

March 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

Christian Fellowship

I have always felt a tremendous sense of comradery and fellowship here at The Center. Even as our world today seems so divided, there is an acceptance and love throughout this ministry for greater and deeper relationships. This has been the case here since our very beginnings. The following is a meditation written by my grandfather (our founder) in 1943. I believe it to be good practical advice on helping us strengthen our ties to one another.

One of the outstanding characteristics of a Christian life is the quality of friendship or fellowship it develops. An ideal church is a group of friends gathered together around a common cause or purpose. It is this that should draw them together.

Christ gave us the supreme example of Godlike fellowship. His disciples and followers were drawn to Him because of His love for them. He first loved them and that attracted them to Him.

This love was demonstrated through His understanding of them. Peter was an impetuous man, a rough fisherman. Christ understood him and brought out the best in him. The tax collector, whom everyone hated, was asked by Christ to dine with Him: he understood and won the man. Mary Magdalene, whom they feared and hated, became a new woman because of Christ's love and understanding of her.

He not only understood and loved His followers, but He also shared His deeper thoughts with them. He brought them to a better understanding of God. He showed them a way of life. He taught them in a way they could understand.

Christ set the example for us in the great field of friendship and fellowship. How can we attain the same wonderful experience? In the first place, we have to love other people. There is no one we cannot make "like" us if we honestly like them. We also need to be slow to judge because that closes doors to us. It is very easy to assume first impressions are real. Another important basis of Christian fellowship is loyalty. This is one of the real bases of fellowship. This implies understanding and standing by in time of need... "fair weather friends" are of little value.

Let us remember, as we attempt to develop Christian fellowship, that Christ loved people. He understood them and saw the deeper good in them. He shared His deeper thoughts and He was loyal to the finest and best in others.

As we reflect on my grandfather's meditation, we are reminded that Christian fellowship is not just a concept; it is a way of life. It is built on love, understanding, and loyalty, just as Christ demonstrated in His relationships. In a world that often pulls us apart, we have the opportunity to draw closer together, to see the good in one another, and to strengthen the bonds that make our community a place of true belonging.

May we continue to follow Christ's example, loving first, listening deeply, and standing by one another with unwavering loyalty. In doing so, we not only honor the legacy of those who came before us but also build a foundation of fellowship that will endure for generations to come.



Good Seeds Ministry



The focus of the Good Seeds Ministry is donations for the Pathway Men's Wing. The remodeling project has begun, and the rooms are ready to be furnished. Below is an itemized list of their current needs, and all donations would be greatly appreciated. Donations may be conveniently dropped off in the Front Office between the hours of 9 a.m.- 4 p.m. every day of the week.

Since it's important that all the men's rooms are furnished uniformly, we are asking for cash donations, so The Center can purchase the necessary items. All donations for the matching items can be underwritten for tax purposes.

—For \$7, you can give a Pathway man an underbed storage bin.

—For \$12, a wall sconce

—For \$70, a night stand

—For \$100, an open wardrobe

—For \$125, a ceiling fan and light

***If you'd prefer to donate a physical item instead of a monetary one, we can also use medium pillows for the men.

Thanks so much in advance, and as always, for all your support!

Spiritual Offerings

~Mark Walker, Director of Pathway

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!

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

Join us for special music and an inspirational message. Also, the Center Singers practice 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!

Communion Sunday on March 2, 8:30 a.m. and 12:30 p.m.

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

Ash Wednesday Service, March 5 - 8 a.m. & 6:30 p.m. Chapel

We will offer a brief prayer service with the distribution of ashes in the Wayside Chapel as the Lenten Season begins. All are welcome!

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, Mondays at 9:00 a.m.- 9:45 a.m.

All are welcome to gather in the Forest View Room for 45 minutes of getting centered. Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. No registration is necessary. Please contact Peggy Quinn at (773) 841-3203 if you have any questions.

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.**

Retreats

Lenten Retreat - March 8, 9 a.m.- 1 p.m. in the FVR

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.** Light refreshments and retreat supplies will be provided.

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.**



Awake at The Center:

A Day of Mindfulness in the Out of Doors

Saturday, April 12: 9 a.m. - 3 p.m.

