

JUMP START NEWS

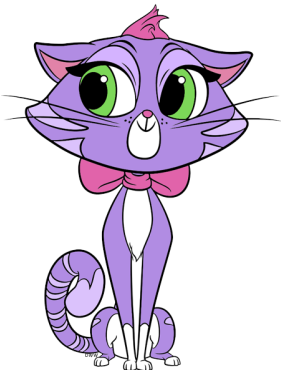


Volume 12 Issue 8

August 2019

Creative Corner

Start with a large plastic container and fill it a little more than halfway of the way with blue-colored water and creatures. Only took about 12 hours to freeze all the way through! Give the kids a hammer and let them “save” the creatures in the ice block!



Books to Read To Your Child in August

The Wonderful Things You Will Be by Emily Winfield Martin

Dear Zoo: A Lift-the-Flap Book by Rod Campbell

P is for Potty! (Sesame Street) by Naomi Kleinberg

There's a Bear on My Chair by Ross Collins

Giraffes Can't Dance by Giles Andreae

Dragons Love Tacos by Adam Rubin

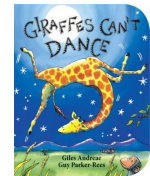
The Pout-Pout Fish by Deborah Diesen

Press Here by Herve Tullet

Where Do Diggers Sleep at Night? By Brianna Sayres

If Animals Kissed Good Night by Ann Whitford Paul

Pop-Up Peekaboo! By DK



Fitness

The American Council on Exercise lists the following top 10 reasons kids should get plenty of exercise:

Kids who exercise are more likely to keep exercising as an adult.

Exercise helps kids achieve and maintain a healthy body weight.

Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.

Exercise aids in the development of important interpersonal skills—this is especially true for participation in team sports.

Exercise improves the quantity and quality of sleep.

Research shows exercise promotes improved school attendance and enhances academic performance.

Kids who exercise have greater self-esteem and better self-images.

Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.

Children who are active report fewer symptoms of anxiety and depression and a better overall mood.

Exercise helps improve motor coordination and enhances the development of various motor performance skills.



Self Care

Since we've been more intentional about being "mindful". We're going to do great on this quick quiz!

What are the benefits to massage therapy?

- A. It helps manage health conditions
- B. Enhances Wellness
- C. All of the above

If you guessed All of the above you are correct! According to the National Center for complementary and Integrative Health; massage is a tool that has been practiced by many cultures in both Eastern and Western civilizations throughout human history.

What is sound healing?

- A. Therapy which uses aspects of music to improve your physical health.
- B. Therapy with uses aspects of music to improve your emotional health and well-being.
- C. The person being treated partakes in the experience with a trained sound healing practitioner.
- D. All of the above

If you answered all of the above you are correct. According to Healthline they do this while singing to music.

As a general rule how much should the average adult exercise a day?

- A. 45 minutes
- B. 60 minutes
- C. 30 minutes

According to the Department of Health and Human Services the average adult should exercise as a general rule a minimum of 30 minutes a day.

The National sleep Foundation recommended for adults ages 26-64 to sleep anywhere between _

- A. 6-8 hours
- B. 7-9 hours
- C. 8-10 hours

The national sleep Foundation recommends that adults between the ages 26 and 60 sleep 7 to 9 hours.

See that was simple! How did you do? I plan on getting more sleep! Happy self caring!

Health and Safety



August is Summer Sun Safety month. Your skin is your body's largest organ, so it's not a surprise that skin cancer is the most common kind of cancer. You can reduce your risk of getting skin cancer by protecting your skin from overexposure to ultraviolet rays, or UV rays, which are emitted by the sun but also by tanning beds and sunlamps.

The best way to avoid overexposure to harmful rays is to stay in the shade. But when you know you will be in the sun, we suggest you "Slip, Slop, Slap and Wrap:"

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses

You should also monitor for changes in your skin, such as: raised, reddish patches; open sores; pink growths with raised edges (sometimes with a lower area in the center); flat, firm, pale or yellow areas, similar to a scar; small pink or red translucent, shiny bumps; or changes in the size, shape, or color of a mole.

If you find something like these, or have concerns about your exposure, see your healthcare provider as soon as possible. Enjoy your summer, but take precautions to avoid overexposure to the sun's UV rays. And if you notice anything unusual on your skin, see your healthcare provider.

Want More Jump Starts?

Follow us on Facebook: <https://www.facebook.com/JumpstartEasterseals/>

Visit our website: <http://www.parentasexpert.com/>



Money Tips

What is a family's greatest expense aside from housing- it is their monthly food expenses. According to the USDA's Center for Nutrition and Promotion, the monthly food cost for a family of four comes in at \$1,093! That averages out to approximately \$13,116 a year. The following are ways that you can save on your monthly grocery expenses:

Most cities have food banks and pantries that are located in their communities. The website foodpantries.org offers a complete listing of pantries that are located in your area. You can do a search based on your zip code.

