

# April 2024

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 Center*



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

## THE SEVENTEEN-YEAR CICADA

This late April we will witness an event that happens nowhere else on earth, the emergence of the Seventeen-year Brood XIII Cicada. Northern Illinois is this brood's main territory and trillions of these cicadas are expected to make their appearance. If that is not fascinating enough, this year is a double-whammy with the emergence of the Thirteen-year Brood XIX Cicada at the same time. The last time this happened was over 200 years ago when Thomas Jefferson was president of the United States. Get ready for the show because it is going to be loud and it is going to be messy.

There are over 3,400 species of cicadas in the world, but only seven species in North America are known to be periodical. Periodical cicadas have an incredibly long life cycle. Most cicadas are non-periodical and mature and die each summer. For two of these periodical cicada broods to emerge in the same year creates a very rare event. It happened in 1803, it will happen this year, and not again until the year 2245. The Thirteen-year Brood XIX's main territory is the southeastern United States. The highest overlap and crossover of these two broods will be in central Illinois where the density of emergence is predicted to be immense.

We immediately think of the damage these cicadas will do to our trees, shrubs, and plants. Actually cicadas are harmless and in many cases extremely beneficial to the ecology of the region. They are harmful to young trees and you should take the time to net your smaller trees, physically removing cicadas that emerge under the net. The benefits are numerous. Nymphs tunneling their way to the surface aerate the soil improving water infiltration into the ground and encouraging and stimulating root growth. They are a bounty of food to birds and small mammals, making everyone happy and full this summer. When they die and decompose, they introduce valuable nutrients to our soils. Cicadas do not bite, sting, or carry any diseases and are very resistant to pesticides...so don't waste your time on that. Just sweep them off your driveway and let them fertilize your lawn.

Oh, one last thing...the noise. I love the sound of peepers in the night. It lets me know spring is on the way. However, the sound of the Seventeen-year Cicada chorus will drown them out three-fold. Their chorus can reach seventy-five decibels. That is the equivalent of standing next to a vacuum cleaner.

Here at The Center, we will have many cicadas. Being next to the forest preserves with all the undisturbed ground as many as twenty-five cicadas per square foot can emerge. You will have to really think about having a May garden wedding. I recall one garden wedding in the early 2000's where several cicadas got into the bride's veil around her head. She did not like it to say the very least and had to remove the whole veil in the middle of the ceremony. They were just everywhere and it is quite the show here in Palos. As I said, it is an event that happens nowhere else on earth. Get ready, because they are coming!

# Spiritual Offerings

## **SERVICES**

### **VESPERS Sundays**

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

**12:30 p.m. in the Chapel**

Please join us each week for a nondenominational service of music, meditation, and prayer. We will also have a time of fellowship with light refreshments in the Great Hall of the Lodge immediately following the 12:30p.m. Vespers Service.

### **Communion Sunday**

**April 7, 8:30 a.m. & 12:30 p.m.**

On the first Sunday of each month, Communion is offered at both of our Vesper Services. \*Please note: We always have a non-alcoholic cup & gluten-free bread.

## **MINDFULNESS**

**Sunday mornings 11 a.m.- 12 p.m.**

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. No registration is necessary. Please contact Dan Morley with any questions you may have at 708-280-3945.

### **Loving-Kindness Meditation (Metta)**

**Every Monday. 9:00 a.m.- 9:30 a.m.**

Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. No registration is necessary.

## **ENRICHMENT**

### **Spiritual Direction**

Spiritual Direction is a long-time denominational practice that offers a person confidential space to reflect upon the connection between life and God's Presence. A spiritual director is trained to listen with compassion and help navigate through life's challenges from a divine perspective. To make an appt., 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.

### **Needed: VOLUNTEERS FOR LABYRINTH TENDING**

As the weather becomes warmer, the Labyrinth needs more attention in the way of eliminating weeds and keeping it look beautiful. We are looking to schedule volunteers beginning in April who are willing to come on a rotational basis to keep the Labyrinth and surrounding area well kept. If you are interested in helping, please contact Rev. Nancy: [waysiderev@thecenterpalos.org](mailto:waysiderev@thecenterpalos.org)



### **Good Seeds Ministry**

The April focus for the Good Seeds ministry is the Children's Farm at The Center. All items can be found on the Farm and Fleet website.

