

February 2024

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.

The Chicago Southwest Suburban Community
Parish and Community Center Foundation
Sunday services 8:30am and 12:30pm
<http://www.thecenterpalos.org> 708-361-3650

INVEST IN YOUTH! Summer Camp – It's so much more than just fun!

To this day my personal memories of summer camp here at The Center are fond ones. I was a camper back in the nineties. My adopted chicken was named Troy and my favorite horse to ride was a big bay mare named Lindy. I remember singing songs around the fire at Indian Hill and catching frogs in the creek. Even back in the nineties when I attended camp, The Center was on its sixth decade of offering a summer camp program for youth. Today's Ranch Campers bunk in the exact same, primitive, electricity free cabin that I once did!

Though we've grown a lot through almost 88 years of camp, one thing remains the same... our commitment to as much innocence and simplicity as we can possibly muster.

Our current Summer Camp programs are one or two weeks of adventure and fun while being immersed in the outdoor atmosphere of The Center where respect for people, respect for animals, and respect for all nature are top priorities. Having been a part of The Center's camping program, in some capacity, for over thirty years now, I can confidently say that the formative experiences children have at camp directly mold their character into adulthood. The Center's farm and nature based summer camps have had long lasting impacts on thousands of children. Our programs have helped to develop veterinarians, ecologists, scientists, teachers, activists...and perhaps more importantly, we have helped to develop thoughtful friends, loving family members, empathetic neighbors and upstanding community members.

So, what's a session of camp worth to a child these days? Well if you feel like we do – you know it's worth a whole lot! For multiple generations we've worked hard to hold onto that feeling, that idea, that there is much wonder, awe and growth in the simplest and most natural of things. We aim to provide children with experiences that stay for a lifetime... cantering on a horse for the first time, getting ridiculously muddy in a creek with your cabin mates, listening to the crickets, frogs, and the occasional yelps of coyotes, eating a perfectly cooked hotdog or s'more straight from the campfire, climbing a tree with your best friend, or coming through with teamwork to "capture the flag" or find the most "gold".

Camp is an unplugged experience (no cell phones!) filled with community, personal growth, self-discovery, nature and fresh air! Camp is grounding. Camp is valuable.

It was in the 1940's when The Center's volunteer camp committee first recognized the need and the value of giving scholarships to children who would otherwise be financially unable to attend. That tradition is still alive and well at The Center today and probably more important than ever! Our scholarship goal for 2024 is an ambitious \$50,000 and the only way we will reach it is with your generous support. Our in-person fundraising event, Night to Linger, is being held on February 29th. This will be a great evening in the Lodge of raffles, auctions, camper impact statements, dinner and fellowship. You can purchase your tickets via our website or log on the week of and electronically bid on the auction items! Additionally, electronic donations via our website can be made in any amount at any time, or we've included a Camp Scholarship donation envelope to help facilitate your contribution if you prefer to mail one.

Please help us enrich the lives of children in need. Summer camp provides unique growth experiences for youth that are impossible to replicate in other settings. Please, invest in your community. Invest in youth. Invest in our future generation.

Much love and thanks,

Spiritual Offerings

SERVICES

Sunday Vespers

8:30 a.m. in the Parlor (New Location)

We've moved to the Lodge Parlor to be more accessible to our visitors and friends. This early morning gathering incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and building community, and you are invited!

12:30 p.m. in the Chapel

Each Sunday, we have a non-denominational service of music, meditative message, and prayer. Immediately following Vespers, we gather in The Great Hall of The Lodge for a time of fellowship and light refreshments. We would love to have you join us!

The Center Singers will join us for 12:30pm Vespers in the Chapel on February 25th. Come and enjoy the special music they share.

Communion Sunday on February 4th, 8:30am and 12:30pm

On the first Sunday of every month (except December), we celebrate the Lord's Supper. Non-alcoholic juice and gluten-free bread are provided, and all are invited to partake.



ASH WEDNESDAY SERVICES - NEW TIMES!

February 14th at 9am and 7pm in The Wayside Chapel

As we begin the Lenten season, a brief meditative message will be offered and ashes will be distributed. Come and enter the solace of a new Lenten journey this Ash Wednesday.

MEDITATION

Mindfulness

Sunday mornings 11 a.m. – 12 p.m. in the Forest View Room

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) Mondays 9:00 a.m.-9:45 a.m.

All are welcome to gather in the Forest View Room for 45 minutes of getting centered for the beginning of a new year. Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. No registration is necessary.

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.



