

adult services (Ages 18 and older)

Green Thumb Gardening – Getting Veggie With It!

Though it'll start to cool down, we're still digging in! Thanks to Nature Quest Summer Camp and the National Parks and Recreation Association, we'll have a beautiful vegetable garden to care for and maintain in the fall. We can even make some snacks and sample home grown goodness! No worries, we can still maintain our flowers, too. We will host an end of season Harvest Day at Linda K White to celebrate all of the hard work that went into the new and amazing garden! *More information will be forthcoming.* **[BC]**



partially funded by NRPA
"Grow Your Park Grant"

Linda K White Center, 623 N Alpine Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Aug 31–Sept 21	5:45–7:00 pm	W	406503-GT

Fishing Extravaganza

Join us for a day full of fishing and fun! We will be heading to Rock Cut State Park to spend the afternoon, and see who can catch the biggest fish. Fishing poles will be provided, but participants can bring their own if they wish. Be sure to dress for the weather (*including a hat and sunglasses*). A snack, along with transportation to our destination and back, will be provided. **[LW]**

Pick-up and drop-off will be at the Linda K White Center in Aldeen Park.

Rock Cut State Park, 7318 Harlem Rd, Loves Park, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Sept 17	1:00–4:00 pm	Sa	806507-F9



MOVIN2GETFIT

Aquafitness

Join us in the pool to learn water aerobics or sharpen your swim skills by swimming laps to get the heart pumping. Then we will play games to keep you moving while having fun with your friends. **[LW]**

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable (*not disposable*) rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers.

Rolling Green Elementary School, Muhl Gym, 3615 West Gate Pkwy, Rockford, IL

Resident \$78.00 Non-resident \$84.00

DATES	TIME	DAY	ACTIVITY#
Sept 13–Nov 1	7:00–7:45 pm	Tu	406505-AF

Walking Club

Let's hit the mall and do some window shopping as we use pedometers to track how many steps we can take throughout the session. Each week, we will keep track of the number of steps taken. Please wear walking shoes and appropriate workout attire, and bring a bottle of water. **[LW]**

CherryVale Mall, 7200 Harrison Ave, Rockford, IL

Resident \$8.50 Non-resident \$12.00

DATES	TIME	DAY	ACTIVITY#
Nov 15–Dec 13	7:00–8:00 pm	Tu	406505-WC

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adult services continued (Ages 18 and older)



Art at the Arc

Are you an artist? Have you always wanted to be one? Then you need to join Art at the Arc! This collaborative program between the Rockford Park District and the Arc of Winnebago County provides its artists with the proper supplies and facility to practice their creative skills. Artists will learn a new skill to try out each week, as well as creating their very own art piece. Be sure to wear clothes that you don't mind getting messy. **[JM]**

The Arc, 1222 East State St, Rockford, IL

Collaborative Art

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Oct 6–Nov 3	3:30–5:00 pm	Th	Oct 20	806509-A2

Mixed Media

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Nov 10–Dec 8	3:30–5:00 pm	Th	Nov 24	806509-A3

EDIBLE CREATIONS

Looking to learn to cook and increase independence in the kitchen? The menus are still simple and still delicious. We will work on our cooking, safety skills, and knowledge. If you have special diet needs, contact the program coordinator prior to the first week of the program. **[BC]**

Need a ride from Art at the Arc? Let us know, and we'll fire up the van!

Linda K White Center, 623 N Alpine Rd, Rockford, IL

FEE PER SESSION

Resident \$26.00 Non-resident \$36.00

All-time Favorites

DATES	TIME	DAY	ACTIVITY#
Oct 5–26	6:00–8:00 pm	W	406508-FW
Oct 6–27	6:00–8:00 pm	Th	406508-FT

Holiday Appetizers

DATES	TIME	DAY	NO CLASS	ACTIVITY#
Nov 2–30	6:00–8:00 pm	W	Nov 23	406508-AW
Nov 3–Dec 1	6:00–8:00 pm	Th	Nov 24	406508-AT

Coffee Talk

This program is less about the coffee and more about the talk. We will practice our social skills through activities and conversations. If you do want a snack or beverage, be sure to bring some money (\$5.00–\$8.00 recommended each night). **[BC]**

NOTE: Need to get to swimming or walking club after the program? Let us know, and we'll get you there! There will be a half-hour gap between Coffee Talk and Walking. Don't worry! Coffee Talk staff will stay and socialize with participants, and will even help get them dinner. *Make sure to bring money if you choose to eat at the mall.*



Heading to Moving2Get Fit? We'll give you a ride and a discount. Register for Swimming and Coffee Talk sessions I and II, get a \$10.00 discount at the time of registration!

