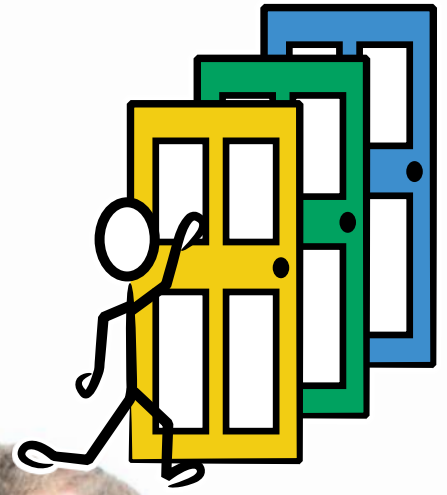


SPRING 2015

AFTER OPPS

Rock Climbing, Gardening, Candle Making, Bikes & Trikes, Bocce, Tapas, Camping 101, Peer Led Program Planning, Make Your Own Game Show, Animal Rescue, Relationship Class, and More!



Spring Session 1 | April 6 - May 8

Spring Session 2 | May 25 - June 19

A Night for Opportunities Gala | Saturday, April 18

Registration Brochure

OPPORTUNITY KNOCKS

The OK Tee It Up Golf Outing | Friday, June 19

The OK BBQ Block Party | Saturday, June 20

Opportunity Knocks

GENERAL INFORMATION

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.

PROGRAMS. After Opps is one of three core programs offered at OK along with the Life Shop (day program) and Morning Opps (OPRF High School late-start partnership). After Opps offers social, recreational and life skills programming with strong emphasis on fitness, leadership development and community involvement.

CONTACT

8020 Madison Street
River Forest, IL 60305

(708) 771-6159 ext. 220

LEARN MORE

www.opportunityknocksnow.org



Pictured: Claire performs at OK's 5th Anniversary Party

After Opps

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 Joe Hart, Program Director to schedule intake appointments at (708) 771-6159 ext. 220 or at: joseph@opportunityknocksnow.org.

EVENING SESSION REGISTRATION Opportunity Knocks holds 4 After Opps program seasons (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). When completing the registration form, please indicate which 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 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 \$470/\$290/\$140 respectively. For the 4-week session, 3-day/2-day/1-day options are \$420/\$255/\$125 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 \$355/\$210/\$105 and the 4-week session, 3-day/2-day/1-day options are \$315/\$190/\$95. For families with the annual household income falling below \$35,000, the 5-week session, 3-day/2-day/1-day options are \$235/\$140/\$80 and the 4-week session, 3-day/2-day/1-day options are \$210/\$125/\$65.

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 adhere to scheduled drop-off and pick-up times. 2) Participants enrolled in Opportunity Knocks' programs will not be released to anyone other than a parent, guardian or family member without prior written consent from the parent/guardian. 3) When arriving or

departing from the program site, parents should check in with an OK staff member before leaving or taking participants home. 4) 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. 5) 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 Joe Hart at: joseph@opportunityknocksnow.org

CODE OF CONDUCT As a condition for participating in Opportunity Knocks' 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 creates an environment where individuals can express themselves freely, where healthy relationships can be fostered in a safe, nurturing setting.

STAFF

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Caitlin Moran
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Dan Scherer-Emunds
Dondee Gujjilde
Honey Badger
Ian Carlson

Jeni Pierce
Katie McKay
Keely Baldwin
Maria Prevols
Sam Kehoe
Serafina Nuzzo
Steven Comprere

THANK YOU VOLUNTEERS & PROGRAM GUESTS

Special thanks to all of the volunteers and program activity guests who helped us facilitate activities and achieve our goals during the Winter After Opps program sessions.

Serena Smith
Bruce Slater
MaryAnne Manley
Jarvis Hart
Beth Cheney
George Neuman
Jonece Dansby
Jessica Milburn

Anthony Clark
George Lopez
Pete Mullen
Beata Kruss
Jason Deuchler
OPRF High School's Hip Hop Club
Greenline Wheels

GET INVOLVED

Interested in volunteering at programs or special events? Want to apply to join our Auxiliary Board? Visit our volunteer page at www.opportunityknocksnow.org/volunteer to apply or for more information!