The Women, Infants, and Children (WIC) program provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding post-partum women, and to infants and children up to age five who are found to be at nutritional risk.

The Supplemental Nutrition Assistance Program (SNAP) provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. Contact your local Department of Health and Human Services for more information.

Want fresh and healthy food options? Try your local Farmer's Market.

Use coupons for purchases, some grocery stores have digital coupons that you can download on your mobile device.

The Joliet Hope Center, Inc. is a private community assistance program allowing people both working and not working to obtain food and household items at a discounted price. There is a \$5.00 annual membership fee. You do not have to live in Will County to become a member.

Parenting Tip of the Month!

Back to school is right around the corner! Whether you have a school-aged child or not, routines get lax and bedtimes get later in the summer. Children thrive when routines are established, if you know a routine needs to be changed help ease your children into it. Don't wait until the first day of school to get back into the routine, begin introducing changes a week or two before to help your children succeed



Food Fun

Salted Chocolate Dipped Mandarin

The most amazing afternoon snack. Juicy and sweet mandarin slices dipped in dark chocolate and sprinkled with sea salt - Yum!

Ingredients

- 5 mandarin oranges
- 1/2 cup semi-sweet chocolate or dark chocolate chips
- sea salt or coarse salt
- 1 teaspoon shortening, optional



Instructions

1. Line a baking sheet with parchment or wax paper and set aside. Peel the mandarin oranges.
2. In a microwave safe bowl or with the help of a double boiler, melt chocolate chips and add shortening, if desired. Adding shortening is optional - it helps make the chocolate super smooth and easier to work with. Using only melted chocolate will work fine as well.
3. Dip each slice halfway into the melted chocolate and place on prepared baking sheet. Sprinkle with salt and repeat until all slices are evenly coated and sprinkled with salt. Refrigerate for 10 minutes or until chocolate has hardened. Enjoy!

Fun Fact

Lego is the largest tire manufacturer in the world.



Therapeutic Play



All children get dysregulated from time to time as they are growing and learning how to express their emotions. Melt downs can be frustrating for any parent so it is helpful to have a couple tools to help our children regulate and calm themselves down.

Deep breathing works to help calm children and adults alike, it slows down our heart rates, brings more oxygen to our brains and bodies. Blowing bubbles is a great and fun way to help a child practice deep breathing.

Show your child how to make the o shape with their mouths and demonstrate taking a deep breath in and then blowing out one long breath to the count of 5. Repeat and have your child join you.

Bubbles are messy so best used as an outdoor activity. Plan for spills and a bit of clean up when done. The connection, regulation, and fun to be had by all is worth a bit of bubbly mess.

Homemade Bubble Recipe

- ½ Dish Soap
- 2 Cups of Water
- 2 teaspoons of sugar
- Mix and fill bubble container.

ANOTHER CRAFT TO TRY!



2019 Will County Back to School Fair

August 1 | 10am-5pm

Joliet Catholic Academy | 1200 N. Larkin Avenue, Joliet
Catholic Charities' Will County Back to School Fair help prepare children from low-income households for a new school year by providing a variety of services, including free school supplies, physicals, dental exams and more.

RomeoFest

August 1-August 4

Deer Crossing Park | 1050 W. Romeo Rd. & Village Park | 900 W. Romeo Rd.

RomeoFest is a 4-day long celebration of the Romeoville community with music, food, family entertainment, carnival, car show, bingo, and much more! The Village of Romeoville fills every day with non-stop free entertainment for all ages to enjoy.

Free Concert on the Hill

August 1 | 6:30-8:30pm

Billie Limacher Bicentennial Park & Theatre | 201 W Jefferson St, Joliet

This is ROCKIN DOG DAZE! Bring your dogs to the park for this fabulous Concert on the Hill. We will have Treats for your dog, raffles for fabulous chairs and t The Selectones and Wild Upside! The Selectones are a 6 piece reggae/ska band from the south suburbs of Chicago. Formed in the fall of 2015. We are excited to have them on our stage again August 1st. As always Concerts on the Hill are Free Thanks to our fabulous sponsor CIBC Bank and an endowment from the Wadsworth Golf Foundation.

Movie Matinees

Aug 2 | The Lego Movie 2

Joliet Public Library - Black Road Branch | 3395 Black Rd, Joliet

Come enjoy a movie and a snack in cool comfort with friends.

Children of all ages, no registration

KidzFest 2019

August 3 | 10am-3pm

203 N. Ottawa St, Joliet

Kidzfest is an annual, free event in Downtown Joliet! Kids of all ages can attend! Activities include games and giveaways, ride ponies and enjoy a petting zoo, bouncy houses, and sing & dance along with our excellent DJ entertainers. All activities are FREE!

