

March 2026

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

HOLDING GRATITUDE IN A SEASON OF CHANGE

Just two months ago, Dave Sanders shared with you his intention to retire later this year, marking the close of an extraordinary chapter in the life of The Center. At that time, the hope was for a gradual transition and a chance to celebrate Dave in the way a 94-year family legacy and decades of faithful leadership truly deserve.

Since then, circumstances have changed. Due to the progression of a medical condition and Dave's desire to prioritize low-stress days and meaningful time with his family, Dave has made the decision to retire effective immediately.

This is not the timeline any of us anticipated, and it is certainly now how we would have chosen to mark Dave's retirement. And yet, it comes from the same place that has guided his leadership all these years: a deep attentiveness to what truly matters.

Dave has asked for two things during this season. Prayers, and privacy.

We invite you to hold Dave, his family, and the entire Center community in your prayers in the months ahead. We also ask that you honor his request for privacy as he steps away from the public 'Center spotlight' and into a quieter rhythm.

While we are unable to gather for the retirement celebration we had hoped for, we do not want this moment to pass without giving space for gratitude and praise. Let's all take a moment to truly digest the profound ways Dave's leadership has shaped The Center for over thirty years. Many of you carry stories, memories, and moments that exist because Dave's leadership made space for them.

In lieu of a public celebration, we invite you to offer Dave the gift of written care and gratitude by sending correspondence to The Center. Words of encouragement, prayer, and love will mean more than we can express. Share a memory, a story of how Dave impacted your life, or simply share a thank you.

All mail sent to The Center will be carefully collected and given to Dave.



As we move through this transition, we want you to know that the Center's staff and Board of Trustees remain deeply committed to the work and mission of The Center. We will continue to steward this organization with care, intention, and confidence, so that what has been entrusted to us remains a source of celebration, enrichment, and healing for generations to come.

This is a moment to offer prayers, to honor a lifetime of service, and to give praise for a career devoted wholeheartedly to The Center's mission. Dave's legacy is not ending. It lives on in the people, programs, land, and spirit of this place. For that, we are deeply grateful.

With gratitude for what has been and trust in God for what is still unfolding,

Amy Donze
Executive Director

SPIRITUAL OFFERINGS

We are currently seeking flower donations for our 2026 Vespers Services. If you are interested, please contact Hannah at waysidechapel@thecenterpalos.org. Thank you for your continued love and support.

SERVICES

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!

The Center Singers will be singing for Vespers

Sunday, February 22, 12:30 p.m. in The Wayside Chapel

Join us for special music and an inspirational message. Also, the Center Singers practice on Mondays nights in the Great Hall at 5:30 p.m., and Penny Wills, the director, extends an invitation to all who love to sing! If you have any questions, please contact Penny at 708-436-2315.

Communion Sunday

Sunday, March 1, 8:30 a.m. and 12:30 p.m.

On the first Sunday of every month (except December), we gather for Communion. Non-alcoholic juice and gluten-free bread are provided, and all are welcome at the Lord's table.



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.**

MEDITATION

Loving-Kindness Meditation (Metta)

Every Monday, 9:00 a.m. - 9:45 a.m. in the Forest View Room (FVR)

All are welcome to gather in the Forest View Room for 45 minutes of getting centered for the beginning of a new year. Metta includes a silent meditation, but it is primarily a group prayer for peace in the world, beginning with ourselves. No registration is necessary. Questions may be directed to Peggy Quinn at 773-841-3203

MINDFULNESS

Sunday mornings 11:00 a.m. - 12:00 p.m. in the Forest View Room (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.