### **The Farm "wish list" includes:**

\*5" Kelly silver star 3 piece dog one roller snaffle bit  
\*25 lb All Natural Poultry Block  
\*50 lb Trace Mineral Salt Block  
\*5 Quart Plastic poultry Waterer  
\*Sheep and Goat Mineral Block  
\*#12 Poly Scoop  
\*Outdoor Push Broom 24"

\*5" Kelly silver star 3 piece roller eggbutt snaffle  
\*Duraflex Corner Feeder  
\*100% Corn Broom  
\*3 Quart enclosed plastic feed scoop  
\*4 Quart galvanized feed scoop  
\*Durafork Plastic Bedding Fork

\*Easy Fill Poultry Drinker, 3.5 gallon and 6 1/4 gallon

\*Original Adjustable Chin and Throat Strap Halter Average Horse

Donations may be placed in the large beige wicker box located on the front porch of the Lodge. The Children's Farm so appreciates your help! If you have any questions please email Tara Garcia-Reyes at [farmtours@thecenterpalos.org](mailto:farmtours@thecenterpalos.org)

# Program

## NEW!!

### **Sharing Wisdom: A Discussion Meeting for Senior Men 55+ 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, April 2 and 16, 7:00-8:30 p.m.**

What if we told you your wisdom was the only thing you can take with you....to the hereafter or next life? Or that the sharing of your wisdom just may be your greatest legacy? Your lifetime has been a journey to wisdom. Do you want to share what you know? And learn more? Join us. Please RSVP to Dan 708-280-3945 or Jim 708-852-4455.

## TOASTMASTERS

### **1st and 3rd Wednesdays, April 3 and 17, 7:00 - 9:00 p.m.**

Toastmasters is an opportunity for folks who wish to improve their public communication skills, to develop the confidence to stand and speak before large or small groups of people. The Center's Toastmasters Club consists of staff, volunteers, and friends of The Center. For the foreseeable future, Toastmasters will be meeting in the Lodge's Great Hall. No commitment is necessary to try it out.

For more information, contact Lois Lauer at [loislauer@sbcglobal.net](mailto:loislauer@sbcglobal.net)



## NEW!!

### **Women's Film and Discussion Series!**

**Thursday, April 4, 9:30 am - noon: A Year by the Sea**

**Thursday, April 18, 9:30 am - noon: Enchanted April**

Lois Lauer is organizing a new twice a month opportunity for women to get together twice a month to watch and discuss meaningful women's movies. In tending to the needs of spouses, children, colleagues, parents, neighbors, and their wider communities, women so easily lose a sense of their authentic selves. The films in this series all speak to the issue of women rediscovering authenticity and joy in their lives. Preregistration is appreciated so we can plan seating. Please register online. We'll meet upstairs in the Forest View Room. There is no fee, but donations are very much appreciated.

## **Anniversary Dinner and Renewal of Vows**

**Sunday, April 21 4:30 p.m.**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your March or April Wedding Anniversary here at The Center on April 21st. Beginning with fellowship in the Great Hall at 4:30 pm, 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 April 16th.**

## **WOMANTALK DISCUSSION GROUP**

**Tuesday, April 30 from 10 to 11:30.**

"WomanTalk," hosted 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 on their personal journeys of creativity and self-discovery. Rooted in Sarah Ban Breathnach's Simple Abundance the group, now in its 27th year, seeks ways to live authentically and joyfully.

We are continuing trying out last month's suggestion. The April Simple Abundance theme focuses on finding one's authentic self, and "awakening to our own beauty". Please feel free to bring a book or other creative work that reflects this theme. If you have any questions please contact The Center office or email [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org).

## **Mindful Nature Walks – Summer Series, Offered four Saturday mornings from 9am-11am**

**May 25th      June 22nd      July 20th      August 17th**

*"An early morning walk is a blessing for the whole day"*

*Henry David Thoreau*

Join Dan and Sharon Morley for a mindful walk in the center woods. Mindful walking is the practice of becoming aware of your surroundings, and how your mind and body feel while moving. We will gather at the camp pavilion for a meditation and then be immersed in a gentle stroll through nature. Though there is no fee for this program, free will donations are graciously accepted. Please let us know you're coming by registering online.



**Farm to Table Workshop  
Planting a Tea Garden**

**Saturday, May 4, 1-2:30 pm Meet in the farm garden.**

Imagine cups of iced or steaming hot herbal tea.... that you grow yourself! Let gardener Lois Lauer teach you how to grow your own tea herbs. Chamomile (pictured here), Peppermint, Lemon Verbena, and Apple Mint, plus Sweet Leaf Stevia for natural sweetening. We'll sample teas, talk about their growing habits, their needs, how to use fresh or dry for winter use, and then we'll each head home with 5 pots of herbs, which can be planted in the ground or in a large pot, for a summer tea garden! **Class fee: \$15 plus \$15 materials fee. Bring a box or basket to carry home your herbs.** For a great companion class, also sign up for the morning Folkart Garden Markers workshop (May 4th from 11-noon), bring your lunch and stay for the afternoon tea garden workshop.

