

September 2021

The Center



Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650



Summer Camp at The Center is truly more of a season than just an event. Our camp programs bring an energy to The Center unlike anything else we do here. Camp days here are filled with laughter, wonder, growth, the chatter of children, enthusiastic singing, paint smears, swinging hammocks, mosquito bites and memories and friendships that last a lifetime.

Summer Camp 2021 was no exclusion to COVID's fury and sadly we had to run Camp without any overnight programs for the second year in a row. Overnight camp is magical. Children become immersed in an almost surreal life. They gain so much self-confidence and independence. They disconnect from devices and reconnect with nature. They are surrounded by friends and fun 24/7. Having to postpone overnight camp was disheartening. Initially, I felt that so much was being lost. And though we did miss out on the magic of overnight camp, I am feeling so proud of what was accomplished here this summer at Camp!

We ran eight, one week sessions of daytime program this summer. Children, as young as three years old, attended Junior Farmers for just one hour a day while six-eight year olds attended for three hours a day. Our Farm Explorers, ages seven-twelve, attend camp for seven hours a day. And our Farm & Ranch Campers, ages nine-seventeen, attended for a full twelve hours a day! And let me tell you, our exceptional team of counselors and camp staff delivered a phenomenal camp experience to exactly 750 children this summer. 750! Our camping program impacted the lives of 750 children this year. That is incredible! And simply wouldn't have been possible if we followed our 'standard,' pre-COVID summer camp schedule. We thought outside the box, reimagined what was 'normal', and created new opportunities and avenues to serve our community.

After totaling up our camper count, I looked up the significance of the number 750. To my great enjoyment, this is what I found:

Guardian Angel Number 750 says that the changes you are currently going through are in alignment with your Divine soul purpose and are happening to enhance your life. You are encouraged to continue on your current path with optimism, enthusiasm and passion knowing that all changes are taking place for a higher purpose.

So with that, we say 'goodnight' to 2021 summer camp and look forward to the fall season here at The Center. We will move forward with optimism, enthusiasm, and passion, trusting that we have *changed* for better and that we are doing God's work.

So many thanks to everyone who had a hand in Summer Camp 2021. Campers, parents, volunteers, donors, counselors, staff...it truly takes a village!

With love and gratitude,

Offerings

Meditation: Attending the Silence* **Tuesday evenings** **5:30 p.m. - 6 p.m.**
*Note: on Sept. 21, there will be no silent sit. There is a labyrinth walk at 5 p.m.
Please join us for a 20 minute period of silent meditation each week. Come whenever you are able.

Metta Meditation* **Monday mornings** **9 a.m.- 9:45 a.m.**
There can only be peace in the world, when we find peace within ourselves. That is the intent and purpose of Metta meditation: to pray for peace in us first and then for all of creation. You are invited to join in a communal prayer for world peace each Monday morning. Please arrive at 8:55 so that we can begin promptly at 9 a.m. Come whenever you are able.

LABYRINTH OFFERINGS

International Day of Peace **Tuesday, Sept. 21** **5 p.m.**
Join us as we walk for peace, in ourselves and in our world. All are welcome.

Mindfulness **Sunday mornings** **11 a.m. – 12 p.m.**
Mindfulness: the practice of being present to what is with kindness and curiosity. For anyone who has tried, they can tell you that it is easier said than done! Come gather with others who seek to be truly present to their lives. If you have any questions, please email or call Dan Morley at 708-280-3945 or dsmorley99@comcast.net.

Spirituality 101 begins **Tuesday evening Sept. 14th 6:30 p.m. – 8:00 p.m.** (or)
Thursday morning, Sept. 16th 10:00 a.m.- 11:30 a.m.

Our fall study is reading and discussing, [Saving Jesus from the Church](#) by Robin R. Meyers. "Taking the best of biblical scholarship, Meyers recasts core Christian concepts in an effort to save Christianity from its obsession with personal salvation. Not a plea to try something brand new, but rather the recovery of something very old. *Saving Jesus from the Church* shows us what it means to follow Jesus' teachings today" (from the back cover). This class will last 10 weeks and each class is \$8. Please email Rev. Chris at waysider-ev@thecenterpalos.org to register for the class.



*****VESPERS ARE HAPPENING IN THE PINES ON LABOR DAY WEEKEND!*****

Sunday, September 5th 8:30 a.m. & 12:30pm

(All other vespers in September in the Lodge)

Please join us for this very special opportunity to attend Vespers in "God's chapel"!

You will be able to drive the farm road back to the pines or park in the farm parking lot and stroll past our farm fields.

If you have a portable chair, please bring it.

And, YES, Communion will be served!

As always, with a non-alcoholic cup and gluten free bread.

Truly, all are welcome!

