SESSION 1
April 7 - May 9

SESSION 2
May 28 - June 20

FAMILY EVENT
Casino Night!
May 9
Opportunity Knocks (OK) is a non-profit organization that serves teens and young adults who have developmental disabilities (DD) in the Oak Park, River Forest and Forest Park communities. After Opps programming provides sports, recreation, fitness, hobbies and self-advocacy training. Opportunity Knocks is staffed by dedicated professionals and volunteers who are committed to developing relevant, interesting and exciting activities as well as experiences for all of its program participants.

THE OK MISSION. Opportunity Knocks is dedicated to providing opportunities and resources for individuals who have DD so that they may pursue their educational, occupational and social interests.

THE OK VISION. Opportunity Knocks envisions a community where individuals with DD have an active and supported presence. The people we serve are the Warriors and it is our belief that their place in the community is both valuable and necessary. Our socially interactive programming places consistent emphasis on the value of self-advocacy and community. The goal is to provide opportunity to enrich the fabric of their community.

THE GUIDING PRINCIPLE. Warriors have unique and exceptional abilities that diversify and strengthen their communities. OK will be guided by the interests of the individual. Our Warriors will be equal architects and their self-advocacy will serve as the foundation of all program development.

OPPORTUNITY KNOCKS
8020 Madison Street
River Forest, Illinois 60305
(708) 771-6159 ext. 220
www.opportunityknocksnow.org

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PROGRAM INFORMATION

ELIGIBILITY & REGISTRATION REQUIREMENTS
Opportunity Knocks serves individuals who have developmental disabilities within the ages of 14.5 through 30 years. Participants must live in Oak Park, River Forest or Forest Park. In addition, a completed “Annual Participant Information Form” and a “Waiver and Release of Claims/ Hold Harmless Agreement” must be on file for all participants.

INTAKE APPOINTMENTS
Please contact Michael Carmody, Executive Director to schedule intake appointments at (708) 771-6159 ext. 220 or at: mike@opportunityknocksnow.org.

EVENING SESSION REGISTRATION
Opportunity Knocks holds 4 After Opps program sessions [winter, spring, summer and fall] consisting of one-5 week and one following 4-week session. Programs take place regularly on three days during the week for three hours. The day begins at 3:30pm and goes until 6:30pm. Participants may register for 1 day per week, 2 days per week, or 3 days per week (the full session). During registration, please indicate what day[s] the participant will be attending for the duration of the session (ex. for Option 2: 2 day/week, check Mondays and Fridays for the 5-week session). One group outing is also scheduled for each session and is announced by the first day of the session.

SESSION FEES & FINANCIAL ASSISTANCE
Registration fee includes daily programs, daily snack and drink, and one group outing. Outings are announced during the first week of the start of programs. For the 5-week session, 3-day/2-day/1-day options are $475/$275/$175 respectively. For the 4-week session, 3-day/2-day/1-day options are $400/$240/$120 respectively. In addition, Opportunity Knocks offers a sliding fee scale that is adjusted based on family income. It is our goal to serve all interested participants who are eligible for these programs. Please note that in order to take advantage of this, a Financial Assistance Form must be completed for each participant during intake. For families with the annual household income falling between $55,000 and $35,000, the 5-week session, 3-day/2-day/1-day options are $340/$200/$100 and the 4-week session, 3-day/2-day/1-day options are $300/$180/$90. For families with the annual household income falling below $55,000, the 5-week session, 3-day/2-day/1-day options are $225/$135/$75 and the 4-week session, 3-day/2-day/1-day options are $200/$120/$60.

SAFETY REQUIREMENTS
Safety is important to us. To ensure safety of our participants, we ask for full cooperation with the following guidelines. 1) Opportunity Knocks staff is responsible for the safety of program participants during designated program times. Please arrive on time and pick-up/drop-off participants. Participants enrolled in Opportunity Knocks’ program will not be released to anyone other than a parent, guardian or family member without prior written consent from the parent/guardian. 2) In case of emergency or field trips, parents should check in with an OK staff member before leaving or taking participants home. 3) A child or minor will be allowed to walk home from the program site only if written permission from the parent or guardian has been received. 4) If you will not be attending the program, please notify us at the Opportunity Knocks office by phone (708) 771-6159 ext. 220 or by sending an email to Michael Carmody at: mike@opportunityknocksnow.org

CODE OF CONDUCT
As a condition for participating in Opportunity Knock’s programs, all participants are required to follow the following behavioral guidelines. 1) Show respect to fellow participants, staff and volunteers. 2) Refrain from using abusive or foul language. 3) Refrain from causing or threatening bodily harm to self, fellow participants, staff and volunteers. 4) Show respect to equipment and facilities. 5) Additional or individual behavior management plans may be developed based on the input of parents, guardians, OK staff or other professionals.

