



Olympia Fields  
Park District

# Fall Winter 2018 2019



## Letter from the Director

Dear Park District Friends,

I don't have to tell you about how the digital revolution has changed the way we take on the task of living every day. We all are performing some type of function daily that has made our lives more organized, safer, comfortable and convenient. Maybe you used GPS to get from point A to point B or maybe you received an email reminding you of a job interview. Maybe your dentist texted you today to remind you of your appointment on Thursday. These days, we are in constant connection with just about anyone for any variety of reasons at the click of the mouse or press of the key pad.

And why not? Every convenience gives us more time to do things we need or want to do. And we are so much more informed about our community. Olympia Fields Park District wants to be more connected with you-our users. And because of that, we feel it is time to do away with the printed brochure copy and go to all digital forms of communications with you. We can instantly send you reminders to register or make a payment on a trip or rental. We can provide you with the information you care about.

Starting a year from now with the fall season of 2019, we will no longer be mailing the brochure, but it will as always be on our website. You can also register online too. You will find fees and charges for programs, splash pad information, community garden maps and plots, and many other things that you could never find in our limited page brochure. You can also contact us via email with questions or concerns.

We feel by going to an all-digital form of public relations we will be able to get the word out to more people who will want to be a part of our activities and facilities. We will also be completing part of our mission by adding to another green practice. We are hopeful that those who do not feel savvy in the area of digital devices might come to the Park District for a short workshop on digital communication 101. It's free and you just might have fun in the process of learning. Hope to see you soon.

*Denise Will*

## Garage Sale in the Park

Make money and clean your garage, basement, crawl space, or storage area at the same time. Bring your gently used items and discover how one person's trash is truly another's treasure at the annual Garage Sale in the Park! Business vendors are welcome. All participants must bring their own table & chair and are welcome to bring their own tent.

All Ages (children must be accompanied by an adult)

Sgt. Means Park

Sat, Sept 8 (no rain date)

8:00 am - 1:00 pm

Table Fees:

\$14

Discounted Resident Rate: \$10

Business Vendors: \$20

200001-02

Registration Deadline: September 7

## Brushes & Bottles

Grab your friends for a fun night of painting and adult beverages! There is zero artistic experience required when you participate in this event. Our very own beloved watercolors instructor, Sandee Theisen, will walk you through how to create your artwork step by step while enjoying your favorite drink. She will instruct you how to create an acrylic canvas painting, or paint a wine bottle wind chime. A great night to relax with your friends or make new ones, and you will be able to take home your artwork masterpiece at the end of the event. All painting materials included. Bring your own drinks & snacks! Ice, cups, plates & napkins will be provided.

Adults 21 and older

The Bradford Barn

\$35

Lighted Painted Wine Bottle

Fri, Sep 28 6:00 - 9:30 pm 288825-01

Acrylic Painting

Fri, Oct 26 6:00 - 9:30 pm 288815-01

Lighted Painted Wine Bottle

Fri, Nov 16 6:00 - 9:30 pm 288825-02

Acrylic Painting

Fri, Dec 14 6:00 - 9:30 pm 288815-02

Pre-registration required.

Registration deadline is 3 days prior to each event.



## Adult First Aid/CPR/AED

The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older). Students who successfully complete this course will receive a certificate for Adult First Aid/CPR/AED valid for two years.

Ages 16 and older  
The Bradford Barn  
\$89

Wed, Sept 19 5:30 - 8:30 pm 288825-01

Wed, Oct 24 5:30 - 8:30 pm 288815-01

Pre-registration required.  
Registration deadline is 3 days prior to each event.

## Bridal Show

The Bradford Barn is a multi-use facility designed to hold special events, including weddings. Guests planning and preparing for their wedding day can visit with vendors and view the venue. We will have raffles throughout the event from various vendors.

All Ages (children must be accompanied by an adult)  
The Bradford Barn  
Sun, Sept 30  
1:00 - 3:00 pm  
FREE general admission to the public

Vendors must purchase space to participate. Please call 708-481-7313 or email [anna@ofparks.org](mailto:anna@ofparks.org) to find out pricing, and to receive a vendor packet.

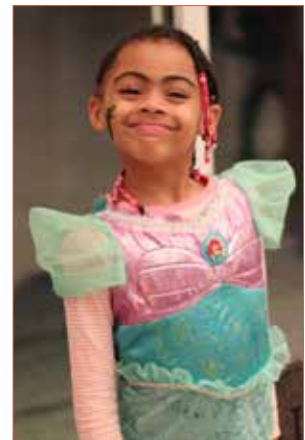


## Perk Your Park Day

Perk Your Park Day is dedicated to the beautification of our most popular park! We will have staff at our main park, Sgt. Means Park, with various tools, gloves, and bags to use. So come help out cleaning up the park, and making it just as beautiful as the day it was first established.

Please bring a food item for the pot luck lunch at The Bradford Barn Pavilion at the end of the event.

All Ages (children must be accompanied by an adult)  
Sgt. Means Park  
Sat, Oct 13  
9:00 am - 1:00 pm



## Costume, Candy & Campfire

Experience Trick-or-Treating like never before! When you first come in, you will be able to receive candy from local businesses. Then the party will continue with a costume contest, Monster-Mash Dance-Off, Mummy Wrap, games, and dancing! All children will receive a goody bag at the end of the event.