Coping Skills

Meg's Daily Grind in Heartland Church, 1280 S Alpine Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Sept 13–Oct 4	5:30–6:30 pm	Tu	406503-C1

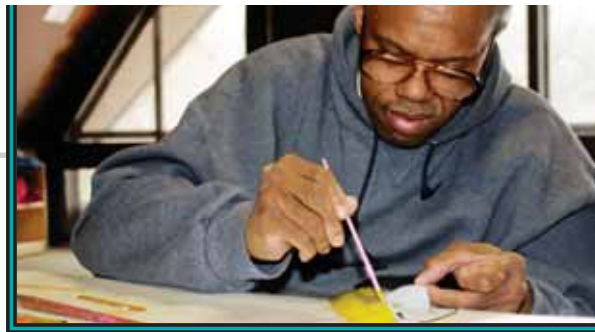
Getting Along With Friends

Barnes & Noble at CherryVale Mall, 7200 Harrison; Ste 5, Rockford, IL

Resident \$15.00 Non-resident \$21.00

DATES	TIME	DAY	ACTIVITY#
Nov 15–Dec 13	5:30–6:30 pm	Tu	406503-C2





adult services continued

(Ages 18 and older)

BE SOCIAL

NOTE: Door-to-door transportation is available for an additional fee of \$4.00.

Nacho Movie Night

It's NACHO movie night, it's OUR movie night. No pizza for this flick, we'll have a full nacho bar. The latest release and beverages will also be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Sept 16	6:30–9:00 pm	F	406503-MN

NASR Movie in the Park

Join your friends at NASR for a night under the stars, enjoying the outdoor cinema. Dress appropriately for the outdoor weather and don't forget your blanket or folding lawn chair. Grab a snack, get comfortable, and relax as the sun goes down and the evening begins. Snacks will be provided.

Aldeen Park, 623 N Alpine Rd, Rockford, IL

Resident \$8.00 Non-resident \$8.00

DATES	TIME	DAY	ACTIVITY#
Sept 23	6:00–9:00 pm	F	406602-MA

NIU Football Game

Are you ready for some football? The NIU Huskies are going head to head with the Mustangs from Cal Poly (*California*). Put on your red and black — it's going to get wild! Bring money for food and souvenirs (\$20.00–\$30.00 recommended). Tailgating snacks will be provided. **[BC]**

Northern Illinois University, 231 N Annie Glidden Rd, DeKalb, IL

NOTE: No door-to-door transportation for this event, however, pick-up points will be utilized. Pick-up point locations are:

Webbs Norman Center, 401 S Main St, Rockford, IL
Meadow Mart, 6473 N 2nd St, Loves Park, IL
Linda K White Center in Aldeen Park, 623 N Alpine Rd, Rockford, IL
Hilander Grocery Store, 2514 S Alpine Rd, Rockford, IL

Resident \$30.00 Non-resident \$42.00

DATE	TIME	DAY	ACTIVITY#
Sept 24	TBA	Sa	406503-FG

Game Night

It's Wheel-of-Rockford! We'll have some of our favorite T.V. themed board games as well as some classics. Come enjoy a relaxing evening of games, snacks, and friends! **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Sept 30	7:00–9:00 pm	F	406503-GN

Scarecrow Festival

Regardless if there's snow or sunshine, fall will definitely be in the air. We are going to shuck corn, ride wagons, press apples, and most importantly, construct scarecrows. Bring some old clothes to help shape our creations. Don't forget a pillow for the scarecrow's head! Dress for the weather and bring money for some old fashioned treats (\$10.00–\$15.00 recommended). **[BC]**

Midway Village Museum, 6799 Guilford Rd, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATES	TIME	DAY	ACTIVITY#
Oct 8	1:00–4:00 pm	Sa	406503-SF

