

February 2025

The Center



The Center gives people of all faiths, backgrounds, and ages the space to dream, grow, and become fully alive—physically, mentally, emotionally, and spiritually.

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

The Transformative Power of Summer Camp: A Tradition of Growth and Connection

For almost 90 years, Summer Camp at The Center has been a cornerstone of childhood development, offering an environment that fosters personal growth, builds resilience, and encourages meaningful social connections. From learning new skills to making lifelong friends, the benefits of summer camp go far beyond the fun of summer activities. Our summer camps have a unique way of empowering children, helping them step out of their comfort zones, and cultivating a sense of confidence that stays with them throughout their lives.

At Summer Camp, children are presented with new challenges that encourage independence, teamwork, and problem-solving. Whether it's mastering a horseback riding skill, conquering the high ropes course, or navigating a new activity, campers experience moments of achievement that significantly boost their self-esteem. These experiences allow children to develop a growth mindset—understanding that with effort and perseverance, they can overcome obstacles and succeed.

Camp is also a place where children often experience their first sense of true autonomy. Away from home and their familiar environments, they learn to make decisions, manage their time, and become more self-reliant—all while surrounded by a supportive community of peers and counselors. These skills are crucial in building a sense of empowerment and helping children become more confident, adaptable, and capable individuals.

The social benefits of camp are equally impactful. Children have the opportunity to build strong, lasting friendships with peers from diverse backgrounds, strengthening their ability to communicate, collaborate, and understand different perspectives. In a world that is becoming increasingly connected but often divided, camp provides a unique space for children to unplug electronically and engage in face-to-face interactions, learn conflict resolution, and develop empathy—all essential skills for building healthy relationships throughout their lives.

For nearly nine decades, our camp has been a beacon of personal growth and social development for thousands of children. Our legacy is built on the belief that every child deserves the opportunity to experience the transformative power of camp, regardless of their background or financial situation. That is why we are committed to ensuring that our programs remain accessible to all children—providing a space where they can thrive, grow, and create memories that last a lifetime.



The Need for Scholarship Funding: Opening Doors for Every Child

Not every child has the financial means to attend camp. And while the benefits are clear, the cost can be a barrier for many families. We believe that every child should have the opportunity to experience the magic of Summer Camp but we need your help to make this possible.

We are calling on our community to support our scholarship fund, which provides financial assistance to children who would otherwise be unable to attend. With your contribution, we can ensure that camp remains a place of opportunity and growth for all children, regardless of their financial circumstances.

Join Us at Our Fundraising Event: A Night to Linger - March 13

To help raise the necessary funds for scholarships, we are hosting our annual fundraising event, A Night to Linger, on Thursday, **March 13**. This evening is an opportunity for our community to come together, celebrate the spirit of camp, and support a cause that will directly impact the lives of children in need. Your participation will help us provide more scholarships, ensuring that every child has the chance to experience the life-changing benefits of summer camp.

We invite you to attend, donate, *linger* and help us reach our goal of sending more children to camp in 2025. Whether you're a longtime supporter of our camp or new to our mission, your presence and generosity will make a profound difference.

Together, we can continue the tradition of Summer Camp for ALL children for generations to come.

Thank you for your support!

Amy ☺



THE CENTER PRESENTS

A NIGHT TO LINGER

MARCH 13 5-9PM
PAPA JOE'S ITALIAN RESTAURANT
14459 LAGRANGE RD, ORLAND PARK, IL

Benefiting our Summer Camp Scholarship Fund

DINNER • RAFFLES • SILENT AUCTION • CASH BAR

..... **TICKETS: \$50**

Help us give the gift of camp to children in need. All event proceeds will benefit our camp scholarship program, which directly sends deserving local children to Farm and Ranch Camp this summer.

