

April 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 Center



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

EASTER: GOD'S GREATEST "YOU CAN"

Before spring fully arrives, there are days (even weeks!) where the Earth's landscape seems undecided. The trees are bare, the fields are quiet, and garden beds are covered by cold soil. If you only look at the surface, it might seem like nothing is happening. But underneath, the roots are holding strong and seeds are slowly awakening. Life often begins in quiet, hidden ways.

We all experience moments in our lives that feel similar. Plans can fall apart, our energy sometimes fades, and doors close unexpectedly. During those times, the world can seem to insist, "You can't," "It's over," or "This is just how it is." But Easter comes along and suggests something different.

More than twenty years ago, Rev. Frank Sanders wrote a reflection titled *You Can*, describing Jesus as the world's greatest possibility thinker. His words still resonate clearly today.

You Can

Rev. Frank Sanders, 2006

Jesus was the world's greatest possibility thinker. Think of all the times he used that word. "For with God all things are possible." (Mark 10:27) "All things are possible to him who believes." (Mark 9:23) "If you have the faith of a mustard seed, you will say to this mountain, 'move'... and nothing will be impossible." (Matthew 17:20) and on and on. It is very obvious that to Jesus every person was a gold mine of undiscovered hidden potential.

I often wear a bumble bee pin on my lapel. People ask, "What does the bee stand for?" I am always pleased with the question because I really want to tell them. You see, aerodynamically, the bumble bee cannot fly. Its wings are much smaller than its body and cannot support the body in flight. Of course, no one has ever been able to tell the bumble bee it can't fly, so, fly it does all over the place.

Is that not often the case with people? We are constantly told what we cannot do and we always listen. We are immersed in the negative. Laws, traffic lights, the limits we set ourselves- we all know too well what "can't" feels like.

Jesus did not speak in that way. He spoke of the power available to us, of our potential. He taught that we can be born again, that character can change, that life can be beautiful, that there is a solution to every problem. He taught us to be like bumble bees- that all things are possible to those who believe.

We must center our thoughts on what we want. "Believe that you receive," and then shut the door on fear, worry, or doubt. "All things are possible to him who believes."



Just like Jesus taught us to recognize the potential in ourselves, nature reminds us that life is quietly gaining strength, even if we can't see it. Every spring, perennials bounce back to life after a winter of seeming disappearance. Branches that looked lifeless start to bloom. What seemed dormant was simply gathering strength out of sight.

Easter carries a strong message about resurrection, and through the lens of the land, it feels familiar in a very tangible, everyday way. Renewal is built into everything around us. Life has a way of bouncing back, often before we even notice it. Easter truly represents God's greatest "You can." It's a quiet persistence rather than a loud proclamation. Perhaps our invitation this Easter is simple...

To believe

To speak more "cans" than "cant's."

To trust that what God has planted is still growing

Like the bumblebee that flies against the odds and seeds that gather strength underground, Easter reminds us that life, hope, and possibility always persist. As we hold all of this, I want to invite you into a living expression of that optimism. Please join us for our Sunrise Service on Easter morning at 7:00 a.m. We'll begin in the Lodge and move to the Chapel Garden, making a transition from the early morning dimness into the light of day. It's a simple but meaningful act.

Come stand in the early light.

Come notice what is already stirring.

Come practice believing, together, that with God all things are possible.

Whether it is your first Easter with us or your fiftieth, you are warmly welcome and we hope to see you here!



Amy Donze
Executive Director



EASTER SERVICES AT THE WAYSIDE CHAPEL

PALM SUNDAY- MARCH 29 AT 8:30 A.M. AND 12:30 P.M. VESPERS

We will prepare for Holy Week by learning about Jesus' triumphal entry into Jerusalem and distributing palm branches.

HOLY THURSDAY SERVICE IN THE WAYSIDE CHAPEL- APRIL 2 AT 7 P.M.

