House Decorating Contest
Register by 10/23
Judging
Thurs., October 25
7:00 pm
*All Justice Residents eligible

Haunted Story Telling* Kid Friendly
Fri., October 26
8:00 pm
Commissioner's Park
7747 S. Oak Grove Avenue
Pumpkin Patch
Sat., October 27
12:00-3:00 pm
Commissioner’s Park
7747 S. Oak Grove Avenue
Costume Contest, Arts & Crafts, Pumpkin Patch, Petting Zoo, Pony Rides, Games & more
Family Fun..... *Minimal fee for activities
Hello Neighbors!

Step into the Fun! Bring your whole family to the Special Events at Justice Park District! Just to mention a few, Pumpkin Patch and Haunted Story Telling.

Fall classes start September 24, so don’t wait any longer and register to all your favorite classes today.

Have a wonderful Fall And see you soon!

The Justice Park District
Board of Commissioners and Staff

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Registration Hours
Monday-Friday
9:00 am - 8:30 pm

Community Center
7747 South Oak Grove Ave.
Justice IL 60458
(708) 458-1370
VOLUNTEERING

The Justice Park District is always looking for volunteers!

Would you like to spend time giving back to your community? Then we have just the answer for you – Volunteer! Some of the areas volunteers are needed in are: special events, general office, senior mailings, senior events, keeping park areas clean of trash….just to name a few!

If you are interested in volunteering we ask that you stop by the Community Center, located at 7747 South Oak Grove Ave, and fill out an application. Please be sure to let us know of your availability. For any additional information on the program, please feel free to contact us at 708-458-1370.

COMMUNITY SERVICE

Are you looking to fill your Community Service requirements?

We might be able to help you out, while you help us! Just stop in at the Community Center, 7747 South Oak Grove Ave, and fill out a special Community Service application.

Please be sure to know your availability in advance. Once the application is processed you will receive a call and be placed appropriately. If you have any further questions, please call 708-458-1370.

CPR/First Aid

CPR: Participants will become proficient in assessing the patient, 1 rescuer Rescue breathing, mouth-to-mouth barrier breathing, conscious choking, unconscious choking, recovery position, cardiac chain of survival, infection control, and recognizing the signs and symptoms of a heart attack.

AED: Participants will be taught the correct use of an Automated External Defibrillator (AED).

Basic First Aid: Participants will learn basic techniques in caring for and treating injuries including bleeding, shock, burns, bone injuries, head and spine injuries, bites and stings, poisonings, diabetic emergencies, seizures, heat and cold emergencies, strokes, the recovery position, patient assessment, and moving patients. Participants will become proficient in treating these emergencies until further help arrives.

*Participants should bring a small snack and drink.

1 day workshop
Ages: 12+
Day: Saturday
Dates: 11/17
Time: 9:00 am-1:15 pm
R/NR Fee: $30 certification fee
Location: Community Center
Max: 12
Register by: 11/9
Story Time Nights

Who doesn’t love hearing stories? We will be offering special nights for the kids of the community to come in and listen to fun stories and books with some crafts to work on as well.

Instructor: Christine Shue

Once a Month

Ages: 2-12

Dates: 9/28 - Register by 9/27 at 8:30 pm
      11/30 - Register by 11/29 at 8:30 pm
      12/28 - Register by 12/27 at 8:30 pm

Time: 6:00 pm

R/NR Fee: FREE (registration is required)

Location: Community Center

Baby Ballet

Does your child love to dance? Baby Ballet provides the opportunity for every young student to experience the joy of dance while developing confidence, creativity and a secure technical foundation in a safe and caring environment.

Instructor: Ms. Marilyn Michals

8 weeks
Ages: 3-5
Day: Thursdays
Dates: 9/27-11/15
Time: 3:45-4:15 pm
R/NR Fee: $39/$49
Location: Community Center
Min 3/Max 20

Tiny Tappers

TAP! TAP! TAP! Boys and girls will love the excitement of TAPPING! The art of tap dance is energetic, fun and a great way to develop rhythm and coordination as well as basic motor skills. Your toddler will learn beginning tap steps and eventually a routine! Best of all, your child will begin to build up a positive self esteem at a very early age.

