

January 2025

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

Resolutions and Resolve

I've made some New Year's resolutions that didn't work out so well. One January, I joined the YMCA and went maybe once or twice. Once I said I'd visit the library more often, and my library card practically never saw the light of day. I vowed to keep a journal, and somehow it was really hard to find a pen. [Full disclosure: I have access to plenty of pens.] Lots of times I told myself I really better curb my addictive behavior.

These resolutions failed for me in the past [and I'm by no means perfect now] because they were superficial and external: "Hey, it's New Year's Day and it's time to change!" That doesn't work for me. Those resolutions melted away because I wasn't truly committed to doing the things I told myself I was going to do. I'm sure fear of change factored in, but to be truly resolute, I have to internalize these important changes regardless of that fear and *work* on them. And they don't have clearly defined starting or ending points. Positive change is a process. If something is truly worth changing, I'd better start doing it right now, or at least as soon as possible, and not wait for a calendar reminder to get my act together. Just as important, I have to *keep* doing it when it starts to work.

I'm opposing resolutions and resolve here, and while they can be one and the same, making them congruent requires positive action. I *think* in opposites and suspect that maybe we all do. Working 12-step programs [which are loaded with opposites and paradoxes] for years has made clear to me what a powerful tool this can be. One example of this: Recognizing when my character defects want to come to the surface and striving to act opposite. If I'm feeling self-centered, I strive to do something for someone else; feeling dishonest, to practice honesty; feeling resentful, to show gratitude.

12-step programs have core paradoxes built into them: We surrender to win; We suffer to get well; We die to live; We give away to keep what we've learned. Some of these opposites are metaphorical. Some of them I take quite literally. All of them help keep me on a path of working day-to-day to be a little bit better person. All of them help me from listening to my addictive brain and paying more attention to my sober brain. I believe that all humans are susceptible to addictive thinking, whether substances are involved or not.

Working and living at The Center—seeing the example of the Pathway men, feeling the love and support of our community, being a part of this wonderful staff—makes it pretty easy to keep these things in mind. Most of the time. When I feel cranky or out of sorts, it's on me to work to be a healthy part of something bigger than myself. For the New Year: I'll do my best to remember that being resolute means taking this kind of positive effort.

Mark Walker

2024 Nominees to the Board of Trustees for a term of three years.

Gail Jenicek Was elected to her first three year term. Gail first arrived at The Center to attend Farm Camp in 1986. She progressed through the summer camp programs as a farm camper, ranch camper and then as a CIT (counselor in training). As a result of these experiences, she formed lifelong friendships and created forever memories.

Gail returned to The Center in 2014 when Alice, her daughter, began attending Junior Farmer programs at the farm. After about five years of Alice's involvement in Junior Farmers, the whole family pivoted to volunteering at the Children's Farm, and have been incredibly active and dedicated volunteers ever since!

Gail has a Bachelor's Degree in English, a Master's Degree in Instructional Leadership, and is currently in her twenty-fourth year as a public high school teacher at Rich Township High School (STEM Campus) in Olympia Fields. Her husband, Phil is also a public high school teacher at Rich Township. Additionally, Gail served ten years as Secretary on the Board of Directors for Alexandra's Ambition Foundation, a 501(c)3 organization providing scholarships to families of children with Arthrogryposis Multiplex Congenita, (known as AMC) to help cover their medical bills and travel costs. Gail and Phil reside in Burbank, Illinois.

