

FALL 2023



50
years
1973-2023

Country Club Hills
Hazel Crest
Homewood-Flossmoor
Lansing
Matteson

Oak Forest
Olympia Fields
Park Forest
Richton Park
Tinley Park



SSSRA Administrative Office

19910 80th Avenue
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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.

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REGISTER TODAY!

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

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



50
years

Celebrating Individuals with Special Needs 1973-2023

SSSRA's 50th Anniversary celebration is winding down as we head into 2024. Our first 50 years have been amazing, and we look forward to the next 50 years!

Our final 50th Anniversary giveaway is a fleece blanket - just in time for the cooler temperatures of fall. This blanket will be available for the first 100 SSSRA participants who register for our Fall Festival on Sunday, October 1. See page 13 for more information about Fall Festival.

SSSRA 50th Anniversary Video

<https://www.youtube.com/@sssratinleypark>



GENERAL INFORMATION

What is SSSRA?

SSSRA is a therapeutic recreation program that is an extension of seven 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 receive special education services, vocational services, supported employment, 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, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Recreational Division, 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 ten 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 Juanita Williams 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. Welcome coupon cannot be applied. Registrations will be processed after the deadline is reached for agency residents. SWSRA serves the residents of: Alsip, Blue Island, Hickory Hills, Merriquette 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. Welcome coupon cannot be applied. Registrations will be processed after the deadline is reached for agency residents. LWSRA serves the residents of: Frankfort, Frankfort Square, 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.

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.

Below are the expectations and guidelines the participants will need to follow in order to attend in-person programs/special events. These guidelines are subject to change.

- Participants must be able to maintain 6 feet apart from other participants/staff.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.

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.
6. A refund will not be provided for cancellations due to inclement weather.

Please call 815.806.0384 for weather related cancellations.

To hear updated information on general programs and special events, call 815.806.0384, and press 3.

To hear updated information on athletics, call 815.806.0384, and press 4.

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.

High Wind Advisory

Transportation when there is a high wind advisory in effect, strong winds can make driving difficult, especially for high profile vehicles.

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.

Due to the current situation with COVID-19, some programs and/or special events may change.

Please contact our office for any questions or concerns about safety guidelines.

Some high risk programs/special events will require an additional waiver to be signed by a legal guardian.

GENERAL INFORMATION

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).

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.

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. Wheelchairs may be available for participant use while at programs and special events. Assistance by SSSRA staff will be determined on a case-by-case basis.
6. Late registrants may not have transportation during the first week of programs due to routing changes. Participants are notified if a problem occurs.
7. When transportation is included in special events, the use of vans or buses may change as necessary to accommodate group sizes and needs.
8. 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.
9. 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.
10. 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 \$15 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 \$15 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	Hazel Crest	2.9 miles
3	Coyote Run, Flossmoor	
4	Eisenhower Center, Lansing	9.6 miles
5	Matteson Community Center (Matteson Avenue)	4.3 miles
6	Oak Forest Park District	7.4 miles
7	Olympia Fields Park District	3.5 miles
8	Park Forest Village Hall	5.9 miles
9	Richton Park Community Center	5.3 miles
10	SSSRA, Tinley Park	8.5 Miles



PROGRAMS FOR ALL AGES

VIRTUAL

Stretching

Reach for the sky, touch your toes, and twist! Start your morning off right by improving your flexibility and ability to perform your daily activities - all while having fun with your friends. Make sure to wear exercise clothes and have a water bottle available. 1, 2, 3... stretch!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Mon, Oct 9 - Nov 27

11:00-11:30 am

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Mon, Oct 2

Animal Exploration

If you are an animal lover, this program is for you! Each week, we will explore different animals and learn about their unique facts. We may learn about monkeys, tigers, or sharks while we explore zoos and natural habitats around the world.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Mon, Oct 9 - Nov 27

4:00-4:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Mon, Oct 2

Travel Buddies

Take a virtual trip from the comfort of home, and learn about popular destination spots around the world. You can also share your favorite travel stories with the group. Let's get ready to explore!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Wed, Oct 11 - Nov 29

4:00-4:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Wed, Oct 4

Weekly Trivia ★

Calling all trivia fans! Answer trivia questions based on a different theme each week. What is the largest living mammal is on earth? How many teeth does a mouse have? Learn the answers to these questions - and more!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Wed, Oct 11 - Nov 29

6:30-7:00 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Wed, Oct 4

Family Bingo

Join us for everyone's favorite game! Whether you have 5 across, up and down, diagonal, or four corners, yell BINGO! Invite your family to play. Bingo cards will be emailed to you after the registration deadline.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Thurs, Oct 12 - Nov 30, **No program Nov 23**

6:30-7:30 pm

R: FREE, NR: FREE

Min/Max: 5/25

Registration Deadline: Thurs, Oct 5

Karaoke ★

Warm up those vocal chords and grab the microphone as we kick off the weekend with a song! Karaoke is always fun, and we want to hear your voice! Everyone will get a chance to sing their favorite song each week. Send your song requests to staff the week before the program begins.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Fri, Oct 13 - Dec 1, **No program Nov 24**

4:00-4:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Fri, Oct 6



Virtual Passport

Participants who sign up for virtual trips will receive a virtual passport with stickers to remember each trip.

Trip to Germany ★

Guten Tag and willkommen to Germany! Known for having the largest train station in Europe and beautiful castles, Germany also has a few traditions to highlight. Learn about Tannenbaum (the Christmas tree) and Oktoberfest. Grab your virtual passport and let's explore Germany!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Thurs, Sept 28

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Thurs, Sept 21

Sports Bingo ★

Sundays are for football, so let's grab our sports bingo cards and play before kick-off! Cards will be emailed to you the week before the event.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Sun, Oct 8

11:00 am-12:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Sun, Oct 1

Baking Challenge ★

Do you love to bake? We are challenging you to create your favorite and most creative cakes! The theme is "wintertime," so your cake should represent what you think of at wintertime. You will have the first 10 minutes of the program to put finishing touches on your cake, then present your cake to the group. Judging will be done by the staff. You can eat your cake while we socialize for the last 10 minutes of the program.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Tues, Dec 5

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Tues, Nov 28

Bingo with the Grinch ★

Guess who is making a trip from Who-ville? The man in green will be calling a very special night of bingo. Cards will be emailed to you the week before the event.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Wed, Dec 6

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Wed, Nov 29

Zoom with Santa

SSSRA was able to book time with Santa before he heads out for the big night! You will get one-on-one time to chat with Santa. He may even sing a song or two with you! You will be notified of your time slot.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

All ages

Virtual

Sat, Dec 16

3:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 5/15

Registration Deadline: Sun, Dec 3

SPECIAL EVENTS FOR ALL AGES

IN-PERSON & VIRTUAL



Activity Backpack events are a great way to get creative! You can attend in-person or virtually.

However you join us, we look forward to seeing you!

If Mason Jar Jack-O-Lantern, Cement Turkey, or DIY Snow Globe is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have participated in a previous Activity Backpack event, you will only receive the supplies for this event. All participants will receive an activity book for each event.



A WINTRUST COMMUNITY BANK

Thank you to Old Plank Trail Community Bank for sponsoring the activity backpacks.

Mason Jar Jack-O-Lantern - Activity Backpack #30

Pumpkin season is here! Make a mason jar Jack-O-Lantern with tissue paper, modge podge, and a tea light candle that will make our pumpkins come alive. Place your lantern inside or outside your home for a festive Halloween decoration!

In-Person

All ages
SSSRA Office, Tinley Park
Wed, Oct 4
5:00-6:00 pm
R: \$9, NR: \$12
Min/Max: 6/15
Registration Deadline: Sun, Sept 17

Virtual

Due to the generosity of an Anonymous Donor, the virtual program is offered free of charge for all participants.

All ages
Virtual
Wed, Oct 4
5:00-6:00 pm
R: FREE, NR: FREE
Min/Max: 10/100
Registration Deadline: Sun, Sept 17
Virtual participants can pick up their supplies beginning Mon, Sept 25.



Terrific Turkey - Activity Backpack #31

November is time to get ready for Thanksgiving, so let's create a decorative turkey made from a landscape brick.

