

Live It Up (13 years & older) FREE

Do you want to increase independence in some important activities of daily living? Live it up will be an on-going program that will focus on helping you learn a new skill each week. This six-week session will discuss how to handle an emergency situation and talk about basic first aid. Let SRSNLC staff help you learn or improve your knowledge of community resources, nutrition, first aid / safety, health and fitness, and budgeting in sessions to come. SRSNLC reserves the right to evaluate a participant's functioning level to determine appropriateness for the program. To discuss placement for this program please contact Kari Drew prior to registration at 847-360-4763.

DH WE 10/6-11/10 6-7:30 pm Reg by 9/29 #6503



Snowflake Camp (5-12 years) \$65/\$98

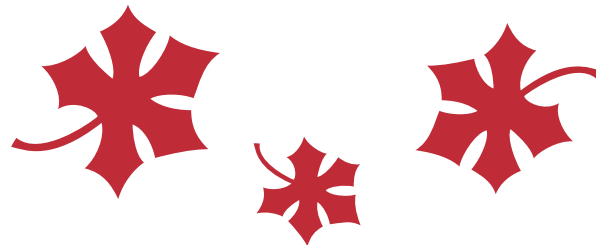
Winter blahs put you in a freeze? SRSNLC will help you thaw. Join in the winter fun at our camp. Children go on fieldtrips, have fun in the snow, and meet new friends. Don't waste your winter break. Spend it with SRSNLC for a chilling good time. Send a bag lunch each day. A medication release must be on file before the start of camp. Door to door transportation provided for in-district residents only.

DH MO-WE 12/20-12/22 9:30am-4pm Reg by 12/6 #6404
DH MO-WE 12/27-12/29 9:30am-4pm Reg by 12/6 #6405

Blizzard Camp (13-18 years) \$65/\$98

Tired of being stuck inside all winter? Break through the barriers of ice that keep you from having fun! Join SRSNLC as they offer their first winter break camp for teens with developmental disabilities. Go on great fieldtrips, play games, and keep your social life from freezing over during the winter break! Send a bag lunch each day. A medication release must be on file before the start of camp. Door to door transportation provided for in-district residents only.

DH MO-WE 12/20-12/22 9:30am-4pm Reg by 12/6 #6406
DH MO-WE 12/27-12/29 9:30am-4pm Reg by 12/6 #6407



Did You Know—Volunteers Live Longer?

Recent scientific studies suggest that volunteering increases an individual's life-span. There are many different areas you can volunteer for and the amount of hours/days you volunteer depends on your schedule. For more information about volunteering please contact:

Waukegan Park District

Julie Schneider • 2000 Belvidere Street • Waukegan, IL 60085 • Phone 847-360-4762 • Fax 847-662-2577

Upcoming Events to Volunteer for:

<input type="checkbox"/> News Hounds	WE	9/8 & 10/7	5:30-6:30pm	DH
<input type="checkbox"/> Time to Spare Bowling	MO	9/13-11/1	4:45-6pm	DH
<input type="checkbox"/> K9 Trace and Pace	SA	9/18	10am-4pm	BEL
<input type="checkbox"/> World Wide Day of Play	SA	9/25	9:30am-3pm	FH
<input type="checkbox"/> Halloweenfest	SA	10/30	2-8:30pm	BO
<input type="checkbox"/> Turkey Trot	SA	11/13	9am -12pm	BP
<input type="checkbox"/> All-Star Basketball Skills	TU	11/3-2/15	6-7pm	FH
<input type="checkbox"/> All-Star Basketball	TU	11/3-1/18	7-8:30pm	FH
<input type="checkbox"/> Winter Camp (ages 6-12)	MO-WE	12/20-12/22	9:30am- 4pm	DH
<input type="checkbox"/> Winter Camp (ages 13-22)	MO-WE	12/27-12/29	9:30am-4pm	DH
<input type="checkbox"/> Polar Bear Plunge	SA	1/1/2011	8:30am-11:30pm	Waukegan Beach

Volunteer Interest Information

Name: _____

Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____