

November 2023

The Center



The Center gives people of all faiths, backgrounds, and ages the space to dream, grow, and become fully alive—physically, mentally, emotionally, and spiritually.

Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650

THIS LAND IS OUR LAND

As I think about my blessings, growing up here and living most of my life at The Center is a tremendous blessing. The people I have met, the healing that takes place here, the entire culture of the staff, volunteers, and fellowship is truly amazing. A deep appreciation of the land, the splendor of nature, and the changing of seasons here runs deep in my heart as well. I have a profound relationship with the natural beauty that emanates from these rolling forested hills, the fields, ponds, prairies, and wildlife...they are timeless, and forever a part of me.

As a young boy growing up in the sixties, there was not one section of woods, or far corners of the property, that I did not explore and become familiar with. My best friend and I hunted arrowheads in the fields, hunted old bottles in abandoned forest preserve homesteads, and we knew every creek, gully, wash, and hill in the square mile of woods behind my house. We played hide and go seek on horse-back in the pines back when you could look over the tops of the trees. We camped out, built forts and tree houses, dammed up Mill Creek to make a swimming hole, and made top-secret paths to our most favorite destinations. In the winter, we ice skated and tobogganed on Groundhog Slough and built fires on the ice to watch them melt through. Back in the innocent days of no cell phones, you just had to make it home for dinner.

When I walk around today I remember it all...where we camped, the tree we carved our initials in (still barely visible), the old swimming hole, and the rocks we used, still there. This land has become a part of who I am. It is always with me. Today, I am much more appreciative of its beauty, its history, and its preservation. My favorite spot on the farm is the prairie looking north to our pine forest. It is a place to go to cast my thoughts and think about things. I have watched those pine trees sway in the wind and disappear into whiteness from a snow shower...so peaceful. The maple ravine behind camp is another favorite, especially in fall. If you time it right, you can shake the trunks of the smaller trees and all the bright yellow and orange leaves fall off, rain down on you, and then cover the forest floor.

I know for me this place and this land is very personal. Four generations of my family have lived here. I also know for many of you it has a very special place in your heart. The Center celebrates its ninety-first anniversary this November. That is nearly one-hundred years, a century, in the making. The dream, the whole concept, has been organic in nature from the very beginning. We have unfolded to the needs of people, thousands and thousands of people. You might be involved in a program here, or you might volunteer, but please do not forget, we also invite you to take a walk in our woods, or around the farm, and simply take in the beauty of this magnificent land and treasure. We have worked so diligently over nearly a century to remain as rustic and natural as possible. We prefer a beautiful walk in the woods up the hill to our chapel over a parking lot right next to it. We have managed to keep a sixty acre working farm just that...a farm.

The land is a gift to everyone, and to future generations as well, to enjoy and appreciate the natural world and the magnificent creation God has bestowed on us. It is not just pretty scenery, it reflects who we are and the community we have built together. As always, your care and support are so graciously appreciated!

Spiritual Offerings

SERVICES

Sunday Vespers

8:30 a.m. in the Forest View Room

Reminiscent of the early house churches, this gathering incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom, and you are invited!

12:30 p.m. in the Chapel

Please join us each week for a non-denominational service of music, meditation, and prayer. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. All are welcome! *Please note that 12:30pm Vespers will meet in the Great Hall at the Lodge on Sunday, November 12th.

Thanksgiving Communion Service - Thurs., Nov. 23 at 9:30am

You and your family are invited to join us for a special Chapel Communion Service. Let's gather around Christ's table to thank the Creator of all Blessings in preparation for our celebrations at home. Hope to see you there!

EVENTS

Next Anniversary Dinner and Renewal of Vows on December 17 at 4:30pm

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your October, November, and December wedding anniversaries here at The Center on Sunday, Dec. 17th. Beginning with fellowship in the Great Hall at 4:30pm, enjoy a delicious candlelight dinner followed by a meaningful Renewal of Wedding Vows ceremony in the Wayside Chapel.