## Spring Retreats at The Center

*It's been a long winter... You deserve a break! Treat yourself to a retreat... Register today to assure your spot in one of these wonderful experiences. Register at [thecenterpalos.org](http://thecenterpalos.org)*

### "Flying Free"

**Spiritual Retreat - This is being postponed so please stay tuned in future newsletters for when!**

Much like the metamorphosis of butterflies, our souls also sojourn through a growth process that can be transformational. You are invited to come and experience a deeper encounter with God, a meaningful connection with others, and a realignment with yourself. With a combination of practices, we'll use art, music, and journaling to creatively express what we hear God speaking to our hearts. It will be a sacred time with Nancy Nemeth to refuel your energy and refresh your spirits. **Retreat fee per day: \$45 includes leadership, in room refreshments and retreat supplies.**



### "To the Trees – To the Trees"

**Spring Migration Retreat - Saturday, May 4<sup>th</sup>, 9am – 3pm**

The Center's woods hold the sounds of music...bird music that is! Come spend the day in nature with Dan and Sharon Morley, during the height of spring bird migration. We will walk the woods and follow the farm nature trail to the pines forest for a bird meditation. Catch a glimpse of rose breasted grosbeaks, northern orioles, goldfinches, woodpeckers and more! A wonderful lunch will be served followed by an afternoon activity. Bring your camera for that lucky shot! Come and learn some of the lifestyles of our fine feathered friends. We will have field guide books available. Please dress for the weather. **Retreat Fee: \$65 includes leadership, lunch, and activities.**



Friday, May 3rd  
Saturday, May 4th  
Sunday, May 5th

Friday, May 10th  
Saturday, May 11th  
Sunday, May 12th



# Luncheons

run from 12 noon until 2 p.m., cost \$34 per person, and offer a delicious meal and the best in entertainment and educational programming.

## **Tuesday, April 2 “Addiction, Recovery, and the Pathway to Sobriety Program”**

Join Pathway Director Mark Walker as he discusses theories, strategies, and some common misconceptions about aspects of addiction and phases of recovery. Center Counselor Karen White and Pathway Alum Dan Morley will also be in attendance to add to the discussion and the Q&A.



## **Tuesday, April 9 “An Afternoon of Magic” with Trent James**

Comedy Magician Trent James brings some new tricks to The Center. Trent has received over twenty awards and honors for his magic. He’s the youngest ever recipient of the the Milbourne Christopher Award, whose past winner include David Copperfield and Penn & Teller. Trent is quickly becoming one of the top magicians in the country, and his fast-paced show is loaded with humor, audience participation, and mind-boggling magic that will entertain all ages.

## **Tuesday, April 16 An Afternoon of Music with Ray Lemieux**

Ray Lemieux was born in Chicago and grew up in Oak Lawn. He counts as his influences the Beatles, garage bands, the original Sha Na Na (the early stuff, not the corny TV incarnation), Here’s a quote about music from Ray: “I am thrilled to be able to play some of it. Sharing with others just makes it better.” Come join us for a great afternoon of oldies, country, and acoustic rock.



## **Tuesday, April 23 “Famous First Ladies: Mary Todd Lincoln, Eleanor Roosevelt & Jackie Kennedy” with Jenny Riddle**

We know so much about the Presidents and the families who lived there from our history books, and more recently movies and television. But most of what we read or see is about the public personas of those people. Join Jenny Riddle as she dramatizes, in character, the personal lives of three remarkable First Ladies.

## **Tuesday, April 30 “Mayor Richard J. Daley: The Man, The Legend” with Larry Bergnach**

Mayor Richard J. Daley was the most powerful political figure of his time. From his inauspicious youth on Chicago’s south side through his rapid growth of power as mayor and boss of the Democratic Party “machine,” Larry Bergnach will present the life of a mayor that affected the growth of Chicago and shaped the city during a term that lasted over 20 years!



## **DONATE YOUR USED VEHICLE TO THE CENTER**

We are looking for a Center staff vehicle and we are always on the lookout for used vehicles to help men in Phase II of our Pathway Program. Transportation to and from work is critical as these men put their lives back together soberly. The Center is a 501(c)3 Religious Corporation and your donation is fully tax deductible.



# Farm & Nature Discovery School

Spring is here and we are loving the beautiful weather. With the change in seasons, it is the perfect time for us to learn about The Garden and all things that live and grow within.

We will be on the hunt for insects and spiders outside while also learning about how they contribute to helping a garden grow (or not!) We will learn all about bees and pollination, worms irrigating the dirt, and spiders eating invasive insects.

We will go bird watching and practice identifying the names of the different types we see while also exploring how they live, fly, and hunt. Our students will be growing plants and flowers in the classroom and at Acorn. They will also go on nature walks to find different wild flowers growing on our property.

This is also a good time to talk about what we can grow in the garden to eat! We will taste different foods that are commonly grown in gardens and explore different recipes that use foods from the garden. We may also try honey comb while learning about how bees make honey!