DAILY STRUCTURE
Programs begin at 3:30pm and end at 6:30pm. The first thirty minutes of each day is arrival/snack time and it is when participants get the chance to settle in, grab a snack and mingle with their friends. The last thirty minutes is pick-up/clean-up time. All participants, volunteers and staff are expected to help one another to keep our space clean. On Mondays and Wednesdays, participants are assigned to one of three groups. One of the groups leaves the facility to take part in an activity in the community. The two remaining groups rotate between activities at the River Forest Community Center at the halftime mark. These three different groups also rotate throughout the 5- or 4-week session so that everyone will eventually have the opportunity to try each activity. Fridays are dedicated to the in-depth exploration of hobbies. On Fridays, Warriors stay in one of the four groups for the duration of day and throughout the length of the session.

PROGRAM PHILOSOPHY
Opportunity Knocks aims to stimulate the interest of various leisurely activities, participation within the community, and the continued engagement of these activities outside of programs. Participants play a great role in determining what types of activities are made available in later sessions. We believe that our participatory-based programming is the key to fostering leadership, respect and self-advocacy. In addition, with a strong support system of peers, staff and volunteers, Opportunity Knocks programs create an environment where individuals can express themselves freely, where healthy relationships can be fostered in a safe, nurturing setting.

GET INVOLVED!
Would you like to donate your time to Opportunity Knocks? Interested in volunteering at programs or at one of our special events? Visit our volunteers page at: www.opportunityknocksnow.org/volunteer

STAFF
Michael Carmody
Executive Director
mike@opportunityknocksnow.org

Joseph Hart
Program Director - After Opps
joseph@opportunityknocksnow.org

Jeni Pierce
Callin Moran
Maria Prevulos
Honey Badger
Jackie Zagorski
Carolynn Powers

Dan Scherer-Emunds
Katie McKay
Sam Kehoe
Dondree Gujilide
Shea Collins
Beth Norton

VOLUNTEERS
Special thanks to the friends, family, peers, board members, students & professionals who helped us facilitate activities and achieve our goals during the Fall After Opps programs sessions!

Ed Bonfield
Mardie Connelly
Steven Copher
Tim Coronti
Jonece Dansby
Pamela Eggum
Jarvis Hart
Susan Lazewski
Amanda
Neuman
George Neuman

Beth Norton
Filippo
Mongiardini
Nadine Peterson
Ben Rankin-Parker
Logan Wiese
Maggie Lhotka
Caroline Knight
Serena Smith
Filippo

Mongiardini
Mike Bloch
Asia Dickerson
Nick Stevic
James Blair
Eddie Lee
Chelsea Reeg
Donnie Biggins
Xavier Holiday

Congratulations to Jonece Dansby and George Neuman, recipients of this year’s Program Volunteer of the Year awards.
**SPRING SESSION 1 | APRIL 7 - MAY 9**

**Mondays**

**The Amazing Race.** Get ready for an amazing new experience! Based on the popular game show, each Monday a group of Warriors will head out to the community to try to complete a challenging scavenger hunt. **WW**

**Getting Powerful with Powers.** Join us every Monday as we try out new workouts. Program Leader Carolynn Powers will teach you all the moves you need to be fit! **WW**

**Fear Factor.** We promise we will not make you eat anything weird! This program will still challenge you to overcome different obstacles each week. Learn how that working together as a team can help you get anything done!

**How to Make a Warrior Quilt, Too.** Back by popular demand! This program will finish the project started in the Fall in taking all of our old Warrior t-shirts and turning them into a beautiful quilt.

**Surprise Crafts!** We wish we could tell you but we would not want to ruin the surprise! We will tell you that each Wednesday the Warriors will come together to make amazing new crafts they have never made before.

**Around the Town.** It is always important to know where you came from. Each Wednesday, a group of Warriors will head out to visit historic sites in the Oak Park, River Forest, and Forest Park areas. **WW**

**Community Opps.** This session we will continue to develop our chosen community partnership and lend a helping hand to our community.