Zen Meditation

Tuesday nights beginning February 10, 5:15 - 6:15 p.m. in the Parlor

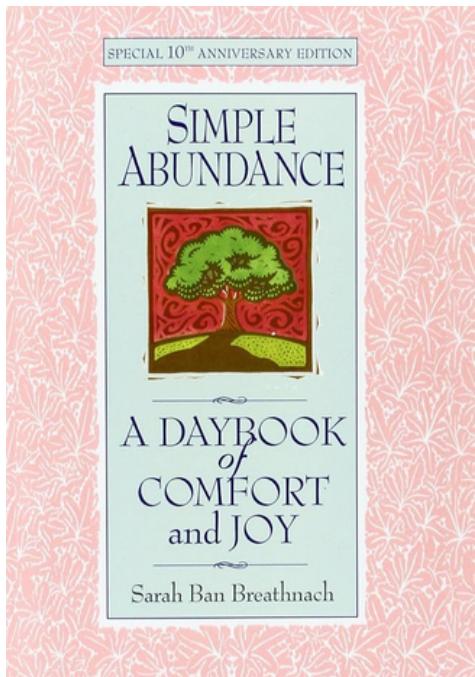
Jim Matson, a Zen Buddhist Priest, is teaching a class on the background and practice of Zen Meditation. He comes with 24+ years of experience and describes Zen Meditation as "the art of becoming aware of the movement of the mind. It permits an understanding and realization of the deeper and more subtle aspects of our lives and points toward a compassionate and more confident way of living." **Class fee: \$5 suggested donation per session**

PROGRAM

Join TOASTMASTERS: For a New Confident You in 2026

Wednesday evenings, March 4 & 18, 6:00 - 8:00 p.m.

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



WomanTalk Discussion Group

Tuesday, March 24, 10:00 - 11:30 a.m.

"WomanTalk," hosted by Kate Atkins-Trimmell, is a gathering of women who meet this month on the last Tuesday 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 29th year, seeks ways to live authentically and joyfully. The March *Simple Abundance* readings focus on "turning over the earth in the inner garden [as] we plant the seeds of Simplicity in the fertile soil of our souls." Creative excursions to gardens and greenhouses, to florists and arboretums, enrich your spirit as the season shifts from Winter to Spring. This year's Vernal Equinox on March 20 offers each of us a chance to celebrate the change in seasons with Springtime dishes, living plants, and flowers in our homes, or making time for family, friends, or self-care. As we gather, we relish this chance to share with each other our seasonal rituals and affirmations. We look forward to having you join us. We often take a group outing together each month. If you have any questions, please contact The Center office by email at thechildrensfarm@thcenterpalos.org

Reiki Circle

4th Sunday of the Month, March 22, April 26, and May 24, 1:00 - 2:30 p.m. in the FVR

Join us for our 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. We will meet together in circle and share healing Reiki energy. There is no fee but a donation to The Center is very much welcomed. No need to register. Please contact Eileen Hurn (773-550-6174) or Karen Signore (708-860-7813) for further information.

RETREATS

A Sisters Guide to The Sacred Darkness: Uncovering Magic and Miracles in the Mess

Saturday, March 21, 12:00 p.m. - 5:00 p.m.

The unknown, the unpredictable, the unexpected, and the uncomfortable are all around us all the time. Although those are the most difficult parts of life, they are also the sacred portals that open us up to the divine, to God, to our own soul more fully. They are the sacred ingredients that make the impossible possible that make the miraculous happen.

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 11, 9:00 a.m. - 3:00 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.



LUNCHEONS

run from 12 noon until 2:15 p.m., cost \$40 per person, and offer a delicious meal and the best in entertainment and educational programming.

Tuesday, March 3 "The History of Carole King" with music historian Gary Wenstrup

Carole was writing pop hits in her teens. "Will You Still Love Me," "Up On The Roof," "The Loco-Motion," "One Fine Day." This alone would be the basis of a standout career. Carole's fortunes however explode in 1971 with the release of her solo album "Tapestry." It was #1 for 4 months and stayed on the album chart for over 6 years! More and even bigger hits. "You've Got A Friend," "So Far Away," "It's Too Late," "I Feel The Earth Move." It's an amazing story of a young, earnest songwriter whose mix of gently rocking pop, folk, and soul music touched and warmed us all.



Tuesday, March 10 "An Afternoon of Standards" with Glennsvibes

Join us for an afternoon of standards on the vibraphone with Glenn Ellison. Glenn has a background in education and musical theater and has played percussion for many musicals in the Chicago area. Glenn recently started a duo called "Glennsvibes," in which he plays vibraphone with backtracks and various musicians. He plays jazz and swing music as well as popular standards and always makes the performance fun and educational.

Tuesday, March 17 "The Hemingway Family" with local historian Bob Trzeciak

Join Bob as he returns to The Center to give us all the scoop, stories, and legends about this most famous literary and performing family.



