

# November 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

## “Our Vision of The Center”

The Center was born in a dream. That dream began to become a reality in 1932 and has grown over the last ninety-three years. It is still in the process of fulfillment. The dream is more than a place. It is an underlying philosophy, a program, a people, and a facility. It is based on certain tenets. The following statements best describe that vision of The Center and its potential.

### The Center is:

- 1) A place that expresses the underlying guiding principles and teachings of Jesus, i.e., love and service.
- 2) A place that is an anchor in our changing world, a place of stability.
- 3) A place that champions the simple, the necessary, the basics.
- 4) A place of physical and spiritual beauty.
- 5) A place of “peace” that can be felt by all who partake.
- 6) A place of order.
- 7) A place that puts empathy above accomplishment.
- 8) A place where people can give of themselves.
- 9) A place that heals the body and the spirit.
- 10) A place that promotes growth and gives room to grow.



This vision is not static but alive... always unfolding, always calling us forward. The Center is a gathering place where people can belong, heal, and grow, and where the spirit of Christ's teachings is made visible in daily life. As we continue to build upon the dream begun so many years ago, we do so with gratitude for those who have gone before us, faith in those who walk with us today, and hope for the generations yet to come who will find peace, strength, and purpose within these walls and on this land.



## Wishing you a Happy Thanksgiving!

-The Center Staff



# Spiritual Offerings

## SERVICES

### 8:30 a.m. in the Parlor

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

### 12:30 p.m. in the Chapel

Please join us each week for a nondenominational service of music, meditation, and prayer. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. All are welcome! ***\*Please note that the November 9 Vespers Service will be held in the Great Hall before the Annual Meeting. Join us for special music by The Center Singers!***

### Communion Sunday on November 2 at 8:30 a.m. and 12:30 p.m.

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

### Thanksgiving Day Communion Service

**Thursday, November 27, 9:30 a.m.**

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

### First Sunday in Advent

**November 30, 8:30 a.m. and 12:30 p.m.**

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

## AND A FURTHER CHRISTMAS PEEK INTO DECEMBER...

### Advent Chapel Services

**Sundays in December, 12:30 p.m. in the Chapel**

Our beloved Wayside Chapel takes on the special beauty of the Christmas season as it is decorated with greenery and candlelight. Join us in song and prayer as we celebrate Christ's coming and reflect upon the stories of Christmas.



### Pilgrimage to the Manger

**Saturday, December 13 at 5:30 p.m.**

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



### Yule Log Service

**Monday, December 22 at 6:30 p.m. in the Great Hall of the Lodge**

The Yule Log Service is a lovely evening at The Center, featuring Christmas carols, Scripture, stories, and a variety of old-fashioned traditions. The highlight of this service is the lighting of the huge Yule log and the opportunity for each participant to add his or her own twig into the blazing fire, symbolizing a fresh start for the New Year.

*Advance registration will be required.*

### Christmas Eve Service

**Wednesday, December 24 at 3:00 p.m. in the Lodge**

We will celebrate Christ's birth with candlelight and Communion. We invite you to join us!

### Please Note:

**There will only be one service on Christmas Eve, and no chapel services on Christmas Day. Sunday Vespers will resume on December 28.**



## **Anniversary Dinner and Renewal of Vows, Sunday, December 14 at 4:30 p.m.**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your October, November, and December wedding anniversaries here at The Center on Sunday, December 14th. 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 Dec. 9th

## **MINDFULNESS**

### **Sunday mornings 11:00 a.m. – 12:00 p.m. in the FVR**

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

## **MEDITATION**

### **Loving-Kindness Meditation (Metta), Mondays 9:00 - 9:45 a.m. in the FVR**

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

# **Program**

### **Find yourself!... at The Center Toastmasters Club!**

#### **Wednesdays, November 5 and 19, 7:00 - 9:00 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. Contact Lois Lauer at [loislauer@sbcglobal.net](mailto:loislauer@sbcglobal.net) for details.