Please join us for a special Communion service in the Wayside Chapel, commemorating the Last Supper of Jesus. This service will be rich in silence, music, and prayer. We will break bread and share the cup in remembrance of Him.

GOOD FRIDAY LABYRINTH STATIONS OF THE CROSS- APRIL 3 FROM 9 A.M. - 5 P.M.

The Stations of the Cross and the Labyrinth are joined together to offer you a unique way to experience the passion of Jesus. These Scriptural Stations of the Cross have 15 stations modeled on the Scriptural Stations celebrated by Pope John Paul II on Good Friday, 1991. There will be prayer books to guide you on your journey. Come any time! This is a self-guided prayer path, so registration is not necessary.

EASTER SUNRISE SERVICE- APRIL 5 AT 7 A.M.

We will begin our Easter service in the Great Hall and conclude in the Chapel garden- weather permitting. The tradition continues, and we will serve hot cross buns with coffee in the Lodge immediately following the service.

Please Note: Our 8:30 a.m. & 12:30 p.m. Vespers Services will not be held on April 5

Come experience the Easter Season with us!



SPIRITUAL OFFERINGS

SERVICES

8:30 a.m. in the Parlor

This early morning Vespers is an informal gathering that incorporates silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and building community, and you are invited!

12:30 p.m. in the Chapel

Each Sunday, we have a non-denominational service of music, meditative message, and prayer. Immediately following Vespers, we gather in The Great Hall of The Lodge for a time of fellowship and light refreshments. We would love to have you join us!

The Center Singers will be singing for Vespers Sunday, April 19, 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, April 12, 8:30 a.m. and 12:30 p.m.

Join us as we gather for Communion. Non-alcoholic juice and gluten-free bread are provided, and all are welcome at the Lord's table.

NEEDED: VOLUNTEERS FOR LABYRINTH TENDING

As the weather becomes warmer, the Labyrinth needs more attention in the way of eliminating weeds and keeping it looking beautiful. We are looking to schedule volunteers beginning in April who are willing to come on a rotational basis to keep the Labyrinth and surrounding area well kept. If you are interested in helping, please contact Hannah: waysidechapel@thecenterpalos.org

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

Zen Meditation

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

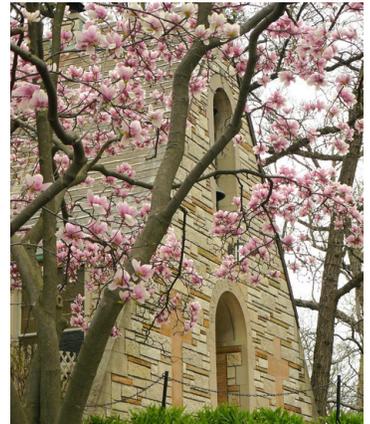
Jim Matson, a Zen Buddhist Priest, is teaching a class on the background and practice of Zen Meditation. He comes with 24+ years of experience and describes Zen Meditation as "the art of becoming aware of the movement of the mind. It permits an understanding and realization of the deeper and more subtle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

Class fee: \$5 suggested donation per session

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.



PLANT & COMPOST SALE

Vegetables * Herbs * Flowers * Bagged Compost

Organic & Heirloom Varieties

FRIDAY, MAY 1ST
SATURDAY, MAY 2ND
SUNDAY, MAY 3RD

FRIDAY, MAY 8TH
SATURDAY, MAY 9TH
SUNDAY, MAY 10TH



RETREATS

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.



“To the Trees- To the Trees”- Spring Migration Retreat Saturday, May 2, 9:00 a.m. - 3:00 p.m.

The Center’s woods hold the sounds of music... bird music that is! Come spend the day in nature with Dan and Sharon Morley during the height of spring bird migration. We will walk the woods and follow the farm nature trail to the pines forest for a bird meditation. Catch a glimpse of rose-breasted grosbeaks, northern orioles, goldfinches, woodpeckers, and more! A wonderful lunch will be served, followed by an afternoon activity. Bring your camera for that lucky shot! Come and learn some of the lifestyles of our fine feathered friends. We will have field guide books available. Please dress for the weather.