Sunday Service

Every Sunday

8:30 a.m.

Reminiscent of the early house churches, this gathering meets in the Forest View Room and incorporates meditative music, silence, prayer, the Scripture reading for the day, and a reflection on the reading. This gathering welcomes engaged participation if you wish! All are welcome!

Vespers in the Chapel

Every Sunday

12:30p.m.

Please join us each week for a nondenominational service of music, meditation and prayer led by Rev. Chris Hopkins. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. *All are welcome!*

Communion Sunday

Sept. 5

8:30 a.m. & 12:30 p.m.

On the first Sunday of each month (except December) Communion is offered at both of services.
ALL ARE WELCOME!

Family Service Sunday

September 19

10 a.m.

This month, Family Service will be held in the barn of The Children's Farm as we become aware and celebrate of God's presence in our farm animals.

Spiritual Direction

Spiritual Direction (Companionship) is a long time non-denominational practice that offers a person confidential space to reflect upon the intersection of their lives and God's presence. A Spiritual Director is trained to listen without judgment and with compassion in order to help you understand where and how God is acting in your life. If you would like to make an appointment with a Certified Spiritual Director, please call the Center at [708-361-3650](tel:708-361-3650). They will have one of our Spiritual Directors give you a call to make an appointment with you. The cost is \$30/hr.

Anniversary Dinner and Renewal of Vows Sunday, September 19

Share My World Today
and Always

To the world you are one
person but to me, you are
the world.



IlluminatedLvg.com

If you were married in the months of August and September, you are invited to a beautiful evening of celebrating and renewing your marriage commitment. In gratitude for having met the serious challenges of quarantining throughout the last year, the evening will begin prayerfully with a consoling Vespers Service at 4:30 pm in the Chapel. After Vespers, you will enjoy a gracious and delicious candlelight dinner in the Lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, please send \$90 for dinner for two, to be received no later than Monday, September 13.

AUTUMN RETREATS AT THE CENTER

You deserve a break! Treat yourself to a retreat....

Register early to reserve your spot in one of these wonderful weekends!



Forest Therapy: Experience the Healing Powers of Nature Saturday, September 18th, 9am – 4pm

Learn how trees can help you find health and happiness. Experience the healing power of nature as you join Dan & Sharon Morley explore the forest surrounding The Center. You will discover the joy of reconnecting with nature and find stillness, creativity, and inspiration. Participants will be invited to walk, sit and reflect as you immerse all your senses into the forest atmosphere. Wear clothing and footwear appropriate for the weather as we will be spending most of our time outside, rain or shine. Retreat Fee: \$60 includes leadership, lunch, and retreat supplies.

Awake at The Center: A Day of Mindfulness in the Out of Doors Saturday, Oct. 16, 9 a.m. - 4 p.m.

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for a day retreat led by Dan Morley and the other leaders of our Sunday morning mindfulness group. You will be invited to sit, to walk, to listen, to share, to hear, and to see that beauty and wonder that abounds all around us. Wear clothing and shoes appropriate for the weather as we will be spending most of our time out of doors. Retreat fee: \$60 includes leadership, lunch, and retreat supplies.



WOMANTALK COFFEE HOUR!

Tuesday, September 28, 10 a.m. – 11:30 a.m.

WOMANTALK! is a wonderfully nurturing and supportive women's discussion group, led by Mary Anne O'Callaghan, and focusing on the month's readings in Sarah Ban Breathnach's "Simple Abundance" or any other inspirational resources that ladies would like to bring to share. The focus of Womantalk is on learning to live authentically, joyfully, simply, and gratefully. Please call to reserve a spot.



Calling all willing volunteers... Educational Farm Tour Guides, Hayrack Drivers, Pump-kin Sellers, Hotdog Grillers, Cashiers, Greeters, Animal Guides – You name it and we need it! With October right around the corner, The Children’s Farm is approaching our busiest month of the year. We will be very busy giving school children and families a wonderful Fall experience but we need your help. Please consider donating some of your time this year as any and all help will be greatly appreciated! We are open for business every day during October and need dozens of volunteers daily. If you think you can assist in anyway, please email farmtours@thecenterpalos.org! Volunteers must be 13 years of age and older. **Thank you in advance and Happy Fall!**

TOASTMASTERS!

Wednesday evenings, September 1 and 15, 7-9 p.m.

Learn to communicate with poise and confidence, to groups, large and small, though practice and the support of our troop of fellow Toastmasters, all of whom are trying to improve their public speaking skills, just like you! We take turns leading the meetings, giving speeches, giving evaluations of each other’s speeches. And... we have fun doing it. You are invited to come as a guest to see what happens at our Toastmasters meetings. For further information, contact Lois Lauer.

CENTER SINGERS!

