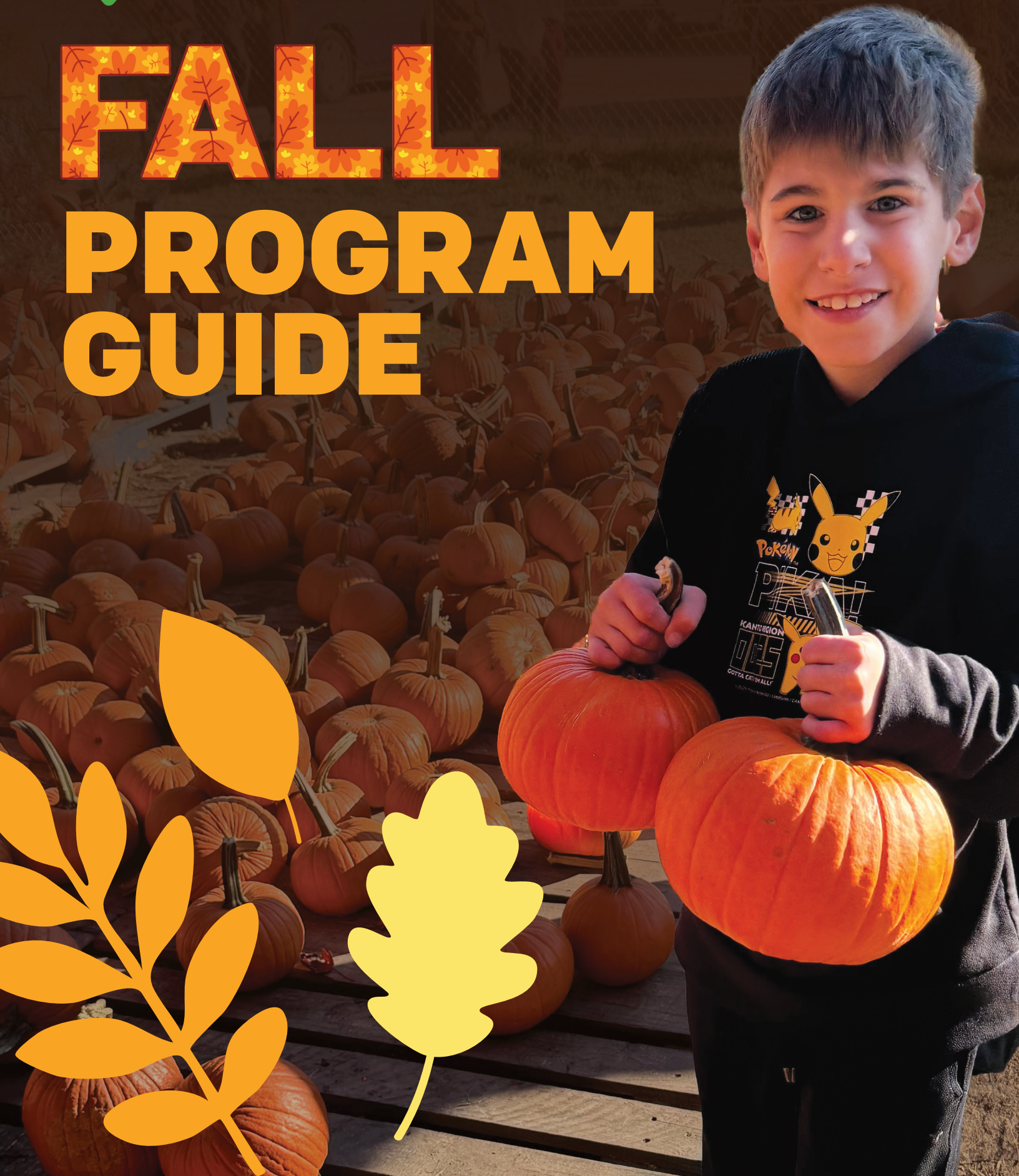




FALL

PROGRAM GUIDE



We Take **FUN** Seriously.

Keshet's recreation programs provide opportunities for kids, teens and adults with disabilities to explore their interests and build new connections. Activities are designed to support social growth, emotional development, self-confidence and communication skills. Our expert team of recreation therapists, social workers and trained program staff are there to support and encourage participants every step of the way.



