

The Historical Society of Oak Park & River Forest 217 Home Avenue, Oak Park

The Historical Society of Oak Park and River Forest has been located on the second and third floors of Pleasant Home in Mills Park since 1969, operating a local history museum, research center, and archives.

The museum includes a period bedroom, a children's activity room, and changing exhibits on fashion and area history. The Historical Society has a collection of thousands of photographs, costumes and artifacts that make the area's history come alive. The collection is accessible through special programs, exhibits, and the Gale Research Center by appointment. Museum hours are Th-Su, 12:30-2:30 p.m. \$5 adults. Featured exhibits in the Society's Museum on the second floor of Pleasant Home are Tarzan, Mars, and the Fertile Mind of Edgar Rice Burroughs and The Roots of Oak Park, an exhibit that traces the early days of the community until 1902.

Call (708) 848-6755 for more information about any of these activities, or to make an appointment to conduct research.

You Can Help Make Access to Recreation a Reality for All



**"Donate Now" online to
the Access to Recreation
Fund at www.oprfcf.org**

Call (708) 848-1560 for more
information.



West Suburban Special Recreation Association

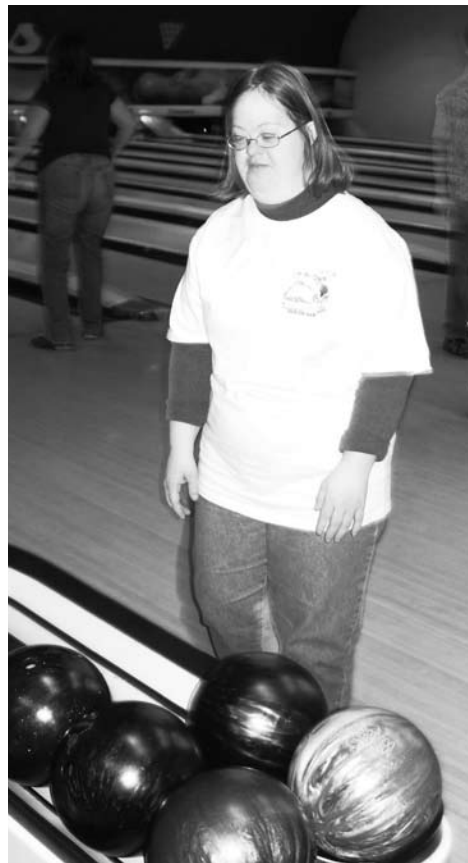
Providing Special Recreation Opportunities in our Community
2915 Maple Street, Franklin Park, Illinois 60131

(847) 455-2100
www.wssra.net

Since 1976, the Park District of Oak Park through West Suburban Special Recreation Association (WSSRA) has offered therapeutic recreation programs for Oak Park residents of all ages with a disability or special education need. Programs are held in Oak Park and in neighboring communities. Therapeutic recreation specialists plan and supervise the programs.

With the really cold weather heading our way, it's only natural to start thinking about indoor opportunities for fun. One WSSRA program that offers just that is the "Saturday Bowling League". This year round program offers a Saturday afternoon of skill building, friendly competition, socializing and fun at Circle Lanes in Forest Park. Many Oak Park residents attend this program regularly.

"WSSRA has offered the Saturday Bowling program for teens through adults with developmental delays for 25 years. For two hours each week, WSSRA has filled the lanes at the bowling alley with up to 50 participants and many WSSRA support staff. The bowlers are grouped on a lane based on ability level. This helps the novice bowler feel comfortable and the top scorers still feel challenged. Each bowler's success and efforts to succeed are celebrated," said Marianne Birko, WSSRA Superintendent.



A WSSRA "Saturday Bowling" participant carefully chooses the next ball to help her score!

WSSRA support staff keep score and assist participants with adapted equipment when needed. Participants can bowl from a seated position with the use of a ramp and bowlers with vision loss can use a bowling rail. Bowlers can increase fitness levels and enjoy themed weeks at bowling, allowing their creativity to be expressed.

"Bowlers have enjoyed a luau theme, sports days and other themed weeks. Parents also have fun socializing when they bring their teen or adult child to the program. Friendships have sprouted as a result. That's nice for the parents. WSSRA also offers trips to bowling tournaments, which are always popular," Birko said.

To learn more about WSSRA visit wssra.net or call 847-455-2100. New participants and program volunteers are always welcome to join in the fun. Any season is a great time to get involved!

West Suburban Special Recreation Association is an extension of the PDOP, offering a variety of recreation programs for individuals with disabilities of all ages and ability levels.