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for a day retreat amidst the emerging spring wildflowers, led by Dan and Sharon Morley. You will be invited to sit, to walk, to listen, to share, to hear, and to see the beauty and wonder that abounds all around us. Wear clothing and shoes appropriate for the weather as we will be spending most of our time out of doors. **Retreat fee: \$65 includes leadership, lunch, and retreat supplies.**

Program

Women's Film and Discussion: *Little Women*

Monday afternoon, March 3, 1 - 3:30 pm.

This monthly film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. Louisa May Alcott's *Little Women* is the story of 4 sisters and their journeys of self-discovery as they deal with issues of independence, romance, and virtue. 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.



Toastmasters

Wednesdays March 5 and 19, 7 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.

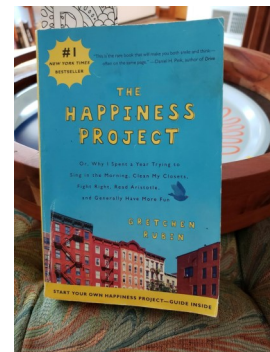
Book Club Meeting

March 7, 2025, 10 a.m. - 11:30 a.m.

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. Please get a copy of the book <https://a.co/d/7SQoylq> (Amazon). In preparation for the meeting, read February's chapter—"Remember Love," pages 38-68.

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, March 25, 10 am to 11:30 am

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet to nurture and support each other's personal journey of creativity and self-discovery. Inspired by Sarah Ban Breathnach's *Simple Abundance*, the group, now in its 28th year, focuses on living authentically, joyfully, simply and gratefully. We hope that you'll be able to join us. If you have any questions, please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org.

Anniversary Dinner and Renewal of Vows

Sunday, April 13, 2025 at 4:30 p.m.

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your March or April wedding anniversary here at The Center on April 13. Beginning with fellowship in the Great Hall at 4:30 p.m., enjoy a delicious candlelight dinner followed by a meaningful Renewal of Wedding Vows ceremony in the Chapel. For reservations, please contact our front office at 708-361-3650 to make your payment of \$110 before April 8th.

Farm & Nature Discovery School

This month is going to be a very busy month filled with all kinds of different themes! The main theme we will be focusing on throughout the month of March will be "Weather & Seasons" as we observe the changes through the transition to spring from winter. The students will learn all about different types of weather in different climates, as well as extreme weather conditions! This is a great time to learn all the different types of vocabulary associated with seasons and weather, as well as learning about weather safety in the different seasons. There is no better place to learn about weather and seasons than outside, and there is no better time to be outside than springtime at the Farm!

We will also be celebrating Dr. Seuss's birthday the week of March 3rd, which happens in correlation to National Read Across America week! We will have a fun spirit week that focuses on a different Dr. Seuss book each day, planning lessons and activities surrounding some of his classic stories.

We will be getting into some shenanigans over St. Patrick's Day week! The children will build traps to try to catch a leprechaun as they go in search of his gold somewhere on the farm. Building traps together will encourage teamwork, problem solving, creative thinking, and early engineering skills! It's also a fun way to encourage imaginative play and curiosity.

Among all of these exciting themes, we be sprinkling Women's History Month throughout the month of March! We will explore many amazing women who have had an impact on our world. We will look at women who were artists, scientists, engineers, activists, doctors, and so much more! Registration for our 2025-2026 school year is now open on our website! We only have a couple spots left in our morning sessions at the time of writing this. They could possibly be full already when you are reading this. We do still have plenty of room in our afternoon preschool and pre-kindergarten sessions! Afternoon sessions are available for 2 and 3 day options. Both 2 and 3 day sessions run from 1:00 PM- 3:30 PM. You can also always just reach out to me, Danielle Bell, via phone at 708-361-8933 or email 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, March 4 "The Vito Zatto Show"

Vito Zatto will bring his brand of stand-up comedy, song stylings, celebrity impersonations, audience participation, dancing, and much more! Come welcome Vito for his first performance ever at The Center!

Tuesday, March 11

Colleen Moore: Silent Film Star, "Fairy Doll House Creator" with Lynn Rymarz

Join Storyteller Lynn Rymarz as she shares the story of the remarkable Colleen Moore. Hear about her dream as a young girl growing up in Michigan to one day becoming a movie star. You'll also discover her early love of doll houses that grew into her fairy doll house creation displayed at Chicago's Museum of Science and Industry.