Retreat fee: \$65 includes leadership, lunch, and activities.

PROGRAM

Join TOASTMASTERS: For a New Confident You in 2026
Wednesday evenings, April 1 and 15, 6:00 - 8:00 p.m.

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. For the foreseeable future, Toastmasters will be meeting in the Lodge's Great Hall. No commitment is necessary to try it out: for more information, contact Lois Lauer.



WomanTalk Discussion Group
Tuesday, April 28, 10:00 - 11:30 a.m.

"WomanTalk," hosted by Kate Atkins-Trimnell, 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. *Simple Abundance* continues our consideration of Simplicity through April's readings. As the daylight hours increase, an outdoor walk lets us experience the "scent of the earth reawakening" and "Mother Nature's brilliant display of color." Diane Ackerman's *A Natural History of the Senses* encourages our exploration of the natural world. A pretty umbrella and a colorful pair of rain boots add to the fun!

We hope that you'll be able to join us. We often take a group outing together each month. If you have any questions, please contact our office by e-mail at thechildrensfarm@thecenterpalos.org

Reiki Circle

4th Sunday of the Month, 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.

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 87 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



We still have space available... **2026**
OVERNIGHT SUMMER CAMPS FOR TEENS

AT THE CHILDRENS FARM



OUTDOOR ADVENTURE FOR TEENS
\$2360
 Grades 8th - 10th

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

RANCH CAMP
\$2360
 Grades 8th - 10th

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

TEEN LEADERSHIP
\$1390
 Grades 10TH - 12TH

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

- June 17 - 26
- Drop Off - Wednesday 4 p.m.
- Pick Up - Friday 5 p.m.
- Camp Leadership Training
- Team Building
- Off Site trips
- Rustic Bunkhouse Living



NEED BASED SCHOLARSHIPS AVAILABLE!!



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. **Please note: the April 21 luncheon will run until 3 p.m.**

Tuesday, April 7 “Pope Leo XIV” with Larry Bergnach

Join us as local historian Larry Bergnach shares his brand new presentation about Pope Leo. Larry has presented over 900 programs, has been a guest on Rick Kogan’s on WGN radio discussing his nostalgia programs, and in 2013 came in first place for the Senior Idol Award for Comedy at the Drury Lane, Oakbrook.



Tuesday, April 14 “Martha Washington, Our Founding Mother” with Lynn Rymarz

Everybody knows George Washington is called the Founding Father of our nation, but what about his wife, Martha? Discover the story of how she met and married George Washington and their life at Mount Vernon. She will share her favorite recipes, including one for cough medicine. Hear her tell the true stories about George’s wooden teeth, him chopping down the cherry tree, his love of books and farming.

Tuesday, April 21 “Clairvoyant Readings” with Dr. Rebecca Foster

Dr. Rebecca Foster is a clairvoyant medium with 40 years experience and over 60 thousand readings under their belt. She is a medical intuitive, animal communicator, and remote viewer. She has published five books, and conducts live galleries across the country. She has been on hundreds of radio shows, podcasts, and television. You can view her on Amazon Prime and The Travel Channel’s “Destination Fear.” She will spend 2 hours reading the audience, passing on messages from God, Spirit guides, and those passed over. She does not consult the Dead, rather she repeats everything that they show and say. It is a full 2 hours of information that will leave everyone with something to take home. **Please note: this presentation will run until 3 p.m.**



Tuesday, April 28 “Joni” with Jillann Gabrielle

Jillann will bring her brand new one-woman show “Joni,” to The Center, a concert featuring the music of Joni Mitchell, with highlights from the life of the singer-songwriter who’s brought us “Big Yellow Taxi,” “Clouds,” “All I Want,” “California,” and much, much more.