### **WomanTalk Discussion Group**

#### **Tuesday, November 18, 10:00 - 11:30 a.m.**

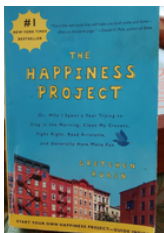
"WomanTalk," hosted by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the parlor to nurture and support each other on their personal journeys of creativity and self-discovery. Rooted in Sarah Ban Breathnach's Simple Abundance the group, now in its 28th year, seeks ways to live authentically and joyfully. If you have any questions, please contact The Center office or email [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org)

### **Reiki Circle**

#### **4<sup>th</sup> Sunday of the Month, November 23, from 1:00 - 2:30 p.m. in the FVR (Please note, there is no meeting in December)**

Join us for a monthly Reiki share at The Center! Whether you are trained in Reiki (I, II, or III) or not, you are welcome 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)



### **The Happiness Project Book Club Meeting**

#### **Friday, December 5, 10:00 - 11:30 a.m. in the Parlor**

The Happiness Project, written by Gretchen Rubin, will be discussed during its **last** session on December 5. In preparation, read the December chapter on "Boot Camp: Perfect Happiness". Questions may be directed to the leader, Nancy Crivellone, by email: [vince414@comcast.net](mailto:vince414@comcast.net). There is no class fee, but a freewill offering for The Center would be greatly appreciated.

# Luncheons

run from 12:00 noon until 2:00 p.m., cost \$38 per person, and offer a delicious meal and the best in entertainment and educational programming.



## **Tuesday, November 4 "The Teacher's Lament" with Ray Fischer**

Welcome back Ray Fischer as he shares stories, laughs, triumphs, and tragedies from over 20 years of teaching experiences. Enjoy this presentation that will invite you to relive your childhood and remind yourself of the good ole days of your own school experiences. This performance will include storytelling, impressions, and maybe you might learn something along the way. So please sit back and relax as Ray takes you down memory lane, and laments about the challenges teachers face today.

## **Tuesday, November 11 "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.



## **Tuesday, November 18 "Soul Movement: Gentle Wellness Experience" with Jeremy Mazurek, Roberta Hynes, and Cara Bohne**

Join Soul Movement, Jeremy, Roberta, and Cara for an afternoon of mindful chair-based movement, breathwork, meditation, and restorative sound therapy. Using vibration, tone, and energy work, the session helps release tension, balance your energy, and prepare the body and mind for deep relaxation. This gentle practice is fully accessible, allowing you to move mindfully while nurturing your well-being. Leave feeling calm, centered, and renewed.

## **Tuesday, November 25 "The History of The Center" with Blanche & Dave Sanders & Mark Walker**

In celebration of The Center's 93<sup>rd</sup> anniversary, Mark Walker has put together a video/slide show focusing on the mission and meaning and programs of The Center. The presentation by Dave & Mark features that show and a lively discussion of The Center's history. And, for the first time at a Center history luncheon, Blanche Sanders will be on hand to add her invaluable perspective!!



## **Tuesday, December 9 Christmas Tea Around the Tree**

Come hear Storyteller Megan Wells perform "A Literary Christmas", famous holiday tales from around the world. The tea luncheon will have our typical hearty luncheon-style buffet meal, as well as Christmas Tea. All guests will have the chance to make their own blend of holiday potpourri. **Event price: \$46**

## **Bob Cratchit Dinner**

Tickets for our annual Bob Cratchit Dinner [Sunday, December 7 at 5:00 p.m.] go on sale Tuesday, November 11. These cost \$56 each and always go fast, so please book early!