THANK YOU TO OUR SPONSORS



2025 SUMMER DAY CAMPS

AT THE CHILDRENS FARM

BARN BUDDIES \$99

Ages 1-3 with
chaperone

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

JUNIOR FARMERS \$99

AGES 3-5

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

JUNIOR FARMERS \$235

AGES 6-8

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

FARM EXPLORERS \$455

AGES 7-10

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

FARM CAMP DAYS ONLY \$725

AGES 9-12

- Sunday - Friday
- Sunday PM, M-TR 9am-9pm, Friday 9am-5pm
- Barn Chores & Animal Time
- Horseback Riding
- Nature Exploration
- Creek-walks
- Arts & Crafts
- Campfires
- Group Activities
- Lunch & Dinner Provided
- 6 sessions offered

REGISTRATION OPENS FEBRAURY 5TH
THECENTERPALOS.ORG/CAMPS

2025 OVERNIGHT SUMMER CAMPS

AT THE CHILDRENS FARM



FARM CAMP OVERNIGHTS \$855 Grades 5th - 8th

- Five Night Sessions
- Drop Off - Sunday 4:30 p.m.
- Pick Up - Friday 5 p.m.
- Barn Chores & Animal Time
- Horseback Riding
- Nature Exploration
- Creek-walks
- Arts & Crafts
- Campfires
- Cookouts
- Group Activities
- Rustic Bunkhouse Living
- 6 sessions offered

RANCH CAMP \$2250 Grades 8th - 10th

- Twelve Night Sessions
- Drop Off - Sunday 4:30 p.m.
- Pick Up - Friday 5 p.m.
- Horse Chores
- Daily Horse Care + grooming & saddling
- Daily Riding Lesson & Group Rides
- Creek-walks
- Arts & Crafts
- Campfires & cookouts
- Off site campout
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered

OUTDOOR ADVENTURE FOR TEENS \$2250 Grades 8th - 10th

- Twelve Night Sessions
- Drop Off - Sunday 4:30 p.m.
- Pick Up - Friday 5 p.m.
- Off Site Adventure Challenges
- Wilderness camping
- Animal & Horse Time
- Creek-walks
- Arts & Crafts
- Campfires & Cookouts
- Off site campout
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered

TEEN LEADERSHIP \$1325 Grades 10TH - 12TH

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

- June 11 - 20
- Drop Off - Wednesday 4 p.m.
- Pick Up - Friday 5 p.m.
- Camp Leadership Training
- Team Building
- Off Site trips
- Rustic Bunkhouse Living

REGISTRATION OPENS
FEBRUARY 5TH
THECENTERPALOS.ORG/CAMPS

NEED BASED SCHOLARSHIPS AVAILABLE!!

A Glimpse at 2025 Summer Camp Programs at The Children's Farm...

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

Teen Leadership Training for Grades 10th - 12th

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

Residential Camping for Children Entering Grades 9th & 10th

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

Outdoor Adventure for Teens -

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

Residential Camping for Children Entering Grades 5th - 8th

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

Long Day, Day Camping for Children Ages 9-12

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

Day Camping for Children Ages 7-10

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

Half Day Farm Program for Children Ages 6-8

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

One Hour Farm Program for Children Ages 3-5

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

One Hour Farm Program for Children Ages 1-3 with Chaperone

Barn Buddies- 1 week sessions with classes meeting on Monday through Friday mornings from 9:30am-10:30am, 11am-12pm or 1:30pm-2:30pm. A perfect bonding opportunity for any child/adult pair! Children ages 1-3, with an accompanying chaperone will be led through a series of hands on farm and nature experiences and activities. Adult chaperones should plan to be active participants in each class as the program content is designed to be a shared experience!



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 Feb. 2nd 8:30 a.m. and 12:30 p.m.

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.

Center Singers will be singing for 12:30 p.m. Vespers in the Chapel on February 23.

Join us for special music and an inspirational message. Also, the Center Singers will resume practicing on Monday nights in The Great Hall at 5:30 p.m., and Penny Wills, the director, extends an invitation to all who love to sing!

