

September 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.

Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650

FALL ACTIVITIES ARE HERE!

We hope everyone had a great summer! We made it through the seventeen-year cicadas without much to do. Actually, this year's emergence was significantly less than other past emergences here at The Center. One of our kindergarteners found an extremely rare mutant blue-eyed cicada and made headlines in the Palos Patch. He named him Richie, and he was super proud of his find! Our camp program hosted 752 children this summer season and we gave out \$65,000 in scholarships thanks to all your generous donations and support. It was a magical summer here for kids with horseback riding, gold rush, and capture the flag topping the list of favorite camp activities. We owe a big thanks to all our young energetic camp staff who nurtured and cared for all our campers. In a Newsweek survey of 15,000 camps in the U.S.A., The Center's Farm and Ranch Camp program scored in the top 300 overnight best camps in America for 2024 – based on parental surveys and over 700,000 social media reviews. We are proud of that!

We have a number of family and adult programs starting up this September for our fall season. Vespers Communion Sunday in the Pines will be Sunday, September 1, and is a beautiful natural outdoor setting for worship service. Additionally, September spiritual and personal growth classes are listed in the front portion of this newsletter. Across the street, we will have family time at the farm every Friday, Saturday, and Sunday throughout September. There is one exception; the farm will be closed Friday, September 20, as we prepare for our grand opening of Pumpkin Days. We invite you to come to our Grand Opening of Pumpkin Days and spend a festive day in the country on the weekend of September 21 & 22. Our pick-your-own pumpkin patch will be open with hayrack rides, live music, food and BBQ, and vendors up and down our drive. The farm will have our usual favorites, the hay climber, crazy maze, corn box, and spooky woodshed, along with all our animals for petting and viewing. We will also have our farm stand with exotic pumpkins and gourds, corn-stalk bundles, hay bales, mums, and honey and meat raised right on our farm. Feel like volunteering? Our farm is practically run by dedicated volunteers and there are always positions and stations where we could use help. You can volunteer three hours in the morning, three hours in the afternoon, or all day if you are up to it. Contact Amy, Tara, Dave, or Mark at farmtours@centerpalos.org or just call us at (708) 361-3650. Your support would be tremendously appreciated, as this is an important fund-raising time for The Center. It allows us to be able to offer a live-saving program like Pathway to Sobriety at no charge.

Tuesday Luncheons begin in earnest, starting Tuesday, September 3. Our school year and first day of class begins Wednesday, September 4. Please come to our Barn Dance on Saturday, September 7, 5:00pm – 8:00pm at the farm. All proceeds from the Barn Dance go directly into our 2025 camp scholarship fund, which allows families with hardships to be able to send their children to camp. Do you want to learn more about The Center's Pathway to Sobriety program? We invite you to come to our Pathway Open Speaker Meeting in the great hall of the lodge on Saturday, September 14, 6:30pm – 8:00pm. Also, please check out our amazing variety of art classes and yoga programs beginning this September listed in the back portion of this newsletter.

There is something for everyone at The Center. As a staff, we are most dedicated to being of service to you and to this amazing community in which we live. Come walk our grounds, come to a Vespers Service, or spend a moment alone in our chapel, meditatively walk our labyrinth, come to a Tuesday Luncheon, take an art class, bring your family to our farm, volunteer some of your time – God’s grace is ever-present here and we welcome you with open arms!



Important September Dates

Communion Sunday, Vespers in the Pines	September 1, Sunday 8:30am & 12:30pm
Children’s Farm Family Time every Friday, Saturday, Sunday starting	September 1, Sunday 10:00am – 2:00pm
Tuesday Luncheons, every Tuesday starting	September 3, Tuesday 12:00pm – 2:00pm
Farm & Nature Discovery School starts	September 4, Wednesday
Barn Dance & School Open House	September 7, Saturday 5:00pm – 8:00pm
Pathway Open Speaker Meeting - Lodge	September 14, Saturday 6:30pm – 8:00pm
Farm Closed	September 20, Friday
Grand Opening Pumpkin Days Weekend	September 21 & 22, Sat/Sun 10:00am – 4:00pm
Pumpkin Days at the Farm, every Fri, Sat, & Sun till end of October, starting	September 27, 28, 29 10:00am – 4:00pm



Palos Ace Hardware owner Dan Harris presents, along with cashiers Kathleen Rauen, Teri Landis, and Kathy Howe, a donation check to Dave Sanders, Executive Director of The Center.

PALOS ACE HARDWARE DONATES \$4,750.00 TO THE CENTER – ALL RAISED THROUGH THEIR ROUND-UP CAMPAIGN.

Dan and Patty Harris, owners of Palos Ace Hardware in Palos Heights, chose The Center as the local charity they wanted to raise funds for this spring. Through the months of April and May, customers at Palos Ace were asked if they would like to round up their purchase to the next dollar amount, as a donation to The Center. Around 10,000 transactions later, over \$4,700 was raised! That is a lot of “asks” by the cashier team and we are so grateful for their dedication and awesome help! The money will be used to help make needed improvements on The Children’s Farm main horse barn, built in 1948. All of us here are so appreciative of the Harris family and all the employees of Palos Ace Hardware for their thoughtfulness, and support of The Center. Thank you very much Palos Ace!

Spiritual Offerings

SERVICES

VESPERS

Every Sunday at 8:30 a.m. in the Forest View Room

Reminiscent of the early house churches, this gathering incorporates meditative music, silence, prayer, the Scripture reading for the day, and a reflection on the reading. The format is informal and conversational.

Every Sunday at 12:30 p.m. in the Chapel

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

VESPERS IN THE PINES - LABOR DAY WEEKEND

Sunday, September 1 at 8:30 a.m. & 12:30 p.m.

This is a special opportunity to attend Vespers in "God's Chapel"! You will be able to drive the farm road back to The Pines or park in the farm parking lot and stroll past our farm fields. If you have a portable chair, please bring it. And, YES, Communion will be served! As always, we offer a non-alcoholic cup and gluten-free bread.

Ongoing Worship and Prayer Service on Monday Nights in The Wayside Chapel at 7 p.m.- 8 p.m.

All are welcome to gather for a time of worship, meditation, and prayer in a communal setting. No need to register, but if you have any questions, feel free to contact Rev. Nancy at waysiderev@thecenterpalos.org.

EVENTS

Next Anniversary Dinner and Renewal of Vows on September 8

Sunday, September 8th.

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your July, August, and September wedding anniversaries here at The Center on Sunday, Sept. 8th. 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 by Sept.3rd.

Watch Party and Discussion Group on Sunday Nights at 6pm

Every Sunday night we meet to watch one episode of "**The Chosen**" starting with season one in the Parlor of The Lodge. After each episode, we share highlights from the program and discuss its relevance to our current lives. All are welcome!

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) starts on Monday, Sept. 9th at 9 a.m. in the FVR

All are welcome to gather in the Forest View Room for 30 minutes of silent meditation. This is primarily a group prayer for peace in the world beginning with ourselves. Questions may be directed to Peggy Quinn - 773-841-3203.

New Spirituality Class begins on September 10th

8 weeks: Tuesday Mornings at 9:30 a.m. - 11 a.m. in the FVR

Starting on Tuesday, Sept. 10th, we will meet for 8 consecutive weeks in the Forest View Room. This series is based on Kristen E. Vincent's book, Beads of Healing: Prayer, Trauma, and Spiritual Wholeness. In her book, Kristen shares the powerful account of her healing journey from trauma and models how to name feelings like grief, shame, fear, and anger and engage in honest conversations with God. This course will offer practical ways to use prayer beads to enter guided prayer, stay focused, and sense God's Presence. The book is available on Amazon <https://a.co/d/cMwF823>, and there is a \$15 materials fee for prayer beads which can be paid for online upon registration. A free-will offering basket will be available at each class.

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.



MINISTRY OPPORTUNITIES

The Center Singers

Welcome Center Singers! The choir will begin practicing for the fall season on Monday, September 9th at 5:30pm in the Great Hall. If you've thought about joining but are unsure, please come. We will sing during the 12:30 Vesper Services on Sept. 22 and Oct. 13, in addition to The Center's Annual Meeting on Nov. 10. It continues to be Penny's pleasure to direct this talented group. If you have any questions, please contact Penny Wills at 708-436-2315.

