

November 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

OUR PAST DOES NOT DEFINE OUR FUTURE

One of the remarkable things about life is that our past does not necessarily define our future. What's happened to you up to this very moment can change just as fast as you make up your mind to do it. No matter how many failures...in relationships, in your personal growth, your health, your finances, your outlook on life...you can make exceptional change, positive and successful change, when you decide to do it. We know several people here at The Center who have done just that...put twenty years of their life into drug and alcohol abuse...and then one day after they'd had enough, decided once and for all...to change. When you decide once and for all to change...that is very powerful.

If you are dissatisfied with something in your life...you could look at it as a good thing. Dissatisfaction leads us to ponder a way of improving the situation. Dissatisfaction, humiliation, even complete failure in our lives really takes us out of that comfort zone. We've all been there and it is painful. Our self worth, self-respect and confidence...in the dumps...and we come to know the meaning of fear. Fear is a real stopper in life. It inhibits us from so many opportunities to grow.

However, the power of dissatisfaction, humiliation, and failure is in the eye of the beholder. What true learning experiences they can be for us. Babies fail day after day for months in attempts to walk. They try everything to get up and walk... but some days are just plain terrible...real bruisers. Babies do learn how to walk though. They don't let fear or failure stop them. Nor should we let the fear of failure stop us. Rather we should learn as much as we can from it and move on. If you fail, embrace it with all your heart...and know completely what it is. There is absolutely nothing wrong with failure if you learn from it.

I just heard this saying the other day and it really “clicked” for me. Motivational speaker Anthony Robbins says, “Success is the product of good judgement. Good judgement is the product of experience. Experience is usually the product of bad judgement.” I had to laugh...but when I thought about it...it's true. Experience comes from trying many different things to get a desired result. Some of the things we try have disastrous results and we painfully learn a lesson. But that's what experience is – knowing what and what not to do in a given situation.

If you could change two things in your life today, what would they be? Think of two things that would instantly improve the quality of your life. What are you dissatisfied with? What is bothering you? Most of the time we leave these things up to chance and hope one day they will get better or simply go away. We can grow old spending our life hoping things will change...or...we can decide to put solid effort and work towards positive change. It's that simple.

Some of us, including myself might say, “I don't have the luxury right now to take great effort to change things in my life. I'm so busy I can hardly keep up with my life!” Consider this. Do you have time to improve upon something in your life just one percent a day? One percent a day. Think of where you would be in a year! Stay focused and work daily on changing the things you want to change in your life.

Remember...our past does not necessarily define our future. What's happened to us up to this very moment can change just as fast as we make our minds up to do it...and don't be afraid of failure. Think of that baby learning to walk. What would you think if that baby just sat down and gave up?

SPIRITUAL OFFERINGS

SERVICES

Sunday Vespers

8:30 a.m. in the Palor

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

12:30 p.m. in the Chapel

Please join us each week for a 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! ***Please note that the Nov. 10th Vesper Service will be held in the Great Hall, and The Center Singers will be singing!**

Communion Sunday

November 3 at 8:30 a.m. & 12:30 p.m.

On the first Sunday of each month (except December), communion is offered at both services. All are welcome to participate, and a non-alcoholic cup and gluten-free bread are provided.

Thanksgiving Day Communion Service Thurs., Nov. 28 - 9:30am

You and your family are invited to join us for a special Chapel Communion Service. In preparation for celebrating Thanksgiving at our dining room tables, gathering around Christ's table to give thanks to the Creator of all Blessings is a welcome beginning. Hope to see you there!

First Sunday in Advent

December 1 at 8:30 a.m. & 12:30 p.m.

At both Vesper Services, we will focus on the theme of Jesus' birth to start the Advent Season. Come as we celebrate "God with us" during this beautiful time of year!

MEDITATION

MINDFULNESS

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

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

Loving-Kindness Meditation (Metta)

Every Monday - FVR from 9:00 a.m.-9:45 a.m.

Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. Questions may be directed to Peggy Quinn - 773-841-3203

EVENTS

Anniversary Dinner and Renewal of Vows

Sunday, December 15

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your Oct., Nov., or Dec. wedding anniversary here at The Center on Dec. 15th. 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 Dec. 10th.

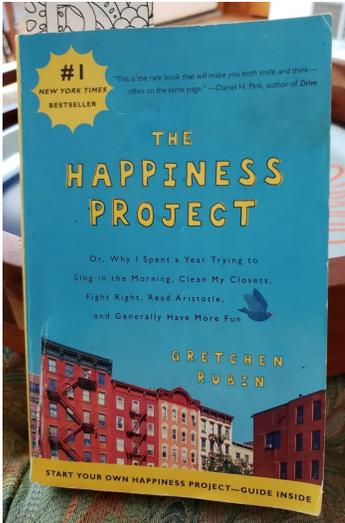
Spiritual Direction

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 OPPORTUNITY

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

If you have any questions, please contact Rev. Nancy by emailing waysiderev@thecenterpalos.org



New Book Club beginning Friday January 3, 2025!

The Happiness Project by *Gretchen Rubin* will be discussed on the first Friday of the month for a year. We will read that month's chapter, discuss what we took away, and share how we are applying it to our lives.

Meetings will be held in The Parlor of The Lodge at 10:00am-11:30am. Please get a copy of the book <https://a.co/d/7SQoylq> (Amazon), and read the introduction "Getting Started" by the first meeting.

Questions may be directed to Nancy Crivellone by email: Vince414@comcast.net

There is no class fee, but a freewill offering for The Center would be greatly appreciated.

Co-leaders: Nancy Crivellone and Kim Callahan-Kelly

And a further Christmas peek into December...

ADVENT CHAPEL SERVICES on Sundays during December in the Chapel at 12:30pm

As mentioned above, Advent begins on Dec. 1st this year. Our beloved Wayside Chapel takes on the special beauty of the Christmas season as it is decorated with greenery and candlelight. Join us in song and prayer as we celebrate Christ's coming and reflect upon the stories of Christmas.

PILGRIMAGE TO THE MANGER

Saturday, Dec. 14 at 5:30 p.m.

We start in the Lodge where we will dress with Judean head scarves in order to follow Mary and Joseph on their pilgrimage to the manger. Bring warm coats and mittens for the walk across the bridge to the farm. The shepherds with their sheep and the Magi on horseback will join us on the pilgrimage. Rev. Nancy will lead us in Scripture and carols will be sung as we each experience again the miracle of that First Christmas. It is truly a special night for both children and adults.

A free will donation is greatly appreciated. All proceeds support the mission of The Center.

Yule Log - Sunday, Dec. 22 at 6:30pm

Our Christmas Eve Service will be at 3pm in the Lodge where we will celebrate Christ's birth with candlelight and Communion. We invite you to join us!

Please Note:

There will only be one service on Christmas Eve and No chapel services on Christmas Day.

Christmas Wreaths. . .

Please order electronically by October 25

Once again we are providing beautifully handmade balsam fir wreaths with red velvet bows to make your home merry for Christmas. Wreaths are available in 4 sizes: 24, 36, 48, and 60 inches which cost \$22, \$33, \$44, and \$55. You can order the wreaths through The Center's website or by calling the main office. Pick up will be Nov. 29 & 30 at the farm, or by arrangement.





Farm & Nature Discovery School

This November, our children will be exploring Art in Nature! They will be making different crafts and art projects in nature and with nature. They will explore different patterns, colors, textures, and shapes while exploring their outdoor environment. They will also take a peek into art history and learn about different artists who enjoyed using nature in their art or as inspiration for their art. They will create their own nature-scapes, nature collages, and so much more this month.

November is also National American Indian Heritage Month. Our classrooms will explore a rich history and culture of Native Americans and the indigenous people from our area and across North America.

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

There is still time to join us for the 2024-2025 school year! Morning spots filled up quickly, but we have availability in our afternoon classes that run from 1:00-3:30 PM for Preschool and Pre-Kindergarten. 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.