**Ballet.** We have a former ballerina on staff and it is time to take advantage of it! Each Wednesday, a group of Warriors will learn the fine points of ballet and enjoy a great workout. Tutus are not required but can be worn if wanted!

**Fridays**

**Meal Makeovers.** Who does not love macaroni and cheese, fried chicken, and cheeseburgers? Well, sometimes our tummies don’t! Each week we will learn to make alternative versions of our favorite foods that will have as much as the taste but much less fat and calories. **WW**

**Peer Led Activity Planning.** Focusing on the Leadership point of the Warrior 5-Point Code, these individuals will learn the qualities of a great leader, develop, plan, and then implement activities for their fellow Warriors in the next session. Registration for Wednesdays in Spring Session 2 is required.

**I Want My MTV.** Warriors who were enrolled in this program last session will keep the fun going. This session the Warriors will finish up production of their first ever music video and have it ready to be televised to all at Casino Night!

**Casino Night**

Las Vegas comes to Opportunity Knocks! Each week, the Warriors will learn different casino games as they plan to host their first ever Casino Night! This program will only involve play money.

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**SPRING SESSION 2 | MAY 28 - JUNE 20**

**Mondays**

**Baking 101.** A few of our Warriors already mastered Cooking 101 in the Winter, so now it is time for Baking 101! Join our pastry expert as we teach not only how to make delicious and decadent sweets but also the science that goes behind it! **WW**

**From Trash to Treasure.** The Warriors are all about being green! This session they will be taking what some might call “junk” and turning them into amazing new masterpieces to be displayed at Opportunity Knocks.

**Community Opps.** This session we will continue to develop our chosen community partnership and lend a helping hand to our community.

**Play Ball!** Each Monday, a group of Warriors will head down to Washington Park to compete in a variety of team sports. Sports will include badminton, volleyball, softball, and more! **WW**

**Wednesdays**

**Peer Led Activity - TBA.** Warriors will participate in a community service activity planned and led by one of their fellow Warriors. See Spring Session 1: Peer-Led Activity Planning.

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**Bikes and Trikes.** ‘Tis the season to be outdoors and test our wheels! Whether it’s on two wheels or three, this crew will venture through bike safety obstacle courses and the out and around the neighborhood. Not to worry—we have helmets and safety gear for everyone! **WW**

**If I Had a Hammer.** I would hammer in the morning, I would hammer in the evening, and I would hammer at the Knock! Join us as we learn the basic skills of carpentry and woodworking, and also the importance of safety with tools!

**Garden Science.** For years, we have been able to create and maintain a beautiful garden and eat amazing produce. This program will teach us how to not only continue to do that but also the science that goes behind it! **WW**
FAMILY EVENT
CASINO NIGHT!
MAY 9 @ 4:30PM

All family members and friends of Opportunity Knocks are invited to come out to our first ever Casino Night! Games will feature blackjack, poker, roulette, and more with some of your favorite Warriors, staff, and volunteers serving as dealers. Our meal makeover group will also be providing snacks throughout the fun! Prizes will go to who can ever earn the most play money through the program.

Please RSVP to Joe Hart by May 2nd if you would like to attend at: joseph@opportunityknocksnow.org

Spring Session 1 | April 7 - May 9

To register for Winter 2014 Session 1, please complete this form and submit it to Opportunity Knocks by April 2, 2014. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by May 6, 2014, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/programs/evening

Participant name ____________________________
Participant address ____________________________
Parent/guardian name ____________________________
Parent/guardian phone ____________________________
Participation: [ ] 1 days/week [ ] MON [ ] WED [ ] FRI
[ ] 2 days/week [ ] MON [ ] WED [ ] FRI
[ ] 3 days/week [ X ] MON [ X ] WED [ X ] FRI

Amount due $ ___________

Participant Fees Table for 5-Week Sessions

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Friday Hobbies
Participants, if you are registering for Friday programs, please tell us which hobby you would like to explore the most by ranking them below.