Tuesday, March 24 "A Spectacular Afternoon of Music featuring Violins and Piano"

Come and enjoy a Spectacular Spring Trio featuring Stephane Collopy and Brian Ostrega, violins, and Mindy Sondag, piano. This is a program filled with uplifting and fun trio music to feel the warmth of spring! You'll hear upbeat and beautiful pieces by Mozart, Bach, Milhaud, and more! An afternoon program you won't want to miss.

Tuesday, March 31 "The Essential P.T. Barnum" with William Pack

The true story of "The Greatest Showman." Years before he revolutionized the circus, P.T. Barnum was the most famous man in the world. William reveals the amazing life of P.T. Barnum through storytelling and recreations of historical sideshow performances. HEAR the life lessons that shaped this great American showman, MEET the extraordinary people that changed his life, and EXPERIENCE the wonders of his American museum.



FARM & NATURE DISCOVERY SCHOOL



This month is going to be a very busy month filled with all kinds of different themes! The main theme will be focusing on throughout the month of March will be "What's the Weather?" as we observe the changes during the transition from winter to spring. 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 weather, as well as learning about weather safety. There is no better place to learn about weather than outside, and there is no better time to be outside than springtime at The Farm!

We will also be celebrating Dr. Suess's birthday the week of March 2nd, which happens in correlation with National Read Across America week! We will have a fun spirit week that focuses on a different Dr. Suess 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.



In the very last week of March, we will celebrate Easter together! We will be having Easter parties in our classrooms and going on a school Easter Egg hunt outside. Each student will bring a carton of plastic eggs filled with treats and toys. Then they will use the carton to hunt for 12 different eggs from their friends! It is so fun to watch the children work together to find the hidden eggs. The Easter parties are also a great way to celebrate the coming of Spring!

Among all of these exciting themes, we will 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 2026- 2027 school year is now open on our website! For more information, feel free to reach out to me, Danielle Bell, via phone at 708-361-8933 or email at FarmandNature@TheCenterPalos.org

TICKETS ON SALE NOW!

A NIGHT TO LINGER

MARCH 12th, 2026
5 p.m. - 9 p.m.

Papa Joe's Italian Restaurant
14459 La Grange Road
Orland Park, IL 60452

Benefitting our Summer Camp Scholarship Fund



Raffles ✦ Silent Auctions ✦ Dinner

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.



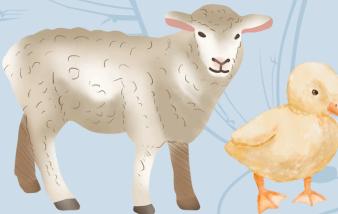
LATE SPRING JUNIOR FARMERS

THREE DIFFERENT PROGRAM OPTIONS, LED BY YOUR FAVORITE FARMERS!

Late Spring Session
6 weeks - \$117
1 hour per week

First Day of Session
April 8th-April 14th
Online Registration Opens

March 11
<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 11 AT 10AM –
THECENTERPALOS.ORG/FARM/JUNIOR-FARMERS/
6 WEEKS-\$117 – 1 HOUR PER WEEK

JUNIOR FARMERS

Ages 3-6: Thursday - 1:30pm Beginning April 9th
Friday - 9:30am, 11am, 1:30pm Beginning April 10th
Saturday - 9:30am, 11am, 1:30pm Beginning April 11th
Sunday - 9:30am, 1:30pm Beginning April 12th
Tuesday - 9:30am, 11am Beginning April 14th

Ages 6-10:

Wednesday - 4pm Beginning April 8th
Thursday - 4pm Beginning April 9th
Saturday - 3pm Beginning April 11th
Sunday - 3pm Beginning April 12th
Tuesday - 4pm Beginning April 14th



Barn Buddies

Ages 1-3 with accompanying chaperone
Wednesday - 9:30am, 11am, 1:30pm Beginning April 8th
Thursday - 9:30am, 11am Beginning April 9th
Friday - 9:30am Beginning April 10th
Monday - 9:30am, 11am Beginning April 13th
Tuesday - 10:30am Beginning April 14th

Farmers in Training

Ages 10+
Wednesday - 4:30pm Beginning April 8th
Monday - 4:30pm Beginning April 13th

Welcome back to The Children's Farm!

Join us on
SUNDAY, MARCH 1ST
to celebrate...

**Spring 2026
Grand Opening**



**Elsa & Anna's
Birthdays!**

Hours : 10AM-1PM

\$9/Person Ages 2 +



New year, new season at the farm!

