

May 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 Land

I've spent most of my life here at The Center. As a young boy, I grew up playing at the farm, exploring the woods, and riding horses. My first horse was a pony named Coffee, and I rode him everywhere around the property. Eventually, Dad let me graduate to the bigger horses and ride beyond the farm. We would explore all throughout the woods, but our favorite destination was riding down the railroad tracks to Pooches for a milkshake. When trains came, we'd scramble up or down the embankment, depending on where we were. I don't think you could do that today. But it was a different time- gone all day, no cellphones, just out exploring the world.

For twenty years, I lived out west. I came back in 1992 to become the Assistant Director of The Center. As I revisited my childhood haunts, I realized things weren't quite as vast as I had remembered. The woods that once seemed endless, the acres of farmland- now they feel like an island surrounded by suburbia. But still, what a beautiful island. The older I get, the more I appreciate this land. The Center is incredibly lucky to be nestled up against the woods of the forest preserve. Our chapel, main lodge, art center, and camp buildings all back up to a mile of deciduous forest, filled with 150-plus-year-old oaks and hickories. Across the street lies another sixty acres of farmland, fields, wetlands, and woods. It is indeed a precious place.

I have my favorite spots. The pine forest is one of the most peaceful. The trees were planted as tiny sprigs in 1955 to grow Christmas trees. When I was a boy, we rode horses through the young pines and you could see over the tops. Now they tower thirty to forty feet tall, creating a magical, quiet place.

Indian Hill is another favorite. In spring, we would hunt for arrowheads in the freshly plowed furrows, where the winter rains had washed the soil and exposed flint pieces. Indian Hill is long believed to be a Potawatomi hunting camp. So many flint chips were found there in the early years- likely remnants from crafting arrowheads. It's the perfect spot: high above the creek valley, great for hunting. The fire ring has been there for as long as I can remember. In the 1960's, campers on their first night were treated to my father, dressed in full Native attire, riding up on horseback. He would toss handfuls of flour from his leather pouch into the fire, sending flames shooting skyward. Thousands of campers have gathered around that fire. Really, all our campers, over eighty years' worth- have been there, many of them multiple times.

Now, as I look back on all these memories, I realize just how deeply this place is woven into who I am. Though time has changed the world around it, the spirit of The Center endures. It remains a place of wonder, quiet adventure, and of deep-rooted connection. I am grateful to have grown up here, to have returned, and to be a part of its story still. This land shaped me, and I can only hope that it continues to shape others- for another eighty years and beyond.



Good Seeds Ministry



May's focus for the Good Seeds Ministry will be donations of art supplies. The supplies will be utilized by our Outdoor Art for Kids program and our summertime campers too. Some things we are in need of are: Rit-dyes for tie-dying, glue sticks, glue bottles, markers, paints (acrylic, tempera, or watercolors), beads for jewelry making, embroidery floss for friendship bracelets, pipe cleaners, construction paper, and watercolor paper. If you have any questions, or have some gently used art supplies you would like to donate, please email Heather Young, The Center's Art Director: logcabinartcenter@thecenterpalos.org.

Donations may be dropped off on the front porch of The Lodge or in our front office.

Thanks so much in advance, and as always, for all your support! If you have any questions about Good Seeds, please feel free to contact Rev. Nancy at: waysiderev@thecenterpalos.org

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 May 4 and June 8, 8:30 a.m. and 12:30 p.m.

All are welcome at the Lord's table. Non-alcoholic juice and gluten-free bread are served.

Vespers in the Pines on Memorial Day Weekend

Sunday, May 25 at 8:30 a.m. and 12:30 p.m.

Come and enjoy Vespers outside in God's creation along with special music. You may drive the farm road back to the Pines or park at the farm parking lot and walk to the Pines. There will be seating provided, but feel free to bring your own portable chair if you prefer.