Good Seeds Ministry

Good Seeds is a group of volunteers who have come together with the intention to be of service. Anyone who is interested in joining the Good Seeds group or has questions involving donations, please email Reenie Morrison at goodseeds@thecenterpalos.org

The Good Seeds fall focus for donations will be our Farm and Nature Discovery School. The Farm and Nature Discovery School has a "wish list" of needed school and science supplies. Your donations will launch the school year off to a great start!

Supplies: hand soap, kleenex, hand wipes, and plastic spoons for snacks

Science Supplies: food coloring, cotton balls, flour, oil, baking soda, salt, and liquid or powder corn starch

Donations may be placed in the large beige wicker box found on the front porch of the Lodge. Thank you - The "kiddos" and teachers really appreciate your generous help with donations!



The Witches Tea

Friday, October 11, 2:00 – 4:00 p.m.

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

Event price: \$44 per person

Registration will open on Wednesday September 11, at 10:00 a.m.



September 2024 Art Classes for Children and Teens

AFTER SCHOOL FUN WITH CLAY Instructor: Heaven Newsom

Three Tuesdays starting September 17, 4:00 – 5:00 p.m.

The following three-week session will start on October 15

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.

ART FOR LITTLE ONES Instructor: Heaven Newsom

Three Thursdays starting September 19, 4:00 – 4:45 p.m.

The following three-week session will start on October 10

Class fee: \$32 plus a \$10 Materials fee

Heaven 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 4-7. Although this is a drop off class, parents are welcome to stay and help.

FAMILY ART WORKSHOPS Instructor: Heaven Newsom

Fun classes for parents or caregivers with children, geared towards families with children ages 1-5.

Pricing is for caregiver and 1 or 2 children to bring along; Families will work together to complete projects.



COLORFUL FALL LANDSCAPE PAINTING

Friday, September 20, 1:00 – 2:00 p.m.

Workshop fee: \$24 plus a \$7 materials fee

Working together, you will explore mixing colors and making patterns to create a colorful fall inspired landscape painting on canvas.

AUTUMN WALL HANGING

Friday, October 4, 1:00-2:00 p.m.

Workshop fee: \$24 plus a \$2 materials fee

Families will paint on pressed leaves to create a fall wall hanging on a stick wrapped with colorful yarn.



LOG CABIN ART FOR KIDS Instructor: Heaven Newsom

Three Saturdays starting September 28, 10:00 -11:00 a.m. Class fee: \$40 plus a \$10 materials fee

The following three-week session will start on October 26

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: Alley Rein

Four Wednesday nights beginning September 18, 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.

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



FLANNEL SKIRT Sunday, September 15, 10:00 – Noon

Workshop fee: \$25 plus a \$5 materials fee

Upcycle a men's flannel shirt into a fashionable fall skirt. Flannel shirts will be provided.

PUMPKIN PLUSHIE Sunday, October 20, 10:00-11:30 a.m.

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

Sew a soft and squishy pumpkin. We will head outside to gather twigs for its stem.



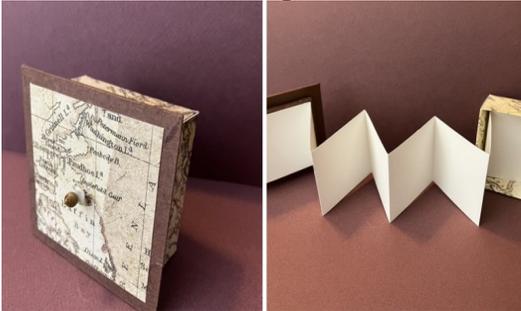
MONSTER STUFFIE Sunday, October 27, 10:00 – 11:30 a.m.

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

Draw on fabric to create a silly or scary monster. We will turn our drawings into 3-D stuffed monsters, adding googly eyes, fringe, and other bits and bobbles for extra fun.

September 2024 Schedule of Art Classes for Adults

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



BOOK IN A BOX WORKSHOP Instructor: Barb Thompson

Tuesday, September 24, 9:30-Noon,

Workshop fee: \$26 plus a \$3 Materials fee

Create a unique handmade book while learning techniques in cutting, folding, and arranging decorative papers to make a completed book. All materials are provided, but students are welcome to bring their own papers or bone folder, if desired.

CALLIGRAPHY WORKSHOP Instructor: Marjorie Boyd

Thursday, September 19, 1:00 – 3:00 p.m., Workshop fee: \$23 Plus a \$10 materials fee

Learn to use pens and ink practicing different lettering styles in this one-day workshop.