Welcome back to The Children's Farm 2026 Season

The animals missed you, come & say hello!

March Hours

Friday, Saturday & Sunday

10:00am - 1:00pm

12700 Southwest Hwy
Palos Park, IL 60487

Admission \$9/person
ages 2 & up



*Hayrack rides are road condition & weather dependent



Questions? Call or email at

(708) 361-2434 ~ adeleg@thecenterpalos.org



MARCH/APRIL 2026 ART CLASSES FOR CHILDREN AND TEENS

AFTER SCHOOL FUN WITH CLAY Instructor: Heaven Newsom

Four Wednesdays starting March 25, 4:00 - 5:00 p.m.

Class fee: \$55 Plus a \$15 Materials fee

Students will work with clay each week, creating a variety of sculptures and pottery pieces. Open to students in grades K-5

FAMILY ART WORKSHOP: SPRING EGG HOLDERS Instructor: Aly Rein

Wednesday, March 25, 6:00 - 7:30 p.m.

Class fee: \$40 Plus a \$10 Materials fee (pricing includes one child and one guardian, open to all ages)

Learn how to sculpt these charming flower-shaped egg holders out of clay. Students will have the opportunity to paint them with colorful glazes in class. Items will need to be fired in our kiln after class, and we will call you to pick them up when ready.



KIDS SEWING WORKSHOPS Instructor: Angela Gonzalez

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



ZIPPER POUCH

Sunday, March 8, 10:00 - 11:30 a.m.

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

Sew a zipper pouch from our selection of colorful fabrics. Learn how to install a zipper and use interfacing.

HAMBURGER PLUSHIE

Sunday, March 22, 10:00 - 11:30 a.m.

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

Sew a felt hamburger squishy while adding fun fabric toppings and condiments.

LOG CABIN ART FOR KIDS Instructor: Heaven Newsom

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

Class fee: \$55 Plus a \$15 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.

OUTDOOR ART FOR KIDS, SUMMERTIME ART CAMP

Mark your calendars! The on sale date and pricing will be announced in the April newsletter



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.

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

Session 1: June 15 - June 26

Session 2: June 29 - July 10

Session 3: July 13 - July 24

Session 4: July 27 - August 7

Have You Shopped at The Center's Gift Shop...

Located in the beautiful lodge at the Center is the quaint Fellowcrafters Gift Shop.

The shop was established in 1939 and still flourishing 86 years later. A dedicated group of volunteer crafters design, create and donate beautiful handmade items. The shop also carries unique quality vintage items. You are sure to find something special for that certain someone.

The shop is open 7 days a week, 9 to 5 when the Lodge Office is open. The shop is managed by volunteers and 100% of the gift shop proceeds benefits the Center. Fellowcrafters always welcome new crafters.

Any interest or for additional information contact the Lodge Office
Phone: 708-361-3650 Email: admin@thecenterpalos.org
Hope you visit soon

MARCH/APRIL 2026 SCHEDULE OF ART CLASSES FOR ADULTS

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

THE ART OF LETTER WRITING: AN EXPRESSIVE HEART-CENTERED PRACTICE

Saturday, April 18, 10:00 a.m. - Noon

Class fee: \$30 Plus a \$7 Materials fee

Instructors: Co-led by Eric Dean Spruth, MA, ATR and Dr. Cherie Lechner

In this experiential class, we invite you to rediscover the lost art of letter writing as a powerful tool for healing, self-expression, and nervous system regulation. This class weaves together creative expression, somatic awareness, and mind-body medicine. Through guided prompts, reflective writing, and gentle therapeutic insight, participants will explore how writing letters- to themselves, loved ones, the body, or even the past- can support emotional release, clarity, and deep self-connection. Rooted in both art therapy and neuroscience principles, this class offers a safe, nourishing space to slow down, listen inward, and translate inner wisdom onto the page.

BASKET WORKSHOP Instructor: Jane Dwyer

Two-day Workshop on Friday, March 20 and 27, 10:00 a.m. - Noon

Class fee: \$55 Plus a \$20 Materials fee

Learn the art of basketry and how to weave this basket from reed.



BLOOM WITHIN: A REFLECTIVE MIXED MEDIA EXPLORATION OF SPRING

Sunday, March 8, 12:30 - 3:30 p.m.