The Children's Farm

NOVEMBER OPEN FARM HOURS

**** Please note: The farm is closed on November 10th
Friday, Saturday, and Sunday 10:00am—1:00pm**

Animal Barns Hayrack Rides Walking Trails Concessions

Admission: \$9/person for ages 2+



SHOPPING EARLY FOR CHRISTMAS?

Consider these gifts that benefit the recipient AND The Center!

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

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, November 5

“Fire, Floods, & Fury: Historic Chicago Disasters” with Bob Trzeciak
Noted local historian and radio host Bob Trzeciak will take us on an in-depth tour of Chicagoland’s most dramatic disasters. Bob’s encyclopedic knowledge and conversational style will bring these unfortunate events alive.



Tuesday, November 12 An Afternoon of Stories with Mary Lou Edwards
With divine irreverence, Mary Lou’s straight-from-the-heart stories are at once hilarious and traumatic, cutting and poignant. Her take-no-prisoners style exposes the guilty and gives voice to the wounded. Her slice of life stories captivate every man and woman forced to search for the fun in dysfunction or those who appreciate “you are there” experiences. Her comic take on life’s absurdities captures painful and outrageous truths, which cut deeply into our modern psyche. Mary Lou is a great friend of The Center and her books and collections include “Look Back, But Don’t Stare,” “Little Did We Know,” and “You Couldn’t Make This Up.” Her latest is a children’s book, “Only One Me on Our Big Blue Marble.”



Tuesday, November 19

Dr. Seuss Christmas Artist Luncheon

Each year we celebrate an artist whose Christmas work we love, and this year we choose Theodor Seuss Geisel (AKA Dr. Seuss!) creator of the Grinch, The Lorax, Cat in the Hat, and all the favorite Seuss characters beloved by children and adults the world over. Join Center art instructors Lois Lauer, April Schabes, Robin Neumann, and Terry Sanders for this fun artsy afternoon. First we will have a slide show presentation about Dr Seuss and his creative life and works, and then invite you to create a variety of delightful Dr. Seuss-inspired

Christmas crafts!

Tuesday, November 26

“Stories Behind the Best-Loved Songs of Christmas” with Jenny Riddle
Jenny sings and shares the fascinating stories behind our most beloved Christmas songs, based on Ace Collins’ book of the same title. There is a treasure trove of inspiration to be found in these stories. The history of these cherished songs will come to life in the hands of Jenny’s engaging storytelling. You’ll laugh and cry and learn things you didn’t know before. Get ready to sing along.



And please save the dates!

On **Tuesday, December 3** Dan & Sharon Morley will bring their popular mindfulness presentation to our luncheon series.



Tuesday December 10, Christmas Tea Around the Tree series begins with a Tuesday Luncheon. Everyone knows the Nutcracker Ballet, but do you know the folklore behind it? Come hear Storyteller, Megan Wells, spin the magic story behind one of our most treasured Christmas ballets. The tea luncheon will be our luncheon style buffet meal. All guests will have the chance to make their own blend of holiday potpourri. **Event price: \$44**

...and on **Sunday, December 8** Greg Weiss returns to the Great Hall in front of our gorgeous tree for our annual Bob Cratchit Dinner!



Join TOASTMASTERS!

Wednesday evenings, Nov. 6 and 20, 7-9 p.m.

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

Program

WOMANTALK DISCUSSION GROUP

Tuesday, November 19th, 10 a.m. – 11:30 a.m.

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet in the parlor to nurture each other's personal journeys of creativity and self-discovery. We meet on the last Tuesday of each month. Inspired by Sarah Ban Breathnach's Simple Abundance, the group focuses on living authentically, joyfully, simply and gratefully. We are also bringing along reading material from our lives which Simple Abundance has led us to read. November's Joyful Simplicities encourage us to make time for meaningful seasonal rituals and practices. If you have any questions, please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org

Women's Film and Discussion Series!

Monday, November 18, 9:30 am – noon

"A Time to Remember", a thoughtful Thanksgiving film about a mother and two daughters. This monthly 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, connection, and joy in their lives at any age. Discussion led by Lois Lauer. Preregistration is appreciated so we can plan seating. We'll meet upstairs in the Forest View Room. There is no fee, but donations are very much welcomed.