GOOD SEEDS MINISTRY'S WINTER CLOTHING DRIVE

Due to the dire need of warm clothing for migrant families in Chicago, we are extending the collection of donations to include warm weather clothing and footwear for all ages. Until the end of February, the large beige wicker box will be for donations such as sweaters, sweatshirts, fleece pants, socks, thermal underwear, boots, etc.,

Thank you so much for your continued generosity. We have been able to deliver multiple shipments of outer winter wear to the immigrants in Chicago since November, and they are so grateful for your support. If you have any questions, please email Reenie Morrison at goodseeds@thecenterpalos.org

Learn more about setting boundaries and responding to them in a small group setting based on the Book of Boundaries: Set the Limits that Will Set You Free. Tuesday Mornings 9:30am-11am Forest View Room

Join us for the rest of the February sessions on Feb. 6, 13, and 20. We will be using Melissa Urban's Book of Boundaries to learn healthy tools in setting clear boundaries. This is a powerful and practical guide to build feelings of security, confidence, and freedom when communicating your needs, navigating through boundary guilt and pushback, and creating healthy habits around self-care and relationship building, interpersonally and professionally.

Books may be borrowed from the library or bought on Amazon. A free-will offering is appreciated. Register by emailing Rev. Nancy at waysiderev@thecenterpalos.org or calling the front desk at 708-361-3650.

Program/Events

ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, February 4th, 2024 at 4:30pm

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your January, February, or March wedding anniversary here at The Center on February 11th. 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 Chapel. For reservations, please contact our front office at 708-361-3650 to make your payment of \$110 before Jan. 26th.

Join TOASTMASTERS: For a New Confident You in 2024!

Wednesday evenings, February 7th & 21st, 7:00 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. For more information, see Lois Lauer.

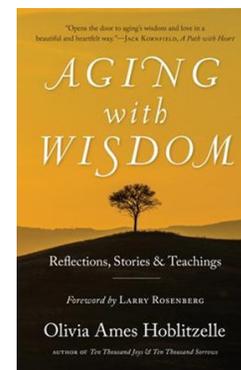
New women's personal growth offering this winter: **AGING WITH WISDOM!**

4 Thursdays mornings, Feb 8-29, 10 a.m. – 11:30 a.m.

Prospective participants are invited to a no-obligation overview session on Thursday February 1, 10-11 a.m.

Seven and a half years into retirement herself, The Center's former program director, Lois Lauer returns to facilitate this thoughtful program, which is based on "Aging with Wisdom" by Olivia Ames Hoblitzelle. Through a combination of ancient wisdom, practical pointers, and tender stories, the book invites us to live fully, joyfully, gratefully, and with purpose at every stage of our lives.

Program fee for 4-week program: \$50. No charge for introductory session on Feb. 1st and no need to make a commitment to the next 4 weeks until after Feb 1. Students are asked to purchase their own book (or obtain it from the library system) and to read the first assignment before the Feb. 8 class. We'll meet in the newly accessible parlor of the lodge.



Womantalk Discussion Group

Tuesday, February 27, 2023 from 10-11:30

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 journeys of creativity and self-discovery. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 27 year, focuses on living authentically, joyfully, simply and gratefully. If you have any questions please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org.

BREADMAKING Instructor: Lois Lauer

Sunday, February 25, 1 - 5 p.m.

Meet in the Lodge kitchen and dining room. Learn the ancient art of making bread from Lois, who loves the entire process, from proofing the yeast to kneading the dough, from shaping the loaves to buttering their freshly baked surfaces. We'll each make a loaf of bread. While we're waiting for the bread to rise and bake, we'll taste and learn about a variety of breads made with different grains, and formed into various shapes, and learn more about the process and history of bread making. **Class fee: \$28 plus \$10 materials fee. We'll supply the bread pans because the loaves will be removed from the pans as soon as they are out of the oven. Bring a basket or box and a lightweight kitchen towel for taking home your warm bread. Pre-registration required.**



GARDENING 101

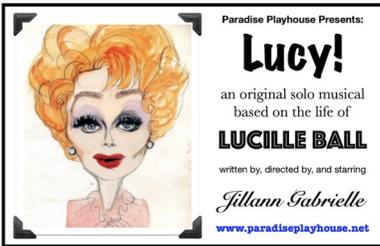
Sunday afternoon, March 24, 1:30- 4 p.m.

Meet in the Forest Room of the Lodge.

Let Lois Lauer help you learn to garden effectively, enjoyably, and sustainably! Topics to be included are garden planning, soil fertility, organic gardening, perennial and annual vegetables, how to grow herbs, potatoes, onions, and garlic, planting times, direct seeding vs. transplants from a garden center, and a month-by-month plan for a great garden of herbs and vegetables from March through November, and maybe even longer! Lois and a team of fellow garden volunteers grow a large vegetable, herb, and fruit garden at the farm and Lois wants to share some of the joy and lessons she's learned. **Class fee: \$ 20 plus \$8 materials fee which includes the cost of seed trays, soil, and the seeds which each student will plant at the end of class. (seed choices will include tomatoes, peppers, cucumbers, basil, marigolds, and nasturtiums). Pre-registration required.**

Luncheons

run from noon until 2 p.m., cost \$34 per person, and offer a delicious meal and the best in entertainment and educational programming.

