Winter 2014

SESSION 1
January 6 - February 7

SESSION 2
February 24 - March 21

FAMILY DAY
Family Feud!
February 7 @4pm

THE CHILI COOK OFF
January 12 @Noon

After Opps Registration Brochure

OPPORTUNITY KNOCKS
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.

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

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 program sessions!

Midwestern University’s Occupational Therapy Program

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

Program Snapshots

SOME OF THE BEST FROM THE FALL 2013 SESSIONS
WEEKLY ACTIVITY SCHEDULE

WINTER SESSION 1 January 6, 2014 - February 7, 2014

Mondays

Warrior Winter Olympics. Each Monday, the Warriors will be going for the gold by participating in their very own Winter Olympics. Favorites like basketball and gymnastics will be played but we will also learn the rules and give our best at other sports, like curling. Get your brooms ready!

Project Runway. Get ready to do a little dance on the cat walk! The Warriors will be learning all about fashion, including making their own trendy clothes and how to show them off. We will also be working on our photography skills by taking pictures of our models in their newly created designs.

Pretty Up That Plate! As evidenced by our Friday cooking group, the Warriors know how to make great food. This session we will be learning how to make it look beautiful as well. This group will be learning how to make unique food garnishments that will spice up any meal.

Dynamic Ceramics. This session the Warriors will be getting creative with clay. From sculpting to pottery and learning how to make their own clay, this group will be learning all the fine points of ceramics.

Wednesdays

Warrior Zen. Calm down! This session the Warriors will be learning different activities and techniques to help us relax. Yoga, Zumba, and more will be explored in this program.

There’s No “M-E” in “Warrior”. This session the Warriors will be learning how to work as a team. Each week they will take on challenging team building activities and learning that many heads are better than one.

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

Greenline Wheels. The weather cannot stop the Warriors’ wheels from turning. We’re moving our bikes and trikes indoors to spin our wheels at Greenline Wheels.

Fridays

Getting Chili with It! The Chili Cook Off is right around the corner! The Warriors will be testing several recipes to come up with the ultimate chili that they will enter in the OK Chili Cook Off.

Legacy Sports. Every Friday, a group of Warriors will be heading out to Legacy Sports in Oak Park. Each week they will participate in a different sporting activity instructed by the expert staff. Sports will include baseball, dodgeball, soccer, and more.

WBC (Warrior Broadcasting Company). This just in…The Warriors are going to be making their own newscast! The Warriors will be writing the script, running the camera, and anchoring the desk as well as making another Public Service Announcement that will be included. All participants of the program will be given a copy of the newscast they have created.

Family Feud! Everyone’s favorite game show will be getting a Warrior twist. The Warriors will be asking their own questions and surveying other Warriors, staff, volunteers and others. The survey results will be used in a special event on February 7th. Please see below for more information.

FAMILY DAY FAMILY FEUD Join us on Friday, February 7th at 4 pm. The survey says it will be a ton of fun. The Warriors were hard at work creating their own version of Family Feud and are inviting our friends to play. Prizes will be given to the winners. People will be able to play as either a family or a team that we will put together. Our Chopped group will provide a delicious meal after the game. If you would like to attend, please RSVP to Joe Hart at joseph@opportunityknocksnow.org. Cost is $5 per person (no charge for the Warriors).

WINTER SESSION 2 February 24, 2014 - March 21, 2014

Mondays

Cooking 101. Sharpen up those knives! This program will focus each week on a different cooking lesson as the Warriors go from cooks to Master Chefs! Lessons this session will include knife skills, sauce making, and the differences between boiling and simmering and sauteing and sweating.

Poetry. This session the Warriors will focus on taking their writing skills to a whole new place. This program is definitely going to bring a smile to your face. The Warriors will learn how to write in rhyme. This program is going to be an awesome time.

The Weekly Warrior. Get ready to learn how to blog! The Warriors will be setting up their own weekly newsletter that will be featured on the Opportunity Knocks website that will update all our friends and family on all the happenings of the After Opps program.

Wednesdays

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

Animal Care Appreciation. This new program will focus on animal care, whether it be our own pet or other animals in our environment. We will be working with local organizations as well as bringing in expert speakers throughout the session.

Canvas Creations. This exciting new program will introduce the Warriors to painting on a canvas. We will be learning how to use different materials, techniques, and tools as we create our masterpieces.

Big Band to Blurred Lines. Each Wednesday we will be going back in time and see how music has evolved over the last century. We will learn different musicians, dances, as well as different media used to play music such as vinyl and 8 tracks.

Fridays

Chopped! Everyone’s favorite cooking competition is back at OK. The Warriors will be assigned challenging ingredients and turn them into fabulous meals. They will then be judged by other Warriors, staff, and volunteers to see who is the Chopped Champion.

Ladies Night. It’s Ladies’ Night and the feelings right! This program is for the Warrior ladies as they will learn all the magic tricks that go into getting manis and pedis as well as doing their hair and makeup.

Warrior 2014-15 Calendar. This exciting graphic design program will have the Warriors developing and creating an Opportunity Knocks 2014-15 calendar. These calendars will be sold at future events and one copy will be given to each Warrior upon completion.

I Want My MTV. Warriors in this program will be making their very own music video. It will be completely written and shot by our Warriors and will feature some inventive choreography. All Warriors will receive a copy of the video upon completion.
Registration

WINTER SESSION 1
January 6, 2014 - February 7, 2014

To register for Winter 2014 Session 1, please complete this form and submit it to Opportunity Knocks by January 3, 2014. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by February 4, 2014, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/programs/evening

Participant name ________________________________
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 $ ________________________________

**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 = [ ] GETTING CHILI WITH IT!
2 = [ ] LEGACY SPORTS
3 = [ ] WBC (WARRIOR BROADCASTING COMPANY)
4 = [ ] FAMILY FUED!

WINTER SESSION 2
February 24, 2014 - March 21, 2014

To register for Winter 2014 Session 2, please complete this form and submit it to Opportunity Knocks by February 14, 2014. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by March 25, 2014, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org/programs/evening

Participant name ________________________________
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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 = [ ] CHOPPED!
2 = [ ] LADIES NIGHT
3 = [ ] WARRIOR 2014-2015 CALENDAR
4 = [ ] I WANT MY MTV

ELIGIBILITY & REGISTRATION REQUIREMENTS

Opportunity Knocks serves individuals who have developmental disabilities within the ages of 14-30 years old. 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: micheal@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 days the participant will be attending for the duration of the session (ex. for Option 2, check Monday and Friday 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 $450/$275/$135 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.

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’s 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 must 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 site, please notify us at the Opportunity Knocks office by phone (708) 771-6159 ext. 220 or by sending an email to Michael Carmody at: micheal@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 physical, verbal, or verbal abuse. 4) Do not show disrespect to fellow participants, staff and volunteers. 5) Show respect to equipment and facilities. 6) Be responsible for personal belongings. 7) Honor assigned group/activities. 8) Show respect and appreciation for staff and volunteers. 9) Stay in designated area. 10) Leave program site and/or the property of Opportunity Knocks at the scheduled time.

DAILY ACTIVITIES

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 rotates the facility to help 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- and 4-week session so that everyone will eventually have the opportunity to try each activity. Fridays are dedicated to an 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 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.

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