Warrior Spotlight

Katrina Jeffries

Each season, we like to put the spotlight on one of our Warriors who have best exemplified the Opportunity Knocks' 5 Point Code. Our 5 Point Code encourages our participants to showcase their skills in the areas of leadership, safety, teamwork, communication, and respect. This time, we are putting the spotlight on one of our newest Warriors, Katrina Jeffries.

Katrina started attending the After Opps program in the Spring of 2014. Since day one, she has been a great example of our 5 Point Code. At the OK Classic, our annual softball fundraiser held every September, Katrina was recruited to play on a team of Opportunity Knocks' staff and volunteers due to her love of sports. Every member of the team was amazed by her dedication. She never missed one practice and played in all three games of the tournament. She was an incredible teammate to all, always shouting out positive words of encouragement to all the players of her team and the other teams.

Katrina is always the first person to ask if someone needs a little bit of help if they are struggling with something. She is also unafraid to lead a program when the chance arises. In the Fall, she was a Peer Leader for a Yoga program we held. Every Wednesday, she shared with her fellow Warriors all the yoga moves she had learned and helped everybody to be successful at it. Although she has only been here for about a year, Katrina has been so impressive in following our 5 Point Code. You have done an amazing job Katrina!



Health & Wellness

Walk to Run Club

The Walk to Run Club is back!! Join us every Thursday beginning May 7, 2015 for our weekly Warrior Walk to Run Club! We meet every Thursday at 5:45pm (head out at 6:00pm) in front of our headquarters at the RFCC, 8020 Madison St., River Forest, IL.

We offer routes ranging from 1 to 2 miles at all different paces! Our club is intended for families to

participate alongside Warriors, however if a family member cannot attend the Walk to Run Club please contact Jeni at jeni@opportunityknocksnow.org so that we can ensure that appropriate accommodations are made. RSVP is not required but we encourage you to let us know if you're coming! Walk, Roll, or Run we hope to see you there!



Pictured: Guests at OK's 5th Anniversary Party

After Opps

WEEKLY ACTIVITY SCHEDULE & REGISTRATION

SPRING SESSION 1 | April 6 - May 8

Mondays



Rock Climbing. Each week, a group of Warriors will head to a local gym to participate in rock climbing. Through experienced instructors, participants in this program will learn how to maneuver their way up the wall safely while having fun and getting great exercise! **WW**



Gardening. It's that time of year again. Time to start working on our garden! This group of Warriors will be getting dirty and learning about planting seeds and turning a lot of thumbs green. The goal of this program will be to provide healthy snacks for our programs. **WW**



Candle Making. This brand new program will help teach the Warriors how to make their own candles. This class will provide instruction on how to make beautiful and functional candles from different wax sources, such as soy wax, palm wax, and gel wax.



Fan Mail. We all have our favorite movie stars, athletes, and other celebrities. This class will teach our Warriors how to write a letter to one of their favorite stars and a few tricks on how to increase your chances of getting a response.

Wednesdays



Community Opportunities. This session, Warriors will pick a non profit organization that they would like to assist for the upcoming months. These participants will venture out into the community to lend a hand and come up with new and creative ways to assist in fundraising.



Bikes and Trikes. 'Tis the season to get back to the outdoors and test our wheels. Whether it's on two wheels, three wheels, or our tandem, this crew will get out and get some great exercise. Safety gear will be provided for everyone participating. **WW**



Live the Code. Each session, we tell our Warriors to follow our 5 Point Code. Those five points are teamwork, safety, leadership, communication, and respect. This program will stress each of those and we will do activities that will teach us how to live the code!



Bocce Ball. Warriors in this group will head to a local court to play the Italian lawn bowling game known as Bocce! Warriors will learn the rules and strategies for success at this great game. **WW**

Fridays



Tapas. Our cooking group will go international this session will trying the many tastes of Spain. Tapas is traditionally a wide variety of appetizers, snacks, and meals shared by a large group. Warriors in this group will get the chance to learn how to make (and eat!) many traditional Spanish dishes.



From Warriors, With Care. In this group, Warriors will shop for and assemble their own care packages. The Warriors will also research exactly who they would like to send it to and how to get it there.