April is also Arab American Heritage Month! Our teachers will explore the Arab American culture, contributions to the US, and history throughout the month of April. According to The Westport Library's article Arab American Heritage Month: Celebrate, "An estimated 3.7 million Americans have Arab roots, according to the Arab American Institute, with ancestries traced to 22 countries in the Middle East and North Africa, including Lebanon, Syria, Egypt, Palestine, Morocco, Iraq, Jordan, Yemen, Bahrain, Tunisia, Algeria, Sudan, Qatar, Saudi Arabia, United Arab Emirates and others." We will dive into music, food, the Arabic language, art, and read books about the Arabic culture.

Registration for our 2024-2025 school year is now open on our website, which has gotten a little makeover! Pop over and check out our new FAQ page and our Information Request page if you or someone you know is interested in learning more about our school. You can also always just reach out to me, Danielle Bell, via phone at 708-361-8933 or email at [FarmandNature@TheCenterPalos.org](mailto:FarmandNature@TheCenterPalos.org).



# LIVE SHEEP SHEARING

SATURDAY, APRIL 27TH  
10AM-2PM  
SHEEP SHEARING BEGINS AT 11AM

ADMISSION: \$10/PERSON  
CHILDREN UNDER 2 YEARS ARE FREE!

OPEN BARNs, WOOL CRAFTS,  
HAYRACK RIDES, WALKING TRAILS



# APRIL OPEN FARM HOURS

FRIDAY, SATURDAY & SUNDAY  
10AM-2PM\*

ANIMAL BARNs HAYRACK RIDES  
WALKING TRAILS CONCESSIONS

ADMISSION: \$9/PERSON FOR AGES 2+

\*Please note: The Farm has a special event on April 27th. This event may have a different admission price and schedule.



We still have room available...

## 2024

### OVERNIGHT SUMMER CAMPS FOR TEENS



**RANCH  
CAMP**  
\$2140  
Grades 9th - 10th

- 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
- Offsite Campout
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered

**OUTDOOR  
ADVENTURE  
FOR TEENS**  
\$2140  
Grades 9th - 10th

- 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
- Offsite Campout
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered

**TEEN  
LEADERSHIP**  
\$1260  
Grades 10TH - 12TH

*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

**NEED BASED SCHOLARSHIPS AVAILABLE!!**

**REGISTER AT**  
[THECENTERPALOS.ORG/CAMPS](http://THECENTERPALOS.ORG/CAMPS)



## April / May 2024 Art Classes for Children and Teens

**AFTER SCHOOL FUN WITH CLAY** Instructor: Heaven Newsom

**Three Tuesdays starting April 16, 4:00 – 5:00 p.m. Class fee: \$40 plus a \$12 materials fee**

Heaven 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.

**NEW!!! ART FOR LITTLE ONES** Instructor: Bella Rivera

**Four Wednesdays starting April 17, 4:00 – 4:45 p.m. Class fee: \$42 plus a \$12 Materials fee**

Miss Bella will have fun weekly projects planned each week for little ones to experiment in art with painting, drawing crafts and more, with an emphasis in nature and the seasons. Open to students ages 3-7. Although this is a drop off class parents are welcome to stay and help.

**NEW!!! FAMILY ART WORKSHOPS** Instructor: Bella Rivera

Fun classes for parents or caregivers with children, geared towards families with children ages 2-7. Pricing is for caregiver and 1 or 2 children to bring along, families will work together to complete projects

**DREAMCATCHER WORKSHOP** Thursday, May 9, 4:00 – 5:00 p.m.

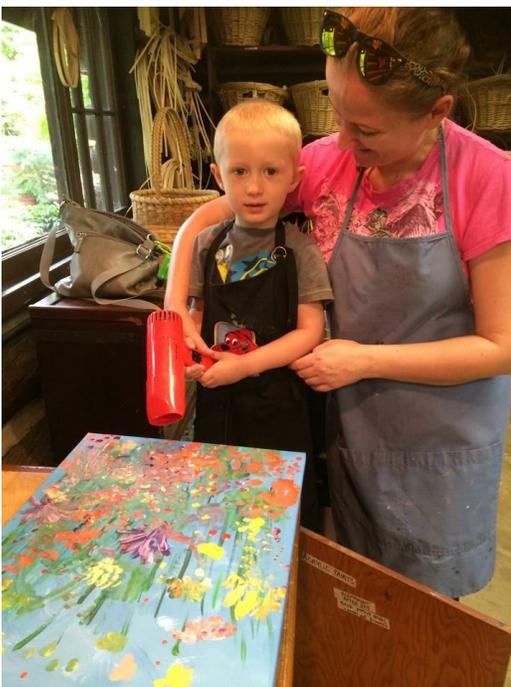
**Workshop fee: \$23 plus a \$5 materials fee**

Create a dreamcatcher inspired wall hanging for your home, including yarn, beads, feathers and more!