The Center Singers will begin the Fall singing season on Monday, September 13th at 5:30 pm in the lodge. As protocol dictates, non-vaccinated singers are expected to wear a mask. If you have any questions please contact The Center at 708-361-3650. Any updates will be sent to that number.

Thank you, Penny Wills



BARN DANCE:
A Family Night of Music and Fun at the Farm!
Saturday, September 11, 5:00 – 8:00p.m.
Rain or shine at the Children’s Farm

We have a wonderful evening planned—you won’t want to miss our annual Barn Dance! We build a wooden floor over the indoor arena, and have music that keeps the dance floor hopping and the fun happening! We’re planning for a night of dancing and music! You can come to dance or just listen and socialize but either way you’ll be supporting the camp scholarship fund! The farm’s famous “Weenie Wagon” will be open and selling delicious grilled items (until 7pm) as well as popcorn and root beer floats. The barns will be open to visit the animals (until 7pm), and hayrack rides around the farm and the marshmallow bonfire will continue all evening long. Tickets are \$10 per person. Proceeds from the evening benefit the camp scholarship fund.



Pathway Golf Outing
Saturday, September 4th at 2pm
Palos Country Club
Dinner will be at The Children’s Farm at 5pm
 \$75 golf and dinner
 \$25 dinner only
Raffles — Silent Auctions — prizes — FUN

All proceeds go directly to pathway
 Visit our website for more ways to support our program.
<https://thecenterpalos.org/events/>

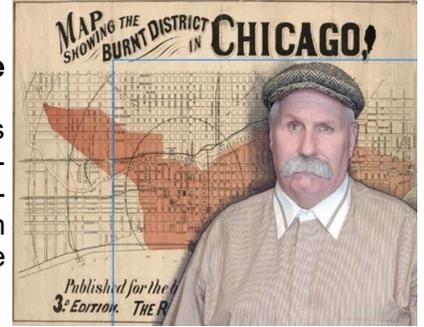


Luncheons at The Center -- Register online!

Luncheons run from noon until 2 p.m., cost \$26 per person, and offer a delicious meal and the best in entertainment and educational programming.

Tuesday, September 7 — “The Great Chicago Fire: A Phoenix from the Ashes,” Commemorating the 150th anniversary of the Great Chicago Fire with Terry Lynch

In October of 1871, the city of Chicago burned for two days, destroying thousands of buildings, and killing an estimated 300 people. Commemorating the 150th anniversary of the blaze, Terry Lynch, as Patrick O’Leary, will discuss the theories surrounding the start of the fire, as well as the aftermath. Was Patrick’s wife, an Irish immigrant named Catherine O’Leary, to blame? Could it have been someone else? Could it have been a meteorite?



Tuesday, September 14 — “An Afternoon of Stories” with Mary Lou Edwards

With divine irreverence, Mary Lou's straight-from-the-heart stories are at once hilarious and traumatic, cutting and poignant. Her take-no-prisoners style exposes the guilty and gives voice to the wounded. Her slice of life stories captivate every man and woman forced to search for the fun in dysfunction or those who appreciate "you are there" experiences. Her comic take on life's absurdities captures painful and outrageous truths, which cut deeply into our modern psyche. Mary Lou is a great friend of The Center and her books and collections include “Look Back, But Don’t Stare,” “Little Did We Know,” and “You Couldn’t Make This Up.”



Tuesday, September 21 — “A Visit to Easter Island aka Rapa Nui” with Janet Musil and Lenette Staudinger

Join us as we explore the mystery that encompasses Rapa Nui: its geography, its history, the food, and the flora and the culture. Who were the people who initially settled in this remote location, built such unique monuments, the moai, and what happened to them? Multiple theories will be examined, and you get to draw your conclusions.

Tuesday, September 28 — “Receiving From Your Angels” with Jill Kempner

Earth angels are here to embody the benevolence of the Divine. Your angels are devoted to healing your body—the sacred home of your soul—and encourage you to cherish your body-soul connection. Experiencing physical pain is a sign your body needs more love. Angelic pain relief is a breath away when you trust that your angels love you unconditionally. Slowing down to receive that love from your angels is a conscious practice that can create long lasting pain relief. Jill Kempner's debut book, “Receiving From Your Angels,” teaches simple techniques to relax your body and mind, release pain, and receive love from your angels

Farm & Nature School

As the summer is ending, we are preparing for many returning and new families to join us this year. At this writing, we are still required to wear masks and I suspect this may not change with Covid variants appearing up on us. However, we managed beautifully last year and I suspect it will be the same this year.

We have scheduled an open house and barn dance for Saturday, Sept. 11th, which is the first weekend after school begins. We are excited to have this happen this year, and of course, our open houses will be held outdoors.

