

New Star Recreation Services

Winter 2023. January 9-March 17



If there is a tomorrow...
when we're not together,
there is something...
you must remember.
You are braver than you believe



stronger than you seem
And Smarter than you think.
But the more important thing is,
Even when we're apart...
I'll always be with you.



New Star Recreation Services (NSRS) is a special recreation cooperative of Broadview, Calumet Memorial, Maywood, Riverdale Park Districts, the Village of South Holland Recreational Services Department, and New Star. New Star is a 501(c)3, not-for-profit organization dedicated to challenging the limits and changing lives of people with intellectual and developmental disabilities. NSRS was organized to provide year-round premier community-based leisure education, recreation services, and activities for people with disabilities.

NSRS South Office.

Sandridge Fitness Center.

First Floor (Recreation Side)

600 Oglesby Avenue.

Calumet City, Illinois 60409.

Phone:708-207-9141

NSRS Staff.

Program Director:

Mike McNicholas-CTRS

Superintendent:

Kenyon Duner-CPRP, CPT

Recreation Supervisors:

Nancy DiGangi-CTRS.

Katie Myrold

Program Assistants:

Candyce Banks & Marvin Perez

NSRS Cooperative

South Holland Recreational

Services: Ed Stewart

Broadview Park District:

Brian Dawson

Calumet Memorial Park District:

Hollis Clark

Maywood Park District:

Lonette Hall

Riverdale Park District:

Gwenette Bradley

All precautionary measures recommended by the CDC are being taken to ensure the safety of our participants and staff.

Children's Programs

Little Guppies

Age: 4-15

In this program, children will increase their comfort level in the water, be introduced to water safety, and pre swim skills. Each session will end with fun water exercises and games.

This is a 1:1 program and registration will be on a first come first served basis. Swim diapers are required for children who are not toilet trained. No Program

Date: Mondays January 9-March 6

Time: 5-5:30pm & 5:30-6 pm

Location: South Holland Community Center

Fee: \$45

Mom and Tot Sing & Dance.

Ages: 2-6 years

Does your little one like to move and groove to music? Come sing along and dance with to nursery rhymes and children's songs.

Class is with parent/adult.

Day: Wednesdays

Date: 1/11-3/8

Time: 10:30-11:30am

Location: Sandridge Fitness Center

Fee: \$12 Min/Max: 4-6

Craft Club

Ages: 9-12

Come explore your creative side in our Craft Club where we will try different kinds of arts and crafts to create beautiful, one-of-a-kind art.

Date: Tuesdays

Time: 3:30-4:30pm

Location: Sandridge Fitness & Community Center

Fee: \$30. Min/Max: 4/10

Alley Cats

Ages: 6 and older

If you have some spare time, try your hand at bowling. Bumpers and ramps are available and all skill levels are welcome.

Day: Wednesdays

Date: January 11 – March 8

Time: 4:00 – 5:00pm

Location: Dolton Bowl

Fee: \$35 Min/Max: 4-20

Teen and Adult Programs

Making Waves

Ages: 13 and older

Do you like to swim. Yes? Well then, join us for great fun and exercise in the pool.

Mondays, January 9-March 6

Time: 6-6:50pm

Min/Max: 6/15

Fee: \$35

King Pin

Ages: 15 and older

Let's strike up a good time while we

Hit the lanes for some frames.

Registration is first come first served.

Date: Wednesdays, 1/9-3/6

Time: 5:00-6:00pm

Location: Dolton Bowl.

1401 E Sibley Blvd.

Fee: \$35

Min/Max: 4-10

Open Gym

Ages: 13-adult

We've got the equipment, you bring the energy! Have a blast playing sports and meeting new friends as we share the gym with the folks at Sandridge Fitness

Dates: Tuesdays, 1/10-3/7

Time: 4-4:45pm

Location: Sandridge Fitness

Fee: \$25

Min/Max: 6/12

Cool Crafts

Ages: 13-19

Show off your creative side while exploring different types of art mediums and creating unique masterpieces.

Dates: Wed. 1/9-3/6 Time: 6:30-8:00pm

Location: NSRS office

Fee: \$30

Min/Max: 4/10

Dinner Club

Ages:16 and older.

January 19, February 16, March 2, 2023.

We will practice our finance and social skills while eating delicious food at local restaurants. Locations will vary and you will be notified which restaurant to meet at prior the event. Bring money for dinner and tip. Average is \$30.