# Retreats

*A new offering at The Center...*

**Reiki I Training for Self-Healing**

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

**Saturday, November 1, 9:00 a.m. - 5:00 p.m.**

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

Reiki (Rei-Universal; Ki- Life Force) is an energy healing technique that promotes relaxation, reduces stress and anxiety. Reiki involves using one's hands to deliver energy to the body, improving the flow and balance of energy in order to support healing. Reiki is used all over the world, including hospitals and hospices, to complement other forms of

health treatments. Participants will learn Dr. Mikao Usui's method, which will include understanding the chakra system, hand placements, and energetic clearing. Participants will receive a Reiki Level I Attunement, learn self-Reiki and how to give it to someone else. The instructor's wish is for the participants to embrace Reiki and be willing to share it with others.

Eileen Hurn, MSN, RN has provided Reiki for the last 25 years within her nursing practice, including patients in the ER, Hospice, and VA.



## **WOMEN'S CHRISTMAS RETREAT: Preparing Our Hearts and Our Hearths for Christmas**

**Saturday, November 22, 9:00 a.m. to 5:00 p.m. Retreat fee: \$100**

We gather for our very popular annual women's Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts, fireside fellowship, and time for reflection, this women's retreat is always a wonderful way to get in the spirit of the season. A day full of creativity and Christmas Spirit!

Retreat leaders: Lois Lauer and Julie Palucki



## **SHOPPING EARLY FOR CHRISTMAS?**

Consider these gifts that benefit the recipient AND The Center!



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



# THE CHILDREN'S FARM NOVEMBER OPEN FARM HOURS

FRIDAY, SATURDAY AND SUNDAY 10AM-1PM

ANIMAL BARNs ◦ HAYRACK RIDES ◦ WALKING TRAILS ◦ CONCESSIONS

ADMISSION: \$9/PERSON FOR AGES 2+

**\*PLEASE NOTE: THE FARM IS CLOSED  
SUNDAY, NOVEMBER 9TH**

## Farm & Nature Discovery School

First, we would like to give a huge thank you to all our friends in the community that made donations through Good Seeds, and to Good Seeds for organizing the collection for us. Our children will definitely get a good use out of all the materials you shared with us.

This November, our children will be exploring the season of Autumn! They will be making different crafts and art projects in nature and with nature. They will explore different patterns, colors, textures, and shapes while exploring their outdoor environment. We will be going on leaf hunts, observing the changes in weather, and learning about how animals prepare for Winter during Fall.

November is National American Indian Heritage Month. Our classrooms will explore the rich history and culture of Native Americans, as well as the indigenous people from our area and across North America. We will introduce culturally sensitive and accurate lessons that are geared toward building a curiosity for diversity and a drive to learn about differences in cultures.

We will also be learning about friendship and thankfulness. Social and emotional development is a massive part of our curriculum and philosophy. We are going to be exploring what it means to be grateful and practice applying that to our lives. We are also going to switch up our school feast to a pizza party this year to observe Thanksgiving!

There is still time to join us for the 2025-2026 school year! We do have availability in our MWF morning Pre-Kindergarten that runs from 9:15 - 11:45 a.m. We also have availability in our afternoon classes that run from 1:00 - 3:30 p.m. for both Preschool and Pre-Kindergarten. If you or someone you know would like to learn more about our school, or would like to set up a tour, contact Danielle Bell at 708-361-8933 or email [farmandnature@thecenterpalos.org](mailto:farmandnature@thecenterpalos.org).







## **November/December 2025 Art Classes for Children and Teens**

**FAMILY ART WORKSHOP: CERAMIC CHRISTMAS TREE SCULPTURES** Instructor: Ally Rein  
**Wednesday, November 19, 6:00 - 7:00 p.m.**

**Workshop fee: \$32 Plus a \$10 Materials fee (pricing includes 1 child and 1 guardian)**

Learn to sculpt a Christmas Tree together while working with clay. Students will be able to add textures and colorful glazes to their creations. The trees will need to be fired in our kiln and we will call you when its ready to pick up. Open to all ages.