MEDITATION

NEW! Zen Meditation Classes-

May 6, 13, and 20 at 6:30 p.m.- 8 p.m. in the Forest View Room

Jim Matson, a Zen Buddhist Priest is teaching a class on the background and practice of Zen Meditation. He comes with 23+ years of experience and describes Zen Meditation "as the art of becoming aware of the movement of the mind. It permits an understanding and realization of the deeper and more subtle aspects of our lives and points toward a compassionate and more confident way of living". Advance registration is required online or in the front office.

Class fee: \$5 per session.



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.**

Spirituality Class on Communication

Sundays in the Parlor, 3 p.m.-4 p.m.

Nadine Ghazzawi and Rev. Nancy will continue to lead their series on learning practical tools for healthy communication. Classes will end the last week of May, but feel free to join as each session stands alone.

Advance registration is required online or in the front office. **Class fee is \$48 or \$8 per session.**

Program

Women's Film and Discussion: She Said

Monday afternoon, May 5, 1-3:30pm

This monthly film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. *She Said* is a 2022 dramatic documentary starring Carey Mulligan and Zoe Kazan, as *New York Times* investigative reporters, who exposed Harvey Weinstein's history of abuse of women, from which the "Me Too" movement flared into public view. 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

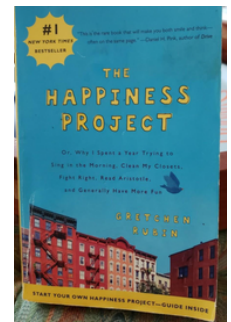
Wednesdays May 7 and 21, 7:00pm-9:00pm

Toastmasters is an opportunity for folks who wish to improve their public communication skills, to develop the confidence to stand and speak before large or small groups of people. The Center's Toastmasters Club consists of staff, volunteers, and friends of The Center. No commitment is necessary to try it out: for more information, contact Lois Lauer.

Book Club Meeting

May 2, 2025 10 a.m. - 11:30 a.m Parlor

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 April's chapter - "Lighten Up: Parenthood," pages 90-112.



Questions may be directed to Nancy Crivellone by email: vince414@comcast.net

Anniversary Dinner and Renewal of Vows,

Sunday, June 8, 2025 at 4:30 p.m.

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your May or June wedding anniversary here at The Center on June 8th. 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 June 2nd.

WomanTalk Discussion Group

Tuesday, May 27 from 10am to 11:30am.

"WomanTalk," hosted 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 on their personal journeys of creativity and self-discovery. Rooted in Sarah Ban Breathnach's Simple Abundance the group, now in its 28th year, seeks ways to live authentically and joyfully. Our March group discussion included exploration of our individual styles, and our choice of earrings! Please bring or wear a pair of your favorite earrings. We look forward to seeing you! If you have any questions please contact The Center office or email thechildrensfarm@thecenterpalos.org.



Reiki Circle

**4th Sunday of the Month. 1-2:30pm in the Forest View Room
(5/25, 6/29, 7/27)**

Join us for a monthly Reiki share at The Center!

Whether you are trained in Reiki (I, II, or III) or not, you are welcomed to participate. Reiki is a Universal Life Force Energy that can activate natural healing and restore physical and emotional well-being. There is no fee, but a donation to The Center is very much welcomed!

Please contact Eileen Hurn (773-550-6174) or Karen Signore (708-860-7813)



Arbor Day Celebration

The Center will be hosting the Village of Palos Park's Arbor Day Celebration on **Sunday, May 4th at Noon**. Please join us in the Great Hall of the Lodge for a presentation and program. Saplings will be given away and light refreshments will be served.

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, May 6 "Mississippi River Adventures" with John Kokoris

Illinois traveler John Kokoris will make his first trip to The Center, sharing insider tips to help explore the Upper Mississippi from Galena to St. Louis. You'll learn where to go, what to do, and all about the mighty river's storied past. We'll discuss architecture, food, events, and more. Your Great River Road trip starts here!

Tuesday, May 13 "The Haunted Titanic" with Bob Trzeciak

Bob Trzeciak will bring the doomed ship back to life for this fascinating program. Bob, a noted local historian and Center regular, will walk us through the history, the lasting impact, and why the Titanic has remained a fascination for these past one hundred plus years.



