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Summer 2022

Setting a family goal
this summer **p4**

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p13-28

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CAPITAL CITY **parent**

Summer 2022

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Set a family goal this summer

Making resolutions isn't just for the new year

CC PARENT | Pamela Savage

As we approach the halfway mark for the calendar year, some of us may be thinking back to the resolutions that we committed to in January and feeling, well... disappointed. If this sounds like you, you aren't alone. A study conducted by researchers at the University of Scranton revealed that 23% of New Year's resolution-makers quit their resolutions after just one week, and that only 19% of people were actually able to stick to their goals long-term. Some experts recommend that people don't set just one resolution at the start of the year, but rather try to set small goals at set points throughout the year, say, monthly or quarterly.

The summer season is an excellent time to focus on resetting and reshaping resolutions. For families that have children at home from June to August, summer offers an opportunity to focus on family goals, meaning goals that involve or affect the entire family. Examples of family goals depend on an individual family's values and can range from eating more vegetables, spending more time outside, volunteering more often, saving money toward a large trip or purchase or eliminating single-use plastics.

Not convinced? Consider the benefits of setting goals as a family. Family goal-setting prompts family units to think about what matters and to name their values outright. Looking ahead ultimately helps families move forward, rather than getting stuck in cyclical day-by-day patterns. And, once the family has set a goal, working together to achieve it strengthens the family's relationships. Lastly, navigating through goals teaches children self-discipline, the value of hard work and persistence in the face of setbacks and challenges.

So how should your family go about setting summer goals? Consider the following brainstorming questions as you determine a goal that appeals to

your entire family. What are your family values? Which families that you know (or see in the community) do you seek to emulate? Equally as important, which families do you not want to mimic? (This particular question can be especially telling for families trying to break intergenerational patterns of dysfunction). Finally, when trying to come up with a family goal, ask yourselves: What are your current family challenges, and what would you like to improve?

Families hoping to set summer goals ought to involve *all* members of the family unit. This will look different for every family as you take into account the ages of everyone living in your home, but ultimately, parents and caregivers know that children like to be considered and have agency in determining their goals for the summer. After all, it is their summer too!

Once you've narrowed down some generalized themes that your family would like to work on, it is time to set a SMART goal. SMART is a goal-setting acronym that stands for Specific, Measurable, Attainable, Relevant, and Timely. For example, if your family wanted to set a goal to eat more healthfully, a SMART goal might be to visit the farmers market once a week and/or to try a new vegetable each week. If your family wanted to save money toward a trip or a large purchase, a SMART goal might be to limit takeout orders, and/or to set aside a certain number of dollars each week.

When your family has set a SMART goal, find a place to display your progress. A white board in a common living space is a great way to display and track your family's progression, and to remind all members of the family about what is at stake. As the leaders of their families,

parents and caregivers should facilitate, not dictate. This might mean anticipating obstacles while helping the family stay positive. And, of course, when working toward a summer goal with your family, be sure to schedule regular and routine check-ins, focusing on progress and not just outcomes. Figure out a way to celebrate small wins as a family.

In the end, family goal-setting can be as big or small, or as serious or lighthearted, as your family wants. Every family will differ in their summer goals, but setting goals together may help your family work together in new ways that you haven't considered.

Pamela Savage is a freelance writer living in Springfield. She plans to set a family goal with her two young sons and husband this summer.



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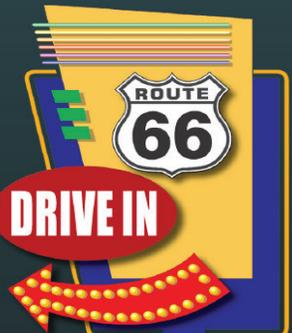
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Summer boredom busters

CC PARENT | Pamela Savage

I cannot believe I am saying this, but the lazy, hazy, crazy days of summer are almost upon us. And for those of us home with children of all ages, “hazy” seems an apt descriptor for these long, strange, busy-but-not-always-productive summer days.

Despite our best attempts at keeping our families busy with camps, vacations, sports and lessons, most of us still end up with huge swaths of time spent bored at home. And while boredom can be both an opportunity to rest and a boon for creativity, there is only so much we can take when it comes to the listless whining that sometimes accompanies bored kiddos.

When you are looking for something different to do this summer, check out this list of easy, low-cost summer boredom busters, designed to appeal

to kids of all ages.

Indoors

Build a fort - Simple and classic, if you can stand the unavoidable mess.

Play “The Floor Is Lava” - For my kids, this is always a natural progression from fort building.

Popsicle bath - Great for younger kids. All the joy of a popsicle with none of the sticky hands!

Organize your toys - Legos with Legos, animals with animals, etc. It’s a great way to kill some time and restore some order.

Movie marathon - Come up with a theme like *Toy Story* movies, or 1980s sports movies, and press play. Don’t forget the popcorn!

Play a card game - Try a classic like Uno, War, Go Fish, Rummy or Crazy Eights.

There are loads of newer family-friendly card games, too, like Taco Cat Goat Cheese Pizza or Guess in 10.

Make paper airplanes - then take turns competing to see whose plane flies farthest.

Keep a journal - Ask your children to document what they’ve been up to this summer.

Draw a comic book or graphic novel - If you don’t have a writer, have your child document their summer in drawings.

Break out the board games - Family favorites include Sorry, Candy Land or Trouble.

Cooperative games like Outfoxed or Space Escape are also engaging.

Make your own board game - Get a big sheet of paper, some art supplies and something to use as game markers and let

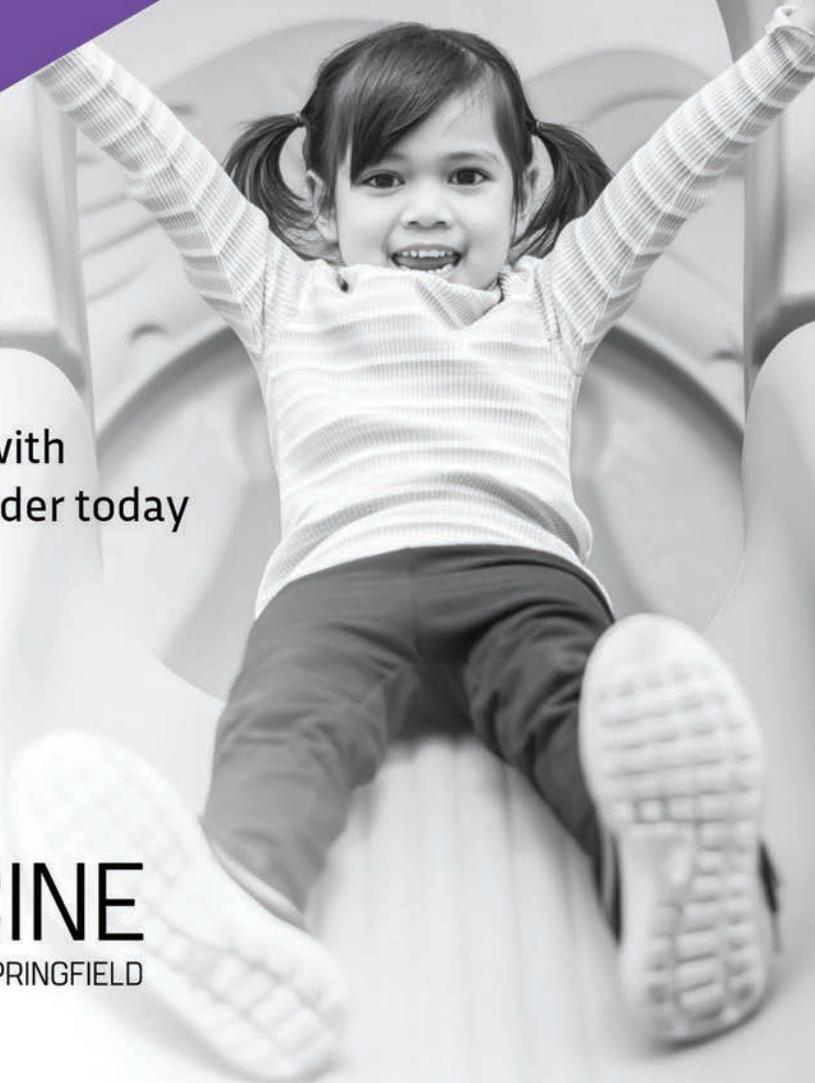
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your kids write the rules.