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 in the Forest View Room 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. No registration is necessary. Questions may be directed to Peggy Quinn - 773-841-3203

SPIRITUAL DIRECTION

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

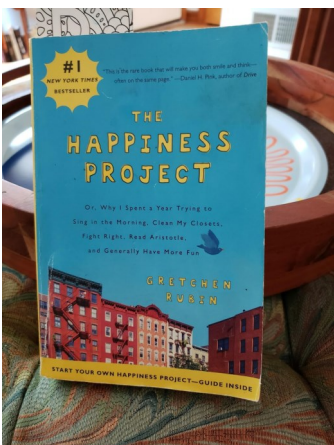


GOOD SEEDS

Thank you so much for your generous donations of winter wear during the months of Nov.-Jan. All donations have been distributed to the needy in the city of Chicago which were greatly appreciated!

Going forward, Good Seeds will be responding to the current needs of The Center. Be on the lookout for the next donation announcement in a future Newsletter.

Program



Book Club Meeting on Feb. 7th, 2025

Co-leaders: Nancy Crivellone and Kim Callahan-Kelly

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/7SQoyIq> (Amazon). In preparation for the meeting, please read "January's Chapter Boost Energy" pp. 17-38. 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.

NEW women's personal growth offering this winter:

"Big Magic: Creative Living Beyond Fear"

5 Wednesday mornings, Feb 26-March 26, 10 a.m. – 11:30 a.m.

Prospective participants are invited to a no-obligation overview session on Wednesday, February 19, 10-11 a.m.

The Center's former program director, Lois Lauer, has been leading women's discussion groups since her retirement 8 ½ years ago. She returns to facilitate this thoughtful program, which is based on Big Magic by Elizabeth Gilbert (author of Eat, Pray, Love). Big Magic discusses the attitudes and habits we need in order to live our most creative lives, whether we are looking to make art, find new ways to address challenges at home or at work, embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion. **Program fee for 5-week program: \$60**

No charge for introductory session on Feb. 19, and no need to make a commitment to the next 5 weeks until after Feb 19. Students are asked to purchase their own book or obtain it from the library system and to read the first Chapter before the Feb. 26 class. We'll meet in the newly accessible Parlor of the Lodge.



BREADMAKING Instructor: Lois Lauer

Sunday, February 23, 1 - 5 p.m.

Class fee: \$30 plus \$10 materials fee.

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

Join TOASTMASTERS: For a New Confident You in 2024!

Wednesday evenings, February 5th & 19th, 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: The Secret Life of Bees

Monday afternoon, Feb 10, 1 -3:30 pm.

This monthly film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. The Secret Life of Bees is the story of a young girl who runs from her toxic household and is taken in by a trio of black beekeeping sisters from whom she learns love, forgiveness, and authenticity. Discussion led by Lois Lauer. Pre-registration 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.



Womantalk Discussion Group

Tuesday, February 25, 2023 from 10-11:30 am.

Womantalk Discussion Group Tuesday, February 25, 2025 from 10-11:30 am. WomanTalk led by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the parlor to nurture and support each other's personal journeys of creativity and self-discovery. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 28th year, focuses on living authentically, joyfully, simply and gratefully. February's Joyful Simplicities include a focus on our home environment. Sarah suggests spending some time at home on Candlemas Day, February 2, in a room lit without using electricity. Have you given her idea a try? We hope to see you in the parlor! If you have any questions please contact the Center office or e-mail thechildrensfarm@thecenterpalos.org.

Lenten Retreat

March 8, 9am-1pm in the Forest View Room

Prepare your hearts for Lent by joining us for a retreat based on the themes "Pray. Wait. Trust". As a community, we will discuss the spiritual implications of these themes combined with creating expressions of art. Please register on-line at The Center website. **Retreat Fee: \$45. includes light refreshments and retreat supplies.**

Retreats

Heal Your Heart

Saturday, February 22nd, 9am-4pm

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 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.

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

Rise Up & Shine Your Light - Saturday, March 22, 9am-4pm

In these times of darkness, despair, hopelessness, chaos, and overwhelm. It is easy to lose our way. It's always darkest before the dawn. In this transformative workshop you will learn how to release heavy emotions and energy around you. You will learn how to stay connected to your light, your heart, to hope, and joy as essential nourishment and fuel. You will learn how to utilize divine medicine embedded in the unknown, the unexpected, and the unpredictable. You will receive deeply from the spiritual supports already around you. You will leave feeling uplifted, inspired, peaceful, and radiant.