For reservations, please contact our front office at 708-361-3650 to make your payment of \$105 before Dec. 12th.

SPIRITUAL DIRECTION

Spiritual Direction (Companionship) is a long time non-denominational practice that offers a person confidential space to reflect on the connection between life and God's presence. A Spiritual Director is trained to listen with compassion and to help navigate through life's challenges from a divine perspective. To make an appointment, call The Center at 708-361-3650, and one of our spiritual directors will return your call to schedule a meeting. The fee is \$30 per session.

MEDITATION

Mindfulness Sunday mornings 11a.m.–12 p.m. (FVR)

Mindfulness: the practice of being present to what is with kindness and curiosity. We invite you to come and find the support, guidance, and companionship that you need to be present wherever you are in life. Please contact Dan Morley with any questions you may have at 708-280-3945.

Loving-Kindness Meditation (Metta) Monday Mornings at 9a.m.

All are welcome to gather in the Forest View Room for 30 minutes of silent meditation. This is primarily a group prayer for peace in the world beginning with ourselves. No registration is needed.



MINISTRY OPPORTUNITY

The focus for donations hosted by **The Good Seeds Ministry** will be Outerwear Clothing during the winter months. This November, we will collect winter wear such as coats, mittens, and gloves, hats, scarves, etc., Donations may be placed in the large beige wicker box located on the front porch of The Lodge.

We currently have a large population in the city of Chicago in need of warm clothing, so we appreciate your help. If you have any questions, please email Ann Touhy at admin@thecenterpalos.org or goodseedsministry@thecenterpalos.org

The Center Singers

Welcome Center Singers! The choir has practice on Mondays at 5:30pm in the Great Hall. If you've thought about joining but are unsure, please come. We will sing on November 12th at the Annual Meeting Vespers Service and on December 10th during the Advent Vesper Service. It continues to be Penny's pleasure to direct this talented group. If you have any questions, please contact Penny Wills at 708-436-2315.

A Sneak Peak into December -

Pilgrimage to the Manger Sat., December 9 at 5:30pm

We begin in the Lodge where we will dress with Judean head scarves in order to follow Mary and Joseph on their pilgrimage to the manger. Bring warm coats and mittens for the walk across the bridge to the farm. The shepherds with their sheep and the Magi on horseback will join us on the pilgrimage. Rev. Nancy Nemeth will lead us in Scripture and Linda Gall will lead us in carols as we each experience again the miracle of that First Christmas. It is truly a special night for both children and adults. A free will donation is greatly appreciated. All proceeds support the mission of The Center.

Advent Chapel Services

This year Advent begins on December 3rd. The Wayside Chapel is arrayed in seasonal greenery and beautiful candlelight as we prepare our hearts for Christmas. Each Sunday of Advent will have a different theme, and on Dec. 10th The Center Singers will sing about Mary during the 12:30pm Vespers.

NEW TIME FOR OUR CHRISTMAS EVE SERVICE!

On Sunday, December 24th, we will have a special Communion and Candlelight Christmas Eve Service at 2:30pm in the Great Hall of The Lodge. There will only be one service that Sunday, and all ages are welcome!

*****Please Note: There will be no Christmas Services on Sunday, Dec. 25th to allow families to celebrate the birth of Jesus at home together.**

Program

Join TOASTMASTERS!

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

If you are interested in improving and practicing your public speaking skills, we invite you to join our supportive group. We take turns leading the meetings and giving speeches, and we have fun doing it. We're all in this effort together and gain confidence from the encouragement of each other. We invite you to come as a guest to the next meeting and to consider becoming a Center Toastmaster.

Contact Lois Lauer at loislauer@sbcglobal.net for details.



WOMANTALK DISCUSSION GROUP

Tuesday, November 28th, 10 a.m. – 11:30 a.m.