Make your own playdough – Warm water, salt, cream of tartar, vegetable oil and food coloring come together nicely to make homemade playdough that will last for ages. Pro tip: Kneading the dough while it's still warm can be super satisfying and comforting for a sensory kid.

Do a science experiment – Make homemade slime, explode a soda-bottle rocket or use lemon juice to write secret messages that reveal themselves when held to a light.

Bake a family favorite treat – Break open a cookbook and choose a baking project.

Recycle your dried-out markers – Sort your dried-out markers by color and then soak the tips in warm water to create watercolor creations that you can use for painting.

Outdoors

Potion station - Give your kids containers of dish soap, vinegar, dish soap, colored water and some baking soda and let them make a mess. Have a hose nearby.

Kinetic sand – Sand is very love/hate, but I find kinetic sand to be pretty fun. That said, it can be messy and definitely is an outdoor activity at our house.

Design a bicycle or scooter course – Break out some sidewalk chalk and cones. If you don't have cones, get creative with rocks, pool noodles or whatever you can find in your garage.

DIY bicycle wash – Ride bikes through some muddy puddles, then clean them up with loads of suds, sponges and buckets of water.

Tend to a garden – The proven benefits of gardening with children include healthier eating, boosted confidence, increased planning and analytical abilities, lowered stress and improved mood.

Involve kids in outdoor chores – Pick up sticks, remove dandelions, rake up leaves, fill the bird feeders.

Go fishing – While a license is required for fishing in Illinois waters, including lakes, reservoirs, rivers and streams, licenses are not required for anglers under the age of 16.

Learn to skip stones – My sons love to do this once they are finished fishing.

Pack a picnic – Involve the kids in choosing their own snacks and treats and dine in the great outdoors.

Water balloon baseball – Fill some water balloons and let the batter burst them/

Play HORSE – It's a classic basketball game for a reason.

Star gaze – Stare into the night sky, with or without a telescope. There are all sorts of apps for spotting and identifying constellations, including Google Sky and Sky View.

Go picking – Whether here in town, or a short day trip away, there are loads of choices for picking blueberries, strawberries and other summer crops in central Illinois.

Community

Visit Free Little Libraries in your neighborhood – Leave a book and take a book, and enjoy the walk along the way.

Visit the actual library – Get ahead on your summer reading, and check the monthly calendar for upcoming special events or kids' activities.

Fly a kite – Southwind and Centennial parks in Springfield are both ideal for kite-flying.

Get craft supplies – Check out Creative ReUse Marketplace or another craft supply store and see what projects your children can come up with.

Attend the downtown farmers market – Have your children decide what produce they'd like for dinner this week, and let them help prepare it.

Find a new playground or park – Ask your children to keep a journal of their favorite parks' features, or make a list of all the parks (there are more than 40 in Springfield alone) and cross off each one you visit.

Take a hike – Get outdoors and see what you can find. Bring a magnifying glass or a scavenger hunt list along.

Host an outdoor movie night – Borrow, rent or purchase a movie projector, find a white sheet, pop some popcorn and invite your friends and neighbors to come enjoy.

Pamela Savage is a Springfield mom of two who plans to use these suggestions when her boys complain about being bored this summer.



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Make chunky monkey bites for a tasty summer treat.
PHOTO BY ASHLEY MEYER

Sweet summer treats

CC PARENT | Ashley Meyer

If the ice cream truck never seems to come down your street, look no further. These lighthearted frozen sweets require no cooking or special equipment, making them perfect for whipping up with your littles on a hot summer day. No-churn ice cream relies on light whipped cream to keep the texture light. Make it your own by using a mixture of different types of chocolate or even swirling in some raspberry jam.

Fruit ripens fast in the summer heat, so make good use of it with tasty frozen chunky monkey banana bites or a super-simple strawberry banana sorbet. For an even simpler treat, freeze seedless grapes flat on a tray, then transfer to a zip-top bag for longer storage. Delicious on their own, frozen grapes and other berries are a fun way to jazz up a glass of water and a yummy way to reduce food waste.

No-churn ice cream with hot fudge sauce

For the ice cream
½ cup sweetened condensed milk
½ cup white or bittersweet chocolate chips
1/3 cup unsweetened Greek yogurt (whole milk)
2 teaspoons vanilla extract
A small pinch of salt
1 ½ cups cold whipping cream

For the fudge sauce
 1 cup heavy cream
 1 stick butter
 ½ cup sugar
 ¼ cup light corn syrup
 ½ cup cocoa powder
 ½ cup semi-sweet chocolate chips

Combine the condensed milk and chocolate chips in a microwave-safe bowl and microwave on high for 30 seconds, then stir. Repeat, stirring each time until the chips are melted and the mixture is smooth. Set aside for five minutes to cool, then stir in the yogurt, vanilla, and salt.

In a larger mixing bowl, beat the cream until soft peaks form. Gently stir in about a third of the whipped cream into the condensed milk mixture and loosen it. Add the rest of the whipped cream to the lightened milk mixture, folding it in very gently so as not to deflate it. Do this by scooping the spatula up under the mixture along the bottom of the bowl, then folding the mixture over itself with the spatula.

Transfer the mixture to an airtight container, then smooth plastic wrap or waxed paper over the top before placing in the freezer. Freeze for at least eight hours or overnight.

To make the fudge sauce, combine the cream, butter, corn syrup and a pinch of salt in a sauce pan. Bring the mixture to a simmer, stirring continuously. Cook for one minute, then remove the pan from the heat and stir in the chocolate chips, stirring until smooth. Serve warm or cool completely and refrigerate for up to two weeks.

Chunky monkey bites

1 cup chunky peanut butter
 4-5 bananas
 10 ounces dark chocolate chips
 1 tablespoon vegetable oil (olive oil works fine, too)
 Toppings such as chopped peanuts or dried fruit, sprinkles or cookie crumbs
 Toothpicks

Line a baking sheet with waxed paper. Slice bananas into 1-inch rounds



and place on the baking sheet. Use two spoons to place a dollop of peanut butter onto each slice. Insert a toothpick into the middle of each piece, then transfer to the freezer and freeze for at least four hours overnight.

Prepare a second baking sheet with waxed paper. Combine the chocolate chips and oil in a microwave safe bowl. Microwave in 30-second intervals, stirring each time, until the chocolate is melted and smooth. Be careful not to burn the chocolate.

Working quickly, dip the banana pieces in chocolate, using a spoon to drizzle the chocolate over it then place on the waxed paper lined sheet (it's best to work in batches, taking just three or four banana pieces out of the freezer at a time so they don't soften before being dipped). Sprinkle with toppings, then return to the freezer to set, about one hour.

