run a vehicle route.

Teen & Adult Programs & Special Events

Suggested for Individuals with Severe & Profound Disabilities

Music Therapy

Music has been recognized for its wonderful healing properties. Making music allows us to explore our creativity, self expressions, and increase our energy through the enjoyment of the activity. Join this exciting program where we will create music through instrumentation, rhythm, and song.

Please note 2 days and times.

Persons ages 13 and older with severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park

Tues, Feb 13 - Mar 13

6:00 - 6:45 pm
R: \$33, NR: \$132

Code: 34804

Min/Max: 4/10

Thurs, Feb 15 - Mar 15

6:00 - 6:45 pm
R: \$33, NR: \$132

Code: 34805

Min/Max: 4/10

Sit and Be Fit

We will work on core strengthening, flexibility, strength, and circulation through movement and exercise. All of the exercises can be done sitting in a chair and are designed for participants with severe and profound disabilities.

Persons ages 13 and older with severe & profound disabilities

The Bradford Barn, Olympia Fields

Wed, Feb 14 - Mar 14

5:00 - 5:45 pm
R: \$19, NR: \$76

Code: 34808

Min/Max: 4/10

Animal Therapy

Sign up for an opportunity to interact with Rainbow Animal Assisted Therapy Dogs. We will learn how to groom, pet, walk, interact with, and give treats to dogs. These activities will help develop motor and communication skills, and instill a sense of self-esteem while building confidence.

Please note dates listed.

Persons ages 13 and older with severe & profound disabilities
Marie Irwin Community Center, Homewood
Sat, Feb 24; Mar 10, 24; Apr 14, 28

12:30 - 1:00 pm
R: \$29, NR: \$116

Code: 34809

Min/Max: 3/6

Hearty Party

New!

An afternoon full of love will surely prepare our hearts for Valentine's Day! Come together with friends, and enjoy a Valentine's Day party complete with cookie decorating and card making.

Persons ages 13 and older with severe & profound disabilities

Richton Park Community Center

Sat, Feb 10

1:00 - 1:45 pm
R: \$10, NR: \$20

Code: 35403

Min/Max: 4/10

SSSRA
Coloring
Contest

See page 39 for your chance to win a \$25 SSSRA Gift Card!

Special Events

Painting and Pottery

It is time to be creative because spring is almost here, so we need to add some color into our lives! Everyone will have the opportunity to paint their own masterpiece for the garden or house. You can even give the pottery to someone as a gift.

Persons ages 13 and older
Richton Park Community Center
Sat, Feb 10
2:00 - 3:30 pm
R: \$7, NR: \$14
Code: 31134
Min/Max: 6/20

Ice Skating and Lunch

Do you enjoy skating or would you like to learn? We will head to Rosemont where we will choose to eat at one of their 12 restaurants. This new entertaining district is a one stop suburban destination for big city dining. Next, we will skate at the NHL-sized Frozemont Ice Arena. Skates are available for rental or you may bring your own. The fee includes skating, skate rental, and lunch.

Persons ages 13 and older
MB Financial Park, Rosemont
Sun, Feb 11
11:00 am - 2:30 pm
R: \$45, NR: \$90
Code: 34215
Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	9:30 am	3:45 pm
Coyote Run Golf Course, Flossmoor	10:00 am	3:15 pm

Valentine's Date Night

Love is in the air. Enjoy a great night with the one you love at Gatto's Restaurant. No date? Then bring a friend. Don't forget to wear red. Fee includes one guest. Guest must sign an SSSRA waiver and be listed on the registration form. Must display appropriate table manners and work in a 1:4 staff to participant ratio.

Persons ages 13 and older
Gatto's, 8005 183rd Street, Tinley Park
Fri, Feb 16
6:00 - 8:00 pm
R: \$35, NR: \$70 **Fee includes participant and 1 guest.**
Code: 31103
Min/Max: 6/20

Mardi Gras Mambo

Get ready to bring Mardi Gras home while we enjoy an evening like no other! We will party Bourbon Street style with music, dancing, snacks, beads, prizes, and games.

Persons ages 13 and older
Oak Lawn Park District Community Pavilion
9401 S. Oak Park Avenue, Oak Lawn
Fri, Feb 23
7:00 - 9:00 pm
R: \$20, NR: \$40

Code: 31106 (w/o Trans)
34201 (R w/ Trans - Tinley Park)
34202 (R w/ Trans - Richton Park)
34204 (R w/ Trans - Oak Forest)
34205 (R w/ Trans - Flossmoor)
34230 (R w/ Trans - Country Club Hills)
34231 (R w/ Trans - Lansing)

Min/Max: 6/40

Location	Depart	Return
Tichan House, Oak Forest	5:45 pm	10:15 pm
Eisenhower Center, Lansing	6:00 pm	10:00 pm
SSSRA Office, Tinley Park	6:00 pm	10:00 pm
Richton Park Community Center	6:00 pm	10:00 pm
Country Club Hills Recreation Center	6:00 pm	10:00 pm
Coyote Run Golf Course, Flossmoor	6:30 pm	9:30 pm

New!