Spring Tea at The Center

Mark your calendars and dust off your hats, The Spring Tea is scheduled for Saturday, May 9, 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 Story Teller, Megan Wells. **\$46 per person.** Registration opens on Wednesday April 1, 10:00 a.m.





APRIL OPEN FARM HOURS

FRIDAY, SATURDAY & SUNDAY
10AM-2PM*



ADMISSION: \$9/PERSON FOR AGES 2+



ANIMAL BARN ◦ HAYRACK RIDES
WALKING TRAILS ◦ CONCESSIONS



...plus, shop our Farm Store!

Fresh Eggs, Local Beef & Pork, & MORE!



*Please note: The farm will be hosting a ticketed event on April 3rd & 4th, and tickets will not be available for purchase at the door. Farm admission will not be granted without a ticket. Additionally, a special event is scheduled for April 25th, which may have a different admission price. Please check our website for details.



You're Invited To
Our Annual



SHEEP SHEARING

at

The Children's Farm

Join us at the farm as we give our woolly friends
their summer haircuts!

SATURDAY, APRIL 25TH

ADMISSION \$10/PERSON
CHILDREN UNDER 2 ARE FREE!

SHEARING BEGINS AT 11:00AM

Open Barn + Wool Crafts + Hayrack Rides + Walking Trails



FARM & NATURE DISCOVERY SCHOOL



Spring is here and we are so ready for the warmer weather. We are excited to learn about the season of Spring. We observe how the Earth changes and grows, how animals adapt for the new season, and enjoy all the elements Spring has to offer.



We will start April off by celebrating Easter together as a school! 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!

After the Easter fun, students will explore themes surrounding birds, insects, and gardening! They will hunt for insects and learn how they live and help our ecosystem. They will look for different birds and learn about migration, compare their colors and sizes, and learn how they make nests. They will explore the green house and learn the life cycle of plants, while also learning about what plants need to live and grow in real time.

April is Arab American Heritage Month! Our teachers will explore Arab American culture, contributions to the US, and history throughout the month of April. According to The Westport Library's article Arab American Heritage Month: Celebrate, "An estimated 3.7 million Americans have Arab roots, according to the Arab American Institute, with ancestries traced to 22 countries in the Middle East and North Africa, including Lebanon, Syria, Egypt, Palestine, Morocco, Iraq, Jordan, Yemen, Bahrain, Tunisia, Algeria, Sudan, Qatar, Saudi Arabia, United Arab Emirates, and others." We will dive into music, food, the Arabic language, art, and read books about the Arabic culture.



Registration for our 2026-2027 school year is now open on our website! While our morning sessions are mostly full, you can still join us in our afternoon sessions from 1:00 - 3:30 p.m.! If you or someone you know is interested in learning more about our school, just reach out to me, Danielle Bell, via phone at 708-361-8933 or email at FarmandNature@TheCenterPalos.org





APRIL/MAY 2026 ART CLASSES FOR CHILDREN AND TEENS

AFTER SCHOOL FUN WITH CLAY Instructor: Heaven Newsom

Four Wednesdays starting April 22, 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: TERRACOTTA PLANTER Instructor: Aly Rein
Wednesday night, April 22, 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 create a planter using terracotta 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 they are ready.



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 April 7, 5:00 - 6:30 p.m.

Class fee: \$95 Plus a \$15 Material 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.

NAME BANNER WALL HANGING

Sunday, April 19, 10:00 a.m. - Noon

Class fee: \$30 Plus a \$5 Materials fee

Create a stitched name or positive message banner to display in your room. Pick from our selection of colorful and cheery fabrics. We will learn how to turn corners on the sewing machine to stitch right angles and use pinking shears.



MINI TOTE WORKSHOP

Sunday, April 26, 10:00 - 11:30 a.m.

Class fee: \$24 Plus a \$8 Materials fee

Sew a tiny tote to carry all of your tiny treasures.

