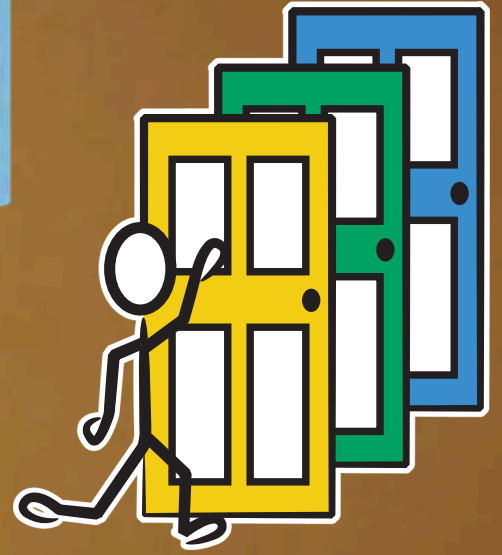


WINTER 2015

# AFTER OPPTS

American Cultures, Greenline Wheels,  
Punk'd, Retro Meals, Medieval Times,  
Party Planning, Just Dance, Martial  
Arts, Weird Science & More!  
SEE INSERT



Winter Session 1 | January 5 - February 6

Winter Session 2 | February 23 - March 20

OK's 5th Anniversary Party | February 13, 2015

Pictured: OK's First After Opps Session Showcase, 2010

Registration Brochure

# OPPORTUNITY

# KNOCKS





# WARRIOR SPOTLIGHT | Karisa Reyna

	Participant <b>Rachel</b>	Volunteer <b>Serena</b>	Staff <b>Ian</b>
What is your Hometown?	Oak Park, IL	Oak Park, IL	River Forest, Illinois
How long have you been involved w/OK?	Since last year.	January 2014	May 2014
What was your favorite program last session?	Wellness Warriors	Community Opps—I enjoy the decorations.	Men's Club
Why do you enjoy being part of OK?	Hanging out with friends and doing fun things.	Because you guys accept everybody for who they are. I feel comfortable here.	I like helping people. I really like all of our programs a lot. It's a really cool thing we do here.
What is your favorite food?	Pancakes	Mac & Cheese	Sushi
What is your favorite Winter activity?	Walking in the snow.	Ice Skating	Sledding
If you could travel anywhere in the world, where would you go?	Mexico	Brazil	Australia



Each session, we will put the spotlight on one of our Warriors who has best exemplified the Warrior 5 Point Code. The five point code is the expectations that we have for our Warriors at our program. Those five points are safety, leadership, communication, teamwork, and respect. This session, we are putting the spotlight on Karisa Reyna.

Karisa has been a Warrior with Opportunity Knocks since before I was here! Karisa has been the epitome of leadership. Karisa is a skilled artist and has made amazing jewelry in the past.

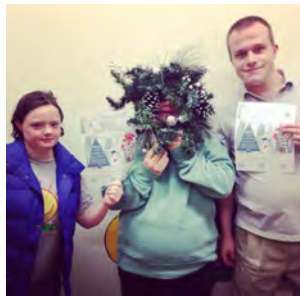
Recently, we started a program we do on a daily basis called the "Warrior-Led Activity". It is an activity led at the end of the day by one of our participants for the rest of our group. Karisa, as excited as I have ever seen her, volunteered to be the first leader and led all of her friends in making beautiful jewelry while sharing her amazing skill.

Part of being a great leader is being able to step outside of your comfort zone and try new things, especially activities that bring us outside of your comfort zone. For a long time, Karisa was always afraid to try new athletic programs and, like it would for a lot of us, trying something new was quite scary.

It took some time but Karisa has tried new activities each session and is really starting to enjoy them. This last session, when I was calling out a group to go to Greenline Wheels, an amazing and supportive business in Oak Park that allows our group to do indoor bike riding, Karisa was the first one to grab her coat and get ready. All the while with a big smile on her face!

It has been amazing to see Karisa grow into the role she has taken on here! We are so proud of her and proud to put the spotlight on her for all she has accomplished!

# Snapshots FALL 2014 SESSIONS



# 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 diversity 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](http://www.opportunityknocksnow.org)



Pictured: OK's First After Opps Session Showcase, 2010

# 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 Michael Carmody, Executive Director to schedule intake appointments at (708) 771-6159 ext. 220 or at: [mike@opportunityknocksnow.org](mailto:mike@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 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. 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 \$35,000, 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 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 Michael Carmody at: [mike@opportunityknocksnow.org](mailto:mike@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

**MIKE CARMODY**  
Executive Director  
[mike@opportunityknocksnow.org](mailto:mike@opportunityknocksnow.org)

**JOE HART**  
Program Director - After Opps  
[joseph@opportunityknocksnow.org](mailto:joseph@opportunityknocksnow.org)

**Beth Norton**  
**Caitlin Moran**  
**Carolynn Powers**  
**Dan Scherer-Emunds**  
**Dondee Gujildje**  
**Honey Badger**  
**Shea Collins**

