

Challenging Limits...Changing Lives

WINTER SEASON

WEEKLY PROGRAMS

January to March 2026



REGISTER NOW!

SRS South Campus Office
2550 178th Street
Lansing, IL 60438

SPECIAL RECREATION SERVICES (SRS) OF SERTOMA STAR SERVICES

SRS 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.

South Campus

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

North Campus

**Beverly Center
3065 S. 25th Avenue
Broadview, IL 60155
708-410-0182**

SRA STAFF

Michael McNicholas, CTRS, MPA

Executive Director

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708-207-0023

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Program Manager

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Tania Meza-Sanchez, CTRS

Recreation Supervisor

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SRA MEMBER DISTRICTS

Broadview Park District (North Campus)

Darion Hills, Executive Director

Calumet Memorial Park District

Hollice Clark, Executive Director

Dolton Park District

Lonnette Hall - Executive Director

Lan Oak Park District

Sharon Desjardins - Superintendent of Strategy and Operations

Riverdale Park District

Cynthia Gilmore, Administrator

Village of South Holland Recreational Services Department

Edward Stewart,

Director of Recreational Services

Sertoma Star Services

Kelly Berardelli, President/CEO

WEEKLY PROGRAMS

Looking to add something fun to your week?

Our weekly programs offer new friends, new experiences, and plenty of movement — all in a welcoming, inclusive, and engaging environment. Come discover what makes our community shine!



WEE FLOW!

A dynamic, high-energy program that combines kid-friendly yoga, and fun dance moves! Participants will jump, stretch, and flow their way through activities that build strength, balance, coordination, and confidence. Each class encourages creativity, self-expression, and teamwork while staying active and engaged. Perfect for those who love movement, laughter, and trying something new every week!

When: Mondays, Jan. 12– March 16

Time: 5–6 p.m.

Where: Dolton Park District
(Lester L. Long Field House)

Ages: 6– 12

Fee: \$45 **Min/Max:** 4/10



AEROBIC DANCE

Move to the beat in a high-energy program that mixes easy-to-follow dance routines with low-impact cardio. Improve endurance, coordination, and mood while having fun. No experience needed—just bring water and good vibes!



When: Mondays, Jan. 12– March 16

Time: 6–7 p.m.

Where: Dolton Park District
(Lester L. Long Field House)

Ages: 13 & Older

Fee: \$45

Min/Max: 4/10

CREATIVE CORNER

Here's your chance to let your creativity flag fly! Each week we will create new masterpieces as we discover different mediums of art expression. All ages and abilities welcome.

When: Tuesdays

Jan. 13, 27

Feb. 10, 24

March 10, 24

Where: Riverdale Park District
(Ivanhoe Center)

Time: 4–5 p.m.

Fee: \$45

Min/Max: 4/15



TASTE BUDS

Get ready to create unforgettable dishes, and bond like never before! Be sure to bring your appetite and good vibes while we make dinner together!



Time: 5–7 p.m.

Ages: 13 & Older

Fee: \$65

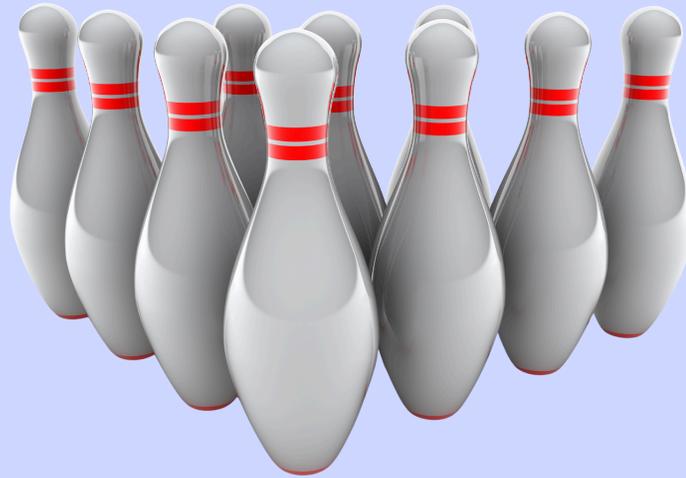
Min/Max: 4/12

When: Tuesdays

Jan. 20, Feb. 3, 17, March 3, 17

Where: Lan– Oak Park District
(Eisenhower Center)

BOWLING



Junior Pin Pals

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

When: Wednesdays
Jan. 14- March 18

Where: Dolton Bowl

Time: 4-5 p.m.