In-Person

All ages

SSSRA Office, Tinley Park

Tues, Nov 7

5:00-6:00 pm

R: \$9, NR: \$12

Min/Max: 6/15

Registration Deadline: Sun, Oct 22

Virtual

Due to the generosity of an Anonymous Donor, the virtual program is offered free of charge for all participants.

All ages

Virtual

Tues, Nov 7

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/100

Registration Deadline: Sun, Oct 22

Virtual participants can pick up their supplies beginning Mon, Oct 30.

DIY Snow Globe - Activity Backpack #32

Get in the holiday spirit by making your very own snow globe! We will use a variety of supplies to create a beautiful winter scene for you to display at home.

In-Person

All ages

SSSRA Office, Tinley Park

Wed, Dec 13

5:00-6:00 pm

R: \$9, NR: \$12

Min/Max: 6/15

Registration Deadline: Sun, Nov 19

Virtual

Due to the generosity of an Anonymous Donor, the virtual program is offered free of charge for all participants.

All ages

Virtual

Wed, Dec 13

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/100

Registration Deadline: Sun, Nov 19

Virtual participants can pick up their supplies beginning Mon, Dec 4.

PROGRAMS & SPECIAL EVENTS FOR ALL AGES

IN-PERSON

Bowling

Experience the joy of knocking down the pins while having fun with your friends. All ability levels are welcome, and participants will be grouped by age and ability. This program includes two games or an hour and a half of bowling, whichever comes first. Bowling ramps are available and staff will keep track of participants' averages for Special Olympics.

All ages

Centennial Lanes 2.0, Tinley Park

Tues, Sept 5 - Oct 3

3:30-5:00 pm

R: \$60, NR: \$80

Min/Max: 6/20

Registration Deadline: Sun, Aug 27

All ages

Centennial Lanes 2.0, Tinley Park

Wed, Sept 6 - Oct 4

3:30-5:00 pm

R: \$60, NR: \$80

Min/Max: 6/20

Registration Deadline: Sun, Aug 27

Outdoor Movie Night

Gather the family, lawn chairs, and blankets, and head to SSSRA for an outdoor movie experience. We will watch *The Addams Family*. Snacks and drinks will be provided. Don't forget to apply insect repellent before the event and dress for the weather. Families welcome!

Each person attending must register and sign a participation waiver.

Due to the generosity of SSSRA fundraising supporters, this program is offered free of charge for our residents.

All ages

SSSRA Office, Tinley Park

Fri, Oct 13

Rain Date: Sat, Oct 14

6:00-8:30 pm, Movie begins at 6:30 pm

R: FREE, NR: \$23, LWSRA & SWSRA: \$17

Min/Max: 10/75

Registration Deadline: Sun, Oct 8

THANK YOU TO OUR SPONSORS

Thank you to our sponsors for your continued support in helping us to reduce program expenses, including virtual programs.

Interested in Becoming a Sponsor? Please contact our office at 815.806.0384 or email info@sssra.org.

Fall Sponsors

- Anonymous Donor
- Ecolab, Inc.
- Old Plank Trail Community Bank
- Ozinga
- Ricky's Ride
- SSSRA Fundraising Supporters
- Suburban Service League

Everybody's Birthday Party

• Creative Cakes

Thank you to Creative Cakes in Tinley Park for donating 3 dozen cupcakes to our Everybody's Birthday Party event in June.





Fall Festival ★

Join us for an afternoon of food, friends, and fun! Friends and family are welcome.

Get creative with kindness rock painting and a mini scarecrow craft. Challenge your friends in a selection of fall games, including pumpkin ring toss. Stop by the root beer float station for dessert after lunch. And don't forget to get your caricature drawn!

The first 100 participants who register will receive a blanket for our 50th Anniversary.

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver. If you have a dietary restriction, please contact the SSSRA office.

This program will take place in rainy conditions unless there is thunder and lightning.

Due to the generosity of SSSRA fundraising supporters, this program is offered at a discounted rate for our residents.

All ages

The Bradford Barn, Olympia Fields

Sun, Oct 1

2:00-3:30 pm

R: \$10, NR: \$20, LWSRA & SWSRA: \$15

Min/Max: 40/115

Registration Deadline: Sun, Sept 17

SPECIAL EVENTS FOR ALL AGES

IN-PERSON



Trunk or Treat

SSSRA and the Village of Park Forest are kicking off the Halloween weekend with a fun afternoon of festivities. Trunk or Treat offers everyone a safe, non-scary way to enjoy Halloween.

Vehicle Decorators

Cover your vehicle with Halloween decorations, bring factory packaged candy, dress in your costume, and have fun! Each person attending must register and sign a participation waiver.

This program will take place in rainy conditions unless there is thunder and lightning.

All ages

Main Street and Cunningham Drive, Park Forest

Sat, Oct 28

12:00-2:00 pm, Vehicles must be set-up by 11:30 am

R: FREE, NR: FREE

Min/Max: 10/200

Registration Deadline: Sun, Oct 22

Participants

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver. Please list the number of individuals that will be attending per vehicle.

This program will take place in rainy conditions unless there is thunder and lightning.

All ages

Main Street and Cunningham Drive, Park Forest

Sat, Oct 28

12:00-2:00 pm

R: FREE, NR: FREE

Min/Max: 10/200

Registration Deadline: Sun, Oct 22

IN-PERSON



A Visit to the North Pole

SSSRA is celebrating the season and transforming into the North Pole! Visit the North Pole Workshop to make reindeer food, play games, create a craft, drink hot cocoa, and visit with Santa Claus! Sammy Stingray will be there too!

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

Due to the generosity of SSSRA fundraising supporters, this program is offered at a discounted rate for our residents.

All ages

SSSRA Office, Tinley Park

Sat, Dec 9

10:00 am-12:00 pm

R: \$5, NR: \$20, LWSRA & SWSRA: \$10

Min/Max: 10/75

Registration Deadline: Sun, Dec 3

If you or your guest(s) do not show up for the event, you will be charged an additional \$26 for each no show in your party.

EARLY CHILDHOOD & YOUTH PROGRAMS & SPECIAL EVENTS

IN-PERSON



Crafty Kids ★

Make a craft and try a different style each week - dot painting, papier-mâché, or fake stained glass to name a few! You will get to take your creations home with you.

Ages 2 - 12

Tony Bettenhausen Recreation Center, Tinley Park

Mon, Oct 9 - Nov 27

5:00-5:45 pm

R: \$72, NR: \$97

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Gymnastics

Gymnastics is a great way for kids to work on core strength, agility, flexibility, coordination, and balance. Children will work on the basics of tumbling and overall fitness and health, while having fun in a social environment.

Ages 2 - 12

Oak Forest Park District

Wed, Oct 11 - Nov 8

4:00-4:50 pm

R: \$40, NR: \$54

Min/Max: 6/10

Registration Deadline: Sun, Sept 10

Youth Basketball ★

Basketball is a fun, active sport. Whether you like to play in your driveway or on a team, now is a great time to learn basic skills, enhance your current skills, or just have fun! Dress comfortably so you can move around the court. Gym shoes are required for this program.

Ages 2 - 12

Morton Gingerwood School, Oak Forest (pending)

Thurs, Oct 12 - Nov 30, **No program Nov 23**

5:00-6:00 pm

R: \$52, NR: \$70

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

IN-PERSON

Swim Lessons

Swim lessons will show kids the basics - going under water, blowing bubbles, arm movement, and kicking... all while having fun! Kids can learn at their own pace with the support of staff in the water to remind them and guide them. If your child is not toilet trained, they must wear a swim diaper in the water.

Ages 2 - 12

H-F Racquet & Fitness Club, Homewood

Sat, Oct 14 - Dec 2, **No program Nov 25**

12:00-12:45 pm

R: \$100, NR: \$135

Min/Max: 6/10

Registration Deadline: Sun, Sept 10

Halloween Party★

Do you love dressing up for Halloween? Put on your favorite costume and join us for a costume contest, crafts, a snack, and games!

