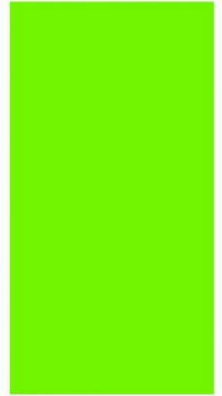


WINTER 2025 Program Season



Register at
sertomastar.org/specialrecreation



January 13-
March 21, 2025

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

SRS South Campus Office:

Lan-Oak Park District
2550 178th Street
Lansing, IL 60438
(708) 474-8552

SRS Staff:

Michael McNicholas, CTRS, MPA
Executive Director
mmcnicholas@sertomastar.org
708-207-0023

Nancy DiGangi, CTRS
Program Manager
ndigangi@sertomastar.org
708-207-9141

Shevon Reed, CTRS, CDP
Recreation Supervisor
sreed@sertomastar.org
708-955-8517

SRS Member Districts:

Broadview Park District (North Campus)
Darion Hills, Executive Director

Calumet Memorial Park District
Hollice Clark, Executive Director

Dolton Park District
Cleo Jones, Acting - Executive Director

Lan Oak Park District
Sharon Desjardins - Superintendent of Strategy and
Operations

Riverdale Park District
Mari Barnes, Administrator

Village of South Holland Recreational Services
Edward Stewart, Director of Recreational Services

Contract member:

Sertoma Star Services
Kelly Berardelli, President/CEO

Fitness Programs

Little Guppies

Aquatic fitness is great at any age! If you're ready to learn water safety and pre-swim skills while increasing your pool comfort level, then this is the place for you. Sessions are 30 minutes and taught on a 1:1 basis. Swim diapers are required for participants without adequate bathroom skills.

Ages 4 - 12
Mon., Jan 13 - Mar 17
4:00 - 6:00 pm
South Holland Community Center
Fee: \$45
Min/Max: 6/10

Just For Kicks- The Martial Arts University

Did you know that there are 180 different styles of Martial Arts? This season, we will focus on one of the most popular forms, Karate! Led by instructors from the USA Martial Arts Team, you can learn introductory Karate techniques aimed at developing well-balanced bodies and minds.

Ages 4 & Older
Mon., Jan 13 - Mar 17
6:30 - 7:30 pm
Eisenhower Center, Lansing
Fee: \$45
Min/Max: 6/10

Making Waves

Can't wait for summer to flex your swimming skills? Then join us for some wintertime indoor pool exercise and fun!

Ages 13 & Older
Mon., Jan 13 - Mar 17
6:00 - 7:00 pm
South Holland Community Center, South Holland
Fee: \$45
Min/Max: 6/12

Sports Skills

We will explore different sports to see which ones we like best. You bring the energy, and we'll bring the equipment. Wear athletic clothing, gym shoes, and bring a water bottle.

Ages 13 & Older

PROGRAMS

Tues., Jan 14 - Mar 18
6:00-7:00 pm
South Holland Community Center, South Holland
Fee: \$35
Min/Max: 8/15

Intro to Special Olympics



Alley Cats

Nothing to do with your spare time? Try your hand at the target sport of Bowling! All skill levels are welcome.

Ages 6 - 12
Wed., Jan 15 - Mar 19
4:00 - 5:00 pm
Dolton Bowl, Dolton
Fee: \$35
Min/Max: 4/10

King Pin

Let's hit the lanes and strike up some good times with a spirited game of ten-pin! All skill levels are welcome.

Ages 15 & Older
Wed., Jan 15 - Mar 19
5:00 - 6:00 pm
Dolton Bowl, Dolton
Fee: \$35
Min/Max: 4/8

Just Kickin' It!

Soccer is the original football game! This season, we'll learn introductory soccer skills such as dribbling, shooting, running, and kicking.