Fee: \$30. Min/Max: 3/6

Friday Night Socialites

January 13-March 17, 2023

Ages 16 and older

January 13 – Winter Craft

6:30-8:30pm \$20

Let's warm up with some cocoa, snacks, and good conversation with our friends while we create a beautiful craft. Min/Max4/8

January 20 – Glow with the Flow

6:00-9:30pm \$40

Registration is due by December 28, 2022

Everybody ready to glow?!! And have a ton of fun at the Glow with the Flow Dance! Be sure to wear your black light gear. Min/Max5/13

January 27 - NO PROGRAM

February 3 – Winter Blues Buster

6:30-8:30pm \$25

Don't be left out in the cold. Come on in and have a great time dining and dancing with your friends from other agencies at our annual Winter Blues Buster. Included: a full meal, beverages, music, and fun! Min/Max: 6-20

February 10 – SRJC Valentine Dance

5:45-9:00pm \$25

Registration Deadline: January 27

Let's join other SRAs for a grand time at the SRJC Valentine's Dance. You may even find your valentine. Transportation is provided to and from the dance. Min/Max:6/13

February 17 – UNO Marathon

6:30-8:30pm \$15

Everyone loves to play UNO! So, we are going to make a night of it with one large group or several smaller groups and see who wins! Snacks and beverages will be served.



February 24 – Mardi Gras Mambo

6:00-9:30pm \$20

We are heading to Oak Lawn to dance like it is Mardi Gras! Purple, yellow, and green are the colors of the evening. And don't forget your beads. Snacks will be served. Drop off and pick up are at the NSRS office. **Registration Deadline: February 12**

March 3 – Let's Get Cooking.

6:30-8:30pm \$30

No need for mom/staff to cook for us tonight because we will use a recipe to make something nutritious and delicious for us to eat...then eat it. This is all under the supervision of trained staff so no need to worry. Possible choices for the meal will be sent home prior to event.

March 10 – Shamrock Shuffle

6:00-9:00pm \$30

You don't need to be a leprechaun or have any gold to have fun at the Shamrock Shuffle. Just wear something green, so you don't get pinched, and be ready to have a great time. Pick up and drop off at the NSRS office. **Registration Deadline: February 17, 2023**

March 17 – Movie Night

TBD \$25

Join your friends for some popcorn and coke while enjoying a Friday Night flick. NSRS will purchase your ticket. Bring money if you would like to purchase snacks. Drop off and pick up are at Marcus theaters in Country Club Hills, 4201 W 167th Street. You will be notified of the time and movie the day before.



Super Saturdays

Saturday January 14, 2023, Winter Walk. 1:00-2:00pm Ages: 8 and up

We will meet at Sandridge Nature Center (15891 Paxton, South Holland) to get away from all the stale air in our homes and take a walk in the woods. Be on the look out for birds and other creatures that are active in the winter. We can then go inside and view the exhibits they have indoors. Fee: \$10.00 Min/Max: 3/8

Saturday, February 11, 2023, Trip to Albany's Candy Factory.

12:00-3:00pm Ages: 8 and up

Let's take a ride with NSRS to the Albany's Candy Factory, where you are bound to find your favorite sweet treat. We might be able to peek in the windows and see some candy being made. Bring your money if you would like to purchase some to take with you. Fee: \$25.00
Min/Max: 6/12

Saturday, February 18, 2023, DuSable Museum. 12:00-4:00pm

Ages: 8 and up

The DuSable Museum (740 East 56th Place, Chicago) holds a wonderful collection of African American history and art. There is so much to see and learn from the exhibits. Bring money for souvenirs. Fee: \$35.00 Min/Max: 5/12

Saturday, February 25, 2023, Ice Skating at MCPD 1:00-3:00pm

Ages: 8 and up

We can get some fresh air while gliding across the ice. At Memorial Park in. Calumet City Skate rental is available if you don't have your own skates.

Saturday, March 11, 2023, Lunch and Shopping. 12-4pm

Ages 8 and up

We will drive to Orland Mall where we will eat lunch then work off our lunch by walking around and checking out the stores at the mall. Bring money for lunch and shopping.
Fee: \$15.00. Min/Max: 4/8

NEW PROGRAMS

Health Matters Programs– Featuring health minded activities with a fun twist. This is a six-week series of programs where you can register for one or two or all of them. They will be offered two days a week – Tuesdays and Thursdays.