Gail's commitment to The Center's programs, mission, and values is evident in her abundant volunteering and unwavering support of The Center's staff



Jacqueline King was elected to her second three-year term on the Board of Trustees. Jackie is a sixth-grade language arts teacher at Jerling Junior High School in Orland Park, where she has taught for seventeen years. Jackie remembers her first visit to The Center on a campout with her church youth group in 1971. Since then, her children attended art classes here, and more recently, she has been involved with many Center activities and programs. Currently, her favorite volunteer task is helping take care of our SAGE farm garden. She and her husband, Mark, (owner of Signs by Design, a sign shop in Palos Hills) reside in Orland Park. Jackie brings years of teaching experience to The Center's Board of Trustees and to the many educational programs for children that take place here



Larry Rothenberg was elected to his first three year term. Larry was born and raised in Tinley Park, worked for the U.S. Postal Service for 42 years, and was recognized as "Mailman of the Year" by the Illinois Association of Direct Mailers. In 1996, he helped found the Vogt Visual Arts Center, which won a "Smalltown Award" from the state of Illinois. Larry was also a volunteer leader with the Oak Park Avenue Mainstreet Association made up of downtown Tinley Park small business owners. He helped set up golf outings, Irish Parades, Fine Arts Festivals, and holiday events. Larry has been featured on cable T.V.'s *Discover Tinley*, which showcased his woodcarvings.

Larry has been involved with The Center for the last fifteen years. As a Lapidary teacher, he is sometimes referred to as "Larry Lapidary" by his students! In addition, he also teaches woodcarving classes. You probably have seen his carving of a wolf's head. Also, look for his new relief eagle carving as you exit the the Lodge. In addition, he volunteers for farm tours and has served on The Center Board of Directors from 2018 through 2023, serving as Board President for two years. He is honored to join the Board and looks forward to working with the Board, Dave, our outstanding staff, and the hundreds of volunteers who make The Center such an amazing place.





Kathleen Svanascini was elected to her second three-year term on the Board of Trustees. Kathleen is an attorney at law and has been practicing for twenty-six years. She owns her own law firm, Midwest Law Group, located in Palos Heights, Illinois. Kathleen has two adult children and most recently became a grandmother with the birth of her grandson, Damon, now four months old! Kathleen has volunteered for several charitable nonprofits including the Crisis Center of South Suburbia and Beds Plus Homeless Shelter. She served as a Board Member for Palos School District 118 from 2005 – 2012. Currently, she is a Board Member of the Orland Park Rotary Club and with the little spare time she has left, she enjoys traveling, reading, and knitting. Kathleen brings years of legal experience to The Center's Board of Trustees and will be a welcome addition to our team.

SPIRITUAL OFFERINGS

SERVICES

Sunday Vespers

8:30 a.m. in the Parlor

This early morning Vespers is an informal gathering that incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and building community, and you are invited!

12:30 p.m. in the Chapel

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

Communion Sunday on Jan. 5th 8:30am and 12:30pm

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

MEDITATION

MINDFULNESS

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

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

Loving-Kindness Meditation (Metta) Mondays 9:00 a.m.-9:45 a.m.

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

SPIRITUAL DIRECTION

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

*Dear God, Thank You for new beginnings.
What an incredible day this is with a fresh year's potential stretched out before me.*

Good Seeds Ministry's Winter Clothing Drive

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

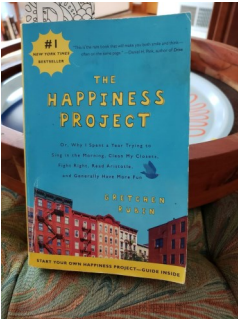


Thank you so much for your continued generosity. We have been able to distribute multiple bags of winter wear to the immigrants in Chicago, and they are so grateful for your support. If you have any questions, please email Rev. Nancy Nemeth at waysiderev@thecenterpalos.org

EVENTS / PROGRAM

ANNIVERSARY DINNER AND RENEWAL OF VOW, Sunday, February 9th, 2025 at 4:30pm

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your January or February wedding anniversary here at The Center on February 9th. 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 Feb. 4th.