Rasta Revival 2019

August 3 | 1-6:30pm

McKinley Woods - Kerry Sheridan Grove | 25055

Walnut Ln, Channahon

Live Reggae band and Dj. A family friendly event hosted by Jam Afrika International

Allegiance Staffing Bolingbrook Job Fair

August 3 | 9am-3pm

Allegiance Staffing | 215 Remington Blvd, Suite D, Bolingbrook

Looking for a job? Come visit our office in Bolingbrook on August 3th. Allegiance Staffing is looking for long terms/term to hire employees to work as general laborers, machine operators, assemblers, forklift drivers, QA, and more. Come prepared to complete your application and bring your resume.

Kids Day at Taste of Orland Park

August 3 | 1-5pm

Join us for some fun at Kids Day at the Taste of Orland Park presented by Palos Health & Loyola Medicine. Free activities include pony rides & petting zoo, photo booth, touch a truck, face painting, bounce house, inflatable obstacle course & slide. Plus, Orland Park Police and Fire departments will on site, too!

NEW LOCATION: Behind High Point/Orland Junior High

National Night Out

August 6 | 6-8pm

1 Veterans Parkway, New Lenox

National Night Out is a nationwide initiative to promote healthy relationships between the police and their communities. Each community celebrates National Night Out in their own unique ways, and the New Lenox Police Department takes part by offering a free event in the Village Commons for all to attend. The event will include a touch-a-truck display, inflatables, live music, and free food and treats.

The Will County Mobile Dental Van

August 6 | 8:30am

Inquire with Lydia at (815) 770-5724 for more details and paperwork

National Night Out

August 6 | 6-8pm

Wilmington High School | 209 Wildcat Court in Wilmington, IL

National Night Out is a positive community event to promote neighborhood spirit and police-community partnerships in the pursuit of a safer nation. We invite all residents to join us for free food, games, music and activities.

National Night Out

August 6 | 6-8pm

Tyler Park | Corner of Chicago St. & Mississippi, Elwood, IL
Free entry, BBQ, events, giveaways, games, music, emergency vehicle displays. Local businesses, and much more.

Fun Family Game Night

August 6 | 6-8pm

The Promenade Bolingbrook | 631 E Boughton Rd, Bolingbrook

Turn off the TV & video games and come out to some old-fashioned fun! We will have several board games out for you to enjoy as well as some oversized games, basketball hoop and give-aways for the kids! We will have Camp Fire Kata Kani Camp with some outdoor games and activities, along with Back to Rock Music School with an Instrument Petting Zoo!

Make Back to School Rule with Jewel-Osco and Feed Nutrition

August 7 | 2-6pm

Jewel-Osco | 3795 Orchard Rd., Oswego

Join us for our annual Back to School program for tastings, savings and prizes from your favorite ready-for-school items! More than 15 brands will be in store with delicious, better-for-you samples including Nature's Bakery, Silver Palate, FitJoy, Stonyfield Yogurt, Simple Mill's, and Annie's. Also be sure to catch local Registered Dietitian Lara Field from FEED Nutrition Consulting, who will be leading some fun, educational seminars on easy and healthy solution-based meals! Other highlights include a raffle prizes, educational games for the children and more

Northern Illinois Food Bank Mobile Pantry

August 7 | 4-6pm

Smith Family YMCA | 1350 S Briggs St, Joliet

The Northern Illinois Food Bank's Mobile Pantry will be on site at the Smith Family YMCA from 4-6 p.m. on Wednesday, August 7. Food will be free to low-income neighbors in need. Items will be distributed on a first-come, first serve basis, while supplies last. Attendees are advised to bring bags or boxes for their groceries. Event is sponsored by AMITA Health.

Bingo

August 7 | 2-3pm

Joliet Public Library | Black Rd. Branch | 3395 Black Rd., Joliet

(Children of all ages) Drop by the library for a few games of Bingo. Lots of prizes will be won! No registration is required.

Channahon's Three Rivers Festival

August 7th-11th

Central Park | 24856 W. Eames Street, Channahon
Carnival, Live Bands, Entertainment, Food, Local Organizations, Kidz Zone, Car Show, Craft Show, Wine Tasting, Bingo, Little Miss Channahon, Baby Contest, Pet Contest, Parade, & so much more!!

Smokey Bear's 75 Birthday Celebration at Midewin

August 9 | 1-3pm

Midewin National Tallgrass Prairie | 30239 S State Route 53, Wilmington

Fire safety & prevention awareness program for all ages in honor of Smokey Bear's 75 years in fire safety (Smokey Bear was actually a bear born on August 9, 1944) - Activities for kids! Earn a "Smokey Bear's Partner Certificate"! Watch Smokey Bear movies on the big screen on the Midewin! RSVP: 815-423-6370

Naperville Food Truck Festival

August 10 | 11am-7pm

Naper Settlement | 523 S Webster St, Naperville

General admission tickets allow entrance (starting at noon) into the Naperville Food Truck Festival and access to the food trucks, vendors, music and beer/wine garden! Kids 10 & under are free. Purchase in advance online and save - \$5 online and \$10 at the door.