This year, we have decided that we will not be having a second and third grade, however, our blended Kindergarten and first grade is much larger than last year because now that kids only need to distance three feet. Our Mrs. Sabrina will be returning to teach the K/1st grade class. Those classes begin August 23. Our classrooms now have all the toys and equipment that was removed for last year and they look beautiful and ready to roll. All we need is a few aides, some teacher training, a few more supplies and we are ready to rock and roll. I am very much looking forward to another wonderful year.

Please reach out if you would like to enroll your child in one of our many classes. There is still some availability. Farmandnature@thecenterpalos.org or 708-361-8933. Thank you everyone.



2020/2021 School staff enjoying a relaxing evening at the end of the school year.



Please visit our website (thecenterpalos.org/art/) for registration or call the office, 708-361-3650 between the hours of 8:30am—5pm.

September Art Classes for Children

LOG CABIN ART FOR KIDS Instructor Heaven Newsom

Four Tuesdays beginning September 14, 4:00 – 5:00 p.m. or

Four Saturdays beginning September 18, 9:00 – 10:00 a.m.

Class fee: \$50 plus a \$15 materials per session

Students will learn techniques in painting and drawing as well as fun craft projects. If weather allows students will work outdoors. Classes held in our fun log cabin art center! Open to students in grades K-8.

POTTERY FOR KIDS Instructor: Madeleine Burns

Four Mondays beginning September 13, 4:00 - 5:00 p.m. or

Four Wednesdays beginning September 15, 4:00 - 5:00 p.m. Class fee \$50 plus a \$15 materials fee per session

Fun with clay! Maddie will have creative projects planned each week instructing students how to create a variety of pottery and sculpture pieces. Open to students in grades K-6

TEEN POTTERY Instructor: Madeleine Burns

Four Wednesday nights beginning September 15, 6:00 – 8:00 p.m.

Class fee: \$85 plus a \$15 materials fee

Students will take turns working on the pottery wheel as well as learning hand building techniques with clay. Open to students in grades 6 - 12

September Schedule of Art Classes for Adults

Teens are able to register for most adult classes, please inquire with interest

BEGINNING BASKETMAKING Instructor: Jane Dwyer

Six Tuesday mornings beginning September 28, 9:30 - 11:30a.m

Begin by making an easy and beautiful wood-bottomed basket with your choice of colored trim. Continue on to learn techniques for weaving a variety of shapes and sizes of baskets and choose your own project in consultation with the instructor. You can expect to make 2-3 baskets in 6 weeks, depending on your style and choice of projects. Class Fee: \$115, plus \$30 materials fee

BOOKMAKING WORKSHOP Instructor: Barbara Thompson

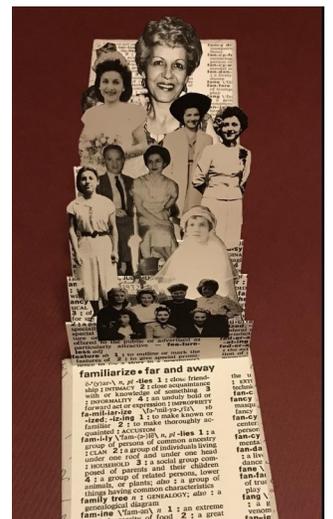
Wednesday afternoon, September 15, 1:00 – 3:00 p.m. Workshop fee: \$22 plus a \$5 materials fee

Learn a variety of binding techniques to create your own handmade books that can be used for art projects or journaling.

CARD MAKING WORKSHOP Instructor: Janice Schmid

Wednesday, September 22, 1:00 – 3:00 p.m. Workshop fee: \$22 plus a \$9 materials fee

A card making extravaganza! Learn to create cards using paper napkins, a fall Iris Paper Folded Card, layered cards and experiment with shaving cream and paint to create colorful backgrounds. Wear old clothes or an apron. All materials provided.



COLLAGE Instructor: April Schabes

Six Wednesdays mornings beginning September 8, 9:30 a.m. – noon or

Six Monday mornings beginning September 13, 9:30 – noon, Class fee: \$143 per session

Experiment with color and composition to create your own mixed-media collages... an opportunity to “play in your own world of artistic expression with a fun and easy art form!”

DRAWING Instructor: Lois Hrejsa

Six Thursday mornings beginning September 2, 9:00 a.m. – 11:30 Class fee: \$143

Work in pencil or pen and ink to achieve a realistic three-dimensional effect on a two-dimensional surface. Value, perspective, composition, landscape, still life and portraiture will be explored. Students with drawing experience will be encouraged to try other drawing materials such as colored pencils or watercolor washes combined with pen and ink. Individual and group critiques will be offered.