Tuesday, May 20 "Violet Jessop" with Leslie Goddard

Another view of the Titanic! Stewardess Violet Jessop survived the sinking of the RMS Titanic in 1912 and the sinking of the Titanic's identical sister ship, the Britannic, in 1914. Jessop tells unforgettable stories of the disasters and describes life behind-the-scenes on the most glamorous luxury liners of their day. Center favorite Leslie Goddard will dramatize this account, based on Jessop's memoir, *Titanic Survivor*.

Tuesday, May 27 "An Afternoon of Stories" with Mary Lou Edwards

Mary Lou Edwards is an accomplished storyteller and a longtime friend of The Center. She has been sharing her stories with our community for many years, weaving tales that inspire, entertain, and connect. Her passion for storytelling has touched the hearts of innumerable individuals, and her genuine love for The Center makes her an invaluable part of our family. Her coming-of-age stories and life experiences combined with her zany sense of humor guarantee a very fun time.



Spring Tea at The Center

Mark your calendars and dust off your hats, The Spring Tea is scheduled for Saturday, May 10, 2:00 – 4:00 p.m.! A delightful flower-filled afternoon in the Great Hall of The Lodge with punch, a homebrewed tea grown in our farm garden and delicious tea party fare with entertainment by Harpist Chari McHale and Story Teller, Megan Wells. **\$44 per person.**



Farm & Nature Discovery School

I cannot believe we have reached the final month of school. This is my third year as director of The Farm & Nature Discovery School and the years are not slowing down at all, but time does fly when you are having fun! I cannot say enough how truly blessed I am to be part of such a supportive and kind community.

This month our theme will be "Into The Wild" where our students will be animal tracking, identifying plants, and learning about nature safety. We will become mini survivalists, learning tactics and skills that we can use in the while while camping, hiking, and exploring! The children will be encouraged to use literature and pictures to help identify different wildlife around our school.

Our classrooms will also be observing Asian American and Pacific Islander Heritage Month during May. We will celebrate the history, heritage, and culture of Asian American and Pacific Islanders in the United States. We will explore artists, musicians, inventors, and other influential people throughout AAPI history and today.

We also want to wish a very Happy Mother's Day to all moms, step-moms, foster moms, and mother figures! We hope you have a very special day celebrating yourself and being celebrated in your role. You deserve all the rest, hugs, pampering, and love in the world. We are excited to celebrate together with a Mother's Day Tea party!

Registration for our 2025-2026 school year is now open on our website. We are full in the morning sessions but still have room in our afternoon sessions. If you or someone you now is interested in learning more about our school, feel free to reach out to me, Danielle Bell, via phone at 708-361-8933 or email at FarmandNature@TheCenterPalos.org.



May/ June 2025 Art Classes for Children and Teens



OUTDOOR ART FOR KIDS, SUMMERTIME ART PROGRAM

Mark your calendars!

Registration will open Wednesday May 7 at 10:00 a.m.!

A world of art and nature for kids in grades K- 8th grade. Drawing, painting, pottery, sculpture, crafts and more! Classes take place outdoors as long as the weather allows. Students will be split up into different age groups depending on enrollment. Teachers plan new and different lessons all summer long so you can sign up for multiple sessions.

Class fee: \$160 plus a \$22 materials fee per session

Within in each two-week session, students meet every Monday, Wednesday, and Friday from 9:00 – 11:00 a.m.

Session 1: June 16 - June 27

Session 2: June 30 - July 11, No class on Friday, July 4 to accommodate for the holiday this is a 5 class session,

Class fee: \$133 plus a \$18 materials fee

Session 3: July 14 - July 25

Session 4: July 28 - Aug 8

CERAMIC ANIMAL PINCH POTS Instructor: Aly Rein
Two Wednesday nights starting May 7, 6:00-7:00 p.m.
Workshop fee: \$25 plus a \$5 Materials fee.

On the first class, students will learn how to create animal-shaped pinch pots from clay. During the second class, students will glaze their pieces. They will need to be fired one more time in our kiln, and we will call you to pick them up when ready. Open to students in grades 3-12, parents are also welcome to register to make their own.