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the parlor to nurture and support each other's personal journey of creativity and self-discovery. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 26th year, focuses on living authentically, joyfully, simply and gratefully. As you reflect on November's Joyful Simplicities consider bringing, or perhaps even writing, a grace to share when we gather together. If you have any questions, please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org



The Children's Farm
NOVEMBER OPEN FARM HOURS
Friday, Saturday and Sunday 10am-1pm
Animal Barns • Hayrack-Rides • Walking Trails • Concessions

ADMISSION: \$8/PERSON FOR AGES 2+

*PLEASE NOTE: THE FARM IS CLOSED SUNDAY, NOVEMBER 12TH



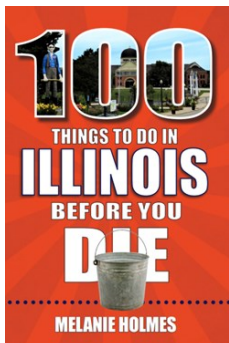
WOMEN'S CHRISTMAS RETREAT: Preparing Our Hearts and Our Hearths for Christmas

Saturday, December 2, 9 a.m. to 5 p.m. Retreat fee \$90.

We gather for our very popular annual women's Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts, fireside fellowship, and time for reflection, this women's retreat is always a wonderful way to get in the spirit of the season. A day full of creativity and Christmas Spirit! Retreat leader: Lois Lauer.

Luncheons

Luncheons run from noon until 2 p.m., cost \$32 per person, and offer a delicious meal and the best in entertainment and educational programming.



Tuesday, November 7

"100 Things to Do in Illinois Before You Die" with author Melanie Holmes

Come welcome Melanie back to The Center as she shares secrets from her fifth book. Her newest book promises to spark ideas for places to...eat, float, ride, play, wander, and stay in places you may never have thought existed. Note: Many of the items Melanie will discuss are free or at minimal cost to enjoy.

Tuesday, November 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." Her latest is a children's book, "Only One Me on Our Big Blue Marble."



Tuesday, November 21

"Songs of Gratitude and Renewal" by Mark Dvorak

Singer songwriter Mark Dvorak returns to The Center for a special concert of songs and stories celebrating the turning of the year and the giving of thanks. The program features plenty of humor, sing along favorites, selections from the Great American Songbook, great banjo picking and more. In 2012 Dvorak was named "Chicago's official troubadour" by WFMT Midnight Special host Rich Warren. His original songs have been called "wondrous" and "profound." To date he has released twenty albums and has performed in almost all of the United States and has made visits to Finland, Canada and Ireland.

Tuesday, November 28

"Pierre Salinger and the 1000 Days of Kennedy's Camelot" with Terry Lynch

Pierre Salinger was the White House Press Secretary and one of the most trusted advisers of the 35th President of the United States, John F. Kennedy. This program, told through the eyes of Salinger, will not only cover the tragic events of November 22, 1963, but the 1000 days that made up the Kennedy administration. Learn about the close relationship Salinger had with the President and the unique perspective he had on some of the most dangerous times of our country's recent history, as actor Terry Lynch brings these fascinating events to life.



Farm & Nature Discovery School

The first month of school FLEW by! The children had a wonderful time transitioning into their new classrooms and jumping right into all our fun activities. We are very excited for fall and are so excited to see what exciting things this school year has to bring.

In November, our children will be exploring Art in Nature! They will be making different crafts and art projects in nature and with nature. They will explore different patterns, colors, textures, and shapes while exploring their outdoor environment. They will also take a peek into art history and learn about different artists who enjoyed using nature in their art or as inspiration for their art. They will create their own nature-scapes, nature collages, and so much more this month. November is also National American Indian Heritage Month. Our classrooms will explore a rich history and culture of Native Americans and the indigenous people from our area and across North America.

We will also have a week focusing on friendship and thankfulness right before we head off to fall Break. We will encourage children to think about what makes them happy in their lives and why they are thankful for the things that they have. The children will have school family feasts in their classrooms with parent volunteers to help facilitate these wonderful parties.