Fun with Fitness - We will be using a variety of fitness models to help us improve our fitness level. There will be conventional exercises such as calisthenics, aerobics, stretching, light weights, and some unconventional such as chair dancing, chair aerobics, and others. Tuesdays and/or Thursdays, 10:00am-11:00am
\$40.00 for one day
\$80.00 for both days

Make and Eat Healthy Lunch – We will take the time to prepare easy and healthy recipes to enjoy and revitalize our health. Discussions about food choices and cooking will take place during this program. Our goal is to assist in gaining knowledge of healthy versus not so healthy food, serving size, and seasonal choices. Tuesdays and/or Thursdays, 11:30am-1:00pm
\$40.00 for one day
\$80.00 for both days

Relaxing Arts and Crafts – We will explore our creative sides while incorporating mindfulness, by working on relaxing arts and crafts such as pencil drawing, making masterpieces using colored pencils, markers, paints, sculpture, and other types of arts and crafts. Tuesdays and/or Thursdays, 1:30-3:00pm
\$40.00 for one day
\$80.00 for both days

Space is limited to a maximum of six participants. Registration is on a first come first served basis so get your registrations in as early as possible.

Americans with Disabilities Act

New Star Recreation Services supports the Americans with Disabilities Act. NSRS will provide all reasonable accommodations to include persons with disabilities in the community. It is the belief of NSRS that all people are created equal and that they should have equal rights to recreation and leisure opportunities in their communities.

inclusion

NSRS supports programs that allow the participants to perform at the highest possible ability level with success. Some participants may choose traditional NSRS programs while others may choose park district and recreation department offered programs. In cooperation with park district/recreation department staff, NSRS will help to provide reasonable accommodations for all persons interested in inclusion in cooperative park district/recreation department programs. Contact NSRS for additional information.

PROGRAM CANCELLATION & CREDIT POLICY

Program Information

- At the scheduled program time, if no participants arrive within the first 15 minutes, the program will be canceled, and staff will be sent home. No credits will be given.
- NSRS staff look at all circumstances three hours prior to the starting time of the program and transportation routes to determine if the program should be canceled.
- If the program is canceled, program staff attempts to reach all participants by phone to inform them.
- NSRS attempts to extend programs to make up missed dates. You will be notified of program extensions.
- A credit will be given if the enrollment consists of less than the minimum number of participants.
- Requests for credits must be requested 10 business days prior to the beginning of the program. NOTE: Programs which include daily admissions

or tickets to entertainment or sporting events, etc. will be a prorated credit based on budgetary considerations.

- A full or prorated credit will be granted if a medical condition prohibits participation. To receive the credit, the NSRS office must be notified before the scheduled event. NOTE: A Doctor's note must be included with the credit request.

- Once a program has begun, no credits will be given.

NSRS will accept out-of-district participants into our program with the registration and payment of \$1,200 annual maintenance fee. This fee, paid to NSRS, can be made in installments through your own park district or all at once. To pay in installments, you must make arrangements with the NSRS Program Director. If you have inquiries, please contact Mike McNicholas at (708) 207-0023.

Brochure changes/error and delivery disclaimer:

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. NSRS reserves the right to make any such adjustments. We apologize for any errors and will make every effort to advise participants/parents/guardian of any program changes and corrections as quickly and efficiently as possible. The staff apologizes for any inconvenience these errors or adjustments may cause.

Thank you for your patience and understanding. NSRS relies upon the post office for mail deliveries of our seasonal brochures. NSRS assumes no responsibility for mail delivery. If for some reason you do not receive a brochure, please pick one up at our office.

Registration information:

1. Contact Nancy at 708-207-9141 to set up an appointment to register for programs. Arrangement for payments will be made with Nancy at that time.
2. Neatly complete the Annual Information Form, filling in all appropriate spaces. Missing information will delay your registration. Annual Information Forms are due before the start of programs.

Annual Information form Is due before the start of programs.

Forms of Payments: Full payment must be included. Checks made out to Special Recreation Services or cash are accepted. Please write the participant's name on the check. Confirmation of program enrollment will not be sent. You will be notified if a program is canceled or if placed on a waiting list. Fees will not be pro-rated for late or missing classes.

Consideration will be made only if the participant is a new resident.

Delinquent accounts: participants will be denied participation if a balance remains from a previous season, or a late pick-up fee has not been paid.

Participants attending a program without prior registration and payment, a \$10 administration fee will be added to each program that is attended. This fee must be paid in full before registration can be taken.

Program Code of Conduct

Due to limitations of in-person social-distanced programming, staff will not be able to support disruptive or challenging behavior, and programming may not be fully inclusive. Below are the expectations and guidelines the participants will need to follow to attend in-person programs and/or special events. These expectations are not all inclusive, more may be added.