Ages 2 - 12

Eisenhower Center, Lansing

Sat, Oct 21

1:00-3:00 pm

R: \$22, NR: \$30

Min/Max: 10/20

Registration Deadline: Sun, Oct 1

Holiday Afternoon Crafts★

Christmas is always a fun time of year! Make crafts, play games, have a snack, and end the afternoon with a visit from Santa and the Grinch! Parents are welcome at the end for photos.

Ages 2 - 12

Tony Bettenhausen Recreation Center, Tinley Park

Sun, Dec 10

1:00-3:00 pm

R: \$20, NR: \$30

Min/Max: 10/20

Registration Deadline: Sun, Nov 19



STINGRAYS SPORTS PROGRAMS

IN-PERSON

Stingrays Basketball

Join SSSRA Stingrays Basketball for the 2023-2024 season. We will compete against other area Special Recreation Associations. A schedule will be given with all practices and games after teams have been divided after the first week of practice. If the team wins a gold medal at the Region E Special Olympics Tournament, they will qualify for the State Basketball Tournament in March 2024.

Athletes must have all Special Olympics forms** updated through the State Basketball Tournament. All athletes will need to turn in any required Special Olympics forms to the SSSRA Office by October 31.

Ages 13 and older

Matteson Community Center (Matteson Avenue)

Tues, Oct 24 - Feb 27, **No program Dec 26, Jan 2**

6:30-8:00 pm

R: \$165, NR: \$222

Please note that program fees do not include State Competitions.

Min/Max: 6/24

Registration Deadline: Sun, Sept 24

Stingrays Powerlifting Conditioning

Get into powerlifting shape by conditioning and preparing for the upcoming competition season. Workouts are designed to enhance cardio and physical fitness, and serve as an introduction or a refresher to the different lifts. Stingrays Powerlifting Conditioning is not competitive. Competition season will begin in early 2024, and more information will be in our Winter Spring 2024 brochure.

Ages 13 and older

Oak Forest Park District

Thurs, Oct 12 - Nov 30, **No program Nov 23**

6:30-7:30 pm

R: \$40, NR: \$55

Max: 6/15

Registration Deadline: Sun, Sept 10

Stingrays Athletic Banquet

If you participated in Stingrays sports from Basketball 2022-Volleyball 2023, then come celebrate! Athlete accomplishments will be highlighted, and awards will be presented after dinner.

Participants must be accompanied by a parent, guardian or group home staff. This is not a staffed event. Each person attending must register and sign a participation waiver.

Stingrays Athletes

Wiley's Grill, Homewood

Thurs, Jan 18

6:30-8:30 pm

Min/Max: 20/100

Registration Deadline: Wed, Jan 3

Athlete is FREE

\$26 per additional guest

If you or your guest(s) do not show up for the event, you will be charged an additional \$31 for each no show in your party.



More Information

If you have any questions about Stingrays Sports, please contact:

Laura Pubins, Operations Manager

815.806.0384

laura@sssra.org

*If the program or event you are registered for includes a shirt, please make sure that your shirt size is correct on the Annual Information Form to ensure that you receive the correct size.

**There are forms that are required by Special Olympics Illinois.

IN-PERSON

Teen Social ★

Join your friends for a night of fun! Enjoy a variety of activities such as bowling, singing karaoke night, and crafts to name a few! A detailed schedule will be sent out prior to the program start date.

Ages 13 - 20

Various Locations

Fri, Oct 13 - Dec 1, **No program Nov 24**

6:00-8:00 pm

R: \$135, NR: \$225

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Teen Walking Club ★

Put on your walking shoes, and start your weekend off on the right (and left) foot! We will walk about 2 miles each week and take breaks to enjoy nature's beauty! Please dress for the weather, wear workout clothes, bring a bottle of water, wear a hat, and don't forget to apply sunscreen.

This program will take place in rainy conditions unless there is thunder and lightning.

Ages 13 - 19

Tolentine Park, Olynpia Fields

Sat, Sept 30 - Nov 18

10:45-11:45 am

R: \$42, NR: \$56

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Pumpkin Decorating ★

Enjoy the fall season with a favorite Halloween tradition! Spend the afternoon socializing as we carve and decorate pumpkins that will impress your family and friends! Everyone will get to take a pumpkin home with them.

Ages 13 - 19

Tony Bettenhausen Recreation Center, Tinley Park

Sun, Oct 22

1:00-2:00 pm

R: \$14, NR: \$19

Min/Max: 6/15

Registration Deadline: Sun, Oct 8

Holiday Magic at Brookfield Zoo

SSSRA is heading to the zoo this holiday season! See the animals, beautiful Christmas lights, and ice sculptures. Please dress for the weather because we will be outside most of the time. We will stop for dinner on our way to the zoo.

Due to the generosity of Ecolab, Inc., this event is offered at a discounted rate for our residents.

Ages 13 - 19

Brookfield Zoo

Sat, Dec 2

3:30-8:00 pm

R: \$50, R w/ transportation (home only)*: \$70,

NR: \$84, LWSRA & SWSRA: \$62

Min/Max: 6/15

Registration Deadline: Sun, Nov 5

Transportation

SSSRA Office

Departure Time: 2:15 pm

Return Time: 9:30 pm

Coyote Run, Flossmoor

Departure Time: 2:45 pm

Return Time: 9:00 pm

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.



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Find us on Instagram
[@sssra1973](https://www.instagram.com/sssra1973)

TEEN & ADULT PROGRAMS

IN-PERSON

Day Trippers

It's time to get out and explore! Go on community outings and have fun through new experiences. This program has a strong emphasis on socialization and community integration. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Due to the popularity of this program, participants will be split into two groups that will take place on alternating weeks. Both groups will be doing the same activities throughout the season. Groups are formed based on regions. Please register for your community. Non-residents, please register for one of the groups.

Door-to-door transportation will be 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.

Ages 13 and older

Various locations

9:00 am-5:00 pm

R: \$243, NR: \$328

Min/Max: 6/10 (per group)

Registration Deadline: Sun, Sept 10

Group A - Country Club Hills, Hazel Crest,
Lansing, Oak Forest, Tinley Park

Group B - Homewood-Flossmoor, Matteson,
Olympia Fields, Park Forest, Richton Park

Oct 9 (Group A) | Oct 16 (Group B)

Konow's Corn Maze, Homer Glen

It's time to get in the fall spirit! Check out the animal barn, pumpkin patch, corn mazes, and other concessions. We will eat lunch at a local restaurant before heading to Konow's Corn Maze.

Oct 23 (Group A) | Oct 30 (Group B)

Pinstripes, Oakbrook

Enjoy brunch at a nearby restaurant before playing a couple of friendly games of bowling at Pinstripes!

Nov 6 (Group A) | Nov 13 (Group B)

Pontiac-Oakland Auto Museum, Pontiac

Explore one of the world's greatest collections of Pontiac and Oakland automobiles and other historic items. We will also have lunch at a restaurant nearby.

Nov 20 (Group A) | Nov 27 (Group B)

Hollywood Blvd, Woodridge

Hollywood Blvd is a unique way of enjoying the new and popular movies! We will have lunch served right to our seats and the movie choice will be announced closer to the date.

Show Choir

Now is the time to sing your heart out! Show Choir is singing with choreographed dance movements. Practice will be held before Drama Club, and we will perform right before the Drama Show on December 4. This is a great way to warm up and get more comfortable on stage before Drama Club. Put those dancing shoes on and let's practice those vocals!

Ages 13 and older
Freedom Hall, Park Forest
Mon, Oct 9 - Nov 27
Drama Show: Mon, Dec 4
5:30-6:15 pm
R: \$62, NR: \$84
Min/Max: 6/15
Registration Deadline: Sun, Sept 10

Drama Club

It's time to shine on the big stage! No performing arts experience needed to get on the stage and try drama. On top of having fun, Drama Club will help us work on facial expressions, pantomime, and vocal skills. Performing with your friends is a great way to improve verbal and social skills, while building self confidence. The final night will be a dress rehearsal for the big show on December 4. For more stage opportunities, register for Show Choir before Drama Club.