Class fee: \$35 Plus a \$10 Materials fee. Instructor: Karen Signore

Join us for a nourishing afternoon and explore the rich symbolism of spring through mindful reflection and creativity. You will connect with the energy and symbolism of spring through guided meditation and journaling focused on the theme of release, awakening, renewal, and planting seeds of intention for the months ahead, as well as any personal symbolism that the season of spring holds for you. Next, you will infuse your canvas with intentions of new possibilities and use layers of paint, texturing, papers, and embellishments to translate your reflections into a mixed media Spring-themed collage.



CANDLEMAKING WORKSHOP Instructor: Kim Taylor

Saturday, March 28, 10:00 - 11:30 a.m.

Class fee: \$20 Plus a \$20 Materials fee

Brighten and enlighten yourself in candle-making basics, while walking away with your own beautifully handmade crackling wood wick candle creation! We will use 100% organic soy wax, crackling wood wicks, and aromatherapy fragrances (optional) to make candles.



CARD-MAKING WORKSHOP Instructor: Barb Thompson

Tuesday, March 31, 10:00 a.m. - Noon

Class fee: \$25 Plus a \$3 Materials fee

Create an infinity card and a flag card in this two-hour workshop, all materials provided.



CERAMICS WORKSHOPS Instructor: Robin Power

NERICOMI BOX

Tuesday, March 10, 10:00 a.m. - 12:30 p.m.

Class fee: \$35 Plus a \$11 Materials fee

Nerikomi is a Japanese technique where multiple colors of clay are combined to create marbled or patterned designs. Students will work with different colors of clay in this technique, then create a box that can be used for trinkets or jewelry. We will add a clear glaze after the first firing and call you when it's ready to pick up.



DRESS INSPIRED VASE

Two-day Workshop on Tuesday, March 24 and 31, 10:00 a.m. - Noon

Class fee: \$55 Plus a \$14 Materials fee

A mix of fashion design and sculpture! Create your own ceramic vase dress from imagination or a dress you have worn. On the first day, students will work with clay, then glaze on the second day. We will need to fire your piece in our kiln and will call you when it's ready to pick up.

COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning April 15, 9:30 a.m. - Noon. Class fee: \$155

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

CREATIVE ART JOURNALING Instructor: April Schabes

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

Class fee: \$260 for all of 2026

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



CROCHETED GRANNY SQUARE PURSE WORKSHOP

Two-day Workshop on Friday, March 20 and 27, 10:00 a.m. - Noon

Class fee: \$50 Plus a \$9 Materials fee Instructor: Marissa Nugent

Choose colorful yarn from our collection and learn the steps to create your own Granny Square Crocheted Purse.

EMBRACING YOUR CREATIVE SELF Instructor: Karen Signore

Sunday, April 12, 12:30 - 3:30 p.m.

Class fee: \$35 Plus a \$10 Materials fee

Connect with your authentic, creative self through guided meditation, whole brain journaling and drawing techniques, gentle movement, and mixed media collage. Join us for a fun afternoon of creative nourishment and experience simple and powerful tools to: embody your creativity, recognize and celebrate the ways you currently express creativity, gain intuitive insights into creative blocks, expand your creative expression, and embrace your creative spirit. Based on the Project Insight ® Creative Journal Expressive Arts method.

ENAMELED JEWELRY WORKSHOP Instructor: Aimee Leang

Saturday, April 25, 10:30 a.m. - 12:30 p.m.

Class fee: \$28 Plus a \$14 Materials fee

Learn the art of enameling while torching your own colorful designs on copper pieces. Students will have the opportunity to create earrings or a pendant with their enameled creations.



FELTED WOOL SHEEP WORKSHOP Instructor: Barb Simon

Thursday, March 26, 1:00 - 3:00 p.m.

Class fee: \$25 Plus a \$8 Materials fee

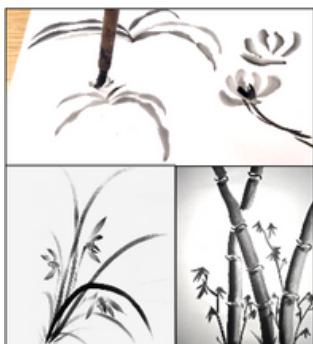
Create a cute, cuddly sheep while needle felting with real sheep's wool and add a bow made from spun yarn.

INTRODUCTION TO DRAWING Instructor: Sandy Safranek

Four Thursdays beginning March 5, 1:00 - 3:30 p.m.