For any questions or to see if a program is right for you, email us at recreation@keshet.org or call 847.919.4970.

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How To Register

Go to keshet.org/register.

1

ENTER YOUR EMAIL ADDRESS.

2

LOG IN OR CREATE AN ACCOUNT:

RETURNING FAMILIES: Log in using the password associated with your CamplnTouch account.

NEW FAMILIES: Create an account. You'll need to verify your email address with a six-digit code.

3

FOLLOW THE ON-SCREEN INSTRUCTIONS TO COMPLETE REGISTRATION.

Be sure to select the 2027 season to view and register for fall programs.



TRANSPORTATION

For these programs, transportation is either included, an additional fee or available for a particular group.



A LOT OF WALKING



BRING SPENDING MONEY

Many of the venues that we visit only accept cashless payment. If someone wants to purchase food or other items, they will need a credit/debit card or a mobile payment option (Apply Pay or Google Pay).



FAMILY PROGRAM

Keshet does not provide individualized staff support or supervision at family programs.

Keshet Recreation Registration Policies

PROGRAM FEES

Payment is due in full at the time of registration for all recreation programs except Sunday Schools and Overnight Trips, for which payment plans may be available.

Keshet accepts cash, personal check, e-check and all major credit cards

FINANCIAL ASSISTANCE

Most recreation programs are eligible for need-based fee assistance. During registration, please select your intention to apply for fee assistance. You will enter your payment information, but no charges will take place. You will receive follow up communication with the required paperwork and documentation.

Applications are reviewed anonymously by a neutral third party. Decisions are made on an ongoing basis, so please register and complete all paperwork as early as possible. Once all funds have been distributed, no additional funding will be available.

If the award does not meet your financial needs, you may appeal or receive a full refund minus a processing fee of \$10.

Overnight trips are not eligible for fee assistance except where noted.

CREDIT CARD PROCESSING FEES

There is a 3% non-refundable processing fee on all payments made by credit card. Cash, personal checks and e-checks do not have processing fees.

APPLICATIONS

Applications are accepted through CampIn Touch on a first-come, first-served basis. After an application is submitted, Keshet will review it and complete the participant intake process. Enrollment is finalized once the application has been approved, intake is complete and payment received.

When a program has an enrollment limit, a waitlist will be created once all available spots have been filled. Participants will be notified in the order they entered the waitlist if a space becomes available.

FORMS

All required forms must be submitted at least one week before the program start date.

PARTICIPANT INTAKE

Keshet partners with families and participants to help each person have a safe, successful and positive experience. Intake begins with a form in CampIn Touch and helps our team understand each participant's needs, preferences and strengths before the program begins. Returning participants will review and update intakes each year.

Intake includes information about:

- Diagnosis, allergies, medications and seizure history
- Communication style and devices
- Activities of daily living, including hygiene, toileting, dressing, feeding and mobility
- Behavioral information and de-escalation strategies
- Social interests and activity preferences
- Transportation and drop-off/pick-up details
- Staff preferences

We take this information seriously and keep it confidential, sharing it only with staff who need it to support a participant. A Keshet staff member may follow up by phone to learn more or discuss any concerns. At times, an observation or conversation with a therapist or teacher may be requested.

Families are encouraged to contact Keshet anytime to share updates or talk through support needs. Enrollment is not complete until the intake has been submitted through CampIn Touch.

CANCELLATIONS BY FAMILY

All cancellation and refund requests must be submitted in writing.

Refunds are not available for illness, vacation, appointments or childcare changes except where indicated below.

- **One Time Programs, Outings & Special Events:** Cancellations made 10 or more business days before the program are eligible for a full refund, minus any costs already incurred by Keshet



and a 10% processing fee with a \$10 minimum. Cancellations made fewer than 10 business days before the program are not eligible for a refund.

- **Ongoing Weekly Programs:** Cancellations made before the second session are eligible for a prorated refund, minus a 10% processing fee and any costs already incurred by Keshet. Medical refunds may be available with a doctor's note, minus prepaid costs.
- **Overnight Trips:** Cancellations made before the registration deadline are eligible for a full refund, minus the non-refundable deposit. Cancellations made up to four weeks before the trip may be eligible for a refund of up to 50%, depending on prepaid expenses.