PROGRAMS

Ages 8 & Older
Tues., Jan 14 - Mar 18
7:00-800 pm
South Holland Community Center, South Holland
Fee: \$35
Min/Max: 8/15

Social Life

Teen Scene

Who doesn't love lunch and a movie? Together, we'll grab some lunch, then head into the theater to see the latest blockbuster. Registration fee includes movie admission. Please bring money for lunch. Movies may range in rating (G, PG, PG-13).

Ages 13 - 20
Sat., Jan 18, Feb 1, Mar 1
11:00 - 3:00 pm
Marcus Theaters, Chicago Heights, IL
Fee: \$50
Min/Max: 6/10

Culinary Critics

Are you a culinary critic? Sharpen your financial and social skills, while sharing culinary critiques and breaking bread at restaurants in the Lansing-Northwest Indiana corridor. Participants will receive the list of restaurants prior to the start of the program season.

Ages 16 & Older
Thurs., January 23, February 13, March 6
5:00 - 6:30 pm
Various Locations
Fee: \$35
Min/Max: 6/10

Friday Night Socialites

Are you a social butterfly? Then Friday nights are definitely for you! Join us for a festive season of Friday night hang-outs! Please see our list of offerings below and register for as many Friday nights as you'd like. Registrants must be 16 years of age or older. *Please note there will be no FNS on January 24.*

PROGRAMS

January 17- Cocoa, Crafts & Conversation...

It's been a while since we've gotten together with our SRS friends! Let's catch up over delicious cups of hot cocoa with all the trimmings. We will also create cute wintertime crafts to take home and display.

Eisenhower Center, Lansing

6:30 - 8:30 pm

Fee: \$30

Min/Max: 10/15

January 31- SSC Men's Basketball

Live out your hoop dreams as we watch the South Suburban College Bulldogs take on the Dons of the Bosco Institute. Game admission is included with the registration fee. Please bring extra money if you'd like to purchase concessions.

South Suburban College, South Holland

6:30 - 9:00 pm

Fee: \$10

Min/Max: 6/10

February 7- Winter Bash

Nothing beats the winter blues like getting down to the Motown Sound! Join us as we mix, mingle, and dance the night away with our friends from neighboring Special Recreation Associations. Dinner and dessert are included with the registration fee.

South Holland Community Center, South Holland

6:30 - 8:30 pm

Fee: \$25

Min/Max: 10/75

February 14- Valentine's Day Dance

Will you be my Valentine? Let's join our SRA friends for a heart-pounding good time at the Valentine's Dance. Dinner, dessert, and transportation are included with the registration fee. **Registration deadline: Mon, Jan 27.**

Kathy Green Multi-Purpose Center

Drop-off/Pick-up: Calumet Memorial Park District, Calumet City

5:00 - 9:00 pm

Fee: \$30

PROGRAMS

Min/Max: 9/12

February 21- Throwback Games Night

Let's go back in time and play a few old-school games! We'll reminisce over an array of throwback table games and card games. Snacks and beverages will be provided.

Calumet Memorial Park District, Calumet City

6:30 - 8:30 pm

Fee: \$20

Min/Max: 6/8



February 28 - Mardi Gras Mambo

“Laissez les bon temps rouler!” We are heading to Oak Lawn to “let the good times roll” at the Mardi Gras Mambo! Snacks will be served at the dance. Transportation is included with the registration fee. **Registration deadline: Weds, Feb 12.**

Oak Lawn Park District Pavilion

Drop-off/Pick-up: Calumet Memorial Park District, Calumet City

6:00 - 9:30 pm

Fee: \$20

Min/Max: 9/12

March 7- Gizmo's Fun Factory

Registration fee includes factory attractions and a game card. Bring money for food or additional game card purchases.

Gizmo's Fun Factory, Orland Park, IL

Drop-off/Pick-up: Calumet Memorial Park District, Calumet City

5:30 - 9:00 pm

Fee: \$50

Min/Max: 6/12

PROGRAMS

March 14 - Plant Starters!