Strawberry banana sorbet

5 ripe bananas, sliced and frozen
 4 cups strawberries sliced and frozen

Combine the bananas and strawberries in the bowl of a food processor (preferred) or a blender. Process until smooth, then serve or transfer to an airtight container and freeze.

Ashley Meyer is a chef, freelance writer and mom who lives in Springfield.

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Books to help recognize Asian American history month

CC PARENT | Deana Metzke

May is Asian American Pacific Islander (AAPI) month, which means it is a time to celebrate the achievements, contributions and influence of Asian Americans to American culture. To that end, one way to help increase awareness of and celebrate this month in your own household is to share books with your children that feature Asian Americans. Below are a couple that I would recommend.

The first title I would recommend, released in 2021, is *The Fearless Flights of Hazel Ying Lee*, which was written by Julie Leung and illustrated by Julie Kwon. This is a nonfiction picture book about the first Chinese-American woman pilot, Hazel Ying Lee. Leung's biography about Hazel is one that I would consider to be a "hidden figure," a person in history that accomplished great things, but that most of us do not know much about.

Thankfully, the beautiful illustrations by Kwon help to paint a picture of Hazel's yearning, even from a very young age, to want to be in the sky as a pilot. Due to discrimination because of her race and gender, and even resistance from her own family, it was not an easy path for her to become a pilot. However, Hazel became part of the WASPs (Women Air Force Service Pilots) during World War II, serving her country and reaching her dreams. Leung does a great job of not shying away from the discrimination that Hazel faced, but at the same time, she tells of the discrimination in a way that is clear and not over the heads of young readers. As a result of that and the fact that I enjoyed learning about Hazel myself, I think that *The Fearless Flights of Hazel Ying Lee* would be appropriate for readers of all ages.

Another title that I recently finished features a half Asian American character and is titled *Prairie Lotus*, written by Linda Sue Park and published in 2020. This chapter book is a historical fiction novel that takes place



during the 1880s. This book was yet another one where my eyes were opened, since this time period is one I am not well versed in, particularly from the perspective of an Asian American.

In the main character Hanna's story, she shares her experiences as she and her white father move into the area known as the Dakota territory. This fictional story takes place about 50 years prior to Hazel Ying Lee getting her pilot's license, and Hanna also experiences discrimination based on her ethnicity, in her case in her efforts to attend school in her new town. Also like Hazel, Hanna runs into family resistance from her father for her goal to become a dressmaker. Given the time period and the setting of the story, it is not surprising that there are also

Native American characters in this book who play a part in Hanna's story. *Prairie Lotus* is a story of determination and drama that also broadened my understanding of history in America. I would recommend this book for readers in fourth grade and up.

Although any time is a great time to learn about the experiences of Asian Americans and Pacific Islanders in America, reading either *The Fearless Flights of Hazel Ying Lee* or *Prairie Lotus* during AAPI month is a good start.

Deana Metzke is a literacy coach at a Springfield elementary school and a mom of two. For more children's book recommendations, follow her on Twitter @DMetzke or visit her blog at <http://raisingreaders.site>.



Activity & Facility Guide May - Sept

SUMMER 2022

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- Birthday Parties 28-29
- Picnic Rentals 86-89
- Pools 20-27
- Summer Camps 16-19

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GOLF COURSES & PROGRAMMING

Lance Flury - Head PGA Golf Pro Lincoln Greens Golf Course
Email: lflury@springfieldparks.org

217-786-4111 ext. 1901

Mike Logsdon - PGA Golf Pro Pasfield Golf Course
Email: mlogsdon@springfieldparks.org

217-698-6049

Megan Greco - Assistant Pro Shop Manager Pasfield Golf Course
Email: mgreco@springfieldparks.org

217-698-6049

Linda Sherwood - LPGA Golf Pro Bergen Golf Course
Email: lsherwood@springfieldparks.org

217-753-6211

Laura Kuchar - Facility Manager Bunn Golf Course
Email: lkuchar@springfieldparks.org

217-522-2633

HENSON ROBINSON ZOO

Doug Hotle - Zoo Director
Email: dhotle@springfieldparks.org

217-585-1821 ext. 1705

Maggie Solum - General Curator
Email: msolum@springfieldparks.org

217-585-1821 ext. 1702

Hilary Tierney - Marketing & Guest Service Manager
Email: htierney@springfieldparks.org

217-585-1821 ext. 1704

Joe Curry - Business Services Administrator
Email: jcurry@springfieldparks.org

217-585-1821 ext. 1701



NELSON CENTER ICE SPORTS

Carlos Stakely - General Manager
 Email: cstakely@springfieldparks.org 217-753-2800 ext. 1001

Leslie Jones - Funshop & Nelson Center Admin Asst.
 Email: ljones@springfieldparks.org 217-753-2800 ext. 2004

Tim Rhodes - Facility Program Supervisor
 Email: trhodes@springfieldparks.org 217-753-6234 ext. 3005

RECREATION

Marty Strieker - Superintendent of Programming & Events
 Email: mstrieker@springfieldparks.org 217-753-2800 ext. 2003

SPECIAL RECREATION | INCLUSION PROGRAMMING

Lauren Harbison, CTRS - Special Recreation Supervisor
 Email: lharbison@springfieldparks.org 217-585-2941 ext. 2303

Andre Hawkins - Program Manager
 Email: ahawkins@springfieldparks.org 217-585-2941

THOMAS REES MEMORIAL CARILLON

Carlo van Uift - Carillionist
 Email: cvanuift@springfieldparks.org 217-546-3853 ext. 2501

VELASCO TENNIS CENTER

Sonthana Thongsithavong - USTA Tennis Pro | Recreation Tennis Manager
 Email: sthongsithavong@springfieldparks.org 217-546-4103

GENERAL AND PARK MAINTENANCE

301 Eastdale Avenue, Spfld IL 62703 FAX: 217-753-6237

Chuck Smith - Arborist 217-753-6212 ext. 1402
 Superintendent of Natural Resources csmith@springfieldparks.org

John Turasky 217-753-6212 ext. 1407
 Project Manager jturasky@springfieldparks.org

Mark Adkins, CPSI 217-753-6212 ext. 1403
 Superintendent of Park Maintenance madkins@springfieldparks.org

James Schackmann 217-753-6212 ext. 1406
 Assistant Superintendent of Park Maint. jschackmann@springfieldparks.org

GOLF MAINTENANCE OPERATIONS

Dan Crumrine 217-786-4120 ext. 1910
 Superintendent of Golf Courses dcrumrine@springfieldparks.org

Arden Lear 217-544-1751 ext. 1301
 Bunn Golf Course Superintendent alear@springfieldparks.org

AQUATICS AND ICE MAINTENANCE

George R. Tucker 217-753-2800 ext. 2002
 Superintendent of Maintenance Operations gtucker@springfieldparks.org

PARK DISTRICT POLICE DEPARTMENT

1508 W. Fayette, Spfld 62704 FAX: 217-698-7456

Patrick Murphy 217-698-6030 ext. 2803
 Police Chief pmurphy@springfieldparks.org

Facilities

BERGEN GOLF COURSE Phone: 217-753-6211
 2900 Clearlake Avenue, Spfld 62703

BOTANICAL GARDENS Phone: 217-546-4116
 1740 W. Fayette Avenue, Spfld 62704

BUNN GOLF COURSE Phone: 217-522-2633
 2500 S. 11th Street, Spfld 62703

EISENHOWER POOL Phone: 217-525-8847
 2351 E. Cornell Avenue, Spfld 62703

ERIN'S PAVILION Phone: 217-585-2941
 4965 S. 2nd Street, Spfld 62703 FAX: 217-529-5668