CALLIGRAPHY Instructor: Marjorie Boyd

Three Thursdays starting October 10, 1:00 – 3:00 p.m., Class fee: \$66 Plus a \$16 materials fee

Learn to use pens and ink practicing different lettering styles. Also learn to construct a small book to add your lettered verse/ quote. All supplies will be provided by the instructor.

CAT TAIL BASKET WORKSHOP Instructor: Andrea Mento

Tuesday night, October 22, 6:00-8:30 p.m.,

Workshop fee: \$38

Class will meet in front of the art center then hike to the farm to harvest your own cat tail stalks, dress accordingly for the weather. If you have any mobility problems, please let us know, and we will pick the cattails for you as you stay behind in the art center. Students will learn a plaited technique and finger weaving skills to make a small cat tail basket. Appropriate for beginners.



COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning September 11,

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 FLOWER BOOKMARKS Instructor: Victoria Baleckaitis
Tuesday, October 1, 10:00 – Noon, Workshop fee: \$23 Plus a \$3 materials fee

Learn to crochet a charming flower bookmark.



DRAWING AUTUMN LANDSCAPES IN MARKER

Instructor: Sandy Safranek

Four Wednesdays beginning October 9, 1:00-3:00 p.m.

Class Fee: \$88 plus a \$35 materials fee

Create a colorful, Impressionistic-style drawing of an autumn landscape using the drawing technique known as Stippling/Pointillism. Students will be introduced to the grid transfer process in order to achieve drawing accuracy. They will also become familiar with the Art element of Color, and how to blend colors through optical mixing. The instructor will provide all of the supplies including sharpie markers, portfolios and reference photos. Participants may need to work on their drawings at home if extra time is needed.

EMBROIDERY WORKSHOP: EMBROIDERED FIREFLY COASTER

Instructor: Victoria Baleckaitis

Wednesday, September 25, 12:00 – 2:00,

Workshop fee: \$23 plus a \$5 Materials fee

Learn embroidery stitches to create a felt coaster with a dragonfly design.



FALL OR HOLIDAY SIGN IN CHALK PASTELS

Instructor: Sandy Safranek

Saturday, September 28, 12:00 -3:00 p.m.

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

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

FALL REFLECTIONS, MIXED MEDIA LEAF PAINTING WORKSHOP Instructor: Karen Signore
Sunday, October 13, Noon – 3:00 p.m., Workshop fee: \$30 plus a \$10 materials fee

Autumn invites us to reflect and embrace change. Through meditation, journaling, and mixed media exploration, you will celebrate what you have harvested this year so far, identify what you are ready to let go of and envision what you want to welcome in next. Create your own mixed media canvas autumn leaf painting, infusing your canvas with new intentions, exploring various texturing techniques, and choosing from a variety of papers and embellishments. Journaling techniques are based on the Project Insight™, Creative Journal Expressive Arts™ method.

LAPIDARY Instructor Larry Rothenberg

Six Monday mornings starting September 9, 9:00 – 11:00 a.m.

Or Four Thursday nights starting September 12, 5:00 – 7:00 p.m.,

with Instructor Jackie Burger

Class fee: \$95 per four-week session, \$145 for six-week session

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

Four Tuesday nights, beginning September 3, 6:30 – 8:30 p.m. or

Four Thursday mornings beginning September 5, 9:30 – 11:30 a.m.

Class fee: \$100 plus a \$30 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.

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 will be 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

BACKYARD SUNSET, Friday, September 27, 6:00-7:30 p.m.

TROPICAL TUCAN, Friday, October 18, 6:00-7:30 p.m.



PAPERMAKING WORKSHOP: PAPER WEAVING Instructor: Marilyn Vandebout **Thursday, September 26, 1:00 – 3:00 p.m., Workshop fee: \$23 plus a \$5 Materials fee**

Learn to make two sheets of handmade paper with recycled and botanical pulps. Then cut and weave the papers to create a frame worthy piece of art.