EXPRESSIVE ARTS WORKSHOPS AND CLASSES Instructor: Karen Signore

No prior art or writing skill or experience needed. These workshops are based on The Creative Journal Expressive Arts method (CJEA) developed by Lucia Capacchione, PhD, A.T.R.

TAKING REFUGE WITHIN THROUGH ART, JOURNALING AND REIKI Saturday, September 25, 1:00 – 4:00

Workshop fee: \$40 plus a \$5 materials fee

Within each one of us lies a still, calm, quiet place, an inner refuge where you can retreat from the stress and pressures of the outside world, nourish yourself and listen to your wise inner voice. Through guided meditation, breath work, Reiki energy healing, intuitive painting, collage and whole brain journaling techniques you will: Learn creative tools for going inward and tapping into the vast wisdom and resources within you; Receive Reiki healing energy to experience peace and deep relaxation and Create an intuitive mixed media painting, infused with positive intentions to serve as a visual reminder of the peaceful nourishing sanctuary within.

EMBRACING YOURSELF Free Introductory class on Thursday, September 23, 1:00 – 3:30 p.m., no registration necessary for the intro, class held in cabin #3

Six Thursday afternoons starting September 30, 1:00 3:30 p.m. Class fee: \$140 plus a \$10 materials fee

The most important and longest relationship you will ever have is the one you have with yourself. In this six-week class you will engage in simple and powerful, creative experiences to connect with deeper aspects of yourself, enhance self-care and deepen your relationship with yourself. Through guided meditation, intuitive process-oriented mixed media art, whole brain journaling techniques, breath, energy exercises and Reiki energy healing you will learn tools to: support you in holding greater acceptance and compassion for yourself, increase self-awareness and intuition, cultivate inner peace and deep relaxation, explore your self-care beliefs, practices and needs and develop a blueprint for of relevant self-care and being your own best friend.

INNER EXPRESSIONS Saturday, October 9, 1:00 – 4:00 p.m.

Workshop fee: \$40 plus a \$5 materials fee

When we acknowledge and express our inner world, both the pleasant and the difficult feelings we embrace and validate all of ourselves and we can gain wisdom and motivation and bring depth and richness to our lives. Through guided meditation, process-oriented multimedia art experiences, whole brain journaling and Reiki Energy Healing you will learn powerful, effective creative tools to: validate, process and express your feelings you experience in everyday life, gleam insights and wisdom from your feelings, experience Reiki energy healing to support you in deep relaxation, acceptance and self-compassion.

EXPRESSIVE WATERCOLORS WORKSHOP Instructor: Donna Hughes

Thursday night, September 23, 6:00 – 8:00 p.m. Workshop fee: \$22

Using watercolor paints students will create a landscape bookmark and a circle sky painting using a variety of techniques.

INTRODUCTION TO CALLIGRAPHY Instructor: Marge Boyd

Three Monday afternoons beginning September 13, 1:00 - 3:30 p.m. Class fee \$70

Work with pens and ink practicing letter styles then start a book with a hand lettering style. A list of needed supplies will be emailed to students upon registration.



FOLK ARTS WORKS SHOPS Instructor: Lois Lauer



SEASONAL FOLK ARTS DECORATIONS—*a new swag for your home for each month!*

Saturday afternoons, September 11, October 2, November 6 and Sunday November 28, all workshops are 1:00 – 2:30 p.m.

Simple-to-make decorations for your door or your wall each month this fall, with hydrangeas and river oats for September, cornhusks and cattails for October, grapevines and wheat for November, and Christmas greens and pinecones for December! Finished off with seasonal ribbons, the swags will be a beautiful way to add a touch of nature to your home.

Class fee each month: \$18 plus \$7 materials fee each month

CORNHUSK SUNFLOWERS

Monday, October 18, 1-3 pm Class fee: \$22 plus a \$10 materials fee

Create a beautiful “sunflower” from cornhusks and pinecones.

Using hot glue, the project is easy to do and results in a beautiful piece of folkart for your home.

Class fee: \$22 plus a \$10 materials fee



FOLK ARTS FLOWERS PAINTING WORKSHOP Instructor: Kara DeKarlo

Saturday September 11, 10:00 a.m. – noon or Saturday October 9, 10:00 a.m. – noon (two different dates to choose from) Workshop fee: \$22 plus a \$5 materials fee

Learn the design and principals behind folk art and develop the skills to create your own folk art flower paintings. All materials provided.

LAPIDARY

Six Monday mornings beginning September 13, 9:00 – 11:00 a.m. Instructor: Larry Rothenberg or

Six Monday nights beginning October 4, 6:00 – 8:00 p.m. Instructor: Jackie Burger

Class Fee: \$135 per class session

Turn rough hunks of rock into beautifully polished gemstones. Create a pair of round or oval stones, and then advance to more complex designs. Stones can be purchased from our instructor for projects.

