

# Veterans Park District

## Programs & Happenings

### General

#### Garden Vegetable Bed Rentals

Organic garden vegetable beds will be available on a first-come, first-served basis. 4' x 8' garden beds will be rented out to residents, civic organizations and schools. There is a limited quantity. All gardeners are required to complete an application/contract. Our gardens are located at Bataan Park in Melrose Park and Gouin Park in Franklin Park

- Rental fee: \$25 per bed, Resident/\$50 per bed, Non-Resident.

#### Spring Break Camp – Ages 6-12

This camp will combine the best of both worlds – daily camp activities and sports camp! The day will be broken up with different options for each child. If your camper doesn't like arts and crafts, an option of sports will be available. Sports that will be offered are basketball, baseball, lacrosse, dodgeball, kickball, soccer, hockey, volleyball and much more. Other activities include arts, crafts, games of all sorts, holiday-themed special events, a field trip and much more! Contact Nico Urbinati at (708) 716-4822. Your initial registration includes all field trip fees/special events, craft materials and snacks.

- March 26-30 and April 1, 9 a.m.-4 p.m.; Fee: \$140 Resident/\$160 Non-Resident; Before Care – 8-9 a.m., \$30 Resident/\$50 Non-Resident; After Care – 4-6 p.m., \$30 Resident/\$50 Non-Resident; Pre-registration is required. Fees must be paid in full one day prior to the session start date.

### Youth Sports

#### VPD Hitting & Fielding – Ages 6-12

Calling all baseball and softball players! Individual players can sign up for this program and show us their stuff in this instructor-led baseball class. Participants will improve their fielding and batting skills while also improving their knowledge of the game. We will have our batting cages set up and tees lined up for you. Please bring your own bat and glove.

- Wednesdays, Now-March 28; Leoni Complex Turf; \$35 Resident/\$50 Non-Resident.

#### American Basketball Academy Clinic – Ages 7-14

This is a four-week clinic led by former USBA's Annie Roberts and other former college players. These clinics will focus on developing ball handling, offensive/defensive skills, passing, shooting and positioning. All players will improve greatly with this class, from beginner to AAU players.

- Tuesdays, April 24-May 15 and May 29-June 19, 6:30-7:30 p.m.; Grant Park Recreation Center; \$40 Resident/\$55 Non-Resident.

### Fitness

#### Muscle Strength

Develop muscle definition, endurance strength, and decrease body fat by building lean muscle and increase bone density. Speed up your metabolism and burn more calories during your workouts and at rest through the building of lean muscle. A diversity of equipment including body weight, optional dumbbells and mats will be utilized to sculpt your muscles, change the shape of your body and build core strength. All fit-

ness levels will be accommodated and welcome.

- Now-April 17, 6:30-7:30 p.m.; Cimbalo Fitness Center; \$40 Resident/\$47 Non-Resident.

#### Cardio Sculpt

This class is designed to shock the body and promote changing body composition through targeting fat. This class will offer effective cardio routines targeting the entire body to build endurance and target fat using body weight, and at times optional dumbbells and resistance. You will experience high-energy and at times circuit, interval, and high intensity training through aerobic actions with strength and stabilization exercises. All fitness levels will be accommodated and welcome.

- Mondays, March 5-April 23, 6:30-7:30 p.m.; Cimbalo Fitness Center; \$40 Resident/\$47 Non-Resident.

### Early Childhood

#### Mother Gift Making Day – Ages 3-5

Come make a special gift for your mom or favorite family member to show how much you appreciate them! Kids might get messy, please bring a smock or old shirt.

- Wednesday, May 9, 4:30-5:30 p.m.; Leoni Complex; \$10 Resident/\$15 Non-Resident.

#### Family Story Time Yoga – Age 2+ (One adult included per each child)

Storytime Yoga encourages engaging young minds with the magic of yoga through recounting some of the world's most fascinating stories in a way that promotes the foundation of yoga philosophy, literacy and vibrant physical health. Through this interactive class we invite kids, parents, grandparents, aunts and uncles to share in the joy of yoga. Playful poses that can be done together or alone along with gentle breathing exercises and relaxation techniques will be taught.

- Mondays, March 19-May 7, 11 a.m.-Noon; Leoni Complex; \$34 Resident/\$42 Non-Resident. – Wednesdays, March 7-April 25, 11 a.m.-Noon; Leoni Complex; \$34 Resident/\$42 Non Resident.