FUNSHOP - LINCOLN PARK Phone: 217-753-6234
 1601 N. 5th Street, Spfld 62702
funshop@springfieldparks.org

HENSON ROBINSON ZOO Phone: 217-585-1821
 1100 E. Lake Shore Drive, Spfld 62712

LINCOLN GREENS GOLF COURSE Phone: 217-786-4111
 700 E. Lake Shore Drive, Spfld 62712

LINCOLN PAVILION
 1601 N. 5th Street, Spfld IL 62702
parks@springfieldparks.org

NELSON CTR ICE RINK & POOL Phone: 217-753-2800
 1601 N. 5th Street, Spfld 62702 FAX: 217-753-4766

PASFIELD GOLF COURSE Phone: 217-698-6049
 1700 W. Lawrence Ave, Spfld 62704

RIVERSIDE CAMPGROUNDS Phone: 217-753-0630
 4105 Sandhill Road, Spfld 62707

THOMAS REES MEMORIAL CARILLON Phone: 217-546-3853
 1740 W Fayette Avenue, Spfld 62704

VELASCO TENNIS CENTER Phone: 217-546-4103
 1501 S Grand Ave W, Spfld, IL 62704

VETERANS MEMORIAL POOL Phone: 217-753-3030
 2700 E. Ely, Spfld 62702

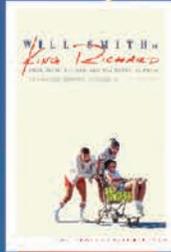
WASHINGTON PARK PAVILION Phone: 217-546-3970
 1400 Williams Boulevard, Spfld 62704
 Reservations: parks@springfieldparks.org



Free

2022 SUMMER

MOVIES IN THE PARK!



MAY 20
VELASCO
TENNIS
CENTER



JUN 3
ROBIN
ROBERTS
STADIUM



JUN 17
COMER
COX
PARK



JUL 8
VETERANS
MEMORIAL
POOL



AUG 5
AT
KIWANIS
PARK



AUG 26
HENSON
ROBINSON
ZOO



Find your **FUN**, find your *smile* at springfieldparks.org

BRING YOUR LAWN CHAIRS OR BLANKETS TO SIT ON - MOVIES BEGIN AT SUNSET

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all our Sponsors!

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1-866-275-2742 • BSPGC.COM



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A NEW SEASON IS COMING

FREE FAMILY-FRIENDLY CONCERTS
EVERY THURSDAY 6-8:30 PM
JUNE 2 - AUGUST 4

Y BLOCK IN DOWNTOWN SPRINGFIELD NEXT TO GOVERNOR'S MANSION



**Y Block
Downtown**
Springfield, IL



JOIN US in the Park District FUN Zone!
Every Thursday night during
Levitt AMP Springfield

Mark Your Calendars!

FREE KITE FESTIVAL!

June 25-26
11am - dusk daily

**SOUTHWIND PARK
GREAT LAWN**
4965 S. Second St
Springfield, IL
(North Entrance)

- Huge Kites!**
- Food Truck**
- 1pm Candy Cannons**
- 3pm Paper Rocket Making**

Kite Vendor On Site

My Wind Stuff

@mywindstufftoo

Info? Email Event Sponsor: got-stuff@hotmail.com



FUREVER FUNFEST!

A PAW-SITIVELY FUN DAY AT THE
PARK FOR YOU AND YOUR DOG!



**SATURDAY
AUG 6TH**
8am - 11am
Lincoln Park

For more
info check out
our Facebook!



2022 EVENTS

WASHINGTON PARK CARILLON & BOTANICAL GARDEN

- 3/12 Succulent Terrariums Workshop
- 3/26 - 4/17 Spring Floral Display
- 4/16 Air Plant Workshop
- 4/23 Orchid Workshop
- 5/7 Prairie State Orchid Society Plant Show and Sale
- 6/2 - 6/5 International Carillon Festival
- 6/25 Central Illinois Daylily Society Plant Show
- 7/30 Sangamon Valley Iris Society Plant Sale
- 8/6 Central IL Daylily Society Plant Sale
- 8/13 Reg. 9 American Iris Society Plant Sale
- 9/10 - 9/11 Art Spectacular
- 9/17 & 9/24 Leaf Identification Hikes
- 9/17 Air Plant Workshop
- 9/24 Succulent Workshop
- 10/8 - 10/9 Carve for the Carillon
- 10/14 - 10/15 Jack-O-Lantern Spectacular
- 10/22 Orchid Workshop
- 11/5 Garden Sprouts Children's Workshop
- 12/3 - 12/21 Winter Holiday Floral Show
- 12/3 Wreath Making Workshops
- 12/10 Centerpiece Making Workshops
- 12/11 Caroling at the Carillon

www.springfieldparks.org



Need Service Hours for School, Church, Youth Group or just want to get involved?

Email: recreation@springfieldparks.org



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SPECIAL EVENTS

Opening Night Sat, June 4th - Plan to Attend!



2022 SCHEDULE

- HOME GAME
 - AWAY GAME

ALT - ALTON RIVER DRAGONS
 OFL - O'FALLON HOOTS
 CGR - CAPE GIRARDEAU CATFISH
 IVY - ILLINOIS VALLEY PISTOL SHRIMP
 BRL - BURLINGTON BEES
 QUI - QUINCY GEMS
 LAF - LAFAYETTE AVIATORS
 NOR - NORMAL CORN BELTERS
 CLN - CLINTON LUMBER KINGS
 TER - TERRE HAUTE REX
 DAN - DANVILLE DANKS

SUN	MON	TUE	WED	THU	FRI	SAT
			JUNE			
			1 ALT	2 OFL	3 CGR	4 ALT 6:30PM
5 OFL	6 CGR 6:30PM	7 IVY 6:30PM	8 BRL	9 CGR 6:30PM	10 ALT	11 QUI 6:30PM
12 BRL 7:17PM	13	14 ALT 6:30PM	15 LAF 6:30PM	16 LAF 6:30PM	17 ALT	18 ALT 6:30PM
19 BRL 2:17PM	20 QUI 12:00PM	21 NOR	22	23 QUI 6:30PM	24 CLN	25 CLN
26 NOR 5:17PM	27	28	29 NOR	30 QUI		

						SUN	MON
						JULY	
						1 CLN 6:30PM	2 QUI
3 IVY 6:30PM	4 OFL 6:30PM	5 IVY	6 TER 6:30PM	7 QUI	8 CGR 6:30PM	9 NOR 6:30PM	
10 CGR	11 BRL	12	13 NOR 6:30PM	14 OFL 6:30PM	15 QUI	16 OFL	
17 CLN 2:17PM	18 IVY	19 DAN 6:30PM	20 BRL	21	22 OFL 6:30PM	23 CLN	
24	25 CGR	26	27 OFL 6:30PM	28 IVY	29 CGR 6:30PM	30 TER 6:30PM	
			31 IVY				

AUGUST

1 CGR	2	3 OFL	4 QUI 6:30PM	5 ALT 6:30PM	6 ALT
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SHOESBASEBALL



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SHOESBASEBALL.COM

1415 N GRAND AVE E. SPRINGFIELD | 217-679-3511



You're Invited
To Washington Park Botanical Garden's Annual



Midsummer Design Garden Party

Takes Place July 2022!
Stay tuned for more info!
Check out the Washington Botanical Garden Facebook Page or call 217-546-4116

Washington Park Botanical Garden, 1740 W Fayette Ave

CELEBRATE AT THE HENSON ROBINSON ZOO



- 5/08 MOTHER'S DAY 10:00a to 5:00p**
Celebrate the day by spending time with your Mom at the zoo! Moms get in free today with any other paid admission. Regular admission applies for all other guests.
- 5/21 ARMED FORCES DAY 10:00a to 5:00p**
Military members admitted free with a valid military ID!
- 6/18 HENSON ROBINSON ZOO DAY 10:00a to 5:00p**
Help us celebrate the City of Springfield's proclamation of Henson Robinson Zoo Day! All Guests get in FREE today!
- 6/19 FATHER'S DAY 10:00a to 5:00p**
Celebrate the day by spending time with your Dad at the zoo! Dads get in free today with any other paid admission. Regular Admission applies for all other guests.