MANDALA WORKSHOP Instructor: Robin Neumann

Saturday, September 18, noon - 3:00 p.m. Workshop fee: \$30 plus a \$5 materials fee

Creating mandalas can be very meditative, relaxing and healing. In this class you will learn to set up a circular guideline grid that makes creating mandalas easy. Work with gel pens and colored pencils to create simple designs infused with your own creativity.



METALSMITHING FOR JEWELRY Instructor: Mary Michaelson

Six Tuesday nights, beginning September 21, 6:30 – 8:30 p.m. or

Six Thursday mornings starting September 23, 9:30 – 11:30 a.m.

Class fee: \$120 plus a \$35 materials fee per session

By working with silver, copper or brass students can create either a silver ring or pendant. Learn the basics of metalsmithing such as sawing, filing, sanding and soldering to create your own original jewelry pieces. Students are welcome to bring in stones to create their own settings for. Advanced instruction will be given to continuing/advanced students.

ORIGAMI WORKSHOP Instructor: Barb Thompson

Tuesday, September 21, 10:00 a.m. – 12:30 p.m. Workshop fee: \$27 plus a \$ 3 materials fee

Learn simple folding techniques to create useful, functional objects all made from beautiful papers.

PORTRAITURE DRAWING WORKSHOPS Instructor: Sandy Safranek

Saturday, September 25, 9:30 – 11:30 a.m. or Tuesday October 5, 9:30 – 11:30 a.m.

Workshop fee: \$22 plus a \$10 materials fee

Learn the basic proportions of the human face, from a frontal view, and tips on how to draw individual facial features.

Students will learn the correct placement of the facial features while completing a drawn study of the human face. Bring a frontal view picture of an adult to work from, or the instructor will have some images for students to work from. Students will experiment with ebony pencils and charcoal to complete their drawings.

PAINTING WORKSHOPS Instructor: Heaven Newsom

Painting Workshops for artists of all ages! Heaven will show you step by step how to create these fun paintings, all materials provided. Students ages 11 and under must be accompanied by an adult who is also registered. Workshop fee: \$17 plus a \$5 materials fee, per class



LEAF PAINTING WORKSHOP Saturday, September 18, 10:30 – noon
Paint your canvas, then add paint to local leaves to make prints. Bring some interesting leaves from home or heaven will have some for you to work with.

PUMPKIN PAINTING Saturday, October 2, 10:30 – noon
Learn step by step how to create this colorful fall pumpkin painting on canvas.



POTTERY Instructor: Madeleine Burns

Five Tuesday nights starting September 28, 6:00 – 8:30 p.m. Class fee: \$135 plus a \$35 materials fee

Or Four Saturday mornings starting October 2, 10:00 a.m. – 12:30 p.m. Class fee: \$110 plus a \$30

Students will learn to create pottery pieces by hand as well as learning the steps to create pottery pieces on the wheel such as bowls, cups, mugs and more! Welcome to students of all levels. All materials provided.

SEWING WORKSHOPS Instructor: Chris Walsh

SEWING MACHINE BASICS, Saturday September 18, 10:00 a.m. – noon, Workshop fee: \$22

Do you have a sewing machine at home but don't know how to use it, or have questions on becoming more familiar with your machine?? Join us as we go through the threading process, what threads to purchase, when and how to change the machine needle, bobbin winding, stitch selection and use of accessories that come with your machine. Bring your sewing machine, spooled thread and a pair of scissors. Please make sure your sewing machine works prior to registering.

GARMENT SEWING Three Monday nights starting September 13, 6:00 – 8:00 each night. Class fee: \$66

Sewing with FLEECE to make this simple vest or coat [Purchase Simplicity pattern 8217](#). Decide what version you want to make. Refer to back of pattern for your correct size according to the **BODY MEASUREMENT** chart. Fleece fabric is usually 58" wide so purchase fleece based on that width (do not select a plaid design at this time). At first class we will discuss lining options and interfacing. Bring your sewing machine, foot pedal, cord, and all accessories; scissors, pins and matching thread. Any questions please email instructor – Chris Walsh at customnook@att.net.



THE VANESSA BAG Two Thursday nights starting September 23, 6:00 – 8:00 p.m. each night
Class fee: \$44

The Vanessa Bag is a slim, lightweight design. It accommodates all your essentials without weighing you down. The strap adjusts for a perfect fit from a 25" shoulder style all the way to 50" as a cross body style. Large front zippered pocket is 9" deep and 10" wide. Back slip pocket measures 11.5" x 7" and has a magnetic snap closure. Fully lined with two interior slip pockets and heavily interfaced for strength and support. The purse dimensions are 11" wide by 10" height. Pattern supplied by instructor. Sign up for class and provide your email address so instructor – Chris Walsh- can send a list of materials. You can email instructor with any questions at customnook@att.net. Bring sewing machine and accessories, foot pedal, cord, matching thread, scissors, and pins.

