

# FALL 2021



**SSSRA**  
South Suburban Special  
Recreation Association

*Providing Therapeutic Recreation Services Since 1973*

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  
Tinley Park, IL 60487  
Office Hours 9:00 am - 5:00 pm

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

## SSSRA STAFF

**Lisa Drzewiecki, CPRP**  
Executive Director  
lisa@sssra.org

**Heather Specht, MS, CTRS**  
Superintendent  
heather@sssra.org

**Tammy McMahan, CPRP**  
Inclusion Manager  
tammym@sssra.org

**Rob Hentschel**  
Support Staff Manager  
rob@sssra.org

**Laura Pubins**  
Operations Manager  
laura@sssra.org

**Christine Martinez**  
Recreation Specialist  
christine@sssra.org

**Regina Ross-Ellison**  
Finance & Office Manager  
regina@sssra.org

**Sandy DeFrancesco**  
Secretary/Registrar  
sandy@sssra.org

**Jan Miller**  
Secretary/Registrar  
janice@sssra.org

**Anna Broccolo**  
Public Relations Manager  
anna@sssra.org

**John Braun**  
Vehicle Maintenance Coordinator  
john@sssra.org

## SSSRA MEMBERS

**Country Club Hills Park District**  
Dwone Ross, Sr.

**Hazel Crest Park District**  
Joseph Bertrand

**Homewood-Flossmoor Park District**  
Mike Gianatasio

**Lan-Oak Park District**  
Michelle Havran

**Matteson Recreational Division**  
Lisa Hill

**Oak Forest Park District**  
Cindy Grannan

**Olympia Fields Park District**  
Jesus Vargas

**Park Forest Recreation & Parks Department**  
Kevin Adams

**Richton Park Parks & Recreation Department**  
Ashley Turner

**Tinley Park-Park District**  
Meghan Fenlon

## 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.



Find us on Facebook  
facebook.com/sssra1973



Find us on Instagram  
@sssra1973

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

## 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 Tammy McMahan 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. First time participant 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, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth.

We hope that through this agreement, each agency's residents will have expanded opportunities for program participation. For additional information about this agreement, please call SSSRA at 815.806.0384. To receive a copy of the SWSRA brochure, call the SWSRA office at 708.389.9423.

## SSSRA and LWSRA Cooperative Agreement

SSSRA has a cooperative agreement with Lincolnway Special Recreation Association (LWSRA). This agreement enables participants who reside in SSSRA and LWSRA resident communities to participate in most programs offered by either association at resident rates. Please note that this does not include day camp, vacation trips, away camps, and weekend trips. Special services such as scholarships and door-to-door transportation are not included in this agreement. First time participant 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.

# GENERAL INFORMATION

## Behavior Guidelines

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

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

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

- Participants must be able to maintain 6 feet apart from other participants/staff.
- Participants must be able to wear a face covering.
- Participants must be able to stay with the group.
- Participants must always keep their hands and feet to themselves.
- A questionnaire will be sent to families prior to the start of each program/special event.

## 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.

**Please call 815.806.0384 for weather related cancellations.**

**Extension 23 for weekly programs and special events, and extension 24 for Special Olympics.**

## 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.**

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

## 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

We will not be mailing out a Summer brochure. Program information will be available on our website. Updates will also be sent in email newsletters and posted on our Facebook page. Email [info@sssra.org](mailto:info@sssra.org) to sign up for our newsletter. If you would like to have a program schedule mailed to you each month, please call 815.806.0384.

# GENERAL INFORMATION

## Transportation


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

1. All passengers must be sitting in seats or wheelchairs with belts securely fastened. The driver will not proceed until all seat belts are fastened.
2. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
3. SSSRA has established transportation policies to ensure the safety of all passengers. If SSSRA staff determines it would be dangerous to transport an individual, SSSRA reserves the right to refuse to transport that person.
4. Persons riding in Amigo-type wheelchairs may have to transfer into a vehicle seat and use a seat belt. Amigo-type wheelchairs are not designed to transport individuals in moving vehicles.
5. 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	<b>Coyote Run, Flossmoor</b>	
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





In response to the recent CDC guidelines on the use of masks indoors, and in compliance with the Illinois Governor's Executive Order 2021-10, SSSRA is revising our mask use guidelines as follows:

## SSSRA Participants

- SSSRA participants who are fully vaccinated\* do not need to wear a mask indoors or outdoors at the SSSRA office.
- Children ages 2 through 12 and all other individuals who are not fully vaccinated are required to wear a mask inside the SSSRA office.
- Children ages 2 through 12 and all other individuals who are not fully vaccinated are required to wear a mask outdoors while participating in SSSRA programs if they are unable to maintain social distancing of six-feet from others.
- SSSRA will follow all park district guidelines when participating at the park district facility.
- SSSRA participants and families are expected to be truthful about their vaccination status and follow the mask guidelines in accordance with their current vaccination status.

## SSSRA Employees

- Employees who are fully vaccinated\* do not need to wear a mask if they are working with participants ages 13 & older.
- Employees who are fully vaccinated\* and working with children under the age of 12 may remove masks only when outdoors and able to maintain a social distance of six-feet from others.
- Employees who are not fully vaccinated are required to wear masks at all times in the SSSRA office and outdoors when unable to maintain a six-foot distance from others.
- Employees who are fully vaccinated\* will provide proof of their status prior to working without a mask.

\*Fully vaccinated means having received both doses of Pfizer or Moderna, or one dose of Johnson & Johnson, plus a two-week waiting period after the last dose.

## Virtual

### Stretching

Are you looking for a fitness class to join to shake off the cobwebs? Join your SSSRA friends for a fun-filled stretching class! We will be reaching for the sky, doing side bends, twists and many other stretches to help with our flexibility. Make sure to wear your exercise clothes and have a water bottle available to keep hydrated. 1,2,3... let's get stretching!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages

Virtual

Mon, Oct 11 - Nov 29

11:00-11:30 am

R: FREE, NR: FREE

Code: 25416

Registration Deadline: Sun, Oct 10 at 5:00 pm

### Animal Exploration

Have you ever wanted to learn about a hippopotamus, a monkey, or a lion? Come with SSSRA as we take a virtual tour of various zoos and natural habitats of wildlife! We will learn fun facts about the animals each week. It is sure to be a roaring good time!