**Ian Carlson**  
**Jackie Zagorski**  
**Jeni Pierce**  
**Katie McKay**  
**Maria Prevolos**  
**Sam Kehoe**

## THANK YOU VOLUNTEERS & INTERNS

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

**PROGRAM SUPPORT**  
Mardie Connelly  
Jonece Dansby  
Mary Kate Hager  
Jarvis Hart  
Maggie Lhotka  
George Lopez

Maryanne Manley  
Jessica Milburn  
George Neuman  
Ben Rankin-Parker  
Bruce Slater  
Serena Smith  
Frank Wondrasek

## 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](http://www.opportunityknocksnow.org/volunteer) to apply or for more information!



# After Opps

## WEEKLY ACTIVITY SCHEDULE & REGISTRATION

WW = Warrior Wellness Approved

The Opportunity Knocks 5th Anniversary Party! = Family Day  
Event on Friday, February 13th  
(last day of session)



WINTER SESSION 1 | January 5 - February 6

### Mondays

**Real Life Role Play.** Each week, this group of Warriors will role play real life scenarios as a way to understand how to act and react in different situations. These situations will include such topics as what to do when someone gets hurt, how to ask someone on a date, and many more. We will look at each role play from many different angles to understand how to react based on what happens.

**American Cultures.** America is a melting pot of many different cultures and that is what has made this such an amazing and unique place to live. Each week this group will look at the different impacts different cultures have had on our country.

**Indoor Sports.** The weather is too cold to go outdoors but that does not mean we cannot still compete and break a sweat! Warriors will learn different sports that they can play all year round, such as racquetball, floor hockey, and more! **WW**

**Gala Art.** Each year, the After Opps program likes to make a special donation to the Opportunity Knocks' Gala silent auction. This year, program leaders Dondee and Honey will lead the group in creating these amazing and creative works that will be donated.

### Wednesdays

**Community Opps.** Our Non-profit within the Non-profit is back! This session we will select a new community partnership to work with and donate our time and talents to helping them.

**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. **WW**

**Punk'd.** Just like the classic MTV show, each week the Warriors will find one special person to play a funny practical joke on. They will also learn how to play a joke on someone without crossing the line by hurting a person's feeling. All jokes will be done in good fun!

**Giving Back.** All of us Warriors live a very fortunate life, and in this program we will do our best to help give back to those who are less fortunate. This group will be working with local charities to help supply things that people in our community need by helping to collect them.

### Fridays

**Retro-meals.** So many great dishes have been around forever. Unfortunately, due to poor recipes or poor ingredients we do not see them anymore. OK is bringing them back! We will be using fresh, quality ingredients and foolproof recipes to make them "in" again.

**Warrior's Got Talent.** Singing, dancing, telling jokes... Whatever it is, we all have a talent! Warriors in this group will practice and perfect their talents and put them on display at the OK Anniversary Party!

**Medieval Times.** Warriors in this group will learn what it is like to be knights of the roundtable (in the safest manner possible!). Participants will learn the skills behind jousting, archery, and more! They will be putting their new found skills on display at the OK Anniversary Party!

**Party-Planning Committee.** This group will be in charge of all the behind the scenes arrangements for the OK Anniversary Party. They will be making and sending the invitations to friends from the past to the present as well as making all the decorations for the event.

OPPORTUNITY KNOCKS

# 5TH ANNIVERSARY PARTY

Family Day Event  
Friday, February 13, 2015 from 4:30pm to 6:30pm

It is hard to believe but in 2015, it has been 5 years since OK first opened their doors. On February 13th, we will celebrate this momentous occasion. We will be inviting friends of old and all of our current friends to join in the fun. The event will be from 4-6 pm at the River Forest Community Center and will feature a dinner provided by our cooking group, a demonstration from our Medieval Times group, a talent show, and more surprises along the way!

Please RSVP with your registration or email Joe Hart at [joseph@opportunityknocksnow.org](mailto:joseph@opportunityknocksnow.org). Hope to see you there!

Yes, we will be attending with \_\_\_\_\_ guests.  
 No, we are unable to attend.