FOR INFO GO TO PAGE 36 OR OUR WEBSITE AT WWW.SPRINGFIELDPARKS.ORG

BIKE AND HIKE SUNDAYS

at Washington Park
APRIL THROUGH SEPTEMBER



Bike & Hike Sundays provide park goers an opportunity for safe recreation by minimizing vehicular traffic.
Call 217-544-1751 x1004 for any questions.





Find Your Next ADVENTURE

with the Springfield Park District's Summer Camps!

Sign Up Today at www.springfieldparks.org







PIZZA & GAMES

Create your very own pizza!
While we wait for our pizzas to cook, we play games and make a craft!

Cost: \$110 R | \$125 NR | 2 Hours
Age: 6-10 **Location:** based on space availability; Funshop, Nelson Center or Erin's Pavilion. **Interested? Call Erin's Pavilion at 217-585-2941**



YOU ARE INVITED
to host your

BIRTHDAY PARTY WITH US!

Make your child's birthday party a memorable one. Parents relax and enjoy, while you host your party with us and we do the clean up!

Each party listed includes their own unique amenities. Pick the FUN that's right for you and your little ones...

springfieldparksFUN.org

Other Great Party Ideas!

See the Full Guide for prices & details.

ICESKATING PARTY BECAUSE IT'S COOLER AT THE NELSON CENTER! Call: 217-753-2800



FOOTGOLF
Call Bergen Golf Course to make a reservation. 217-753-6211



PARTY WILD AT THE - HENSON ROBINSON ZOO
Call the Zoo to Book Your Party! 217-585-1821



POPCICLES & POOL PARTIES
Call the Nelson Center to book your Pool Party! 217-753-2800





L.E.A.P.

Leisure Education and Adaptive Program

L.E.A.P. is a program of adaptive recreation for individuals with disabilities offered through the Springfield Park District. L.E.A.P. programs are for individuals from preschool through adult. Special populations we serve include but are not limited to: learning disabilities, physically impaired, behavior problems, visually impaired, multiple disabilities or those with any other special needs. All attempts are made to place participants in programs according to their disability, age and peer group.

Financial Assistance Program: No child should be denied access to learning an important ability, such as swimming or developing skills for a lifetime enjoyment, due to their inability to pay. If you have financial needs and live within the Springfield Park District, we may be able to help.

For more information, or to download a scholarship application form, please click here:
www.springfieldparks.org/programs/scholarship.aspx

***Daily Admission, Private Lessons and Season Passes are not available through the scholarship.**

Download Full Guide to see all Special Recreation Programs!

**henson
robinson
ZOO**
EST. 1970

**SPRINGFIELD
PARK DISTRICT**

PARTY WILD

Host Your Next
Party at the Zoo!



FOR MORE INFO AND TO BOOK! Call: 217-585-1821 EXT. 1704



**SPRINGFIELD
PARK DISTRICT**

JR. GOLF SPECIALS

\$10 for 18 holes walking

\$5 for 9 holes walking

Monday-Thursday: 11:00am - 2:00pm

Weekends: after 12:00pm

springfieldparkdistrictgolf.org

*Offer begins April, 2022



Page # from FULL guide online!



Henson Robinson Zoo

The Henson Robinson Zoo is home to over 80 species of animals native to Australia, Africa, Asia and North and South America. The Zoo participates in scientific research and conservation efforts as well as provides a fun, educational environment for people of all ages. Some notable animals are: African Penguins, Eurasian Vulture, African Painted Dogs, North American Black Bear, Cougars, Spider Monkeys, Langurs, Boa Constrictor, Naked Mole Rats, Lemurs, and so much more!

HOURS OF OPERATION

April – October 31
Daily: 10:00a - 5:00p

November 1 – 20
Saturday and Sunday: 10:00a - 4:00p

November 21 – Opening Weekend in spring 2023
Closed to the public

DAILY ADMISSION

Children 2 and Under:	Free
Children 3 - 12:	\$5.00
Adults 13 - 61:	\$7.00
Seniors 62+:	\$5.00

Group rates available for groups of 10 or more.

PRIVATE RENTALS

Have your private after-hours party at the Henson Robinson Zoo! The Zoo is truly one of the most unique settings for a party in Springfield. For more information call the Zoo at: **217-585-1821 x1704** or email at htierney@springfieldparks.org.

PROGRAMMING

A wide range of educational and recreational programs for children and adults are offered.

- Birthday Parties
- Volunteer Opportunities
- Kids Classes
- Zoo to You

**For more info: springfieldparks.org
1100 E Lake Shore Dr, Springfield, IL 62712**



JOIN THE WILDEST GROUP IN TOWN!

Become a year-round supporter of the Henson Robinson Zoo! Your support will help ensure that the Henson Robinson Zoo will continue to serve the public with quality educational and recreational experiences as well as assisting in conservation efforts through other national organizations.

For more info on memberships: call 217-585-1821 or visit www.springfieldparks.org

Zoo Parents Night Out Summer

Are the kids acting like a bunch of WILD animals? Do you need a break? If so, the zoo has you covered. We are offering a NEW Parents WILD Night Out. Bring your kids ages 6-12 out to the zoo to play, create, and learn about the zoo animals and conservation while you enjoy a few hours out.

This event runs from 6pm to 9pm. Pick up starts as early as 8:30 pm. Pizza, snacks and drinks will be provided, but you are welcome to bring your own packed meal. Register today! Non-Resident fee \$25 for first child and \$20 for additional children. Resident fee is \$20 for first child and \$15 for additional children.

Location: Henson Robinson Zoo

MIN/MAX: 10/50

Activity #	Age	Day	Time	Date	R/NR Fee
260573	6-12	Sa	6:00-9:00p	6/11	\$20/\$25

Dr. Dolittle Day at the Zoo

Dr. Dolittle Day is a zoo celebration that coincides with World Veterinarian Day, which is a global event aiming to highlight and celebrate the various elements of veterinary work. Guests will have a chance to meet with local veterinarians, zookeeper staff, and members of other animal related fields at interactive stations.

Some of the **FUN** stations guests can participate in are how to bandage and suture, preventative care for your pet, phlebotomy, zoonotic diseases and so much more! There will also be demonstrations involving animal enrichment and training. Don't forget to enjoy some of the pop-up animal encounters (weather permitting), keeper chats, take home pet enrichment crafts and loads of extra fun for the whole family.

Admission for this event is \$6 for adults; \$3 for kids 3-12; 2 and under is FREE.

Location: Henson Robinson Zoo

MIN/MAX: N/A

Activity #	Age	Day	Time	Date	Y/A Fee
260549	All Ages	Su	10:00a-5:00p	5/01	\$3/\$6



JOIN THE
wildest
GROUP IN TOWN



BECOME A MEMBER TODAY!

Enjoy Special Privileges All Year Long.

Just **\$50** Individual and **\$85** for Family!

