

WAUKEGAN INCLUSIVE & FAMILY

SUPERVISION OF PARTICIPANTS NEEDS TO BE PROVIDED BY GUARDIANS FOR ALL PROGRAMS UNDER THIS SECTION

GO WAUKEGAN

Get Moving! Walking improves your mood, maintains a healthy weight and strengthens bones and muscles. Watch for GO WAUK events throughout the year. Kick off events are FREE! Call 847-782-3300 to find out when the next GO WAUK event will take place.

Family Zumba

Make a commitment to get healthy with your family! Zumba combines Latin American music and dance to create one great class that feels more like a party than a work-out. We'll begin with the basics, so everyone can join with or without previous dance experience. At least one member of the family must have a disability. **One member of the family must also be over 18 and not a regular SRSNLC participant.**

Location: Jane Adams Center | **Age:** 10 & Older
Fee: \$5R / \$10NR per family member | **Reg. Deadline:** August 22, 2018

CODE	DAY	DATE	TIME
31101402-1A	W	8/29-9/26	6:00pm-6:45pm

16 WAUKEGAN • 847-360-4760 • www.waukeganparks.org
Para hablar con alguien en español por favor Hame el número 847-360-4789 para dejar un mensaje y te regreso la llamada tan pronto como sea posible.

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Ray Bradbury's Dandelion Wine Fine Arts Festival

Celebrate the start of summer at Waukegan Park District's "Dandelion Wine" Art and Music Festival. All the performance events are free to view. Family activities including a creative art project are also free. There are over 30 art vendors showing and selling art. There are three different performance stages including a main stage and indoor acoustic stage.

Location: Bowen Park, Waukegan | **Age:** All | **Fee:** Free

DAY	DATE	TIME
Sa	6/2	11:00am-6:00pm



American Independence Parade

American Independence Parade starts at 1:00pm and follows Sheridan Road beginning at Franklin St. and heads north to Greenwood Ave. This is a FREE event!

Location: Sheridan Rd
Age: All
Fee: FREE

DAY	DATE	TIME
Su	7/1	1:00pm-3:00pm

Touch a Truck and National Night Out

The hands on event is sure to be a crowd pleaser. Children and adults can explore upwards of 20 different types of large vehicles from various businesses, including: vehicles from police departments, fire departments, towing companies, landscaping businesses and more. This event is fun for all ages. Food vendors will be on site selling food and there will be a bounce house, push trucks for the little ones, a K9 demonstration, Monster Truck Remote Car relays and more.

Location: Waukegan Municipal Beach | **Age:** All | **Fee:** Free

DAY	DATE	TIME
F	8/3	4:30pm-8:30pm



WAUKEGAN DAY PROGRAM

H.E.A.R.T. Program

SRSNLC-Waukegan has a HEART for adults with disabilities. The HEART Program is a new Day Program designed to offer adults with disabilities the opportunity to continue building relevant life skills while training them for transition into the community. This program's main areas of focus include: **H**health, **E**ducation, **A**rt, **R**ecreation, and **T**raining. Structured programs are designed to improve its participants' quality of life through meaningful and educational experiences.

Applicants for the program must:

- Be 18 years and older
- Be a high school graduate
- Complete the intake process to determine eligibility and participant program needs
- Sign a release of information form
- Function at a ratio of 6 participants to 1 staff
- Submit a \$30 deposit at time of application. *Deposit is refunded if participant is not eligible for the program or program does not run.

This program is ideal for adults who work part-time, are unemployed or who want something different from the traditional workshop environment

Please contact Kari Robinson at call 847-360-4763 or email krobinson@waukeganparks.org if you are interested in this type of program. Watch for more information in May.

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