POTTERY Instructor: Madeleine Burns

Three Monday afternoons starting September 9, 1:00 – 3:30 p.m.
(no class on September 23)

Class fee: \$87 plus a \$28 materials fee for three-week session

Four Tuesday nights starting September 17, 6:00 – 8:30 p.m.,

Four Thursday nights starting September 19, 6:00 – 8:30 p.m.,

Class fee: \$115 plus a \$35 materials fee for all four week sessions

In this beginner's level class, students will take turns on the pottery wheel and create pieces by hand learning the art of ceramics. Students will create with clay each week then glaze on the last day. Pottery will need to be picked up after a final kiln firing.

SEWING MACHINE BASICS Instructor: Chris Walsh

Monday evening, October 7, 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 WORKSHOP: FALL POTHOLDER

Instructor: Angela Gonzalez Sunday,

Sunday, September 8, 10:00 – 12:30

Workshop fee: \$26 plus a \$7 Materials fee

Make a fall fabric print pot holder. We will use heat resistant fabric and seam binding. Feel free to bring your own sewing machine or use ours.

SEWING WORKSHOP: CIRCLE DRAWSTRING BAG

Instructor: Angela Gonzalez

Sunday, October 6, 10:00 – 12:30

Workshop fee: \$26 plus a \$7 Materials fee

Sew a round bag perfect for traveling with cosmetics or jewelry. Feel free to bring your own sewing machine or use ours.



WATERCOLOR PAINTING Instructor: Lenox Wallace

Six Monday afternoons starting September 9, 1:00-3:30 p.m. (Advanced Class)

Six Thursday mornings beginning September 12, 10:00 – 12:30 p.m. (Beginner level Class)

Class Fee: \$145 per class

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

WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday September 12, 18, 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!

AUTUMN EQUINOX YOGA FLOW Instructor: Jeremy Mazurek

Sunday, September 22, 8:30-9:30 a.m. Workshop fee: \$15

This special day is one where the Earth experiences equal amounts of daylight and darkness. Ponder the meaning of balance and equanimity in your life and take time to notice all you've experienced this summer while preparing for Mother Earth to turn more inward towards rest and respite this winter. Join Jeremy & start your day with a Vinyasa Flow on the Labyrinth at The Center. Bring a yoga mat and water. In case of bad weather class, will met in the Forest View Room of the Lodge.

GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting September 27, 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 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 September 5, 6:00-7:15 p.m. or

Four Thursdays starting October 3, 6:00-7:15 p.m. Class fee: \$56 per session

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 September 9, 6:15 – 7:15 p.m.,

Or Four Mondays starting October 7, 6:15 – 7:15 p.m. Class fee: \$48 per session

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, September 22, 6:00 – 7:00 p.m.,

Or Sunday, October 27, 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.

Luncheons

run from 12 noon until 2 p.m., cost \$36 per person, and offer a delicious meal and the best in entertainment and educational programming.



Tuesday, September 3

"1893: The Chicago World's Columbian Exposition & H.H. Holmes" with Bob Trzeciak

Bob Trzeciak will take us on a deep tour of the 1893 World's Fair: Its innovations and firsts, and its positive impact on Chicagoland. And then: A look at the dark side and H.H. Holmes, who took advantage of the fair to choose his victims amidst his many murderous schemes!



Tuesday, September 10

"The Golden Age of Hollywood" with Martina Mathisen

Martina Mathisen is Luella Parsons, Hollywood's most dynamic and powerful gossip columnist. Called the Queen of Hollywood, Luella could make or break a career with a few taps of her typewriter. You will be temporarily transported and transfixed to feel a part of the old Hollywood insider's club while hearing about the triumphs and transgressions of some of the era's biggest stars. You will learn about the indulgences and infidelities of the bigger than life personalities of Hollywood's Golden Age straight from the time traveling Hollywood gossip columnist herself!



Tuesday, September 17

"Tales from The Spaghetti Pot" with Greg Weiss

You probably know Greg Weiss from his magnificent performances here on "Bob Cratchit Night," where he tells the tale of Dickens' "A Christmas Carol." Some of the best stories are shared around the dining room table. Often the meal serves as inspiration. This program invites you to feast at the intersection of food, family, and storytelling...to savor delicious tales from Greg's life and world cultures.



Tuesday, September 24

Oktoberfest with Glenn Ellison & the Deutsch Meisters

Celebrate Oktoberfest at the Center with the Deutsch Meisters band. The Group has been performing since the late 1960's. They play all the traditional German/Polish Oktoberfest music, and it's sure to be a rousing afternoon!