**Due to the generosity of the following sponsor, this program is offered free of charge for all participants.**

**Anonymous Donor**

All ages

Virtual

Mon, Oct 11 - Nov 29

4:00-4:30 p,m

R: FREE, NR: FREE

Code: 25401

Registration Deadline: Sun, Oct 10 at 5:00 pm

### Kitchen Fun

It's time to put your chef's hat on! Join SSSRA as we learn how to cook and bake different recipes in the kitchen. Each week we will make a simple recipe. A list of ingredients will be emailed to you.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages

Virtual

Tues, Oct 12 - Nov 30

11:00-11:30 am

R: FREE, NR: FREE

Code: 25410

Registration Deadline: Mon, Oct 11 at 5:00 pm

### BINGO

Join us for everyone's favorite game! Whether you have 5 across, up and down, or diagonal, yell BINGO! Stay the whole time or play only a few games, we are just excited to see you!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages

Virtual

Wed, Oct 13 - Dec 1

11:00 am - 12:00 pm

R: FREE, NR: FREE

Code: 25419

Registration Deadline: Tues, Oct 12 at 5:00 pm





## Travel Buddies

We're not traveling right now, but we can visit many areas - from California to Vermont and everywhere in between. We will take a virtual trip, enjoy the view, and learn about various areas of the country and the world. We also want to hear about trips you have enjoyed and your favorite travels. We might even travel to one of your favorites! Let's get ready to travel the United States and beyond!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Wed, Oct 13 - Dec 1  
4:00-4:30 pm  
R: FREE, NR: FREE  
Code: 25417  
Registration Deadline: Tues, Oct 12 at 5:00 pm

## Game Time Fun

If you like to play trivia, memory, or anything in between, join us for Game Time Fun!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Wed, Oct 13 - Dec 1  
6:30-7:15 pm  
R: FREE, NR: FREE  
Code: 25423  
Registration Deadline: Tues, Oct 12 at 5:00 pm

## Basic Sign Language - **New!**

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, review old themes, and practice with questions and answers with the group.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Thurs, Oct 14 - Dec 2, No program November 25  
11:00-11:45 am  
R: FREE, NR: FREE  
Code: 25404  
Registration Deadline: Wed, Oct 13 at 5:00 pm

## Weight Workout

Grab some weights and your water bottle, and join us for a workout! Light weights and repetition will help keep us in shape. If you don't have weights, don't worry, using your body weight is just as effective.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Fri, Oct 15 - Dec 3, No program November 26  
2:00-2:30 pm  
R: FREE, NR: FREE  
Code: 25420  
Registration Deadline: Thurs, Oct 14 at 5:00 pm

## PROGRAMS FOR ALL AGES

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### Virtual

#### Fun Facts of the Past - **New!**

Come join SSSRA as we learn fun facts of the past! SSSRA is going to be exploring a variety of topics. We might learn about an invention and the inventor, a number one song and the artist who sang or wrote it, a famous sports figure that achieved something in their sport, or a random fun fact of the past! The fun fact may be an oldie and a goodie or just have happened last week! Come join SSSRA as we learn and share together!

**Due to the generosity of the following sponsor, this program is offered free of charge for all participants.**

##### Anonymous Donor

All ages

Virtual

Thurs, Oct 14 - Dec 2, No program November 25

4:00-4:30 pm

R: FREE, NR: FREE

Code: 25408

Registration Deadline: Wed, Oct 13 at 5:00 pm

#### 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 join in this fun filled night of Bingo. We will be joining the in-person Bingo players this season.

**Due to the generosity of the following sponsor, this program is offered free of charge for all participants.**

##### Anonymous Donor

All ages

Virtual

Thurs, Oct 14 - Dec 2, No program November 25

6:15-7:15 pm

R: FREE, NR: FREE

Code: 25424

Registration Deadline: Wed, Oct 13 at 5:00 pm

## SPECIAL EVENTS FOR ALL AGES

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### Virtual

#### Fall Celebrations - **New!**

Is Fall your favorite season? Come join SSSRA as we learn about Fall and some of the celebrations that happen during the season! We might learn about: Why is Halloween celebrated around the world, Thanksgiving in US, Oktoberfest in Germany or the Festival of the Yams in Ghana? See you as we explore and learn about Fall!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

##### Aileen S. Andrew Foundation

##### Anonymous Donor

All ages

Virtual

Thurs, Oct 7

5:00-6:00 pm

R: FREE, NR: FREE

Code: 25407

Registration Deadline: Wed, Oct 6 at 5:00 pm

#### Family Dance Party

Grab your family members or housemates and let's dance! We will spend the hour having fun, dancing to oldies and current songs. A great way to have fun, burn energy, and show off those fancy dance moves!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

##### Aileen S. Andrew Foundation

##### Anonymous Donor

All ages

Virtual

Fri, Oct 8

6:00-7:00 pm

R: FREE, NR: FREE

Code: 25425

Registration Deadline: Thurs, Oct 7 at 5:00 pm

### Indoor Scavenger Hunt - **New!**

Scavenger Hunt time! We will be looking for items that are around your house. This is a perfect activity to do with the whole family, so don't forget to ask them to join in the fun! The staff will ask you to find an item and give you time to look. You will bring the item back to group and share. You might be asked to find something red or round. You might bring an apple back to the group because it is red or a ball because it is round. Ready, set, let's go on a scavenger hunt!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Sat, Nov 13  
5:00-6:00 pm  
R: FREE, NR: FREE  
Code: 25409  
Registration Deadline: Fri, Nov 12 at 5:00 pm

### Trivia Night - **New!**

Come spend an evening with us and try your hand at trivia! We will be playing a few trivia games to test your knowledge against your friends. Hope to see you there!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Thurs, Dec 9  
6:30-7:30 pm  
R: FREE, NR: FREE  
Code: 25418  
Registration Deadline: Wed, Dec 8 at 5:00 pm

### Zoom with Santa

Miss Santa last year? Did you get to chat with him? Well, he had so much fun that he contacted SSSRA and wants to chat with you all again! You will get personal 1:1 time with Santa himself! Be ready to tell him how good you have been. He may even sing a song or two with you.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

All ages  
Virtual  
Sat, Dec 18  
9:00-11:00 am, You will be notified of your appointment time.  
R: FREE, NR: FREE  
Code: 25422  
Min/Max: 1/8  
Registration Deadline: Fri, Dec 10 at 5:00 pm



Find us on Facebook  
[facebook.com/sssra1973](https://facebook.com/sssra1973)



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

# SPECIAL EVENTS FOR ALL AGES

Virtual

In-Person

## STEM Tower Building - Activity Backpack #14

Come show off your building skills! We are hosting a friendly tower building competition at the SSSRA office. Get creative in building with assorted materials that are provided and build the best tower possible. Let's get creative!

If this is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will receive an activity book.

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

All ages  
Wed, Oct 6  
5:00-6:00 pm

### In-Person

Please see page 7 for safety guidelines related to face coverings and social distancing.

SSSRA Office, Tinley Park  
R: \$7, NR: \$14  
Code: 21207  
Min/Max: 6/15

### Virtual

Registration Deadline: Fri, Sept 24 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

R: FREE (pick up activity backpack at SSSRA office)  
\$5 (activity backpack dropped off at your house\*)  
NR: FREE (pick up activity backpack at SSSRA office)

Code:  
25414 (pick up activity backpack at SSSRA office)  
25415 (activity backpack dropped off at your house\*)

\*Drop off option only available for residents.  
Activity backpack will be dropped off during the day on  
Tues, Oct 5.

## Thanksgiving Turkey - Activity Backpack #15

Join us virtually or in-person for a Thanksgiving themed craft. Create a cute wood turkey to decorate your home! Materials will be provided for this cute decoration that you can display every year.

If this is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will receive an activity book.

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

All ages  
Sun, Nov 7  
11:00 am - 12:00 pm

### In-Person

Please see page 7 for safety guidelines related to face coverings and social distancing.