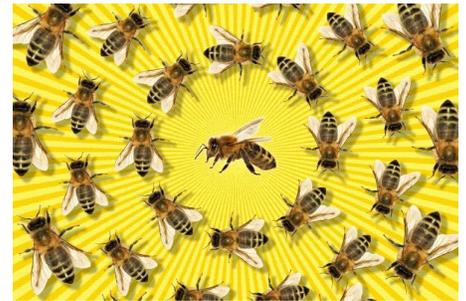


Tuesday, February 6 Jillann Gabrielle is "Lucy!"

A new one-woman musical from Jillann Gabrielle! You'll get to peer into the deep recesses of Lucy's mind and emotions, her struggles and her triumphs. Exhaustively researched, brilliantly written, and radiantly performed, "Lucy!" is another feather in the cap of Jillann's original solo musical series.

Tuesday, February 13 Pete Soltesz & "The Life of Bees"

Bees are complex, industrious little creatures which sometimes seem to defy laws of nature. Their survival is based on a colony structured as a living "Super-Organism" consisting of 50-60,000 Workers, a few thousand Drones, and one Queen. A colony depends on one bee, yet relies on the independent achievements of all. But, how does the Queen govern the hive and where are decisions really made? How well have they been able to adapt to changes in their environment over the past several decades? Please join us for a lunch with Pete Soltesz, the Children's Farm's very own beekeeper. He'll share the answers, discuss why bees are so important, and talk about what we can do to help!



Tuesday, February 20

William Pack & "Mind Games 2—The Science of Curious Thinking"

Packed with interactive games, William returns with a second edition of his popular "Mind Games" program. In this program, he reinforces the concepts in "Mind Games 1" (but you don't need "Mind Games 1" to participate) and adds even more ways our brains are hardwired to believe things that defy logic and facts. He'll show you how our brains seek out patterns and try to make meaning out of nothing. As always, William will remind you on the proven ways to preserve brain health.



Tuesday, February 27 Terry Lynch is Ben Franklin

Inventor, statesman, printer, writer, and founding father, Ben Franklin did it all! Friend of The Center and fantastic performer, Terry Lynch as Ben will reminisce about Franklin's writings and scientific inventions in a luncheon you don't want to miss.

Retreat

Surrender to the Magic Inside You
Saturday, March 23, 9 a.m.-4 p.m.

Throughout life we experience many versions of ourselves. These versions are created through the events and relationships that we experience. As the chapters of our life story are formed and unfold, we adopt storylines or narratives about ourselves that affect the quality of our lives. It's as if the storylines or narratives that we adopt animate the many versions of ourselves.

However, there is an element that is unchangeable throughout the story of our life and this is our True Self. I refer to this True Self as your magic, your essence, your soul. It can sometimes take decades to uncover and connect to our interior essence, depending on the storylines and narratives that we play and live by. Come join **Danielle Vaquer, LMFT** and other curious souls as we explore ways to connect with our True Self and explore the unique magic that dwells within each one of us, through journaling, conversation, guided meditation and spending time in nature at The Center. **Retreat fee: \$65 includes leadership, lunch and retreat supplies.**

Farm & Nature Discovery School



February is the month of love! We will be spreading out a theme of love, friendship, inclusion, and community during this month. While we do this in our everyday curriculum, we will hyper focus on social and emotional milestones for our students. We will be tying these skills into planned activities that foster sharing, team work, classroom community building, kindness, generosity, empathy, and more. We will have Valentine's Day parties in each session where the children will exchange valentines, participate in themed games and activities, and create a cute craft to go along with the Valentine theme.

February is also Black History Month. Throughout February, we will sprinkle books, crafts, and more to teach our children about artists, authors, teachers, inventors, heroes and more throughout Black History and in our current society. We will also participate in activities and lessons that focus on inclusion, equity, and diversity which will directly correlate to our theme of love and friendship.

The overall monthly theme will be about Biomes! The children will learn about the different climates, focusing on what plants and animals thrive there. They will explore the different types of weather in each biome and how that affects the wild life that lives there. They will learn about the biome that we live in, the Eastern Temperate Forest! They will get outside and explore our biome first hand, making notes of what they find while out and about.

Registration for our 2024-2025 school year opens to the public on February 6th! We are offering the same sessions as usual for Preschool and Pre-Kindergarten. We will offer 2.5 hour sessions in the morning and afternoon on MWF or T/Th. We will also be offering a brand new program! We will be introducing a 5-day Junior Kindergarten program in combination with our 5-day Kindergarten! The class will now be for children 4-6. Information for next year, including tuition rates, is available upon inquiry. 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.





February/ March 2024 Art Classes for Children and Teens

AFTERSCHOOL FUN WITH CLAY Instructor: Corrine Miller

Three Tuesdays starting February 13, 4:00 – 5:00 p.m.