A TIME TO REMEMBER



Fall Retreats

Saturday, November 2, 9:30am-1:30pm

A day to Remember, Release and Receive. Join Danielle Vaquer, LMFT in taking a day to retreat. To remove yourself from all the busyness and "to-do's" of your daily life and to get creative through your story, dreams and desires. This time of year is ripe for reverence. Honoring what has been and making room for humble abundance and what is to come. It is a time where the daylight wanes and the darker hours expand. When was the last time you gave yourself permission to dream bigger and turn inward toward the burning light of your own heart? Explore and create through vision boarding, creative writing, guided meditation in a supportive group dynamic. Program Fee: \$65 Includes in-room refreshments, leadership and program materials.

A NEW OFFERING AT THE CENTER...

Reiki I Training for Self-Healing

Reiki Instructor: Eileen Hurn, MSN, RN, Reiki Master

Monday, November 11th, 9am-4pm

Class Fee: \$177 (includes training, Reiki Level I Certification and lunch)

Reiki (Rei-Universal; Ki=Life Force) is an energy healing technique that promotes relaxation, reduces stress and anxiety. Reiki involves using one's hands to deliver energy to the body, improving the flow and balance of energy in order to support healing. Reiki is used all over the world, including hospitals and hospices, to complement other forms of health treatments. Participants will learn Dr. Mikao Usui's method which will include understanding the chakra system, hand placements, and energetic clearing. Participants will receive a Reiki Level I Attunement, learn self-Reiki and how to give it to someone else. The instructor's wish is for the participants to embrace Reiki and be willing to share it with others. Eileen Hurn, MSN, RN has provided Reiki for the last 25 years within her nursing practice including patients in the ER, Hospice, and VA.





WOMEN'S CHRISTMAS RETREAT:

Preparing Our Hearts and Our Hearths for Christmas

Saturday, November 23, 9 a.m. to 5 p.m. We gather for our very popular annual women's Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts, fireside fellowship, and time for reflection, this women's retreat is always a wonderful way to get in the spirit of the season. A day full of creativity and Christmas Spirit! Retreat leaders: Lois Lauer and Julie Palucki. **Price: \$95**



November 2024 Art Classes for Children and Teens

CERAMIC GINGER BREAD HOUSE WORKSHOP Instructor: Corrine Miller

Two-day workshop: Thursday, November 14 and 21, 4:00 – 5:00 p.m. each day

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

Make a ginger bread inspired house out of clay that will last from year to year! On the first day of class students will construct their house from clay. On the second day students will paint and embellish their house and take it home just in time to decorate for the holidays! For students in grades K-8

CRAFTED CHRISTMAS TREE WALL HANGING Instructor: Corrine Miller

Thursday, December 5, 4:00-5:00 p.m. Workshop fee \$15 plus a \$4 Materials fee

Using sticks students will construct a Christmas tree inspired wall hanging then embellish with a variety of craft supplies to create the ornaments. For students in grades K-8



HOLIDAY CERAMICS WORKSHOP FOR TEENS Instructor: Ally Rein

Two-day workshop: Wednesday, December 4 and 11, 6:00-7:30 p.m.

Workshop fee: \$35 plus a \$8 materials fee

Have fun creating ornaments and holiday inspired pieces out of clay! Students will work with clay the first day then paint and embellish them on the second day of class to take home for the holidays. Open to students in grades 5-12.

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

QUILTED LEAF GARLAND, Sunday, November 17, 10:00-11:30 a.m.

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

Create a hanging garland inspired by the colors and shapes of the season. (This class is suitable for artists of all ages, adults are able to register for this class as well)



TURKEY PLUSHIE Sunday, November 24, 10:00-11:30 a.m.

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

Sew an adorably plump turkey. Choose your feather colors and "stuff" this plushie up.

FAMILY CLASS, SEW AN ORNAMENT Sunday, December 8, 10:00-11:30

Workshop fee: \$26 plus a \$6 materials fee

A class for parents or caregivers and children to have fun creating sewn ornaments together, adding trim and embellishments to their creations. Pricing is for parent/ caregiver and one child



FAMILY PAINTING WORKSHOPS: Instructor: Heaven Newsom

A class geared towards Moms or caretakers and little ones to have fun completing paintings together.