Dine Out — Capri

On top of spaghetti all covered with cheese, I crave a big meatball, let's go to . . . Capri! Bring around \$15.00 to cover a family style dinner of pasta, meatballs, salad, and beverages. **[BC]**

Capri, 383 E State St, Rockford, IL

Resident \$9.00 Non-resident \$13.00

DATE	TIME	DAY	ACTIVITY#
Oct 14	7:00–9:00 pm	F	406503-DC

Halloween Bash

Ghouls and guys, come on down for our annual Halloween Bash! It's going to be a Monster Mash at our Halloween Bash. Who's gonna have the best costume this year? I guess you'll find out when you're here! **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident \$12.00 Non-resident \$17.00

DATE	TIME	DAY	ACTIVITY#
Oct 28	6:30–9:00 pm	F	406503-HB

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BE SOCIAL continued

NOTE: Door-to-door transportation is available for an additional fee of \$4.00.

Bowling

Hope you've got some spare time to strike up a conversation with friends. We'll have a ball as we pin up some high scores. Bring some money for snacks (\$5.00-\$10.00). **[BC]**

Park Lanes Bowling Center, 5318 N Second St, Loves Park, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Oct 29	1:00-3:00 pm	Sa	406503-B1

Dine Out - Happy Joe's

Hopefully, Joe isn't the only happy one this night. Enjoy some specialty pizza, pasta, or Paninis (*sandwiches*). Bring \$10.00-\$15.00 to cover dinner, beverage, and a tip. **[BC]**

Happy Joe's, 6795 E Riverside Blvd, Loves Park, IL

Resident..... \$9.00 Non-resident.... \$13.00

DATE	TIME	DAY	ACTIVITY#
Nov 4	7:00-9:00 pm	F	406503-HJ

TR's Got Talent Audience

There will be no Simon, but there will be tons of talent! Join us as Be Social becomes part of the audience for TR's Got Talent show. We will get the chance to watch various performances including dancing, singing, and acting, then vote for our favorite one. Participate in activities during intermission like karaoke or improv comedy if you chose. Snack and drinks will be included. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Nov 11	6:30-9:00 pm	F	406503-TR

Brunch at Stockholm Inn

Whether you choose lunch or breakfast, you're bound to be satisfied. Stockholm's diverse menu has pancakes (*Swedish or American*) made with fresh ingredients. Mmm! Sounds delicious. Be sure to bring between \$10.00 and \$15.00 for a meal, beverage, and tip. **[BC]**

Stockholm Inn, 2420 Charles St, Rockford, IL

Resident..... \$9.00 Non-resident.... \$13.00

DATE	TIME	DAY	ACTIVITY#
Nov 12	11:00 am-1:00 pm	Sa	406503-BS



Skating at Harris Winter Wonderland

We're going to enjoy a night in a winter wonderland under the stars skating at Davis Park. Dress for the weather. **[BC]**

Davis Park, 320 S Wyman, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Dec 2	6:30-9:00 pm	F	406503-GP

Nutcracker

This time around, we're taking a trip to the Coronado to see the classic holiday season play, The Nutcracker. Make sure you look your best, and bring \$6.00 for an intermission snack. **[BC]**

Coronado Performing Arts Center, 314 N Main St, Rockford, IL

Resident..... \$30.00 Non-resident.... \$34.50

DATE	TIME	DAY	ACTIVITY#
Dec 3	6:15-9:30 pm	Sa	406503-TN

Wheelchair Basketball Tournament

Check out more than 20 wheelchair basketball teams as they squeal down the courts. Bring your "A" game to Harlem High School and be ready to cheer on our own Rockford Jr. Chariots. It's like no ball you've ever seen before. Bring some money for snacks (\$5.00-\$10.00 recommended). **[BC]**

Harlem High School, 1 Huskie Cir, Machesney Park, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Dec 10	1:00-3:00 pm	Sa	406503-WC

Winter Wonderland Dance

Why walk, when you can DANCE in a winter wonderland! All we need from you is your moves, and we'll provide the grooves! Be dressed to impress, as our dance will be semi-formal for the holidays. Appetizers and beverages will be provided. **[BC]**

Webbs Norman Center, 401 S Main St, Rockford, IL

Resident..... \$12.00 Non-resident.... \$17.00

DATE	TIME	DAY	ACTIVITY#
Dec 16	6:30-9:00 pm	F	406503-WD