Retreat leader: Monica Hagerty, LCSW. Monica specializes in blending modern therapy with ancient tools and spirituality. She is also a SEER (psychic, medium, healer, witch) & Reiki Master that for 25 years, has guided clients out of darkness back into their light. **Retreat fee: \$65 includes leadership, lunch and retreat supplies/services**

Farm & Nature Discovery School

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

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

For the overall monthly theme, our students will be "Going Underground!" The children will be exploring all things that live and grow underground including fossils, caves, animals, insects, plants and roots! This is one of our favorite themes as there is so much to learn about that we cannot see easily.

The children will go on worm hunts, investigate root vegetables, grow geodes, and make fossil prints in salt dough. They will also observe real stones and crystals with Mr. Sanders, and explore the lapidary studio with Mr. Rothenberg. Mr. Rothenberg even has real fossils to look at! We will look at pictures of caves and pretend to be spelunkers exploring deep dark caverns. We will watch short videos about animals who live underground or build their homes underground, as well as animals that live in caves. There is so much to learn about in the underground world!

We will be opening a private, priority registration on February 4th for new families who have inquired and are seriously interested in joining us for our 2025-2026 school year. 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, I, Danielle Bell, can be contacted at 708-361-8933 or email me at FarmandNature@TheCenterPalos.org.

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, February 4 “An Afternoon of Magic” with Trent James

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

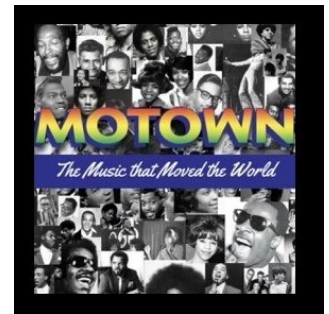
Tuesday, February 11

“Awaken the Heart Mindfully” with Dan & Sharon Morley

Celebrate February with Dan and Sharon Morley, as they share an hour of mindfulness focusing on opening our hearts. Dan and Sharon will present the benefits of practicing mindfulness in our daily lives. They will lead participants in an open heart meditation, and close with questions and discussion. Did you know, that practicing compassion, kindness, and love, all starts with the heart?

Tuesday, February 18 “The History of Motown” with Gary Wenstrup

In Detroit in the 1960’s Motown Records produced hits as efficiently as the Ford Motor Company produced automobiles. It was the “Sound of Young America” sung by performers like The Supremes, The Temptations, Marvin Gaye and Stevie Wonder. Using audio and visual content we’ll trace the amazing musical journey from the power soul of “Dancing in The Streets” and “I Heard It Through the Grapevine” to the psychedelic soul of “Cloud Nine” and “What’s Going On” to the pop soul of The Jackson 5. Timeless music that moved us then and moves us now.



Tuesday, February 25 “Lewis & Clark” with Terry Lynch

Meriwether Lewis, a member of the Corps of Discovery Expedition explains how our country expanded west from the Mississippi River. How was the land of the Louisiana Purchase explored? What were these explorers hoping to find? Included are the stories of the Corps’ travels west from St. Louis to the Pacific. Join us as actor Terry Lynch dramatizes these historical questions.

EARLY SPRING JUNIOR FARMERS

Online registration opens January 29th at 10:00am.

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

4 weeks—\$76—1 hour per week

Junior Farmers - Ages 3-6

Tuesday - 9:30a.m. or 11a.m. Beginning March 4th

Wednesday - 9:30a.m. or 1:30p.m. Beginning March 5th

Thursday - 1:30p.m. Beginning March 6th

Friday - 11a.m. or 1:30p.m. Beginning March 7th

Saturday - 9:30a.m., 11a.m. or 1:30p.m. Beginning March 8th

Sunday - 9:30a.m. or 1:30p.m. Beginning March 9th (Farmer Shay)