National Tortilla Chip Day

Our favorite triangle chip has a day set aside for itself! We are celebrating National Tortilla Chip Day with chips and a variety of dips that we all love. Create your own dip or choose from nacho cheese, salsa, or guacamole. Come enjoy tortillas any way you want with your friends.

Persons ages 13 and older
Hazel Crest Park District
Sat, Feb 24
12:00 - 1:30 pm
R: \$7, NR: \$14
Code: 31137
Min/Max: 6/20



Find us on Facebook
facebook.com/sssra1973

New!

Joseph and the Amazing Technicolor Dreamcoat

New!

Join Israel's favorite son, Joseph, through his tumultuous ascent to the top in this timeless reminder of the unquenchable thirst of a man with a dream who had the courage to forge the destiny of a people and its powerful message of hope. The classic story of Joseph is paired with exuberant music, featuring favorites, such as, "Close Every Door," "Go, Go, Go Joseph," and "Any Dream Will Do." It's a show you will not want to miss! Please eat before you come.

Persons ages 13 and older
 Drury Lane Theatre
 Sun, Feb 25
 2:00 pm show
 R: \$62, NR: \$124
Code: 34220
 Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	12:00 pm	6:15 pm
Coyote Run Golf Course, Flossmoor	12:30 pm	5:45 pm

Shamrock Shuffle

Celebrate the wearin' of the green with your friends from other SRAs. You will enjoy a full meal, entertainment, dance contest, and a wee bit o' Ireland.

Persons ages 13 and older
 Orland Park Civic Center
 Fri, Mar 2
 6:30 - 9:00 pm
 R: \$36, NR: \$72
Code: 31111 (w/o Trans)

- 34206 (R w/ Trans - Tinley Park)
- 34207 (R w/ Trans - Richton Park)
- 34209 (R w/ Trans - Oak Forest)
- 34210 (R w/ Trans - Flossmoor)
- 34232 (R w/ Trans - Country Club Hills)
- 34233 (R w/ Trans - Lansing)

Min/Max: 6/40

Location	Depart	Return
Tichan House, Oak Forest	5:00 pm	10:30 pm
SSSRA Office, Tinley Park	5:15 pm	10:15 pm
Eisenhower Center, Lansing	5:15 pm	10:15 pm
Richton Park Community Center	5:15 pm	10:15 pm
Country Club Hills Recreation Center	5:15 pm	10:15 pm
Coyote Run Golf Course, Flossmoor	5:45 pm	9:45 pm

Blue Man Group

Come spend your Sunday afternoon with your friends as we take in a breathtaking performance put on by the Blue Man Group. This show will incorporate music, technology, and comedy in ways you have never witnessed before. They have been putting on shows for over 25 years and appeal to audiences of all ages. Please note that strobe lights are used in portions of the production and participants with a seizure disorder who could be effected should not register. Please bring money for snacks. Lunch not provided.

Persons ages 13 and older
 Briar Street Theatre, Chicago
 Sun, Mar 4
 1:00 pm show
 R: \$69, NR: \$138
Code: 34221
 Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	11:00 am	4:30 pm
Coyote Run Golf Course, Flossmoor	11:30 am	4:00 pm

13th Annual SSSRA Formal

You won't want to miss SSSRA's Annual Formal! This night will include dancing, dinner, and a wonderful time! SSSRA staff will be taking photos of you and your friends and we will crown the King and Queen at the end of the night.

Persons ages 13 and older
 Country Club Hills Recreation Center
 Fri, Mar 9
 7:00 - 9:00 pm
 R: \$14, NR: \$28
Code: 31113
 Min/Max: 20/100

Chicago Wolves Hockey

Come cheer on the Chicago Wolves! Put on the Wolves' colors, red and gold, and get ready for an exciting hockey game against the Rockford IceHogs. Please bring money for snacks and souvenirs.

Persons ages 13 and older
 Allstate Arena, Rosemont
 Sun, Mar 11
 3:00 pm game
 R: \$36, NR: \$72
Code: 34217
 Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	12:30 pm	8:00 pm
Coyote Run Golf Course, Flossmoor	1:00 pm	7:30 pm

Special Events

Game Show Night

Come on down, you've been chosen to enjoy an evening of game show fun! Can you guess if the price is right or do you have enough letters to solve the puzzle? Everyone is a winner, so be ready to play games and have a good time.