Tuesday, March 18

"Addiction, Recovery, and the Pathway to Sobriety Program"

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

Tuesday, March 25 An Afternoon of Music with Ray Lemieux

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



SPRING ART SHOW!

Saturday, March 1, 10:00 a.m. – Noon

Join us in Log Cabin #1 of our Art Center to view a variety of art created by The Center's Art teachers! We will have a wide variety of art on display and for sale including: Mandala Art, Silver Jewelry, Pottery, Drawings, Handmade Paper Art, and more!





March/ April 2025 Art Classes for Children and Teens

CREATING WITH CLAY FOR KIDS Instructor: Heaven Newsom

Four Saturdays starting March 8, 11:15 a.m. -12:15 p.m., Class fee: \$52 plus a \$13 materials fee

Or three Saturdays starting April 26, 11:15 a.m. – 12:15 p.m., Class fee: \$40 plus a \$10 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 – 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

Or three Saturdays starting April 26, 10:00 – 11:00 a.m., Class fee: \$40 plus a \$10 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.



FAMILY ART WORKSHOP: CLAY FAMILY WALL HANGING

Instructor: Heaven Newsom

Two-day Workshop: Friday, March 21 and 28, 10:00 – 11:00 a.m.

Workshop fee: \$23 plus a \$5 Materials fee (pricing is for caretaker and child)

On the first day of class students will work with clay to create a family inspired wall hanging with the names of your family members and/or pets too! On the second class after the pieces have been fired in our kiln to harden, families will paint and construct their piece with colorful beads and cord. Suitable for all ages, homeschooled families are welcome!

FAMILY ART WORKSHOP: HEARTS AND HANDS COLLAGE

Instructor: Heaven Newsom

Tuesday, March 18, 10:00 – 11:00 a.m.

Workshop fee: \$23 plus a \$4 Materials fee (pricing is for caretaker and child)

Trace your hands out of colorful papers and then add hearts and other fun shapes to create a collage together. Suitable for all ages, homeschooled families are welcome!



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

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.

DONUT PLUSHIE, Sunday, March 16, 10:00 – 11:30 a.m.

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

Sew a squishy donut plushie! Add frosting, sprinkles, and all of your favorite toppings!



BUNNY BAG, Sunday, April 6, 10:00 – 11:30 a.m.

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

Sew a drawstring bunny bag. Add eyes and a nose to really bring your bunny to life!

POTTERY FOR TEENS Instructor: Alley Rein

Four Wednesday nights beginning March 19, 6:00 – 8:00 p.m.

Class fee: \$90 plus a \$25 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.

RABBIT FELT MASK WORKSHOP Instructor: Heaven Newsom

Friday, April 4, 10:00 – 11:00 a.m. Workshop fee: \$15 plus a \$3 Materials fee

Students will create an Easter Bunny mask out of felt to wear just in time for Easter or spring playtime. A class suitable for all ages, homeschooled students are encouraged to register.



March/ April 2025 Schedule of Art Classes for Adults

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

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.



BLOOM WHERE YOU ARE PLANTED: MEDITATION, JOURNALING, AND MIXED MEDIA FLOWER PAINTING

Instructor: Karen Signore

Sunday, April 13, 12:30 – 3:30 p.m.

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

Flowers can inspire us with their beauty and stages of growth from bud to blossom. Join us for an afternoon of creativity and reflection, making your own mixed media flower painting. Infuse your canvas with blooming intentions, explore various texturing techniques for the background with acrylics, and choose from a variety of papers and embellishments. Explore the symbolism of flowers and the personal meanings it has for you through guided meditation and whole brain journaling techniques. Based on Project Insight ®, Creative Journal Expressive Art ® method.

BASKETMAKING Instructor: Ann Marie Jagiella
Three Fridays starting March 7, 10:00 a.m. – 1:00 p.m. (No class on March 21)
Workshop fee: \$90 Plus a \$25 Materials fee
 Learn to weave a basket with a square woven base and handle.



FOLKART WORKSHOP: COILED YARN EASTER BASKET Instructor: Lois Lauer
Saturday, April 5, 1:00 – 4:00 p.m. Workshop fee: \$35 plus a \$10 materials fee
 Come and create a coiled yarn basket of spring colors, just in time to use as an Easter Basket! Completed with a few eggs which students will dye with natural dyes from vegetables or fruits, they'll learn the simple technique of coiling and wrapping to create a beautiful and useful bowl-shaped yarn basket.



