

Activity Guide

September -December 2022



JusticeParkDistrict.com

DANCE
ACTIVITIES
EXERCISE
HOLIDAY EVENTS
ROOM RENTALS

7747 Oak Grove Avenue

WORKSHOPS
NEW HOBBIES
EVENTS
CLASSES
SENIOR FUN DAY

Justice, IL

708-458-1370

WELCOME

Commissioner's Corner

Summer is going by quickly, but at the Justice Park District we have not let a moment go to waste. In fact, it has been an exciting time at the Justice Park District.

We worked aggressively to make good on the commitments to the community we all love. Our new playground, with new swings, slides and amenities for young parents with strollers at Commissioner's Park was dedicated in June and has been busy ever since! Whether it is children playing or parents socializing at the new tables next to the park, we are thrilled that it is bringing the community out to enjoy summer days. If you do come out, make sure to stop by and enjoy the park and concessions!

We continue to look at budget conscious improvements to the park and our programming. Our excellent staff and my colleagues on the Board are always looking across the region for programming that will build upon our community being a great place to live, work and play!

We also look ahead. Fall is always a favorite time year and the dedicated staff of the Justice Park District is busy planning for some great events. From our expanded Fall Craft Show to a visit with Santa and our always popular Halloween programming, there is something for all age groups to enjoy.

We love new ideas. Our community is diverse, and we definitely see the park as a welcoming place. I personally encourage you, if you are new to the community, stop by the park district office and check out what we are doing. The best is yet to come!

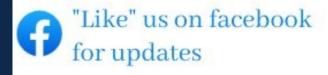
Carrie Bernardoni
Justice Park District
President, Board of Commissioners

7747 Oak Grove Avenue 708-458-1370

www.JusticeParkDistrict.com

You can register for classes, programs and events online!

Go to our webpage, click on "Programs" at the top and click on the flier of the class you would like to register for.





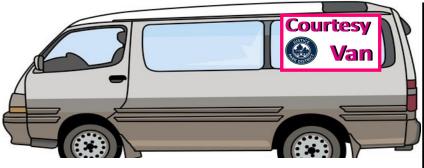
Board of Commissioners

Carrie Bernardoni, President Larry Noyes, Vice President Tom Bosworth, Treasurer Tabatha Sutera, Secretary Mark Leahy, Commissioner

Executive Director Jennifer Bonbrake



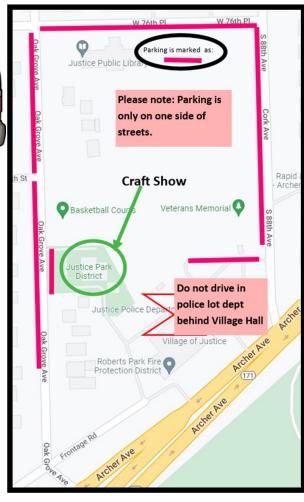
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There is parking all around the park district.

We will have a Courtesy Van driving around during the Craft Show to pick up and drop off anyone who would like a ride.

The Van will have visible signs on it; please just wave us down.



CPR & First Aid Class

Get Certification in First AID and CPR in Just One Day!



Limited Spots!

SATURDAY SEPTEMBER 24 9:00 AM - 1:00 PM \$44

Class includes plenty of time for skills and practice.

You can register at: www.JusticeParkDistrict.com This program helps students develop the knowledge, skills and confidence to respond to a medical emergency.

You will receive a 2 year certification when this class is completed.





\$40 4 Week session

Lessons for Beginners 3:30 - 5:00 p.m. Tuesdays

For those who have never played. You will learn how the different pieces work and how the game functions.

Ages: 9 and older Max. 10 Students

Sept. 13 - Oct. 4

Lessons for Intermediate 3:30 - 5:00 p.m. Wed. You know how the pieces work. Sept. 14 - Oct. 5

You know how the pieces work.
You will learn different tactics and how to get better at the overall game.
Learning the key moves and how to identify them.

Ages: 9 and older Max. 12 Students

Lessons for Adults

For those who have never played. You will learn how the different pieces work and how the game functions.

5:45 - 7:00 p.m. Thursdays Sept. 15 - Oct. 6

> Ages: 18 and older Max. 10 Students

NOTE TO ALL STUDENTS: If you have a laptop and able to bring to class, please do so, but do not worry if you do not.



Tai Chi Chuan & Chi Gung

Teacher: Sifu Patrick Baio

What can Chi Gung & Tai Chi Chuan do for you?

- Improve your balance and leg strength
- Relieves arthritis and joint pain
- Improves cardiovascular system
- Increases bone density
- Calm the mind and emotions through breathing and mediation

Tuesdays and Thursdays 12:00 - 1:30 pm \$42 per month one day per week \$84 per month two days per week

Try a tree class:
JusticeParkDistrict.com

You can register online for your free class or contact us at: 708-458-1370



Gentle Yoga for Everyone

Instructor: Aneta Trusner

Tuesdays 6:00 - 7:00 pm Sept. 6 - Oct. 11 Are you feeling stressed or tired?

Aneta will teach you simple destressing techniques and lead you through a series of poses to stretch and relax both body and mind.

Tuesdays
7:15 - 8:15 pm
Sept. 6 - Oct. 11
In Polish

Register Now!

www.JusticeParkDistrict.com

Click on the "Programs" tab at top, then click on the flier for the class.