CANCELLATIONS BY KESHET

If Keshet cancels a program due to low enrollment, registrants will be notified by email or phone as soon as possible. In some cases, notice may be given less than 24 hours before the program begins. Cancellations due to low enrollment are eligible for a full refund.

When community-based programs are cancelled by the organizer, Keshet will make every effort to provide a refund minus any costs incurred by Keshet and a 10% processing fee.

Keshet does not issue refunds due to inclement weather or air quality concerns.

Additional policies and guidelines, including media releases, transportation and property damage are available within the CampIn Touch registration system.



keshet.org/register



A Note About Support & Staffing Ratios

Keshet Recreation staff build caring and trusting relationships with participants to understand their individual needs, preferences and interests. Our goal is to provide enough support for participants to be successful and safe while still promoting independence. We always presume competence, provide choices and encourage self-advocacy.

Please look to staff support ratios to make sure that a program is a good fit for you or your loved one. We consider the activity, location and age of participants when determining the staffing ratios.

1:1 SUPPORT

A staff member provides close support, which may include assistance with activities of daily living, including toileting, support for medical needs and supervision for participants who are likely to elope or leave the designated area. Keshet determines when 1:1 support is needed.

1:3 - 1:6 SUPPORT

A staff member supports a small group of participants with regular check-ins, reminders, transitions and encouragement for participation.

1:8 SUPPORT

Staff provide general supervision and prompting while participants take part more independently in the group.

FIRST FRIENDS Keshet



KESHET'S FIRST FRIENDS YOU BELONG HERE FROM THE VERY BEGINNING.

A welcoming class for families of infants with disabilities or complex medical needs. Spend meaningful time with your baby, support their development and connect with other parents in a supportive, caring space.

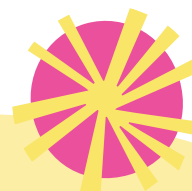


WHAT WE'LL DO TOGETHER

- Music, movement and play
- Special bonding time
- Parent support and connection
- Guidance from caring experts
- Tips to use at home
- Share Jewish traditions

A one-of-a-kind parent-baby experience

Led by experienced educators, therapists and parents who truly understand.



FALL SESSION



NORTHBROOK

Enrollment is ongoing



TUESDAYS, 9:30–10:30AM



3 MONTHS – 3 YEARS



Keshet
Forever Growing

JCFS
CHICAGO



keshet.org/babies

Keshet and JCFS are partners with Jewish United Fund in serving our community.

Weekly Classes & Social Clubs

At-A-Glance

DAY	PROGRAM	TIME	LOCATION	AGES
Tuesday	After School Club	3:45-6:00pm	Northbrook	6-18 years
Tuesday	Groove	4:00-5:00pm	Northbrook	18+
Tuesday	Game On!	5:00-6:00pm	Northbrook	18+
Wednesday	Keshet Inclusive Choir	4:15-5:15pm	Northbrook	All ages
Wednesday	Comics & Characters Club	5:15-6:15pm	Northbrook	18+
Thursday	After School Club	3:45-6:00pm	Northbrook	6-18 years
Thursday	Studio Art Therapy	4:00-5:00pm	Northbrook	18+
Thursday	Train for The Trot	5:00-6:00pm	Northbrook	18+
Sunday	Buddy Bowling	1:00-2:00pm	Vernon Hills	All ages

After School Club **NEW!**

Keshet is the perfect place for kids and teens to hang out after school. Each afternoon is filled with a mix of energetic games, creative projects and laid-back activities. When the weather is nice, we'll head outside to enjoy the playground and field.

Club groups are divided by age, giving members time with peers in a setting that feels comfortable. They will have so much fun that they may not even realize they are also practicing social and communication skills, building confidence and making connections with peers and staff.

Although each day will be different, Tuesdays will focus on art, science and creative projects. Thursdays will be more active, with fitness, movement and sports.

	Tuesdays Sep. 15–Dec. 8 (No program 11/24)	6-18 YEARS
	3:45-6:00pm	
	Keshet Day School, Northbrook	
\$420		1:1, 1:3

	Thursdays Sep. 17–Dec. 10 (No program 11/26)	6-18 YEARS
	3:45-6:00pm	
	Keshet Day School, Northbrook	
\$420		1:1, 1:3

Arts & More



ADULTS
18+

Game On!