**JEWELRY WORKSHOP** Friday, May 10, 1:30 – 2:30 or 4:00 – 5:00 p.m.

**Workshop fee: \$23 plus a \$6 materials fee per class**

Have fun creating bead necklaces, bracelets and more from our large assortment of beads! Just in time for Mother's Day!



**SPRING LANDSCAPE PAINTING**

**Friday, April 19, 1:30 – 2:30 p.m.**

**or 4:00 – 5:00 p.m.**

**Workshop fee: \$23 plus a \$8 materials fee per class**

Each family will create a painting together of a spring landscape, utilizing finger painting techniques plus fun items such as sponges, forks, stampers and more to add textures to your painting!

**SPRING WREATH** Thursday, April 18, 4:00 - 5:00 p.m.

**Workshop fee: \$23 plus a \$5 materials fee**

Create a colorful wreath for your home! Each family will work with a wire wreath form and add: colorful ribbon, sparkly mesh, and fake flowers to their original creation.

**KIDS BIRDS OF PREY PAINTING WORKSHOP**

Instructor: David Carlson

**Friday, May 3, 4:00 – 5:30 p.m.**

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

Owls! Hawks! Falcons! Birds of Prey are incredible! Kids will learn techniques for drawing and painting birds and their habitats. A variety of bird images will be provided for students to choose from.

**KIDS FLORAL EMBROIDERY WORKSHOP** Instructor: Victoria Baleckaitis  
**Thursday, May 2, 4:00-5:30 p.m., Workshop fee: \$20 plus a \$4 Materials fee**

Learn to embroider a flower then add more color with crayons. Students will take this home in a frame ready to hang on your wall at home!



**KIDS SEWING WORKSHOPS** Instructor: Angela Gonzalez  
Open to students in 3 - 8<sup>th</sup> grade

**DRAWSTRING BACKPACK** **DATE CHANGED TO MAY 5TH, 10:00-11:30**

**Workshop fee: \$20 plus a \$8 Materials fee**

Sew a backpack to carry all of your favorite things. Choose a fun fabric and coordinating straps.

**MARBLE MAZE GAME** Sunday, April 7, 10:00 – 11:30 a.m.

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

Learn how to sew right angles by making this fun fidget toy. We will use cozy, fleece fabric.

**MARKER STORAGE ARTIST ROLL** Sunday, April 28, 10:00 – 11:30

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

Sew a rollup storage bag for your drawing supplies.



**MENDING FOR KIDS** Sunday, May, 19, 10:00 – 11:30

**Workshop fee: \$20 plus a \$10 Materials fee**

Learn how to repair and mend your own clothes! We will also make our own iron on patches. Participants are encouraged to bring an item of clothing to attach a patch.



**REUSABLE SNACK BAG** Sunday, April 14, 10:00 – 11:30 a.m.

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

Work with food-safe, waterproof fabric to make your own reusable snack box for your lunchbox. Learn to install a zipper.



**TIC TAC TOE PILLOW** Sunday, April 21, 10:00 – Noon

**Workshop fee: \$25 plus a \$5 Materials fee**

Make a plush game pillow. We will work with Velcro to make reusable pieces.

**LOG CABIN ART FOR KIDS** Instructor: Heaven Newsom

**Four Saturdays starting April 27, 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 April 3, 6:00 – 8:00 p.m. (no class on April 17)**

**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



**RECYCLED SPRING WREATH** Instructor: Heaven Newsom

**Saturday April 13, 10:00 – 11:30 a.m.**

**Workshop fee: \$19 plus a \$3 materials fee**

Using egg cartons, cardboard and crafting supplies students will make a fun floral inspired Spring wreath. Open to students of all ages.

## OUTDOOR ART FOR KIDS, SUMMERTIME ART PROGRAM

Mark your calendars!

Registration will open Wed. May 1 at 9:00 a.m.!

A world of art and nature for kids in grades K- 8<sup>th</sup> grade. Drawing, painting, pottery, sculpture, crafts and more! Classes take place outdoors as long as the weather allows. Students will be split up into different age groups depending on enrollment. Teachers plan new and different lessons all summer long so you can sign up for multiple sessions.

**Class fee: \$150 plus a \$20 materials fee per session**  
**Within in each two-week session students meet every Monday, Wednesday and Friday from 9:00 – 11:00 a.m.**



**Session 1: June 17 - June 28**

**Session 2: July 1 - July 12, (No class on Friday, July 5 to accommodate for the holiday this is a 5 class session, Class fee: \$125 plus a \$15 materials fee)**

**Session 3: July 15 - July 26**

**Session 4: July 29 - Aug 9**

## April / May 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 April 12, Noon – 3:30 p.m. Class Fee: \$105 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; advanced students can make a basket of choice. Open to all levels!



