

July/August 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

WHY NATURE MATTERS MORE THAN EVER



When I was going through school to become an Early Childhood Educator in 2009, nature-based education was one chapter, in one book, in one class. Even in that short description of nature-based education, the idea seemed so wonderful and unique. Unfortunately, I didn't see it as a possibility for any Midwestern school or child care center. With basically 6 months of winter? Absolutely not.

Fast forward to the spring of 2022, when the Farm and Nature Discovery School popped up on my screen while searching for schools for my son. I scrolled through pictures of children exploring in the forest, petting farm animals, and playing in the snow. It was a dream! A few months later, in August of 2022, I accepted the opportunity to lead this incredible program. Through both research and daily observation, I discovered something powerful about the way children learn, grow, and thrive when given the freedom to connect with nature.

Oftentimes, parents ask how our school helps children to become "school-ready." The term "school-ready" is often misunderstood. Many parents are led to believe their children should be writing their names, doing simple addition and subtraction, and even reading certain words before heading into kindergarten. While these things are important, the most important part of getting children ready for school is their social and emotional development, as well as their independence and self-help skills. According to the National Institutes of Health, "regular exposure to green space is associated with reduced stress, lowered hyperactivity, and a stronger sense of resilience and self-esteem." Doesn't that sound like the perfect foundation for children to absorb information?

By removing the classroom walls, our students have the freedom to learn through their senses. Our mission here at the Farm and Nature Discovery School is to inspire open-minded students and promote a strong desire for knowledge, independence, and exploration. Our intention is to spark curiosity and passion within their hearts and minds toward the world that surrounds them. Our teachers thoughtfully design hands-on experiences that immerse students in nature, allowing them to explore, discover, and learn through direct interaction with the world around them. We focus on the development of the whole child. Through a reflective teaching practice, we work to meet children where they are at and challenge them appropriately to guide them forward in their developmental and educational journey. What better space to do that than the great outdoors?

This approach beautifully reflects The Center's mission of helping people become more fully alive. Long before children can put their learning into words, they are building a sense of wonder, belonging, responsibility, and connection. They are learning to care for the world around them and discovering their place within it. What may look like simple moments, turning over a log, feeding a goat, splashing through a puddle, or watching a bird take flight, are actually laying the foundation for a lifetime of learning. These experiences help shape not only future students, but future leaders, caretakers, and engaged members of their communities.

Every day, I am grateful to witness the transformations taking place. It reminds me that nature-based education is not simply an alternative way to learn. It is an invitation to slow down, pay attention, and rediscover the wonder that exists all around us.

Danielle Bell

School Director



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!

Communion Sunday

Sunday, July 5 and August 2, 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.

Following Jesus: An Introduction to Adult Christian Spirituality

Every Tuesday night from 6:30 - 7:30 p.m. or Every Thursday morning from 10 - 11:00 a.m.

The final session for Spirituality classes will meet on September 1st and 3rd.

Please Note: Classes will not meet the week of June 29th or July 6th. We will resume regular scheduling on Tuesday, July 14th and Thursday, July 16th.

Join our Pastoral Leader, Reverend Rich Homa, in an exploration of Christian spirituality. Each session will be composed of some input to get the ball rolling, with ample time for discussion and sharing about that topic. To get some sense of attendance, please pre-register by using the link below or by calling our office at 708-361-3650. There is no fee for this course, but we welcome and appreciate your donations!

Pre-register at this link: thecenterpalos.org/following-jesus-an-introduction-to-adult-christian-spirituality/

A Prayer for Peace at the Labyrinth

The first Tuesday of each month, July 7, August 4, 4:00 p.m. at the Labyrinth

Let us meet at the Labyrinth to walk in silence with Love for peace. All are welcome! No registration is necessary. We will walk rain or shine! Email revc.spirituality@gmail.com with any questions.

SPIRITUAL DIRECTION

Spiritual Direction (Companionship) is a long time non-denominational practice that offers a person confidential space to reflect on the connection between life and God's presence. A Spiritual Director is trained to listen with compassion and to help navigate through life's challenges from a divine perspective. To make an appointment, call The Center at 708-361-3650, and one of our spiritual directors will return your call to schedule a meeting. **The fee is \$30 per session.**

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.