Featuring 25+ of the area's best food trucks, live DJ entertainment, beer & wine garden and a vendor village featuring local businesses. Plus enjoy hands-on science exploration stations by the DuPage Children's Museum. This is a family friendly event where kids can enjoy the Naper Settlement playground and all can experience the historical grounds.

K-Mine Kritters Reptile Show

August 10 | 10am-3pm

Godley Park District | 500 S Kankakee St, Godley

Featuring: Educational shows and animal & supply vendors
Admission: FREE

Make Back to School Rule with Jewel-Osco and Feed Nutrition

August 11 | 12-4pm

Jewel-Osco | 2051 Ridge Rd., Minooka

Join us for our annual Back to School program for tastings, savings and prizes from your favorite ready-for-school items! More than 15 brands will be in store with delicious, better-for-you samples including Nature's Bakery, Silver Palate, FitJoy, Stonyfield Yogurt, Simple Mill's, and Annie's. Also be sure to catch local Registered Dietitian Lara Field from FEED Nutrition Consulting, who will be leading some fun, educational seminars on easy and healthy solu-

Party in the Park+70th Anniversary Party

August 12 | 6-7:30pm

Children's Memorial Park | 1112 Joliet Street, Wilmington

We are combining our anniversary event with our cancelled party in the park! LWSRA will still bring a DJ, bounce house, and mascots while we celebrate our birthday with cake, ice cream, and birthday activities!

Party at the PARC

August 10 | 2-6pm

Prairie Activity & Recreation Center | 24550 W Renwick Rd, Plainfield

Come see what the Prairie Activity & Recreation Center is all about, have fun, hear live music and enjoy some concessions too. The day includes free fitness classes at 8am, 10am, and 1pm and free admission to the Ottawa Street Pool!

Nowell Park Back to School Fair

Aug 10 | 11am-2pm | 199 Mills Rd., Joliet

Back to School Fair at Nowell Park Recreation Center.

Read the Storybook Trail and Craft

Aug 12 | 12-1pm

Pilcher Park Nature Center | 2501 Highland Park Drive,
Joliet

\$5.00 | 2 - 6 years old

Join us for a guided hike on our Storybook Trail! We will read a story to you as you walk along the trail and then come inside to make a fun craft. The stories and crafts will be related to the current season.

Morningstar Mission Back to School Fair

August 13 | 8:30-11:30am

350 E. Washington St., Joliet

Back to School fair located at Morningstar Mission.

Movie Nights in the Village Commons

101 Veterans Parkway, New Lenox

Begins June 12 and take place every Wednesday evening at dusk through August 14. Admission is free, and concessions will be available for sale. Visit www.newlenox.net/events for more information.

August 7: Incredibles 2 (PG)*

August 14: Mary Poppins Returns (PG)

Music in the Garden

August 13 | 7pm

Elwood Children's Garden | 801 N. Chicago Ave., Elwood

Featuring Dixieland Bandits. Bring lawn chairs or blankets. Arrive early to enjoy this beautiful garden. All performances are free to the public. Water and lemonade available for purchase, free popcorn. Should inclement weather occur, all performances will be held at Elwood Community Church at 101 N Chicago St

Little Explorers

August 14 | 10-11:30am & 1-2:30pm | FREE

Four Rivers Environmental Education Center | 25055 W
Walnut Ln, Channahon

**Registration required by Monday, August 12, by calling
815.722.9470

Children and their parent or guardian are invited to come out and play. A new nature theme is chosen every program with hands-on activities that may include a story, games, dancing, art, a hike, other outdoor activities and more! A variety of group and free play activities are planned.

Please dress for both indoor and outdoor playtime. We encourage experiencing all types of weather, rain or shine.

While activities are designed for ages 3-5, younger children are welcome. This is a great opportunity for parents and children to meet in a natural setting to exchange ideas and get to know each other.

10th Annual Back to School Bash

August 16 | 6-8pm | Commissioner's Park, 22108 S. 80th
Ave.

FREE (bring a school supply to be donated)

School has started and what a way to celebrate...Join the Frankfort Park District for the annual Back to School Bash. The evening will consist of field and carnival games, music, craft area, giant inflatable, touch-a-truck, concessions, plus playtime at Fort Frankfort and in the Splash Park. We ask that all kids bring a school supply to donate to a worthy cause. These school supplies will be given to children in need.

Concert in the Park

August 16 | 6:30pm-Dusk

Preservation Park | 710 Taylor St.

Anthem (Classic Rock)

Enjoy this FREE concert series! Don't forget to bring a picnic basket full of goodies and your lawn chairs!

Movies In The Park

August 16 | Inwood Park | Hotel Transylvania 3

Grab your blanket and snacks, come out to this family-friendly FREE event. Movies will be shown on a giant inflatable movie screen. Movies will be shown at dusk. In case of inclement weather, the movie will be cancelled.