**FAMILY ART WORKSHOP: GINGERBREAD HOUSES** Instructor: Ally Rein  
**Two Wednesday nights, December 3 and 10, 6:00 - 7:00 p.m.**

**Workshop fee: \$45 Plus a \$13 Materials fee (pricing includes 1 child and 1 guardian)**

During the first class, students will learn how to create a gingerbread house while using terra cotta clay. On the second day, students will paint and embellish their houses and take them home to decorate their homes for the holidays. Open to all ages.



**KIDS CHRISTMAS TREE SCULPTURE WORKSHOP** Instructor: Heaven Newsom  
**Two Saturdays, November 8 and 15, 10:00 - 11:00 a.m.**

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

On the first day of class, Heaven will show students how to sculpt a Christmas Tree from clay. On the second day, students will paint and decorate their trees, then take them home to decorate their homes for the holidays. For children in grades K-6.

**KIDS SEWING WORKSHOPS** Instructor: Angela Gonzalez

*Open to students in 3rd-8th grade. Bring your own sewing machine or use one of ours.*

**AFTER SCHOOL SEWING**

**Four Tuesdays starting November 11, 5:00 - 6:30 p.m.**

**Workshop fee: \$95 Plus a \$15 Materials fee**

In this multi-session class, students will be encouraged to explore their creativity and expand their sewing skills. Students can choose between a wearable garment, an advanced bag, or a designer's choice project.



**SLEEP MASK**

**Sunday, November 16, 10:00 - 11:30 a.m.**

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

Sew a comfy eye mask perfect for sleepovers

**FLEECE NECK WARMER**

**Sunday, November 23, 10:00 - 11:30 a.m.**

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

Sew a warm pull-on scarf for colder days

**FELT GINGERBREAD BUDDY**

**Sunday, December 7, 10:00 - 11:30 a.m.**

**Workshop fee: \$24 Plus a \$8 Materials fee**

Sew a festive gingerbread man or woman. Decorate with accessories, gems, and trim.

**HOLIDAY HAT OR STOCKING**

**Sunday, December 14, 10:00 a.m. - Noon**

**Workshop fee: \$30 Plus a \$12 Materials fee**

Sew your choice of a Santa hat or stocking

# **November/December 2025 Schedule of Art Classes for Adults**

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

## **BOOK PAGE ORNAMENTS AND DECORATIONS** Instructor: Barb Thompson

**Tuesday, November 25, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$3 Materials fee**

Use book pages to create ornaments and decorations for the holidays.



## **CERAMICS WORKSHOPS** Instructor: Robin Power

*The pottery created in this class will need to be fired in our kiln after completed, we will contact you to pick up when it's ready.*

## **CHRISTMAS TREE SCULPTURES**

**Two Tuesdays starting November 11, 10:00 a.m. - Noon**

**Workshop fee: \$55 Plus a \$15 Materials fee**

Create a treasured heirloom just in time to decorate with for holidays! Robin will teach students how to sculpt their tree from clay. You will have the option to create embellishments on your tree or holes to light up from within. On the second day of class, students will glaze their sculpture.

## **HOLIDAY CERAMICS WORKSHOP**

**Three Friday afternoons starting November 7, 10:00 a.m. - 12:30 p.m.**

**Workshop fee: \$95 Plus a \$28 Materials fee**

Prepare for the holidays while creating with clay! Robin will show students how to make an angel and Santa sculpture, as well as Christmas ornaments. Students are welcome to arrive with their own ideas as well, and Robin will help you bring them to life.

## **CORNUCOPIA OF GRATITUDE, MEDITATION, JOURNALING, AND MIXED MEDIA COLLAGE**

**Sunday, November 2, 12:30 - 3:30 p.m.** Instructor: Karen Signore

**Workshop fee: \$35 Plus a \$10 Materials fee**

When we are in a state of gratitude and abundance, our focus on appreciating what we have attracts more to be grateful for. Join us for a relaxing, nourishing afternoon in this season of Thanksgiving as we reflect on our blessings and explore meaningful gratitude practices through guided meditation and journaling. Create your own unique mixed media cornucopia collage, infusing your canvas with blessings, and choosing from a variety of mixed media materials.