Instructor: Ms. Marilyn Michals

8 weeks
Ages: 3-5
Day: Thursdays
Dates: 9/27-11/15
Time: 3:00-3:30 pm
R/NR Fee: $39/$49
Location: Community Center
Min 3/Max 20
Ballet/Tap Beginner
How much fun is it to dance! In this combination class, your child will begin to learn the art of ballet along with the musical steps of tap. Learning new ways of expressing themselves in the artistic, physical way will make their experience fun and exciting.

**Instructor:** Ms. Marilyn Michals

8 weeks
**Ages:** 4-6
**Day:** Thursdays
**Dates:** 9/27-11/15
**Time:** 4:30-5:15 pm
**R/NR Fee:** $39/$49
**Location:** Community Center
**Min 3/Max 20**

Ballet/Tap Intermediate
Dance should be about learning to nurture creativity in movement, developing coordination and promoting self-esteem, combined with learning basic positions and terminology, are the building blocks of our ballet/tap beginner program. Through strong dancing, creativeness, and friends, ballet/tap classes become a magical dance experience for every child. All participants have the option of participating in a recital.

**Instructor:** Ms. Marilyn Michals

8 weeks
**Ages:** 8+
**Day:** Mondays & Thursdays
**Dates:** 9/24-10/18
**Time:** 6:00-7:00 pm
**R/NR Fee:** $53/$63
**Location:** Commissioner’s Park Hockey Rink
**Min 5/Max 20**

Zumba
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program to blow you away. Zumba workouts achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body energizing, inspiring movements meant to engage and captivate for life! Routines feature interval training sessions were fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. It’s the most fun you’ll have working out. Come join in the party!

**Instructor:** Fabiola Balcazar

8 weeks
**Ages:** 16+
**Day:** Tuesdays & Thursdays
**Dates:** 9/25-11/15
**Time:** 7:30-8:30 pm
**R/NR Fee:** $53/$63
**Location:** Community Center
**Min 10/Max 20**

CALL Ms. Marilyn @ (708) 788-9772 for ballet shoes!
Flow Yoga
Experience a dynamic vinyasa (flow)-style yoga class that synchronizes the breath with movement. This class helps students build strength, gain greater flexibility, & balance. It is accompanied by up-beat music to get you moving & energized & closes with short meditation to help students decompress, let go, and relax the mind & body to gain better inner connection. For all levels of experience.

Instructor: Amy Warner
8 weeks
Ages: 14+
Day: Mondays & Wednesdays
Dates: 9/24-11/14
Time: 7:15-8:15 pm
R/NR Fee: $60/$70
Location: Community Center
Min 5/Max 20

Beginners Tae Kwon Do
Learn the basic fundamentals of the Korean art of self-defense, including kicks, blocks, and punches! Here’s the opportunity for you to take a self defense course and move up the belt ranking ladder. Great for developing self-esteem and self-confidence!

Instructor: Guy Johnson
8 weeks
Ages: 5+
Day: Wednesdays
Dates: 9/26-11/14
Time: 6:00-7:00 pm
R/NR Fee: $39/$49
Location: Community Center
Min 5/Max 20

Private Instrument Lessons
Start the magical musical journey right now and add a new positive dimension to your child’s life. Note reading, keyboard technique and musical terminology are just the start of a wonderful experience that adds so much to becoming a well rounded student. Keyboards are provided for all classes. Lessons are available in 30 minute intervals starting at 4:00pm. Please call for available times.

*Time slots are subject to change to better accommodate the Park District and Instructor. The Park District or the instructor will not provide instruments. Keyboards are available to use during lessons only.

Available instrument choices: piano, acoustic guitar, flute, clarinet, alto saxophone, trumpet, trombone, baritone, french horn, xylophone, snare drum (drum pad only)

Instructor: Kathleen Thorson
8 weeks
Ages: 7-14
Day: Tuesdays
Dates: 9/25-11/13
Time: 4:00-7:00 pm
R/NR Fee: $105/$125
Location: Community Center
Min 2/Max 6

Advanced Tae Kwon Do
8 weeks
Ages: 12+ Higher Belt Rank
Day: Monday & Wednesdays
Dates: 9/24-11/14
Time: 6:00-7:00 pm
R/NR Fee: $53/$63
Location: Community Center
Min 5/Max 20
**Soccer Basics**
Join us and keep your great soccer skills! We will be teaching you the fundamentals of soccer as well as allowing for game play throughout each season. Whether you're new to the sport or just looking to get some practice in, this class will be beneficial and fun!  
**Instructor:** Christian Marquez