Persons ages 13 and older
SSSRA Office, Tinley Park
Fri, Mar 16
7:00 - 8:00 pm
R: \$6, NR: \$12
Code: 31136
Min/Max: 6/15

Bingo Bowling

Bingo and bowling will be played at the same time. Participants will get a Bingo card and mark their cards based on how many pins they knock down. Everyone will go home a winner after shouting "STRIKE" and "BINGO"!

Persons ages 13 and older
Tinley Park Bowl
Sat, Mar 17
10:00 am - 12:00 pm
R: \$11, NR: \$22
Code: 31131
Min/Max: 6/40

Bulls Game

Cheer on the Chicago Bulls as they face off against the Denver Nuggets. This will be a crowded event, so participants must be willing and able to stay with the group and work successfully in a 1:4 staff to participant ratio. Please bring money for snacks and souvenirs, and don't forget to wear red to support your team!

Persons ages 13 and older
United Center, Chicago
Wed, Mar 21
7:00 pm game
R: \$54, NR: \$108
Code: 34222
Min/Max: 6/25

Location	Depart	Return
SSSRA Office, Tinley Park	3:45 pm	11:15 pm
Coyote Run Golf Course, Flossmoor	4:15 pm	10:45 pm

Girls Night In

Enjoy a girls night in with good friends! We will paint our nails, bake cookies, drink hot cocoa, watch movies, and make crafts. Since this is an all girls event, come in your PJs and bring a pillow and blanket to relax.

Persons ages 13 and older
Don Gorman Center, Oak Forest
Fri, Mar 23
6:00 - 10:00 pm
R: \$13, NR: \$26
Code: 31128
Min/Max: 6/20

Event for All!

Family Bowling Night

Bring your family to enjoy a night of bowling, pizza, and prizes! All guests must sign an SSSRA waiver, and indicate number of guests on the registration form.

All SSSRA Participants and Family
Oak Forest Bowl, Oak Forest
Thurs, Mar 22
4:15 - 5:45 pm
R: \$32, NR: \$64, Fee includes participant and up to 2 guests, \$10 for each additional guest
Code: 33201
Min/Max: 6/40

March Madness on the Big Screen

College basketball fans, are you ready to watch the games on the big screen? We'll experience the action for the elite eight teams while enjoying great food. Don't forget to bring your NCAA brackets.

Persons ages 13 and older
Buffalo Wild Wings, 7301 183rd Street, Tinley Park
Sat, Mar 24
11:15 am - 2:00 pm
R: \$19, NR: \$38
Code: 31117
Min/Max: 6/20

Gameworks

Gameworks is a one-stop destination for cutting-edge games and good food. We will start out with a pizza buffet and then play games like Deal or No Deal, Slam a Winner, or Red Zone. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Persons ages 13 and older
Schaumburg
Sun, Mar 25
12:00 - 3:00 pm
R: \$38, NR: \$76
Code: 34219
Min/Max: 6/20

Location	Depart	Return
SSSRA Office, Tinley Park	10:30 am	5:00 pm
Coyote Run Golf Course, Flossmoor	11:00 am	4:30 pm

5

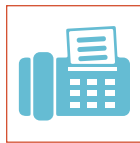
WAYS TO REGISTER



Online



Mail



Fax



Drop Off



Email

Scholarships

SSSRA is in a position to offer scholarships in the form of fee discounts to SSSRA residents with disabilities who would like to participate in one or more programs, but who cannot afford the total fees charged. The SSSRA Board of Directors has established specific guidelines for the administration of scholarships. Persons requesting a scholarship must complete a Scholarship Request Form (available at the SSSRA office or at www.sssra.org) and submit it to the SSSRA Executive Director, along with the completed registration form, and a deposit.

The deadline for requesting scholarships for the program session is the same as the registration deadline. Participants who receive day camp scholarships may be responsible for paying fees for any weekly programs or special events they register for. Please note that scholarships are not available for vacation trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.

How to Register

1. Please completely fill in the registration form provided on pages 25 and 26.
2. Send completed form with payment to SSSRA Registration:
19910 80th Avenue
Tinley Park, IL 60487
Your receipt will be mailed to you after your registration is processed. You will be notified if a program is cancelled. Payment options include check, money order, VISA, MasterCard, or Discover Card. Cash will only be accepted in person, at the SSSRA office.

Refund Policies

1. A full refund will be issued if a program is cancelled.
2. If a participant drops a program prior to the start and no costs have been incurred, a \$5 per program service fee will be charged and a refund will be issued.
3. If a participant drops a special event and SSSRA has incurred no costs due to purchase of tickets, rentals, deposits, etc., a \$5 service fee per event will be charged and a refund will be issued.
4. In the event of prolonged illness or moving, a \$5 service fee will be charged for each program and/or event, and a pro-rated refund issued. A doctor's notice is required for illness.
5. A pro-rated refund may be given if SSSRA deems the program is inappropriate for a participant.
6. A refund will not be provided for cancellations due to inclement weather.
7. No refunds will be issued for amounts under \$5.
8. All refunds will be issued by check on a monthly basis.
9. Participants who receive a scholarship will receive prorated refunds when applicable.
10. Fees will not be prorated if participants register for an event on the same day as a scheduled weekly program because programs and special events are already subsidized between 35-50%.