CERAMIC FOOD INSPIRED PLATES WORKSHOP

Instructor: Aly Rein

Two Wednesday nights starting June 4, 6:00- 7:00 p.m.

Workshop fee: \$25 plus a \$5 Materials fee.

On the first class, students will learn how to create food-inspired plates out of clay. During the second class, students will glaze their pieces. They will need to be fired one more time in our kiln, and we will call you to pick them up when ready. Open to students in grades 3-12. Parents are also welcome to register to make their own.

FAMILY ART WORKSHOP: BEADED BRACELETS

Instructor: Heaven Newsom

Tuesday, May 20, 10:00- 11:00 a.m. Workshop fee: \$24 plus a \$3 Materials fee (pricing includes caregiver and child)

Have fun creating beaded jewelry together! Heaven will show you different techniques, and you will get to choose from our colorful selection of beads.



KIDS SEWING WORKSHOP: SUMMER TOTE Instructor: Angela Gonzalez

Sunday, June 1, 10:00- 11:30 a.m.

Workshop fee: \$23 plus a \$8 Materials fee.

Sew a large bag to carry your beach, pool, or sports stuff this summer! Pick our your favorite fabric and get to sewing! Bring your own sewing machine or use one of ours. Open to students in 3rd- 8th grade

May/ June 2025 Schedule of Art Classes for Adults

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

NEW!!! CERAMICS WORKSHOP: CORRUGATED POTTERY

Instructor: Robin Power

Tuesday, May 13, 10:00 a.m. – Noon,

Workshop fee: \$30 plus a \$12 Materials fee

Learn the ancient technique of Corrugated Pottery, first developed by the Ancestral Puebloan Peoples. The pottery created in this class will need to be fired in our kiln, and then we will call you to pick it up when it's ready.



CERAMICS WORKSHOP: CLAY MASKS Instructor: Robin Power

Tuesday, May 20, 10:00 a.m.- Noon. Workshop fee: \$30 plus a \$12 Materials fee.

Throughout history, masks have been a part of most cultures. Masks allow an imaginative transformation into a different identity and develop an understanding of being human. Working with clay, students are encouraged to be creative and playful while learning facial proportions and clay slab building methods. The ceramic art created in this class will need to be fired in our kiln, and then we will call you to pick up when it's ready.



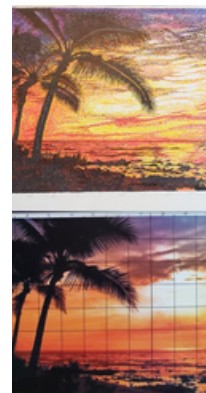
CERAMICS WORKSHOP: TREE SCULPTURES Instructor: Robin Power
Two Tuesday mornings starting June 10, 10:00 a.m. – Noon each day,
Workshop fee: \$55 plus a \$12 Materials fee

Trees have always been a source for creative expression. They are filled with organic shapes and rich with surface texture. Let your imagination flow as you learn to sculpt with clay! On the second day of this workshop, you will paint colorful glazes on your piece. The art will need to be fired one more time in our kiln, and we will contact you when it's ready to pick up.

DRAWING SUMMER LANDSCAPES OR SEASCAPES IN MARKER

instructor: Sandy Safranek. **Four Wednesdays beginning June 4, 1:00-3:00 p.m.**
Class fee: \$88 plus a \$35 Materials fee

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



FOLKART WORKSHOP: WINDCHIMES! Instructor: Lois Lauer
Saturday, May 3, 1:00 – 3:00 p.m. Workshop fee: \$24 plus \$8 materials fee.

Enjoy this fun workshop in which you'll create your own windchimes 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!

FOLKART WORKSHOP: MAKE YOUR OWN BROOM Instructor: Lois Lauer
Saturday, June 7, 9:00 a.m.- Noon. Workshop fee: \$30 plus a \$12 Materials fee.

Learn the basic principles of traditional broom-making by creating your own small whisk broom which will be both functional and decorative.



JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek
Two Wednesdays beginning May 14, 1:00 – 3:30 p.m.
Class fee: \$50 plus a \$16 Materials fee

Learn the 2000-year old art form of Japanese brush painting known as Sumi-e. Students will use bamboo brushes to paint with black ink on rice paper while learning about the four traditional Sumi-e brushstrokes and variations on them. They will then complete their own Japanese inspired black ink paintings of nature scenes, including such elements as bamboo, flowers, leaves and/or animals. The compositions will illustrate the Japanese concept of "less is more".

LAPIDARY (ROCK POLISHING) Instructor Larry Rothenberg
Six Monday mornings starting June 2, 9:00 – 11:00 a.m.
Class fee: \$150 per six-week session
Or four Thursday nights starting June 12, 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 chunks 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.



LET YOUR SPIRIT SOAR –

A MIXED MEDIA EXPLORATION OF BIRDS AND THEIR SYMBOLISM

Instructor: Karen Signore, **Sunday, May 18, 12:30 – 3:30 p.m.**

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

The meaning of birds crosses many cultural traditions. They can symbolize freedom, wisdom, joy, messengers, and love. Their messages remind us of the creativity of the human soul and our ability to overcome obstacles. Join in for an afternoon of creativity and reflection through guided meditation, journaling, and experimenting with different art mediums to find your own creative expression of birds and their personal meaning to you. No art or journaling experience necessary. Based on Project Insight®, Creative Journal Expressive Art® method

PAPERMAKING WORKSHOP: PAPER WEAVING

Instructor: Marilyn VandenBout

Saturday, May 3, 10:00 a.m. – Noon,

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

First students will learn to make handmade papers. Then use colorful papers for textural paper weaving. Pieces will look great in a frame or may be used for further art projects.



PAPERMAKING WORKSHOP: CELEBRATING TEA

Instructor: Marilyn VandenBout

Saturday, June 21, 10:00 a.m.- Noon.

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

Create your own papers with a pulp made from tea bags, abaca, and tea leaves, and even paint the papers with a strong tea. Stencils provided

POTTERY Instructor: Madeleine Burns

· **Four Monday afternoons starting June 2, 1:00 – 3:30 p.m. or**

· **Four Tuesday nights starting June 3, 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.

SEWING MACHINE BASICS Instructor: Chris Walsh

Monday evening, June 2, 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 a pair of scissors. Please make sure your sewing machine works prior to registering.

SEWING WORKSHOPS: Instructor: Angela Gonzalez

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

SEWING WORKSHOP: SIMPLE ZIPPER POUCH

Sunday, May 4, Noon- 2:30 p.m.

Workshop fee: \$30 plus a \$7 Materials fee

Sew a basic zipper pouch. Practice installing a zipper and using interfacing.



CREATIVE LANDSCAPE PILLOW

Sunday, May 18, Noon- 2:30 p.m.

Workshop fee: \$30 plus a \$10 Materials fee.

Use colorful felt to make a landscape scene. Sew the landscape together, and then turn it into a decorative pillow.

SEWING NOTIONS HOLDER

Sunday, June 1, Noon- 2:30 p.m.

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

Sew a fabric case for your sewing supplies, such as scissors, seam ripper, and tape measure.

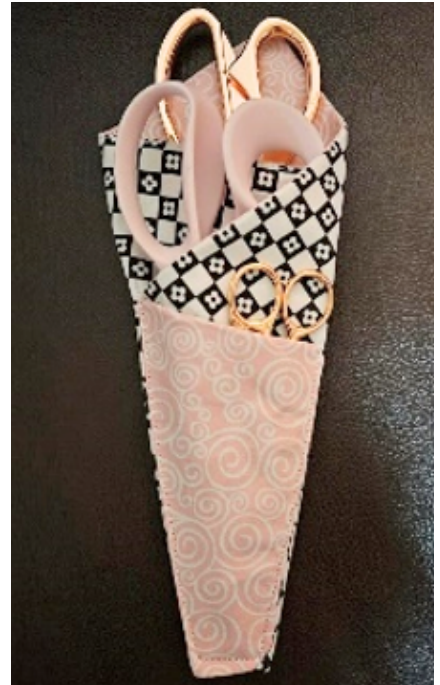
SPREAD YOUR WINGS, BUTTERFLY PAINTING WORKSHOP

Instructor: Karen Signore

Sunday, June 29, 12:30- 3:30 p.m. Workshop fee: \$35 plus a \$10 Materials fee.