Workshop fee: \$23 plus a \$7 Materials fee per class
(pricing is for caretaker and one or two children)

SNOWY CHRISTMAS TREE Tuesday, November 19, 10:00 - 11:00 a.m.

SNUGGLY BEARS Tuesday, December 3, 10:00 - 11:00 a.m.

KIDS WINTER BIRDS PAINTING WORKSHOP Instructor: David Carlson

Friday, November 15, 4:00-5:00 p.m. Workshop fee: \$15 plus a \$5 Materials fee

Learn about birds and painting techniques to create amazing bird and nature art in this fun class. Images will be provided for children to work from or bring your own. Open to students in grades K-8.

November 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

Two Fridays starting November 1, 1:00 – 3:30 p.m.

Class fee: \$50 Plus a \$25 materials fee

Ann Marie will work with each student individually to create your own original basket. Beginners will start with a round muffin basket. Students can choose from a variety of colors and options of reed.

FELT CARDINAL ORNAMENT

Instructor: Victoria Baleckaitis

Friday, November 15, 10:00 – Noon

Workshop fee: \$24 plus a \$3 Materials fee

Stitch together a 3-D Cardinal of out felt embellished with embroidery designs, just in time for the holidays! Will look great on your tree or given as a gift.



FINGER-KNIT WINTER SCARF WORKSHOP

Instructor: Sandy Safranek

Wednesday, December 18, 1:00-3:30 p.m., Workshop fee: \$27

Create a soft, warm Winter scarf using a finger-knitting process. No knitting experience is required. Participants should purchase and bring their own yarn. 1 skein (bundle) of Yarnspirations Bernat Blanket Big yarn is all that is needed to create one scarf. It may be one color or multi-color, and is available at both Michaels and Hobby Lobby. These scarves make perfect holiday gifts!

FOLKART WORKSHOP: CHRISTMAS GARLANDS

Instructor: Lois Lauer

Sunday, December 1, 2:00 – 4:00 p.m.

Workshop fee: \$24 Plus a \$10 Materials fee

Bring the scent of Christmas to your home this holiday season, by creating a garland of fresh fir, pine, and cedar. Embellish with pinecones and a bow or two, or three! Your garland will be ready to be hung above a doorway or laid along your mantle or in the center of your dinner table. Could also be folded in half and hung as a swag on your front door. Bring your own pruners.



GENERAL PHOTOGRAPHY WORKSHOP Instructor: Jack Martin

Saturday, November 2, 9:30 – 11:00 a.m. Workshop fee: \$20

General Photography will cover simple photographic tools, technics, tips and tricks to improve your photography. Learn what the pros know about simple composition, how to elevate the image, how to deal with problem situations. Know what makes a great image and what went wrong with a failure. No experience necessary. This program will help the novice along with the experienced photographer, all levels are invited. Presentation will cover all types of cameras, cell phones, DSLRs, mirrorless cameras, etc.

GROWING GRATITUDE, MIXED MEDIA GRATITUDE TREE PAINTING Instructor: Karen Signore

Sunday, November 3, Noon – 3:00 p.m. Workshop fee: \$35 plus a \$10 materials fee

When we are in a state of gratitude, our focus on appreciating what we have, attracts more to be grateful for. Join us for a fun, relaxing afternoon and explore the experience of gratitude as you create an acrylic mixed media tree painting. Through guided meditation, creative expression and whole brain journaling techniques you will reflect on gratitude, explore practices for growing a grateful mindset and integrating gratitude into your daily life. Based on The Creative Journal Expressive Arts Institute™ Project Insight (R) method.



KNITTED LEAF COASTER Instructor: Victoria Baleckaitis

Friday, November 1, 10:00-Noon, Workshop fee: \$24 plus a \$5 Materials fee

Learn to knit a leaf shape using fall colors that can be used as a coaster.