Ages 13 and older
Freedom Hall, Park Forest
Mon, Oct 9 - Nov 27
Drama Show: Mon, Dec 4
6:30-8:00 pm
R: \$110, NR: \$150
Min/Max: 10/20
Registration Deadline: Sun, Sept 10



TEEN & ADULT PROGRAMS

IN-PERSON

Pickleball

Pickleball is a fun sport that combines techniques used in tennis and racquetball. During this non-competitive program, we will learn the basics of the game, strategy, and scoring. This program encourages team building, enhances endurance, and focuses on hand-eye coordination. All skill levels are welcome! Please wear workout clothes and bring a bottle of water.

Ages 13 and older
Park Forest Tenn-is Club
Tues, Oct 10 - Nov 28
5:00-6:00 pm
R: \$42, NR: \$57
Min/Max: 6/15
Registration Deadline: Sun, Sept 10

Basketball Open Gym ★

Have you always wanted to try basketball or are you looking for extra practice time before the new Stingrays season begins? Basketball Open Gym gives you the chance to work on skills like team building, accuracy, and endurance! You do not need to register for Stingrays Basketball to register for this program. Please wear comfortable shoes and bring a bottle of water.

Ages 13 and older
Tony Bettenhausen Recreation Center, Tinley Park
Tues, Sept 26 - Oct 17
6:00-7:00 pm
R: \$20, NR: \$27
Min/Max: 6/15
Registration Deadline: Sun, Sept 10

Open Swim

Open Swim gives you the freedom to splash around or swim laps - the choice is yours. Staff will be in the water to monitor participants, and a lifeguard will be on duty while we are in the water. Locker rooms are available to change. Proper swim attire is required for this program. If participants have a toileting concern, proper swim undergarments are required.

Ages 13 and older
Matteson Community Center (Matteson Avenue)
Tues, Oct 10 - Nov 28
6:00-7:00 pm
R: \$50, NR: \$67
Min/Max: 6/20
Registration Deadline: Sun, Sept 10

Aerobics

Aerobics is a fun and easy way to stay in shape. We will do a variety of cardio and strength exercises in a group setting. You will learn easy, but effective exercises to do at home. Engage in dancing workouts, seated workouts, and resistance band workouts! Please wear workout clothes and bring a bottle of water. Don't forget to sign up for Let's Dance following this program.

Ages 13 and older
Marie Irwin Center, Homewood
Wed, Oct 11 - Nov 29
6:00-7:00 pm
R: \$42, NR: \$57
Min/Max: 6/15
Registration Deadline: Sun, Sept 10

Let's Dance

Let's move and groove to our favorite tunes! This is the perfect opportunity to dance with your friends and share your favorite moves with the group! Learn popular dances and engage in dancing activities, while listening to great music. This program will enhance your gross motor skills and encourage socialization. Please wear workout clothes and bring a bottle of water. Register for Aerobics before Let's Dance for twice the exercise and fun!

Ages 13 and older
Marie Irwin Center, Homewood
Wed, Oct 11 - Nov 29
7:15-8:15 pm
R: \$42, NR: \$57
Min/Max: 6/15
Registration Deadline: Sun, Sept 10



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IN-PERSON

Fast Food & Flicks

Fast Food & Flicks is the perfect blend of food, fun, and entertainment! Immerse yourself in movie magic after enjoying a fast food dinner with your fellow movie enthusiasts.

We aim for a 7:00 pm show time. Show times may change, and participants will be contacted. Participants will see a G, PG or PG-13 rated movie. R- rated movies are an option for those who have a permission form on file. You will be given a list of restaurants approximately one week before the program starts.

Due to the popularity of this program, participants will be split into two groups that will take place on alternating weeks. Please register for one group.

Group A - Wed, Oct 11, Oct 25, Nov 8, Dec 6

Group B - Wed, Oct 18, Nov 1, Nov 15, Nov 29

Ages 13 and older

Imagine Frankfort

7:00 pm Show time

R: \$185, NR: \$250

Min/Max: 6/12 (per group)

Registration Deadline: Sun, Sept 10

Transportation

SSSRA Office

Departure Time: 5:00 pm

Return Time: 10:30 pm

Coyote Run, Flossmoor

Departure Time: 4:30 pm

Return Time: 10:00 pm

Chef's Kitchen

Learn how to make a variety of meals and enjoy them with your friends. All ingredients are provided. This program will enhance your cooking skills and encourage socialization. Sign up for Crafty Creations, immediately following this program, for twice the fun!

Ages 13 and older

Hazel Crest Park District

Thurs, Oct 12 - Nov 30, **No program Nov 23**

4:30-6:30 pm

R: \$145, NR: \$195

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Crafty Creations

Tap into your creative side by making new and exciting crafts! All supplies are provided. Don't forget to sign up for Chef's Kitchen before this program to cook dinner with your friends!

Ages 13 and older

Hazel Crest Park District

Thurs, Oct 12 - Nov 30, **No program Nov 23**

6:45-7:45 pm

R: \$72, NR: \$97

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

FALL REGISTRATION

In-Person Program Registration Dates

Resident Registration

Begins Monday, August 7 at 9:00 am

Non-Resident Registration

Begins Monday, August 21 at 9:00 am

Registration deadlines vary. Please note program or special event description.

Virtual Program Registration Dates

Resident Registration

Begins Monday, August 7 at 9:00 am

Non-Resident Registration

Begins Monday, August 7 at 9:00 am

Registration deadlines vary. Please note program or special event description.

TEEN & ADULT PROGRAMS

IN-PERSON



Walking Club

Put on your walking shoes, and start your weekend off on the right (and left) foot! We will walk about 2 miles each week and take breaks to enjoy nature's beauty! Please dress for the weather, wear workout clothes, bring a bottle of water, wear a hat, and don't forget to apply sunscreen.

This program will take place in rainy conditions unless there is thunder and lightning.

Ages 20 and older, [See page 19 for Teen Walking Club](#)

Tolentine Park, Olympia Fields

Sat, Sept 30 - Nov 18

9:30-10:30 am

R: \$42, NR: \$56

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Socializers Social Club

Spend your Saturday nights with your friends and make some new ones! Each week we will take part in different activities throughout our communities. You will be mailed a schedule of events two weeks prior to the start of the season. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 21 and older, [See page 19 for Teen Social](#)

Various Locations

Sat, Oct 14 - Dec 2, [No program Nov 25](#)

6:00-8:00 pm

R: \$140, NR: \$190

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

Fitness & Fun

Staying active and exercising regularly is an important part of maintaining your overall health. What better way to stay active than to exercise with your friends? Work on coordination, balance, strength, and muscle tone. Please wear workout clothes and bring a water bottle. Participants must be able to work in a 1:4 staff to participant ratio.

Ages 13 and older

Oak Forest Park District

Sat, Oct 14 - Dec 2, [No program Nov 25](#)

10:00-11:00 am

R: \$42, NR: \$56

Min/Max: 6/15

Registration Deadline: Sun, Sept 10

TEEN & ADULT PROGRAMS

Suggested for Individuals with Severe & Profound Disabilities

IN-PERSON



Art Exploration ★

Explore the world of art with your friends. Each week we will create a new masterpiece. Participants will learn different art techniques through painting, drawing, and much more.

Due to the generosity of Ecolab, Inc., this event is offered at a discounted rate for our residents.

Ages 13 and older with
severe & profound disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Sat, Oct 21 - Dec 9, **No program Nov 25**
1:00-2:00 pm
R: \$46, NR: \$92, LWSRA & SWSRA: \$68
Min/Max: 6/15
Registration Deadline: Sun, Sept 10

Boo Night ★

It's time to get spooky! Have fun with your friends at our Boo Night Halloween Bash! Spend the evening listening to music, making a Halloween craft, and enjoying a special snack.