SSSRA Office  
19910 80th Avenue, Tinley Park  
R: \$7, NR: \$14  
Code: 21203  
Min/Max: 6/15

### Virtual

Registration Deadline: Fri, Oct 22 at 5:00 pm

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

R: FREE (pick up activity backpack at SSSRA office)  
\$5 (activity backpack dropped off at your house\*)  
NR: FREE (pick up activity backpack at SSSRA office)

Code:  
25411 (pick up activity backpack at SSSRA office)  
25412 (activity backpack dropped off at your house\*)

\*Drop off option only available for residents.  
Activity backpack will be dropped off during the day on  
Fri, Nov 5.

## Holiday Ornaments - Activity Backpack #16

Are you ready to get into the holiday spirit? Join us for a holiday craft. We will be making festive holiday ornaments with friends. Once your ornament is complete, you can give it away as a gift, or hang it on the tree.

If this is your first Activity Backpack event, you will receive a backpack with all the supplies. If you have already participated in an activity backpack event, you will only receive the supplies for this event. All participants will receive an activity book.

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

All ages  
Wed, Dec 8  
5:00-6:00 pm

### In-Person

Please see page 7 for safety guidelines related to face coverings and social distancing.

SSSRA Office  
19910 80th Avenue, Tinley Park  
R: \$7, NR: \$14  
Code: 21202  
Min/Max: 6/15

### Virtual

Registration Deadline: Fri, Nov 19 at 5:00 pm

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation**  
**Anonymous Donor**

R: FREE (pick up activity backpack at SSSRA office)  
\$5 (activity backpack dropped off at your house\*)  
NR: FREE (pick up activity backpack at SSSRA office)

Code:  
25402 (pick up activity backpack at SSSRA office)  
25403 (activity backpack dropped off at your house\*)

\*Drop off option only available for residents.  
Activity backpack will be dropped off during the day on Tues, Dec 7.

## 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.

ANONYMOUS DONOR  
AILEEN S. ANDREW FOUNDATION  
EDMOND AND ALICE OPLER FOUNDATION  
IN MEMORY OF MILLIE MYREN  
OLD PLANK TRAIL COMMUNITY BANK  
OZINGA  
SUBURBAN SERVICE LEAGUE  
TINLEY PARK-FRANKFORT ROTARY CLUB

# PROGRAMS FOR ALL AGES

Virtual

In-Person

## Book Club - *Matilda*

Join SSSRA as we read a book together! SSSRA staff will read, and you will either read along or listen. If you participate virtually, you will need to get a copy of the book before the program. We will be reading *Matilda* by Ronald Dahl.

### In-Person

Due to the generosity of the following sponsor, the book will be provided for participants in the in-person program.

#### In Memory of Millie Myren

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
SSSRA Office  
19910 80th Avenue, Tinley Park  
Mon, Oct 11 - Nov 29  
6:00-7:00 pm  
R: \$25, NR: \$172, LWSRA & SWSRA: \$43  
Code: 20405  
Min/Max: 6/15

### Virtual

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

All ages  
Mon, Oct 11 - Nov 29  
6:00-7:00 pm  
R: FREE, NR: FREE  
Code: 25405  
Registration Deadline: Sun, Oct 10 at 5:00 pm

## Silly Science

Time to get creative with your SSSRA friends! Join us in person or virtually! However you join us we look forward to seeing you! If you join us virtually you will get to see everyone that is participating in the in person program. You will get the chance to try out mini science experiments each week or just watch to try later! Come ready to participate or if you just want to watch the experiment to try later. See you in the "SSSRA Science Lab!"

Supplies are included for in-person participants. SSSRA will send you the list of supplies needed for the experiments on a weekly basis for virtual participants.

### In-Person

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Tony Bettenhausen Recreation Center, Tinley Park  
Tues, Oct 12 - Nov 30  
4:00-4:45 pm  
R: \$43, NR: \$172  
Code: 20403  
Min/Max: 6/15

### Virtual

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

All ages  
Virtual  
Tues, Oct 12 - Nov 30  
4:00-4:45 pm  
R: FREE, NR: FREE  
Code: 25413  
Registration Deadline: Mon, Oct 11 at 5:00 pm

### Drawing Techniques - **New!**

It's time to get creative and start drawing! Join your SSSRA friends for a step-by-step drawing class, and each week we will learn a new drawing technique. You can pick up your drawing book at the SSSRA office a week before the program starts.

#### **In-Person**

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Oak Forest Park District  
Tues, Oct 12 - Nov 30  
5:00-6:00 pm  
R: \$37, NR: \$148  
Code: 20401  
Min/Max: 6/15

#### **Virtual**

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

All ages  
Virtual  
Tues, Oct 12 - Nov 30  
5:00-6:00 pm  
R: FREE, NR: FREE  
Code: 25406  
Registration Deadline: Mon, Oct 11 at 5:00 pm

### Yoga - **New!**

Are you interested in learning the basic foundations of yoga? Join us as we strengthen our balance and flexibility. We will also practice different breathing techniques. All you need is a yoga mat and a water bottle.

#### **In-Person**

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Oak Forest Park District  
Tues, Oct 12 - Nov 30  
6:15-7:15 pm  
R: \$22, NR: \$88  
Code: 20404  
Min/Max: 6/15

#### **Virtual**

Due to the generosity of the following sponsors, this program is offered free of charge for all participants.

Aileen S. Andrew Foundation  
Anonymous Donor

All ages  
Virtual  
Tues, Oct 12 - Nov 30  
6:15-7:15 pm  
R: FREE, NR: FREE  
Code: 25421  
Registration Deadline: Mon, Oct 11 at 5:00 pm

## FALL REGISTRATION DEADLINES

### In-Person Program Registration Dates

Resident Registration  
Begins Monday, July 12 at 9:00 am

Non-Resident Registration  
Begins Monday, August 2 at 9:00 am

Registration Deadline  
Friday, August 20 at 5:00 pm

### Virtual Program Registration Dates

Resident Registration  
Begins Monday, July 12 at 9:00 am

Non-Resident Registration  
Begins Monday, July 12 at 9:00 am\*

\*Non-Resident Registration for Zoom with Santa and NEDSRA Ugly Sweater Dance Begins Monday, August 2 at 9:00 am

Registration Deadline  
5:00 pm the day before the first day of the program, unless otherwise noted.

# SPECIAL EVENTS FOR ALL AGES

## In-Person



### Ricky's Ride

Join us at Oak Forest Bowl to meet and greet the men and women who are supporting the 15th Annual Ricky's Ride! This event has been a huge success and has raised over \$120,000 for SSSRA! Meet the riders, check out some unique motorcycles, and experience the rumble of all these motorcycles at one time! For more information please contact Lisa Drzewiecki.

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

Registration deadline: September 10

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older

Oak Forest Bowl

15240 S. Cicero Avenue, Oak Forest

Sun, Sept 19

10:00 - 11:30 am

R: FREE, NR: FREE

Code: 13204 (w/o Trans), 14104 (R w/ Trans)

Min/Max: 6/15

Location

SSSRA Office, Tinley Park

Coyote Run Golf Course, Flossmoor

Depart Return

8:45 am 12:45 pm

9:15 am 12:15 pm

### Family Day Picnic with SSSRA & LWSRA

SSSRA & LWSRA are teaming up to offer a combined Family Picnic to say thank you for your continued support of our agencies. We are excited to offer you an opportunity to meet your neighboring SRA friends, enjoy a bite to eat, and have the beautiful sunshine on our faces. Lunch will be provided by Wiley's Grill at Flossmoor consisting of hotdogs, hamburgers, baked beans, chips, and dessert. A variety of games will be available to play such as bocce ball, corn hole, field games, and of course a water balloon toss. You won't want to miss this event! Please note, this is not a staffed event. This special event will take place outside in rainy conditions unless there is thunder or lightning.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Due to the generosity of the following sponsor, this program is offered free of charge for all participants.