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 tinkle 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 a.m. – 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.

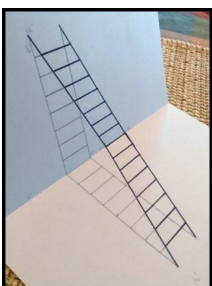
LAPIDARY (ROCK POLISHING) Instructor: Larry Rothenberg
Six Monday mornings starting April 14, 9:00 – 11:00 a.m.
Class fee: \$150 per six-week session
Or four Thursday nights starting April 3, 5:00 – 7:00 p.m.,
 with Instructor: Jackie Burger
Class fee: \$100 per four-week session

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 April 15, 6:30 – 8:30 p.m. or
Six Thursday mornings beginning April 17, 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. Students will 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 for which to create their own settings. Advanced instruction will be given to continuing/advanced students.



OPTICAL ILLUSIONS IN ART Instructor: Sandy Safranek
Wednesday, April 30, 1:00 – 3:00 p.m.
Workshop fee: \$24 plus a \$10 materials fee

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



ORIGAMI MOBILE Instructor: Barb Thompson
Tuesday, April 1, 10:00 a.m.– Noon, Workshop fee: \$24 plus a \$3 materials fee
 Learn basic origami folds and balance proportions in creating a mobile of origami cranes.

PAINTING WORKSHOP: FOLK ART WILDFLOWERS Instructor: Heaven Newsom
Friday, March 14, 10:00 – 11:30 a.m.

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

Heaven will show you step by step how to paint this folk arts style painting of Siberian Purple Scilla and Spring Beauties on canvas. All materials provided.



PAPERMAKING WORKSHOP: SEED PAPERS Instructor: Marilyn VandenBout

Saturday, April 5, 11:00 a.m. – 1:00 p.m. Workshop fee: \$24 Plus a \$5 Materials fee

Pour pulps into shapes and incorporate seeds, petals and leaves. Seed paper can be planted or enjoyed as art. You may bring your own seeds if you have favorites.

POTTERY Instructor: Madeleine Burns

Four Monday afternoons starting March 17, 1:00 – 3:30 p.m. or

Four Tuesday nights starting March 18, 6:00 – 8:30 p.m.

Class fee \$120 plus a \$35 Materials fee per 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 a.m. – 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.



SEWING WORKSHOPS Instructor: Angela Gonzalez

Bring your own machine or use one of ours. No experience necessary.



SEWING WORKSHOP: BOXY BAG

Sunday, March 9, 10:00 a.m. – 1:00 p.m.

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

Sew a makeup bag with handles that stands on its own. Choose from our selection of fun fabrics and install a zipper.

SEWING WORKSHOP: SEASONAL PILLOWCASE

Sunday, March 23, 3:30 – 5:30 p.m.

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

Sew a seasonal throw pillowcase to swap out for each holiday and add an optional zipper.



SEWING WORKSHOP: SEW AN EASTER BASKET

Sunday, April 13, 10:00 a.m. - 12:30 p.m.

Workshop fee: \$29 plus a \$15 Materials fee

Sew a reusable fabric basket in seasonal fabric. Great for gift giving or to use as décor.

STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday, March 2 or 30, or Sunday April 13 or 27, 10:00 a.m. – 2:00 p.m. each workshop

Workshop fee: \$100 plus a \$50 Materials 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, cut their glass, then grind, foil, and solder. There will be multiple designs from which to choose from, and they will be able to take their project home by the end of class. All supplies provided.

WATERCOLOR PAINTING Instructor: Lenox Wallace

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

Six Thursday mornings beginning March 6, 10:00 a.m. – 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



WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday, April 17, 9:00 -11:00 a.m.

Class Fee: \$125

Learn and practice the tools and techniques of woodcarving in basswood. New students will gain knife handling skills and create beautiful, simple relief or three dimensional projects such as a star, shoe or bird. If you are 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!

Class will take place in the beautiful Forest View Room in The Lodge. Bring your own yoga mat and props.

GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting April 11, 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.

SLOW FLOW YOGA Instructor: Danielle Schaar

Four Thursday nights starting March 20, 6:00-7:15 p.m., (No class March 27)

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 settling into a restful mediation, finding peace in body and mind.