**4 weeks**  
**Ages:** 4-12  
**Day:** Mondays & Fridays  
**Dates:** 9/24-10/19  
**Time:** 4:00-5:00 pm  
**R/NR Fee:** $29/$39  
**Location:** Commissioners’s Park Field  
**Min 5/Max 20**

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**Badger Wrestling Club**
The Badger Wrestling Club will enter their 28th season this year. The Badgers are focused on teaching the fundamentals of wrestling as well as promoting a positive environment built on honor, loyalty and respect for each other and the sport of wrestling. We look forward to seeing everyone. Come out and be a part of a wrestling family, not just a club!!

**Any questions or concerns?**  
**Contact Coach Joe Phelan (Head Coach)** at (708) 856-4647.

**Practices:** Monday-Thursdays  
**Tournaments:** Saturdays/ Sundays TBD  
**Time:** 6:00pm-8:00pm  
**Coaches:** Joe Phelan, Joe Shue, Marcel Cook, Jack Williams  
**Fall/Winter:** November 5th- March  
**Location:** Argo Community High School Wrestling Gymnasium  
**Fee:** $150.00 before 11/5, $175.00 after 11/5  
**Ages:** 5-14  
**Registration Dates:** August 26th, September 22nd, October 20th  

- New wrestlers need to bring a copy of their birth certificate to registration.  
- Need wrestling shoes and a headgear and gym clothes. Available at most sports equipment stores in the area.  
- More info at [www.badgerwrestling.org](http://www.badgerwrestling.org)

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**Men’s 16inch Softball League**

**Ages:** 18+  
**Day:** Wednesdays  
**Dates:** Season Starts TBA  
**Time:** 6:45 pm & 8:00 pm  
**Location:** Commissioners’s Park Softball Fields  
**For info contact Dave Padilla (773)419-7461**

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**Halloween Havoc Men’s 16inch Softball Tournament**

**Ages:** 18+  
**Dates:** 10/13,10/14  
**Tournament Commissioner:** Dave Padilla  
**Location:** Commissioners’s Park Softball Fields  
**For info contact Dave Padilla (773)419-7461**
Movies in the Afternoon
Don't miss out and join us for Movie Fridays at the Community Center! It's a great way to get away from your daily routine and enjoy a flick with other seniors in the community. No registration is necessary, walk-ins are always welcome.
Fridays
12:00 pm
Community Center
FREE!

OCTOBER 5
A Quiet Place

NOVEMBER 2
Coco

DECEMBER 7
Ready Player One

SENIOR OPEN HOUSE
9/21 at 10:30 am – 1:00 pm
Community Center

HEALTH SEMINAR Managing Diabetes
9/28 at 11:30 am – 1:00 pm
Community Center

BINGO!
Join us for fun and interactive bingo groups. Bingo prizes will be a “potluck” style. Bring in something from home that you think will be a fun prize.

Day: Fridays
Dates: 10/12, 10/26, 11/9, 11/30, 12/14, 12/28
Time: 12:00 – 1:30 pm
Fee: $0.25 a card

Senior Socials
Come socialize and have a good time with other seniors in the community! These special socials always include a delicious lunch and great entertainment. Bring a friend or come alone, our friendly group of seniors is always happy to welcome new comers. Space is limited so make sure you register NOW!

Friday, October 19
Friday, November 16
12:00 – 2:00 pm
Community Center
Resident $5/Non Resident $8
Min 15/ Max 40

* Friday, December 21st
Riverside Restaurant
Resident $16/Non Resident $19
Fabiola Balcazar  In 2008, Fabiola was certified in Zumba through Zumba Fitness® and attends the yearly conference in Orlando, Florida every year to stay current with the changing styles of Zumba.

Tom Bosworth  Tom Bosworth has taught First Aid - CPR- AED courses for over 25 years. He completed his instructor training with both the American Red Cross and The American Safety & Health Institute.

Guy Johnson  Mr. Johnson started the White Dragon Society in Grayslake IL., teaching TKd. Mr. Johnson found a home with the Justice Park District which has had a program running here ever since.

Christian Marquez  Coach Marquez has 8 years of coaching experience, he holds a B.A. in psychology, with a concentration in counseling.

Marilyn Michals  Mrs. Marilyn has taught dance and modeling classes in the Chicago land area for over 25 years. Miss Marilyn also produces stage recitals several times a year with her classes.