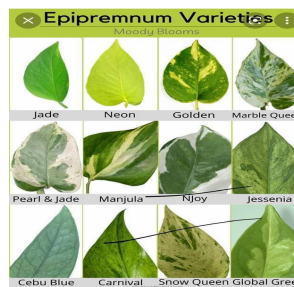
Spring is in the air! Let's get a jump on bloomin' season and prepare our indoor gardens! Everything you need, from plants, to soil and flower pots, is included with registration. Each participant will take home a plant and care instructions. Staff will even check in weekly to hear about your plant's progress!

Calumet Memorial Park District, Calumet City

6:30 - 8:30 pm

Fee: \$25

Min/Max: 10/15



March 21 - Movie Night

Relax with your friends while enjoying a Friday Night flick. Your movie ticket is included with registration, but bring money if you'd like to purchase snacks. You will be notified of the movie selection and time the day before the program.

Marcus Theatres, Country Club Hills

Fee: \$25

Min/Max: 6/10

Industrial Arts

Crazy Kid Fun!

Each week, we'll learn different ways to have fun! From games to dancing to DIY crafts, join us for our fun-filled explorations!

Ages 3 - 6

Sat., Jan 25 - Mar 15

12:15 - 1:00 pm

PROGRAMS

Eisenhower Center, Lansing
Fee: \$35
Min/Max: 4/10

Creative Corner

Here's your chance to let your creativity flag fly! Each week we will dive into the world of crafting and discover different mediums of art expression.

Ages 7-12
Sat., Jan 25 - Mar 15
1:30 - 2:30 pm
Eisenhower Center, Lansing
Fee: \$35
Min/Max: 4/10



Performing Arts

Let's Dance!

Join us for a fun-filled exploration through the wonderful world of dance. From African dance, to Country Line, and Salsa dancing, we have all of the dance moves covered!

Ages 13 & Older
Thurs., Jan 23 - Mar 13
7:15 - 8:00 pm
Eisenhower Center, Lansing
Fee: \$50
Min/Max: 6/10

PROGRAMS

Master Chefs

Get ready to create unforgettable dishes and bond like never before, while we break bread together!

Ages 18 & Older

Thurs., January 30, February 20, March 13

5:15 - 6:45 pm

Eisenhower Center, Lansing

Fee: \$65 Min/Max: 6/12



Virtual Programs

Sweets for my Sweet!

Roses are red, violets are blue, and candy-making is oh-so-sweet! Join us for a confectionary experience that's sure to please! We will make candy to share with our favorite Valentine, or to enjoy as a party of one. The Google Meets link will be sent, and all ingredients will be available for pick-up, prior to the program. Participants will provide all the necessary cooking utensils.

Ages 13 & Older

Thurs., Feb 13

12:00 - 1:30 pm

Google Meets

Fee: \$25

Min/Max: 5/50

Stretch With Us

Ready, set, stretch! Increase your flexibility and well-being with this mid-morning workout. All ages and fitness levels are welcome.

PROGRAMS

All Ages

Tues. and Thurs., Jan 14 - Mar 20

10:30 - 11:00 am

Google Meets

Fee: \$10

Min/Max: 5/50

Dance Frenzy

Join us for a great time dancing the afternoon away! Let's get swept away by the music, and show off our dance moves.

Ages 3 - 6

Weds., Jan 15 - Mar 19

3:30 - 4:00 pm

Google Meets

Fee: \$10

Min/Max: 5/50



Netflix & Chill

Don't you just love curling up and streaming a good movie? This season we'll watch movies from different genres, then share our cinematic critiques with our friends. After each movie review, we'll choose our next movie selection together.

Ages 18 & Older

Fri., Jan 24, Feb 7, Feb 21, Mar 7, Mar 21

12:45 - 1:45 pm

Google Meets

Fee: \$10 Min/Max: 5/50

PROGRAMS

Outdoor

Winter Wonders!

Let's get outside for some fresh air where we can see and experience the wonders of winter. Binoculars are provided to view the beauty of winter during a hike at Sandridge Nature Center. We will complete our wonderful winter experience with hot cocoa and cookies. Please dress for the weather!