Class fee: \$40 plus a \$12 materials fee

Corrine will have fun projects planned each week creating sculptures or pottery pieces from clay. The possibilities are endless of what your child can create! Open to students in K-5 grade.

KIDS SEWING WORKSHOPS Instructor: Angela Gonzalez

Open to students in 3 - 8th grade

HEART THEMED PILLOWS Sunday, February 11, 10:00 – 11:30 a.m.

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

Sew a soft and squishy Valentine's Day inspired pillow.

CARROT DRAWSTRING BAG Sunday, March 3, 10:00 – 11:30 a.m.

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

Sew a spring inspired carrot shaped bag to put your favorite trinkets and treats inside.

BUNNY STUFFIE Sunday, March 10, 10:00 – 11:30 a.m.

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

Sew your own soft bunny stuffed animal!

KIDS BIRD PAINTING WORKSHOP Instructor: David Carlson

Friday, March 1, 4:00 – 5:30 p.m.

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

Learn techniques for drawing and painting birds and their habitats. A variety of bird images will be available for students to choose from to create their own original painting on canvas. Open to students of all ages

LOG CABIN ART FOR KIDS Instructor: Corrine Miller

Four Saturdays starting February 17, 10:00 -11:00 a.m.

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

Students will learn techniques in painting and drawing as well as fun craft projects. Classes are held in our fun log cabin art center! Open to students in K-5 grade.

POTTERY FOR TEENS Instructor: Madeleine Burns

Four Wednesday nights beginning February 28, 6:00 – 8:00 p.m.

Class fee: \$90 plus a \$22 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

VALENTINES DAY SHRINKY DINKS WORKSHOP Instructor: David Carlson

Friday, February 2, 4:00 – 5:30 p.m.

Workshop fee: \$19 plus a \$5 Materials fee

Create multiple Valentine's Day inspired drawings on Shrinky material. Then shrink them down to become a pendant or key chain. Open to students of all ages.



February/ March 2024 Schedule of Art Classes for Adults

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

BASKETRY Instructor: Ann Marie Jagiella
Three Friday afternoons starting March 8, Noon – 3:30 p.m.
Class Fee: \$115 Plus a \$30 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. Beginners will start with a wooden bottomed bread basket. Open to all levels!

BEES WAX WRAPS Instructor: Andrea Mento
Saturday, February 24, 1:30 – 2:30 p.m.
Workshop fee: \$15 plus a \$7 materials fee

Eco-friendly and reusable food wrappers that are alternative to plastic wrap. They are made of pieces of cotton fabric infused with food friendly beeswax. Wraps are moldable and can be formed around food products. Dimensions vary from small 7x8 (for avocados or onions) or medium 10x11 (for cheese wedges or peppers)



CEDAR BASKET WORKSHOP Instructor: Andrea Mento
Saturday, March 2, 1:30 – 3:30 p.m.
Workshop fee: \$25 plus a \$25 Materials fee

Create a functional harvesting basket using traditional materials of cedar strips. Twill work and checker-weave techniques will be presented and finished with a diagonal folded rim. Dimensions are 10x10 and stands 5 inches tall.

COLLAGE Instructor: April Schabes
Six Wednesday mornings beginning February 21, 9:30 – 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!”

CREATIVE ART JOURNALING Instructor: April Schabes
Meets the last Friday of each month throughout the year, Noon – 3:00 p.m.
Class fee: \$240 for all of 2024

Create a colorful artistic record of your days, your thoughts, your experiences - through words, collages, photos, poems, magazine images, drawings, watercolor and a fun project to add to your journal each month! No excuses!

FOLKARTS WORKSHOPS Instructor: Lois Lauer
Fun workshops in which we create beautiful nature-themed decorative crafts



HERBAL SACHETS

Saturday, February 10, 1:00 – 2:30 p.m. Workshop fee: \$19 plus a \$5 Materials fee
Create some herbal sachets filled with relaxing dried lavender and chamomile flowers or invigorating dried mint and verbena leaves, all grown with love in the farm garden last summer. Can be used to freshen your dresser drawers or thrown in the tub for a relaxing bath or foot-bath. A fun and simple craft for Valentine’s Day. We’ll fill our sachets, add some designs and words of love on the heart shaped fabric, then stitch the hearts together. Plan to make several and give as gifts!

LIVING EASTER BASKETS

Saturday, March 9, 1:00 – 3:00 p.m. Workshop fee: \$22 Plus a \$6 Materials fee
First we will make twine baskets and then fill them with soil and plant grass seed. Lastly we’ll dye a few eggs for our baskets with natural dyes. The result: just in time for Easter, your lovely basket should have a lush layer of real grass surrounding your nature-toned eggs.



KNITTING Instructor: Christy Loughry
Four Friday mornings starting March 1, 9:30 – 11:30 p.m.
Class fee: \$88 plus a \$12 materials fee

This class series will take you through the basic knitting skills of: knit stitch, purl stitch, casting on, binding off, and basic pattern reading. A class for novice knitters, those who are looking to refresh their skills or help with current projects. Class fee includes knitting needles and yarn to start small projects. Students may need to purchase yarn for advanced projects.