There is still time to join us for the 2023-2024 school year! Morning spots filled up quickly, but we have availability in our afternoon classes that run from 1:00-3:30 PM for Preschool and Pre-Kindergarten. We also still have spots available in our half and full day Kindergarten program. If you or someone you know would like to learn more about our school, or would like to set up a tour, I, Danielle Bell, can be contacted at 708-361-8933 or email me at FarmandNature@TheCenterPalos.org.



SHOPPING EARLY FOR CHRISTMAS?

Consider these gifts that benefit the recipient AND The Center!

- * Sustainably raised meat, eggs and honey from our SAGE program
- * A gift certificate to an art class, retreat, summer camp, annual family farm pass, or other Center program
- * Bring a friend or give tickets to a Christmas tea or Luncheon
- * Make a gift to The Center in honor of someone you love by making a charitable contribution.
- * Shop at the Fellowcrafters Gift Shop...often! The shop is filled with lots of wonderful hand-knitted, hand-crocheted, hand-sewn, and hand-crafted items....all waiting for you to fall in love with them and take them home---for gifts and for your Christmas decorating!
- * Buy a fresh Christmas wreath or log reindeer from The Center
- * Shop on The Center's eBay site: <http://stores.ebay.com/The-Shop-at-The-Center-Palos-Park>



November/ December Art Classes for Children and Teens

KIDS' SEWING WORKSHOPS Instructor: Angela Gonzalez, Open to students in 3- 8th grade

FLEECE MITTENS

Sunday November 19, 10:00-11:30 Workshop fee: \$19 plus a \$6 materials fee

Choose from cozy fabrics and learn the zig-zag stitch to sew your own warm and wearable mittens.



KITTY CAT COIN PURSE

Sunday November 19, Noon – 1:30p.m. Workshop fee: \$19 plus a \$6 materials fee

Sew a cat shaped zipper pouch from colorful fabric and learn to sew in a zipper and add a key ring to this portable project.

PLUSH CHRISTMAS TREE ORNAMENTS

Sunday December 3, 10:00a.m. – 11:30a.m.

Workshop fee: \$19 plus a \$6 materials fee

Hand sew mini felt tree ornaments, stuff and finish with ribbons, buttons and pom poms.



NEW

FAMILY ART CLASS: CHRISTMAS STOCKINGS

December 10, 10:00a.m. – 11:30a.m.

Workshop fee: \$25 plus a \$13 materials fee (per group of 2)

A class for Moms, Dads, Grandparents or any family members to take along with a child. Working together you will each sew a Christmas stocking. We will add trim and customize each stocking with a festive message or monogrammed name.

KIDS SHRINKY DINK ORNAMENTS WORKSHOP Instructor: David Carlson

Friday, November 10, 4:00p.m. – 5:30p.m. Workshop fee: \$19 plus a \$5 Materials fee

Create multiple holiday themed drawings on shrink material, bake it in the oven to shrink, then turn it into an original Christmas Ornament. Open to students in grades K-5

KIDS WEAVING WORKSHOP Instructor: Corrine Miller

Saturday, November 11, 10:00a.m. – 11:30a.m.

Workshop fee: \$19 plus a \$4 materials fee

Students can choose from a wide variety of colorful yarn then learn how to weave while creating a wall hanging or placemat. Open to students in grades 1-8



KIDS WINTER WATERCOLOR STILL LIFE WORKSHOP Instructor: Corrine Miller

Saturday, December 2, 1:00p.m. – 2:30p.m. Workshop fee: \$19 plus a \$3 materials fee

Using a variety of seasonal objects such as greens and ornaments, students will arrange a still life arrangement. Then learn they will drawing and painting techniques to complete a holiday inspired watercolor painting. A great image to use for Christmas cards! Students can bring something from home to add to the still life! Open to students in grades 1-8

