

TO REGISTER

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MEMBER AGENCIES

- Grayslake Community Park District
- Village of Hawthorn Woods
- Village of Lake Zurich
- Village of Libertyville
- Village of Lincolnshire
- Mundelein Park and Recreation District
- Round Lake Area Park District
- Vernon Hills Park District



Special Recreation Association of
Central Lake County

HEALTHY MINDS ★
BODIES ★
VETERANS ★ FITNESS TRAINING ★ NETWORKING®

WINTER/SPRING
2024



Therapeutic Recreation for Veterans,
Active Military, and Families

WEEKLY/MONTHLY PROGRAMS

**REGISTRATION IS REQUIRED TO ATTEND ALL PROGRAMS AND NETWORKING EVENTS.
SEE BACK FOR HOW TO REGISTER.**

Pickleball

Drop in for a fun, non competitive game of pickleball.

*Equipment provided by park district.

Date: Every Wednesday

Time: 1:00 - 2:00 pm

Location: Mundelein Park & Recreation Community Center

Chair Workout

Stretch, strength, & breathe! Three areas covered in this workout with a chair.

Date: 1st & 3rd Friday of every month - 2/2, 2/16, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17

Time: 12:30 - 1:20 pm

Location: Mundelein Park & Recreation Community Center

Art Impact Project

No experience needed for this therapeutic and creative class instructed by the Art Impact Project group.

Date: 3rd Tuesday of every month - 1/16, 2/20, 3/19, 4/16, 5/21

Time: 10:00 - 11:30 am

Location: Dunbar Recreation Center, Mundelein

Bowling - Mundelein

Two games of bowling and lots of fun with friends.

Date: 2nd Thursday of the month - 1/11, 2/8, 3/14, 4/11, 5/9

Time: 10:00 am - 12:00 pm

Location: Lakeside Recreation Center, Mundelein

Bowling - Round Lake

Two games of bowling and lots of fun with friends.

Date: 4th Thursday of the month - 2/22, 3/28, 4/25, 5/23

Time: 10:00 am - 12:00 pm

Location: Lakes Bowl, Round Lake

NETWORKING EVENTS

Golf Simulator

It's Tee Time! Grab your clubs and check out these new golf simulators.

Date: Tuesday, February 27th, 2024

Time: 2:00 - 4:00 pm

Location: Renwood Golf Course, Round Lake Beach

Walks and Wheels

Enjoy a morning hike on a cool crisp day through Ryerson Woods, then stop inside the Brushwood Center for a creative ceramics class.

Date: Saturday, March 9th, 2024

Time: 2:30 am - 5:30 pm

Location: Ryerson Forest Preserve, Riverwoods

"Egg"cellent Egg Hunt

Family Easter egg hunt, snacks, and crafts, with our other military families.

Date: Saturday, March 16th, 2024

Time: 12:30 - 2:00 pm

Location: Regent Center, Mundelein

SOUL Farm Animal Therapy

Explore the SOUL Ranch and their therapeutic farm animals.

Date: Sunday, March 30th or April 28th, 2024

Time: 10:00 am - 12:00 pm

Location: TBD

National Museum of the American Sailor

Tour the history of the American Sailor & visit the Naval Station Great Lakes.

Date: April 9th, 2024

Time: 11:00 am - 3:30 pm

Location: National Museum of the American Soldier, Great Lakes

Artful Beginnings

A creative way to spend the day with your family is with Brushwood Center for Art & the Art Impact Project. Lunch, supplies, and art programs for all ages, will be provided.

Date: Saturday, April 27th, 2024

Time: 11:30 am - 2:30 pm

Location: Special Recreation Center, Round Lake Beach

Fishing Derby

Bring the family out to fish, boat, and enjoy the day.

Date: Summer

Time: 11:00 - 2:30 pm

Location: Lakeshore Beach, Round Lake