**BUCKSKIN LEATHER AMULET POUCH WORKSHOP** Instructor: Andrea Mento  
**Tuesday night, May 7, 6:00-7:30 p.m.**

**Workshop fee: \$25 plus a \$13 Materials fee**

Learn to sew a buckskin/leather amulet pouch that can be worn around the neck. We will prepare an herbal remedy and sew with sinew with the option to add beads to your neck piece.

**COLLAGE** Instructor: April Schabes

**Six Wednesday mornings beginning April 10, 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!”

**CROCHETED SACHET WORKSHOP** Instructor: Victoria Baleckaitis

**Tuesday, April 30, 10:00 – Noon, Workshop fee: \$22 Plus a \$5 Materials fee**

A class for beginning crochet students, learn the single chain stitch, single crochet and double crochet to make a colorful flower. Then sew your flower on a mesh bag and create your own potpourri blend to add inside with dried herbs and flowers.



**FLORAL EMBROIDERY WORKSHOP** Instructor: Victoria Baleckaitis  
**Tuesday, May 7, 10:00-Noon, Class fee: \$22 plus a \$5 Materials fee**

Learn how to embroider while creating this charming garden scene incorporating beads.



## FOLKARTS WORKSHOPS Instructor: Lois Lauer

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

### COILED BASKETS Saturday, April 13, 1:00 – 4:00 p.m.

**Workshop fee: \$30 Plus a \$10 Materials fee**

Create a coiled yarn basket of your choice of color or of a kaleidoscope of yarns. You'll learn the simple technique of coiling and wrapping, and optionally adding a cover.



### GARDEN MARKERS

**Saturday, May 4, 11:00 – Noon**

**Workshop fee: \$14 Plus a \$5 Materials fee**

Get ready for garden season! We'll make garden markers out of tree branches. Tall ones for tall plants, short ones for short or baby plants. A fun workshop to prepare for a beautiful garden with markers straight from Mother Nature. For a great companion class, bring your lunch and also sign up for the afternoon SAGE Farm to Table "Planting a Tea Garden" Class.

### HERBAL SALVE MAKING CLASS Instructor: Andrea Mento

**Tuesday, May 21, 6:00 – 7:30 p.m.**

**Workshop fee: \$20 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 in oil with the option of incorporating essential oils.



### INDEPENDENT DRAWING Instructor: Sandy Safranek

**Two Thursdays beginning April 18, 1:00 – 3:00 p.m. Class fee: \$44**

This class is open to students who have taken at least one drawing class at The Center or elsewhere, and want to improve upon their drawing skills. Advanced students who would like assistance with taking their art to the next level are also welcome. Students may bring in their current drawing projects or the instructor will provide advice on starting something new. Please bring your own supplies, although students can purchase supplies from the instructor if needed.

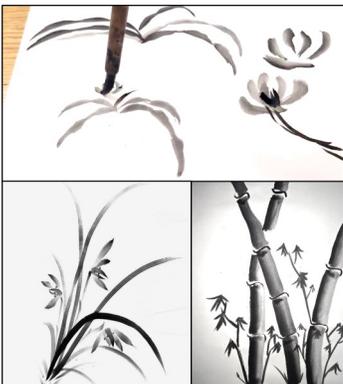
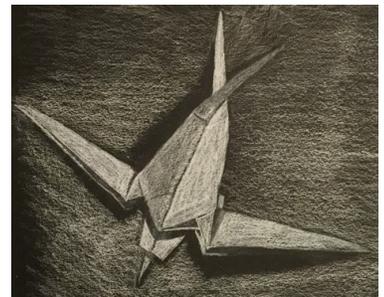
### JAPANESE ORIGAMI AND DRAWING WORKSHOP

Instructor: Sandy Safranek

**DATE CHANGED TO MAY 4TH from 1-3:30PM**

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

Learn about the ancient Japanese art of Origami (paper folding). First, students will follow the steps to create their own Origami inspired, folded paper animals. Then create beautiful drawings in white charcoal on black paper of their animals. During the process you will become familiar with the art element of Value, (light and dark) and apply this to your drawing. Celebrate Asian Heritage Month!



### JAPANESE BLACK INK PAINTING

Instructor: Sandy Safranek

**Two-day workshop: Two Wednesdays starting May 15, 1:00-3:00 p.m.**

**Class fee: \$44 plus a \$16 materials fee**

Learn the 2000-year-old Art form of Japanese brush painting known as Sumi-e. Use bamboo paint brushes to paint with black ink on rice paper, while learning about the four traditional Sumi-e brushstrokes and variations on them. Then complete your own Japanese inspired black ink paintings of nature scenes, including such elements as bamboo, flowers, leaves and/or animals. These compositions will illustrate the concept of "less is more". Celebrate Asian Heritage Month!

**KNITTING** Instructor: Christy Loughry

**Four Friday mornings starting April 12, 9:30 – 11:30 a.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 will need to purchase yarn for advanced projects.