Challenge yourself and your friends with a new mix of games each week! From board games and puzzles to word games and brain teasers, Game On is a fun way to test your skills and enjoy friendly competition.

Tuesdays | Sep. 15–Dec. 8 5:00-6:00pm

Keshet Day School, Northbrook

\$135

1:1, 1:6



**ALL
AGES**

Keshet Inclusive Choir

There's a place for everyone in the Keshet Inclusive Choir. Some members sing their hearts out while others prefer to clap along, and every type of voice adds something special. Under the direction of a music therapist, you'll build musical skills, grow your onstage confidence and experience the joy of making music with others.

Wednesdays | Sep. 16–Dec. 9 4:15-5:15pm
(No program 11/25)

Keshet Day School, Northbrook

\$300

1:1, 1:5



ADULTS
18+

Comics & Characters Club

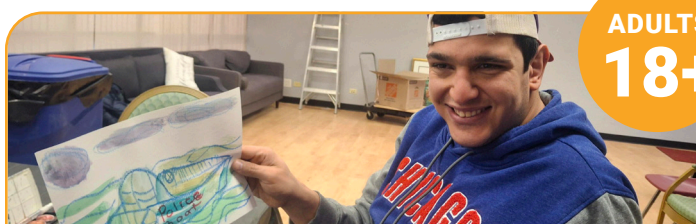
Step into the world of comics, superheroes and graphic novels! Each week, you will explore new stories, talk about favorite characters and use your creativity to create your own book and adventures.

Wednesdays | Sep. 16–Dec. 9 5:15-6:15pm
(No program 11/25)

Keshet Day School, Northbrook

\$135

1:1, 1:5



ADULTS
18+

Studio Art Therapy

Unleash your creativity in a welcoming space where you can explore various art forms with an art therapist. Whether you're a beginner or an experienced artist, Studio Art provides the perfect environment for adults to paint, draw and design.

Thursdays | Sep. 17–Dec. 10 4:00-5:00pm
(No program 11/26)

Keshet Day School, Northbrook

\$285

1:1, 1:5

Sports & Fitness

Groove

Get pumped for a fun group dance and exercise class that nurtures the mind, body, heart and soul. Participants of all fitness levels can enjoy the freedom to move their bodies in a way that feels natural to them. With energizing music and a focus on fun, Groove empowers you to embrace your individuality as you get movin'.

 **Tuesdays | Sep. 15–Dec. 8**  4:00-5:00pm

 **Keshet Day School, Northbrook**

\$275

1:1, 1:6

ADULTS
18+

Train for the Trot

Walk, roll, move and cross the finish line together! In this multi-week walking group, participants will build endurance at their own pace while training for the **NORTH SHORE TURKEY TROT** on November 26th. Each week, we'll walk together, track steps and distance with pedometers and cheer each other on as we work toward race day.

Train for the Trot is open to all fitness levels. Whether you are a regular walker or just getting started, this is a fun way to stay active, set a goal and be part of the team.



 **Thursdays | Sep. 17–Dec. 10**  5:00-6:00pm

 **Keshet Day School, Northbrook**

\$135

Class fee includes admission to the race

1:1, 1:4

ADULTS
18+



ALL
AGES



Buddy Bowling

Perfect for players of all skill levels. At Buddy Bowling, you'll sharpen your skills and connect with others in a friendly, supportive environment. Bowling groups are divided by age and are made up of Keshet athletes and volunteer buddies.

 **Sundays | Oct. 11–Dec. 13**
(No program 11/8, Nov 29)  1:00-2:00pm

 **Bowlero, Vernon Hills**
Transportation provided for students at Keshet Sunday Schools.



\$175

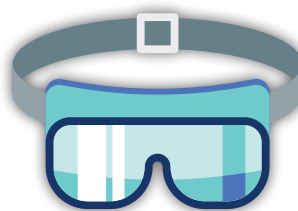
1:1, 1:4



**Special
Olympics**



Special Olympics will return Winter and Spring 2027 with swimming, golf and track and field.



Kids Only

School Day Out

6-21
YEARS

When school's out, Keshet is in! Keshet's day off programs include fun field trips or workshops, crafts, games and more. School Day Out programs are open to kids and teens of all abilities.

