

AFTER OPPS

REGISTRATION BROCHURE

WINTER 2018

AFTER OPPS | WINTER SESSION 1
Jan 3 - Feb 2

AFTER OPPS | WINTER SESSION 2
Feb 19 - Mar 16



GARDENING, JEWELRY MAKING, FOOTBALL, TALENT SHOWS, COOKING WITH CHEF JOE, DRAWING 101, MOVIES & VIDEO GAMES, SURVIVOR, PINWOOD DERBY CARS, & MORE!

AFTER OPPS

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 OPPS

WEEKLY ACTIVITY SCHEDULE & REGISTRATION



WINTER SESSION 1 | January 3 - February 2



Mondays

MUSIC IN THE COMMUNITY

Warriors in this program will be checking out the many different kinds of musical experiences in our community

BOOK CLUB/STORYTELLING

This winter, the Warriors will be finding good books to read, having exciting conversations, and sharing some awesome stories all while in the Book Club/Storytelling program.

FLOOR HOCKEY (206)

Warriors will be working on their slap shot and competing in indoor floor hockey!

Warrior Wellness

FARM

Ever wonder what farmers do in the winter? In this program Warriors will learn about soil and plant anatomy, what it means to "eat local" and will give their input on what should be grown next season on the OK farm! We will also spend time getting creative with art projects to be displayed on the farm.

Warrior Wellness

Wednesdays

COMMUNITY OPPS

The Warriors will be deciding what we will be doing/making for the gala in addition to supporting other nonprofit organizations in our community.

YOGA

Namaste! Warriors will be focusing on their breathing, working on their balance, strength, and flexibility in the Yoga program.

Warrior Wellness

INDOOR SPORTS

Soccer, Handball, Racquetball, etc. The Warriors in the indoor sports program will learn about different indoor sports and have the opportunity to play some of these sports.

Warrior Wellness

TIE DYE

Who doesn't like Tie Dye? Warriors will have the opportunity to Tie Dye many different things in the Tie Dye program.

Fridays

STEW

STEW-pendous (Cooking) - Tis the season of the Chili Cookoff. Since it is the Chili Cookoff season, Warriors will be making different kinds of chili and stews for each other for OK Family dinner.

Warrior Wellness

ROCK CLIMBING

Can you take me higher!!!...In the Rock Climbing program, warriors will get to experience the extreme sport of Rock Climbing and climb to new heights.

Warrior Wellness

DIY CRAFTS

Warriors in the DIY crafts program will look at craft projects that they would like to create and have the opportunity to "Do It Yourself".

SITCOM

Friends, Seinfeld, The Office, and Fresh Prince of Bel-Air. The warriors in the Sitcom program will practice their acting ability in the Sitcom program.

FOR THE SAFETY AND WELFARE OF ALL, ALL OPPORTUNITY KNOCKS' PROGRAMS WILL BE LIMITED TO A MAXIMUM NUMBER OF PARTICIPANTS RANGING IN ALL ABILITY LEVELS. THE MAXIMUM NUMBER WILL BE DECIDED UPON BY THE EXECUTIVE DIRECTOR AND PROGRAM DIRECTOR. THE NUMBER WILL BE BASED ON STAFFING AS WELL AS SPACE OPPORTUNITY KNOCKS HAS ACCESS TO DURING THE PROGRAM TIME.

AFTER OPPS

WEEKLY ACTIVITY SCHEDULE & REGISTRATION



WINTER SESSION 2 | February 19 - March 16



Mondays

FARMING

Ever wonder what farmers do in the winter? In this program Warriors will learn about soil and plant anatomy, what it means to "eat local" and will give their input on what should be grown next season on the OK farm! We will also spend time getting creative with art projects to be displayed on the farm.

Warrior Wellness

FITNESS

Hustle for that muscle! Warriors will be working on their fitness through a variety of workouts that will challenge their strength and endurance!

Warrior Wellness

ALL ABOUT ME

Who doesn't love talking about themselves? Warriors will get a chance to share a bit of who they are with each other in this program, finding out what we all have in common and learning new things about our friends.

GALA SPOTLIGHT

Warriors will decide upon and create a warrior spotlight moment to showcase at this year's Gala. It may be a video, a dance, song whatever it is it will be done in true warrior style!

Wednesdays

COMM OPPS

The Warriors will be continuing the gala project in addition to supporting other nonprofit organizations in our community.

GALA CRAFTS

Warriors will be busy making different crafts to be auctioned at the gala, let's get creative!

WINTER OLYMPICS

Skiing, snowboarding, curling, ice skating, hockey - We'll be doing our own versions of winter olympics sports while the champs compete in Pyeongchang, South Korea.

Warrior Wellness

Fridays

WHERE'S THE BEEF?

There is none this session, as warrior chefs focus on vegetarian cuisine.

Warrior Wellness

KARAOKE

'I got my hands up they're playing my song!' grab a mic and sing a long it's karaoke time.

SCIENCE

Get your lab coats on! Warriors will get their chance to be a scientist and get into some fun experiments.. Hmm what happens when you mix baking soda and vinegar? Let's find out!

COMMUNITY SCAVENGER HUNT

Warriors will be out and about in the community searching for different things on various scavenger hunts.

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PROGRAM SNAPSHOTS

WINTER SESSIONS 1 & 2



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 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.

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!

TALK TO US!

8020 Madison Street
River Forest, IL 60305

(708) 771-6159 ext.220

www.opportunityknocksnow.org



OPPORTUNITY KNOCKS

THE 10TH ANNUAL CHILI COOK OFF



Sunday, Jan 14

12:00 PM - 5 PM

FITZGERALD'S

6615 W. ROOSEVELT

Please visit www.opportunityknocksnow.org to learn more!