Ages: 6 - 12

Fee: \$45

Min/Max: 4/12



Pin Pals

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

When: Wednesdays
Jan. 14- March 18

Where: Dolton Bowl

Time: 5- 6:30 p.m.

Ages: 13 & Older

Fee: \$45

Min/Max: 4/20

SOCIAL LIFE

Brunch Break

Breakfast or lunch? How about both! Sharpen your financial and social skills, while enjoying weekend brunch at different restaurants in the Lansing- Northwest Indiana corridor. Cost of meal included with registration. Participants will receive the list of restaurants prior to the start of the program season.

When: Saturdays

January 31, February 28, March 21

Where: Various Restaurants

Time: 11 a.m.- 1 p.m.

Ages: 16 & Older **Fee:** \$75 **Min/Max:** 4/8





FRIDAY NIGHT SOCIALITES

TGIF!

Our Friday Night Socialites Program offers teens and adults with disabilities a safe, fun way to connect, build friendships, and explore the community. From outings and activities to games and social events, it's a great way to gain independence, stay active, and have a blast with friends. Let's have Friday's full of laughter, learning, and lasting memories!

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.

****REGISTRATION DEADLINE FOR ALL FRIDAY NIGHT SOCIALITES IS JANUARY 8, 2026****



FRIDAY NIGHT SOCIALITES	LOCATION	FEE
<p>January 16 E-Games Night What's better than an evening of casual gaming with friends? Snacks and good vibes provided.</p>	<p>Eisenhower Center Lansing, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 8/12</p>
<p>January 23 Karaoke Night Tonight's your chance to take center stage, and belt out your favorite tunes! Snacks, music, and good vibes included.</p>	<p>Eisenhower Center Lansing, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 8/12</p>
<p>January 30 SSC Men's Basketball Live out your hoop dreams as we cheer on our home team, the Bulldogs of South Suburban College, as they take on the Dons of the Bosco Institute. Game admission included with registration.</p>	<p>South Suburban College, South Holland, IL 6:30- 8:30 p.m.</p>	<p>\$25 Min/Max: 4/15</p>
<p>February 6 DIY Delights Join us for a night of do-it-yourself fun! There'll be a choice of crafts to create, hand-decorate, and put your own spin on! Snacks will be provided.</p>	<p>Calumet Memorial Park District Calumet City, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 4/15</p>

FRIDAY NIGHT SOCIALITES	LOCATION	FEE
<p>February 13 Valentine's Day Dance Will you be my Valentine? Let's join our SRJC friends for a heart-pounding good time tonight! Dinner, dancing, and transportation included with registration.</p>	<p>Eisenhower Center Lansing, IL 5:00- 9:00 p.m.</p>	<p>\$30 Min/Max: 4/15</p>
<p>February 20 Pajama Jammy Jam! It's cold outside, but we're heating things up with a party in pj's! Throw on your coziest pajamas, and head over to this jam! Bottomless cocoa and snacks provided.</p>	<p>Eisenhower Center Lansing, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 8/12</p>
<p>February 27 Mardi Gras Mambo Dance Laissez les bon temps rouler! We're heading to Oak Lawn to let the good times roll! Snacks and transportation included with registration.</p>	<p>Eisenhower Center Lansing, IL 6:00- 9:30 p.m.</p>	<p>\$30 Min/Max: 4/15</p>