 **Wednesday, Nov. 11**  10:00am-4:00pm
Putt Shack

 **Monday, Nov. 23**  10:00am-4:00pm
Dave & Busters

 **Tuesday, Nov. 24**  10:00am-1:15pm
Maker Space Workshop

 **Keshet Day School, Northbrook**

\$160/Full Day
\$80/Half Day

1:1, 1:3

Parents Night Out

6-17
YEARS

Enjoy an evening to yourself while your child has a blast with Keshet. Parents Night Out includes a pizza party dinner, games, crafts, activities and plenty of fun.

NEW!

 **Friday, Oct. 9**  5:00-8:00pm

 **Don Skrinar Rec Center, Highwood**

\$50

1:1, 1:4



6-17
YEARS

Sunday Funday

Once each month, Keshet takes a typical Sunday and makes it even better with a special program for kids and teens of all abilities. While we're having fun, parents and caregivers can take a break.

Sunday Funday is generously supported by the Aurelio M. Caccamo Family Foundation.

 **Sunday, Oct. 25**   2:30-3:30pm
Pumpkin Patch

 **Sunday, Nov. 1**  2:30-3:30pm
Sky Zone

 **Sunday, Dec. 13**  2:30-3:30pm
I Just Am Art Studio

 **Meet us at the location**
Transportation from Buddy Bowling provided.



\$25/Day

1:1, 1:3



keshet.org/register



GATHER FOR GOOD

Make a difference and meet new people during this four-week program with Keshet, YLD and TOV. Each session features hands-on volunteer work with a different organization, followed by a final celebration with bowling and lunch.



Gather for Good is supported by a JUF Young Adult Engagement Grant.



Transportation
to/from Highland Park.

FREE

Must submit
application

ADULTS

22+

1:5



Bring
spending money

Space is limited.

Contact Polly at pcheeseman@keshet.org for the application.



NEW!

THIS PROGRAM IS A
FOUR-WEEK COMMITMENT.

Sunday, Oct. 11 | 9:00am-11:30am

Sunday, Oct. 18 | 9:00am-1:00pm

Sunday, Oct. 25 | 10:00am-1:30pm

Sunday, Nov. 1 | 11:00am-3:00pm

Keshet Meet-Ups

ADULTS
18+



Keshet Meet-Ups are designed for independent, neurodiverse adults who are looking for more ways to connect with others. Keshet plans the activities, shares the options and makes it easy to show up, join and meet new people.

Each month, members receive an email with upcoming Meet-Ups, from dinners at restaurants to concerts in the park and more. You choose what activities you want to do.

HOW TO GET INVOLVED

There is no cost to become a Meet-Ups member, but you do need to apply. Participants cover their own activity costs and provide their own transportation. A Keshet staff member is present to provide light facilitation.

Learn more and complete an application at keshet.org/meetups



**Real connections
start here.**

Adults On The Town



Choose the one-time activities that sound fun to you. Explore local destinations and try new things with others who share your interests, with support from Keshet staff.

Bingo

A Keshet classic returns for 90 minutes of number calling fun. Of course, there will be prizes.



ADULTS
18+

Monday, Oct. 5 4:00-5:30pm

Keshet GADOL, Highland Park

\$35

1:1, 1:6

Chicago Stars Soccer

Watch the Stars take on the Seattle Reign when they play at Northwestern Medicine Field at Martin Stadium in Evanston.

NEW!



ADULTS
18+

Sunday, Oct. 18 5:00-9:00pm

Evanston
Transportation to/from Highland Park

\$90

1:1, 1:4

Movie & Dinner

We'll see the latest blockbuster followed by a group dinner at a nearby restaurant. Movie tickets are included in the price. Bring money to purchase your own dinner at Mizrahi Grill
Movie and exact start time set closer to the program.

ADULTS
18+



Sunday, Nov. 8 3:00pm

Wayfarer Theater, Highland Park

\$30

1:1, 1:5

Disney's Frozen

The cold never bothered us anyway, especially when there's a magical musical to enjoy at the Marriott Theater in Lincolnshire.

NEW!



ADULTS
18+

Sunday, Nov. 22 4:00-9:00pm

Lincolnshire
Transportation to/from Highland Park

\$115

1:1, 1:4



NEW!