*Please support our
Festival Sponsor!*

KARYN R. VANDERWARREN
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Farm and Nature School News!

We are so pleased to be welcoming returning and new families to our school! We spent the month of August getting our school and faculty ready for the new school year. We had our annual staff training, cleaned and organized the whole school, and prepared our rosters for our families!

We welcome 3 new teachers to our team this year! Ms. Donna is leading our preschoolers in classroom 1, Ms. Liz is aiding for Ms. Maggie in our preschool room 4, and Ms. Samaria will be aiding for Ms. Kelly in our pre-kindergarten room 4. You can read more about all our teachers on our website!

The whole month of September will be a time for our new and returning students to get used to their new routine and classrooms while building bonds with their teachers and fellow students. We will be exploring the theme of "Family & Community" which will have sub themes of "Welcome to School," "All About Me," "Friends and Family," and "Community Helpers". We will also be celebrating Hispanic Heritage Month all month long while learning about the rich Hispanic culture and history.

September 7th will be our Open House and Barn Dance! We are excited to celebrate the start of the school year with families with music, food, open barn, and hayrack rides. The school will be open to any families attending the Barn Dance, enrolled or not! Come join us for a celebration of a new school year and see our beautiful facility all set up and ready for students.

There is still time to join us for the 2023-2024 school year! We still have some morning spots available in our preschool classes and plenty of room in our afternoon slots in both preschool and pre-kindergarten. 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.



Rummage Sale 2024:
Friday, Saturday, and Sunday August 23, 24, and 25.
8:00a.m. - 1:00p.m., all three days. Anything and Everything!

We'll start accepting donations as soon as we can after Camp ends, which means we'll accept donations this year starting Monday, August 12. Please make drop-off donations no later than Monday, August 19. The last day for donations is Monday, August 19 because we'll need the remainder of that week to get the sale ready.

If you'd like to drop off items, please do so on the Farm side from 9:00a.m. - 3:00p.m., so that there will be someone there to help and to keep your donations out of the weather.

We'll do limited pickups for large items only, but please be sure to call to request a pickup early, as we can only pickup from August 13 to August 16 this year. **The last pickup is Friday, August 16.** That's only four days of pickups for a lot of requests. Last year, the waiting list for pickups started in beginning of August.

You can call, starting now, to get on the pickup request list for large items only. **Mark Walker will start compiling the pickup schedule in early August and start scheduling pickups in mid-August.** Mark is the only person who can schedule pickups and calling for a pickup request doesn't guarantee we will be able to come out and get your things. We will make every effort to get to everyone we can.

Please help us by understanding that we simply do not have storage for your donated items until after Camp ends, which is the week of Monday, August 12.

For a variety of reasons, we cannot accept the following items:

Computer monitors of any kind

Baby seats
Encyclopedias
Entertainment centers
China cabinets
Curio cabinets
Mattresses

Televisions of any kind

Tires
Sleeper sofas
and

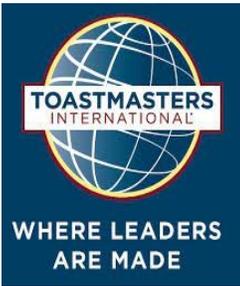
Anything not in salable condition



Thank you for your understanding and generosity!

Rummage Sale 2024
Friday, Saturday, and Sunday August 23, 24, and 25
8:00a.m. - 1:00p.m., all three days. Anything and Everything!

Program



*Find yourself!.....at The Center
Toastmasters Club!*

1st and 3rd Wednesdays, September 4th and 18th, 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. Toastmasters will meet in the Forest View Room in the Lodge. No commitment is necessary to try it out: for more information, contact Lois Lauer. loislauer@sbclgobal.net

WOMANTALK Discussion Group

Tuesday, September 24, 10 a.m. – 11:30 a.m.

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the Parlor to nurture and support each other's personal journey of creativity and self-discovery. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 27th year, focuses on living authentically, joyfully, simply and gratefully. As September arrives we move from Summer to Fall. On Labor Day weekend consider writing a note to yourself listing the things you hoped to finish this summer, or the tasks you did complete. Save it to read as next summer begins, and even to share at Simple Abundance. If a book or creative work has touched you this month, feel free to share it. We hope that you'll be able to join us. If you have any questions, please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org

Women's Film and Discussion Series!