Edmond and Alice Opler Foundation

Ozinga

Tinley Park-Frankfort Rotary Club

All SSSRA Participants and Family

Hecht Park

9310 Birch Avenue

Mokena IL, 60448

Sun, Sept 26

11:00 am - 2:00 pm

R: FREE, NR: FREE

Please note if you do not show up for the program, you will be charged a \$10 fee for each no show in your party.

Code: 11210

Min/Max: 25/100





## Oktoberfest

Let's celebrate the fall season with Oktoberfest! We will enjoy games, great food, and music. The caricature artist will be back for more fun drawings! We are asking that families register for only one time slot. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

Each person attending must be entered into CommunityPass and sign a participation waiver.

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
The Bradford Barn, Olympia Fields  
Sun, Oct 3

12:30-1:30 pm  
R: \$7, R w/ Transportation: \$7\*, NR: \$14  
Code: 21204 (R & NR), 21301 (R w/ Transportation)\*  
Min/Max: 10/40

2:00-3:00 pm  
R: \$7, R w/ Transportation: \$7\*, NR: \$14  
Code: 21210 (R & NR), 21302 (R w/ Transportation)\*  
Min/Max: 10/40

\*Transportation is only available for participants with physical disabilities.

## Movie Under the Stars - Coco

Lights, Camera, Action! Join SSSRA, friends, and family for an outdoor movie experience on our large movie screen. We will be watching the Disney movie, *Coco*. This is a don't miss fall activity! Bring your blanket and/or chair to sit on, a blanket to cover up with, snacks, and non-alcoholic drinks. Don't forget the bug spray and to dress for the weather! The movie will begin at dusk, approximately 6:30 pm. Please call the office upon registration if you plan on bringing guests. Waivers will be provided at the event. Families welcome! See you at the "SSSRA Drive-In!"

Please see page 7 for safety guidelines related to face coverings and social distancing.

**Due to the generosity of the following sponsor, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation**

All ages  
SSSRA Office, Tinley Park  
Fri, Oct 29  
Rain Date: Sat, Oct 30  
6:00-8:30 pm, Movie starts at 6:30 pm  
R: FREE, NR: FREE  
Code: 21205  
Min/Max: 6/25

# SPECIAL EVENTS FOR ALL AGES

## In-Person

### Trunk or Treat

Trunk or Treat is back! Join us for another fun year of trunk or treating, checking out the fun decorations and costumes that are displayed! Families are welcome to decorate vehicles in fun themes and then hand out candy or fun goodies for the participants! Please hand out packaged food items. Who knows, you may even win for the best decorated! Cars must be in the parking lot by 12:30 pm and ready for trunk or treating by 1:00 pm. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

Each person attending must be entered into CommunityPass and sign a participation waiver.

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Park Forest Aqua Center Parking Lot  
Sat, Oct 30  
1:00-3:00 pm  
R: FREE, NR: FREE  
Code: 21208  
Min/Max: 10/50

### Pottery Painting Party

Ever wanted to paint ceramics? Come out and create an adorable snowman dish. It will be sealed so you can give it as a gift or use it around the house. All supplies are provided, just come to enjoy painting and socializing with your friends.

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Richton Park Community Center  
Sun, Dec 5  
11:00 am - 12:30 pm  
R: \$15, NR: \$30  
Code: 21206  
Min/Max: 6/15

### A Visit to the North Pole - **New!**

SSSRA is celebrating the season and transforming into the North Pole! Make sure to sign up for a visit through the North Pole Workshop where you will be able to make reindeer food, play games, make a craft, enjoy hot cocoa, and end with a visit with Santa Claus! Sammy the Stingray will be around for pictures too! We are asking that families register for only one time slot. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event.

Each person attending must be entered into CommunityPass and sign a participation waiver.

**Due to the generosity of the following sponsors, this program is offered at a discounted rate for residents:**

**Edmond & Alice Opler Foundation  
Suburban Service League**

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
SSSRA Office, Tinley Park  
Sat, Dec 11  
R: FREE, NR: \$33, LWSRA & SWSRA: \$16.50  
9:00-9:45 am  
Code: 21201-A  
Min/Max: 10/40  
10:00-10:45 am  
Code: 21201-B  
Min/Max: 10/40  
11:00-11:45 am  
Code: 21201-C  
Min/Max: 10/40



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

### Karate - **New!**

Come learn karate with your friends from SSSRA! Master Ben will teach us various karate moves each week. Wear comfortable clothes to class so you can move. If you would like to purchase the karate uniform, please bring \$30 the first week of class. Students will have the chance to test for various levels throughout the program. More information will be available the first week of class.

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Tony Bettenhausen Recreation Center, Tinley Park  
Mon, Oct 11 - Nov 15  
5:00-5:45 pm  
R: \$36, NR: \$144  
Code: 20402  
Min/Max: 6/15

### Bowling

This favorite program is guaranteed to provide a “striking” good time! Our bowling programs an opportunity for all ability levels to participate in this popular sport. Bowlers will be grouped according to age and ability. This program includes two games or 1 hour of bowling, whichever comes first. Bowling ramps are available. Supervisors will keep track of participant’s bowling averages for Special Olympics.

Please see page 7 for safety guidelines related to face coverings and social distancing.

All ages  
Tinley Bowl  
7601 183rd Street, Tinley Park  
Thurs, Oct 14 - Dec 2, No program November 25  
R: \$90, NR: \$360

Please sign up for your preferred time. Only 1 time per participant.

3:00 - 4:00 pm  
Code: 22904-A  
Min/Max: 6/15

4:15 - 5:15 pm  
Code: 22904-B  
Min/Max: 6/15

# EARLY CHILDHOOD & YOUTH PROGRAMS

## In-Person



### Music and Movement

Let's get moving and shaking! Come join SSSRA as we get our bodies ready to move to the music! We will work on fine and gross motor skills as we go. This is sure to be a toe tapping and finger snapping good time!!

**Due to the generosity of the following sponsor, this program is offered at a discounted rate for our residents.**

#### Edmond and Alice Opler Foundation

Please see page 7 for safety guidelines related to face coverings and social distancing.

Children ages 2 - 12

Tony Bettenhausen Recreation Center

Tues, Oct 12 - Nov 30

6:00-6:45 pm

R: \$5, NR, \$144, LWSRA & SWSRA: \$36

Code: 23502

Min/Max: 6/15

### Gymnastics

We are returning to UGA for tumbling lessons.

Participants will work with the coaches from UGA and go through different circuits that will help to teach them how to somersault, walk the balance beam, and do cartwheels.