ADULTS
18+

Pokémon Fossil Museum at Field Museum

Explore the worlds of Pokémon and paleontology at this special exhibit. We'll compare Fossil Pokémon with real-world fossils, see how imagination and science connect. Hopefully, we'll get to say hi to Sue too.



Sunday, Dec. 6 9:00am-1:30pm **Field Museum, Chicago**
Transportation to/from Highland Park

\$160

1:1, 1:4

Jewish Life & Learning

ADULTS
22+



NEW!

Tasting Israel Cooking Experience

Take a culinary journey through Israel in this hands-on cooking class. You'll explore Israeli flavors, ingredients and traditions while preparing delicious recipes together. Along the way, you will practice kitchen skills, try new foods and enjoy a light dinner. **Space is very limited.**

Tasting Israel is supported by a JUF Enhancing Israel Education & Addressing Antisemitism Grant.



FOUR-PART CLASS
Mondays | Oct. 12, Oct. 26,
Nov. 9 and Dec. 14

⌚ 4:30-6:00pm

📍 Keshet Day School, Northbrook

\$40

1:4

ADULTS
18+



Melton Learning Course

Explore Jewish text, traditions and holidays in an inclusive, discussion-based class designed for adult learners of all backgrounds and abilities. Through hands-on activities, group conversations and partner learning, participants will connect with Jewish ideas, reflect on meaningful topics and learn together in a warm, supportive environment.

📅 **Thursdays | Sep. 10–Nov. 12** ⌚ 10:00-11:00am

📍 Keshet GADOL, Highland Park

\$120

1:1, 1:6



Join BBYO with Keshet

Keshet partners with BBYO to create an inclusive and welcoming experience for Jewish teens across the Chicagoland area. With support from Keshet staff and trained BBYO peer buddies, teens can be part of Shabbat dinners, social events, service projects, leadership opportunities, weekend conventions and more.

Email Polly at pcheeseman@keshet.org to learn more.

Transportation is available from Skokie for \$275/person round-trip or \$140/person one-way.

6-13
YEARS



Keshet Sunday School

Students explore Jewish traditions and values through art, music, stories, and games.



Experienced teachers and dedicated volunteers create a warm, supportive place to learn.



Sundays | Oct. 11–May 16

(No program 11/8, 11/29,
12/20, 12/27, 1/3, 3/7, 4/25)



10:00am-12:00pm



Keshet GADOL, Highland Park

\$1,960

1:1, 1:3

14-17
YEARS



Chai School

Teens explore social responsibility through hands-on projects and volunteer experiences through a Jewish lens. Students discover the impact they can have by giving back to the community.



Sundays | Oct. 11–May 16

(No program 11/8, 11/29,
12/20, 12/27, 1/3, 3/7, 4/25)



10:00am-12:00pm

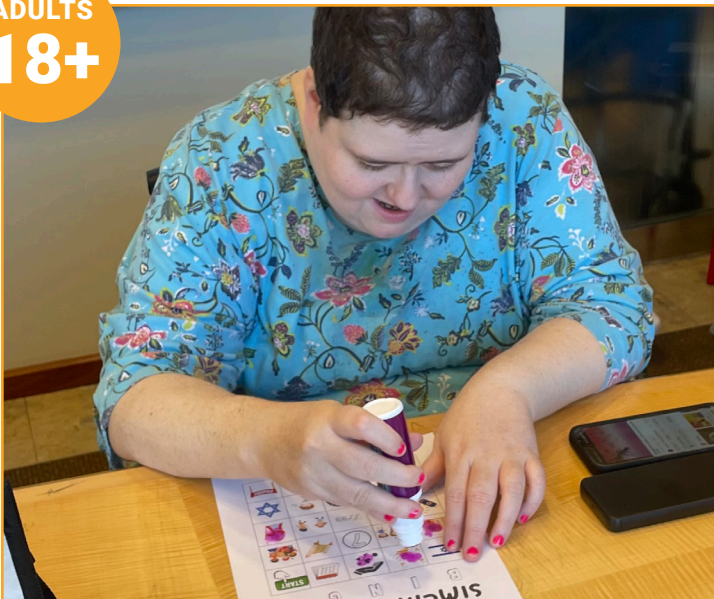


Keshet GADOL, Highland Park

\$1,960

1:1, 1:4

ADULTS
18+



Beit Midrash

Adults explore the weekly Torah portion and Jewish traditions through lessons designed for diverse learners. Hands-on activities, visuals, multimedia and Jewish practices help participants learn, engage and build community. Led by an experienced special educator with guest instructors.