YOUR MEMBERSHIP MATTERS! Providing Your Family Hours of FUN, Supports Exhibit Upgrades & Enrichment for our Animals!



henson
robinson ZOO

For more information or to become a Zoo Member call 217-585-1821 ext. 1704 or visit springfieldparks.org



*Resident Prices Shown



Love swimming? Get a Pool Pass!

GET A POOL PASS TODAY! Enjoy Membership Benefits all year long!

Provide Your Family Hours of FUN at the
NELSON CENTER and VETERANS MEMORIAL POOL!

A POOL PASS at the Springfield Park District gets you:

10% off swim lessons

End of the Season **Pool Party** for Aquatics Pass Holders
AND a chance to win a FREE **Park District Pool Towel** →



Pass Levels

Individual Pool Pass
\$65 R | \$75 NR

Senior Pool Pass
\$55 R | \$65 NR

Family Pool Pass
(Individual Rate)
\$65 R | \$75 NR

First Additional Family Member - **\$35**

Each Additional Family Member - **\$25**

*Up to 6 maximum on one Family Household pass



Purchase at
bit.ly/SPD_Pool-Passes

For more information, please contact
Eisenhower Aquatic Center at 217-525-8847

*Season pool passes valid from May 28 to September 6.

*Children 10 and under must be accompanied and supervised by a responsible paying adult of ages 16 or older.

*Family passes are available to immediate family members who permanently reside under the same household and who are claimed as a dependent.

READ BEYOND THE BEATEN PATH

SUMMER READING @ LINCOLN LIBRARY JUNE 1 - JULY 29

READING CHALLENGES & PRIZES FOR THE WHOLE FAMILY!

KICK-OFF PARTY JUNE 10!
THE BUBBLE BUS
 ALL AGES--2 PM

MOVIE MONDAYS
 MONDAYS
 JUNE 20 - JULY 25
 ALL AGES--2 PM
 NO MOVIE JULY 4

FAMILY STORYTIME ON LINCOLN'S LAWN
 THURSDAYS
 JUNE 2 - JULY 28
 ALL AGES--10:30 AM

TAKE & MAKES
 NEW TAKE & MAKE AVAILABLE WEEKLY

YOUTH EVENTS JUNE 1 - JULY 29

WEEK OF JUNE 13

6/14 RICHARD LANDRY COMEDY MAGICIAN
 ALL AGES--2 PM
 6/15 DIY FIDGET CUBES
 ALL AGES--2 PM*
 6/17 MARTIKA & HER CIRCUS SHOW
 ALL AGES--2 PM

WEEK OF JUNE 20

6/21 ABSOLUTE SCIENCE FOAM BLASTER
 ALL AGES--2 PM
 6/22 OWL PELLET DISSECTION
 GRADE K-5--2 PM*
 6/27 SUN PRINT ART WITH SARA
 ALL AGES--12 PM

WEEK OF JUNE 27

6/29 EDIBLE CAMPFIRES
 ALL AGES--2 PM*

WEEK OF JULY 4

7/4 LIBRARY CLOSED
 7/6 PAINT YOUR OWN BIRDHOUSE
 GRADE K-5--2 PM*

WEEK OF JULY 11

7/13 GLITTERING GALAXY JARS
 ALL AGES--2 PM*

WEEK OF JULY 18

7/20 MAKE YOUR OWN ICE CREAM
 GRADE K-5--2 PM*

WEEK OF JULY 25

7/27 LEGO BUILD & PLAY
 ALL AGES--2 PM

*REQUIRES REGISTRATION



FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE
 WWW.LINCOLNLIBRARY.INFO OR CALL 217-753-4900 EXT. 5612



PONY SHOES KIDS CLUB

AGES 13 & UNDER

\$120 VALUE!

Perks:

- 🏆 A TICKET TO OPENING NIGHT ON 6/4
- 🏆 A TICKET TO EACH SUNDAY HOME GAME (FIVE IN TOTAL)
- 🏆 AN EXCLUSIVE PONY 'SHOES T-SHIRT
- 🏆 A 10% DISCOUNT IN THE 'SHOE BOX TEAM STORE
- 🏆 RUN THE BASES AFTER EACH SUNDAY GAME
- 🏆 OFFICIAL MEMBERSHIP CARD
- 🏆 PONY 'SHOES STICKER
- 🏆 PACK OF TOPPS BASEBALL CARDS EVERY SUNDAY



Sign up now!



ON SALE NOW FOR \$35  SHOESBASEBALL.COM



Family event calendar

CC PARENT | Stacie Lewis

Levitt AMP Music Series

Thursdays, 6-8:30pm, June 2-Aug. 4. Live music is coming straight to you featuring dynamic artists from across the country. Y Block, Fourth and Jackson streets, 217-544-1723.

National Inventors Month

Through May 31. An exhibit of some of the many inventions of African Americans. Open during normal museum hours. spiaahm.org. Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

Bright galaxies

May 13, 8pm. Virtual star party via Zoom. John Martin, UIS associate professor of astronomy/physics, will give tips for identifying planets and constellations, and answer astronomy questions. Weather allowing, get live views of the moon and bright galaxies through the telescope. go.uis.edu/virtualstarparty. 217-206-8342.

Bird banding

May 14, 8am-2pm. Learn how and why birds are banded with licensed

bander Tony Rothering. Experience the variety and beauty of the diverse bird population in this area. Children's activities provided by the Illinois State Museum. Donations welcome. Jubilee Farm, 6760 Old Jacksonville Road, 217-787-6927.

Fishing has no boundaries

May 14, 9am-12pm. For children ages 6-13 with disabilities. All fishing equipment provided. T-shirt, hat and awards to all participants. Adult chaperone must be present at all times. Get advance registration



UCBbank.com

We Grow With You!

At United Community Bank, we help you plan and prepare for the milestones that matter.

Tuition

Braces

Wedding

College

First Car



Turtle Travels

New Exhibit Coming to Kidzeum May 28, 2022



412 E. Adams St. • Springfield, IL 62701 • 217-679-2123 • Kidzeum.org

Contemporary • Ballet • Pointe • Jazz • Tap • Hip Hop • Adult Classes • Lyrical



**SUMMER ENROLLMENT IS NOW OPEN
CALL AND SCHEDULE
FOR A FREE TRIAL CLASS**



**217-414-4808
326 Sattley St.
Rochester**

aboveandbeyonddancecompany@gmail.com

Please visit <https://dancestudio-pro.com/online/abdc> to register.

and volunteer forms online. capitalcityfhn.org. \$5. Southwind Park, 4965 S. Second St., 217-341-5747.

Springfield Area Highland Games and Celtic Festival

May 14, 9am-10pm. Competitions for Highland dancers, individual pipers and drummers, bagpipe bands and athletes, demonstrations, storytelling, music, animal exhibits, children's area, merchandise and food vendors, many showcasing Scottish and Irish goods. Tickets are available online. centralillinoiscelts.com. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 488-2685.

Hammer-In

May 14, 9am-4pm. A bunch of blacksmiths sharing stories and making metal parts the old-fashioned way. The historic buildings will be open for small, socially distanced tours. Food and beverages available. clayville.org. Clayville Historic Site, Pleasant Plains, Route 125, 217-481-4430.

Spring Picnic Party

May 15, 5-8pm. Free picnic dinner and ice cream, bounce house, live music, photo booth, flower planting and more. Free. Biscuits + Brunch by Three Twigs, 2661 Chatham Road.