Ages 13 and older with
severe & profound disabilities
Marie Irwin Center, Homewood
Fri, Oct 20
6:00-7:00 pm
R: \$25, NR: \$33
Min/Max: 4/10
Registration Deadline: Sun, Oct 8

TEEN & ADULT PROGRAMS

Suggested for Individuals with Physical Disabilities

IN-PERSON

Games Galore ★

Get your game faces on and join SSSRA for our new Games Galore program! Spend time together playing a variety of games such as card games, dice games, and board games! This program will improve socialization skills and is a great way to challenge yourself! Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at Richton Park Community Center at 11:00 am.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older with physical disabilities
Richton Park Community Center
Mon, Oct 9 - Nov 27
10:00-11:00 am
R: \$88, R w/ transportation: \$222,
NR: \$120, LWSRA & SWSRA: \$88
Min/Max: 4/8
Registration Deadline: Sun, Sept 10



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Abstract Artists ★

This craft program is centered around the use of different mediums to create artwork. Paint and draw using different methods and tools, such as forks or sponges. The opportunity to create unique art pieces will make you feel just like Picasso! Come and explore all of the ways that we can create art using everyday items!

Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at Richton Park Community Center at 11:00 am.

Due to the generosity of Suburban Service League, this program is offered at a discounted rate for our residents.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older with physical disabilities
Richton Park Community Center
Tues, Oct 10 - Nov 28
11:00 am-12:00 pm
R: \$85, R w/ transportation: \$185,
NR: \$128, LWSRA & SWSRA: \$95
Min/Max: 4/10
Registration Deadline: Sun, Sept 10

Fall Party ★

It's the season of pumpkin carving, apple picking, and campfires! Engage in fall themed activities that will be sure to put us in the spirit of the season. Dinner will be provided.

Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at Tony Bettenhausen Recreation Center at 3:00 pm.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older with physical disabilities
Tony Bettenhausen Recreation Center, Tinley Park
Thurs, Oct 5
3:00-6:00 pm
R: \$35, R w/ transportation: \$55,
NR: \$50, LWSRA & SWSRA: \$35
Min/Max: 4/10
Registration Deadline: Sun, Sept 17



Did you know that participants do not have to be everyday wheelchair users to participate in adaptive sports? Adaptive equipment is used to give everyone the opportunity to play at the same level, including participants who have gait instability or an inability to run.

Adaptive Boccia ★

Boccia is a Paralympic sport that involves strategy, control, and focus. Joining this recreational Boccia program is a great way to learn the ropes of the sport and develop the necessary skills needed to be successful! All equipment will be provided, so please come out and socialize with your friends as we engage in some friendly competition on the court!

Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the Tony Bettenhausen Recreation Center at 11:00 am.



Residents will be notified of their pick-up time for door-to-door transportation.

Due to the generosity of Ecolab, Inc., this event is offered at a discounted rate for our residents.

Ages 13 and older
 Tony Bettenhausen Recreation Center, Tinley Park
 Thurs, Oct 12 - Nov 30, **No program Nov 23**
 11:00 am-12:15 pm
 R: \$49, R w/ transportation: \$130,
 NR: \$75, LWSRA & SWSRA: \$55
 Min/Max: 4/12
 Registration Deadline: Sun, Sept 10

Adaptive Pickleball ★

The trending game of pickleball can be played by all! Pickleball is a blend of tennis and ping-pong. This sport has simple rules that make it easy for anyone to join in on the fun. Sign up for this special event if you want to learn about all of the physical and social benefits this new sport has to offer! Equipment will be provided, but if you have a racquet of your own, feel free to bring it. Please wear workout clothes and bring a bottle of water.

Door-to-door transportation will be provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at Park Forest Tennis Club at 5:00 pm.



Residents will be notified of their pick-up time for door-to-door transportation.

Ages 13 and older
 Park Forest Tennis Club
 Wed, Nov 8
 5:00-6:30 pm
 R: \$24, R w/ transportation: \$43,
 NR: \$33, LWSRA & SWSRA: \$24
 Min/Max: 4/12
 Registration Deadline: Sun, Oct 22

TEEN & ADULT SPECIAL EVENTS

IN-PERSON

S'mores & Stories ★

Ghouls, witches, and ghosts... oh my! Kick off the spooky season with a campfire and s'mores. Bring your favorite Halloween story to tell! Please dress for the weather, bring a bottle of water, and eat before attending.

Ages 13 and older
Irons Oaks Environmental Learning Center,
Olympia Fields
Fri, Sept 29
6:30-8:00 pm
R: \$16, NR: \$22
Min/Max: 6/20
Registration Deadline: Sun, Sept 10

Transportation

SSSRA Office
Departure Time: 5:00 pm
Return Time: 11:15 pm

Coyote Run, Flossmoor
Departure Time: 5:30 pm
Return Time: 10:45 pm

Fright Fest

Are you ready to have a ghoulish good time at Fright Fest? Enjoy the thrills of the rides during the day and chills by night as you stroll through a haunted park filled with ghosts, ghouls, and all types of characters.

Please wear comfortable shoes and dress for the weather. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please note, there are flash and strobe effects used throughout the park. Please contact the SSSRA Office if you need handicap passes for rides. Great America is a cashless venue. Participants must bring a debit card or credit card for food or souvenirs.

Ages 13 and older
Great America, Gurnee
Sat, Sept 30
10:00 am-7:00 pm
R: \$120, NR: \$162
Min/Max: 10/20
Registration Deadline: Sun, Sept 10

Transportation

SSSRA Office
Departure Time: 8:30 am
Return Time: 8:45 pm

Coyote Run, Flossmoor
Departure Time: 9:00 am
Return Time: 8:15 pm

FALL REGISTRATION

In-Person Program Registration Dates

Resident Registration
Begins Monday, August 7 at 9:00 am

Non-Resident Registration
Begins Monday, August 21 at 9:00 am

Registration deadlines vary. Please note program or special event description.

Virtual Program Registration Dates

Resident Registration
Begins Monday, August 7 at 9:00 am

Non-Resident Registration
Begins Monday, August 7 at 9:00 am

Registration deadlines vary. Please note program or special event description.

IN-PERSON

I Love the 90s Co-Op Dance

Our friends at SWSRA are hosting a 90's themed dance, so grab your neon shirts and hair crimpers, and get ready to travel back in time! Please eat before arriving for the dance.

Ages 13 and older
Midlothian Park District

Fri, Oct 6

7:00-9:00 pm

R: \$27, R w/ transportation (home only)*: \$47,

NR: \$36, LWSRA & SWSRA: \$27

Min/Max: 10/20

Registration Deadline: Sun, Sept 3

Transportation

SSSRA Office

Departure Time: 5:45 pm

Return Time: 10:00 pm

Coyote Run, Flossmoor

Departure Time: 6:15 pm

Return Time: 9:30 pm

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

Chicago Fire Soccer ★

Soccer is hot this year and SSSRA is heading to Soldier Field for a game! Watch the Chicago Fire FC take on the Charlotte FC in an end of the season match up. Dinner will be provided. Please note, Soldier Field is a cashless venue. Participants must bring a debit card or credit card for snacks or souvenirs.

Due to the generosity of Suburban Service League, this event is offered at a discounted rate for our residents.

Ages 13 and older

Soldier Field, Chicago

Sat, Oct 7

7:30 pm Game Time

R: \$50, R w/ transportation (home only)*: \$70,

NR: \$84, LWSRA & SWSRA: \$62

Min/Max: 10/20

Registration Deadline: Sun, Sept 3

Transportation

SSSRA Office

Departure Time: 5:00 pm

Return Time: 11:15 pm

Coyote Run, Flossmoor

Departure Time: 5:30 pm

Return Time: 10:45 pm

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.



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Find us on Instagram
[@sssra1973](https://www.instagram.com/sssra1973)

Bears on the Big Screen

Calling all football fans! Come out to Buffalo Wild Wings to enjoy a great meal with your friends while rooting for the Chicago Bears on the big screen. We will watch the Chicago Bears take on the Minnesota Vikings.

Ages 13 and older

Buffalo Wild Wings, Tinley Park

Sun, Oct 15

11:30 am-2:30 pm

R: \$28, NR: \$38

Min/Max: 10/20

Registration Deadline: Sun, Sept 24

TEEN & ADULT SPECIAL EVENTS

IN-PERSON

Bengston's Pumpkin Farm ★

Join us this fall season for an evening at Bengston's Pumpkin Farm! This fun filled farm has many attractions, such as a petting zoo, rides, delicious treats, and loads of pumpkins. Please note, Bengston's Pumpkin Farm is a cashless venue. Participants must bring a debit card or credit card to purchase food and souvenirs. Dinner will be provided. Please wear comfortable shoes and dress for the weather. Participants must be able to work successfully in a 1:4 staff to participant ratio.