LAPIDARY

Six Monday mornings with Instructor Larry Rothenberg starting February 26, 9:00 -11:00 a.m.

Class fee: \$145

Or Four Monday nights starting February 19, 5:00 – 7:00 p.m.

Instructor: Jackie Burger

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.

METALSMITHING FOR JEWELRY Instructor: Mary Michaelson
Five Tuesday nights, beginning February 20, 6:30 – 8:30 p.m. or
Five Thursday mornings beginning February 22, 9:30 – 11:30 a.m.
Class fee: \$120 plus a \$35 materials fee per session

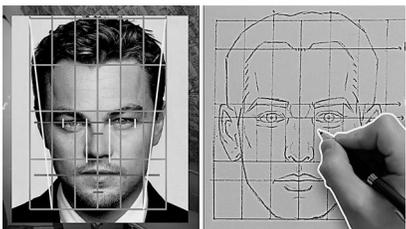
By working with silver, copper or brass students can create either a silver ring or pendant. Learn the basics of metalsmithing such as sawing, filing, sanding and soldering to create your own original jewelry pieces. Students are welcome to bring in stones to create their own settings. Advanced instruction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

NEGATIVE SPACE PAINTING WORKSHOP Instructor: Barb Thompson
Tuesday, February 13, 10:00 – Noon
Workshop fee: \$22 Plus a \$5 Materials fee

Create a unique work of art using acrylic paints. Artists will paint a decorative background and then paint the negative areas.



PORTRAIT DRAWING Instructor: Sandy Safranek
Three Thursday afternoons starting March 7, 1:00 - 3:30 p.m.
Class fee: \$75 plus a \$15 materials fee



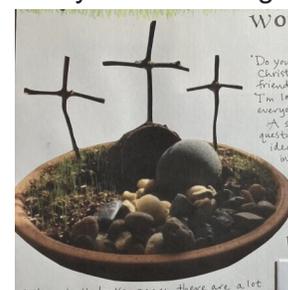
Learn the basic proportions of a human face, from a frontal view, and tips on how to draw individual facial features. You will learn the correct placement of the facial features and basic shading techniques while completing a drawn portrait of a human face. Bring a frontal view picture of an adult to work from, or the instructor will have some images for you to use. You will also experiment with two different types of graphite, drawing pencils to complete your drawing.

POTTERY Instructor: Madeleine Burns
Four Tuesday nights starting February 27, 6:00 – 8:30 p.m.
Class fee: \$115 plus a \$35 materials fee

In this beginner's level class students will take turns on the pottery wheel and create pieces by hand learning the art of ceramics.

RESURRECTION GARDEN WORKSHOP Instructor: Barb Thompson
Friday, March 8, 10:00 – Noon
Workshop fee: \$22 Plus a \$8 Materials fee

In mindfulness of the Easter season, create a small Resurrection Garden using items from nature in a terra cotta saucer. Plant grass seeds and watch your garden grow in time for Easter!





SEWING WORKSHOP: DRAWSTRING BAG Instructor: Angela Gonzalez
Sunday, February 18, Noon – 1:30 Workshop fee: \$20 plus a \$5 Materials fee
Sew a bag to carry around your stuff. Learn to make a cinch drawstring closure.

SEWING WORKSHOP: HEMMING AND MENDING Instructor: Angela Gonzalez
Sunday, February 18, 10:00 – 11:30 a.m. Workshop fee: \$20 plus a \$2 Materials fee
Learn three hand sewing stitches and one machine stitch to repair your clothing and home items.

SEWING WORKSHOP: APPLIQUE DISHTOWEL Instructor: Angela Gonzalez
Sunday, February 25, 10:00 – 11:30 a.m. Workshop fee: \$20 plus a \$5 Materials fee
Learn how to create custom appliques and make a decorative dishtowel with your choice of trim.

SEWING WORKSHOP: APRON SEWING Instructor: Angela Gonzalez
Sunday, March 3, Noon – 2:30 p.m. Workshop fee: \$30 plus a \$12 Materials fee
Sew a wearable apron. Learn how to use a pattern, add a lining and pockets.

STAINED GLASS WORKSHOP Instructor: Savannah Kristof
Sunday one day workshops to choose from:
February 4 or 11, 10:00 – 2:00 p.m. or
Sunday March 10, 10:00 – 2:00 p.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.