**LAPIDARY** Six Monday mornings with Instructor Larry Rothenberg starting April 15, 9:00 -11:00 a.m., **Class fee: \$145**

Or Four Monday nights starting April 1, 5:00 – 7:00 p.m.

Instructor: Jackie Burger, **Class fee: \$95**

Learn the art of rock polishing as you 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 are not included but can be purchased from our instructor for projects.



**METALSMITHING FOR JEWELRY** Instructor: Mary Michaelson

**Five Tuesday nights, beginning April 9, 6:30 – 8:30 p.m. or**

**Five Thursday mornings beginning April 11, 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.



**MINI ADIRONDEK BASKET** Instructor: Andrea Mento

**Saturday, April 27, 1:00 – 4:00 p.m. Workshop fee: \$40 plus a \$25 materials fee**

In this one-day workshop student will work with precut spokes, weave the base of the basket then work up the sides. We will add a handle and rim to your completed basket. You will be taught how to create the “belly of the basket to give it a little shape. This is a light weight basket that can be used for gathering goodies. Rough sizing is 12 inches high and 7 inches wide.

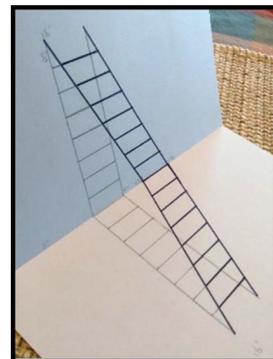
**OPTICAL ILLUSIONS IN ART WORKSHOP**

Instructor: Sandy Safranek

**Saturday, April 6, 1:00 – 3:00 p.m.**

**Workshop fee: \$22 Plus a \$10 Materials fee**

Create optical illusions, based on the concept of Anamorphic Art, in which the artist uses visual tricks that fools our eyes. You will complete three different drawings of distorted images that will “spring to life” as a 3-dimensional forms when you view them at a certain angle using the camera on your cell phone. Please bring a cell phone with a camera to the workshop.



**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 12 and under must be accompanied by an adult who is also registered. **Workshop fee: \$20 plus a \$5 materials fee per class**



**SPRING TULIPS,**  
Friday, April 19, 6:00-7:30 p.m.



**SECRET GARDEN,**  
Friday, May 3, 6:00-7:30 p.m.



**PAPERMAKING WORKSHOP** Instructor: Marilyn VandenBout  
**Saturday, April 20, Noon-2:00**

**Workshop fee: \$22 plus a \$5 Materials fee**

Learn the art of papermaking while decorating handmade paper with flowers and leaves in the pulp and decorative papers on the surface.

**POTTERY** Instructor: Madeleine Burns  
**NEW TIMESLOTS TO CHOOSE FROM!**

**Three Monday afternoons starting April 1, 1:00 – 3:30 p.m. (this class will meet April 1 and 8, then come back on April 29 to glaze) Class fee for this three-week session: \$85 plus a \$25 Materials fee**

**Four Tuesday nights starting April 2, 6:00 – 8:30 p.m. (no class April 16)**

**Four Thursday nights starting April 4, 6:00 – 8:30 p.m. (no class April 18)**

**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.



**SEWING MACHINE BASICS** Instructor: Chris Walsh

**Monday evening, April 8, 6:00 – 8:00 p.m., Workshop fee: \$30**

Do you have a new sewing machine 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, types of threads, different machine needles, changing the needle, bobbin winding, stitch selection, stitch length, and more. Bring all feet, bobbins and accessories that come with your machine. Bring your sewing machine, foot pedal and cord, spool of thread and pair of scissors. Please make sure your sewing machine works prior to registering.

**SEWING WORKSHOPS** Instructor: Angela Gonzalez

**TOTE BAG WORKSHOP**

**Sunday, April 14, Noon – 1:30 p.m.**

**Workshop fee: \$20 plus a \$12 Materials fee**

Use a pattern to make an oversized bag. We will learn how to make a flat bottom for the bag to stand on its own.

**ZIPPER POUCH** Sunday, April 21, 12:30 – 2:00 p.m.

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

Learn how to install a zipper. Make a bag of your choice.



**CARRY ALL STORAGE BIN**

**Sunday, May 5, Noon - 2:30 p.m.**

**Workshop fee: \$30 Plus a \$15 Materials fee**

Sew a sturdy fabric bin perfect for home storage or taking things on the go. We will learn to apply fusible interfacing.

**SPREAD YOUR WINGS: EXPRESSIVE ART CLASS** Instructor: Karen Signore

**Sunday, April 21, Noon – 3:00 p.m. Workshop fee: \$30 plus a \$10 Materials fee**

Butterflies have a magical presence and rich symbolism. Their life journey can reflect our own life's journey. Explore the symbolism of the butterfly and reflect on the personal meaning it has for you through guided meditation and whole brain journaling techniques. Create your own mixed media canvas butterfly painting infused with intentions of renewal and transformation. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your butterfly. Based on the Creative Journal Expressive / Project insight method.