New Book Club beginning Friday January 3, 2025! "The Happiness Project"

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

Womantalk Discussion Group Tuesday, January 28, 10-11:30

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet the last Tuesday of each month January through October, with a modified schedule in November and December. We meet in the parlor to nurture and support each other's personal journeys of creativity and self-discovery. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 28 year, focuses on living authentically, joyfully, simply and gratefully. January's Joyful Simplicities encourage us to prepare for 2025 by making our personal space at home as inviting as possible. In response to suggestions we are adding a new option to the group discussion. Some book groups are reading a book from the past, choosing different decades each month. Let's give it a try! I will often tie in authors mentioned by Sarah. So for January, consider reading Heidi by Johanna Spyri or Wonderful adventures of Mrs. Seacole in Many Lands by Mary Seacole. We hope to see you there! If you have any questions please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org.

Join TOASTMASTERS: For a New Confident You in 2024!

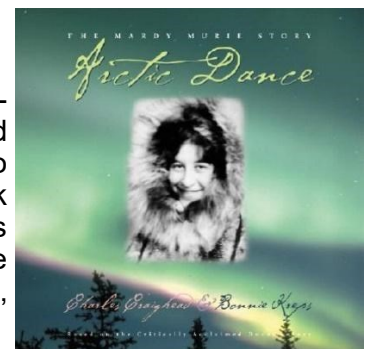
Wednesday evenings, January 15th, 7:00 p.m.

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

Women's Film and Discussion Series!

Monday, Jan 13, 9:30 am – 11:30

Arctic Dance, the Mardy Murie Story, about the life of environmental pioneer Margaret Murie, who dedicated her life to the protection of America's magnificent wild lands. 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.



Register today!

Heal Your Heart Retreat

Saturday, February 22nd, 9am-4pm

Retreat fee: \$97 includes leadership, lunch and retreat supplies/services.

Have you experienced the loss of a loved one, friend, or pet? Your loss may have been recent or even in the distant past, yet still pulling on your heart. This full-day retreat will help you understand the theory behind grief and learn therapeutic ways to move forward to help mend your heart. You will be guided through creative expression and journaling techniques, breath work, and gentle movement. The retreat will include a special offering of mini-Reiki sessions and you will be taught self-Reiki skills that you can use at home. It will be a day of self-compassion and nourishment for the soul.

Retreat



Retreat Leaders: **Karen Signore** is a Usui Reiki Master, Creative Journal Expressive Arts(R) and Visioning(R) workshop facilitator and coach

Eileen Hurn, MSN, MT, Usui Reiki Master is a seasoned nurse with a clinical background in ER, Hospice and Education. Eileen is a L.O.S.S. (Loving Outreach to Survivors of Suicide) facilitator and T.A.P.S. (Tragedy Assistance Program for Survivors) mentor.

Luncheons

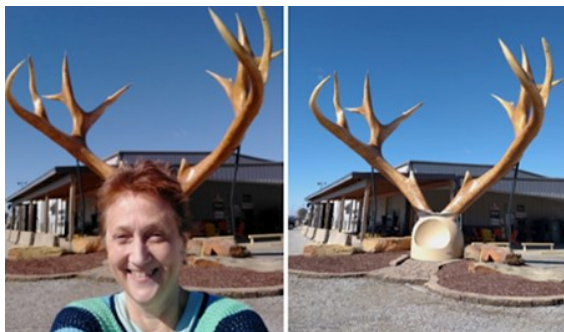
Luncheons run from noon until 2 p.m., cost \$36 per person, and offer a delicious meal and the best in entertainment and educational programming.

Tuesday, January 7 An Afternoon of Music with Legacy Classic Rock
Come start off the New Year right with an afternoon Legacy Classic Rock, bringing hits from the 60's, 70's, and 80's. And don't forget your dancing shoes!

LEGACY CLASSIC ROCK

*Bringing the Best
60's - 70's - 80's*

Rock and Dance Music



Tuesday, January 14

"The Travel, Laughs & Inspiration
behind the Illinois Bucket List Book"

Join author Melanie Holmes as she reveals research and laughable (teachable?) moments while she traveled the state of Illinois. What does it take to write a book that covers the fifth most populous state in the USA? A car and the willingness to sleep in odd places, for one! Never-revealed photos will enliven this program, and perhaps you'll feel like you've taken an adventure once the talk is done!