This program will take place in rainy conditions unless there is thunder and lightning.

Due to the generosity of Ecolab, Inc., this event is offered at a discounted rate for our residents.

Ages 13 and older
Bengston's Pumpkin Farm, Homer Glen
Fri, Oct 20
3:00-7:00 pm
R: \$50, NR: \$95, LWSRA & SWSRA: \$70
Min/Max: 6/15
Registration Deadline: Sun, Sept 24

Transportation

SSSRA Office
Departure Time: 2:00 pm
Return Time: 8:00 pm

Coyote Run, Flossmoor
Departure Time: 2:30 pm
Return Time: 7:30 pm

Monster Mash

Attention all ghouls and goblins! It's time to celebrate with your SSSRA friends at our annual Halloween dance. Pizza and salad will be served for dinner along with other tricks and treats. There will be a costume contest, so it's never too early to start planning yours!

Ages 13 and older
Country Club Hills Community Recreation Center
Fri, Oct 27
7:00-9:00 pm
R: \$26, R w/ transportation (home only)*: \$46,
NR: \$35, LWSRA & SWSRA: \$26
Min/Max: 10/100
Registration Deadline: Sun, Oct 8

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

WNDR Museum ★

The WNDR Museum is an interactive walkthrough of art and technology used to create fun illusions and sensory experiences where YOU are part of the art. Look at art in a whole new way! Admission and lunch are included in the fee.

Ages 13 and older
WNDR Museum, Chicago
Sun, Nov 5
11:00 am-3:00 pm
R: \$70, NR: \$95
Min/Max: 6/15
Registration Deadline: Sun, Oct 15

Transportation

SSSRA Office
Departure Time: 9:45 am
Return Time: 4:00 pm

Coyote Run, Flossmoor
Departure Time: 10:15 am
Return Time: 3:30 pm

Friendsgiving Co-Op Dance

We are thankful to be dancing at the NWCSRA Friendsgiving Co-Op Dance! We will enjoy an evening of dinner and dancing. Be sure to register early because this event will fill up quickly.

Ages 13 and older
NWCSRA, Romeoville
Fri, Nov 17
6:30-9:00 pm
R: \$33, R w/ transportation (home only)*: \$53,
NR: \$45, LWSRA & SWSRA: \$33
Min/Max: 6/20
Registration Deadline: Sun, Oct 22

Transportation

SSSRA Office
Departure Time: 5:00 pm
Return Time: 10:00 pm

Coyote Run, Flossmoor
Departure Time: 5:30 pm
Return Time: 9:30 pm

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.



Christkindlmarket ★

Have you ever wanted to go to the Christkindlmarket? Now's your chance to experience a little bit of a German holiday market! What can you expect? The smell of roasted chestnuts, fresh pretzels, bratwurst; the sound of festive music; and the glimmer of sparkling Christmas ornaments - all in a cozy atmosphere. Visiting the market takes all your senses on a journey!

Please bring money for food, a souvenir mug for hot chocolate, and shopping. Visit the Christkindle Market website for more information (www.christkindlmarket.com/aurora). The website will be updated closer to the opening of the market (usually November). This will help you determine how much money is needed for the day and what is available. Participants must be able to work successfully in a 1:4 participant to staff ratio.

Ages 13 and older
River Edge Park, Aurora

Sat, Dec 2
12:00-3:00 pm
R: \$35, NR: \$47
Min/Max: 6/15

Registration Deadline: Sun, Nov 12

Transportation

SSSRA Office
Departure Time: 10:15 am
Return Time: 4:45 pm

Coyote Run, Flossmoor
Departure Time: 10:45 am
Return Time: 4:15 pm

Tinley Park Parade of Lights

SSSRA is participating in the Tinley Park Parade of Lights through the downtown area. Help us pass out candy and wave to the crowds as we walk the parade routes. Please dress for the weather, wear comfortable walking shoes, bring a bottle of water, and eat before arriving.

Due to the generosity of SSSRA fundraising supporters, this event is offered free of charge for our residents.

Ages 13 and older
Downtown Tinley park
Sun, Dec 3
3:45-7:30 pm
R: FREE, NR: \$45, LWSRA & SWSRA: \$33
Min/Max: 6/10
Registration Deadline: Sun, Nov 12

Transportation

SSSRA Office
Departure Time: 3:45 pm
Return Time: 7:30 pm

Drama Show

See your friends perform at Freedom Hall! The Drama Club has been hard at work all season and is ready to put on a show that you will not forget. This event is free, so bring your friends and family members. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

Ages 13 and older
Freedom Hall, Park Forest
Mon, Dec 4
7:00 pm Show time
R: FREE, NR: FREE
Min/Max: 1/100
Registration Deadline: Sun, Dec 3

TEEN & ADULT SPECIAL EVENTS

IN-PERSON

Holiday Dance

Get into the holiday spirit by singing and dancing to all of your favorite holiday songs. Feel free to wear your favorite holiday sweater. We will start the evening off with dinner and socializing, then dance the night away. The end of the evening will include a visit from everyone's favorite couple - Santa and Mrs. Claus!

Ages 13 and older

The Park Place, Oak Forest

Fri, Dec 8

7:00-9:00 pm

R: \$30, R w/ transportation (home only)*: \$50,

NR: \$40, LWSRA & SWSRA: \$30

Min/Max: 25/100

Registration Deadline: Sun, Nov 19

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

Holiday Lights & Hot Chocolate ★

All aboard the SSSRA Holiday Bus! We are going to drive around some of our local communities to enjoy awesome light displays. As we drive around, we will sing along to Christmas music. At the end of the night, we can talk about our favorite displays as we enjoy hot chocolate.

Ages 13 and older

Various Locations

Sat, Dec 9

6:00-8:30 pm

R: \$20, R w/ transportation (home only)*: \$40,

NR: \$27, LWSRA & SWSRA: \$20

Min/Max: 6/15

Registration Deadline: Sun, Nov 19

Transportation

SSSRA Office

Departure Time: 5:00 pm

Return Time: 9:30 pm

Coyote Run, Flossmoor

Departure Time: 5:30 pm

Return Time: 9:00 pm

*Door-to-door transportation home is offered for residents only. Maximum participants is 8.

Christmas Around the World & Holiday Lights at Museum of Science and Industry ★

See trees that represent holiday traditions and cultures from around the world! The tradition of this exhibit began in 1942 with a single tree. Today, the Museum's beloved annual celebration features a Grand Tree, surrounded by more than 50 trees. It's a one-of-a-kind experience! Don't forget to bring your camera to take pictures of your favorite trees! We will also explore other exhibits throughout the museum. Lunch is included, and we will eat at the museum. Please wear your walking shoes. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Due to the generosity of Suburban Service League, this event is offered at a discounted rate for our residents.

Ages 13 and older

Museum of Science and Industry, Chicago

Sun, Dec 10

11:00 am - 3:00 pm

R: \$50, NR: \$92, LWSRA & SWSRA: \$68

Min/Max: 6/15

Registration Deadline: Sun, Nov 5

Transportation

SSSRA Office

Departure Time: 8:45 am

Return Time: 4:30 pm

Coyote Run, Flossmoor

Departure Time: 9:15 am

Return Time: 4:00 pm



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IN-PERSON

Holiday Shopping & Lunch

It's almost Christmas time! That means it's time to go shopping for your friends and family. SSSRA is heading to the Aurora Outlet Mall. Staff will help you find the perfect gift for that special someone, or maybe even a gift for yourself. After we shop, we will socialize at lunch. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Ages 13 and older
Aurora Outlet Mall
Sat, Dec 16
10:30 am-3:00 pm
R: \$53, NR: \$72
Min/Max: 6/15
Registration Deadline: Sun, Nov 19

Transportation

SSSRA Office
Departure Time: 9:00 am
Return Time: 4:30 pm

Coyote Run, Flossmoor
Departure Time: 9:30 am
Return Time: 4:00 pm

New Year's Eve Overnight

Get ready to count down the hours until the New Year with a smile on your face! We will be spending the night at Comfort Inn & Suites in Tinley Park. Join us for an unforgettable start to the year as we play games and laugh the past year away! Transportation is not included.