## **CROCHET WORKSHOP: STRING OF LIGHTS** Instructor: Marissa Nugent

**Friday, November 14, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$5 Materials fee**

Learn the steps to crochet a colorful light bulb ornament or string of lights for your Christmas Tree.

## **CROCHET WORKSHOP: MINI WREATH ORNAMENTS** Instructor: Marissa Nugent

**Friday, November 21, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$5 Materials fee**

Learn the steps to create a small wreath ornament in time for the holidays



## **FOLK ART WORKSHOP: BROOM MAKING 101... AND BEYOND!** Instructor: Lois Lauer

**Saturday, November 15, 9:00 a.m. - Noon**

**Workshop fee: \$33 Plus a \$15 Materials fee**

The traditional art of broom-making is enjoyable and productive, providing both creative fun, and also useful brooms for your home! New students will learn the basic principles of traditional broom-making by creating your own small whisk broom that is functional and decorative. More experienced students will learn advanced techniques like plaiting, attaching wooden handles to larger brooms, adding "shoulders" and "turkey wings", plaiting with cut stalks, fancier wraps, and stitching.





**GENERAL PHOTOGRAPHY WORKSHOP** Instructor: Jack Martin

**Saturday, November 1, 10:00 - 11:30 a.m. Workshop fee: \$20**

General Photography will cover simple photographic tools, techniques, tips, and tricks to improve your photography. 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. The presentation will cover all types of cameras, cell phones, DSLRs, mirrorless cameras, etc.



**HOLIDAY CARD WORKSHOP** Instructor: Barb Thompson

**Tuesday, November 18, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$5 Materials fee**

Discover how layers of folded paper can create greeting cards using decorative cardstock. Several card designs will be introduced. All materials will be provided, although students are welcome to bring their own 12" x 12" cardstock if desired.

**LAPIDARY (ROCK POLISHING)** Instructor: Larry Rothenberg

**Four Monday mornings starting November 17, 9:00 - 11:00 a.m.**

**Workshop fee: \$100**

Learn the art of rock polishing as you turn 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.



**PAPER ORNAMENT WORKSHOP** Instructor: Barb Thompson

**Friday, November 14, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$3 Materials fee**

Create a three-dimensional ornament from decorative papers, all materials provided.

**PAPERMAKING WORKSHOP: WINTER WHITES** Instructor: Marilyn VandenBout

**Saturday, November 8, 10:00 a.m. - Noon**

**Workshop fee: \$25 Plus a \$5 Materials fee**

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



**POTTERY**

- Five Monday afternoons starting November 10, 1:00 - 3:30 p.m.

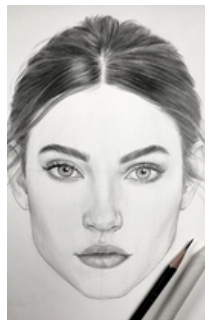
- Five Tuesday nights starting November 11, 6:00 - 8:30 p.m.

**Workshop fee: \$150 Plus a \$45 Materials fee per 5-week session, Instructor: Madeleine Burns**

- Three Wednesday afternoons starting November 5, 1:00 - 3:30 p.m.

**Workshop fee: \$90 Plus a \$28 Materials fee per 3-week session, Instructor: Robin Power**

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



**PORTRAIT DRAWING** Instructor: Sandy Safranek

**Three Thursdays beginning November 6, 1:00 - 3:30 p.m.**

**Workshop fee: \$75 Plus a \$15 Materials fee**

Learn the basic proportions of a human face from a frontal view, and tips on how to draw individual facial features. You will learn the correct placement of the facial features and basic shading techniques while completing a drawn portrait of a human face. Bring a frontal view picture of an adult to work from, or the instructor will have some images for you to use. You will also experiment with two different types of graphite drawing pencils to complete your drawing.