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. 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

2026 CAMP STAFF

As we gear up for our 90th summer camp season here at The Center, we have to recognize the incredible group of people who make camp what it is year after year. At the heart of every muddy boot, campfire song, horseback ride, and unforgettable memory is a team of energetic, caring, outdoors-loving camp counselors who bring the magic to life each summer. Their enthusiasm, patience, creativity, and love for kids, animals, and nature are what make camp so special. We are so excited to welcome this amazing staff team and can't wait for a summer full of adventure, laughter, friendship, and good old-fashioned outdoor fun!



Front Row (Left to Right): Keira, Jes, Addyson, Abby, Madeline Back Row: Tara, Lizzy, Charles, Ryan, Payton, Paul, Isaiah, Murphy, Jessica (Not pictured: Olivia, Isabella H., Isabella R.)

Lizzy Moonier of Lemont, junior attending University of Illinois Urbana-Champaign studying Psychology; *Favorite Outdoor Activity: Camping*

Madeline Rohrbach of Chicago, plans to enter the workforce full-time following camp; *Favorite Outdoor Activity: Swimming*

Jes Talaski of Homer Glen, freshman attending Joliet Junior College studying Emergency Medical Service; *Favorite Outdoor Activity: Exploring the Woods*

Jessica Purdy of Midlothian, special education teacher; *Favorite Outdoor Activity: Hiking/Walking*

Abby Froemel of Brookfield, freshman at University of Colorado-Boulder studying Environmental Science; *Favorite Outdoor Activity: Hiking*

Murphy Crownson of Palos Park, freshman at Northern Illinois University studying Communications; *Favorite Outdoor Activity: Hiking*

Isaiah Adegoye of Richton Park, junior attending Vanderbilt University studying Secondary Education and Psychology; *Favorite Outdoor Activity: Roasting marshmallows and making s'mores by the campfire*

Addyson Clement of Metamora, freshman attending Iowa State University studying English Education; *Favorite Outdoor Activity: Sitting Outside and Relaxing*

Charles Roth of Tinley Park, junior at South Suburban Community College studying Science; *Favorite Outdoor Activity: Fishing*

Keira Westphal of Orland Park, freshman attending Moraine Valley Community College studying Fine Arts; *Favorite Outdoor Activity: Hiking*

Payton Robinson of Chicago, graduate student attending Marquette University studying Nursing; *Favorite Outdoor Activity: Hiking*

Ryan Taylor of Littleton, Colorado, sophomore at Colorado State University studying Health and Exercise Science; *Favorite Outdoor Activity: Paddleboarding*

Olivia Alpers of Frankfort, senior at Lincoln-Way East; *Favorite Outdoor Activity: Riding Horses!*

Isabella Rivera of Berwyn, preschool teacher; *Favorite Outdoor Activity: Enjoying nature and taking a moment to reset. I love spending time with the animals and spotting wildlife around us, especially snakes!*

Isabella Hernandez of Mount Greenwood, sophomore at Moraine Valley Community College studying Art Education; *Favorite Outdoor Activity: Tanning*

Camp Directors: **Tara Garcia & Paul Purdy**

PROGRAM

Toastmasters

Wednesday, July 1 & 15, and August 5 & 19, 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. No commitment is necessary to try it out: for more information, contact Lois Lauer.



WomanTalk Discussion Group

Tuesday, July 28 and August 25, 10:00 - 11:30 a.m. in the Parlor

"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.

July offers a chance to "slow down, or stop." One can experience a "respite from the rigors of the day" and make the pursuit of happiness a personal priority. Take the time to "make the pursuit of happiness real and personal." Stargazing? Visiting the beach? Celebrating the 4th? Baking a cake? What means the most to you?

In August, join us for Root Beer Float Tuesday! *Simple Abundance* encourages our consideration of Harmony, as we read the daily entries for August. The month's *Joyful Simplicities* encourages you to "rediscover the books you loved as a child" and to ponder "What does Summer taste like to you?" Feel free to bring your favorite drink to make a float. Breyers vanilla ice cream will be provided. The group regularly shares the books the women of the group are currently reading.