**Due to the generosity of the following sponsor, this program is offered at a discounted rate for our residents.**

#### Edmond and Alice Opler Foundation

Please see page 7 for safety guidelines related to face coverings and social distancing.

Children ages 2 - 12

UGA, Tinley Park

Wed, Oct 13 - Dec 1

4:00-4:50 pm

R: \$30, NR: \$600, LWSRA & SWSRA: \$150

Code: 23501

Min/Max: 4/6

### Super Sports - **New!**

Come and get warmed up for sports of all kinds! A great way to exercise, socialize, and perfect your sports skills. Each week we will try a different sport. Be sure to bring a water bottle for hydration and wear athletic gear.

**Due to the generosity of the following sponsor, this program is offered at a discounted rate for our residents.**

#### Edmond and Alice Opler Foundation

Please see page 7 for safety guidelines related to face coverings and social distancing.

Children ages 2 - 12

Tony Bettenhausen Recreation Center, Tinley Park

Tues, Oct 12 - Nov 30

5:00-5:45 pm

R: \$5, NR: \$104, LWSRA & SWSRA: \$26

Code: 23503

Min/Max: 6/15

### Day Trippers

Day Trippers is back! We will check out some new adventures. Please be sure to dress for the weather. Door-to-door transportation is provided for residents, and participants will be notified of their pick-up time. Non-residents will need to meet at the SSSRA office and will be notified of the departure time.

#### October 11 - County Line Orchard

If you would like to pick apples, they are \$1.80 per pound. Pumpkins are \$0.50 per pound. We will stop for lunch on the way to the orchard.

#### October 25 - Farm Tour at The Center in Palos Park

We will check out a local working farm right next door! They have horses, sheep, and many more animals that we will visit. We will stop for lunch afterwards.

#### November 8 - Irons Oaks

We are going to take a walk through the beautiful grounds, enjoying the colors and learning about squirrels. We will make a squirrel table to bring home. We will go to lunch afterwards.

#### November 22 - Crafts

Everyone is going to make an ornament and a welcome sign to bring home. Box lunches will be served.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older

Various Locations

Mon, Oct 11, Oct 25, Nov 8, Nov 22

9:00 am - 5:00 pm

R w/ Transportation: \$220, NR: \$880

Code: 22906

Min/Max: 4/8

### Weight Lifting & Water Aerobics

Ready to get in shape and feel energized? We will spend the first half of the program in the pool, working on core muscle strengthening and overall body conditioning. The second half of the program, we will be in the weight room to work on cardiovascular exercises as well as overall strength training. Please bring workout clothes, gym shoes, water bottle, swimsuit, and a towel. Participants must be able to work in a 1:4 staff to participant ratio. Please note that we share the pool and gym space with the public. Due to COVID-19, access to locker rooms may be limited. Please arrive in swimsuit.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older

Matteson Community Center

Mon, Oct 11 - Nov 29

6:30-8:30 pm

R: \$85, NR: \$340

Code: 22913

Min/Max: 6/15

### Stingrays Basketball

Join SSSRA Stingrays for the 2021 season. We will compete against other area Special Recreation Associations. A schedule will be given out with all of the practices and games. We may compete in the Special Olympics and ITRS tournaments. More information will be provided at a later date. All Special Olympics forms must be current. There are new forms that will be required. Please call Laura Pubins, Operations Manager, if you have any questions. Please note: program fee does not include State Competition.

Registration deadline: September 24

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older

Location TBA

Tues, Oct 26 - Mar 8,

No program December 28 and January 4

6:30-8:00 pm

R: \$140, NR: \$560

Code: 20702

Min/Max: 6/45

# TEEN & ADULT PROGRAMS

## In-Person

### Aerobics

Aerobics will get you into shape, strengthen your muscles, and increase your level of cardiovascular fitness. You will learn different exercises that you can do at home to your favorite music. Be sure to wear workout clothes and bring a bottle of water. Participants must be able to wear a face covering the entire time. Don't forget to register for Let's Dance after Aerobics for twice the exercise and fun!

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Marie Irwin Center  
18120 Highland Avenue, Homewood  
Wed, Oct 13 - Dec 1  
6:00-7:00 pm  
R: \$35, NR: \$140  
Code: 22901  
Min/Max: 6/15

### Let's Dance

Let's dance to some of your favorite songs! We will work on dance steps to many of the interactive dances, while dancing to some of your favorite songs. This program will enhance your gross motor skills and encourage socialization. Grab your dancing shoes and get out on the dance floor! Be sure to wear workout clothes and bring a bottle of water. Don't forget to register for Aerobics before Let's Dance for twice the exercise and fun!

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Marie Irwin Center, Homewood  
Wed, Oct 13 - Dec 1  
7:15-8:15 pm  
R: \$35, NR: \$140  
Code: 22909  
Min/Max: 6/15

### Crafty Creations

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Marie Irwin Center  
Thurs, Oct 14 - Dec 2, No program November 25  
5:00-6:00 pm  
R: \$59, NR: \$236  
Code: 22905  
Min/Max: 6/15

### BINGO

Join SSSRA as we play Bingo with our friends! Whether you have 5 across, up and down, diagonal, or four corners, be ready to yell BINGO! A fun time is sure to be had playing Bingo with our friends. Don't forget to explore your crafty side before Bingo, and register for Crafty Creations.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Marie Irwin Center  
Thurs, Oct 14 - Dec 2, No program November 25  
6:15 - 7:15 pm  
R: \$40, NR: \$160  
Code: 22903  
Min/Max: 6/15



### Stingrays Powerlifting

Get into powerlifting shape by conditioning and preparing for the upcoming competition season. Workouts will be designed to work on cardio and physical fitness. If you are interested in trying powerlifting, now is the time to try this new sport.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
 Matteson Community Center (Matteson Avenue)  
 Thurs, Oct 14 - Dec 9, No program November 25  
 6:30-7:30 pm  
 R: \$39, NR: \$156  
 Code: 20701  
 Min/Max: 6/20

### Fitness and Fun

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
 H-F Racquet & Fitness Club  
 Thurs, Oct 14 - Dec 2, No program November 25  
 6:30-7:30 pm  
 R: \$35, NR: \$140  
 Code: 22907  
 Min/Max: 6/15

Persons ages 13 and older  
 Oak Forest Fitness Center  
 Sat, Oct 16 - Dec 4, No program November 27  
 10:00-11:00 am  
 R: \$35, NR: \$140  
 Code: 22908  
 Min/Max: 6/15

# TEEN & ADULT PROGRAMS

## In-Person

### Socializers Social Group

Join your friends for a night of games, activities, or arts & crafts. Different activities are scheduled for each week. All of the activities promote socialization skills. Participants must be able to work successfully in a 1:4 staff to participant ratio. Please eat dinner before arriving to the program.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
SSSRA Office, Tinley Park  
Fri, Oct 15, Oct 29, Nov 12, Dec 3  
6:30-7:30 pm  
R: \$19, NR: \$76  
Code: 22910  
Min/Max: 4/15

### Walking Club

Let's stay active this fall by joining Walking Club! Each week, we will warm up, stretch, and get started walking to music. This is a perfect opportunity to spend some time with your peers and get our bodies moving. We will walk the path by the SSSRA office. This program will enhance socialization, gross motor skills, and receptive and expressive language skills. Please make sure to dress for the weather and bring a water bottle.