All participants, parents/guardians, and family members must:

1. Maintain 6 feet of social distance.
2. Participants must be able to function at a 1:4 staff to participant ratio.
3. Wear a face covering over nose and mouth when applicable or as directed by staff. Participants must be able to remove own face covering and put on independently
4. Not share food or drink with anyone outside of your parent/guardian or family member.

5. Listen to and comply with staff directions. Participants must be able to follow verbal directions with minimal redirection.
6. Participants must be free of fever over the past 72 hours (temperature less than 100.4 degrees).
7. Refrain from attending in-person programs if you have traveled out of the state within the past 14 days.
8. Remain in designated area for the duration of the program. Participants must be able to stay with the group.
9. Show respect to all participants and staff. Threats and bullying of any form will not be tolerated. Participants must always keep their hands and feet to themselves.
10. Refrain from using foul language or offensive behavior including rude or inappropriate gestures or sexually explicit language.
11. Not be under the influence of alcohol or drugs which would impair the ability to safely participate in the program.
12. Remain fully clothed at all time

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Be sure to check out our participating park districts for additional opportunities for participating in recreational programs by requesting an inclusion aide:

Calumet City,

South Holland,

Riverdale.

Visit Sandridge Nature Center for fun with nature

New Star Recreation Services South Winter 2023 Registration

New Star Recreation Services requires that the following form be updated seasonally or in a change in participants health. Please complete this for entirely, return it along with payment. You must have a current registration to participate in any NSRS activities. All information is confidential. **Please read updated registration procedures on page 5.**

Patient Information

Name: _____ . Birth Date: _____

Sex: _____

Address: _____ City: _____

State: _____ Zip: _____ .

Group Home: _____ Home Phone: _____

Cell Phone: _____

Email: _____

Park District: _____

Agency Affiliation: _____

Family/Guardian Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Home Phone: _____

Emergency Contact Information (other than parent)

Name: _____ Relationship: _____

Phone: _____ Name: _____

Relationship: _____ Phone: _____

Medical Information

Doctors Name: _____ Hospital: _____ Dr. Phone: _____

Diagnosis (check all that apply): _____ Developmental Delay _____ Autism. _____

Downs Syndrome _____

_____ Mental Illness. _____ Vision Impairments. _____ Learning Disability. _____

Behavior Disability _____ Traumatic Brain Injury. _____

Spinal Cord Injury. _____ Cerebral Palsy. _____

Seizure Disorder. _____ Type. _____ Frequency _____

Other Impairments _____

Allergies: _____

Medication (type, dose & frequency) Use separate sheet if needed _____

Adapted Equipment: _____

Uses Wheelchair: _____ Yes _____ No _____ If Yes: _____ Manual. _____ Electric _____

Can participant transfer: _____ Yes _____ No _____

Dietary restrictions: _____

Self-Care, please circle:

Eating. _____ Independently _____ Monitoring _____ Requires assistance.

Explain _____

Bathroom. _____ Independently. _____ Monitoring _____ Requires assistance.

Explain _____

Dressing. _____ Independently. _____ Monitoring. _____ Requires assistance

Explain _____

Mobility. _____ Independently. _____ Monitoring. _____ Requires assistance.

Explain _____

Is the participant clear of Atlantoaxial Instability (AAI) _____ Yes _____ No

NSRS South Fall & Holiday Program Registration. Name: _____
Check only those programs you are registering for. Payment to accompany registration

X	Fee	Program		X	Fee	Program
	\$45	Little Guppies			\$12	Mom & Tot
	\$30	Craft Club			\$35	Alley Cats
	\$35	Making Waves			\$25	Open Gym
	\$35	King Pin			\$30	Cool Crafts
	\$30	Dinner Club				
	\$20	Winter Craft			\$40	Glow w/ Flow
	\$25	Winter Blues			\$25	Valentine's Dance
	\$15	Uno Marathon			\$20	Mardi Gras Mambo
	\$30	Let's Get Cooking			\$30	Shamrock Shuffle
	\$25	Movie				
	\$10	Winter Walk			\$25	Albanese Candy
	\$35	DuSable Museum			\$15	Lunch & Shopping
	\$				\$	
	\$40	HM Exercise Tuesday			\$40	HM Exercise Thursday
	\$40	HM Cooking Lunch-Tues			\$40	HM Cooking Lunch-Thurs
	\$40	HM Crafts Tuesday			\$40	HM Crafts Thursday

Total _____ . Paid _____ . Balance due _____ Staff _____