Ages 6 - 10: Saturday - 3p.m. Beginning March 8th

Tuesday, Wednesday or Thursday - 4p.m. Beginning March 4th, 5th, 6th

Sunday - 3p.m. Beginning March (Farmer Shay) March 9th



Barn Buddies - Ages 1-3 with accompanying chaperone

Monday - 9:30a.m., 11a.m. or 1:30p.m. Beginning March 3rd

Wednesday - 11a.m. Beginning March 5th

Thursday- 9:30a.m. or 11a.m. Beginning March 6th

Friday - 9:30a.m. Beginning March 7th

Farmers-In-Training - Ages 10+

Monday - 4:30p.m. Beginning March 3rd

Wednesday - 4:30p.m. Beginning
March 5th

For more information about these programs and more please visit our website at www.thecenterpalos.org.

Grab your boots and get ready for...

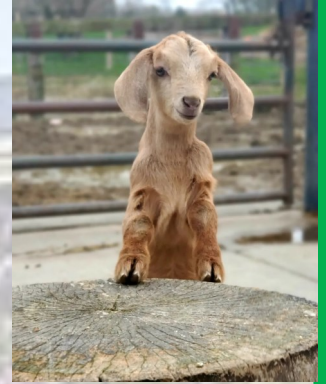
THE CHILDREN'S FARM

2025 SEASON



March Hours

Friday, Saturday, Sunday
10AM-1PM



OPEN BARNS, HAYRACK RIDES *
CONCESSIONS, WALKING TRAILS

*hayrack rides are road condition and weather dependent

\$9/person ages 2+

SAVE THE DATE

*Elsa & Anna's
Birthday Celebration*

ELSA'S TURNING
3 AND ANNA'S
TURNING ONE!



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

March 1 2025

10AM-1PM

ADMISSION: \$9/PERSON
CHILDREN UNDER 2: FREE!

ANIMAL BARNS | HAYRACK RIDES | CONCESSIONS

WANT TO BRING A GIFT?

SEARCH "ELSA THE ZEBU" ON AMAZON'S
BIRTHDAY GIFT LIST TO FIND ELSA'S LIST!





February 2025 Art Classes for Children and Teens



CERAMIC VALENTINE HOLDERS, TWO DAY WORKSHOP

Instructor: Heaven Newsom

Saturday, February 1 and 8, 11:15 a.m.– 12:15 p.m.

Workshop fee: \$30 plus a \$5 Materials fee

On the first day of class, students will work with clay to create a wall pocket that can be used to hold valentines or other special items. On the second day, students will paint and decorate them. Open to students in K-5 grade.

CHAIN OF HEARTS WORKSHOP Instructor: Heaven Newsom

Saturday, February 8, 10:00 – 11:00 a.m.

Workshop fee: \$15 plus a \$3 Materials fee

Create a chain of hearts using colorful papers, just in time to decorate for Valentine's Day! Open to children of all ages.

CREATING WITH CLAY FOR KIDS Heaven Newsom

Four Saturdays starting March 8, 11:15 a.m. -12:15 p.m.,

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

Fun weekly projects working with clay to create sculptures and pottery pieces. Open to students in K-5 grade.



We encourage students to sign up for both of our Saturday kid's art classes, Students are welcome to stay with Heaven from 11:00 a.m. – 11:15 in between these two classes.

LOG CABIN ART FOR KIDS Instructor: Heaven Newsom

Four Saturdays starting March 8, 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 Log Cabin Art Center! Open to students in K-5 grade.



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 this painting together. (pricing is for caretaker and child)



FAMILY PAINTING WORKSHOP: WATERCOLOR HEARTS

Instructor: Heaven Newsom,

Friday, February 14, 10:00 – 11:00 a.m.

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

A class geared towards Moms or caretakers and little ones to have fun painting with watercolors and cutting out heart shapes to make a beautiful piece of art together. (pricing is for caretaker and child).

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

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.

LIP BALM HOLDER KEYCHAIN

Sunday, March 2, 10:00 – 11:30 a.m.

Workshop fee: \$22 Plus a \$4 Materials fee

Sew a portable holder for your favorite lip balm on the go.