River Walk Back to School Fair

August 17 | 11am-2pm

River Walk Homes, LLC Bluff & Spring Streets (815)
770-5724

Free backpacks, Free haircuts, free, health screenings, free games, free food, free facepainting, free activities

2019 Dog Days of Summer

August 24 | 10am-12pm

20670 Len Kubinski Dr, Crest Hill

We will use our extensive outdoor yard to feature a variety of rescue organizations, veterinary services, and small business retailers, as well as Library-related activities like a costume and trick contests, photo booth, a cooling station, doggie craft, and mini agility course to celebrate National Dog Day.

Elwood Days

August 23rd thru August 25th

Lloyd Erickson Park | 801 Chicago Avenue, Elwood
Carnival rides, games, food, music, and fun! Parade on Saturday at 11am. Fireworks Saturday 9pm.

Rock the Woods

August 30 | 6-9pm

McKinley Woods | Kerry Sheridan Grove | 25055 Walnut Ln, Channahon

Nothing says summer more than pairing of live music and food. Enjoy an outdoor concert featuring the Ultimate Classic Rock Tribute Band combined with food trucks for the perfect night out. Bring lawn chairs or a blanket and bug repellent.

Movie on the Baseball Field

August 3rd, Evening

Coal City will be hosting a movie on the Bronco Baseball Field at Lion's Park.

Concert on the Court House Lawn

August 1st from 6:30-8:00pm

Come enjoy a concert on the Grundy County Court House Lawn. The Sting Rays will perform on August 1st from 6:30-8:00pm. In case of rain or extreme heat, the concert will be held at the Morris High School Auditorium--signs will be posted at the Court House. Admission is free! Located at 111 E. Washington St., Morris, IL 60450.

Hines Veterans Mobile Medical Unit

August 5th from 9:00am-2:00pm

Veterans who wish to receive care through the Veterans Mobile Medical Unit from Edward Hines Jr. VA Hospital must bring a copy of their DD Form 214 or their VA medical ID card with them. For additional information, please contact Ken Buck, 815-941-3152. Located at the Morris American Legion, 212 W. Washington St., Morris, IL 60450.

Wendy's Cruise In Morris

August 5th, 12th, 19th, & 26th from 5:00-9:00pm

All classic cars, trucks and motorcycles welcome! Inclement weather cancels cruise in. Located on Route 47, ¼ mile south of I-80 in nostalgic Morris, IL at the Wendy's Restaurant. For questions, call Ken at 815-942-2032.

Children's Tissue Paper Dino

August 5th from 3:00-4:00pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Pajama Storytime

August 1st from 6:30pm-7:10pm

For children 0-7 years old, with an adult (older siblings may come along). Join us for bedtime stories, songs, rhymes, and movement fun. Come dressed in pajamas and bring a favorite stuffed animal. Registration is required. This event is located at the Plano Public Library, 15 W. North St., Plano, IL.

Yorkville Farmer's Market

August 3rd, 10th, 17th, 24th, & 31st from 10:00am-2:00pm
The Yorkville Farmer's Market has returned this summer and will be stocked with fresh produce and products from local farmers and businesses for all to enjoy! The Farmers Market will be held at Town Square Park (301 N. Bridge St., Yorkville) every Saturday starting June 1 ending August 24.

National Night Out

August 6th from 5:00-7:00pm

Spending time together makes our neighborhoods safer while simultaneously making it a more caring place to live. Join in as millions of neighbors come together for National Night Out across thousands of communities from all fifty states and military bases worldwide! We'll have hot dogs, games, and a free swim at Winrock Pool or the Splash Pad to enjoy as we have an unforgettable evening with our local law enforcement. All ages. Two locations: Winrock Pool, 21 Winrock Rd., Montgomery, IL / Prairie Point Community, 313 E. Washington St., Oswego, IL. This event is free and open to the public, all ages are welcome.

Stories in the Park

August 6th & 13th from 10:30-11:15am

Listen to stories, participate in finger plays, and sing songs all while enjoying the outdoors in a park setting. Participants are encouraged to bring a blanket to sit on and a picnic lunch to enjoy in the park following the program. Children must be accompanied by an adult. Pre-registration is recommended, but drop-ins are welcome. August 6th "Stories in the Park" will be located at Civic Center Park, 5 Ashlawn Ave., Oswego, IL. On August 13th, "Stories in the Park" will be located at Barnaby Park, 443 Barnaby Dr., Oswego, IL. This is a free event through the Oswegoland Park District

Limelight Local Film Fest--"Your Movies in the Park"

August 7th from 8:00-9:00pm

Pack a picnic and head out for the screening of short films by local artists. Come early to secure your spot on the lawn and snag some popcorn. Audience members will vote for their favorite film to receive People's Choice recognition. This event is free and open to the public. Located at Prairie Pointe Park, 313 E. Washington St., Oswego, IL

Cruise Nights on the River

August 7th from 5:00-8:00pm

Join the Yorkville Parks and Recreation Department at the historic Riverfront Park for a night filled with classic cars, classic music, and fun. Classic cars of all eras are welcome! All registered cars and trucks will have a chance to win best in show! This event is free to everyone. For more information please contact the Yorkville Parks and Recreation Department at 630-553-4357. Located at 131 E. Hydraulic Ave., Yorkville, IL.