Tuesday, January 21 "Clear the Clutter for the New Year" with Colleen Klimczak
Come take home some tips and suggestions on how to get rid of all that clutter that's weighing you down. Join M. Colleen Klimczak, CPO, a Certified Professional Organizer and owner of Peace of Mind Professional Organizing, LLC. Since 2003, Colleen has helped hundreds of people get a handle on their space and stuff and and time, finding Peace of Mind in their personal and professional lives.



Tuesday, January 28 "DON'T FORGET!—

The Science of Memory" with William Pack

This is third installment of William's popular "Mind Games" programs. Delve into the different types of memory and discover the intricacies of how we remember and forget. Explore why we can't always trust our memory and learn helpful tips on how you can improve your memory. William Pack will guide you through this engaging presentation with interactive activities, allowing you to participate in your learning experience.

Farm & Nature School



Happy New Year! We are looking forward to snowy adventures this month. This January we will be learning all about Nature Through Literature. The children will explore both fiction and non-fiction books about nature and carry them through their lessons. We will use books to identify plants, animal tracks, and even clouds and other weather. We will also look at books that use nature in their illustrations and story lines. We will really be honing in on reading comprehension, story sequencing, and other early literacy skills during this month.

We will be opening registration for our 2025-2026 school year on January 9th for our current families! We will do a private, priority registration for new families who have inquired and are seriously interested in joining us next year on February 4th. We will then open registration to the public on February 27th.

We are offering the same sessions as usual for Preschool and Pre-Kindergarten. We will offer 2.5 hour sessions in the morning and afternoon on MWF or T/Th. We will also be offering our 5-day Junior Kindergarten program in combination with our 5-day Kindergarten for children 4-6 years of age.

Information for next year, including tuition rates, is available upon inquiry. If you or someone you know would like to learn more about our school, or would like to set up a tour, please call or email:

Danielle Bell, School Director

708-361-8933

FarmandNature@TheCenterPalos.org

Mark your calendar... Summer Camp registration opens February 5th



SAVE THE DATE!

A NIGHT TO LINGER

MARCH 13

5-9PM

PAPA JOE'S ITALIAN RESTAURANT

14459 LAGRANGE RD, ORLAND PARK, IL

A night benefiting our Camp Scholarship Fund

Raffles * Silent Auctions * Dinner

Tickets on sale 2/3/25

CORPORATE AND INDIVIDUAL CONTRIBUTIONS NEEDED!

PLEASE CONTACT AMY AT

THECHILDRENSFARM@THECENTERPALOS.ORG FOR MORE INFO



January 2025 Art Classes for Children and Teens

FAMILY PAINTING WORKSHOP: SNOWY WINDOWS Instructor: Heaven Newsom
Friday, January 17, 10:00 – 11:00 a.m.

Workshop fee: \$23 plus a \$6 Materials fee

A class geared towards Moms or caretakers and little ones to have fun completing paintings together. (pricing is for caretaker and 1 or 2 children) Have fun experimenting with watercolors to create this snowy window scene.



FAMILY PAINTING WORKSHOP: SNUGGLY BEARS

Instructor: Heaven Newsom

Friday, February 7, 10:00 - 11:00 a.m.

Workshop fee: \$23 plus a \$7 Materials fee

A class geared towards Moms or caretakers and little ones to have fun completing paintings together. (pricing is for caretaker and 1 or 2 children)

KIDS NATURE PAINTING WORKSHOP Instructor: David Carlson

Thursday, January 30, 4:00 - 5:00

Workshop fee: \$15 plus a \$5 Materials fee

Learn about nature and birds. Then choose a nature image to reproduce on canvas. Students are welcome to bring their own images as well.

LOG CABIN ART FOR KIDS Instructor: Heaven Newsom

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

Class fee: \$52 plus a \$13 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.