Sundays | Oct. 11–May 16

(No program 11/8, 11/29,
12/20, 12/27, 1/3, 3/7, 4/25)



10:00am-12:00pm



Keshet GADOL, Highland Park

\$1,960

1:1, 1:4

Special Events

ALL
AGES



NEW!

Sukkah Squad: Family Volunteer Opportunity



Bring the whole family for a meaningful hands-on mitzvah project. Families will create colorful decorations for the Weinberg Community's sukkah.

Sunday, Sep. 20 10:30-11:30am

Weinberg Community for Senior Living, Deerfield

FREE
RSVP Required

As a family event,
Keshet staff will not be
providing support.



Keshet Annual Concert

SAVE THE DATE: Saturday, Nov 7

ADULTS
22+

Friendsgiving at JCC Milwaukee

Gather for Thanksgiving with our friends from Wisconsin. The evening includes dinner, festive crafts and, of course, dancing.



Tuesday, Nov. 24 4:45-9:30pm

Milwaukee, WI
Transportation to/from Highland Park

\$45

1:1, 1:5

ADULTS
18+



Annual Adult Hanukkah Party

Celebrate the Festival of Lights just like they do in Israel with candlelighting, singing and decorating sufganiyot.



Adult Hanukkah Party is supported by a JUF Enhancing Israel Education & Addressing Antisemitism Grant.

Thursday, Dec. 10 7:00-8:00pm

NSS Beth El, Highland Park

FREE
RSVP Required

1:1, 1:6

ADULTS
18+



NEW!

Tasting Israel Together

Let's make Israeli cooking a family affair. Adults and a parent or adult family member are invited to cook, taste and connect during this one-time workshop at Mizrahi Grill. Together, we'll explore Israeli cuisine, prepare fresh salads and other favorites. This hands-on experience is a fun way to try new flavors, connect to Israel and share meaningful time together.

Tasting Israel Together is supported by a JUF Enhancing Israel Education & Addressing Antisemitism Grant.



 **Sunday, Dec. 13**

 **12:00-2:00pm**

 **Mizrahi Grill, Highland Park**

**Adult Participant — Free
\$40/Family Member**

*As a family event,
Keshet staff will not be
providing support.*

ADULTS
18+



Winter Ball

Put on your favorite party outfit and join us for one of Keshet's most festive nights of the year! Winter Ball brings everyone together for dinner, music, dancing and celebrating with friends.

 **Thursday, Dec. 17**

 **5:00-7:00pm**

 **Keshet Day School, Northbrook**

\$45

1:1, 1:6



keshet.org/register



Winter Camp

6-21
YEARS
GROUPS
DIVIDED BY
AGE

Winter Day Camp

Spend winter break at Keshet with days full of camp fun. Each day includes favorite camp activities like sports, games, crafts, music and dance parties. When the weather cooperates, we'll take the fun outside to play in the snow. Some days of Winter Break Camp include special field trips or guest entertainers too. With a different schedule each day, campers can choose the dates that interest them most or join us for the full Winter Day Camp experience.

Winter Day Camp is open to kids and teens of all abilities.

 Keshet Day School, Northbrook	\$80–\$160	1:1, 1:3
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DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18 Trip to Lava Island 10:00am-4:00pm \$160
21 Trip to Main Event 10:00am-4:00pm \$160	22 Camp Fun Day - Arts 10:00am-1:15pm \$80	23 Swimming 10:00am-4:00pm \$160	24	25
28 Trip to Movies 10:00am-4:00pm \$160	29 Camp Fun Day - Bounce House Carnival 10:00am-1:15pm \$80	29 Camp Fun Day - Games & Sport 10:00am-1:15pm \$80	31	

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Camp Fun Day - Winter Wonderland 10:00am-1:15pm \$80	5	6	7	8

12-21
YEARS



Winter Overnight Camp



It's everything you love about overnight camp—just with a winter twist! Spend a few cozy days away with friends enjoying arts & crafts, gym activities, music and plenty of snow time if the weather cooperates.