All Ages (children must be accompanied by an adult)  
The Bradford Barn  
Sat, Oct 6  
12:00 - 1:30 pm  
\$5 per person  
288205-01

### Attention Vendors!

We're looking for local vendors to participate in the Trick-or-Treat portion of the event. If you wish to participate, please contact Jesus at 708-481-7313 or [jesus@ofparks.org](mailto:jesus@ofparks.org) to request an application. It is free for vendors to participate. All we require is that you fill out the application and bring a treat for the children.

## special events

### Life Line Screening

Life Line Screening, a leading provider of community-based preventive health screenings will be at The Bradford Barn on Monday, October 1. Ultrasound screenings to Identify risk factors for Cardiovascular disease include; Carotid Artery (plaque buildup-a leading cause of stroke), Abdominal Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), Peripheral Arterial Disease (hardening of the arteries in the legs), a Heart Rhythm Screening (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an Osteoporosis Risk Assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

You can register by calling 800-640-6307 and receive a \$10 discount of the package. Or text the word "circle" to 797979. You may also register at [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle)

The Bradford Barn  
Mon, Oct 1  
8:30 am - 5:00 pm

### Tailgating & Chili Cookoff

Come join Olympia Fields Park District for a day of tailgating and chili! Who makes the best chili you say? Enter your chili in our cook off and find out who has the best chili in town. We will also serve hot dogs and watch the Chicago Bears vs. the New York Jets.

Adults 21 and older  
The Bradford Barn  
Sun, Oct 28  
11:30 am (Game time 12:00 pm)  
FREE  
\$5 entry fee for chili cookoff  
Free hot dogs, BYOB  
200003-01  
Registration Deadline: October 22

### The Polar Express Storytime Train

All aboard the Polar Express Storytime Train hosted by the Olympia Fields Park District! We will take a Metra train from the Olympia Fields train station on 203rd Street to the "North Pole" (Chicago). During the ride to the "North Pole," we will read the beloved story, The Polar Express. Also, Santa will visit with every good little girl and boy, and give a gift to them.

When we arrive at the "North Pole", guests will have approximately 3 hours to explore Chicago. Staff can provide information of local attractions guests may visit if requested. We ask that all participants meet us at 5:20 pm to board the train together. During the train ride home, we will pass out goody bags, sing carols, and play games. Don't miss out on this great holiday event!

All Ages (children must be accompanied by an adult)  
Metra Station parking lot on 203rd St., just East of Kedzie Ave.  
Sat, Dec 1  
12:45 - 6:00 pm  
\$15 per person  
288706-01

### Winter Wine Tasting

Enjoy a relaxing evening with Olympia Fields Park District's first ever Winter Wine Tasting. This event will not disappoint, providing plenty of appetizers and a variety of wine for all.

Adults 21 and older  
The Bradford Barn  
Sat, Dec 8  
4:00 - 7:00 pm  
\$30 per person (includes light appetizers & 2 wine tastings)  
Additional tastings and food available for purchase  
200003-01  
Registration Deadline: November 30

### Little Free Library

Little Free Libraries began in 2009: the first one in memory of a retired school teacher. The idea has spread to many states, and there are nearly 16,000 Little Free Libraries worldwide. The Olympia Fields Library Board, with the co-operation of the Olympia Fields Park District, has installed our first Little Free Library at Sgt. Means Park. The Little Library is similar to a large bird house and holds many books.

It is located beside the entrance way to the Park District buildings. This Little Free Library offers residents an opportunity to take a book, return it or replace it with another book. Please visit and share your love of literature.

Joan Braden

## Holiday Fitness Program Open House

Try our wonderful classes and enjoy some holiday snacks. Let's kick off the holiday season and make your New Year's resolutions early. Registration will be available for all upcoming fitness classes!

The Bradford Barn  
Thurs, Dec 13  
6:45 - 9:30 pm  
FREE

7:00 - 7:30 pm ZUMBA with Lisa  
7:30 - 8:00 pm Tai Chi with Anpu Mfundishi  
8:00 - 8:30 pm Jammin' with Janelle  
8:45 - 9:15 pm Yoga with Elizabeth

Registration Deadline: December 11  
Please call 708-481-7313 to register.



## Christmas Cookies with the Kids

Please join Olympia Fields Park District for making and decorating a variety of cookies and shapes. You will walk away with plenty of great treats for the holidays.

Ages 4 and older  
The Bradford Barn  
Sat, Dec 15  
10:00 am - 12:00 pm  
\$5 per person  
200002-01  
4 person minimum / 12 person maximum  
Registration Deadline: December 7



## Daddy Daughter Date Night

Attention all girls! You are invited to share this lovely Valentine's season with your favorite date: your dad! The evening will begin with an elegant buffet dinner, followed by a fun-filled night of dancing, music, games and prizes for you and your date. Each young lady will have the opportunity to have her photo taken with her dad for an additional cost. Couples must arrive by 7:30 pm to have their picture taken.

Daughters ages 3 and up, accompanied by an adult  
The Bradford Barn  
Fri, Feb 1  
7:00 - 10:00 pm  
\$30 per couple, \$10 each additional child  
\$20 Early Bird Discount  
382105-01  
Early Bird Registration Deadline: January 25



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## Shipshewana

A new twist to our Shipshewana trip where guests will have the opportunity to shop at the unique boutiques as well as visit the nationally known flea market. Shop four (4) floors and twenty-one (21) stores all under one (1) roof. Everyone on their own for lunch – dine at one of the many cafés located in the Downtown area then head for the well-known flea market. