

# AFTER OPPTS

REGISTRATRIION BROCHURE

## Spring 2016

**SESSION 1**  
April 4 - May 6

**SESSION 2**  
May 23 - June 17

No program on Monday,  
May 30 due to Memorial Day.



**THIS SESSION: CHOPPED!, BIKES AND TRIKES, IMPROV, DISNEY MOVIES, SCRAPBOOKING, CREATIVE WRITING, WOODWORKING, JUST DANCE, PEER PLANNED AND LED PROGRAMS, AND MORE!**

### **AFTER OPPTS**

After Opps is an after school/after work program that offers a wide variety of activities that are developed in collaboration with the Warrior participants. Program activities are embedded with a focus on peer leadership, health and wellness, social interaction and community connections.

### **WHO ARE WE?**

Opportunity Knocks is an Illinois 501c.3 nonprofit organization that serves young people who have intellectual and developmental disabilities (I/DD) in the Oak Park, Forest Park and River Forest communities through social, recreational and life-skills programming.

### **WHAT IS A WARRIOR?**

The people we serve are Warriors and it is our belief that their place in the community is both valuable and necessary. Because of their perseverance and strength we endearingly dub our participants as Warriors.

# AFTER OPPTS

## WEEKLY ACTIVITY SCHEDULE & REGISTRATION

Spring Session 1 | April 4 - May 6

### Mondays

#### I LOVE THE 2000S

We'll be going back in time to that special decade in history, the aughts! It was a simpler time before smart phones and selfie sticks. We will revisit the pop culture that made those years memorable by listening to the music, movie/television clips, dancing, using the vernacular and enjoying all the other fads of the time.

#### MASON JARS, Y'ALL!

This program will incorporate mason jars into every activity they do! Whether it's making some homemade jelly or creating a lovely flower arrangement, mason jar will be the centerpiece. With so many different uses, this mason jar group is going to be jammin'!

#### WARRIOR WORLD CUP

In this program warriors will enjoy the sport of soccer. Soccer is a cross cultural love affair and warriors will be able to celebrate it too! They will learn ball handling skills, goal keeping, and have fun scrimmaging.

\*Warrior Wellness\*

#### HOW CAN IT BE GLUTEN FREE?!

In this group the warriors will be learning how to bake using healthy, gluten free ingredients. Sugar free, gluten free chocolate cupcakes will be made. We will also bake a low carb coconut almond bread. You will never believe gluten free, nutritious baking could taste so good!

\*Warrior Wellness\*

### Wednesdays

#### COMMUNITY OPPTS

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

#### TRACK & FIELD

Our warriors will become Olympians in the Track & Field program. They will learn about Greek culture and the first Olympic games. The warriors will get a chance to run, jump, hurdle, and throw their way through history while they practice modern track and field events that have evolved from the ancient games.

\*Warrior Wellness\*

#### IMPROV

Learning the craft of stage and sound the warriors will get to take part in a bit of performance. They will explore their communicative abilities and different modes of expression all the while having fun with improvisational comedy. Using these fun and whimsical games warriors will get the chance to play and connect with themselves and their peers.

#### AUTOBIOGRAPHY SCRAPBOOK

Warriors will catalogue their past, present, and future through the medium of scrap-booking. Warriors participating in this program will be asked to bring in pictures and other items from home with advance notice.

### Fridays

#### MICROWAVE 101

The daily task of preparing meals just got easier! Warriors in this cooking group will rediscover a handy and efficient method of cooking by exploring the wide range of cooking possibilities offered by the microwave oven.

\*Warrior Wellness\*

#### JUST DANCE!

Let loose and kick it with staff in this mash up of old school and modern hip hop funk fusion dance class. Warriors will learn step by step dance moves with staff in a group setting, putting it all together to show off the footloose skills on the dance floor. Get ready to sweat and get your heart pumping with the rhythm in this energetic, fun for all class.

\*Warrior Wellness\*

#### THIS ONE'S FOR THE BIRDS

Warriors in this program will be working on their woodworking skills. One of the main projects that the Warriors will be working on in this session is building Birdhouses. The Warriors will also have the opportunity to design and build using new tools that they may have never used before as long as the proper safety measurements to take.

#### PEER LED PROGRAM PLANNING

Warriors will use their leadership skills to brainstorm and plan the activities for Wednesdays Spring #2. Registration for Wednesdays Spring #2 is required as these Warriors will be implementing their plans and leading their peers in their creative activities!

To register for Spring 2016 Session 1, please complete this form and submit it to Opportunity Knocks by **March 30, 2016**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **May 3, 2016**, 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 \_\_\_\_\_

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

Amount due \$ \_\_\_\_\_

Participation:  1 day/week  MON  WED  FRI

2 days/week  MON  WED  FRI

3 days/week  MON  WED  FRI

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	\$335	\$210	\$105
< \$35,000	\$235	\$140	\$80

#### 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 = 😡

Microwave 101  Just Dance!