Please note: Participants must have independent self-help skills and be willing and able to stay with the group. Participants must be able to work successfully in a 1:4 staff to participant ratio, display appropriate table manners, and have participated in SSSRA weekly programs. SSSRA reserves the right to determine the appropriateness of participants for this event.

Ages 13 and older
Comfort Inn & Suites, Tinley Park
Fri, Jan 5 - Sat, Jan 6
5:00 pm-10:00 am
R: \$115, NR: \$155
Min/Max: 6/15
Registration Deadline: Sun, Dec 3

FALL REGISTRATION

In-Person Program Registration Dates

Resident Registration
Begins Monday, August 7 at 9:00 am

Non-Resident Registration
Begins Monday, August 21 at 9:00 am

Registration deadlines vary. Please note program or special event description.

Virtual Program Registration Dates

Resident Registration
Begins Monday, August 7 at 9:00 am

Non-Resident Registration
Begins Monday, August 7 at 9:00 am

Registration deadlines vary. Please note program or special event description.

TEEN & ADULT PROGRAMS

VIRTUAL

Book Club - *The Lightning Thief*

Grab a comfy seat and get ready to read *The Lightning Thief* by Rick Riordan. This is the first book in the Percy Jackson series. Read about Percy's adventures as he travels and tries to get Zeus' master bolt back from a thief. Along the way, Percy meets characters from mythology that are trying to stop him.

SSSRA will send everyone their own copy of the book before the start of the program, so make sure you register early to receive your book. We will read the book together and have discussions about the book each week.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Mon, Oct 9 - Nov 27

6:30-7:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Mon, Oct 2

Kitchen Fun

It's time to put your chef's hat on! Learn how to cook and bake using different recipes. Each week, we will make a different snack or food item. A list of recipes will be emailed out the week before the program begins.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Tues, Oct 10 - Nov 28

11:00-11:30 am

R: FREE, NR: FREE

Min/Max: 5/50

Registration Deadline: Tues, Oct 3

Social Time

It's always good to see friendly faces and chat with friends! Learn about each other as we talk about interests, hobbies, or our favorite food. Tell the group about your weekend plans or share a funny joke. We are looking forward to having conversations with old and new friends each week.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Tues, Oct 10 - Nov 28

4:00-4:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Tues, Oct 3

Drawing Techniques

Doodling, focal point, primary colors, and secondary colors are terms you may have heard related to drawing and the creative process. Start exploring your creative side by learning drawing techniques. You will receive a drawing book so you can show your friends and family what you are learning.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Tues, Oct 10 - Nov 28

6:30-7:00 pm

R: FREE, NR: FREE

Min/Max: 5/50

Registration Deadline: Tues, Oct 3

Dice Bowling

Virtual Dice Bowling is back! Grab a die and let's see how many strikes and spares we can "bowl." Everyone will take turns rolling, and we will keep score.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Wed, Oct 11 - Nov 29

11:00-11:30 am

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Wed, Oct 4



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Basic Sign Language

Have you ever wanted to learn how to spell your name using sign language? Here's your chance to learn the basic signs, letters, and numbers. Each week, we will focus on a new theme and review old themes. We will practice together with questions and answers.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Thurs, Oct 12 - Nov 30, **No program Nov 23**

11:00-11:30 am

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Thurs, Oct 5

Fun Facts of the Past

Explore topics such as inventions, music, sports, or random facts of the past. The facts may be oldies or something that happened just last week. We will learn and share together!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Thurs, Oct 12 - Nov 30, **No program Nov 23**

4:00-4:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Thurs, Oct 5

What National Day Is It?

Explore what national day it is! For example, maybe today is National Chocolate Day. As a group we will talk about each "National Day." It's always good to see a friendly face and have great conversation among friends!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Fri, Oct 13 - Dec 1, **No program Nov 24**

11:00-11:30 am

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Fri, Oct 6

Weight Workout

Grab your weights and water and join us for a workout! We will stay in shape by lifting light weights with repetition. No weights? No worries! You can still join us. Body weight is just as effective!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Fri, Oct 13 - Dec 1, **No program Nov 24**

2:00-2:30 pm

R: FREE, NR: FREE

Min/Max: 5/100

Registration Deadline: Fri, Oct 6

Decades Trivia

Do you remember what year the Brady Bunch first aired? Do you know all the characters from Mr. Rogers' Neighborhood? Time to test your knowledge on trivia from the past few decades!

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Mon, Oct 2

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Mon, Sept 25

The Louvre - Museum Tour

Housing the Mona Lisa by DiVinci, the Louvre Museum in Paris, France, is one of the most famous art museums in the world. We will see famous paintings, learn the history of the building design, and enjoy the beauty of the gardens around the building.

Due to the generosity of an Anonymous Donor, this program is offered free of charge for all participants.

Ages 13 and older

Virtual

Thurs, Dec 7

5:00-6:00 pm

R: FREE, NR: FREE

Min/Max: 10/50

Registration Deadline: Thurs, Nov 30

MIND-BODY-BALANCE FOR VETERANS



MIND-BODY-BALANCE —★ FOR VETERANS ★—

Mind-Body-Balance for Veterans is a fitness program designed to serve disabled Veterans throughout SSSRA's member communities. SSSRA and our member communities are committed to making a difference in the lives of Veterans by offering an opportunity to establish a healthy lifestyle through wellness and fitness goals.

Mind-Body-Balance for Veterans is offered to Veterans of all ages with a DD214 Honorable Discharge and 10% or higher disability rating. The program includes a free one-year gym membership, a personal training session option, and monthly social activities. Accessible equipment is available.

Veterans must be residents of one of SSSRA's member communities.

Mind-Body-Balance for Veterans registration will be accepted January 1-May 31 and September 1-December 31.

Mind-Body-Balance for Veterans is offered at the following fitness facilities:

H-F Racquet & Fitness Club
2920 W. 183rd Street, Homewood

Matteson Community Center
20642 Matteson Avenue, Matteson

Oak Forest Health & Fitness Center
15601 S. Central Avenue, Oak Forest

Tinley Fitness
8125 W 171st Street, Tinley Park

For more information, please contact:
Juanita Williams
815.806.0384
juanita@sssra.org.

5 WAYS TO REGISTER

SSSRA offers 5 ways to register for programs.

Please visit www.sssra.org, call 815.806.0384, or email register@sssra.org if you have any questions.



Online



Mail



Fax



Drop Off



Email

First Time Participants - \$15 Off

1. Clip the coupon below and attach it to your completed registration form.
2. Deduct \$15 off the total fee from your payment.
3. Submit the registration form and coupon by the registration deadline to the SSSRA office.

If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.

\$15 WELCOME COUPON

\$15 off SSSRA program or special event for new participants. Valid for residents only. Siblings, spouses, parents, and non-residents are not eligible for the coupon. Excludes Summer Day Camp and weekend trips.

If registering online, please call 815.806.0384 or email info@sssra.org to use the coupon.



How to Register

- Online register.capturepoint.com/SSSRA
- Mail Send completed registration form with payment to our office -
19910 80th Avenue, Tinley Park, IL 60487
- Fax Fax completed registration form to 815.806.0390. Please call our office at 815.806.0384 to pay over the phone.
- Drop Off Bring completed registration form to our office -
19910 80th Avenue, Tinley Park, IL 60487
A drop box is located on the north side of the building if after business hours.
- Email Email completed registration form to register@sssra.org. Please call our office at 815.806.0384 to pay over the phone.

Your receipt will be sent to you after your registration is processed. You will be notified if a program is cancelled.

Online payments can be made with a credit card. Office payment options include credit card, check, or money order. Credit cards accepted are VISA, MasterCard, or Discover Card. Cash will only be accepted in person at the SSSRA office.

If you are registering online, the Annual Information Form is available on the online registration website. If you are registering in the office, the Registration Form, Annual Information Form, and Scholarship Application are available as fillable forms on our website. Please visit www.sssra.org/forms/ to access the forms.