We hope that you'll be able to join us in the Parlor. We generally take a group outing together each month. If you have any questions about the group, or the outing, please contact the Center office by e-mail at tarag@thecenterpalos.org.

Reiki Circle

4th Sunday of the Month, July 26, August 23, or September 27, 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.



Open Farm Hours June, July & August

Saturday & Sunday
10am-2pm

ANIMAL BARN • HAYRACK RIDES
WALKING TRAILS • CONCESSIONS

Admission: \$9/person for ages 2+



...plus, shop our Farm Store!

*Honey, Fresh Eggs & Produce.
Local Beef & Pork, & MORE!*



CHECK OUT OUR EBAY STORE!

Did you know that we have a volunteer-run Ebay store? With a wide selection of electronics, clothing, decor, jewelry, toys, kitchenware, vintage & antique goods, and so much more, you are guaranteed to find something special! Scan the QR code to visit our online store!





JULY/AUGUST 2026 ART CLASSES FOR CHILDREN

KIDS SEWING WORKSHOPS AND CLASSES Instructor: Angela Gonzalez
Open to students in 3rd - 8th grade. Bring your own sewing machine or use one of ours.



WATERMELON ZIPPER POUCH

Tuesday, July 14, 5:00 - 7:00 p.m.

Class fee: \$32 Plus a \$6 Materials fee

Learn how to add a zipper to your project by making a fun, summer-themed pouch. Pick from colorful fabrics and customize with finishing details like hand-built seeds and stripes.



KEYCHAIN COIN PURSE

Tuesday, August 4, 5:00 - 7:00 p.m.

Class fee: \$32 Plus a \$6 Materials fee

Make a clip-on keychain for your coins, trinkets, and other small items. Students will learn to add a zipper and hardware.

FAMILY PAINTING CLASSES Instructor: Brigid Kiruci

BIRTHDAY MONTH FLOWERS Wednesday, July 22, 6:00 - 7:30 p.m.

BIRTHDAY BIRDS Wednesday, August 5, 6:00 - 7:30 p.m.

Class fee: \$30 Plus a \$5 Materials fee, per class

(pricing includes one child and one guardian, open to all ages)

Celebrate family, creativity, and nature in this relaxing watercolor class! Learn beginner-friendly watercolor techniques while painting meaningful birthday month flowers or birds that represent your family members. Explore the symbolism and beauty behind each nature-inspired subject in a warm and supportive atmosphere designed to help you unwind, connect, and stretch your creativity. Create personalized artwork you'll be proud to frame and display.

OUTDOOR ART FOR KIDS, SUMMERTIME ART CAMP

Class fee, per session: \$165 Plus a \$25 Materials fee



A world of art and nature for kids entering grades K-8th. 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

JULY-SEPTEMBER 2026 SCHEDULE OF ART CLASSES FOR ADULTS

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

THE ART OF GROUNDING, A CREATIVE MINDFULNESS WORKSHOP

Sunday, August 23, 12:30 - 3:30 p.m. Instructor: Karen Signore

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

Explore what it feels like to feel centered, steady, and supported through a blend of mindful, reflective, and creative practices. You will explore drawing-based grounding techniques and other grounding practices that anchor you in the present moment, along with guided meditation to quiet the mind and body and reflective journaling to translate sensations into insight. You will integrate the experience by creating a mixed-media artwork that symbolizes what “being grounded” feels like for you. You’ll leave with a deeper sense of presence- and a visual reminder of feeling grounded. No art or journaling experience needed.

BASKET WORKSHOP Instructor: Ann Marie Jagiella

Two Thursday mornings, July 9 and 16, 10:00 a.m. - 12:30 p.m.

Class fee: \$70 Plus a \$28 Materials fee

Learn to weave your own basket made from natural and colorfully dyed reed.