Montgomery Fest

August 9th, 10th, & 11th, All Day

Each summer, Montgomery Fest brings together neighbors and friends from throughout the area to enjoy a weekend of old-fashioned family fun. Held the second weekend in August along the banks of the Fox River, highlights of the fest include musical performances, carnival rides, a wide range of food vendors, petting zoo, a carp fishing derby, a car show, parade and fireworks. Carnival hours are: Friday--6-10pm, Saturday--11am-10pm, and Sunday, 11am-10pm. There is a \$5 entrance fee for the carnival grounds which can be redeemed for carnival tickets or carnival area food. Wristbands may be purchased for \$20 on select days and times. The parade will take place at 1:00pm on Sunday and fireworks will end the festival on Sunday at 9:00pm. All activities will take place at Montgomery Park, on the corner of River and Mill St. in Montgomery, IL. For questions, call 630-896-8080.

Drive 'N' Dine Movie Night

August 8th from 7:00pm

The Yorkville Parks and Recreation Department and Village of Oswego are joining together again to host a Drive-In Movie! Families will enjoy bounce houses, activities, food and more from 7:00-8:00pm. Then get comfortable in your car and watch the movie, The Greatest Showman, on our 30-foot inflatable screen! This is a free event to participate; however, food and drink are available for purchase. Please note, parking is first come, first serve. All attendees are encouraged to bring blankets or chairs for outdoor viewing as spaces may fill. Located at the Oswego Park & Ride, 1031 Station Dr., Oswego, IL.

Big Fish, Little Fish

August 10th from 9:00-11:00am

This drop in program is an open swim for parents and their toddlers. Start your child down the road of water familiarity with this program. Parent or guardian must be in the water with their children. Non-potty trained participants must be wearing a swim diaper, tight fitting plastic pants, and a swim suit. This event is for parents and guardians with children 6 years and under. The cost is \$4 per participant (ages 2 years old and under are FREE). Located at the Winrock Pool, 21 Winrock Rd., Montgomery, IL.

Concert in the Park -- SM6

August 15th from 6:00-7:00pm

Pack your cooler and meet your friends and neighbors for a back to school bash! Family band SM6 from Geneva performs a combination of imaginative covers and fresh originals that ring out with elements of indie pop, rock, and folk. This event is free and open to the public. Located at the Community Park at Grande Park, 26333 Grand Park Blvd, Plainfield, IL.

Storytime at Panera

August 16th from 10:00-10:30am

Meet the traveling librarians at Panera Bread. The library will bring the stories and Panera will provide the cookies and milk. This event is for families with children 2-7 years old. Located at 1450 Douglas Rd., Oswego. Registration is required.

Montgomery Campus 10 Year Celebration!

August 17th from 10:00am-2:00pm

Join us to celebrate this special anniversary! There'll be ice cream, activities, & fun. Located at the Montgomery Campus of the Oswego Public Library, 1111 Reading Dr., Montgomery, IL. This event is free and open to the public, no registration is required.

Yorkville Hometown Days Festival

August 29th-September 1st from 5:00-9:00pm

The 2019 Hometown Days Festival is a family-oriented event that provides entertainment for the entire family to enjoy! This year we are excited to bring back past favorites including the Ultimate Air Dogs Competition, Baby Contest, Big Band & BBQ, Pride and Joy Car Show, and an exciting lineup of Musical Entertainment. Please visit the Yorkville Parks and Recreation Facebook Page for up-to-date festival information. The 2019 carnival is provided by DRS Skimmers' Amusements. For more information on DRS Skimmers' Amusements please visit their website. A

\$20 Wristband Special is available from 1pm-5pm on Saturday, August 31st and Sunday, September 1st. Wristbands allow unlimited rides from 1pm-5pm for \$20 per rider, per day. Located at Beecher Community Park, 908 Game Farm Rd., Yorkville, 60560.

Concert on the Court House Lawn

August 1st from 6:30-8:00pm

Come enjoy a concert on the Grundy County Court House Lawn. The Sting Rays will perform on August 1st from 6:30-8:00pm. In case of rain or extreme heat, the concert will be held at the Morris High School Auditorium--signs will be posted at the Court House. Admission is free! Located at 111 E. Washington St., Morris, IL 60450.

Movie on the Baseball Field

August 3rd, Evening

Coal City will be hosting a movie on the Bronco Baseball Field at Lion's Park.

Hines Veterans Mobile Medical Unit

August 5th from 9:00am-2:00pm

Veterans who wish to receive care through the Veterans Mobile Medical Unit from Edward Hines Jr. VA Hospital must bring a copy of their DD Form 214 or their VA medical ID card with them. For additional information, please contact Ken Buck, 815-941-3152. Located at the Morris American Legion, 212 W. Washington St., Morris, IL 60450.