KIDS SEWING WORKSHOPS Instructor: Angela Gonzalez

Open to students in 3 - 8th grade

CROSSBODY PURSE Sunday, January 5, 10:00 a.m.-12:30 p.m.

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

Sew your own cross body purse with a lining.

FLEECE HATS Sunday, January 19, 10:00 – 11:30 a.m.

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

Sew a warm fleece hat to wear during these colder months! Add a handmade pom pom or fringe on top.

DOG PLUSHIE Sunday, January 26, 10:00- 11:30 a.m.

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

Hand sew a cute and cuddly dog plushie. Choose your fabric and embellishments for accessories.

BUTTERFLY TOTE BAG Sunday, February 2, 10:00 – 11:30 a.m.

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

Upcycle butterfly pillow covers into a double sided tote! Add a strap and customize your butterflies with stitches, fabric, and funky decorations.

ANIMAL ZIPPER POUCH Sunday, February 9, 10:00 – 11:30 a.m.

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

Pick your favorite animal and turn it into a zipper pouch. Add details like ears, tail and a face.

POTTERY FOR TEENS Instructor: Alley Rein

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

The following four-week session will start February 12, 6:00 – 8:00 p.m., registration is open

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.

January 2025 Schedule of Art Classes for Adults

Teens are able to register for most adult classes. Please inquire with interest.



THE ART OF SELF CARE Instructor: Karen Signore

Sunday, February 2, Noon – 3:00 p.m.

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

February is the month we celebrate love, and it's a perfect time to check in with yourself and see how and where you can show yourself some love through self-care. Connect with your inner artist and inner guide and enjoy a nourishing afternoon of creativity, journaling, guided meditation and energy healing. Relax as you experience a reiki energy-infused guided meditation while reflecting on your self-care beliefs, practices, needs, and obstacles. Gain intuitive insights to prioritize relevant self-care and create your own unique deck of self-care cards using watercolors and other embellishments. Whole brain journaling techniques based on Creative Journal Expressive Arts(R)/Project Insight(R) method.

COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning January 8, 9:30 – noon, Class fee: \$150 per session

Experiment with color and composition to create your own mixed-media collages... an opportunity to "play in your own world of artistic expression with a fun and easy art form!"

CREATIVE ART JOURNALING Instructor: April Schabes

Meets the last Friday of each month throughout the year, Noon – 3:00 p.m.

Class fee: \$250 for all of 2025

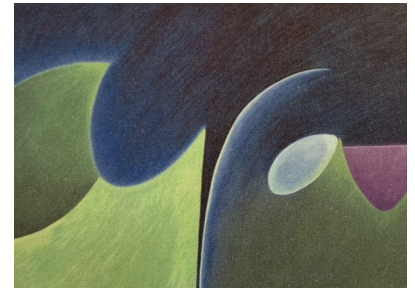
Create a colorful artistic record of your days, your thoughts, your experiences - through words, collages, photos, poems, magazine images, drawings, watercolor and a fun project to add to your journal each month! No excuses!

EXPERIMENTING WITH COLOR Instructor: Barb Thompson

Tuesday, January 21, 9:30 – 11:30 a.m.

Workshop fee: \$24 plus a \$6 Materials fee

Learn about various colored pencils, pastels and papers while creating colorful abstract artworks.



FINGER-KNIT WINTER SCARF WORKSHOP

Instructor: Sandy Safranek

Saturday January 25, 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.

FOLKART WORKSHOP: MAKE YOUR OWN BROOM! Instructor: Lois Lauer
Saturday, January 11, 9:00 - Noon Workshop fee: \$35 plus a \$12 Materials fee.

With broom corn grown in the farm garden this summer, you'll learn the basic principles of traditional broom-making by creating your own small whisk broom which will be both functional and decorative!