### STAINED GLASS WORKSHOP

Instructor: Savannah Kristof

**Sunday one day workshops to choose from:**

**April 14 or 28, or May 19 or 26,  
all workshops 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.

**SPRING WATERCOLORS WORKSHOP** Instructor: Donna Hughes

**Wednesday, April 24, 1:00 – 3:00 p.m.**

**Workshop fee: \$22 Plus a \$5 Materials fee**

Students will use Watercolor Dyes, Salt and 3D Effects to create Spring Watercolor Paintings.



### THE JOY OF WEAVING

Instructor: Rachelle Guernsey

**Saturday, April 6, 9:30 – 11:30 a.m. or Saturday April 27, 10:00-Noon**

**Workshop fee: \$30 plus a \$10 Materials fee per workshop**

Experience the joy of turning yarn into fabric. No previous experience needed. Choose yarns from a variety of colors and textures. Pass them back and forth and watch the fabric form on the loom. Take home a swatch of fabric you wove yourself and begin to imagine what you can weave!



**WATERCOLOR PAINTING** Instructor: Lenox Wallace

**Six Monday afternoons starting April 15, 1:00-3:30 p.m. (Advanced Class)**

**Six Thursday mornings beginning April 18, **EDITED 10am-12:30pm.** (Beginner level Class)**

**Class Fee: \$145 per 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](http://www.thecenterpalos.org/watercolors)

**WOODCARVING** Instructor: Larry Rothenberg

**Six Thursday mornings beginning Thursday April 11, 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)



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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](http://thecenterpalos.org) You can also call 708-361-3650 or visit our main office between the hours of 9:00 – 5:00 daily.***

## **NEW!!! ARTIST OPEN HOUSES!!! CHECK OUT OUR TALENTED ARTISTS!**

There is no fee or need to register for these art shows,  
stop by and show your support!

### **WOODCARVING OPEN HOUSE,**

Saturday, April 13, 10:00 – Noon

Check out the artwork created by our Woodcarving instructor Larry Rothenberg and his talented students! You will be amazed at the variety and skill on display such as relief carvings and sculptural pieces depicting animals and nature, all carved from wood! The carvers will also be working on their carvings so that you will see the process as well. Held in Log Cabin Three.



### **WEAVING OPEN HOUSE,**

Saturday, April 20, 10:00 - Noon

Meet our new weaving instructor! Rachelle Guernsey's love for patterns, structures and fibers has led her to a lifetime of exploring possibilities in combining techniques for creating functional and decorative items. The only thing she loves more than making is inspiring others and helping them through the process of imagining and producing their designs. Rachelle will be demonstrating her crafts and displaying her art during this event Held in Log Cabin Three.



## *Spring Tea at The Center*

Mark your Calendars and dust off your hats!

The Spring Tea is scheduled for  
Saturday, May 11, 2:00 – 4:00 p.m.!

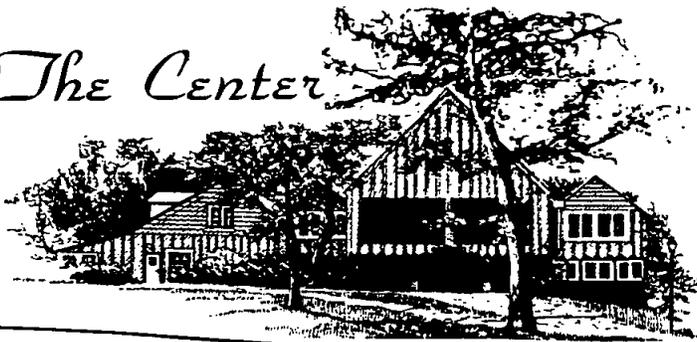
A delightful flower filled afternoon in the great hall of the lodge with punch, a homebrewed tea grown in our farm garden and delicious tea party fare with entertainment by Story Teller Megan Wells.

\$43 per person.

Registration opens on  
Wednesday April 3, 9:00 a.m.



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](mailto:admin@thecenterpalos.org)

**DATED MATERIAL  
RETURN SERVICE REQUESTED**

## REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

**GENTLE YOGA Instructor: Carolyn Harms**

**Four Friday mornings starting April 5, 9:30 – 10:45 a.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 with 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 April 4, 6:00 - 7:15 p.m. Class fee: \$56**

**Or Four Thursdays starting May 9, 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 mediation finding peace in body and mind. Bring your own yoga mat.

**TRANQUIL YOGA Instructor: Debbie Jacob,**

**Four Mondays starting April 1, 6:15 – 7:15 p.m. Class fee: \$48**

**Or Three Mondays starting May 6, 6:15 – 7:15 p.m. Class fee: \$36**

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 with 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, April 7, 6:00-7:00 p.m. or Sunday, May 5, 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.