Stories of Survival: Memory Keepers

May 15, 2-3:30pm. Making stories from our treasures. Bring an important family object or a photo of it. Event includes a brief viewing of the exhibit, "Stories of Survival: Object. Image. Memory," theatre games and storytelling activities. Geared towards adults and children age 7 and older. Free. Abraham Lincoln Presidential Library, 112 N. Sixth St., 217-558-8844.

King Richard

May 20. A look at how tennis



Age / Grade in Fall	Session	Date	Fees**
TRADITIONAL CAMPS			
2nd & 3rd	First Chance	July 14-15	\$90
3rd & 4th	Trailblazers	July 10-13	\$210
4th & 5th	Explorers	July 5-8	220
5th & 6th	Junior Camp	June 27-July 1	\$280
7th & 8th	Junior High	July 24-29	\$320
9th Grade	Niners	June 19-24	\$320
10th—Just Grad.	High School	June 12-17	\$320
ADVENTURE CAMPS			
5th & 6th	Adventure 5-6	June 22-24	\$150
6th-8th	Jr. High Extreme (Day)	July 18-20	\$105
7th & 8th	Adventure 7-8	June 19-22	\$180
9th—Just Grad.	HS Wilderness	July 10-15	\$375
DISCOVERY CAMPS (8am to 515pm daily)			
2nd—4th	Discovery Camp 1	June 13-17	\$165
2nd—4th	Discovery Camp 2	June 20-24	\$165
2nd—4th	Discovery Camp 3	June 27-July 1	\$165
2nd—4th	Discovery Camp 4	July 5-8	\$135
2nd—4th	Discovery Camp 5	July 11-15	\$165
2nd—4th	Discovery Camp 6	July 18-22	\$165
2nd—4th	Discovery Camp 7	July 25-29	\$165
INTRODUCTORY CAMPS			
2—3 yrs	Hello Camp 1*	July 22 (am)	\$20
4—5 yrs	Hello Camp 2*	July 22 (pm)	\$20
1st grade	Day Camp	July 21	\$45

*Hello Campers are to be accompanied by one of their adults

** Canteen fees not included where applicable.

Register @ www.lscacamp.org



Levitt AMP Music Series
Thursdays, 6-8:30pm, June 2-Aug. 4.

superstars Venus and Serena Williams became who they are after being coached by their father Richard Williams. Bring lawn chairs or blankets. Rated PG-13. Part of the Movies in the Park series. Begins at sunset. Free. Velasco Tennis Center, 2500 S. Grand Ave. W., 217-753-6225.

Junior and Senior Naturalists

May 21, 10am-12pm. Drop-off programs for young naturalists ages 5-8 and ages 8-12, with hands-on activities and outdoor exploration. \$15. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-836-5400.

Old Capitol Art Fair

May 21-22. Set against the backdrop of the Old State Capitol, the art fair is the jewel of the Midwest. This tradition of fine art has brought artists and shoppers from across the country flocking to downtown

Springfield's two-day outdoor art gallery for 60 years. socaf.org. Old State Capitol Art Fair, Downtown Springfield.

PrideFest

May 21, 1am-12am. Entertainment, vendors selling goods and giving out information, kids' area, great food and drinks, tons of fun, and time with family and friends. Hosted by the Phoenix Center. Downtown Springfield, South Second Street and East Capitol Avenue.

Tiny Adventurers

May 25, 10-11am and 1-2pm. A hands-on nature exploration program for children ages 3 to 5 with an adult chaperone. Call for registration information. \$5 per family. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-529-1111.

Disney's Descendants - The Musical

May 27-29. The Hoogland Teens and Kids are back. This musical comedy is based on the popular Disney Channel Original Movies, and features the beloved characters and hit songs from the films. \$16. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

The Spongebob Musical

May 27-29, 8:30pm. SpongeBob, Patrick, Sandy, Squidward and all of Bikini Bottom face total annihilation, until a most unexpected hero rises to take center stage. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. For tickets, call 314-534-1111 or visit metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

Region XI Arabian and Half Arabian Championship Show



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June 1-5. A showcase for the horse breed preferred by so many distance riders. Region XI is comprised of sixteen clubs in Illinois, Iowa and Missouri. aha11.com. Free. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave.

International Carillon Festival
June 2-5. One of the world's most important and prestigious carillon events, the festival has an unsurpassed tradition of presenting the finest carillonneurs from around the world. carillon-rees.org. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-546-3853.

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June 3. The inspirational true story of Jackie Robinson and how he became the first African American baseball player allowed to play in the major league. Rated PG-13. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Robin Roberts Stadium, 1415 N. Grand Ave. E., 217-753-0700.

Legacy of Giving Music Festival
June 3-4. Over 60 music acts on five stages. Two days of music, arts, crafts, kid's entertainment, food trucks and sporting events. All proceeds benefit local charities. logmusicfest.org. Old State Capitol Plaza, between Sixth and Fifth streets at Adams Street, 217-361-5678.

8K Trail Race
June 4, 7:30am. Race over the scenic trails and pathways of the historic Garden, along the trails next to Lake Springfield and throughout the Ostermeier Prairie Center grounds. Kids can participate in a Fun Run for \$5. No race-day registration. \$35. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-529-1111.

APL's Donuts and Dogs
June 4, 9am-12pm. Tighten up those laces and leash up your pooch. Run, walk or participate virtually. Massages and treats for dogs and



Paint the Street
June 25.

humans, free activities and vendors. Donuts by Mel-O-Cream. Register by June 2. No on-site registration. \$30 and \$15 for children under 12. Southwind Park, 4965 S. Second St., 217-753-0702.

Riverdance 25th Anniversary Show

June 8, 7:30-9:30pm. A powerful and stirring reinvention of this favorite, celebrated the world over for its award-winning score and thrilling energy. \$45-\$65. UIS Performing Arts Center, One University Plaza, 217-206-6160.

National Convention and Truck Show

June 9-11. Presented by the American Truck Historical Society. Three full days of shows, presentations, vendor expos,

trucking stories and truck history. Illinois State Fairgrounds, 801 Sangamon Ave., 217-782-6661.

Friends of Lincoln Library book sale

June 11, 10am-2pm. All categories of books, plus CDs, DVDs and record albums. lincolnlibrary.info. Lincoln Library, 326 S. Seventh St., 217-753-4900 ext. 5602.

Sangamon County Fair

June 15-19. A classic Midwestern county fair with livestock shows, grandstand entertainment, tractor pulls, demolition derby, and midway. sangcofair.com. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 488-2685.

One Drop Redemption

June 17, 7:30pm. The ultimate Bob

Marley experience. \$15-\$50. BoS Center, 1 Convention Center Plaza, 800-745-3000.

Ragtime the Musical

June 17-19 and June 22-26, 8:30pm. An epic that captures the American experience of three diverse families and follows them as their lives intertwine at the turn of the 20th century. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. 314-534-1111. metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

Space Jam

June 17. A group of aliens arrive in Loony Tune world and challenge the inhabitants to a battle for the ownership of that world. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset.

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Juneteenth Celebration Weekend

June 18-19. A community-wide celebration with a variety of family friendly events, music and special displays at area museums. Find more information on the Juneteenth Inc. Springfield, IL Facebook page. 217-572-0234.

Summer Frolic

June 18. Celebrate frontier heritage at the historic village. Demonstrations by period-clothed interpreters include blacksmithing, coopering, weaving, cooking, period games and more. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Juneteenth Gala

June 19, 6pm. Featuring singer/songwriter, producer and actress Terisa Griffin and stand-up comedic artist Kevin D. Williams. Dinner, music and vendors. Early-bird tickets \$50, after April 30, \$60. Tickets available on Eventbrite or at Union Baptist Church. Wyndham at Springfield City Centre, 700 E. Adams St., 217-741-7072.