Joe Phelan  Joe has been working with the youth for almost 30 years, he is an ISSA certified personal trainer with eight years of training experience.

Christine Shue  Christine has been working with children for over 25 years. She was an employee at Indian Springs School District 109 and served as a Librarian from the early 1990’s until retiring in 2014.

Kathleen Thorson  Ms. Thorson is currently the Junior High Band Director at Wilkins Junior High in Justice, IL. She has been teaching at Wilkins for 28 years.

Amy Warner  Amy has been practicing various styles of yoga since 2012 and completed her 200 credit hour teaching certification from the LifePower Yoga Program at Lifetime Fitness in 2015.
Important Info

ROOM RENTALS
Saturdays & Sundays- 1:00-5:00 pm
R/RN Fee: $125/$150

EQUIPMENT RENTAL POLICY

1. All Justice Residents Are Eligible to participate in the rental program.
2. All renters must fill out an application.
3. A valid driver’s license or state I.D. is required to rent a facility or equipment.
4. All rental deposits may be paid with a check or cash. Checks must have preprinted address that matches address of the driver’s license or state I.D. No starter checks may be used for the deposit.
5. All rental fees and deposits must be paid at the time rental application is processed. No dates will be reserved until the application is processed.
6. All renters must be 18 years of age.
7. Rental applications must be processed at least ten days in advance for facility rentals, and five days in advance for equipment rentals.
8. All rented facilities or equipment must be in reasonable condition after use, determination of the condition of the facility or equipment will be determined by the Justice Park District. Potential renters that do not agree to these terms should not submit a rental application.
9. The Justice Park District reserves the right to deny any request for rental of a facility or equipment for reasons that may remain confidential. All park programs take precedence over any other event.
10. Rentals may be denied or cancelled at the discretion of the Executive Director without reason or explanation.
11. Any rules not specifically mentioned may be instituted at any time for the good of the Justice Park District.

IMPORTANT!
No participants shall, on the basis of race, sex, creed, national origin or disability, be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity. For special accommodations on a trip, please inform Justice Park District before the trip’s registration deadline.

Bad Weather?
Programs may be cancelled due to severe or prohibitive weather. If a program is cancelled, all participants will be notified and a maximum of one session per program will be rescheduled if possible. Note that for special events a rain date may or may not be scheduled. If you have any questions please contact us at (708) 458-1370.

Lost & Found
The Justice Park District is not responsible for any lost or stolen items. Lost and found items are kept for a limited time only. If you have lost something please contact the front desk immediately.

Gifts Certificates are Available!
Give the gift of FUN! Gift certificates are available for all occasions, year-round, for any amount! Gift certificates may also be used for any program or trip.

Errors & Adjustments
We have tried to assemble this leisure guide as accurately as possible. With so much information to bring you, we may have made an error. Also, circumstances may require that adjustments be made to program and facility fees, schedules, etc. Therefore the Justice Park District reserve the right to make any such adjustments found to be necessary. We apologize in advance should you find an error or an adjustment when registering, and hope you will not experience any inconvenience.

Board Meetings
We value your opinions and suggestions. Justice residents are invited to attend board meetings held every 4th Thursday of the month at the Community Center @ 5 pm.

New Program Ideas
If you’d like to teach a special class or if you simply have an idea for a new program, we would like to hear from you. Contact us (708) 458-1370.

Min/Max (program cancellation policy)
Please note that some classes are limited in capacity and once the maximum number of registrations is reached we will do our best to make accommodations via wait lists but we cannot make any guarantees. Also please do not wait until the last minute to register for classes. The two numbers following this symbol (Min/Max) represents the minimum and maximum number of participants in the program. Programs that have not reached minimum enrollment by the “Register By” date will be cancelled. Avoid disappointments; please sign up for your programs as early as possible to avoid cancellations!

Photo Disclaimer
Justice Park District reserves the right to photograph or videotape participants in its programs and at its facilities. These photos or videos are strictly for Justice Park District use and may appear in promotional materials.

Facilities
Community Center
7747 S. Oak Grove Ave.
Commissioner’s Park
7747 S. Oak Grove Ave.
Veteran’s Park
86th & 79th
Gottwald Memorial Park
8311 West 81st Street
Eugene Danhoff
8912 West 85th Street