TRANQUIL YOGA Instructor: Debbie Jacob

Four Mondays starting March 17, 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 everyday posture transitions. Bring your own yoga mat and yoga strap.

GONG BATH Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner

Sunday March 2 or April 6, 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 a.m. – 5:00 p.m. daily.

**May we have the eyes to see the needs around us.
May we continue to serve from the heart.
And may together we grow stronger as we support one another
and reach out to help those in need in our community.**

TICKETS ON SALE NOW!!

A NIGHT TO LINGER

MARCH 13 5-9PM

PAPA JOE'S ITALIAN RESTAURANT

14459 LAGRANGE RD, ORLAND PARK, IL

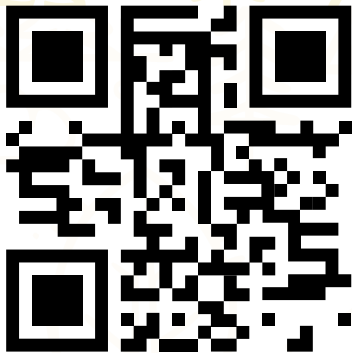
Benefiting our Summer Camp Scholarship Fund



DINNER • RAFFLES • SILENT AUCTION • CASH BAR • LIVE MUSIC

..... **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.



SCAN THE CODE FOR:

- *EVENT DETAILS
- *TICKET PURCHASE LINK
- *MONETARY DONATION INFO
- *IN-KIND DONATION INFO
- *SCHOLARSHIP RECIPIENT INFO
- *SUMMER CAMP INFO



Thank You to Our Sponsors!

CAMP CHAMPIONS



Proud Supporters of The Center



Kathy Svanascini- Attorney
Estate Planning/ Real Estate/ Business Law
kathys@midwestlawgroup.net
(708) 361-7001



Dan & Pattie Harris- Owners
Palos Heights Ace- 127th & Ridgeland
Lemont Ace- 127th & State

CAMP SUPPORTERS



Financial Advisors
Zachary B. Morgan- CFA
zac@tcmccabe.com
(708) 479-7755



MY FOOD GUY
Your Fresh Ingredient

Scott & Marisol Rosignal- Owners
myfoodguy@outlook.com
(312) 437-0970

CAMP ENTHUSIASTS

**TOM & MARY KAY
WOJCIK**

Proud Supporters of The Center

\$60,000

\$50,000

\$40,000

\$30,000

\$20,000

Exciting News! We have a matching pledge for the next \$10,000 in donations!

This means that every donation you make will be doubled, bringing us closer to our goal even faster. Your contribution will have twice the impact, helping us send more children to camp and provide them with a life-changing experience. Don't miss out on this incredible opportunity to make a bigger difference—together, we can make this summer unforgettable for the kids!



We still have space available...



2025 OVERNIGHT SUMMER CAMPS FOR TEENS

AT THE CHILDRENS FARM

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



NEED BASED SCHOLARSHIPS AVAILABLE!!

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

Support our Farm WITH OUR AMAZON WISHLIST



We're excited to share our Amazon wishlist, a collection of essential tools, supplies, and equipment that will help us continue to grow, and provide enrichment and care for the animals. Every item on this list has been carefully selected to support our farm's operations. Your support means the world to us, and by purchasing from our wishlist, you're directly contributing to the success of our farm. Simply scan the QR code to view our wishlist and place your order – items will be shipped directly to the farm. Thank you for your kindness and generosity!

LATE SPRING JUNIOR FARMERS

Three different program options, led by your favorite farmers!

Early Spring Session
6 weeks - \$114
1 hour per week

**Session Begins week of
April 4th**



Online Registration Opens March 12th at
10am

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



Junior Farmers

Our flagship program with Farmer Paul is perfect for children ages 3-10 to come experience the magic of our real working farm. Filled with hands-on learning and fun on the farm, Junior Farmers is ideal for independent children with an interest in animals or the desire to connect with nature!

Farmers-In-Training

Designed for children ages 10 and up, Farmers-In-Training will see firsthand what it takes to care for a farm full of animals! Through hands on experiences, children will learn about and participate in the nutritional and exercise needs of our animals, veterinary care, daily cleaning and feeding.

Barn Buddies

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!