POTTERY FOR TEENS Instructor: Madeleine Burns

Four Wednesday nights beginning November 1, 6:00p.m. – 8:00p.m. Class fee: \$90 plus a \$20 materials fee Students will learn hand building techniques with clay as well as taking turns on the pottery wheel. Open to students in grades 6 – 12

November/December Schedule of Art Classes for Adults

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

ART OF GRATITUDE Instructor: Karen Signore

Sunday, November 19, 1:00p.m. - 4:00p.m. Workshop fee: \$35 plus a \$10 materials fee

The practice of gratitude enhances our well-being and quality of life in many ways. When we are in a state of gratitude, our focus on appreciating what we have attracts more to be grateful for. Join us in this season of Thanksgiving as we count our blessings and experience the power of gratitude. Through guided meditation, gentle movement, mixed media art experiences and transformative whole brain journaling techniques you will reflect on gratitude and explore practices for cultivating a grateful mindset and integrating gratitude into your daily life. Class held in Log Cabin #1. Based on The Creative Journal Expressive Arts Institute (TM) method, Project Insight (TM).



BASKETRY Instructor: Ann Marie Jagiella

Two Fridays, beginning November 3, 12:30p.m. – 3:30p.m.

Class fee: \$65 Plus a \$25 materials fee

Ann Marie will work with each student individually to create their own basket by choosing from a variety of colors and reed options.

BASKET ORNAMENT Instructor: Jane Dwyer

Friday, December 1, 1:00p.m. – 3:00p.m.

Workshop fee: \$22 plus a \$5 materials fee

By working with basketry reed, you will learn the steps to weave your own mini basket that can be used as an ornament or decoration for the holidays.

BEGINNING MANDALA DRAWING WORKSHOP Instructor: Robin Neumann

Friday November 3, 9:30a.m. – Noon

Workshop fee: \$25 plus a \$4 Materials fee

Learn the calming and meditative art of Mandala making. We will be using colored pencils and gel pens to create fall mandalas. Design inspiration and all materials provided.



CHRISTMAS TREE PORTRAIT ORNAMENTS Instructor: Kara DeKarlo

Saturday December 9, 1:00p.m. - 3:00p.m.

Workshop fee: \$22 Plus an \$8 Materials fee

Learn to paint a glimmering Christmas Tree on wood, perfect to hang as an ornament of gift to someone you love.

COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning January 3, 9:30a.m. – noon, Class fee: \$145 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!”



GIFTS FROM THE SEA BOOKMAKING WORKSHOP

Instructor: Marge Boyd

Monday, November 13, 10:00a.m. – Noon

Workshop fee: \$22 plus a \$3 Materials fee

Learn to make a small book with folded pages. The pages are stair-shaped and made of various colored papers. A simple style of lettering will be included.

FOLKARTS WORKSHOPS Instructor: Lois Lauer

Fun workshops in which we create beautiful nature-themed decorative crafts



CHRISTMAS SWAGS AND TIN BELLS

Friday November 24, 2:00p.m. – 4:00p.m.

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

Simple-to-make decorations for your door or your wall. At 2 pm, using tin can lids, we'll create chains of antique looking tin bells. At 3, we'll make swags of Fresh Balsam Fir and Pine branches, plus tin bells for those who chose to come at 2 pm, or pinecones for those who join us at 3. Finished off with seasonal ribbon, the swags are a beautiful way to add a touch of natural Christmas Spirit to your home. This workshop is guaranteed to be way more fun than going shopping on Nov. 24! If you have any of the following, please bring (if not we have extras): pruners to cut the evergreens; work gloves, needle nose pliers, and 12 tin can lids for the tin bells)

CHRISTMAS SWAGS WORKSHOP,

Friday November 24, 3:00p.m. – 4:00p.m.

Workshop fee: \$13 plus a \$7 materials fee

Create a swag of fresh Balsam Fir branches finished off with seasonal ribbon for your door or wall.