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
SSSRA Office, Tinley Park  
Sat, Oct 16 - Dec 4, No program November 27  
9:30-10:30 am  
R: \$30, NR: \$120  
Code: 22912  
Min/Max: 6/15

### Swim Team Conditioning

Are you a seasoned swimmer that is looking for conditioning time? Join SSSRA as we get back to being pool ready! Weekly workouts will include swim strokes and endurance training. Participants must be able to work successfully in a 1:4 staff to participant ratio. COVID-19 restrictions may limit access to locker rooms, so athletes should arrive with swimsuits on and be ready to leave with a damp swimsuit on.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Matteson Community Center (Matteson Avenue)  
Sat, Oct 16 - Dec 4, No program November 27  
11:00 am - 12:00 pm  
R: \$35, NR: \$140  
Code: 22911  
Min/Max: 4/8



### Ricky's Ride

Join us at Oak Forest Bowl to meet and greet the men and women who are supporting the 15th Annual Ricky's Ride! This event has been a huge success and has raised over \$120,000 for SSSRA! Meet the riders, check out some unique motorcycles, and experience the rumble of all these motorcycles at one time! For more information please contact Lisa Drzewiecki.

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

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Oak Forest Bowl  
15240 S. Cicero Avenue, Oak Forest  
Sun, Sept 19  
10:00 - 11:30 am  
R: FREE, NR: FREE  
Code: 13204 (w/o Trans), 14104 (R w/ Trans)  
Min/Max: 6/15

#### Transportation

SSSRA Office  
Departure Time: 8:45 am  
Return Time: 12:45 pm

Coyote Run, Flossmoor  
Departure Time: 9:15 am  
Return Time: 12:15 pm

### Morton Arboretum

The Morton Arboretum spans 1,700 acres and contains more than 222,000 live plants. We will walk through the various trails, maybe stumble upon a statue from the new Human+Nature exhibit, and enjoy the beauty of the different trees and plants. Bring a sack lunch with us as we will enjoy a picnic lunch.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Morton Arboretum, Lisle  
Sun, Oct 10  
11:30 am - 2:00 pm  
R: \$45, NR: \$90  
Code: 21107  
Min/Max: 6/15

#### Transportation

SSSRA Office  
Departure Time: 10:00 am  
Return Time: 3:30 pm

Coyote Run, Flossmoor  
Departure Time: 10:30 am  
Return Time: 3:00 pm

### Bears on the Big Screen

Bear down Chicago Bears! Let's root on our favorite hometown football team as the Chicago Bears take on the division rivals, the Green Bay Packers! We will order Buffalo Wild Wings for lunch and enjoy cheering on the team together! Don't forget to wear your jersey. Please make food selection at checkout. Participants will have a choice of boneless wings or chicken tenders with fries. Water or lemonade will be provided.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
SSSRA Office, Tinley Park  
Sun, Oct 17  
11:30 am - 3:00 pm  
R: \$24, NR: \$48  
Code: 21101-A (Boneless Wings),  
21101-B (Chicken Tenders)  
Min/Max: 6/15

# TEEN & ADULT SPECIAL EVENTS

## In-Person

### Monster Mash

Calling all ghosts and goblins! Start planning your costume design. The 11th annual Monster Mash Dance is about to take place. There will be costume judging and plenty of tricks and treats this frightfully fun night. Light snacks will be provided. We will be outside dancing and having fun! Dress for the weather.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
SSSRA Office, Tinley Park  
Fri, Oct 22  
Rain Date: Sat, Oct 23  
6:00-7:30 pm  
R: \$8, NR: \$16  
Code: 21106  
Min/Max: 10/40

### Shedd Aquarium

The Shedd Aquarium is open! We will visit with the penguins, belugas, and many other marine life animals. Please bring a sack lunch with you. Please bring money for souvenirs.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Shedd Aquarium, Chicago  
Sun, Nov 14  
11:00 am - 3:30 pm  
R: \$91, NR: \$182  
Code: 21108  
Min/Max: 6/15

### Transportation

SSSRA Office  
Departure Time: 9:15 am  
Return Time: 4:45 pm

Coyote Run, Flossmoor  
Departure Time: 9:45 am  
Return Time: 4:15 pm

### Game Groupies - **New!**

Come join us as we spend an afternoon competing against each other in a variety of different board games. We will play different games including Uno, Spoons, Bingo, and more. Whatever the group is in the mood for! Bring a sack lunch as we will take a break to eat lunch.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Richton Park Community Center  
Sun, Nov 14  
11:00 am - 1:00 pm  
R: \$7, NR: \$14  
Code: 21103  
Min/Max: 6/15

### Friendsgiving

Come join your SSSRA friends for Friendsgiving! Dinner will be provided from Panera and we will enjoy gathering to have an early Thanksgiving celebration. The meal will include a sandwich, cookie, and chips. Please choose a turkey sandwich or veggie sandwich when you register. We will also create a fun Thanksgiving craft to take home that day.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Eisenhower Center, Lansing  
Fri, Nov 19  
7:00-8:30 pm  
R: \$21, NR: \$42  
Code: 21102-A (Turkey Sandwich),  
21102-B (Veggie Sandwich)  
Min/Max: 6/15

### Farmhouse Academy - Cookie Decorating

Join SSSRA at Farmhouse Academy in Mokena to decorate cookies! This is your chance to show off your creative side using a new “canvas,” some pre-made fall cookies! You will get to bring them home to enjoy with your friends or family. Participants must be able to work successfully in a 1:4 staff to participant ratio and display appropriate table manners.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Farmhouse Academy  
8940 W. 192nd Street Unit L, Mokena  
Please note that there is no transportation for this program.  
Sat, Nov 20  
1:00-2:30 pm  
R: \$13, NR: \$26  
Code: 21101  
Min/Max: 6/15

### Holiday Shopping and Lunch

Do you have any last minute shopping to get done? Whether the shopping is for you, a family member, or a friend, bring a list and check it twice. SSSRA is traveling to Southlake Mall in Merrillville, Indiana to get your shopping done. Staff will help you find the perfect gift for that special someone! Participants must be able to work successfully in a 1:4 staff to participant ratio. Lunch will be provided.

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Southlake Mall, Merrillville, IN  
Sun, Dec 12  
10:30 am - 3:30 pm  
R: \$49, NR: \$98  
Code: 21105  
Min/Max: 6/15

#### Transportation

SSSRA Office  
Departure Time: 9:15 am  
Return Time: 4:30 pm

Coyote Run, Flossmoor  
Departure Time: 9:45 am  
Return Time: 4:00 pm

### Holiday Magic at Brookfield Zoo

Come see your favorite animals all aglow from the magic of nearly a million holiday lights at Brookfield Zoo. The park will come to life with carolers, celebrity storytellers, live music, magicians, and more. December weather can be cold so please dress appropriately. Please bring money for snacks and souvenirs. Please bring a sack dinner. We will eat at the zoo.

**Due to the generosity of the following sponsors, this program is offered at a discounted rate for our residents.**

#### Suburban Service League

Please see page 7 for safety guidelines related to face coverings and social distancing.