Paint the Street

June 25. Take over Washington Street and paint a 6 ft. x 6 ft. square. Registrants receive a T-shirt, swag bag and a chance to win cash prizes. The squares will be placed further apart, but will still create a communal atmosphere. Paint the Driveway option is available again this year. springfieldart.org. \$30-\$35. Downtown Springfield, Seventh and Washington streets.

Independence Day Celebration

July 1-2 and July 5, 10am-4pm. Period demonstrations and the reading of the Declaration of Independence each day.

lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Rock the Dock Fireworks

July 1, 9:30pm. Lake Springfield Marina, 17 Waters Edge Blvd., 483-3625.

Chatham Jaycees Fourth of July

July 2, 5-9pm. Chatham Community Park, Chatham, 731 S. Main St.

Knight's Fireworks Extravaganza

July 4, 9:30pm. Knight's Action Park, 1700 Knights Recreation Dr., 217-546-8881.

Morgan County Fair

July 5-11. Morgan County Fairgrounds, Jacksonville, 110 N. Westgate, 217-245-6800.

Disney Newsies the Broadway Musical

July 8-10 and July 13-17, 8:30pm. In 1899, a courageous group of New York City newsboys become unlikely heroes when they team up to fight an unscrupulous newspaper tycoon. Based on a true story. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. 314-534-1111. metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

Luca

July 8. Set in a beautiful seaside town on the Italian Riviera, this coming-of-age story is about a young boy experiencing an unforgettable summer filled with gelato, pasta and endless scooter rides. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Veterans Memorial Pool, 2700 Ely St., 753-3030.

Women's Distance Festival

July 9, 8am. Bring your mother, daughter, sister or friend and run or walk this beautiful two-mile course through the park.

For women and girls of all ages, whether you are a competitive runner or just plan to take a stroll. Registrants get a race shirt and an awesome swag bag. srcc.net. Washington Park, 1501 S. Grand Ave. W., 217-544-1751.

My One and Only

July 13-17, July 20-24. The s'wonderful Gershwin musical. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

Chatham Jaycees Sweet Corn Festival

July 15-16. Live music, food, vendors, children's activities and the ever-popular Illinois Championship Cow Chip Throw. Chatham Community Park, Chatham, 731 S. Main St.

Children's Day

July 15, 10am-4pm. Interpreters will introduce 1830s life with a focus on involving children in many demonstrations. From period games to historic blacksmithing, there will be something for children of all ages to enjoy. lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Downhome Music Festival

July 29-30. With local artists and performers, over 100 craft beers and fantastic food vendors, this could be the best Downhome so far. Downtown Springfield, Seventh and Washington streets, 217-622-1374.

Matilda the Musical

July 29-31 and Aug. 3, 8:30pm. Matilda is an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand and change her destiny. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. 314-534-



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217FoodWeek.com

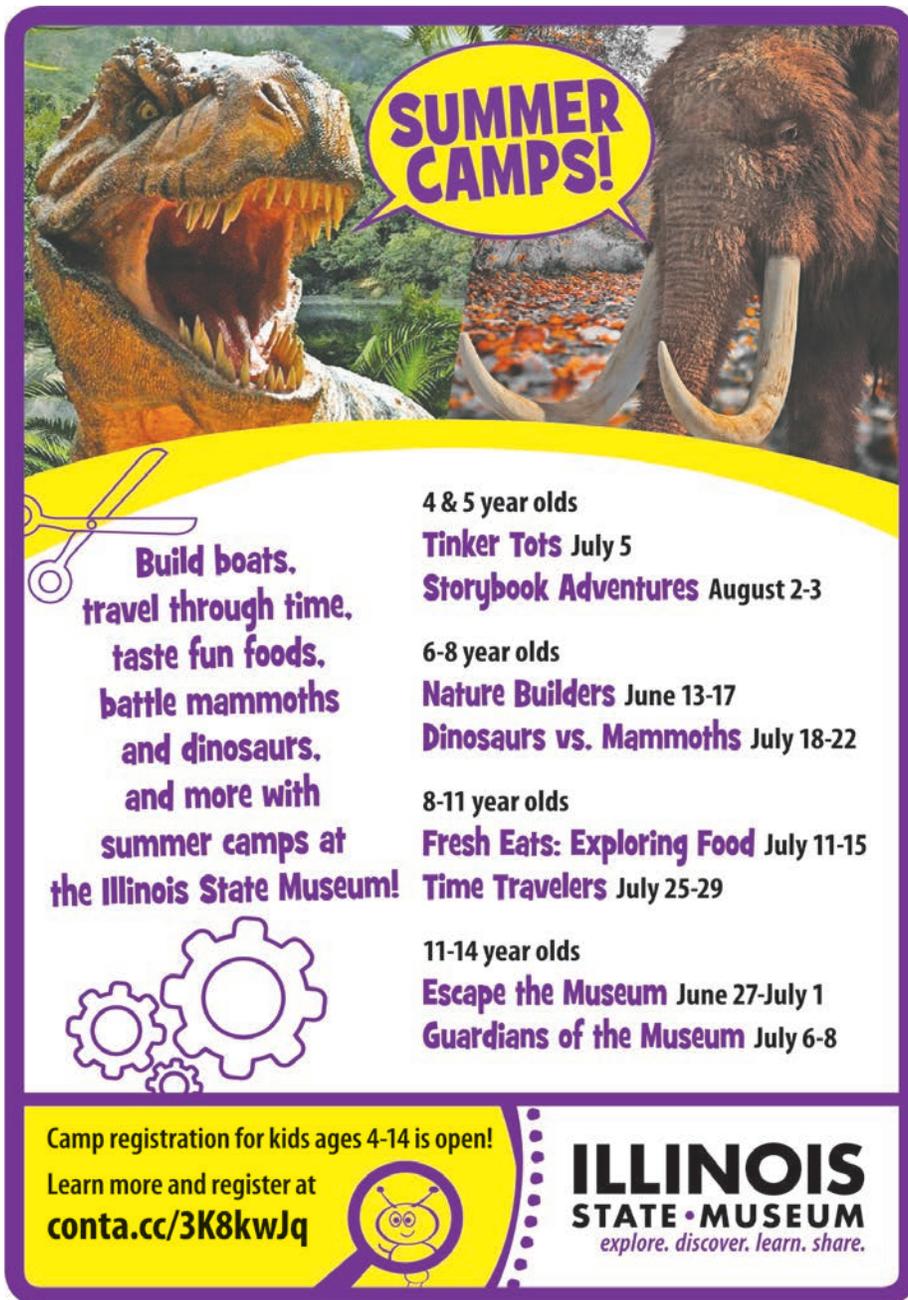




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1111. metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

Powerlight Abe Lincoln Car Show

Aug. 5, Super cruise on Friday. Line up at 5:30 at the Y Block and move into a smooth cruise to Knight's Action Park at 7:30. Car Show Spectacular on Saturday. Free admission. Knight's Action Park, 1700 Knights Recreation Dr., 217-553-5271.

Soul

Aug. 5. After landing the gig of a lifetime, a New York jazz pianist suddenly finds himself trapped in a strange land between Earth and the afterlife. Bring lawn chairs or blankets. Part of the Movies in the Park series. Rated PG. Begins at sunset. Free. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821. Free. Kiwanis Park, Stanton Street.

Illinois State Fair

Aug. 11-21. Food, top-notch entertainment, grandstand shows, midway, exhibit, agricultural shows and more. Admission. Visit the Facebook page for event updates. Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-782-6661.

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