To register for Winter 2015 Session 1, please complete this form and submit it to Opportunity Knocks by **December 31, 2014**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **February 3, 2015**, or within 30 days of the beginning of the session. To register online, visit us at: [www.opportunityknocksnow.org](http://www.opportunityknocksnow.org)

Participant name \_\_\_\_\_  
 Participant address \_\_\_\_\_  
 Parent/guardian name \_\_\_\_\_

Parent/guardian phone \_\_\_\_\_

Participation:  1 day/week  MON  WED  FRI  
 2 days/week  MON  WED  FRI  
 3 days/week  MON  WED  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 = 😊 2 = 😐 3 = ☹️ 4 = Leave Blank

RETRO-MEALS  WARRIOR'S GOT TALENT  
 MEDIEVAL TIMES  PARTY-PLANNING COMMITTEE

Participant Fees Table for 5-Week Sessions			
Annual Household Income	3 days/week	2 days/week	1 day/week
> \$55,000	\$450	\$275	\$135
< \$55,000 > 35,000	\$340	\$200	\$100
< \$35,000	\$225	\$135	\$75

# After Opps

## WEEKLY ACTIVITY SCHEDULE & REGISTRATION

WW = Warrior Wellness Approved

WINTER SESSION 2 | February 23 - March 20

### Mondays

**Just Dance.** Warriors in this group will be introduced to various forms of dance and dance activities. Dances will include the favorites from the past and current favorites. Be careful, the rhythm just might get you! **WW**

**Team Building.** There is no "I" in "TEAM". Warriors in this group will learn how to solve different puzzles and completing different tasks that cannot be done alone, but takes everyone working together to figure out.

**Martial Arts.** Each week, a new Martial Arts activity will be introduced to the group that teaches discipline as well as self defense. Karate, Kempo, Tae Kwon Do and more will be explored here. **WW**

**Gala Art.** Each year, the After Opps program likes to make a special donation to the Opportunity Knocks' Gala silent auction. This year, program leaders Dondee and Honey will lead the group in creating these amazing and creative works that will be donated.

### Wednesdays

**Weird Science.** Why is it hot in the summer and why is it cold in the winter? Where does rain come from? What exactly is a cloud? These questions and more will be answered doing various experiments in our newest science program that focuses on the weather.

**Adventure Sports.** Each week a group of Warriors will head out in the community and try their hand at some new adventures! Activities will include rock climbing and much much more! **WW**

**I Heart the 90s.** The greatest decade of them all is back! Warriors in this group will be exposed to projects and activities that will teach them just how awesome the 90s was!

**Random Acts of Kindness.** Almost like a reverse practical joke, Warriors in this group each week will find a person or group and show them a random act of kindness. This will be the feel good program of the year!

### Fridays

**Fast Food Makeovers.** We hate to admit it, but we all love the salty and fatty foods they give us at the drive thru. However, Warriors in this group will take their favorite fast foods, like Big Mac's and French fries, and learn how to cut the fat but keep all the flavor by using fresh ingredients. **WW**

**DJ Hero.** Put the needle on the record! Warriors in this group will learn the skills it takes to be an awesome DJ. They will learn how to remix all of their favorite songs and give them a new spin. Warriors in this group will receive a CD of an original song they mixed at the end of the session.

**Movie Madness.** Warriors in this group will have the amazing honor of being the stars, writers, and directors of their very own movie. The movie will take a look at Opportunity Knocks through the years and be debuted at this year's Gala.

**Shoes!** We all loved our Jordan's, All-Stars, and Crocs. Now it is time to make way for the Warrior! Participants in this group will be designing their very own shoe brand! All Warriors in this program will take home a pair of shoes they created!

To register for Winter 2015 Session 2, please complete this form and submit it to Opportunity Knocks by **February 18, 2015**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **March 24, 2015**, or within 30 days of the beginning of the session. To register online, visit us at: [www.opportunityknocksnow.org/programs/evening](http://www.opportunityknocksnow.org/programs/evening)

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

**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

[ ] FAST FOOD MAKEOVERS [ ] DJ HERO  
 [ ] MOVIE MADNESS [ ] SHOES!

Participant Fees Table for 4-Week Sessions			
Annual Household Income	3 days/week	2 days/week	1 day/week
> \$55,000	\$400	\$240	\$120
< \$55,000 > 35,000	\$300	\$180	\$90
< \$35,000	\$200	\$120	\$60

## 2015 AFTER OPPTS - PROGRAM CALENDAR

### Winter

SESSION 1: January 5 - February 6 (5 weeks)  
 SESSION 2: February 23 - March 20 (4 weeks)

### Spring

SESSION 1: April 6 - May 8 (5 weeks)  
 SESSION 2: May 25 - June 19 (4 weeks)

No program on May 25 due to Memorial Day.  
 No program on June 19 due to Tee II Up.

### Summer

SESSION 1: July 6 - July 31 (4 weeks)  
 SESSION 2: August 17 - September 18 (5 weeks)

No program on September 7 due to Labor Day.

### Fall

SESSION 1: October 5 - November 6 (5 weeks)  
 SESSION 2: November 23 - December 18 (4 weeks)

No program on November 27th due to Thanksgiving.



**OK's 5th Anniversary Party | February 13, 2015**

**Pictured: OK's First After Opps Session Showcase, 2010**