POTTERY FOR TEENS Instructor: Alley Rein

Four Wednesday nights beginning February 12, 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.

February 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 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, and reflect 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.

THE ART OF CALM, CREATIVE TOOLS TO PROMOTE RELAXATION AND PEACE WITHIN

Instructor: Karen Signore

Sunday, March 9, 12:30 – 3:30 p.m.

Workshop fee: \$35 plus a \$10 Materials fee

Enjoy a nourishing afternoon of guided meditation, exploring mindful drawing experiences, painting, collage and powerful whole brain journaling exercises to release stress and tension and cultivate relaxation. You will learn creative tools to tap into the peaceful, calm place within, gain intuitive insights, and explore new possibilities for rest, relaxation and renewal. Reiki healing energy will be integrated into the group meditations to help you relax. Based on the Creative Journal Expressive Arts ® / Project insight ® method.

COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning February 26, 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!

EMBROIDERED HEART SACHET WORKSHOP

Instructor: Victoria Baleckaitis

Tuesday, February 11, 11:30 – 1:30,

Workshop fee: \$24, plus a \$4 Materials fee

Create a heart-shaped felt heart sachet filled with lavender, embroidered with lavender designs, and stitched edges.



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.

FOLKART WORKSHOP: WINDCHIMES! Instructor: Lois Lauer

Saturday, March 15, 1:00 – 3:00 pm

Workshop fee: \$24 plus \$8 materials fee.

Enjoy this fun workshop in which you'll create your own wind chimes out of old bling, all dangling from a wooden branch and ready to sparkle in the sun and tingle in the spring breeze. The Art Center will have a collection of keys, buttons, beads, and pieces of jewelry from which to choose, and you are welcome to bring some tiny objects with special meaning of your own!

HANDMADE BOOKS WORKSHOP Instructor: Barb Thompson

Friday, March 7, 10:00 – Noon,

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

Learn the steps to create your own handmade book that can be used for journaling or art projects.





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.

INTRODUCTION TO DRAWING Instructor: Sandy Safranek
Four Wednesdays starting March 19, 1:00-3:30 p.m.
Class Fee: \$105 plus a \$15 materials fee

Become familiar with the Art of Drawing through guided, practice exercises in Contour Line, Still Life, Perspective and Portrait Drawing. Graphite (pencil), black and white charcoal, and colored pencils as drawing medium along with a variety of techniques designed to develop observational and technical skills will be explored.



LAPIDARY (ROCK POLISHING) Instructor Larry Rothenberg
Six Monday mornings starting February 24, 9:00 – 11:00 a.m.
Class fee: \$150 per six-week session
Or Four Thursday nights starting February 13, 5:00 – 7:00 p.m.,
 with Instructor: Jackie Burger
Class fee: \$100 per four-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 February 25, 6:30 – 8:30 p.m. or
Six Thursday mornings beginning February 27, 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 their 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: NEW WILDFLOWER SERIES! 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 provided.



SNOWDROPS
Tuesday, February 11, 10:00-11:30 a.m.
 The first wildflower of Spring!

BLOODROOT
Saturday, February 15, 10:00 – 11:30 a.m.
 Another local wildflower that blooms around our Art Center!
 Learn a fun Bokeh painting technique to create your background.



PAPER MACHE CREATIONS Instructor: Barb Thompson

Tuesday, February 4, 9:30 a.m.– 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 a.m.– 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 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.

PRINTMAKING WORKSHOP Instructor: Kara DeCarlo

Saturday, March 1, 10:00 – Noon,

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

Learn to carve a print block and pull a print in this hands-on workshop. Designs will be provided..



SALLA BAG BASKETRY CLASS Instructor: Andrea Mento

Three Sundays starting February 2, 11:00 – 3:00 p.m.

Class fee: \$135 plus a \$40 Materials fee

These Columbia Basin Style Baskets were and are made from natural resources and are used in the wilderness for gathering purposes. Students will make their own twined Salla Bag using jute and wool by following a pattern that will be provided by the instructor. We will begin by making a plaited base using a technique known as reverse twinning, then work up the sides, and make our way to the rim of the basket. Each twine will require finger tension. Students will need to work at home as well throughout the session to finish.