FOLKART WORKSHOP: FOLDED BOOK HEARTS

Instructor: Lois Lauer

Saturday, February 8, 1:00 – 3:00 p.m.

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

The art of book folding combines the love of books with the love of paper crafting. We'll create three-dimensional "sculptures" of hearts from old books.

HEART SHAPED BASKET WORKSHOP Instructor: Ann Marie Jagiella

Two Friday mornings starting January 24, 10:00 – 1:00 a.m.

Workshop fee: \$50 Plus a \$25 Materials fee

Just in time for Valentine's Day! Learn to weave a heart-shaped basket with a wooden bottom.

HEART SHAPED CERAMIC WALL POCKET Instructor: Heather Young
Two Saturday mornings: February 1 and 8, 10:00 – 11:30 a.m. each day

Workshop fee: \$45 Plus a \$12 Materials fee.

Create a heart-shaped wall hanging out of clay with a pocket to hold dried flowers, love notes or whatever your heart desires! Students will work with clay on the first day and then paint the glazes on the second day of class. Pieces will need to be picked up after a final kiln firing.



LAPIDARY Instructor Larry Rothenberg

Six Monday mornings starting January 6, 9:00 – 11:00 a.m.

Or Four Thursday nights starting January 9, 5:00 – 7:00 p.m.,

with Instructor: Jackie Burger

Another Four-week session with Jackie will start **February 13, 5:00 – 7:00 p.m.**

Class fee: \$100 per four-week session, \$150 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

Six Tuesday nights, beginning January 7, 6:30 – 8:30 p.m. or

Six Thursday mornings beginning January 9, 9:30 – 11:30 a.m.

Class fee: \$155 plus a \$40 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.

NATURE PHOTOGRAPHY Instructor: Jack Martin

Saturday, January 25, 10:00 – 11:30 a.m. Workshop fee: \$20

Review the basic photography concepts with an added emphasis on nature. This will include instruction for how to shoot landscapes, animals, birds, flowers, and even bugs (butterflies are bugs). Learn how to elevate your nature images along with tips on dealing with obstacles. No experience necessary, and this course is open to the novice and the experienced. No matter what type of camera you use, if you enjoy nature photography, this class is for you.

"Art enables us to find ourselves and lose ourselves at the same time." Thomas Merton
Take an art class and find yourself with one of our incredible instructors!

PAINTING WORKSHOPS: Instructor: Heaven Newsom

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

Heaven will show you step by step how to create these fun paintings All materials will be provided.



GRADIENT MOUNTAINS, Tuesday, January 14, 10:00-11:30 a.m.

SNOWDROPS, (The first wildflower of Spring!)

Tuesday, February 11, 10:00-11:30 a.m.



PAPER MACHE CREATIONS Tuesday, Instructor: Barb Thompson
February 4, 9:30 – Noon

Workshop fee: \$30 Plus a \$3 Materials fee

Learn to create three dimensional objects out of paper mache including a decorative bowl for Valentine's Day.



PAPER MAKING WORKSHOP: VALENTINES

Instructor: Marilyn VandenBout

Saturday, February 8, 10:00 – Noon

Workshop fee: \$24 plus a \$5 Materials fee

Valentine's Day is a time for hearts and flowers. We'll make recycled pulps with dried gifts from the garden and make Valentine cards to send to the luckiest people.



POTTERY Instructor: Madeleine Burns

Four Tuesday nights starting January 7, 6:00-8:30 p.m.,

Four Monday afternoons starting February 10, 1:00 – 3:30 p.m. or

Four Tuesday nights starting February 11, 6:00 – 8:30 p.m.

Class fee \$120 plus a \$35 Materials fee for four-week session

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 and 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, January 13, 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: BOOK PILLOW Instructor: Angela Gonzalez

Sunday, January 5, 1:00-2:30 p.m.

Workshop fee: \$20 plus a \$7 Materials fee

Sew a pillow to carry and store your favorite book or reading device.