Monday, September 9, 9:30 am – noon: Queen Bees (Re: life in a retirement community)

The film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. The films in this series all speak to the issue of women rediscovering authenticity and joy in their lives at any age. Discussion led by Lois Lauer. Please register online. We'll meet upstairs in the Forest View Room. There is no fee, but donations are very much welcomed.

Retreats Awake at The Center: A Day of Mindfulness in the Out of Doors

Saturday, Oct. 19th, 9:00a.m.- 3:00p.m.

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for a day retreat led by Dan & Sharon Morley. You will be invited to sit, to walk, to listen, to share, to hear, and to see that beauty and wonder that abounds all around us. Wear clothing and shoes appropriate for the weather as we will be spending most of our time out of doors. **Retreat fee: \$50 includes leadership, in-room refreshments and retreat supplies. Please plan to bring a sack lunch.**



LOOKING FOR BABY JESUS...

It's that time of year again, and we are looking for a special baby to play the part of infant Jesus for our Live Nativities during the Pilgrimage on Saturday, Dec. 14th at 5:30pm and our Christmas Luncheon on Tuesday, Dec. 17th at Noon. If interested, please contact Rev. Nancy by calling our front office at 708-361-3650 or emailing her at waysiderev@thecenterpalos.org.

The
Children's Farm
SEPTEMBER OPEN FARM HOURS
(THROUGH SEPTEMBER 15TH)

Friday, Saturday and Sunday 10am-2pm

Animal Barns ◦ Hayrack Rides ◦ Walking Trails ◦ Concessions

ADMISSION: \$9/PERSON FOR AGES 2+

*CLOSED FRIDAY, SEPTEMBER 20TH
GRAND OPENING PUMPKIN DAYS WEEKEND FESTIVAL
SEPTEMBER 21ST AND 22ND
FOLLOWED BY EXTENDED PUMPKIN
PLAYLAND HOURS



BARN DANCE:
A Family Night of Music and Fun at the Farm!
Saturday, September 7, 5:00 – 8:00p.m.
Rain or shine at the Children's Farm

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

Proceeds from the evening benefit the camp scholarship fund.



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

The Children's Farm
Pumpkin Playland



Open Barns (Chickens, pigs, goats, cows, sheep, and more!)
Hayrack Rides ~ Spooky Woodshed ~ Haybale Climber ~ Crazy Maze
Corn Box ~ U-Pick Pumpkin Patch ~ Fall Décor ~ Concessions

September 21st- October 27th

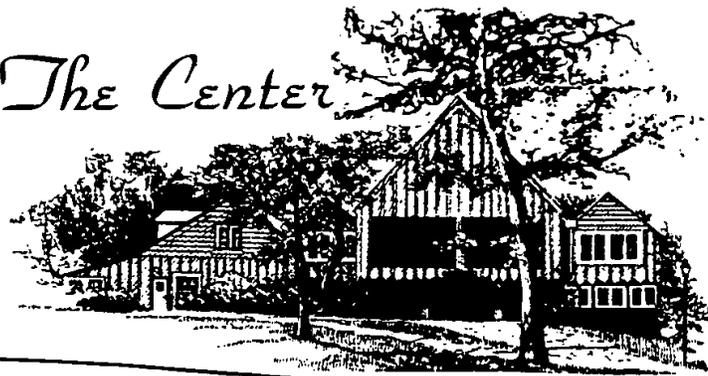
Fridays - Sundays
(+ Indigenous Peoples Day!)

10am-4pm

\$15 Admission for Ages 2+

No advanced reservations required!

The Center



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

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

**DATED MATERIAL RETURN
SERVICE REQUESTED**



THE CHILDREN'S FARM



PUMPKIN DAYS GRAND OPENING WEEKEND

HAYRACK RIDES

PUMPKIN PATCH

CRAZY MAZEY

OPEN ANIMAL BARNs

CORN BOX



SEPTEMBER 21 & 22

10AM-4PM

\$15 PER PERSON

Live Music 11pm-3pm

Saturday: Nite Life

Sunday: Charles & Company

HAY CLIMBER & SLIDES

FOOD CONCESSIONS

SPOOKY WOODSHED

VENDORS

KIDS CRAFTS