THE HEART OF SELF LOVE Instructor: Karen Signore
Sunday, February 11, Noon – 3:00 p.m.
Workshop fee: \$35 Materials fee: \$10



The heart is a symbol of love, compassion and kindness. All of which are essential elements in our relationship with our self. Join in for a nourishing afternoon of creativity and reflection. You will make a mixed media painting exploring the heart symbol and the energy of self-love and compassion. Infuse your canvas with loving intentions, explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your painting. Through guided meditation and powerful dominant/nondominant hand journaling techniques you will learn to connect with your wise inner self to bring more love, acceptance, compassion and kindness into your relationship with yourself. Based on the Project Insight™, Creative Journal Expressive Arts (CJEA™) method.

VALENTINES DAY GREETING CARD WORKSHOP Instructor: Barb Thompson
Friday, February 9, 1:00 – 3:00 p.m.
Workshop fee: \$22 Plus a \$5 Materials fee

Create uniquely folded cards for Valentines or other holiday greetings. Three card designs will be taught: an easel card, a theatre card and a pop up gift card box. Artists are welcome to bring their own papers to incorporate if desired but all materials will be provided.



WATERCOLOR BATIK WORKSHOP Instructor: Barb Thompson
Tuesday, February 6, 10:00 – Noon
Workshop fee: \$22 plus a \$5 Materials fee

Create an abstract art work using watercolor paints and melted paraffin wax.

WATERCOLOR PAINTING Instructor: Lenox Wallace

NEW!!! Six Monday afternoons starting February 26, 1:00-3:30 p.m. or

Six Wednesday evenings beginning February 28, 6:00 – 8:30 p.m. Class Fee: \$145 per 6 week class.

Lenox Wallace features 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

WATERCOLORS WORKSHOP Instructor: Donna Hughes

Thursday February 22, 1:00-3:00 p.m. Workshop fee: \$22 plus a \$5 Materials fee.

Donna will show you step by step how to create this winter landscape in watercolors, while also showing you fun techniques in watercolor paints.



WINTER BIRDS DRAWING WORKSHOP Instructor: David Carlson

Tuesday, February 20, 10:00 – Noon, Workshop fee: \$22 plus a \$3 Materials fee.

Learn techniques for drawing birds and their habitats using colored pencils. You can bring your own image to work from or pick from images provided by the instructor. A short hike might be included if weather allows to spot any local winter birds.

WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday February 22, 9:00 –11:00 a.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)

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting February 16, 9:30 – 10:45 a.m. Class fee: \$70

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

Four Thursdays starting February 22, 6:00 - 7:15 p.m. Class fee: \$56

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 meditation finding peace in body and mind.

TRANQUIL YOGA Instructor: Debbie Jacob,

Five Mondays starting February 19, 6:15 – 7:15 p.m. Class fee: \$60

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 BATH Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner

Sunday February 25, 6:00-7:00 p.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.

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.

A Glimpse at 2024 Summer Camp Programs at The Children's Farm...

The Children's Farm is a great place to have a unique, memorable summer camp experience. We have summer programs for children ages 1-17! Programs range from short day classes to overnight, residential camping and everything in between. Programs are highlighted below. Please visit our website for more information and registration links!



Teen Leadership Training for Grades 10th - 12th

Designed for teens with a desire to become part of our camp leadership team at The Center. During this nine-night residential program, teens will work on their leadership skills and team building initiatives through on site and off site programming. Participants who successfully complete this program will be eligible to attend other weeks of camp as a Counselor in Training.

Residential Camping for Children Entering Grades 9th & 10th

Ranch Camp - 12 nights of action-packed rustic living, trail rides and horse care. Camp program includes onsite riding lessons, trail rides, barn chores, arts & crafts, creek walks & group activities.



Outdoor Adventure for Teens - 12 nights of adventure and exploration through on and offsite experiences. Program will utilize the farm animals and grounds as well as offsite experiences such as hiking trips, overnight campouts and adventure challenges.

Residential Camping for Children Entering Grades 5th - 8th

Farm Camp- 5 nights of fresh air, caring for farm animals, riding horses, exploring nature, crafts, group games, laughter, friendship and so much more!

Long Day, Day Camping for Children Ages 9-12

Farm Camp (Days Only) 6 days (Sunday evening, Monday-Thursday all day, Friday 1/2 day) side by side with our residential farm campers. This program will mimic Farm Camp except for the overnight stays. Campers will join us for morning chores, lunch and afternoon programs, and also for dinner and evening activities. We feel this is a great way to satisfy the camper that is 'almost' ready for overnight camp.

Day Camping for Children Ages 7-10

Farm Explorers- 5 days (9am-4pm) of caring for the farm animals and horses, camp crafts, hiking, cookouts, group games, singing, and exploring the natural world around us. This is a great introduction to our camping programs!

Half Day Farm Program for Children Ages 6-8

Junior Farmers- 1 week sessions with classes meeting on Monday through Friday afternoons from 12:30-3:30pm. This is a farm focused program that will give children lots of hands-on time with the farm animals and exposure to fun activities on our 60-acre farm!