### Active Adults

#### Today Everyone is Irish – “Harrington’s Famous Corned Beef”

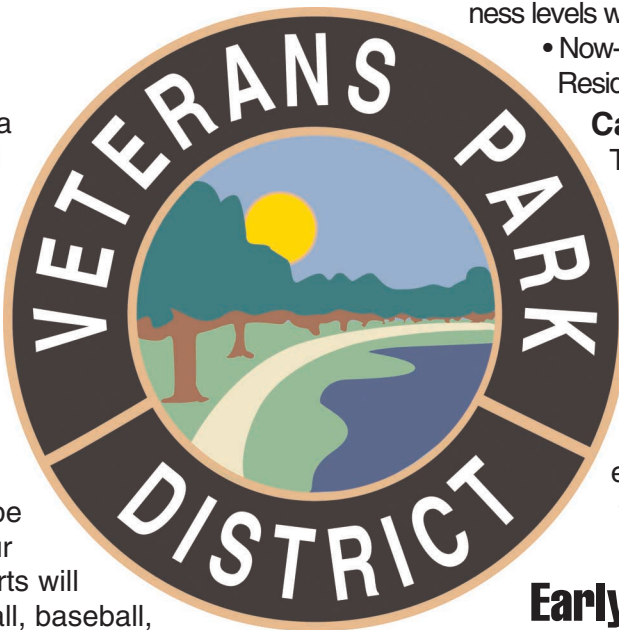
You will love this special party and that's not a bunch of blarney! There's nothing better to eat for this holiday than Harrington's corned beef, cabbage, potatoes, dark rye and sourdough bread. To top it all off, apple pie will be served for dessert! There will be Irish entertainment and festive holiday decorations. Make sure to dress in green for “Best Dressed in Green Outfit” contest.

- Tuesday, March 6, Noon-2 p.m.; Grant Park; \$25.

#### Easter Bonnet Buffet

Hope to see you at our Easter lunch party! With such a busy month in March, this was the perfect time to gather with friends and talk about your holiday! Catering will be Villa Brunetti. Following lunch will be entertainment. Don't forget after the entertainment will be centerpiece giveaways and raffle prizes!

- Friday, April 6, Noon-2 p.m.; Bulger Park; \$17.



### Dancing Horses Day Trip

You are invited to join us for another great day trip! First we will stop for lunch at Tuscan Tavern and Grill in Lake Geneva, and have a huge burger with fries and all the trimmings, and unlimited beverage. Then we will be attending the Dancing Horses Show in Lake Delavan. The show is a couple hours followed by an exotic bird show, which lasts a half hour. It's an incredible show, the horses do actually dance!

- Thursday, April 12; Departs – 9 a.m., Cimbalo Fitness Center/9:15 a.m., Grant Park; Returns – 5 p.m.; \$75.



**For more information on VPD programs, call (708) 343-5270 or visit [veteransparkdistrict.org](http://veteransparkdistrict.org).**

**FREE EVENT** • CRAFTS • GAMES • FACE PAINTING

**SUMMER KICK OFF PROGRAM**  
**Registration Day**  
Saturday, April 28  
Grant Park, Glick Hall  
11AM-2PM

*Register early for Summer Day Camp, Special Recreation Camp, Sports Camp and Gouin Pool Early Bird Passes.*

**GARAGE SALE & Flea Market**

Saturday, April 28 at Grant Park Gymnasium • 9AM-2:30PM

Come out and shop at the VPD community garage sale. Time to clean out your attic, closets or garage for items to sell. Time to upsell your baby clothes, toys, games, tools, books or anything else you may have.

Tables are available on a first come, first served basis. Registration is required in order to reserve your space. Set up time is from 8-9AM. Concessions will be open for snacks.

Day	Date	Time	R/N Fee
S	Apr 28	9A-2:30P	\$20/\$35 (10'x10' space, 2 tables, 2 chairs)

Location: Grant Park Recreation Center Gymnasium  
*Must register for a space and fill out an application. Deadline is April 22.*

## VPD/Leyden Alumni Fundraiser

This past summer, a few Leyden Alumni Leydenettes (who refer to themselves as the “Pom Moms”) were discussing the idea of reuniting with other Leydenette’s and dancing together again for fun. Recognizing the importance of helping other children and supporting other women, they wanted to tie this fun dance event to a greater cause and give back to the Leyden community. Anthony Alfano, an 8-year-old Melrose Park boy, became the inspiration behind this desire. Anthony, a Veterans Park District Special Recreation participant, has cerebral palsy and is wheelchair bound, which means it is difficult for Anthony to enjoy some of the simple things most kids do at the park, like getting on a swing. The reality is there are very few places around the Chicagoland area that offer a swing for wheelchair bound special needs children.



Anthony Alfano

Alumni Leydenette Moms believe that Anthony and every child with special needs should have the opportunity to enjoy a swing. So, in partnership with Veterans Park District they are raising funds for a wheelchair swing located at Gouin Park in Franklin Park.

Over the course of the next few months, the Leyden Alumni and existing Leydenettes will be working with Veterans Park District, other community groups and for-profit companies to raise funds for the wheelchair swing. The cost of the project is estimated to total over \$60,000. Fundraising events will occur alongside existing programs Veterans Park District’s Special Recreation Department has planned. Collaboratively, Veterans Park District and the Leyden Alumni have created an online website, [www.youcaring.com/SwingIntoKindness2018](http://www.youcaring.com/SwingIntoKindness2018). Donations can be accepted from all over the country using this online donation site. The fundraising effort got off to a great start! A total of more than \$3,000 has been donated thus far. The park district is grateful for the generosity of all those who have contributed to this wonderful cause.

Please help make this dream a reality for Anthony and all Veterans Park District special needs children by participating in our fundraising.