Camping 101. Get ready to get to know nature! Warriors in this group will safely and effectively learn the ins and outs of camping without having to drive to the middle of the woods. Warriors in this group will learn how to set up a tent, how to properly and safely make a campfire, and much more.



Peer Led Program Planning. In this OK program staple, Warriors will choose, create lesson plans for, and practice leading Wednesday activities for the Spring 2 session. *Registration for Wednesdays in session 2 is required.*

Please note a program fee increase, effective April 6 in the table below.

To register for Spring 2015 Session 1, please complete this form and submit it to Opportunity Knocks by **April 1, 2015**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **May 5, 2015**, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/ao-registration

Participant name _____
 Participant address _____
 Parent/guardian name _____

Amount due \$ _____

Parent/guardian phone _____

Participation: 1 day/week MON WED FRI
 2 days/week MON WED FRI
 3 days/week MON WED FRI

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 = 😊 2 = 😐 3 = 😞 4 = Leave Blank

TAPAS FROM WARRIORS, WITH CARE
 CAMPING 101 PEER LED PROGRAM PLANNING

Participant Fees Table for 5-Week Sessions			
Annual Household Income	3 days/week	2 days/week	1 day/week
> \$55,000	\$470	\$290	\$140
< \$55,000 > 35,000	\$355	\$210	\$105
< \$35,000	\$235	\$140	\$80

After Opps

WEEKLY ACTIVITY SCHEDULE & REGISTRATION

SPRING SESSION 2 | May 25* - June 19**

* No programs on May 25 due to Memorial Day
 ** No Programs on June 23 due to Tee It Up Golf Outing

Mondays



Community Opportunities. The Warriors will continue their mission to work with a community organization and find unique ways of donating their time, fundraising money and connecting with others at non profits in the area.



Recycled Art. Come join the fun as we are taking one man's trash and turning it into our treasure. Warriors in this group will learn how to take recycled materials and turn them into beautiful works of art.



Make Your Own Game Show. Warriors in this group will learn the rules of classic game shows such as Jeopardy, Wheel of Fortune, and The Price is Right in order to learn how to create their own game show! They will make their own rules, learn how to be a suave host, and how to design their own sets.



Gardening. Warriors in this group will continue to get down and dirty as they continue to work on the OK Greencumber Garden. **WW**

Wednesdays



Peer Led and Planned Programs. Peer Led programs and program details will be announced at the end of the Spring 1 session. One of the groups will be health and wellness approved. **WW**

Fridays



Let's Take a Dip. Who does not love a good dip? From ranch to hummus, Warriors in this session's cooking class will learn how to make healthy and hearty meals focusing on dips. Many cultures and their cuisines will be explored in this program.



The Avengers! Superheroes, from Batman to Iron Man and many more, are so popular right now that comic books are cool again! Warriors in this group will study classic comic books and learn how to create their own. From the writing to the illustrating, each Warrior will produce their own comic book!



Animal Rescue. This group will explore the mutual benefits that come from rescuing dogs. We'll bust myths about pit bulls and other misunderstood breeds by learning effective dog training techniques and we will work with various animal rescue agencies to help establish great relationships with man's (and woman's) best friend!



Relationship Class. This brand new class focus on how to engage and empower our Warriors to create healthy relationships and prevent unhealthy relationships.

RELATIONSHIP CLASS

Warriors who sign up for this class are strongly encouraged to speak to their families about any questions they have or specific areas they want to focus on and bring those questions with them to class on the first week. Any parent looking for more information on this program can reach out to the program supervisor, Joe Hart, at joseph@opportunityknocksnow.org

Please note a program fee increase, effective April 6 in the table below.