Children's Tissue Paper Dino

August 5th from 3:00-4:00pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Wendy's Cruise In Morris

August 5th, 12th, 19th, & 26th from 5:00-9:00pm

All classic cars, trucks and motorcycles welcome! In-clement weather cancels cruise in. Located on Route 47, ¼ mile south of I-80 in nostalgic Morris, IL at the Wendy's Restaurant. For questions, call Ken at 815-942-2032.

Minooka Movie in the Park

August 6th from 7:45pm-10:30pm

Join us at the Lions Park in Minooka for the movie "Zootopia" (after the National Night Out Event). The movie starts at dusk. Located at 8875 McEvelly Rd., Minooka, IL 60447. This event is free and open to the public. Please call 815-467-2151 with questions.

Channahon's Three Rivers Festival

August 7-11 All Day

Channahon's Three Rivers Festival has been in the Community for more than 30 Years! Volunteers Raising Money to Benefit Our Local Community! Please join us for Special Needs Day at the Channahon Three Rivers Festival, Wednesday, August 7, 2019. Mallard Point Veterinary Clinic Pet Parade & Pet Contest on Saturday, August 10th at 12:00pm. Watch the Talent Show on Saturday, August 10th. The 2019 Channahon Three Rivers Festival Parade will be on Sunday, August 11th - kicking off at Noon. Also enjoy the carnival rides for a price throughout the time. Visit the Fest at Central Park, Rt. 6 at Bluff Road, Channahon, August 7th-11th.

Five15 Wellness Fest

August 9th from 4:00-8:00pm

This is a FREE family-friendly evening of fun, food, live music and information promoting mental health wellness. Featuring: Live music from Meigs Field Band and Silverstrings, food trucks, art vendors, free workshops, beginners yoga, art therapy, sports 101, nutrition 101 as well as much more! Join us at our new location located still in Coal City, and see for yourself our unique approach to both mental and physical fitness! Located at 515 Fitness, 40 N. Broadway St., Coal City, IL.

K-Mine Kritters Reptile Show

August 10th from 10:00am-3:00pm

We're excited to announce our first ever reptile show! We'll have animal vendors as well as some educational demonstrations. Admission is free. For more information, please contact Ryan at 815-458-6129 ext. 107

Morris Cruise Night

August 10th from 6:00-9:00pm

Morris Cruise Nights 2019: Proudly showcasing all kinds of cars, trucks, and bikes for a fun, family oriented event in downtown Morris, IL. Our highest car count to date is 972 cars with 11 states represented. We give back to the community through profit distribution to local charities from funds raised through beneficiary 50/50 ticket sales and food booth sales. Event is free to spectators and located along Liberty street in downtown Morris, IL. For questions, call Rance Welsh (815) 685-3573.

Children's Pencil Holders

August 12th from 2:00-3:00pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Children's Coffee Filter Peacock

August 13th from 5:30-6:30pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Children's Create Your Colorful Seahorse

August 15th from 5:30-6:30pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Concert on the Court House Lawn

August 15th from 6:30-8:00pm

Come enjoy a concert on the Grundy County Court House Lawn. The Del Bergeson Orchestra will perform on August 1st from 6:30-8:00pm. In case of rain or extreme heat, the concert will be held at the Morris High School Auditorium--signs will be posted at the Court House. Admission is free! Located at 111 E. Washington St., Morris, IL 60450.

Children's Color Pencil Flower Bouquet

August 20th from 5:30-6:30pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

Grundy Bank Brown Bag Friday

August 23rd from 11:30am-1:30pm

Grundy Bank Brown Bag Friday--Liberty Arts Festival. Bring a lunch and enjoy entertainment by Mary Pfeifer. Ice Cream Social from 1:30-4:00pm. Located on the Grundy County Courthouse Lawn, 111 E. Washington St., Morris, IL 60450. For questions, call 815-942-0130 or 815-941-1000.

Rock the Woods

August 30th from 6:00-9:00pm

Nothing says summer more than the pairing of food and live music. Enjoy a night out with family and friends as the Forest Preserve hosts a concert featuring the popular local band Infinity, along with some of the most sought-after food trucks in the Chicagoland area. So grab your favorite lawn chair, claim a spot on the lawn and take in all the season has to offer. No registration is required for this program. This event is held along paved pathways on natural, uneven terrain. Anyone who requires an auxiliary aid or service to participate in this program should call 708-946-2216 or submit a request online no later than 48 hours before the program. This event is free and open to the public, food will be available for purchase. Located at McKinley Woods, 26932 River Bluff Dr., Channahon, IL 60410.

Children's Bird Nest Craft

August 29th from 5:30-6:30pm

Come to the Morris Public Library to make a fun craft. Located at 604 Liberty St., Morris, IL 60450. Call 815-942-6880 with questions.