BETWEEN SUNRISE AND SUNSET: A MID-YEAR MIXED MEDIA VISION COLLAGE JOURNEY

Sunday, July 12, 12:30 - 3:30 p.m. Instructor: Karen Signore

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

This workshop offers a blend of guided meditation, reflective journaling, and intuitive mixed-media vision board creation- all inspired by the symbolism of sunrises and sunsets. Join us for a fun, relaxing afternoon and creative reset. You will celebrate your growth and blessings and identify what you’re ready to release as the “sun sets” on the first half of the year, and envision what you’re ready to rise into as you begin the second half of the year. Reconnect with your inner compass, leave with renewed clarity and possibility, and a heart-centered mixed-media collage that captures your personal horizon for the months ahead.

BUTTERFLY INK PAINTING WORKSHOP Instructor: Heather Young

Thursday, July 23, 10:00 - 11:30 a.m.

Class fee: \$25 Plus a \$10 Materials fee

Students will learn to first draw, then paint an image of a Black Swallowtail Butterfly. We will work with Sumi-e ink, natural brushes and bamboo pens to paint, then add details of color with watercolors.



CERAMICS WORKSHOPS Instructor: Robin Power



LUNAR TURTLE SCULPTURE

Two Wednesday afternoons, July 15 and 22, 1:00 - 3:00 p.m.

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

Create a “Lunar Turtle” from clay. The pattern of 13 moons and 28 days on a turtle shell representing the lunar calendar stems from Native American symbolism. Work with clay on the first day, then glaze on the second. We will call you to pick up your creations after they have been fired in the kiln.

POTTERY AND BASKETRY COMBO

Two Tuesdays, August 4 and 11, 10:00 a.m. - Noon

Class fee: \$55 Plus a \$18 Materials fee

On the first class, students will work with clay, creating the base of their pot. When you return for the second class, after your piece has been fired in our kiln, you will work with basketry reed to weave the walls and rim.





COILED RAFFIA BASKETS Instructor: Lois Lauer

Saturday, August 8, 9:00 a.m. - Noon

Class fee: \$36 Plus a \$10 Materials fee

Create a coiled basket of raffia with options for color choices. You'll learn the simple technique of coiling and wrapping, making the basket, and optionally a cover.

COLLAGE WORKSHOPS Instructor: April Schabes

Tuesdays, July 28 or August 25, 10:00 a.m. - Noon

Class fee: \$25 Plus a \$3 Materials fee, per workshop

April will have a fun paper collage project planned, all materials will be provided.

COLLAGE Instructor: April Schabes

Six Wednesday mornings beginning September 9, 9:30 a.m. - Noon. Class fee: \$160

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!"

DRAWING SUMMER LANDSCAPES OR SEASCAPES IN MARKER Instructor: Sandy Safranek

Four Thursdays beginning July 23, 1:00 - 3:00 p.m.

Class fee: \$95 Plus a \$35 Materials fee



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

ECO DYING WORKSHOP Instructor: Marge Boyd

Wednesday, July 29, 1:00 - 3:30 p.m.

Class fee: \$28 Plus a \$4 Materials fee

Use plants to create beautifully colored papers that can be used for cards, collage, and a multitude of art projects. Plants will be rolled in paper and boiled, leaving patterns and colors from the plants natural dyes within your papers. While the papers are boiling, Marge will have a fun activity to share.



ENAMELED JEWELRY WORKSHOP Instructor: Aimee Leang

Saturday, July 25, 11:00 a.m. - 1:00 p.m. or

Wednesday, July 29, 1:00 - 3:00 p.m.

Class fee: \$35 Plus a \$18 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.

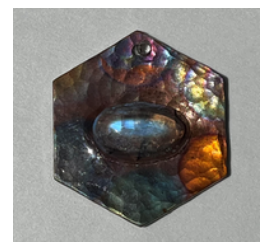


FIRE PAINTED PENDANT Instructor: Aimee Leang

Saturday, August 8, 11:00 a.m. - 1:00 p.m.

Class fee: \$35 Plus a \$16 Materials fee

While using copper pendant blanks, students will learn to hammer textures, then "paint" with the flame of a micro torch. Affix your piece with a semi-precious stone, then seal with a UV resin.