This One's For the Birds  Peer Led Program Planning

# AFTER OPPTS

## WEEKLY ACTIVITY SCHEDULE & REGISTRATION

Spring Session 2 | May 23 - June 17

### Mondays

#### BIKES AND TRIKES

Three wheels, two wheels, one wheel---it's time to roll!!! Warrior bicyclists will learn bike safety and head out to spin their wheels.

\*Warrior Wellness\*

#### SPRING-A-PALOOZA

With spring around the corner, this program will create a spring time bucket list to celebrate the new season. The warriors will take a nature walk, make bird feeders, dye eggs, paint pictures of flowers, fly kites, and so much more. Rain or shine, this program will have a good time!

#### ONCE UPON A TIME

Close your eyes and dive deep in your mind to jump start your brain's imagination. Warriors will work in a group with staff to brainstorm characters, plots, and whatever comes to mind in this creative writing class. Each week fun brainstorming activities will take action in creating the artistic short stories that follow. Be original, dream big, get creative!

#### GET DOWN, GET DIRTY, BE CREATIVE

Put aside those garden tools and pull out the paint and brushes! There's more to gardening than planting! Warriors in this outdoor/indoor group will be getting down and dirty by adding artistic improvement to our OK garden space. Projects include Chia Pets, funny signs and so much more!

\*Warrior Wellness\*

### 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.

### Fridays

#### CHOPPED!

Two Warrior teams; five mystery ingredients; one epic culinary battle. Get ready for the epic return of Chopped, Warrior Style. Each week, the cooking group will be split into two teams and have to make the best meal using five mystery ingredients. Winners will be decided by a panel of Warriors, staff, and volunteers.

#### YOGA

In this program, Warriors will become familiar with yoga, mindfulness, and meditation. We will practice poses, use energy stories, and experiment with guided meditations. With the opportunity to relax and explore different schools of yogic practice, Warriors are sure to benefit in mind body and spirit.

\*Warrior Wellness\*

#### WARRIORS OF STEEL

Jane Fonda and Richard Simmons watch out!! The Warriors are recording and releasing their own exercise video!

\*Warrior Wellness\*

#### DISNEY MOVIE FANDOM

In this program the Warriors will watch Disney movies or clips! They will analyze the films, learn what morals are being taught, and apply the lessons in their everyday lives!

To register for Spring 2016 Session 2, please complete this form and submit it to Opportunity Knocks by **May 18, 2016**. Invoices from Opportunity Knocks, Inc. will be mailed shortly after registration is received. Payment is due by **June 21, 2016**, 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 \_\_\_\_\_

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

Amount due \$ \_\_\_\_\_

Participation:  1 day/week  MON  WED  FRI

2 days/week  MON  WED  FRI

3 days/week  MON  WED  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 = ☹️

Chopped!  Yoga

Warriors of Steel  Disney Movie Fandom



2016 PROGRAM SNAPSHOTS  
**Winter Session 1**



**COMMUNITY OPPS**



**IMPROV**



**HEALTH CLUB**



**JURASSIC WORLD**



**COMMUNITY OPPS**



**HEALTH CLUB**



**IN A PICKLE**

2016 PROGRAM SNAPSHOTS  
**Winter Session 2**



**RACK 'EM UP**



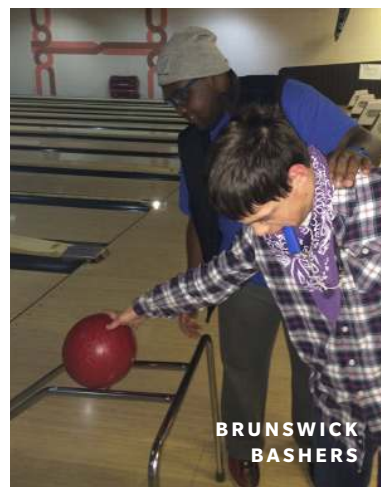
**DRUM CIRCLE**



**DRUM CIRCLE**



**KNIT & PURL**



**BRUNSWICK BASHERS**

**PROGRAM PHILOSOPHY**

Opportunity Knocks aims to stimulate the interest of various leisure 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 and where healthy relationships can be fostered in a safe, nurturing setting.

**PROGRAM & REGISTRATION INFORMATION**

For eligibility, registration requirements, session fees, daily structure, safety requirements or other information, see the After Opps program page on our website at: [www.opportunityknocksnow.org/programs/after-opps](http://www.opportunityknocksnow.org/programs/after-opps).



**STAFF**

Honey Badger  
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 Shannon Kenny  
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 Mary Kate King

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 Jeni Pierce  
 Maria Prevolos  
 Serena Smith

**THANK YOU VOLUNTEERS!**

Tommy McCahill  
 Jarvis Hart  
 Aaron Kende  
 Luz Morales  
 Jonece Dansby  
 Karice Childs  
 Pat Cozzi  
 Sue Thies

Bruce Slatter  
 Carlos Torres  
 Andy Schoen  
 Haley Gearin  
 Kathleen McShane  
 Gisel Morales  
 Natalie Garcia

**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!

**CONTACT**

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**LEARN MORE**

[www.opportunityknocksnow.org](http://www.opportunityknocksnow.org)



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