Persons ages 13 and older  
Brookfield Zoo  
Sun, Dec 19  
3:30-8:00 pm  
R: \$55, NR: \$160, LWSRA & SWSRA: \$80  
Code: 21104  
Min/Max: 6/15

#### Transportation

SSSRA Office  
Departure Time: 2:00 pm  
Return Time: 9:30 pm

Coyote Run, Flossmoor  
Departure Time: 2:30 pm  
Return Time: 9:00 pm



Find us on Facebook  
[facebook.com/sssra1973](https://facebook.com/sssra1973)



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

# TEEN & ADULT SPECIAL EVENTS

## Virtual

### Social Time

Join SSSRA as we gather (virtually) with our friends to catch up! Each week we will enjoy conversation with old and new friends. "What's your favorite SSSRA program?" and "What's your favorite season?" might be a couple of topics covered. It's always good to see a friendly face and have some great conversation among friends!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

Persons ages 13 and older  
Virtual  
Tues, Oct 12 - Nov 30  
6:30-7:00 pm  
R: FREE, NR: FREE  
Code: 25204  
Registration Deadline: Mon, Oct 11 at 5:00 pm

### Culture Club - **New!**

Join SSSRA as we learn about different cultures around the world! We may learn about food that is eaten, an art form that is done, a language that is spoken, a custom that is followed, and much more! If you have ever wanted to learn about different cultures, this is your program. ¡Únete a nosotras mientras aprendemos! Simply translated - join us as we learn!

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

Persons ages 13 and older  
Virtual  
Fri, Oct 15 - Dec 3, No program November 26  
11:00-11:30 am  
R: FREE, NR: FREE  
Code: 25201  
Registration Deadline: Thurs, Oct 14 at 5:00 pm

### Friday Night Social Club

Join us for some virtual Friday night fun! We will meet every other week virtually to enjoy different activities from the comfort of home.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

Persons ages 13 and older  
Virtual  
Fri, Oct 22, Nov 5, Nov 19  
6:30-7:15 pm  
R: FREE, NR: FREE  
Code: 25202  
Registration Deadline: Thurs, Oct 21 at 5:00 pm

### NEDSRA Ugly Sweater Dance

Grab your dancing shoes for a fun filled hour of dancing, all from the comfort of home! We will join our friends from NEDSRA and other SRAs for some great music! You may even hear your favorite, so get ready to sing! The link will be sent out the week before the event.

**Due to the generosity of the following sponsors, this program is offered free of charge for all participants.**

**Aileen S. Andrew Foundation  
Anonymous Donor**

Persons ages 13 and older  
Virtual  
Sat, Dec 18  
7:00-8:00 pm  
R: FREE, NR: FREE  
Code: 25203  
Min/Max: 1/10  
Registration Deadline: Thurs, Dec 16 at 5:00 pm

**Coyote Run Golf Course/Wiley's Grill**

800 Kedzie Avenue, Flossmoor  
708.957.8700  
183rd Street to Kedzie south. Golf course is located on the west side before Flossmoor Road.

**Eisenhower Center**

2550 178th Street, Lansing  
708.474.8552  
I-80 East to Torrence Avenue south. East at 178th Street. Center is on the north side of the street.

**Glaeser Park**

Poplar Avenue and Rockingham Avenue, Richton Park  
Sauk Trail to Cicero north. Turn east (right) on Poplar Avenue. Parking is located on Poplar Avenue and Belmont.

**Homewood-Flossmoor Racquet & Fitness Club / Homewood Estates Park**

2920 W. 183rd Street, Homewood  
708.799.1323  
183rd Street 2 blocks east of Kedzie. Fields are behind the H-F Fitness Club, and the building is on the north side of the street.

**Irons Oaks**

20000 Western Avenue, Olympia Fields  
708.481.2330  
Lincoln Highway to Western Avenue north. Irons Oaks is on the left (west) side of the street between Joe Ore and Vollmer Avenue.

**Marie Irwin Community Center**

18120 Highland Avenue, Homewood  
708.957.7275  
Dixie Highway to Ridge Road, and turn east. Center is 2 blocks down on the southwest corner of Ridge and Highland.

**Matteson Community Center (Matteson Avenue)**

20642 Matteson Avenue, Matteson  
708.441.4500  
Cicero to 207th Street. West to Matteson Avenue.

**Oak Forest Bowl**

15240 S. Cicero Avenue, Oak Forest  
708.687.2000  
Cicero to 153rd. Bowling alley is on northwest corner.

**Oak Forest Park District/Tichan House/  
Fitness Center**

15601 South Central Avenue, Oak Forest  
708.687.7270  
Harlem Avenue to 159th Street. Turn east to Central Avenue north.

**Olympia Fields Park District / The Bradford Barn /  
Disc Golf Course**

20712 Western Avenue, Olympia Fields  
708.481.7313  
Lincoln Highway to Western north. The Barn is on the left (west) side of the street.

**Park Forest Aqua Center**

30 N. Orchard, Park Forest  
708.747.9490  
Western to Route 30 west. South (left) on Orchard.

**Richton Park Community Center**

4455 Sauk Trail, Richton Park  
Harlem Avenue to Sauk Trail. Turn east.

**SSSRA Office**

19910 80th Avenue, Tinley Park  
815.806.0384  
Vollmer to Harlem north. Turn west on 191st Street. Turn left (south) on 80th Avenue. Office is on the west side of the street.

**Tinley Bowl**

7601 183rd Street, Tinley Park  
80th Avenue to 183rd Street. Turn east. Bowling alley is on the right.

**Tony Bettenhausen Recreation Center / Community  
Park / White Water Canyon / Fitness Center**

8125 W. 171st Street, Tinley Park  
708.342.4200  
183rd Street to 80th Avenue north. Turn west on 171st Street. Building is on left (south) side of the street.

**United Gymnastics Academy**

6805 159th Street  
Tinley Park, IL 60477  
708.894.7171  
Take Harlem Avenue to 159th Street. Turn east. Location is on the corner of 159th Street and Oak Park Avenue. If you pass Oak Park Avenue, you went too far.

# HEALTHY MINDS HEALTHY BODIES

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Since 2013, the Healthy Minds Healthy Bodies program has served more than 105 Veterans throughout the SSSRA member communities. Veterans in the Healthy Minds Healthy Bodies program have served in World War II, Korean War, Vietnam, Kuwait, Operation Iraqi Freedom, and the War in Afghanistan.

The Healthy Minds Healthy Bodies program offers a one year membership to a disabled Veteran with a disability rating of 10% or higher, a membership for a training partner for one year, and ten personal training sessions for the Veteran. Please note that Veterans must be residents of one of SSSRA's member communities. Healthy Minds Healthy Bodies is offered at the following fitness facilities:

**Eisenhower Fitness Center**  
2550 178th Street  
Lansing

**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

Please note:  
New registrations for Healthy Minds Healthy Bodies will be accepted January 1 - May 31 and September 1 - December 31.

For more information about Healthy Minds Healthy Bodies, please contact Tammy McMahon at 815.806.0384 or [tammym@sssra.org](mailto:tammym@sssra.org)

# 5

## WAYS TO REGISTER

SSSRA offers 5 ways to register for programs.