One Hour Farm Program for Children Ages 3-5

Junior Farmers- 1 week sessions with classes meeting on Monday through Friday mornings from 9:30am-10:30am or 11am-12pm. This is a farm focused program that will give very young children an opportunity to experience summer-time at the farm. Hands-on time with the animals and farm activities will be the focus.

One Hour Farm Program for Children Ages 1-4 with Chaperone

Barn Buddies- 1 week sessions with classes meeting on Monday through Friday mornings from 9:30am-10:30am, 11am-12pm or 1:30pm-2:30pm. 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!



Barn Buddies Week #1 - June 10 - June 14
Barn Buddies Week #2 - June 17 - June 21
Teen Leadership - June 12 - June 21

	Junior Farmers & Farm Explorers	Farm Camp	Ranch Camp & Outdoor Adventures for Teens
Session #1	June 24 - June 28	June 23 - June 28	June 23 - July 5
Session #2	July 1 - July 5	June 30 - July 5	
Session #3	July 8 - July 12	July 7 - July 12	July 7 - July 19
Session #4	July 15 - July 19	July 14 - July 19	
Session #5	July 22 - July 26	July 21 - July 26	July 21 - August 2
Session #6	July 29 - August 2	July 28 - August 2	



2024 SUMMER DAY CAMPS

AT THE CHILDRENS FARM

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Ages 1-4 with chaperone

- 1 Hour per day
- Monday-Friday
- 9:30am, 11am or 1:30pm
- Hands-on Farm Animal interaction
- Designed to be a shared experience between chaperone and child
- Chaperone required
- 2 sessions offered



AGES 3-5

- 1 Hour per day
- Monday-Friday
- 9:30a.m - 10:30a.m. or 11a.m. - 12p.m.
- Hands-on Farm Animal interaction
- Chaperones allowed but not required
- 6 sessions offered



AGES 6-8

- 3 Hours per day
- Monday-Friday
- 12:30p.m. - 3:30p.m.
- Hands-on Farm Animal interaction
- Farm Chores
- Animal Grooming
- Farm & Nature Exploration
- 6 sessions offered



AGES 7-10

- 7 Hours per day
- Monday-Friday
- 9a.m. - 4p.m.
- Barn Chores & Animal Time
- Nature Exploration
- Arts & Crafts
- Horseback Riding
- Campfires
- Group Activities
- Sack Lunches Required
- 6 sessions offered



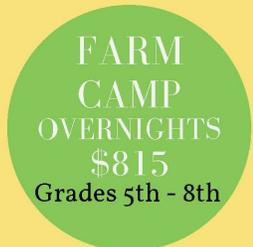
AGES 9-12

- Sunday - Friday
- Up to 12 hours a day 9a.m. - 9p.m.
- Barn Chores & Animal Time
- Horseback Riding
- Nature Exploration
- Creek-walks
- Arts & Crafts
- Campfires
- Group Activities
- Lunch & Dinner Provided
- 6 sessions offered

REGISTER AT
THECENTERPALOS.ORG/CAMPS

2024 OVERNIGHT SUMMER CAMPS

AT THE CHILDRENS FARM



- Five Night Sessions
- Drop Off - Sunday 5 p.m.
- Pick Up - Friday 5 p.m.
- Barn Chores & Animal Time
- Horseback Riding
- Nature Exploration
- Creek-walks
- Arts & Crafts
- Campfires
- Cookouts
- Group Activities
- Rustic Bunkhouse Living
- 6 sessions offered



- Twelve Night Sessions
- Drop Off - Sunday 5 p.m.
- Pick Up - Friday 5 p.m.
- Horse Chores
- Daily Horse Care + grooming & saddling
- Daily Riding Lesson & Group Rides
- Creek-walks
- Arts & Crafts
- Campfires
- Cookouts
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered



- Twelve Night Sessions
- Drop Off - Sunday 5 p.m.
- Pick Up - Friday 5 p.m.
- Off Site Adventure Challenges
- Wilderness camping
- Animal & Horse Time
- Creek-walks
- Arts & Crafts
- Campfires
- Cookouts
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered



Designed for teens with a desire to become part of our camp leadership team at The Center. Participants who successfully complete this program will be eligible to attend other weeks of camp as a Counselor in Training.

- June 12 - 21
- Drop Off - Wednesday 4 p.m.
- Pick Up - Friday 5 p.m.
- Camp Leadership Training
- Team Building
- Off Site trips
- Rustic Bunkhouse Living

REGISTER AT
THECENTERPALOS.ORG/CAMPS

NEED BASED SCHOLARSHIPS AVAILABLE!!

EARLY SPRING JUNIOR FARMERS

Three different programs led by your favorite farmers!



Early Spring Session

4 weeks - \$69

1 hour per week

Session Begins week of March 1st

Online Registration Opens February 7th at 10am

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



Junior Farmers - Ages 3 - 6

Tuesday - 9:30a.m. or 11a.m. Beginning March 5th

Thursday - 1:30p.m. Beginning March 7th

Friday - 11a.m. or 1:30p.m. Beginning March 1st

Saturday - 9:30a.m., 11a.m. or 1:30p.m.

