

After Opps

WEEKLY ACTIVITY SCHEDULE & REGISTRATION

WW = Warrior Wellness Approved
 Warrior Wellness In Action! = Family Day
 Event on Friday, February 5th
 (last day of session)



WINTER SESSION 1 | January 4 - February 5

Mondays

Advantage Warriors! This session the Warriors will learn the basic rules and compete against each other in tennis. We will learn how to serve, return, volley, and more. **WW**



Sense-Afional This group will be focusing on sensory games and crafts! We will learn how to make our own lava lamps as well as other gadgets and fidgets.

Cultural Explorations. Warriors will learn about a new culture each week, from local foods, clothing, location, and more!

Snow-chitecture. Let's build things in the snow! Warriors will have to brave the elements and show off their art skills in the frozen tundra by making igloos, snowmen, and more!



Wednesdays

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

Gala Crafts. Warriors in this program will be responsible for making amazing crafts for this year's OK Gala auction. Our own Honey Badger has some amazing new ideas that will top the awesome projects that were made last year.

Model Behavior. Each week, this group of Warriors will be heading out and helping out with various members of our community. Some activities may include helping out at a local food pantry or visiting nursing homes and animal shelters. Warriors are strongly encouraged to come with their own ideas on how to better our local community

Kurt, OK's Mad Scientist. One of our newest staff members is also our biggest science fan. Each week, Kurt will introduce us to an amazing science experiment.



Fridays

In a Pickle. This session our cooking group will face their toughest challenge yet! Finding new ways to incorporate our delicious Knock Out Pickles in a variety of new recipes. These recipes will be published in a future Opportunity Knocks Cookbook!

Jurassic World. Warriors with a love for dinosaurs are encouraged to sign up for this program! We will focus on different projects, games, and activities that are all about dinosaurs. We will even look at the different ways dinosaurs have been portrayed in various forms of media.

Inside Out Improv. Using the core emotions identified in the Disney movie Inside Out, Warriors in this improv group will participate in improvisational games to reflect on our emotions. Emotions explored will include happy, sad, angry, frightened, and disgusted.

Health Club. Warriors in this group will learn about ways to stay healthy in mind and body. We will look at ways to eat healthy, exercise healthy, and think healthy and get a chance to share their knowledge and tricks on the subject. We will also visit at least one local gym during the session. **WW**

After Opps

WEEKLY ACTIVITY SCHEDULE & REGISTRATION

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WINTER SESSION 2 | February 22 - March 18

Mondays

Knit and Purl. Warriors will learn the basics of knitting!! We will learn to make our own scarves and more.

Rack 'Em Up. Each week, this group of Warriors will head out to local billiards halls and learn such games as 8 ball, snooker, and 9 ball!

Art With a Message. Warriors in this program will work on art projects that surround a social issue, such as disability awareness, self advocacy, and more. We will also learn about different artists whose work made important social messages

Drum Circle. Warriors in this program will learn about music and some drumming basics. They will learn to match the beat to different background music playing, as well as talk about the emotions different music can express.



Wednesdays

Gala Crafts. Honey and her crew of Warriors will be putting the finishing touches on the projects they started in session 1.

Comm Opps. 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.

Movement Improvisation. Warriors in this group will learn this technique that incorporates dance, yoga, performance, and mindfulness. Warriors will learn new exercises that quiet the mind and body while exploring new ways to move. **WW**

This Is Me. What makes the world such an amazing place is the uniqueness of each and every one of us. Through different activities and projects, each person in this group will get to share exactly what makes each of us our own person. **WW**



Fridays

Me, Myself, and Pie! Our cooking group will take their favorite healthy recipes and turn them into a pie! Warriors in this group are encouraged to bring their favorite recipes or ideas that they would like to see turned into pie form.

Make Up Tips and Tricks with Keely. After Opps staff Keely Baldwin will share all of her knowledge on the world of make up. Warriors in this program will learn how to make a natural/ everyday look, an evening look, a bold lip, and more!

Brunswick Bashers. Warriors in this program will go out to Circle Lanes and bowl two games with their friends. They will also learn several tips and techniques to help improve their game. **WW**

Fandom: Hayao Miyozaki! Step into the beautiful world of Japanese animator and director, Hayao Miyazaki, and determine for yourself what different whimsical characters, symbols and plot lines mean. Warriors in this program will watch and dissect the award winning films My Neighbor Totoro and Spirited Away.



OPPORTUNITY KNOCKS

WARRIOR WELLNESS IN ACTION!

Family Day Event
 Friday, February 5, 2016 from 4:00pm to 6:00pm

Come join in the fun as all families are invited to see Warrior Wellness in action and learn some new tips they can use at home. Warriors will produce their first LIVE talk show - featured guests include Joe and Warrior Catering, Jeni and the Wellness Warriors, and a few surprise guests. Come join the studio audience on Friday February 5th from 4:30-6:00pm and learn recipes and exercises you can take home with you.

Please RSVP with your registration or email Joe Hart at 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 2016 Session 1, please complete this form and submit it to Opportunity Knocks by **December 30, 2015**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **February 2, 2016**, or within 30 days of the beginning of the session. To register online, visit us at: www.opportunityknocksnow.org

Participant name _____
 Participant address _____
 Parent/guardian name _____

Amount due \$ _____

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

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

IN A PICKLE JURASSIC WORLD
 INSIDE OUT IMPROV HEALTH CLUB

To register for Winter 2016 Session 2, please complete this form and submit it to Opportunity Knocks by **February 17, 2016**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **March 22, 2016**, 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 _____

Amount due \$ _____

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

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

ME, MYSELF, AND PIE! MAKE UP TIPS AND TRICKS
 BRUNSWICK BASHERS MIYAZAKI MOVIE FANDOM

2016 AFTER OPPTS | PROGRAM CALENDAR

Winter
 SESSION 1: January 4 - February 5 (5 weeks)
 SESSION 2: February 22 - March 18 (4 weeks)

Spring
 SESSION 1: April 4 - May 6 (5 weeks)
 SESSION 2: May 23 - June 17 (4 weeks)
No program on May 30 due to Memorial Day.

Summer
 SESSION 1: July 6 - July 29 (4 weeks)
 SESSION 2: August 15 - September 16 (5 weeks)
No program on September 5 due to Labor Day.

Fall
 SESSION 1: October 3 - November 4 (5 weeks)
 SESSION 2: November 14 - December 16 (4 weeks)
No program on November 25 due to Thanksgiving.



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



STAFF

Mike Carmody
Executive Director
mike@opportunityknocksnow.org

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

Keely Baldwin
Honey Badger
Ian Carlson
Jeni Pierce
Juliet Kibbe
Kurt Grahne
Maria Donahue
Maria Prevolos

Mary Kate Kind
Mike Colucci
Noah Herman
Sam Kehoe
Serena Smith
Shannon Kenny
Steve Comprere

THANK YOU VOLUNTEERS

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

Aaron Kende
Andres Alonzo
Ben Rankin Parker
Carlos Torres
Jarvis Hart
Jonece Dansby
Kaki Lovas
Karice Childs
Kathleen Mcshane

Luke Scanlon
Nora marren
Pat Cozzi
Samantha
Youseph
Sue Thies
Susie Lazewski
Tommy Mccahill

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!

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.

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

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 half time 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.