**SEWING MACHINE BASICS** Instructor: Chris Walsh**Thursday, November 13, 6:00 - 8:00 p.m., Workshop fee: \$30**

Do you have a new sewing machine but don't know how to use it, or have questions on becoming more familiar with your machine? Join us as we go through the threading process, types of threads, different machine needles, changing the needle, bobbin winding, stitch selection, stitch length, and more. Bring all feet, bobbins, and accessories that come with your machine. Bring your sewing machine, foot pedal and cord, a 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.

**KEY CHAIN HOLDER****Sunday, November 16, 10:00 a.m. - Noon****Workshop fee: \$25 Plus a \$10 Materials fee**

Sew a custom key chain holder, perfect for gifts and stocking stuffers

**SEWING MACHINE COVER****Two Sundays starting November 23, Noon - 1:30 p.m.****Workshop fee: \$38 Plus a \$15 Materials fee**

Keep your sewing machine dust-free. Sew a cover to match your room décor

**OPEN STUDIO SEWING****Two Sundays starting December 7, Noon - 2:00 p.m.****Workshop fee: \$50 Plus a \$15 Materials fee**

Work on a project of your choice with Angela's assistance. Bring an idea to work on or choose from a selection of previously designed projects

**STAINED GLASS WORKSHOP** Instructor: Savannah Kristof**Sunday, November 16 or 23, 10:00 a.m. - 2:00 p.m.****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. Please wear closed toe shoes.

**WREATHMAKING** Instructor: George Mitchell**Tuesday, December 2, 6:30 - 8:30 p.m.****Workshop fee: \$25 Plus a \$17 Materials fee (bring your own pruners)**

Let professional floral designer George Mitchell help you to create a beautiful fresh balsam fir wreath, complete with pinecones and a red velvet bow, just in time for the Christmas holidays.



## Christmas Wreaths

*Please order electronically by October 24<sup>th</sup>*

Once again, we are providing beautifully handmade balsam fir wreaths with red velvet bows to make your home merry for Christmas.

Wreaths are available in 4 sizes: 24", 36", 48", & 60" which cost \$24, \$35, \$45, and \$60.

You can order the wreaths through The Center's website or by calling the main office. Pick up will be Nov. 28 & 29 at the farm, or by arrangement.



# **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

**Two Friday mornings starting December 5, 9:30 - 10:45 a.m. Class fee: \$30**

Prepare yourself for the holidays and celebrate with Carolyn as she is retiring after teaching at The Center for the past twelve years! 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

**Five Thursdays starting November 6, 6:00 - 7:15 p.m. Class fee: \$75 (No class Nov. 27)**

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. Bring your own yoga mat.

**TRANQUIL YOGA** Instructor: Debbie Jacob,

**Four Mondays starting November 3, 6:15 - 7:15 p.m. Class fee: \$60 for 4-week session**

**Three Mondays starting December 1, 6:15 - 7:15 p.m. Class fee: \$45 for 3-week session**

Start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to your everyday posture transitions. Bring your own yoga mat and yoga strap.

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

**Sunday, November 2, or December 14, 6:00 - 7:00 p.m. 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 is 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](http://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.*



## **Rustic Holiday Market & Art Show**

**Saturday, December 6. 9:00 a.m. – 1:00 p.m.**

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

The Center



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Website: <http://www.thecenterpalos.org>  
Email: [admin@thecenterpalos.org](mailto:admin@thecenterpalos.org)

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## Christmas Tea Around the Tree

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



Christmas Teas will take place on:

**Tuesday, December 9**

*(this luncheon tea is also listed within the Tuesday Luncheons and is Noon - 2:00 p.m.)*

**Wednesday, December 10**

**Thursday, December 11**

**Friday, December 12**

**Saturday, December 13**

**Event Time:** 2:00 - 4:00 p.m.

**Event Price:** \$46 per person

On sale Wednesday, November 12 at 10:00 a.m.