To register for Spring 2015 Session 2, please complete this form and submit it to Opportunity Knocks by **May 20, 2015**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **June 23, 2015**, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/ao-registration

Participant name _____
 Participant address _____
 Parent/guardian name _____
 Amount due \$ _____

Parent/guardian phone _____
 Participation: [] 1 day/week [] MON [] WED [] FRI
 [] 2 days/week [] MON [] WED [] FRI
 [] 3 days/week [x] MON [x] WED [x] FRI

Participant Fees Table for 4-Week Sessions			
Annual Household Income	3 days/week	2 days/week	1 day/week
> \$55,000	\$420	\$255	\$125
< \$55,000 > 35,000	\$315	\$190	\$95
< \$35,000	\$210	\$125	\$65

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 = 😊 2 = 😐 3 = ☹️ 4 = Leave Blank

[] LET'S TAKE A DIP [] THE AVENGERS!
 [] ANIMAL RESCUE [] RELATIONSHIP CLASS

From the Blog

Winter Session 1: Mid-Session Update

Dan Scherer-Emunds
January 20, 2015

We've got another round of fresh programs in After Opps to kick off 2015 Warrior-style! Check out the action!

MONDAYS

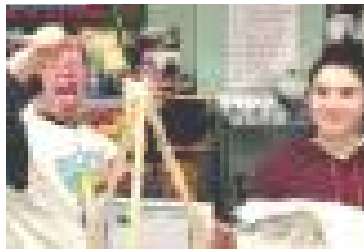
Real Life Role Play. We are putting Warriors in real-life situations that people may find uncomfortable or worrisome and coming up with practical responses and solutions to the situation through acting. Lessons include safety, stranger danger, dating skills and more. This program is peer-led by Erik Cox.

American Cultures. In this program, Warriors have been learning about the diverse cultures, elements, and people that make America great. The first week, we discussed Native American culture and made dream catchers with the help of the OPRF Girls Basketball team. On MLK Day, the group discussed the African American Civil Rights Movement to honor Martin Luther King JR. We watched his famous "I Have a Dream" speech, read an article about his role in ending segregation, and wrote down our own dreams and read them aloud to each other.

Indoor Sports. The first week we played tennis. We went over different types of drills and then practiced serving and hitting the ball back and forth. The second week, the OPRF Girls Basketball team played some team-building and relay games with us! It was a lot of fun!

Gala Art. In this program, the Warriors have been learning about color by using just red, blue, white and yellow in different combinations to create their own "custom" paint colors and then applying them onto canvas to create their own pieces of artwork. The theme has been flowers, concentrating on Georgia O'Keefe's work. Week#1 - The award went to Eliza, who totally worked on her own, mixed her own paints and then painted her version of the famous "Red Poppy". She did an outstanding job. Week#2 - The OPRF Girls Basketball team came in and volunteered and worked 1-on-1 with several of the Warriors. They were a big help! Ryan and Dana both did a great job of mixing and blending their own colors, and then creating their own "flower" themed painting. They both received an award. "My favorite program was painting," said Mike "Beef" White Jr. "I had fun with

my friends and had fun talking and having a good attitude."



WEDNESDAYS

Community Opps. In the first week of programs in Community Opps we labeled pickle jars for the OK Chili Cook-Off. Last week we started sanding windows for one of our projects for the silent auction at the upcoming OK Gala. The Warriors got to use power sanders and Sonya and Eliza both got awards for teamwork for volunteering to use the power sanders. They both did an awesome job, especially considering it was their first time using them. "I liked working on the window," said Sonya. "It was cool using the tools. It was my first time using it and I was safe."



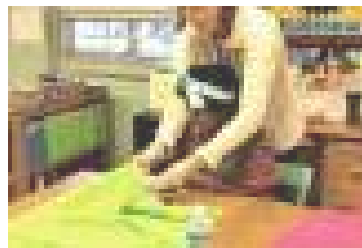
Greenline Wheels. Warriors have been working hard to stay in shape despite the Chicago winter weather. Each week we visit our friends at Greenline Wheels for some awesome spin classes. All Warriors have been working really hard, but awards have gone to Karina Leonard and Patrick Milburn for their efforts. "I love Greenline," said Karina. "It is my favorite thing going there. We ride bikes and it feels good. I like to listen to music and dance on the bike." Donated gift cards to Marion Street Cheese Market were also presented to Eliza Grahne and Andre Basso, who earned the gifts for their hard work.

Punk'd. In this program based on the popular MTV show Punk'd, we learned the difference between a good prank and a mean prank. We discussed some ideas we could do

to "punk" people. We then went out and punk'd our friends and staff member Dan Scherer-Emunds by putting post-its all over his car windshield. Karina received an award for Teamwork and Becca received an award for Respect! "I liked putting stickers on Dan's car!" said Karina. "It was funny!"