FLUID ART ON SEASHELLS Instructor: Thomas Dunn
Thursday, July 16, 10:00 a.m. - Noon
Class fee: \$35 Plus a \$15 Materials fee

Have fun with fluid art paint pouring on seashells. Students can add an octopus, sparkling sea turtle, or seahorse on a beautiful shell.

FOLK ART WORKSHOP: STEPPING STONES Instructor: Lois Lauer
Saturday, July 18, 9:00 - 10:30 a.m.
Class fee: \$20 Plus a \$13 Materials fee

Create your own cement stepping stones for your garden, with impressed designs from oak leaves, grasses, ferns, and other plants. It's sort of like making your own fossil impressions! You can also add pretty marbles or stones and impressed words in the cement. These stepping stones make a delightful pathway in your garden. We'll mix and pour the cement into round trays during this fun class.



JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek
Two Thursdays afternoons, July 9 and 16, 1:00 - 3:30 p.m.
Class fee: \$55 Plus a \$18 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 elements such as bamboo, flowers, leaves, and/or animals. The compositions will illustrate the Japanese concept of "less is more."

LAPIDARY (ROCK POLISHING)

Four Monday mornings starting July 27, 9:00 - 11:00 a.m. or
Four Monday mornings starting September 14, 9:00 - 11:00 a.m.

Instructor: Larry Rothenberg

Four Thursday nights starting September 10, 5:00 - 7:00 p.m.

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

Learn the art of rock polishing as you turn rough chunks of rock into beautifully polished gemstones. Create a pair of round or oval stones and then advance to more complex designs. Stones are not included but can be purchased from our instructor for projects.



METAL STAMPING WORKSHOP Instructor: Kara DeCarlo
Tuesday, July 21, 10:00 a.m. - Noon

Class fee: \$35 Plus a \$15 Materials fee

Create your own stamped pendant to wear or share, all tools provided.



METALSMITHING FOR JEWELRY Instructor: Mary Michaelson
Six Tuesday nights beginning September 8, 6:30 - 8:30 p.m. or
Six Thursday mornings beginning September 10, 9:30 - 11:30 a.m.
Class fee: \$167 Plus a \$58 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.

NATURE PHOTOGRAPHY PRESENTATION Instructor: Jack Martin

Wednesday, July 22, 1:00 - 2:30 p.m.

Class fee: \$20

Discover how to capture the beauty of the natural world- even in your own backyard. This presentation-style workshop covers simple tools, essential techniques, and practical tips to capture good photographic nature images. Learn what professional photographers look for when composing a shot, what is important, what to avoid, and what went wrong. Whether you are just starting out or already have experience, this program is designed for all skill levels and camera types. No prior knowledge needed, all are welcome.

PAPER CRAFTS Instructor: Barb Thompson

Three Tuesday mornings starting September 15, 10:00 a.m. - Noon

Class fee: \$75 Plus a \$6 Materials fee

Discover the possibilities of creating with paper in a variety of projects, including origami, weaving, paper mache, and more.



POTTERY

Instructor: Robin Power

- **Four Tuesday mornings starting July 7, 10:00 a.m. - 12:30 p.m.**
 - **Class fee: \$125 Plus a \$35 Materials fee**
- **Four Tuesday mornings starting September 15, 10:00 a.m. - 12:30 p.m.**
 - **Class fee: \$127 Plus a \$38 Materials fee**

Instructor: Madeleine Burns

- **Four Monday afternoons starting July 6, August 3, or September 14, 1:00 - 3:30 p.m.**
- **or Four Tuesday nights starting July 7, August 4, or September 15, 6:00 - 8:30 p.m.**
 - **Class fee: \$127 Plus a \$38 Materials fee**

In this multi-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.

SACRED SOUND AND RHYTHM: EXPERIENCE THE HARMONY WITHIN

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

Class fee: \$36 Plus a \$4 Materials fee.

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

Step into a deeply immersive and transformative experience where sound becomes medicine, rhythm becomes regulation, and your voice becomes a pathway back to yourself. In this unique workshop, we will explore the profound healing power of sound, music, and intentional expression together. You will leave feeling more aligned, more regulated, and more connected to your body, your voice, and your inner wisdom.

STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sundays, July 12, July 19, or August 16, 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 September 14, 1:00 - 3:30 p.m. (Advanced Class)

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

Class fee: \$160 per class

Structured lessons for beginning watercolorists with critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more. Experienced painters will 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 July 23, 9:00 - 11:00 a.m.
Six Thursdays starting September 10, 9:00 - 11:00 a.m.
Class fee: \$130 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)



Vogt Visual Arts Show



Art from The Log Cabin Center for the Arts teachers and students will be on display at The Vogt Visual Arts Center in Tinley Park this August!

For the fifth year in a row, we are being showcased!

The Opening Reception is Saturday, August 15, 1:00 - 3:30 p.m. We hope to see you there!



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 July 10, 9:30 - 10:45 a.m. Class fee: \$60
Or Three Friday mornings starting September 11, 9:30 - 10:45 a.m. Class fee: \$48

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
Six Thursday nights starting September 10, 6:00 - 7:15 p.m. Class fee: \$96

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.

SUNDAY MORNING SUMMER YOGA WORKSHOPS

Sundays, July 26 or August 23, 9:00 - 10:00 a.m.

Class fee: \$15 per class Instructor: Maura Therese

Treat yourself to a yoga class that's "Easy like Sunday Morning", a gentle session to help you ease into your Sunday. Expect mindful, breath-led movement at your own pace, and leave with that "good morning stretch" feeling. Bring your own yoga mat and yoga blocks if you have them. Register for one or both dates!



SUNDAY MORNING YOGA Instructor: Maura Therese

Three Sundays starting September 13, 9:00 - 10:00 a.m. Class fee: \$48

Treat yourself to a yoga class that's "Easy like Sunday Morning", a gentle session to help you ease into your Sunday. Expect mindful, breath-led movement at your own pace, and leave with that "good morning stretch" feeling. Bring your own yoga mat and yoga blocks if you have them.

TRANQUIL YOGA Instructor: Debbie Jacob

Three Monday nights starting July 6, 6:15 - 7:15 p.m. Class fee: \$48

Three Monday nights starting August 3, 6:15 - 7:15 p.m. Class fee: \$48

Four Monday nights starting September 14, 6:15 - 7:15 p.m. Class fee: \$64

Invest in your health through 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, July 12, 7:00 - 8:00 p.m. Fee: \$25

Sunday, August 2, 7:00 - 8:00 p.m. or September 13, 6:00 - 7:00 p.m. Fee: \$26 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.

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

FILL YOUR FRIDGE WITH LOCALLY GROWN PRODUCE!

We're excited to share that fresh, farm-grown produce will once again be available this summer at The Children's Farm! From crisp lettuce and herbs to tomatoes, carrots, cucumbers, and more, our gardens are bursting with seasonal goodness. Every vegetable is grown with care by the O.A.K. farms team.

And there's even more to discover at our Farm Store! Open during Open Farm weekends, Saturdays and Sundays from 10 a.m. to 2 p.m., the store is stocked with farm-fresh eggs, local honey, and pasture-raised pork and beef produced through our educational farming programs. Our bees gather nectar from the flowers and fields that surround the farm, our hens are cared for daily by children and staff, and our livestock enjoy plenty of space to roam and graze. Our beef is 100% grass-fed, and our pork is raised on a non-GMO diet, resulting in products you can feel good about serving your family.

When you purchase food from The Children's Farm, you're doing more than filling your table. You're supporting a mission rooted in education, sustainability, community, and a deep connection to the natural world.

Thank you for supporting local agriculture and the work of our farm. Together, we're growing healthy food, meaningful experiences, and a stronger community.



Summer Supper Series

Gather at the table. Savor the season. Experience the farm.

Join us for an outdoor farm-to-table dinner series in our open-air pavilion. Each meal is prepared by O.A.K. Farm & Kitchen's chef and farmer, Kat, using regenerative proteins and fresh, seasonal ingredients from The Children's Farm. Following dinner, guests are invited to enjoy a hayrack ride and guided tour led by our farmers and growers. See firsthand the animals, pastures, and fields that nourished your meal, and ask questions along the way. Slow down, share a meal, and experience the beauty and abundance of the farm!