Please visit [www.sssra.org](http://www.sssra.org), call 815.806.0384, or email [register@sssra.org](mailto:register@sssra.org) if you have any questions.



Online



Mail



Fax



Drop Off



Email

## How to Register

Online [register.capturepoint.com/SSSRA](http://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](mailto: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/](http://www.sssra.org/forms/) to access the forms.

## First Time Participants - \$15 Off

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

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

Please call the office for details if you are registering online.

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

SSSRA "First Timer"  
Participant Coupon  
\$15 off

Good for one SSSRA program  
(excludes Day Camp, weekend trips, & non-residents)

## 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](http://www.sssra.org)) and submit it to the SSSRA Executive Director, along with the completed registration form, and a deposit.

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

# REGISTRATION POLICIES

## Refund Policies

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

## Non-Resident Registration and Fees

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

1. Non-resident fees are four times the resident fee for programs, four times the resident fee for day camps and two times the resident fee for special events.
2. The non-resident pays the entire fee to SSSRA at the time of registration. Some local park districts or recreation departments may reimburse a portion of your fee.
3. Non-residents are ineligible for scholarships.
4. Non-residents may begin to register on Monday, April 26, and will be on a first-come, first-serve basis. Non-resident registrations will be processed after the Monday, April 26 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. 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 resident. If your registration is received after a program is filled, your name will be placed on a waiting list. You will be notified after a deadline only if the program is full and you did not get in.
7. Participant ages listed in the brochure are approximations. If your child is close to the ages listed, and is interested in the program, please call the Superintendent to discuss a solution.
8. If vacancies exist after the registration deadline, siblings and individuals without disabilities will be allowed to register for designated programs, as considered appropriate by SSSRA staff.
9. A \$32 fee will be charged by Old Plank Trail Community Bank for any returned checks.
10. If you register after the registration deadline or after a program begins, you may not be able to attend that program the following week.



**Join Our Mailing List!**

E-mail address \_\_\_\_\_

SSSRA will not share your email address.

Is this your first time participating with SSSRA?  Yes  NoHow did you hear about SSSRA?  Family  Publication \_\_\_\_\_  Community Expo  Other \_\_\_\_\_

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

Phone -  Home \_\_\_\_\_  Work \_\_\_\_\_  Cell \_\_\_\_\_

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

Parent(s)/Guardian(s) Name \_\_\_\_\_

Parent(s)/Guardian(s) Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Parent(s)/Guardian(s) Phone -  Home \_\_\_\_\_  Work \_\_\_\_\_  Cell \_\_\_\_\_

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

Group Home/Residential Facility \_\_\_\_\_ Manager/Caseworker \_\_\_\_\_

Manager/Caseworker Phone -  Office \_\_\_\_\_  After Hours \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Phone -  Home \_\_\_\_\_  Work \_\_\_\_\_  Cell \_\_\_\_\_

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

Primary Disability \_\_\_\_\_ Secondary Disability/Medical Condition \_\_\_\_\_

Current Medications/Prescribed or Over-The Counter \_\_\_\_\_

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

Allergies \_\_\_\_\_ Dietary Restrictions \_\_\_\_\_

Photo Permission: I do hereby grant permission for my/our participant's picture to be used in promotional materials related to SSSRA. Promotional materials include, but are not limited to SSSRA brochures and advertising, SSSRA website, Facebook, SSSRA email newsletter, member park district and recreation department brochures.

 Yes  No (Unless indicated, photos of participants may be taken and used for publicity).



## 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 1 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.

# FALL REGISTRATION



South Suburban Special Recreation Association (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.

Welcome to SSSRA's online registration! Please create an account or log in to register for upcoming programs and special events.

## Create an Account

SSSRA utilizes CommunityPass for online registration. To begin, click the "Create an Account" button. Existing CommunityPass users, please log in to continue.

[Create an Account](#)

*Please Note: If you already have a CommunityPass account from another organization or community, please use your existing username and password to log in and register for programs offered through this organization. You do not need to create a new account.*

## Existing Users

Please Log In

Username

Password

SSSRA has a new online registration software system called CommunityPass. This registration software program is user friendly, easy to navigate through the site, and will make online registration a snap!

Please visit <https://register.capturepoint.com/SSSRA> to create your account, fill out the Annual Information Form, and register for Fall programs.

Please call 815.806.0384 or email [register@sssra.org](mailto:register@sssra.org) if you have any questions.

## FALL REGISTRATION DEADLINES

### In-Person Program Registration Dates

Resident Registration  
Begins Monday, July 12 at 9:00 am

Non-Resident Registration  
Begins Monday, August 2 at 9:00 am

Registration Deadline  
Friday, August 20 at 5:00 pm

### Virtual Program Registration Dates

Resident Registration  
Begins Monday, July 12 at 9:00 am

Non-Resident Registration  
Begins Monday, July 12 at 9:00 am\*

\*Non-Resident Registration for Zoom with Santa and NEDSRA Ugly Sweater Dance Begins Monday, August 2 at 9:00 am

Registration Deadline  
5:00 pm the day before the first day of the program, unless otherwise noted.

# COMMUNITYPASS INSTRUCTIONS

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## How to Create a New CommunityPass Account:

1. Visit <https://register.capturepoint.com/SSSRA> to view the SSSRA CommunityPass login page.
2. Click on the “Create an Account” button.
3. Enter your information and click on the “Create” button at the bottom of the page.
4. On the next page, you will see the CommunityPass Privacy Statement. After reading, click “Accept”. Then click “Finish”.

Please save your login and password for future use. SSSRA will not have access to your login or password. Only one account per family is permitted. If you have more than one SSSRA participant in your family, you may add household members to your account.

## How to Register an Existing CommunityPass Account with SSSRA:

1. Visit <https://register.capturepoint.com/SSSRA> to go to the SSSRA CommunityPass site.
2. Login to CommunityPass using the login and password for your existing account.
3. Click on “My Account,” select “Update Account Information” and if required, update your profile. If no changes are required, continue to Step 4.
4. On the upper right-hand side of your CommunityPass account, click “Log Out”.

Your account is now active with SSSRA.

## How to Complete the Annual Information Form:

1. Once you are logged into your CommunityPass Account, click the “Click Here to Register” button.
2. Click on Annual Information Form.
3. Click “Add to Cart”.
4. Click on the box next to the participant’s name for which you will be filling out the Annual Information Form.
5. Click “Save”.
6. Click the “Checkout” button at the top of the screen.
7. Fill out the Annual Information Form for each participant.
8. Click “Continue”.
9. Acknowledge the participation waiver and sign.
10. Click “Continue”.
11. Click “Complete Transaction”.
12. Click “Finish”.

## How to Register for Programs:

1. Visit <https://register.capturepoint.com/SSSRA>, and login to your CommunityPass Account. If you are already logged in, click the “Home” button at the top of the screen.
2. Click the “Click Here to Register” button.
3. Select the program(s) you wish to attend by clicking on the program name or “Show Sessions”.
4. Select the person registering for the program, then click “Continue”.
5. Click on “Continue Registering” if there are other programs you wish to register for and repeat steps 5-7.
6. When finished, click “Continue to Checkout”.
7. Please follow the remaining steps to complete your registration, including making a payment via credit card.