TOWEL PONCHO/SWIMSUIT COVERUP

Sunday, May 3, 10:00 a.m. - Noon

Class fee: \$30 Plus a \$15 Materials fee

Sew a hooded swimsuit cover-up out of actual towels. This will surely keep you dry after a fun afternoon of swimming.



APRIL/MAY 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.



BRANCHING OUT, MIXED MEDIA SPRING TREE WORKSHOP

Instructor: Karen Signore

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

Class fee: \$40 Plus a \$12 Materials fee

Trees symbolize life, growth, strength, and connection to nature, inspiring myths, traditions, and spiritual beliefs across cultures. Celebrate the splendor of trees branching out and blossoming in spring through guided meditation, reflective journaling, and creative expression. Join us for a fun, soul-nourishing afternoon as you reflect on the personal significance and symbolism trees hold for you, and explore the textures, colors, and energy of trees and springtime foliage through layering techniques using paints, papers, and embellishments to create unique, textured mixed media trees.

CANDLEMAKING WORKSHOP Instructor: Kim Taylor

Saturday, April 11, 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.



CERAMICS WORKSHOPS Instructor: Robin Power



GARDEN GNOME SCULPTURE WORKSHOP

Two-day Workshop on Tuesday, April 14 and 21, 10:00 a.m. - Noon, each day

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

Does your garden seem a little lonely? Learn step-by-step how to sculpt a garden gnome out of clay on the first day of class. During the second class, you will bring your gnome to life with colorful glazes. We will need to fire your piece in our kiln and will call you when it's ready to pick up.

PIT FIRING CERAMICS WORKSHOP

Three Tuesday mornings starting May 5, 10:00 a.m. - 12:30 p.m.

Class fee: \$100 Plus a \$25 Materials fee

Experiment with the ancient process of firing your ceramics in an outdoor fire pit!! On the first day of class, students will create ceramic sculptures out of clay. During the second class, students will paint with terra sigillata and learn burnishing techniques. On day three, students will prepare their pieces for the fire, dig a fire pit, and start a fire. We will call students to pick up their pieces when ready, since the pieces will need time to cool.



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!

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 or May 30, 10:30 a.m. - 12:30 p.m.

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

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 BIRDS WORKSHOP Instructor: Barb Simon

Thursday, April 23, 1:00 - 3:00 p.m.

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

Learn the art of felting and create a whimsical felted bird perched on a stump.



CROCHETED GRANNY SQUARE COASTERS WORKSHOP

Saturday, May 2, 10:00 a.m. - Noon. Instructor: Marissa Nugent

Class fee: \$25 Plus a \$4 Materials fee

Learn to crochet a colorful granny square that can be used as a coaster.

FOLK ART WORKSHOP: BROOM-MAKING! Instructor: Lois Lauer

Saturday, May 9, 9:00 a.m. - Noon

Class fee: \$36 Plus a \$15 Materials fee

The traditional art of broom-making is enjoyable and productive, providing both creative fun and useful brooms for your home! New students will learn the basic principles of traditional broom-making by creating their own small whisk broom



that is functional and decorative. Returning 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.



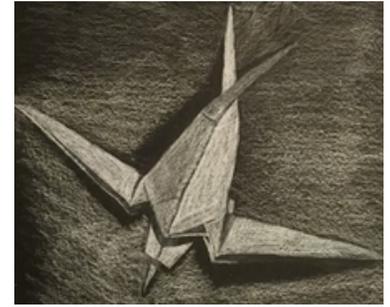
JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek
Two-day Workshop on Thursday, April 9 and 16, 1:00 - 3:30 p.m.
Class fee: \$55 Plus a \$16 Materials fee

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".

JAPANESE ORIGAMI AND DRAWING WORKSHOP

Thursday, May 7, 1:00 - 3:30 p.m. Instructor: Sandy Safranek
Workshop fee: \$27 Plus a \$10 Materials fee

Learn about the ancient Japanese art of Origami (paper folding). First, students will follow the steps to create their own Origami-inspired, folded paper animals. Then, they will create beautiful drawings in white charcoal on black paper of their animals. During the process, they will become familiar with the Art element of Value (light and dark), and apply what they learn to their drawings.