SEWING WORKSHOP: LARGE FABRIC STORAGE BAG

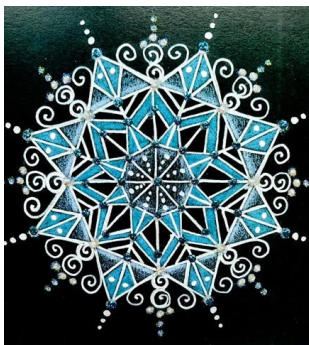
Instructor: Angela Gonzalez

Sunday, January 12, 10:00-12:30

Workshop fee: \$27 plus a \$13 Materials fee

Sew a large bin for blankets or other home storage

SNOWFLAKE EMBROIDERY WORKSHOP Instructor: Victoria Baleckaitis
Tuesday, January 28, 10:00-Noon, Workshop fee: \$24 Plus a \$4 Materials fee
Learn to embroider a snowflake design while incorporating sparkly beads and sequins.



SNOWFLAKE MANDALA WORKSHOP

Instructor: Robin Neumann

Thursday, January 23, 1:00-3:00 p.m.

Workshop fee: \$24 Plus a \$4 Materials fee

Come learn to draw a simple but beautiful snowflake design in colored pencil and gel pen. We will also embellish them with glitter for a sparkly effect.



STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday one day workshops to choose from:

January 12, January 19 or February 16, 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 they will grind, foil, and solder them to finish their project. There will be multiple projects from which to choose, and then students will be able to take their project home by the end of class. All supplies will be provided.

VISIONING, (R) YOUR HEARTS DESIRE FOR 2025 Instructor: Karen Signore

Sunday, January 12, Noon – 3:30 p.m.

Workshop fee: \$40 plus a \$10 Materials Fee

Let your heart lead the way as you begin a new year. Access deeper wisdom to help you visualize, design, and manifest your dreams. Join us for a relaxing afternoon of creative nourishment as you connect with your dreams and your wise inner self. Through Reiki infused guided meditation, collage and whole brain journaling techniques you will: Clarify your heart's true desires for the year ahead, create a soul inspired collage as a visual affirmation of your heart's path, learn processes to access wisdom and insights from your collage images, gain effective tools to address the inner critic and work through blocks and obstacles to your heart's desire. Based on the Book *Visioning: Ten Steps to Designing the Life of Your Dreams* by Lucia Capacchione PhD, ATR.

WATERCOLOR PAINTING Instructor: Lenox Wallace

Six Monday afternoons starting January 6

1:00-3:30 p.m. (Advanced Class)

Six Thursday mornings beginning January 9

10:00 – 12:30 p.m. (Beginner level Class)

Class Fee: \$150 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

WINTER LANDSCAPE DRAWING WORKSHOP

Instructor: Sandy Safranek

Saturday, January 11, 1:00 – 3:30 p.m.

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

Students will become familiar with both black and white charcoal as a drawing medium while completing a drawing of a winter landscape scene. Bring some pictures of winter scenery to work from or the instructor will have some available for students from which to choose.



WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday January 9, 9:00 -11:00 a.m., Class Fee: \$125

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).



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

**DATED MATERIAL
RETURN SERVICE REQUESTED**

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

Self-care in 2025!

GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting January 3, 9:30 – 10:45 a.m.

Class fee: \$73

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

SLOW FLOW YOGA Instructor: Danielle Schaar

Four Thursday nights starting January 9, 6:00-7:15 p.m.,

The following four-week session will start February 13, 6:00-7:15 p.m.

Class fee: \$58 per four-week 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 meditation finding peace in body and mind. Bring your own yoga mat.

TRANQUIL YOGA Instructor: Debbie Jacob,

Or Four Mondays starting January 6, 6:15 – 7:15 p.m.

Or Four nights starting February 10, 6:15 – 7:15 p.m.

Class Fee: \$54 per four-week 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 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 January 5, or Sunday February 2, 6:00 – 7:00 p.m. 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.