Giving Back. In this program, to combat Punk'd, Warriors will be focusing on ways to give back to others and their community. Warriors have been working on making homemade fleece-tied blankets that we will be donating for dogs at a local animal shelter.



FRIDAYS

Retro Meals. For cooking this session, Warriors have been whipping up some old-fashioned classic family meals. Warriors cooked up an old favorite meal, chicken pot pie last week. They worked together to make 3 large chicken pot pie casserole dishes that everyone loved! The first week they cooked homemade meatloaf which was also a big hit!

Warriors Got Talent. This Friday group has been focusing on preparing a Talent Show for the upcoming OK 5-Year Anniversary Party on February 13th. Warriors have chosen, planned, and rehearsed some of their amazing talents that will be on display including singing, dancing, comedy, impersonations, and more!



Medieval Times. We have been preparing our Medieval Times accessories for a performance at the OK 5th Anniversary Party! We've decorated our own shields of armor and this week we started making crowns out of lace ribbon! Sonya Taylor won the award for leadership in week 2 because she helped me gather materials, and kept the group motivated and helped her peers! "I like being with my friends," said Sonya. "We are getting ready for the show on family fun night. I'm gonna be a princess."

Party Planning. With the 5 year anniversary coming up the Warriors are hard at work, with making homemade decorations, making the invitations and sending them out, creating a playlist for the party, and making sure it will be a party to remember! "I like Party Planning," said Karina. "I liked the art and making decorations. I am excited for the party!"

Find After Opps articles, news, photos, videos and more on our blog! Visit: opportunityknocksnow.org/blog

Winter Session 2: Mid-Session Update

Dan Scherer-Emunds
March 12, 2015

We've been having a blast in After Opps as usual so far in Winter Session 2! Check out the action!

MONDAYS

Gala Crafts. The Warriors have been busy learning how to refinish furniture, while working on a variety of chairs that will be donated to the OK Gala and Golf Outing Auctions! They began week #1 by sanding, using both electric and hand sanders! Once this was done, they primed the chairs, getting them ready for painting. Rebecca and Patrick won the awards for their awesome teamwork! Week #2 they selected different paint colors to use, and then began to paint the chairs, using stencils and techniques such as "sponging and taping off" certain areas to create different patterns. The creative juices were definitely flowing! The awards were given to Joe and Nick S. for their hard work! "It was great, painting the chairs," said Nick. "I have never painted a chair before. It is fun!"



Martial Arts. During the first week of Martial Arts, we enjoyed a heart pumping Tae Bo video, and during the second week, we hit the fitness room and practiced different punches with the new punching bag equipment! "It was great," said Nick. "It was fun. We watched a video about martial arts and learned how to do the moves."

Just Dance. During our first week of Just Dance, we learned and practiced popular wedding songs like the Electric Slide, Shout, the Macarena, and the Dougie. Matt Cox showed off his killer dance moves and taught the group how to do the running man! For week 2, we had a special guest visit Just Dance. Sarah Dolan, from Maiden Street Irish Dance Academy, came in and taught the group traditional Irish dance steps and we even learned a short routine! "I like dancing with other people and learning new dances," said Matt. "Even ballet and

Irish Dance.

Team-Building. Warriors have been bonding and working hard on their teamwork and communication skills as they work together to complete challenges and puzzles. Team-Building activities in the first two weeks have included an egg drop relay game, blindfolded minefield, and a pass the hoola hoop game without letting go of each others hands. "I liked team-building," said Matt. "I liked interacting with other people. I liked carrying the egg with all the people behind me cheering me on."