All families benefit from a \$450 discount through the Reis Winter Camp Endowment Fund. The price below includes this savings.

 **Sunday, Dec. 27–Wednesday, Dec. 30**

 **Rainbow Day Camp, Fredonia, WI**
Transportation to/from Highland Park

\$650
(includes transportation,
activities, lodging and food)

1:1, 1:4



keshet.org/register

Travel



ADULTS
18+



Fall Weekend Getaway for Adults

Spend the weekend relaxing in Wisconsin. Hang out with friends, enjoy time outside and celebrate Shabbat. Choose how you fill your days with options for learning, camp activities, s'mores and more.



Friday, Nov. 13–Sunday, Nov. 15



Rainbow Day Camp, Fredonia, WI
Transportation to/from Highland Park

\$1,015

1:1, 1:4

ADULTS
18+



Israel Trip for Adults

Explore Israel's history and culture on a 12-day journey filled with friendship and unforgettable experiences. Float in the Dead Sea, climb Masada, walk through the Old City's winding streets and taste sweets and spices at the Shuk in Tel Aviv. With dedicated staff, a professional tour guide and on-site security, participants travel with confidence while building connections, shared memories and a meaningful sense of adventure.

The pace of this trip is carefully designed for adults with intellectual and developmental disabilities. Every aspect is structured so travelers can fully engage and feel supported throughout the journey.

Learn more and see the full itinerary at keshet.org/israel.



Sunday, Nov. 29–Thursday, Dec. 10

\$9,100



PASSPORT



PORT



SERVING UP SUCCESS

Where a passion for food transforms into professional growth

Endorsed by the National
Restaurant Association
Education Foundation



Hands-on culinary and hospitality training where adults with disabilities and learning differences build kitchen skills, confidence and readiness for work.

Graduates leave with real experience and the ability to take the next step toward employment and greater independence.

A Recipe for Success

- ✓ Real kitchen + classroom learning
- ✓ Small groups with experienced instructors to adapt lessons
- ✓ Cook, bake and practice kitchen skills
- ✓ Practice teamwork and customer service
- ✓ Gain foodservice experience
- ✓ Earn certificates, including ServSafe Food Handler Certification

"I love helping people and the class showed me how to do this with purpose and skill."
– Damien



A Program of Keshet

For more than 40 years, Keshet has supported people with disabilities in building skills, independence and connection through inclusive programs and adult services.

Keshet is a partner with Jewish United Fund in serving our community.

Apply Today

LOCATION: Northbrook

SCHEDULE: Fall Session
Tuesdays | Sep 1 - Nov 19
10:00am-2:00pm

STAFF: 18+, 1:5 staff
support ratio

Learn more at
keshet.org/brightapron



VOLUNTEERS

WELCOME!

Volunteering with Keshet is a meaningful way to connect, have fun and make a difference. You do not need special experience to get involved. You just need a little time and a whole lot of heart.

Keshet volunteers help participants learn new skills, take part in activities, build friendships and feel a sense of the community. Your presence matters.



PROGRAM	DAY, TIME & LOCATION	WHAT YOU'LL DO	VOLUNTEER AGES
KESHET INCLUSIVE CHOIR	Wednesdays 4:15-5:15pm Northbrook	Sing in an inclusive choir and partner with a child or adult participant. All talent levels welcome.	6th grade+
BUDDY BOWLING	Sundays 1:00-2:00pm Vernon Hills	Pair up with a Keshet bowler for a fun hour at the lanes.	6th grade+
GROOVE	Tuesdays 4:00-5:00pm Northbrook	Join this adult dance and fitness class and help participants stay active and engaged.	16 years+ <i>Adults preferred</i>
GAME ON!	Tuesdays 5:00-6:00pm Northbrook	Play board games, puzzles and other activities with Keshet adults.	16 years+ <i>Adults preferred</i>
SUNDAY SCHOOLS	Sundays 10:00am-12:00pm Highland Park	Assist students and teachers during hands-on Jewish learning activities.	6th grade+

All volunteers must participate in Keshet's volunteer orientation that will give the tools you need to be successful and have a great experience.

It takes time to build friendships so volunteers who can commit to the entire season are preferred. Sunday School volunteers make a commitment for the entire semester. Groove and Game On! can be one time opportunities.

Apply at
keshet.org/volunteer