STAINED GLASS Instructor: Harry Meneghini

Six Wednesday nights beginning September 16, 6:00 – 8:00 p.m.

Create beautiful stained glass pieces, by learning the principles of glass design and color and the techniques of cutting and soldering, using both lead came and copper foil to join the pieces of glass. Start with simple projects, and eventually design your own windows, pictures, and lamps. Harry will hand out the supply list on the first day of class and go over the materials needed. Glass will be provided for beginning projects.

Class Fee: \$130

WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday September 9, (no class on September 16) 9:00 – 11:00 a.m. Class Fee: \$115.

Learn and practice the tools and techniques of woodcarving using a variety of types of wood. Create beautiful animals, objects, and faces. New students will make 3-6 projects such as a bird, a shoe, an egret, and miniature people. If you're experienced, you may design your own projects. Wood and bench knives are available for purchase in class (approximately \$25 for wood and bench knives)

WATERCOLOR PAINTING

Six Wednesday evenings beginning September 8, 6:30 – 9:00 p.m. Instructor: Lenox Wallace
or 6 Thursday afternoons beginning September 2, 1:00 – 3:30 p.m. Instructor: Lois Hrejsa

Class Fee: \$143 per session

Wednesday evenings with Lenox Wallace feature structured lessons for beginning watercolorists with critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more, while experienced painters work individually with occasional guidance and critique. Thursday afternoons with Lois Hrejsa, include instruction in color mixing and theory, washes, light and shadow, glazing and negative painting, while intermediate and advanced students have the opportunity to further express themselves in watercolor with attention to areas of interest to the individual student. Opportunities will arise to expand the advanced students' painting experience. Individual and group critiques will point out what has worked and how to improve that which has not. Materials list will be emailed to new students upon registration

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

GENTLE YOGA CLASSES Instructor: Carolyn Harms

Six Monday nights, beginning September 20, 6:00 - 7:15 p.m.

Six Thursday evenings, beginning September 23, 6:00 – 7:15. p.m. or

Six Friday mornings, beginning September 24, 9:30 – 10:45 a.m.

Class fee: \$75 for each 6-week session

Come practice gentle yoga at The Center. These 75 minute hatha yoga classes are perfect for releasing tension, connecting with the breath and helping students gain strength and flexibility. Class will take place in the beautiful forest view room in the lodge. Class fills quickly, make sure to register in advance to secure your space. Bring your own yoga mat and props.

GONG BATH Facilitator: Debbie Jacobs, Vibrational Sound Therapy Certified Practitioner

Sunday night, September 26, 7:00 – 8:00 p.m. Fee: \$25

Spend an evening immersed in the serene sounds and vibrations of the gong, accompanied by singing crystal and Tibetan bowls. Relax on your yoga mat and allow these ancient healing sounds and vibrations to wash over and through your body to deepen your state of relaxation. Don't forget to bring your yoga mat, pillow and blanket to maximize your relaxing experience. Will take place in The Forest View Room. Advance registration required and recommended early as to secure your space.

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Pre-registration is required 24 hours in advance for all Log Cabin classes and workshops. Class and materials fees are due at time of registration; we cannot reserve space without payment. No refunds or transfers of fees are available for cancellations made less than 72 hours prior to the beginning of class. To register you can visit our website at thecenterpalos.org! You can also call 708-361-3650 or visit our main office between the hours of 9:00 – 5:00 daily.



The Witches Tea, Friday, October 15, 4:00-6:00p.m.

Dust off your witch's hat and broomstick to prepare for another magical Witches Tea!!! A bewitching event held in The Great Hall of the Lodge. Our cackle of witches will serve you spider cider, a special herbal elixir brewed from our garden and a fanciful spread of finger foods. Actress and Storyteller Megan wells will enchant with her version of The Wizard of Oz.

Tickets will go on sale Monday, September 13 at 9:00 a.m.

Event price: \$37 per person

The Children's Farm
SEPTEMBER OPEN FARM HOURS
(THROUGH SEPTEMBER 19TH)
Friday, Saturday and Sunday 10am-2pm
Animal Barns ◦ Hayrack Rides ◦ Walking Trails ◦ Concessions
ADMISSION: \$7/PERSON FOR AGES 2+

*GRAND OPENING PUMPKIN DAYS WEEKEND FESTIVAL SEPTEMBER 25TH AND 26TH FOLLOWED BY EXTENDED PUMPKIN PLAYLAND HOURS (ADMISSION \$10/PERSON)



FALL JUNIOR FARMERS



Three different program options, led by your favorite farmers!