HANDPAINTED ORNAMENTS Instructor: Donna Hughes

Tuesday December 5, 9:30a.m.-11:30p.m.

Workshop fee: \$22 plus a \$15 materials fee

By using watercolors and mixed media on porcelain and rustic wood ornaments students will create a variety of original hand painted ornaments.



HERBAL SALVE MAKING CLASS Instructor: Andrea Mento

Saturday December 9, 1:00p.m. – 2:30p.m.

Workshop fee: \$18 plus a \$15 Materials fee

Learn to make your own 2oz tins of an herbal concoction using beeswax and olive oil that can be used as a moisturizer for lips and hands. Infuse fresh or dried herbs such as lemon balm, lavender and lemon verberna in oil with the option of incorporating essential oils.



HOLIDAY SIGN IN CHALK PASTELS Instructor: Sandy Safranek

Saturday, November 4, 12:00p.m. -3:00p.m.

Workshop fee: \$33 plus a \$16 materials fee.

Become familiar with chalk pastels as a drawing medium, while completing a drawing of a holiday sign for either Thanksgiving or Christmas. Please bring some design ideas to use as a reference. The instructor will also have some available for students to use. Your sign will be a perfect way to welcome the holidays!

LITHUANIAN STRAW ORNAMENTS Instructor: Ann Marie Jagiella

Friday, December 1, 10:00a.m. – noon, Workshop fee: \$22 plus a \$10 materials fee

Learn to construct your own ornaments in geometric designs.



LAPIDARY Six Monday mornings with Instructor Larry Rothenberg

Starting January 8, 9:00a.m. -11:00a.m., Class fee: \$145 OR

Instructor: Jackie Burger, **Four Monday nights starting November 20, 5:00 – 7:00 p.m. Class fee: \$95**

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.

LAPIDARY WORKSHOP Instructor: Larry Rothenberg

Saturday, November 11, Noon – 2:00p.m. Workshop fee: \$22 plus a \$5 materials fee

Learn the art of rock polishing! Each student will choose a rock to cut and grind into shape on our grinding wheels then polish it up and make it into a necklace! A perfect gift for the holidays!

METALSMITHING FOR JEWELRY Instructor: Mary Michaelson
Five Tuesday nights, beginning January 9, 6:30p.m. – 8:30p.m. or
Five Thursday mornings beginning January 11, 9:30a.m. – 11:30a.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.



PAINTING WORKSHOP: MUSHROOM HOUSE VILLAGE

Instructor: Heaven Newsom

Friday November 10, 6:00p.m. – 7:30p.m.

Workshop fee: \$20 plus a \$5 materials fee

A painting workshop for artists of all ages! Heaven will show you step by step how to create this fun paintings, all materials provided. Students ages 12 and under must be accompanied by an adult who is also registered.

PAPERMAKING WORKSHOP: WINTER WHITES

Instructor: Marilyn VandenBout

Saturday, December 2, 10:00a.m. – Noon,

Workshop fee: \$22 plus a \$5 materials fee

Create a set of handmade paper ornaments! Pour paper pulp into different shapes and press those shapes onto textured surfaces creating snowflakes and snowmen shapes.



POTTERY Instructor: Madeleine Burns

Four Tuesday nights starting November 7, 6:00p.m. – 8:30p.m.

Class fee: \$115 plus a \$35 materials fee

Students will learn to create pottery pieces by hand as well as taking turns on our pottery wheels 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 WORKSHOP: MAKE A PILLOWCASE Instructor: Chris Walsh

Monday, November 13, 6:00p.m. – 8:00p.m. Workshop fee: \$25

Chris will show you how to construct a pillowcase. Bring your sewing machine, all accessories, cord and foot pedal, empty bobbin, scissors, 6- inch seem gauge, tape measure, pins and a spool of all purpose sewing thread that matches your fabric selections. 1/3 yard of cotton fabric for pillowcase band (print or solid), ¾ yard of cotton fabric for main section (print or solid)

SHRINKY DINK ORNAMENT WORKSHOP Instructor: David Carlson

Tuesday, November 21, 10:00a.m. – noon Workshop fee: \$22 plus a \$5 materials fee

Create multiple holiday themed drawings on retro Shrinky material, put them in the oven and they will shrink down and then create your own original Christmas ornaments. Learn fun drawing techniques and get a start on your holiday gifts.



STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday November 5, 10:00a.m. – 2:00p.m.

or Sunday January 7, 10:00a.m. – 2:00p.m.

Workshop fee: \$100 plus a \$50 material fee per workshop

Learn the steps to create a stained glass sun catcher from start to finish using the copper foil method. Students will choose glass colors and cut their glass then grind, foil and solder as to finish your project. There will be multiple designs to choose from and you will be able to take your project home by the end of class. All supplies provided.

WATERCOLOR PAINTING Instructor: Lenox Wallace

Three Wednesday evenings beginning December 6, 6:00p.m. – 8:30p.m. , Class Fee: \$74

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. Experienced painters work individually with occasional guidance and critique. Materials list can be accessed through this link: www.thecenterpalos.org/watercolors

WATERFALL CARD AND BOOK CLASS Instructor: Barb Thompson

Tuesday, November 28, 10:00a.m.- noon Workshop fee: \$22 plus a \$3 materials fee

Learn to create uniquely folded winter/ holiday cards. Participants will learn to fold, arrange and assemble seasonal decorative papers in a waterfall card and book.



WINTER LANDSCAPE DRAWING WORKSHOP

Instructor: Sandy Safranek

Saturday, November 11, 1:00p.m. - 3:30p.m.

Workshop fee: \$27 plus a \$10 materials fee

Become familiar with both black and white charcoal as a drawing medium, while completing a drawing of a Winter landscape scene. Please bring some pictures of Winter scenery to work from. The instructor will also have some available for students to use. Your drawing could be the perfect illustration for your Christmas cards!



WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday January 4, 9:00a.m. –11:00a.m., Class Fee: \$120

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 projects such as a bird, a shoe or an egret. If you're experienced, you may design your own projects. Wood and bench knives are available for purchase in class from the instructor (approximately \$25 for wood and bench knives)

WOODCARVING WORKSHOP Instructor: Larry Rothenberg

Saturday November 11, 9:00a.m. – 11:00a.m. Workshop fee: \$20

Come to this Woodcarving Open House and learn about all that can be carved out of wood. Students will experiment with learning how to carve while being exposed to a variety of woodcarvers and their art.



WREATHMAKING Instructor: George Mitchell

-a circle of fresh greens for Christmas!

Monday evening, Nov. 27, 7:00p.m. – 9:00p.m.

Class fee: \$22 plus \$16 materials fee (bring your own pruners)

Let professional floral designer George Mitchell help you to create a beautiful fresh balsam fir wreath complete with pinecones and a red velvet bow, just in time for the Christmas holidays.

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

HOLIDAY SELF CARE FOR PEACEFUL AND MEANINGFUL HOLIDAYS Instructor: Karen Signore

Sunday, December 3, 1:00p.m. – 4:00p.m. Workshop fee: \$45

The holidays can be a festive, time of celebration, meaning and rich traditions. They can also be stressful, rapidly filling our to do list and calendars, bringing up challenging relationship dynamics, and difficult emotions. This can leave us feeling depleted. Join us for a cup of tea and a nourishing afternoon of guided meditation, expressive arts and journaling exercises. You will receive guidance from your wise inner self; identify holiday energy drains and energy boosters; learn simple creative tools to release stress and explore possibilities for holiday self-care in order to bring more peace, joy and meaning into your holiday experience. Based on The Creative Journal Expressive Arts Institute (TM) method, Project Insight (TM). Held in Log Cabin #1.