Ages 13 and older

Sat., Mar 9

1:00 - 2:30 pm

Sandridge Nature Center, South Holland

Fee: \$15

Min/Max: 5/10

Special Events

DRUMLine Live 2025

From the musical creators behind the hit movies "Drumline" and "Drumline: A New Beat", this attraction brings the high-spirited style of the Historically Black College and University (HBCU) marching band experience to the stage! Back by popular demand, this year's show is full of dynamic musicians, and is guaranteed to be a showstopper! Transportation is included with registration.

Ages 13 & Older

Sat., Feb 15

1:30 - 5:30 pm

Governors State University, University Park

Drop-off/Pick-up: Calumet Memorial Park District

Fee: \$55

Min/Max: 6/10

A Taste of Black History

Let's use our taste buds to journey through Black History! We'll explore different dishes native to the African American community, and learn about their significance to American culture. Bring your appetite for this one!

Ages 13 & Older

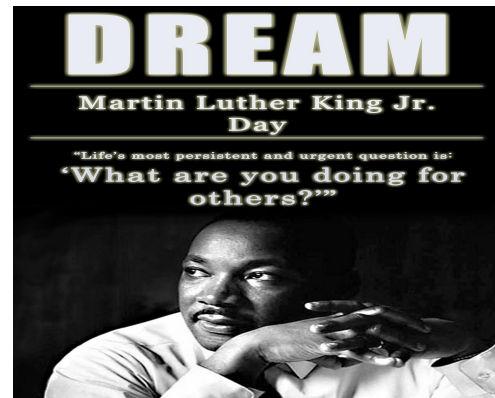
PROGRAMS

Sat., Feb 22
1:00 - 3:00 pm
Eisenhower Center, Lansing
Fee: \$40
Min/Max: 6/10

DREAM

Centered around Dr. Martin Luther King, Jr.'s prominent "I Have a Dream" speech, experience the reimagined American Dream through powerful interpretive dance. The GovState Dance Company will inspire us to dream the unimaginable!

Ages 13 & Older
Sat., Mar 1
1:00 - 5:00 pm
Governors State University, University Park
Drop-off/Pick-up: Calumet Memorial Park District
Fee: \$30
Min/Max: 6/10



Americans with Disabilities Act

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

Inclusion

SRS supports programs that allow the participants to perform in the least restrictive environment. Some participants may choose traditional SRS programs, while others may choose park district and recreation department-offered programs. In cooperation with park district/recreation department staff, SRS will provide additional support for all persons interested in inclusion services in park district/recreation department programs. Contact SRS for additional information.

Program Cancellation & Credit Policy

Program Information:

- If no participants arrive within the first 15 minutes at the scheduled program time, the program will be canceled, and staff will be sent home. No credits will be given.
- If the program is canceled, program staff will attempt to reach all participants by phone and email to inform them.
- SRS attempts to extend programs to make up missed dates. You will be notified of program extensions.
- All credits/refunds will be reviewed and disbursed after review by the Executive Director.
- Please note that a doctor's note may be required with the credit request.
- Once a program has begun, no credits will be given.

Out-of-district participants include those not part of the member districts, the corresponding school district, or affiliation with Sertoma Star Services. SRS will accept out-of-district participants into our program with the registration and payment of a \$1,200 annual maintenance fee. This fee, paid to SRS, can be made in installments or all at once. To pay in installments, you must make arrangements with the SRS Program Director. For additional inquiries, please contact Michael McNicholas at mmcnicholas@sertomastar.org

Registration Information:

- Contact Program Manager, Nancy DiGangi (ndigangi@sertomastar.org), or Recreation Supervisor, Shevon Reed (sreed@sertomastar.org), to schedule an appointment to register for programs. Payment arrangements will be made at the time of registration.
- Complete the Annual Information Form, filling in all appropriate spaces. Annual Information Forms are due at the time of registration.
- Program Registration: Checks made out to Sertoma Star Services (SRS) or cash are accepted. Please write the participant's name on the check. Full payment must be included. You will be notified if a program is canceled or if placed on a waiting list.
- 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. For participants attending a program without prior registration and payment, a \$10 administrative fee will be added to each program that is attended. This fee must be paid in full before registration can be taken.