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 Application (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 or weekend trips. SSSRA reserves the right to request proof of financial circumstances, including tax return documents, when needed.

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. Refunds can be issued in the form of a credit to the account or a check can be issued. Some refunds can go back to the original credit card. Please inform the office how you would like to receive your refund.
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%.

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 35% higher than resident fees for programs, summer day camp, and 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-residents may begin to register for virtual programs on the same day as resident registration begins. Non-residents may begin to register for in-person programs three weeks after resident registration begins. Registration will be on a first-come, first-serve basis. Non-resident registrations for in-person programs will be processed if vacancies still exist in the programs.

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, credit card, check, or money order. Online payments can be made with a credit card. Office payment options include credit card, check, or money order. Credit cards accepted are VISA, MasterCard, or Discover Card. Cash will only be accepted in person at the SSSRA office.
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. 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. Please call the office for details if you are registering online.
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 a minimum payment of 25% of the registration fees along with the completed and signed registration form and waiver(s). 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, a minimum payment of 25% of the registration fees 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 residents. 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 \$35 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.

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.

Parent(s)/Guardian(s) Email Address _____

☐ Place a checkmark here if you would like to receive our email newsletter. SSSRA will not share your email address.

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).

Registration forms will be accepted by walk-ins, mail, facsimile, or online. 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(s). When sending a facsimile transmission to SSSRA, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original form. Please call the SSSRA office to confirm that your fax was received.

Program Name	Code	Resident Fee	Non-Resident Fee
Guest Name:			
Program/Event:			
Guest Name:			
Program/Event:			
	Total		

An updated Annual Information Form and Medication Dispensing Form (if applicable) must be on file to complete registration.

For Office Use Only										
Date	Waiv	BD	Inf	Code Fee	Tot	Pay	Sch	ML	CommPass	Initials
Amt Applied		From		Form of Payment			Date		Amt Rec	
1. \$										
2. \$										
3. \$										
4. \$										
5. \$										
6. \$										
7. \$										
8. \$										

To be registered you must:

1. Pay previous balance in full.
2. Complete all necessary forms.
3. Parent/Legal Guardian must sign all necessary forms.
4. A deposit must accompany form.
5. Complete credit card information below or contact the office for additional payment options.

☐ MasterCard ☐ VISA ☐ Discover

Account # _____/_____/_____

Expiration Date:____/____ CVC Code:_____

Signature: _____

Registration form must be filled out completely and signed by parent or guardian. Return to the SSSRA office with a deposit to be considered registered.

Please write in program choices and sign waiver(s).
All guests must sign waiver(s).



SSSRA 19910 80th Avenue
Tinley Park, IL 60487

815.806.0384
815.806.0390 (Fax)
711 (Illinois Relay System)
www.sssra.org | info@sssra.org

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Participation Waiver

All participants who enroll in SSSRA's Programs must sign off on the following expectations, warning of risk, and supervision requirements to be eligible to participate.

Behavior Expectations

SSSRA requires all participants to comply with the following:

1. Show respect to all participants and staff. Must refrain from threatening or causing bodily harm to self or other participants or staff. Bullying of any form will not be tolerated.
2. Listen to and comply with staff directions.
3. Refrain from using foul language or other offensive behavior such as rude or inappropriate gestures or sexually explicit language.
4. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
5. Remain fully clothed at all times.
6. Audio or video recording by participants of our programs is strictly prohibited.
7. Participants must show respect for equipment, supplies and facilities

If inappropriate behavior occurs, staff will provide a warning. If inappropriate behavior continues to occur, staff will discontinue participation immediately. Staff will follow up with the parent/caregiver at the conclusion of the program by phone to discuss future eligibility. A prompt resolution will be sought specific to each individual situation.

Note: SSSRA reserves the right to resort to immediate dismissal depending on the nature of the incident.

Warning of Risk

You should consult your physician or other health care professional before starting any of SSSRA's programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries.

I understand that it is my responsibility to ensure there is adequate space for myself or my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each participant or parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen.

To the extent permitted by law, South Suburban Special Recreation Association and its affiliates disclaim any-and-all liability in connection with the activity/program presented and any instructions and advice provided.

Mandated Reporter Statement

All SSSRA Staff are mandated reporters and as such are legally required to report any of the following:

1. Abuse and neglect of a child, elder, or of an individual who is mentally or physically disabled.
2. Suicide threats.
3. Threats to the well-being of others.

Supervision Acknowledgment

Due to the limitations of virtual recreation programming staff will not be able to support disruptive or challenging behavior in the ways that they are traditionally able to. Additionally, our programming may not be fully inclusive of each individual's unique needs. For these reasons we ask that a parent/caregiver or family member can supervise and provide intervention as needed.

SOUTH SUBURBAN SPECIAL RECREATION ASSOCIATION Program Participation Waiver, Release of All Claims and Hold Harmless Agreement

Please read this form carefully and be aware that, in signing up and participating in South Suburban Special Recreation Association (SSSRA) 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. I understand that it is my responsibility to ensure there is adequate space for myself or my child/ward to follow the instructor's directions and movements safely and without the possibility of tripping or colliding with objects, furniture, walls, stairwells, or any other object that could pose a potential injury, and that each participant or parent/guardian is solely responsible for assessing if they can participate safely in the space they have chosen. *“You should consult your physician or other health care professional before starting any of SSSRA programs that involves athletic activities, strenuous exertion program, such as dance, exercise, or movement programs etc., to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating you should stop immediately. If you choose to participate with SSSRA programs, you do so at your own risk and acknowledge that the activity/programs carry an inherent risk of physical injuries. To the extent permitted by law, the SSSRA and its affiliates disclaim any-and-all liability in connection with the activity/program presented and any instructions and advice provided.”*

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.

By signing this waiver, you acknowledge and agree to following the Code of Conduct. This includes Behavior Expectations, Warning of Risk, Mandated Reporter Statement, and Supervision Acknowledgement.

Printed Name of Participant

Date


Printed Name of Parent or Legal Guardian

Signature (If Own Guardian), Parent, or Legal Guardian


If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

THANK YOU from *Empower Society* EMPOWERSOCIETY21.ORG

 **EMPOWERING & INSPIRING THE LIVES OF INDIVIDUALS WITH DOWN SYNDROME, OTHER ABILITIES & THEIR FAMILIES**

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  **@EMPOWERSOCIETYAPP**
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Country Club Hills Community Recreation Center
4709 W. 179th Street,
Country Club Hills

**Coyote Run Golf Course/
Wiley's Grill**
800 Kedzie Avenue, Flossmoor

Don Gorman Field House
4412 Henry Street, Oak Forest

Freedom Hall / Central Park
410 Lakewood Boulevard,
Park Forest

Irons Oaks
20000 Western Avenue,
Olympia Fields

Marie Irwin Community Center
18120 Highland Avenue, Homewood

**Matteson Community Center
(Matteson Avenue)**
20642 Matteson Avenue, Matteson

**Oak Forest Park District/Tichan
House/Fitness Center**
15601 South Central Avenue,
Oak Forest

**Olympia Fields Park District / The
Bradford Barn / Disc Golf Course**
20712 Western Avenue,
Olympia Fields

Richton Park Community Center
4445 Sauk Trail, Richton Park

SSSRA Office
19910 80th Avenue, Tinley Park

**Tony Bettenhausen Recreation
Center / Community Park / White
Water Canyon / Fitness Center**
8125 W. 171st Street, Tinley Park



19910 80th Avenue
Tinley Park, IL 60487

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Tinley Park, IL 60487



ABA Therapy FOR AUTISM

ABA (applied behavior analysis) therapy provides individualized behavior training and intervention for children with autism. It is used to help individuals with autism live happy and productive lives.

ABA therapy can foster basic skills such as looking, listening and imitating, as well as complex skills such as reading, conversing and understanding another person's perspective. ABA therapy encompasses research based strategies used to treat autism and attacks all deficits systematically and intensively.

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Groups focus on

- Fine Motor
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- Vocabulary
- Communication
- Pretend play skills
- School readiness
- Comprehension
- Language acquisition

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- Intensive Preschool ABA Services
- Life Skills - potty training, brushing teeth, dressing, etc



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