FRIDAY NIGHT SOCIALITES	LOCATION	FEE
<p>March 6th Shamrock Shuffle Dance Feeling lucky? Let's shuffle over to Orland Park for dinner, games, music, and live entertainment from a real Irish dance troupe!</p>	<p>Eisenhower Center Lansing, IL 5:00- 9:00 p.m.</p>	<p>\$50 Min/Max: 4/15</p>
<p>March 13th Lego Night Are you a master builder? Put your architectural skills to the test tonight as we create our very own Lego masterpieces!</p>	<p>Riverdale Park District (Ivanhoe Center) Riverdale, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 6/12</p>
<p>March 20 Paint 'n Sip Enjoy a night of zen with tasty drinks, and hand-painted art created by you!</p>	<p>Riverdale Park District (Ivanhoe Center) Riverdale, IL 6:00- 8:00 p.m.</p>	<p>\$25 Min/Max: 4/12</p>

Special Events

Safari Land - January 18

Ready for adventure? From games to rides, Safari Land is the perfect place to let loose, laugh, and make unforgettable memories!

For ages 6- 12 years old.

Registration includes admission for one child and one adult.

Eisenhower Center, Lansing, IL

1:00- 5:00 p.m. Fee: \$35 Min/Max: 4/12

White Fence Farm - February 15

Let's start the week off right with a scrumptious dinner with friends! This evening we'll enjoy the sights and the legendary fried chicken dinner at one of Route 66's tastiest restaurants.

For ages 16 & older.

Eisenhower Center, Lansing, IL

2:00- 6:00 p.m. Fee: \$40 Min/Max: 4/12

Emagine Theatre - March 8

Lights, camera, fun! This theatre has everything from luxury seating, to enhanced concessions brought right to your seat! Participants will be notified of the exact movie and time one week prior. Registration includes transportation and movie admission. Please bring extra money for concessions.

For ages 13 & older.

Eisenhower Center, Lansing, IL

1:00- 5:00 p.m. Fee: \$25 Min/Max: 4/12

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 Shevon Reed (**sreed@sertomastar.org**), or Special Recreation Coordinator Tania Meza (**tmeza-sanchez@sertomastar.org**) to schedule an appointment to register for programs. Complete the Annual Information Form, filling in all appropriate spaces. Annual Information Forms are due at the time of registration.

Program Registration:

Cash, credit card, and checks accepted. Please make checks out to Sertoma Star Services, and write the participant's name on the check. Full payment must be included. You will be notified if a program is canceled or if a participant is 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 2026 Program Registration

SRS requires that the following form be updated annually 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: _____

Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Primary Phone: _____ Cell Phone: _____

Park District: _____ Group Home: _____

Parent/Guardian Information:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Primary Phone: _____ Cell Phone: _____

Email: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Phone 1: _____ Phone 2: _____

Medical Information:

Physicians Name: _____

Hospital: _____ Phone: _____

Primary Diagnosis: _____

Secondary Diagnosis: _____

Tertiary Diagnosis: _____

Seizure Disorder/Type: _____

Frequency: _____ Duration: _____

Seizure Trigger/Warning Signs: _____

Other Impairments: _____

Allergies: _____

Medication (type, dose, and frequency) use 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 2026

Winter Program Registration

Please list each of the programs you are registering for below.

Payment is due upon registration.

PROGRAM	FEE	PROGRAM	FEE

TOTAL: _____ PAID: _____ BALANCE DUE: _____

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.



Sertoma Star Services has a rich history of providing state-of-the-art services and programs for individuals with intellectual/developmental disabilities and those living with mental illness. The organization has provided programs and services to individuals in and around the Chicagoland area and northwest Indiana for a collective 125-plus years.

We support more than 1,500 consumers and have three locations in Illinois – Alsip, Chicago Heights, and Matteson – and an office in Merrillville, Indiana. Our programs are driven by our passion for creating life-changing vocational, educational, therapeutic, and residential opportunities for those we serve.



SRS SOUTH Campus Office
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