LITHUANIAN STRAW ORNAMENTS Instructor: Ann Marie Jagiella

Friday, November 22, 1:00-3:00 p.m.,

Workshop fee: \$24 plus a \$10 materials fee

Learn to construct your own ornaments in geometric designs.



PAINTING WORKSHOPS: Instructor: Heaven Newsom

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

Heaven will show you step by step how to create these fun paintings, all materials provided.

COZY AUTUMN COTTAGE Friday, November 15, 10:00-11:30 a.m.

COZY WINTER CABIN Tuesday, December 10, 10:00-11:30 a.m.

PAPER BOXES FOR THE HOLIDAYS WORKSHOP

Instructor: Barb Thompson

Friday, November 22, 9:30 – Noon

Workshop fee: \$27 Plus a \$4 Materials fee

Learn to construct small decorative boxes out of paper for the holiday season.



PAPERMAKING WORKSHOP: WINTER WHITES

Instructor: Marilyn VandenBout

Tuesday, December 3, 10:00 – Noon

Workshop fee: \$24 Plus a \$5 materials fee

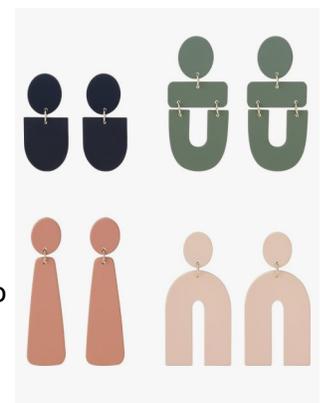
Create a set of handmade paper ornaments! Pour paper pulp into different shapes and press those shapes onto textured surfaces creating snowflakes and snowmen shapes.

POLYMER CLAY JEWELRY Instructor: Kara DeCarlo

Saturday, November 23, 10:00-noon

Workshop fee: \$24 Plus a \$10 Materials fee

Learn to create modern geometric earrings and necklaces out of polymer clay. No clay experience required.



POTTERY Instructor: Madeleine Burns

Three Monday afternoons starting December 2, 1:00 – 3:30 p.m.

Three Tuesday nights starting December 3, 6:00 – 8:30 p.m.,

Three Tuesday nights starting December 5, 6:00 – 8:30 p.m.,

Class fee: \$90 plus a \$28 materials fee for all three 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.

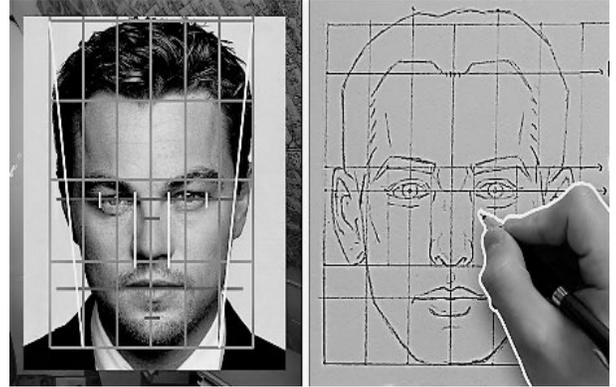
PORTRAIT DRAWING Instructor: Sandy Safranek

Three Thursday afternoons starting November 13

1:00 - 3:30 p.m. (no class on Nov. 27).

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. This could be a great Christmas present!



SEWING MACHINE BASICS Instructor: Chris Walsh

Monday evening, November 4, 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: APRON Instructor: Angela Gonzalez

Sunday, November 17, Noon – 2:30 p.m.

Workshop fee: \$27 plus a \$8 Materials fee

Sew a wearable apron. Learn how to use a pattern, add a lining and pockets.

SEWING WORKSHOP: TREE SKIRT Instructor: Angela Gonzalez

Sunday, December 1, 10:00 - 12:30 or 1:00 – 3:30 p.m.

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

Sew a festive and functional tree skirt for your holiday décor.



STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday one day workshops to choose from:

November 17, or December 15 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.