LIBRARY PLAYGROUPS

Joliet Public Library-Main

Spanish Storytime August 6, 13, 20, 27 at 6:30pm-7:30pm (Children of all ages) A chance for children to explore the world of books through stories, songs, and crafts in a group setting. This storytime is presented completely in Spanish. No registration is required.

Joliet Public Library-Black Road

Toddler Time August 5,12,19, 26 starting at 9:45am and 10:45 am (18 months-3 years) Toddler time is a story program for children who are not yet ready for the structure of storytime. Your child will enjoy stories, songs, and a simple craft. No registration is required.

Bilingual Family Storytime August 5, 12, 19, 26 at 11:45am-12:30pm (Children of all ages with an adult) This Family Storytime is for Spanish and English speakers and will give children exposure to books, songs, and activities in both languages. No registration required.

Lapsit August 6, 13, 20, 27 starting at 9:15am, 10:15am, and 11:15am (Birth-24 months) Caregivers and babies will enjoy singing songs, reading stories, and chasing bubbles! This is a great first playgroup for children. No registration required.

Family Storytime August 6, 13, 20, 27 at 6:30pm-7:15pm (Birth- 6 years old) Family Storytime is a fun and interactive experience that is suitable for ages birth to six years. All your favorite storytime elements will be combined into one event, including stories, bubbles, songs, parachute play, and crafts. No registration is required.

Toddler Time August 7, 14, 21, 28 starting at 9:45am, 10:45am, or 11:45am. (18 months-3 years) Toddler time is a story program for children who are not yet ready for the structure of storytime. Your child will enjoy stories, songs, and a simple craft. No registration is required.

Family Storytime August 3, 10, 17, 24, 31 at 10:15am-11:00am (Birth- 6 years old) Family Storytime is a fun and interactive experience that is suitable for ages birth to six years. All your favorite storytime elements will be combined into one event, including stories, bubbles, songs, parachute play, and crafts. No registration is required

Shorewood Library

Itty Bitty Storytime August 12, 13, 16, 19, 29, 26, 27 at 10:00am-10:30am (Recommended for under age 3) Babies, toddlers, and their caregivers will enjoy 30 minutes of songs, socialization, and sensory activities designed for developing early literacy and motor skills.

Stay and Play August 12, 13, 19, 20, 26, 27 at 10:30am-11:00am (Recommended for under age 3) Stay and hang out with your friends in the Children's Department after story time!

White Oak Library-Crest Hill

Toddler Time August 7, 14, 21, 28 at 10:30am-11:00am (Children between 3 months and 3 years of age) Children will develop preliteracy skills through songs, stories, and movement activities. Toddlers will learn about colors and the first half of the alphabet throughout the summer and fall!

Three Rivers Public Library District

None In August

Morris Public Library – Morris, IL

Story Time: Tuesdays, 9:30-10am, Wednesdays, 10-10:30am. Come enjoy hearing a story and participating in songs and fingerplays with your little ones.

Wiggle Worm: Tuesdays, 10:00-11:00am, Wednesdays, 10:30-11:30am. Following storytime, the child and caregiver can engage in free play in the basement with a variety of toys.

Bedtime Storytime: Mondays, 6:30-7:00pm. Thursdays, 6:30-7:00pm. Put on your pj's and come to the library to enjoy a story and participate in songs and fingerplays with your little one.

LIBRARY PLAYGROUPS

Oswego Public Library, Oswego, IL and Montgomery, IL Campus
None in August

Plano Public Library

Music & Movement: Mondays, 10:30am and 6:00pm. For ages 0-6 years old with an adult. Join us for some of our favorite music and movement activities. Kids will get to use simple musical instruments, play with a parachute, and more. Be prepared to move and groove!

Yorkville Public Library, Yorkville, IL

Drop-In Story Time: Fridays, 10:30-11:00am. Take a trip with us this summer! Get your passport and stamp to adventure! We are exploring other cultures this summer during our weekly Drop In Story Time. Stay for the related craft after story time. Registration is NOT required. *August, only 8/2/19 is listed.

Coal City Public Library District

Terrific Tots: Mondays, 10:00-10:30am. Thursdays, 10:00-10:30am & 6:00-6:30pm. Terrific Tots is a class where your 2 to 3 year old and a caregiver can enjoy listening to books, signing and dancing to songs, and creating a craft. The child must be a Coal City Public Library District resident with a valid card held by his/her caregiver. If you are not a resident, please see the children's department. Registration is required.

Family Lapsit: Mondays, 6:00-6:30pm. Wednesdays, 10:00-10:30am. Family lapsit is designed to introduce your child to a love of books. The child and caregiver will participate together in songs, activities, and stories. The child must be a Coal City Public Library District resident with a valid library card held by his/her caregiver. If you are not a resident, please see the children's department. Registration is required. For children 0-23 months old.

Coloring Page

AUGUST