Fall Session

6 weeks - \$92

1 hour per week



Beginning the week of
September 10th



Online Registration Opens August 16th

<https://thecenterpalos.org/farm/junior-farmers/>



Junior Farmers

Our flagship program with Farmer Paul is perfect for children ages 3-10 to come experience the magic of our real working farm. Filled with hands-on learning and fun on the farm, Junior Farmers is ideal for independent children with an interest in animals or the desire to connect with nature!

Farmers-In-Training

Designed for children ages 10 and up, Farmers-In-Training will see firsthand what it takes to care for a farm full of animals! Through hands on experiences, children will learn about and participate in the nutritional and exercise needs of our animals, veterinary care, daily cleaning and feeding.

Barn Buddies

A perfect bonding opportunity for any child/adult pair! Children ages 1-4, with an accompanying chaperone will be led through a series of hands on farm and nature experiences and activities. Adult chaperones should plan to be active participants in each class as the program content is designed to be a shared experience!

FALL SCHEDULE

ONLINE REGISTRATION OPENS AUGUST 16TH- 10AM
[HTTPS://THECENTERPALOS.ORG/FARM/JUNIOR-FARMERS/](https://thecenterpalos.org/farm/junior-farmers/)

Junior Farmers

Ages 3 - 6:

Saturday - 9:30a.m., 11:00a.m. or 1:30p.m. Beginning Sept. 11th*

Sunday - 9:30am Beginning Sept. 12th (Farmer Shay)

Tuesday or Wednesday - 9:30a.m. or 11:00a.m Beginning Sept 14th or 15th

Thursday- 11:00a.m or 1:30p.m. Beginning Sept. 16th

Friday - 1:30p.m. Beginning Sept. 10th*

Ages 6-10:

Saturday - 3p.m. Beginning Sept. 11th*

Sunday - 3:30pm Beginning Sept. 12th (Farmer Melissa)

Tuesday, Wednesday or Thursday - 4p.m. Beginning September 14th, 15th or 16th *

*Friday & Saturday Junior Farmer Classes will not meet on September 24th & 25th.

Classes will conclude on October 22nd & 23rd.

Barn Buddies

Ages 1-4 with accompanying chaperone

Monday - 9:30a.m. or 11a.m.

Beginning Sept. 13th

Friday- 10a.m. or 11:30a.m.

Beginning Sept. 17th

Farmers-In-Training

Ages 10+

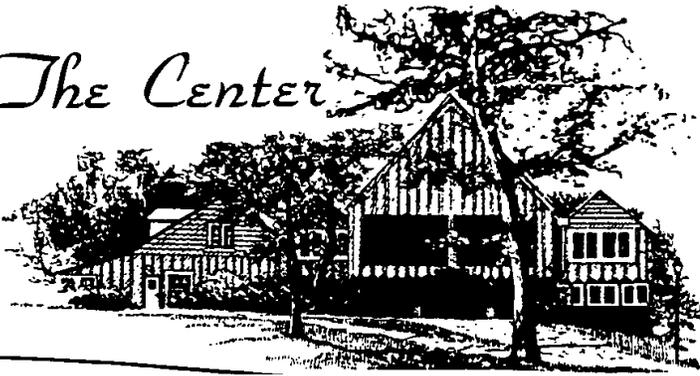
Monday - 4p.m. Beginning Sept. 13th

Wednesday - 4:30p.m. Beginning Sept. 15th

Friday- 3:30p.m. - Beginning Sept. 10th*

*FIT will not meet on September 24th. Class will conclude on October 22nd.

The Center



NON-PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 2

The Chicago Southwest Suburban Community Parish and Community Center Foundation
12700 Southwest Highway, Palos Park, IL 60464
708-361-3650 fax: 708-361-2811
Website: <http://www.thecenterpalos.org>
Email: admin@thecenterpalos.org

DATED MATERIAL RETURN SERVICE REQUESTED



DON'T FORGET

Our Huge Rummage Sale

Fri., Sat., & Sun.,
Aug. 27, 28, & 29

From
8:00am - 1:00pm

*Anything and everything!
A sale you can't miss.*

THE CHILDREN'S FARM

Pumpkin Days Grand Opening Weekend

HAYRACK RIDES

OPEN ANIMAL BARN

PUMPKIN PATCH

CRAZY MAZEY

HAY CLIMBER

SPOOKY WOODSHED

FOOD CONCESSIONS

VENDORS

SEPTEMBER 25 & 26

10AM-4PM

\$10 PER PERSON



Live Music 12pm-4pm
Sat: Charles & Company
Sun: Fred & Friendz



12700 SOUTHWEST HIGHWAY
PALOS PARK
THECENTERPALOS.ORG
708-361-3650