Butterflies have a magical presence and rich symbolism. Their life journey can reflect our own life's journey. Create your own mixed media butterfly painting on canvas in this expressive arts workshop, infusing your canvas with intentions of renewal and transformation. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments for your butterfly. You will also reflect on the personal meaning it has for you through guided mediation and whole brain journaling techniques.

Based on Project Insight ®, Creative Journal Expressive Art ® method



STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday, May 4 or 18, or Sunday, June 22 or 29, 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 and cut their glass then grind, foil, and solder as 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.

WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday, June 5, 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 May 23, 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 May 1, 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 settling into a restful meditation, finding peace in body and mind.

TRANQUIL YOGA Instructor: Debbie Jacob,

Four Mondays starting June 2, 6:15 – 7:15 p.m. Class Fee: \$55

You 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. Bring your own yoga mat and yoga strap.

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

Sunday, May 4, or June 1, 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.

PLANT & COMPOST SALE

Vegetables * Herbs * Flowers * Bagged Compost

Organic & Heirloom Varieties

Friday, May 2nd
Saturday, May 3rd
Sunday, May 4th

Friday, May 9th
Saturday, May 10th
Sunday, May 11th



The Children's Farm

10AM - 2 PM



Outdoor Farm Concert
Nostalgic Motown & Classic Sounds from

FRED & FRIENDZ

SATURDAY, MAY 31ST

Concert 4:00pm-6:00pm
Gates open at 3:30pm

The Children's Farm Pavilion
Lawn Seating-Bring a chair/blanket

Food & non-alcoholic concessions offered (alcohol free event) *Please note this event is a concert only. No barn admittance permitted.

FREE ADMISSION



MAY OPEN FARM HOURS

**FRIDAY, SATURDAY & SUNDAY
10AM-2PM***

**ANIMAL BARNs • HAYRACK RIDES
WALKING TRAILS • CONCESSIONS**

ADMISSION: \$9/PERSON FOR AGES 2+

*Please note: The Farm has a special event on May 17th. This event may have a different admission price and schedule.

COW PIE BINGO



TAKE A CHANCE AT WINNING \$1,000

All Proceeds benefit the Sustainable
Agriculture & Green Education program
at The Center

**SATURDAY, MAY 17TH
COW GETS TURNED LOOSE AT 10:30A.M.**

Purchase Squares at: thecenterpalos.org

OFFICIAL RULES

- Cow Pie BINGO will be held on The Children's Farm Lawn
- Squares will be randomly assigned by a computerized number generator
- The square containing the majority of the first COW PIE deposited onto the grid will be the winner!
- Winner need not be present to win

**ONLY 324 SQUARES WILL
BE AVAILABLE!**

\$20 PER SQUARE

**EACH SQUARE PURCHASED IS GOOD FOR ONE COMPLIMENTARY
ADMISSION TO THE BINGO GAME & THE CHILDREN'S FARM FESTIVAL ON
SATURDAY, MAY 17TH**

The Center



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CODE 60464

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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**

BARN TO BE WILD

FARM FESTIVAL & FUNDRAISER

SATURDAY, MAY 17TH • 10AM-4PM

\$13 PER PERSON ADMISSION. CHILDREN UNDER 2 FREE

**OPEN FARM
HAYRACK RIDES
KIDS GAMES & CRAFTS
LIVE MUSIC (11-3PM)
FOOD CONCESSIONS
YOUTH HORSE SHOW
ART & VENDOR FAIR
*COW PIE BINGO(10:30AM)**

**MUSIC BY RAY
GAVIN BAND**



***COW PIE BINGO
REQUIRES ADVANCED
TICKETS**