Special Recreation Services of Sertoma Star Services

Winter 2025 Registration

SRS requires that the following form be updated seasonally or due to a change in participants' health. Please complete this form entirely, and return it with payment. You must have a current registration to participate in any SRS activities. All information is confidential.

Participant Information:

Name: _____ Birth Date: _____ Sex: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Primary Phone: _____ Cell Phone: _____

Park District: _____ Group Home: _____

Agency Affiliation: _____

Parent/Guardian Information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Primary Phone: _____ Cell Phone: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Phone: _____

Medical Information:

Physician's Name: _____ Hospital: _____
Phone: _____

Primary Diagnosis: _____
Secondary Diagnosis: _____
Tertiary Diagnosis: _____

Seizure Disorder/Type: _____ Frequency: _____

Seizure Duration: _____ Seizure Trigger/Warning Sign: _____

Other Impairments: _____
Allergies: _____

Medication (type, dose & frequency); use a separate sheet if needed:

Adaptive	Equipment	Needs:
_____	_____	_____

Dietary Restrictions: _____

Daily Living Skills (please circle):

Eating: Independently Needs monitoring Requires assistance
Explain: _____

Bathroom: Independently Needs monitoring Requires assistance
Explain: _____

Dressing: Independently Needs monitoring Requires assistance
Explain: _____

Mobility: Independently Walker Wheelchair (Manual or Electric)
Can the participant transfer? Yes/No
Is the participant clear of Atlantoaxial Instability (AAI)? Yes/No

SRS South Winter 2025 Program Registration
Please select the programs you are registering for.

Payment due upon registration.

Name: _____

Program	Fee	X	Program	Fee	X	Program
Little Guppies 1/13- 3/17	\$45		Plant Starters! 3/14	\$25		
Just for Kicks 1/13- 3/17	\$45		Movie Night 3/21	\$25		
Making Waves 1/13- 3/17	\$35		Crazy Kid Fun! 1/25- 3/15	\$35		
Sports Skills 1/14- 3/18	\$35		Creative Corner 1/25- 3/15	\$35		
Alley Cats 1/15- 3/19	\$35		Let's Dance! 1/23- 3/13	\$35		
King Pin 1/15- 3/19	\$35		Master Chefs 1/30, 2/20, 3/13	\$65		
Just Kickin' It! 1/14- 3/18	\$35		Stretch With Us 1/14- 3/20	\$10		
Teen Scene 1/18, 2/1, 3/1	\$50		Dance Frenzy 1/15- 3/19	\$10		
Culinary Critics 1/23, 2/13, 3/6	\$35		Netflix & Chill 1/24, 2/7, 2/21, 3/7, 3/21	\$10		
Cocoa, Crafts & Conversation 1/17	\$30		Sweets for my Sweet! 2/13	\$25		
SSC Basketball 1/31	\$10		Winter Wonders! 3/9	\$15		
Winter Bash 2/7	\$25		DRUMLine Live 2025 2/15	\$55		
Valentine's Day Dance 2/14	\$30		A Taste of Black History 2/22	\$40		
Throwback Games Night 2/21	\$20		DREAM 3/1	\$30		
Mardi Gras Mambo 2/28	\$20					
Gizmo's Fun Factory 3/7	\$50					

Total: _____ Paid: _____ Balance Due: _____



SRS South Campus Office:
Lan-Oak Park District
2550 178th Street
Lansing, IL 60438



**Serving the park districts of Broadview, Calumet Memorial, Dolton,
Lan-Oak, Riverdale Park, and the Village of South Holland
Recreational Services Department**

**Visit us online at
sertomastar.org/specialrecreation**