SEWING WORKSHOP: BOWL KOOZIE

Instructor: Angela Gonzalez

Sunday, February 16. 10:00 – 12:30 p.m.

Workshop fee: \$27 plus a \$6 Materials fee

Sew a bowl holder for your favorite food to eat. It could be used for hot or cold dishes from chili to ice cream. Bring your own machine or use one of ours, no experience necessary.



STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday, February 16, 10:00 a.m.– 2:00 p.m.

Workshop fee: \$100 plus a \$50 material fee

Learn the steps to create a stained glass sun catcher from start to finish using the copper foil method. Students will choose glass colors, cut their glass, then grind, foil, and solder to finish their project. There will be multiple designs from which to choose and they will be able to take their project home by the end of class. All supplies provided.

TRAVEL PHOTOGRAPHY WORKSHOP Instructor: Jack Martin

Saturday, February 22, 10:00 – 11:30 a.m.

Workshop fee: \$20

Travel Photography will cover simple photographic tools, techniques, tips and tricks to improve your photography while on vacation or just taking shots around town. Learn what the pros know about simple composition, how to elevate the image, and 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.

WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday, February 27, 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)

REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!

GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting February 28, 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

Three Thursday nights starting February 20, 6:00-7:15,

Class fee: \$44 per three-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,

Four Mondays starting February 10, 6:15 – 7:15 p.m., Class Fee: \$54

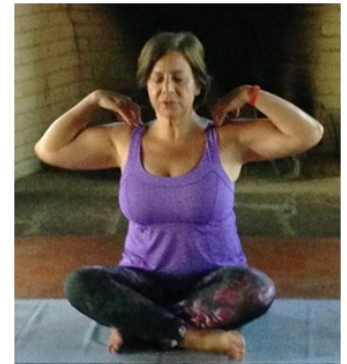
Start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to your everyday posture transitions. Class will take place in the beautiful Forest View Room in the Lodge. Bring your own yoga mat and yoga strap.

GONG BATH

Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner

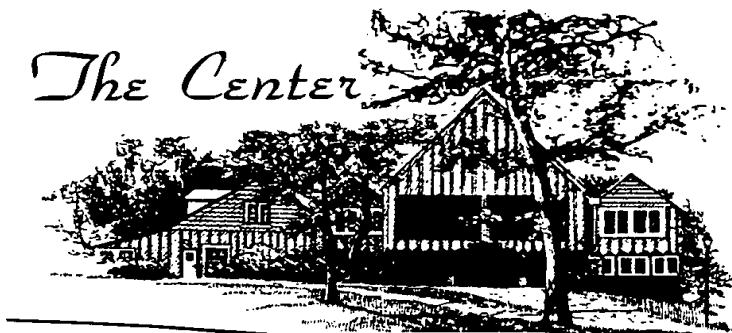
Sunday February 2, or March 2, 6:00 – 7:00 p.m. each night, Fee: \$25 per event

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.



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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12700 Southwest Highway, Palos Park, IL 60464
708-361-3650
Website: <http://www.thecenterpalos.org>
Email: admin@thecenterpalos.org

**DATED MATERIAL
RETURN SERVICE REQUESTED**

A NIGHT TO LINGER

Benefiting our Summer Camp Scholarship Fund

How You Can Help

DONATE BY MAIL

Return the donation slip included in this month's newsletter.

Every dollar counts! All proceeds will directly send local kids in need to farm and ranch camp this summer.

DONATE ONLINE



ATTEND NIGHT TO LINGER

We encourage everyone to support the cause by attending a Night to Linger on March 13, and participating in the night's activities.

Tickets will be available for purchase beginning February 3rd.

HELP US RECRUIT RAFFLE & AUCTION PRIZES

Reach out to family, neighbors, and friends: ask for donations of goods, services, or monetary contributions that can be used as raffle or auction prizes at our event.

Contact your employer or local businesses: engage local shops, restaurants, and service providers to contribute items or gift certificates.