LATE SPRING SCHEDULE

ONLINE REGISTRATION OPENS MARCH 12TH- 10AM -- [HTTPS://THECENTERPALOS.ORG/FARM/JUNIOR-FARMERS/](https://thecenterpalos.org/farm/junior-farmers/)

6 WEEKS - \$114 - 1 HOUR PER WEEK

Junior Farmers

Ages 3 - 6:

Tuesday - 9:30a.m. or 11a.m. Beginning April 8th

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

Thursday - 1:30p.m. Beginning April 10th

Friday - 11a.m. or 1:30p.m. Beginning April 4th*

Saturday - 9:30a.m., 11a.m. or 1:30p.m. Beginning April 5th*

Sunday - 9:30a.m. or 1:30p.m. Beginning April 6th (Farmer Shay)*

Ages 6 - 10:

Saturday - 3p.m. Beginning April 5th

Tuesday, Wednesday or Thursday - 4p.m. Beginning April 8th, 9th, 10th

Sunday - 3p.m. Beginning March (Farmer Shay) April 6th

Barn Buddies

Ages 1-3 with accompanying chaperone

Monday - 9:30a.m., 11a.m. or 1:30p.m. Beginning April 7th

Wednesday - 11a.m. Beginning April 9th

Thursday - 9:30a.m. or 11a.m. Beginning April 10th

Friday - 9:30a.m. Beginning April 4th*

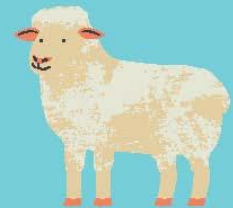
Farmers-In-Training

Ages 10+

Monday - 4:30p.m. Beginning April 7th

Wednesday - 4:30p.m. Beginning April
9th

*PLEASE NOTE THAT ALL CLASSES MEETING ON FRIDAY, SATURDAY & SUNDAY WILL SKIP THE EASTER WEEKEND (APRIL 18TH-20TH)
& WILL RESUME THE FOLLOWING WEEK





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 dependant



\$9/PERSON AGES 2+

**12700 Southwest Hwy
Palos Park, IL 60464
(708) 361-3650**

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!

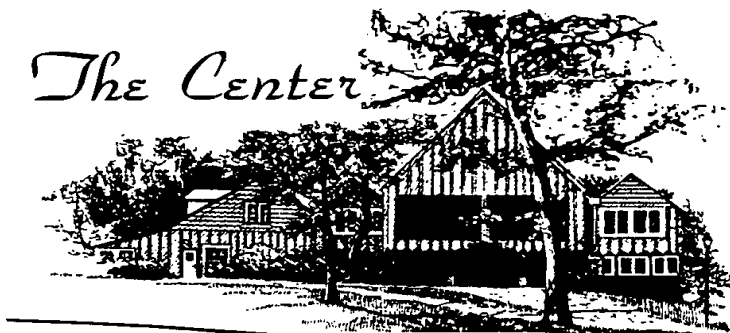
ANIMAL BARNs | HAYRACK RIDES | CONCESSIONS

WANT TO BRING A GIFT?

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



The Center



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

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

**DATED MATERIAL
RETURN SERVICE REQUESTED**

THE CHILDREN'S FARM 39TH ANNUAL EASTER EGG ROUNDUP

TWO DAYS!

ADVANCED TICKETS ARE REQUIRED

Online sales open March 5th at 10AM and can be purchased at
thecenterpalos.org

FRIDAY, APRIL 18TH & SATURDAY, APRIL 19TH

\$36 PER CHILD

(INCLUDES TWO COMPLIMENTARY ADULT ADMISSIONS)

TICKETS AVAILABLE EVERY HALF HOUR FROM 10AM - 2:30PM

Children, ages 9 and under, accompanied by no more than two adults, are invited for a special day of Easter magic at The Children's Farm.

Visit the resident animals and the spring babies ♦ Collect and color an egg from the coop ♦ Make an Easter craft ♦ Visit the Easter Bunny's Magic Forest ♦ Hunt for a colored egg ♦ Meet The Bunny himself!

Ticketed children will receive jelly beans, a cookie and a campfire roasted marshmallow in addition to their eggs and basket.

All guests should dress to be outdoors and plan to spend a couple hours completing the whole experience. Farm-grilled concessions will be available.