WEDNESDAYS

I <3 the 90's. Oh snap!! In I <3 the 90s, Warriors have been chillin' out, maxin', relaxin all cool as we celebrate and learn about one of the flyest decades ever. In Week 1, we recreated and played the classic 90's game Guess Who with our own homemade phat boards with 90's Celebs and OK fam. It was mad cool. Then Week 2 we got jiggy with it as we remixed the Fresh Prince Theme Song. These Fresh Princes and Princesses of OK were bout it bout it and made some dope songs! Maddy Gancer, Karisa Reyna, and Kassica Huff were all that and a bag of potato chips and won Warrior Code awards for their tight attitudes and leadership during the first two weeks. Aiiiight, peace out yo! "It was fun to wear all the 90's stuff," said Maddy about picking out her Fresh Princess outfit in Week 2. Nick Sawyer added that "It was fun playing the game and learning about people in the 90's" during Week 1.



Random Acts of Kindness (RAK).

You've been RAK'd!! Our Random Acts of Kindness group has been RAK-ing the community center, local organizations, and friends of OK with positive posters to brighten their day! We have been learning about how small acts of kindness can bring out BIG results – open the door for someone, write a letter to a friend, volunteer your time, pay it forward any way you can!! Rebecca M. and Katrina J. both earned the respect award for their acts of kindness!

Weather Science. In this program, Warriors have been using everyday household items to create chemical reactions that produce different elements of the Weather including tornadoes, volcanoes, and snow! Week one, we got right into science, taking about vortexes. We then created our own tornadoes in water bottles to understand this concept. For the second week, we talked about volcanoes and has pressure. We then created our very old volcano, watching what happened when baking soda and vinegar are combined!

Gala Project. During the first two weeks, the Warriors were coming up with ideas of what they want to do for the "Warrior Spotlight Moment" at the OK Gala. They came up with song ideas and why Opportunity Knocks makes them happy. At the end, they had to answer questions about OK and being a Warrior for a Spoken Word style performance that will take center stage next month.

FRIDAYS

DJ Hero. Awww yeahh! Warriors have been learning the art of electronic DJing with the help of peer-leader Matt Cox aka DJ Pink. Warriors have learned a background and history of DJing, have had DJ battles using iPads and the DubPad/ HipHopPad applications, and have been using the web application PartyCloud to create and record their own original remixes to some of their favorite songs. We are looking forward to visiting Val's Halla Record Store in Week 3 and being visited by professional Chicago turntablist DJ Intel in Week 4! "We have been turning tables," said Matt Cox. "We have been learning how to upload and remix songs. I liked helping people pick their DJ names. I love helping lead this program. I am an introduction DJ. I like to follow other DJs like DJ Intel. I am excited for him to come in and to learn from him and follow his lead. He is one of the best. This was DJ Pink's idea for a program and he taught all his techniques."



Community Opps. During the first two weeks in Comm Opps, we continued to work on projects for the OK Gala Auction. We did some more sanding and we also stained some wood for a fun nail art project we should be getting to in the next week. Last week, we spent most of programs watercoloring. The Warriors seemed to enjoy this activity, as it gave them a chance to relax and be creative. The watercolors will be used as a background on a window table, one of our larger Gala projects.

Shoes. The wonderful world of shoes as seen through the eyes of the Warrior! The participants are partnering up with Peter Mullin of OPC Kicks. They learned the process of restoring shoes back to life. They learned about the art of turning old shoes back into new shoes through the eyes of expert Peter Mullin aka "the Shoe doctor". Participants also had the opportunity to explore his website and see all of the cool designs and shoes that he has created over the years. The participants also got to participate and see the process of how a shoe is restored back to life.

Week 2: The Warriors started off the program by looking up different funky shoe designs that they wanted for their very own pair of shoes. Each participant was given a pair of shoes (blank canvas) to design for themselves. The participants mixed up their colors and off we went. These shoes will definitely be a piece of art. Prepare to be amazed!



Fast Food Makeover. The theme of our cooking program this session is "Fast Food Makeovers." We are taking some of our favorite fast foods and learning how to make them nutritious and still delicious! For the first week, we made baked chicken nuggets and a creamy coleslaw. Warriors had fun dipping and breading the chicken and getting their hands messy! For the second week, we made baked turkey corn dogs with baked sweet potato fries and warriors had fun mixing the batter and then swirling the turkey dogs in it!



Thank you to the guests of our 5th Anniversary Party and everyone that has helped shape Opportunity Knocks over the years with their support and hard work!

For more photos of our event, please visit our website at: opportunityknocksnow.org