Beginning March 2nd

Sunday - 9:30a.m. or 1:30p.m.

Beginning March 3rd (Farmer Shay)

Ages 6 - 10:

Friday - 1:30p.m. - Beginning March 1st

Saturday - 3p.m. Beginning March 2nd

Tuesday, Wednesday or Thursday - 4p.m.

Beginning March 5th, 6th or 7th

Sunday - 3p.m. Beginning March 3rd (Farmer Shay)

Barn Buddies

Ages 1-4 with accompanying chaperone

Monday - 9:30a.m., 11a.m. or 1:30p.m.

Beginning March 4th

Thursday - 9:30a.m. or 11a.m. Beginning March 7th

Friday - 9:30a.m. Beginning March 1st

Farmers-In-Training

Ages 10+

Monday - 4:30p.m. Beginning March 4th

Wednesday - 4:30p.m. Beginning March 6th

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 experience sand activities. Adult chaperones should plan to be active participants in each class as the program content is designed to be a shared experience!

GRAB YOUR BOOTS AND GET READY FOR...

THE CHILDREN'S FARM

2024 SEASON!

MARCH HOURS
FRIDAY, SATURDAY, SUNDAY
10AM-1PM

OPEN BARN, HAYRACK RIDES*
CONCESSIONS, WALKING TRAILS

*Hayrack rides are road condition and weather dependant

\$9/PERSON AGES 2+
12700 Southwest Hwy
Palos Park, IL 60464
(708) 361-3650

SAVE THE DATE

Elsa's 2nd Birthday Celebration

WE WILL SING TO ELSA AT 12PM. AFTER, GUESTS WILL RECEIVE A SWEET TREAT!

March 2 2024

10AM-1PM
ADMISSION: \$9/PERSON
CHILDREN UNDER 2: FREE!

ANIMAL BARN | HAYRACK RIDES | CONCESSIONS
WANT TO BRING A GIFT?
SEARCH "ELSA THE ZEBU" ON AMAZON'S BIRTHDAY GIFT LIST TO FIND ELSA'S LIST!

THE CHILDREN'S FARM

OPENING WEEKEND

MARCH 1ST-3RD

10AM-1PM

Admission: \$9/person
Under 2 years: Free!

- Animal Barns
- Hayrack Rides
- Walking Trails
- Concessions



The Children's Farm at The Center
www.thecenterpalos.org

12700 SW Highway
Palos Park, IL 60464

THE CHILDREN'S FARM 38TH ANNUAL

EASTER EGG ROUNDUP

TWO DAYS!

ADVANCED TICKETS ARE REQUIRED

Online sales open February 14th at 9AM and can be purchased at
thecenterpalos.org

FRIDAY, MARCH 29TH & SATURDAY, MARCH 30TH

\$34 PER CHILD

(INCLUDES TWO COMPLIMENTARY ADULT ADMISSIONS)

TICKETS AVAILABLE EVERY HALF HOUR FROM 10AM - 2:30PM

Children, ages 9 and under, accompanied by no more than two adults, are invited for a special day of Easter magic at The Children's Farm.

Visit the resident animals and the spring babies ◊ Collect and color an egg from the coop ◊ Make an Easter craft ◊ Visit the Easter Bunny's Magic Forest ◊ Hunt for a colored egg ◊ Meet The Bunny himself!

Ticketed children will receive jelly beans, a cookie and a campfire roasted marshmallow in addition to their eggs and basket.

All guests should dress to be outdoors and plan to spend a couple hours completing the whole experience. Farm grilled concessions will be available.

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
Website: <http://www.thecenterpalos.org>
Email: admin@thecenterpalos.org

**DATED MATERIAL
RETURN SERVICE REQUESTED**

Help us give the gift of
CAMP to deserving children!

All donations up to
\$10,000 are being
matched!

Tickets on Sale February 1st!

A FUNDRAISER & SILENT AUCTION TO SUPPORT
THE CAMP SCHOLARSHIP FUND

A NIGHT TO LINGER

Thursday, February 29th, 5pm - 8pm in The Lodge at The Center
\$50 per person

Includes heavy hors d'oeuvres, beverages & door prize entry

Enjoy basket raffles, a silent auction and split the pot plus camper impact statements
& great fellowship!

Advanced Tickets Required - Only 100 available!

There are many ways you can help us reach our \$50,000 goal!

- Purchase an In-Person Event Ticket & Attend!
- Purchase/Donate a virtual event ticket & participate from home
- Tune in to our live stream on Thursday, February 29th
- Participate as a bidder in the online Silent Auction (Opens Feb. 26th)
- Donate auction items, experiences or gift cards
- Help recruit campers in need!

Farm & Ranch Camp
at The Center

Exhausting kids with fun since 1932!