Thursdays
7:15 - 8:15 pm
Sept. 8 - Oct. 13
In Polish

6 Week Session \$80

Drop In and give Yoga a try, no commitment \$15

A Minimum amount of 6 participants per class to run

Exercise Class

Instructor: Cherie Bennett

Adults Stretch & Fit



Improve Flexibility and Muscle Tone

www.JusticeParkDistrict.com 7747 Oak Grove Ave., Justice 708-458-1370

Feel Better Workshop



For the MIND, BODY & SOUL

This workshop will introduce SHORT routines and useful hacks to REWIRE YOUR BRAIN for healthier MINDSET, increased ENERGY, and MOTIVATION. This class features Qi-Gong, a healing practice which combines meditation, controlled breathing, and gentle movement.



Reserve Your Register online under "Programs" tab



Monday September 12 3:30 - 4:30pm

Saturday September 24 10:30am - 11:30am Choose your day for the FREE intro class

Beata Macias OTR/L

Parents!

Not sure what the kids will do? We have a Saturday class at the same. Check it out! Mondays September 19 – October 17

11:00 am – 12:15 pm

*No class on October 10

4 Week Session

\$64

Saturdays October 1 - October 22 10:30 am - 11:45 pm 4 Week Session \$68



Register online once and come anytime!

Senior Fun Days Tuesdays October 18 November 15 December 20

\$10

10:00 am -Movie

Popcorn and Soft Drinks served. Check our website for Movies.

12:00 - Lunch

Enjoy a sandwich or entree, sides, drink, chips and dessert

12:30 - BINGO

Includes 4 Bingo Cards Prizes!

You can register online! Go to our website, click on the "Programs" tab, and click on the program you want.

www.JusticeParkDistrict.com







COMING SOON!

Check our website and facebook postings for Craft Nights and Saturday Morning Crafts.

Dance and Cheer

Ages: 7-14 (Or with instructor's permission)

Mondays 4:15 - 5:15 pm

September 12 - October 10

\$35 - 5 week session

October 17 - November 28

\$42 - 6 week session

Instructor: Isabella "Bella" Baranski



Students will work on the fundamentals of tumbling, which includes forward, backward rolls, cartwheels, back-bends, round-offs and more!

<u>Tumbling</u>

Ages: 7-14 (Or with instructor's permission)

Mondays 5:30 - 6:30 pm Sept. 12 - October 10

\$35 - 5 week session

October 17 - November 2

\$42 - 6 week session

PRINCESS DANCE CLUB

Thursdays

Sept. 15 - Oct. 20

Oct. 27 - Dec. 8

4:15-5:15 pm

6 Week Class \$39

Min 4 - Max 10

Ages: 4 - 6

Please bring water bottle to class.

Instructor: Miss Cherie

This program involves a variety of dance activities and games which will help your child enjoy ballet & jazz dancing and benefit from involvement in creative movement.

We will also read stories and color a dance picture in class. Please bring a small bag to hold shoes and a water bottle with your childs name on it.

Parents may view the first & last class, otherwise please remain nearby if child needs assistance in washroom. Chairs will be provided in the hall.

Register online under "program" tab

DANCE, DANCE, DANCE

Happy Feet

Instructor: Miss Cherie

Tap, Tap, Tap! Children will love the excitement of Tapping!

Ages 4-7

Day: Thursday

Time: 3:30 - 4:05 p.m

Fee: \$25 for 6 weeks

Sept. 15 - Oct. 20

Oct. 27 - Dec. 8

Learn the beginning tap steps, develop rhythm and coordination all while having fun!

Tap Shoes Required Miss Cherie can answer questions about where to purchase.

Register online under "Programs" tab

TWINKLE TOES MUSIC & MOVEMENT CLASS





THURSDAYS 5:30 - 6:05 PM

SEPT. 15 - OCT. 20 OCT. 7 - DEC. 8

CLASS MAX. 10

CHILDREN ARE INTRODUCED TO DANCE THROUGH MUSIC. THEY WILL LEARN BASIC MOVES, STRETCHING AND CONFIDENCE.



PARENTS/CAREGIVERS
MAY ATTEND THE 1ST
AND LAST WEEK.



Held on the field, around the track 7747 Oak Grove Ave.

We are always updating our programs and events. Keep up-to-date by going to JusticeParkDistrict.com

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DECEMBER 17TH



SANTA CLAUS

TIME: 9:30AM - 12:30PM

Justice Park District











Parent Meeting June 10 at 12 pm

For questions email JBonbrake@justiceparkdistrict.com

SESSION 1: JUNE 12TH - JUNE 30TH

SESSION 2 : JULY 10TH - JULY 28TH

MINI CAMP

Ages: 4 - 6 9 am - 3 pm \$290 Per Session

ALL DAY CAMP

Ages: 7-12 9 am - 3 pm \$290 Per session

COUNSELOR IN TRAINING

Ages: 13-15 9 am - 3 pm \$500 for both sessions

BEFORE CAMP

7 am - 9 am \$90 per session

AFTER CAMP

3 pm - 6 pm \$120 per session

Register at www.Justiceparkdistrict.com

Room Rental

Birthday Parties - Wedding Showers - Baby Showers - Seminars Wedding receptions - Family Get Togethers - Communion Parties Business Meetings - Graduation Parties



For more information call 708-458-1370 Located at: 7747 Oak Grove Ave. Justice IL



Large Room- \$250

Kitchen - \$75

Small Room - \$200







*All Prices are for 4 hours of rental and \$50 per every additional hour

Includes an additional 30 minutes each for set up and clean up!

Package deal of both rooms + kitchen for a great price of \$400!

Rent a Bounce House \$200

\$200

For more photos and details please go to our website and click on the Rental's Tab.

Save These Dates!

Sept. 10 - Craft Show Oct. 8 - Kite Flying

Oct. 22 - Trunk-or-Treat

Dec. 17 - Visit with Santa

You can find detailed information on these events in this Activity Guide and our website.



7747 Oak Grove Avenue 708-458-1370