WREATHMAKING Instructor: George Mitchell -a circle of fresh greens for Christmas!
Monday evening, Dec. 2, 6:30 – 8:30 p.m. Class fee: \$24 plus \$16 materials fee
Let professional floral designer George Mitchell help you to create a beautiful fresh balsam fir wreath complete with pinecones and a red velvet bow just in time for the Christmas holidays!
(bring your own pruners)

JANUARY 2025 START DATES,

Some of our most popular classes are currently in session
but will start up again in January, mark your calendar!

COLLAGE Instructor: April Schabes, Six Wednesday mornings starting January 8, 9:30-Noon
LAPIDARY Instructor: Larry Rothenberg, Six Monday mornings starting January 6, 9:00-11:00 a.m.
LAPIDARY Instructor: Jackie Burger, Four Thursday nights starting January 9, 5:00-7:00 p.m.
METALSMITHING FOR JEWELRY Instructor: Mary Michaelson, Five Tuesday nights starting January 7, 6:30-8:30 p.m. or Five Thursday mornings starting January 9, 9:30 – 11:30 a.m.
WATERCOLOR PAINTING Instructor: Lenox Wallace,
ADVANCED WATERCOLORS Six Monday afternoons starting January 6, 1:00-3:30 p.m.
BEGINNING WATERCOLORS Six Thursday mornings starting January 9, 10:00 a.m.-12:30 p.m.

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

GENTLE YOGA Instructor: Carolyn Harms

Three Friday mornings starting December 6, 9:30 – 10:45 a.m. Class fee: \$44

Come practice gentle yoga at The Center. These 75-minute hatha yoga classes are perfect for releasing tension, connecting with the breath and helping students gain strength and flexibility. Class will take place in the beautiful Forest View Room in the lodge. Bring your own yoga mat and props.

SLOW FLOW YOGA Instructor: Danielle Schaar

Five-week session starts on November 7, 6:00-7:15, (no class on November 28). Class fee: \$73

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,

Or Four Mondays starting November 11, 6:15 – 7:15 p.m. Class Fee: \$54.

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 November 24 or December 1, 6:00-7:00 each night. 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.

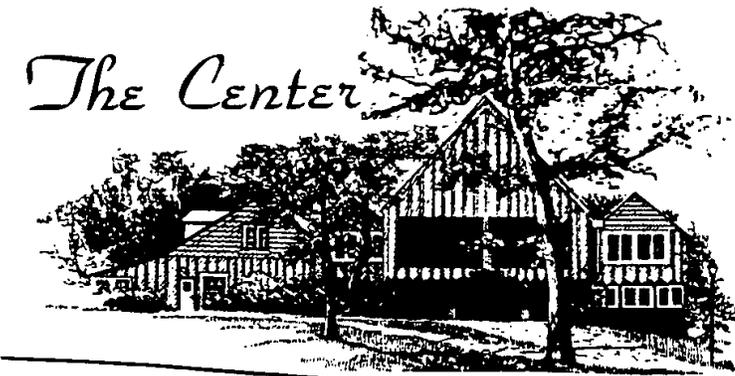
Pre-registration is required 24 hours in advance for all Log Cabin classes and workshops. Class and materials fees are due at time of registration; we cannot reserve space without payment. No refunds or transfers of fees are available for cancellations made less than 72 hours prior to the beginning of 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.



The Center



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

**DATED MATERIAL RETURN
SERVICE REQUESTED**



Christmas Tea around the Tree

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

Christmas Teas will take place on Tuesday, December 10 (This tea is listed within the Tuesday Lunches and is Noon-2:00), Wednesday December 11, Thursday December 12, Friday December 13 and Saturday December 14, from 2:00 - 4:00 p.m. Event price: \$44 per person, on sale starting Wednesday November 13 at 10:00 a.m.

Rustic Holiday Market and Art Show

Saturday, December 7, 9:00 a.m. – 1:00 p.m.

Mark your calendar for this huge art show and do your Christmas Shopping here at The Center! Our art teachers and students will have a wide variety of fine art and holiday crafts for sale. The Fellowcrafters Gift Shop will be stocked and spread out to the Great Hall. SAGE, our sustainable agriculture program, will be selling meat and farm goods as well! And of course, we will have our popular log reindeer for sale! .