3 Suppers, 3 Seasons, 3 Different Menus
\$45 per person, per meal, or \$120 for the full series

- | | | |
|--------------------------|----------------|---------------------------|
| SAT. JULY 11 | 5PM-7PM | BBQ SAMPLER |
| SAT. AUGUST 8 | 5PM-7PM | HAND THROWN PIZZAS |
| SUN. SEPTEMBER 13 | 1PM-3PM | OKTOBERFEST FEAST |





RUMMAGE SALE 2026

Friday, Saturday, and Sunday

August 28, 29, and 30

8 am - 1 pm all three days.



ANYTHING AND EVERYTHING!

We'll start accepting donations as soon as we can after Camp ends, which means **we'll accept drop-off donations this year starting Monday, August 17. Please make drop-off donations no later than Monday, August 24.**

The last day for donations is Monday, August 24 because we'll need the remainder of that week to get the sale ready.

If you'd like to drop off items, please do so on the Farm side from 9-3, so that there will be someone there to help and to keep your donations out of the weather.

We will not be able to do item pickups this year.

Please help us by understanding that we simply do not have storage for your donated items until after Camp ends, which is the week of Monday, August 17.

For a variety of reasons, we cannot accept the following items:

Computer monitors of any kind

Baby seats

Encyclopedias

Entertainment centers

China cabinets

Curio cabinets

Mattresses

Televisions of any kind

Tires

Sleeper sofas

and

Anything not in salable condition

We will not be able to do item pickups this year.

THANK YOU FOR YOUR UNDERSTANDING AND GENEROSITY!



JOIN OUR TEAM OF INCREDIBLE VOLUNTEERS!

Want to get involved in your community but aren't sure how? Join us! There are year-round opportunities for volunteering across all of our programs, and we are always looking for new friendly faces. Check out some of the upcoming volunteer opportunities below!

RUMMAGE SALE

Our 25th Annual Rummage Sale is coming up at the end of August! As The Center's largest fundraiser of the year, Rummage is truly a community-wide effort. Volunteers are needed at every stage- from sorting and organizing donations, to preparing sale spaces, to welcoming and assisting shoppers during the event itself. Whether you can give a few hours or several days, your support helps turn community generosity into vital funding for The Center's programs and mission all year long.



OPEN FARM WEEKENDS

Help make summer visits to the farm possible! Our Open Farm programming depends on dedicated volunteers to create fun, memorable experiences for the many families who visit each weekend. Whether welcoming guests, helping with animals, assisting on hayrack rides, working concessions, or even driving tractors, volunteers play an important role in bringing the farm to life.

If you're interested in learning more, please see the Volunteer Opportunities & Events Schedule by going to this link: www.docs.google.com/the-center-volunteer-opportunities, or by emailing Adele at adeleg@thecenterpalos.org. Thank you in advance for all of your support!



CELEBRATE LOVE IN A SETTING THAT FEELS LIKE A DREAM

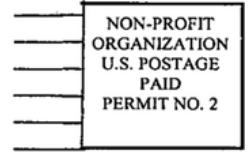
Garden weddings are in full swing, and there is still availability for this season! Schedule a tour today, and picture your happily ever after at the Wayside Chapel! The majestic oaks and dancing wildflowers work together to create an unforgettable wedding ceremony, the only thing missing is you!



For more information on ceremonies at The Wayside Chapel, or to schedule a tour, contact Hannah at waysidechapel@thecenterpalos.org. We can't wait to hear from you!



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 CONCERT & DANCE PARTY
AT THE CHILDREN'S FARM

CHARLES & COMPANY

CLASSIC ROCK DANCE BAND



FRIDAY, AUGUST 7

6-8PM

GATES OPEN AT 5:30PM

- OPEN FARM & HAYRACK RIDES
- FAMILY FRIENDLY
- \$10 PER PERSON ADMISSION
- FOOD & NON-ALCOHOLIC CONCESSIONS
(ALCOHOL FREE EVENT)
- LAWN SEATING -(BRING YOUR OWN
CHAIRS/BLANKETS)