GENTLE YOGA Instructor: Carolyn Harms

Four Friday mornings, beginning December 1, 9:30a.m. – 10:45a.m. Class fee: \$56

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. Bring your own yoga mat and props.

SLOW FLOW YOGA Instructor: Danielle Schaar

Five Thursdays starting November 9, 6:00p.m. - 7:15p.m. Class fee: \$70

This 75-minute yoga class combines Hatha Yoga and functional mobility to help students gain strength, flexibility and ease in movement. We'll finish by setting into a restful mediation finding peace in body and mind.

TRANQUIL YOGA Instructor: Debbie Jacob,

Four Mondays starting November 20, 6:15p.m. – 7:15p.m. Class fee: \$48

Start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to our everyday posture transitions. Class will take place in the beautiful forest view room in the lodge. Bring your own yoga mat and yoga strap.

GONG BATHS Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner

Sunday November 19, 6:00 - 7:00 p.m., or Sunday December 3, 6:00p.m.-7:00p.m. Fee: \$25 per event

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.

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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. Any cancellations made by students will subtract a \$10 administration fee. 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.

Save the date... Do your holiday shopping here at The Center!

Annual Art Show

Saturday November 18, 10:00a.m. – 2:00p.m.

Our biggest show of the year! Art displays by teachers and students of The Log Cabin Center for the Arts throughout the lodge and art center.

Rustic Holiday Market

Saturday December 9, 9:00a.m. – Noon

The Fellowcrafters will take over the Great Hall of the lodge with beautiful handmade holiday items, our SAGE program will have a seasonal farm stand and holiday arts and crafts will be for sale in the art center! Come on out and get some shopping done while supporting The Center!

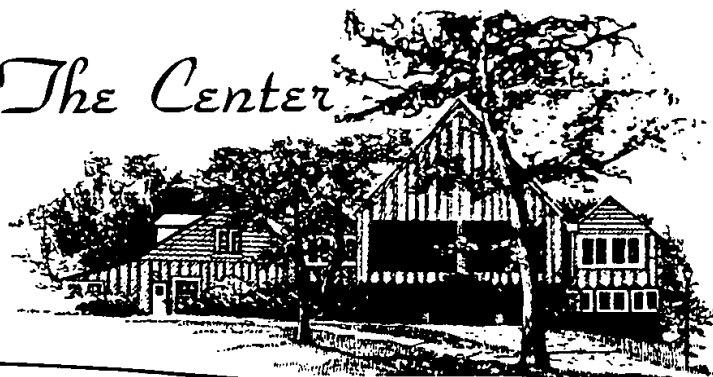


Christmas Wreaths. . .

Please order electronically by October 27

Once again we are providing beautifully handmade balsam fir wreaths with red velvet bows to make your home merry for Christmas. Wreaths are available in 4 sizes: 24, 36, 48, and 60 inches which cost \$22, \$33, \$44, and \$55. You can order the wreaths through The Center's website or by calling the main office. Pick up will be Nov. 24 & 25 at the farm, or by arrangement.

The Center



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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**

Christmas Tea Around the Tree

A lovely chance to gather with friends or family in the Great Hall of The Lodge, around our beautiful twenty-foot-tall Christmas tree! We will serve you punch and delicious tea that was grown in our garden and an assortment of tea party treats, while a musician plays piano. All guests will have the chance to create their own holiday potpourri to take home and holiday storytelling will conclude the event.

Tuesday December 12, 12:00- 2:00 is our kick-off tea that will take place as a Tuesday Luncheon (luncheon style meal) with a special Christmas inspired performance by Jenny Riddle about the history of our favorite Christmas songs.

The other teas will take place on Wednesday December 13, Thursday December 14, Friday December 15 and Saturday December 16, from 2:00 - 4:00 p.m.

Event price: \$43 per person, on sale starting November 16 at 9:00 a.m.