Class fee: \$105 Plus a \$20 Materials fee

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



JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek

Two-day Workshop on Thursday, April 9 and 16, 1:00 - 3:30 p.m.

Class fee: \$55 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

Four Monday mornings starting March 16, 9:00 - 11:00 a.m.

Class fee: \$100 per four-week session

Four Thursday nights starting April 2, 5:00 - 7:00 p.m.

Class fee: \$100 per four-week session. Instructor: Jackie Burger

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.



METALSMITHING FOR JEWELRY Instructor: Mary Michaelson

- Five Tuesday nights beginning March 31, 6:30 - 8:30 p.m. or**
- Five Thursday mornings beginning April 2, 9:30 - 11:30 a.m.**

Class fee: \$135 Plus a \$45 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 1, 1:00 - 3:00 p.m.

Class fee: \$24 Plus a \$10 Materials fee

Celebrate April Fools Day by creating optical illusions, based on the concept of Anamorphic Art, in which the artist uses visual tricks that fool our eyes. You will complete 3 different drawings of distorted images that will “spring to life” as 3-dimensional forms when you view them from a certain angle using the camera on your phone. Please bring a cell phone that has a camera to the workshop.

PAINTING WORKSHOP: MONOTONE FLOWERS Instructor: Heaven Newsom

Sunday, March 22, 10:00 - 11:30 a.m.

Class fee: \$20 Plus a \$5 Materials fee

Heaven will show you step by step how to create this fun painting, with room and individuality. Open to students of all ages, as long as students age twelve and under are accompanied by a guardian.



PAPERMAKING WORKSHOP: SPRING SOLSTICE PAPERS

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

Class fee: \$25 Plus a \$5 Materials fee Instructor: Marilyn VandenBout

Celebrate the solstice and start of spring while learning how to create your own papers from a handmade paper pulp. Design choices will include: sun, moon, and stars as well as plant designs. Creations can be framed after class or used in future art projects.

POTTERY

- **Four Monday afternoons starting March 30, 1:00 -3:30 p.m.**, Instructor: Madeleine Burns
- **Four Tuesday nights starting March 31, 6:00 - 8:30 p.m.**
- **Four Wednesday mornings starting Wednesday, March 25, 10:00 a.m. - 12:30 p.m.**, Instructor: Robin Power

Class fee: \$125 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 WORKSHOPS Instructor: Angela Gonzalez

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



WALLET WORKSHOP

Sunday, March 8, Noon - 2:00 p.m.

Class fee: \$26 Plus a \$5 Materials fee

Choose your fabric favorites from our collection and sew a convenient wallet to hold your cards and cash.



CROSSBODY PURSE

Sunday, March 22, Noon - 2:30 p.m.

Class fee: \$32 Plus a \$8 Materials fee

Sew your own purse with a lining. Customize your strap length with hardware

STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday, April 19 or 26, 10:00 a.m. - 2:00 p.m. each workshop

Class 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 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.

WATERCOLOR PAINTING Instructor: Lenox Wallace

Six Monday afternoons starting April 13, 1:00 - 3:30 p.m. (Advanced Class)

Six Thursday mornings beginning April 16, 10:00 - 12:30 p.m. (Beginner Class)

Class fee: \$155

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 Thursdays starting April 16, 9:00 - 11:00 a.m.

Class fee: \$125 per six-week session

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: Maura Therese

Three Friday mornings starting March 13, 9:30 - 10:45 a.m. Class fee: \$45

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 April 2, 6:00 - 7:15 p.m. Class fee: \$75

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 Monday nights starting March 16, 6:15 - 7:15 p.m. Class fee: \$60

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, March 1 or April 12, 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](http://www.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.

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Exciting news! We have a matching pledge for \$10,000 in donations. That means that every donation you make will be doubled, helping us reach our goal even faster. Your contribution will go twice as far- don't miss this incredible opportunity to make a bigger impact!

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**DATED MATERIAL
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THE CHILDREN'S FARM 40TH ANNUAL
EASTER EGG ROUNDUP

TWO DAYS!

ADVANCED TICKETS ARE REQUIRED

Online sales open February 18th at 10AM and can be purchased at
thecenterpalos.org

FRIDAY, APRIL 3RD & SATURDAY, APRIL 4TH

\$38 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.