LAPIDARY (ROCK POLISHING) Instructor: Larry Rothenberg
Four Monday mornings starting April 20, 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.

MARKET BASKET WORKSHOP Instructor: Jane Dwyer
Three Fridays starting April 24, 10:00 a.m. - Noon
Class fee: \$80 Plus a \$35 Materials fee

Learn the steps to weave your own colorful basket, perfect to carry to a farmer's market



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 5-week session

The following session will start:

- Six Tuesday nights beginning May 19, 6:30 - 8:30 p.m. or
- Six Thursday mornings beginning May 21, 9:30 - 11:30 a.m.

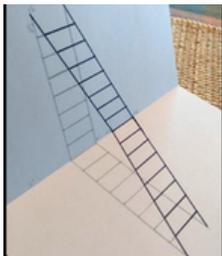
Class fee: \$165 Plus a \$55 Materials fee per 6-week session

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.



MOBILE WORKSHOP Instructor: Barb Thompson
Tuesday, April 28, 10:00 a.m. - Noon
Class fee: \$25 Plus a \$5 Materials fee

Learn about balance and harmony in the creation of a simple shape mobile.



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.

PAPERMAKING WORKSHOP: LAYERED PULPS

Saturday, April 11, 10:00 a.m. - Noon Instructor: Marilyn VandenBout

Class fee: \$25 Plus a \$5 Materials fee

Learn the art of papermaking and create your own papers! This class will focus on layering colors. Students will have the option to create an accordion-style booklet that ties shut. Papers can be used for further art projects, cards, or nice enough to frame on their own.



POTTERY Instructor: Robin Power

Four Wednesday mornings starting Wednesday, April 22, 10:00 a.m. - 12:30 p.m.

Class fee: \$125 Plus a \$35 Materials fee

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.

HANGING ORGANIZER

Sunday, April 19, 12:30 - 2:30 p.m.

Class fee: \$26 Plus a \$10 Materials fee

Sew a multi-pocket hanging organizer to store any small items such as jewelry, makeup, office supplies, keepsakes, and more. We will learn how to turn corners on the sewing machine to stitch right angles.

MUG RUG

Sunday, April 26, Noon- 2:00 p.m.

Class fee: \$26 Plus a \$8 Materials fee

Create a cute oversized coaster for your morning cup of coffee or tea. We will learn how to quilt fabric.



CORD ORGANIZER

Sunday, May 3, 12:30 - 2:00 p.m.

Class fee: \$20 Plus a \$8 Materials fee

Sew fabric cord keepers to organize all those pesky cords in your drawers. Perfect for phone chargers, headphones, and more. Learn how to attach snaps and use interfacing.

STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday, April 19 or 26, May 3 or 17, 10:00 a.m. - 2:00 p.m.

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
Four Friday mornings starting April 24, 9:30 - 10:45 a.m. Class fee: \$60

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
The May session will start Thursday, May 7, 6:00 - 7:15 p.m. and run for four weeks. Class fee: \$60

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
Five Monday nights starting April 20, 6:15 - 7:15 p.m. Class fee: \$75

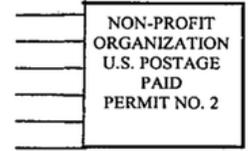
Start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to your everyday posture transitions. Bring your own yoga mat and yoga strap.

GONG BATH Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner
Sunday, April 12 or May 3, 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.

The Center



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**

OUTDOOR ART FOR KIDS, SUMMERTIME ART CAMP

MARK YOUR CALENDARS! GOES ON SALE WEDNESDAY, APRIL 8, AT 10:00 A.M.!

CLASS FEE, PER SESSION: \$165 PLUS A \$25 MATERIALS FEE

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