1 = [ ] MEAL MAKEOVERS
2 = [ ] Peer Led Activity Planning
3 = [ ] I Want My MTV
4 = [ ] Casino Night

Spring Session 2 | May 28 - June 20

To register for Winter 2014 Session 2, please complete this form and submit it to Opportunity Knocks by May 21, 2014. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by June 26, 2014, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/programs/evening

Participant name ____________________________
Participant address ____________________________
Parent/guardian name ____________________________
Parent/guardian phone ____________________________
Participation: [ ] 1 days/week [ ] MON [ ] WED [ ] FRI
[ ] 2 days/week [ ] MON [ ] WED [ ] FRI
[ ] 3 days/week [ X ] MON [ X ] WED [ X ] FRI

Amount due $ ___________

Participant Fees Table for 4-Week Sessions

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2 = [ ] Bikes & Trikes
3 = [ ] If I had a Hammer
4 = [ ] Garden Science
After Opps
WINTER SNAPSHOTs

Rock climbing in the Legacy Sports group.
Competing against friends and family in the first ever Family Feud, planned and produced by the Warriors.
Creating our favorite characters in Dynamic Ceramics activity.
Egg-drop teambuilding activities in the There’s No ‘M-E’ in Warrior activity.

Creating a calendar as a group using fun technology and applications.
The ladies try out oatmeal facials in Ladies Night.
Writing poetry in different forms!
Greetings Wellness Warriors! If you haven’t noticed we have been making lots of healthy changes around the Knocks these past few months. We officially started planning the Warrior Wellness initiative in July 2013 and we are off to a great start.

Lots of blood, sweat, and tears (okay maybe just sweat, lots and lots of sweat!) have gone into this and we could not be more proud to let you know all the wonderful things that we are doing!

The OK staff has been getting active with our summer walk to run club, swimming at the Forest Park pool, and spinning at Greenline wheels, we’ve participated in three organized races, and jumped our hearts out at Sky High Sports Trampolines. Staff is also all wearing pedometers each day at programs to not only measure how much we move, but to gauge how active your Warrior is while at OK! As a group we’ve taken over 4,760,375 steps since July 15, 2013… that’s like walking 2,380 miles!!

Wellness Wednesday launched mid session Fall #2, 2013 and has introduced the Warriors to a new way of snacking! We are slowly saying goodbye to those packaged goods by providing healthy alternatives, and you will only find water in our fridge - no more sugary juice!!

More importantly than providing these healthy options we are teaching the Warriors WHY choosing the nutritious option is better for them now and in the long term.

The Inaugural Chilly Dash in January brought together Warrior athletes to raise funds for OK by running in the cold to the Chili Cook Off. A few Warriors joined us for the last mile of this 6-mile run to Molly Malone’s. This was the first of what we hope to be many wellness events that bring together staff, Warriors, auxiliary board, board of directors, and community members in active events!

You will see in this Spring brochure that we have marked our active and healthy activities with WW to show which are Warrior Wellness approved, our goal is to incorporate wellness into every aspect of OK. We are finding new fun ways to get fit and be healthy and we hope this inspires you to be active with your Warrior outside of OK. We look forward to sharing all our adventures with you as we continue to develop our wellness programming!!

Jeni Pierce
Health & Wellness Director

Michael Carmody
Executive Director

We have recruited Maddy Gancer as our Warrior Snack Captain to help us plan these snacks and research their health benefits. We have already begun healthy snack Friday and starting Spring session #1 we aim to be only offering healthy snacks while at Opportunity Knocks.

Our Life Shop Warriors have been getting into shape with 30 minutes of fitness every Tuesday and Thursday. We have also participated in yoga, zumba, and spinning at Greenline wheels as part of our Life Shop fitness regime. The food plate serves as our guide when planning our lunches to make sure each meal is well rounded with fruit, veggies, protein, grains, and dairy. The water competition pitted the Life Coaches against the Warriors to see who could drink more water and no surprise the Warriors won!! These Warriors are also on the move tracking their steps with pedometers during programs, since August 2013, we’ve taken enough steps in the Life Shop to walk all the way from Chicago to Arizona!

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SUMMER SESSION 1
July 7 - August 7

SUMMER SESSION 2
August 25 - September 19

FALL SESSION 1
October 6 - November 7

FALL SESSION 2
November 24 - December 19

SPECIAL EVENTS
A Night for Opportunities Gala
Saturday, April 26
The OK Tee It Up Golf Outing
Friday, June 13
The OK Barbecue Block Party
Saturday, June 14
The OK Classic Softball Tournament
Saturday, September 27

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