Registration Policies

Non-Resident Registration and Fees

Because SSSRA is supported through the tax dollars of its member communities, the non-resident fees reflect a more equitable rate in relation to that of its tax supporting members and the actual cost of providing the programs. Non-resident policies are as follows:

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-resident registrations will be processed after the registration deadline, if vacancies still exist in the programs.

First Time Participants - \$15 Off

New participants with disabilities living in SSSRA member districts are eligible for \$15 off of the total season registration fee by:

1. Clipping the coupon below and attaching it to your completed registration form.
2. Deducting \$15 off the total fee from your payment.
3. Mailing the registration form and coupon by the program deadline to the SSSRA office.

Valid for all programs except day camps and weekend trips. Siblings, spouses, out-of-district participants, and parents are not eligible for the discount.

SSSRA "First Timer"
Participant Coupon
\$15 off

Good for one SSSRA program
(excludes day camp, weekend trips,
and non-residents)

Registration Policies

1. Any household balance due from a previous program season must be paid in full before any registration is accepted for the current season. The balance due must be paid with cash, check, money order, VISA, MasterCard, or Discover Card.
2. Multiple Program Registration Discount: SSSRA residents will receive a \$25 discount when they register for \$200 or more in programs and/or special events. Please note: Winter and Spring are separate seasons. Completed registration forms and full payment must be in the SSSRA office by 5:00 pm on the registration deadline date for this to apply. No exceptions will be made to any of the criteria listed. Does not apply to Day Camp or Trips.
3. Registration forms will be accepted by walk-ins, mail, facsimile, or online. However, an individual is not considered registered until the SSSRA office has received payment in full along with the completed and signed registration form and waiver. When sending a fax to SSSRA, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form. Please contact the SSSRA office to confirm that your fax was received.
4. Due to increased volume of participants and programs, payment in full should accompany the registration form. Contact the SSSRA Executive Director to make any payment plan arrangements, if necessary.
5. Registrations are processed on a first-come, first-served basis.
6. Programs have a minimum and maximum size. Program minimum must be met by member agency resident. If your registration is received after a program is filled, your name will be placed on a waiting list. You will be notified after a deadline only if the program is full and you did not get in.
7. Participant ages listed in the brochure are approximations. If your child is close to the ages listed, and is interested in the program, please call the Superintendent to discuss a solution.
8. If vacancies exist after the registration deadline, siblings and individuals without disabilities will be allowed to register for designated programs, as considered appropriate by SSSRA staff.
9. A \$32 fee will be charged by Old Plank Trail Community Bank for any returned checks.
10. If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.

Join Our Mailing List!

E-mail address _____

SSSRA will not share your email address.

Registration Form

Winter Registration Deadline: January 12, 2018

Is this your first time participating with SSSRA? Yes No

How did you hear about SSSRA? Family Publication _____ Community Expo Other _____

Participant's Name _____

Address _____ City _____ State _____ ZIP _____

Date of Birth ____/____/____ Gender _____

Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Parent(s)/Guardian(s) Name _____

Parent(s)/Guardian(s) Address _____ City _____ State _____ ZIP _____

Parent(s)/Guardian(s) Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Group Home/Residential Facility _____ Manager/Caseworker _____

Manager/Caseworker Phone - Office _____ After Hours _____

Emergency Contact _____ Relationship _____

Phone - Home _____ Work _____ Cell _____

Place a checkmark beside the phone number you would like us to use first.

Primary Disability _____ Secondary Disability/Medical Condition _____

Current Medications/Prescribed or Over-The Counter _____

Does participant take medications at programs or special events? If yes, additional forms are required for completion. Yes No

Allergies _____ Dietary Restrictions _____

Photo Permission: I do hereby grant permission for my/our participant's picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures. Yes No (Unless indicated, photos of participants may be taken and used for publicity).

Waiver, Release of All Claims and Hold Harmless Agreement - Read Carefully!

Please read this form carefully and be aware that, in signing up and participating in South Suburban Special Recreation Association programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as participants in the program. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury. Documents that are privileged and confidential communications, including but not limited to, attorney/client privileged communications, reports prepared in anticipation of litigation, and communications between SSSRA and the Park District Risk Management Agency will not be provided.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the SSSRA, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement.)

I do hereby fully release and discharge the SSSRA and the other released parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the SSSRA and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs", and "activities" referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment and apparatus, and anything related to my use of the services, facilities or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become part of this agreement.

Signature of Parent or Legal Guardian _____ Date _____

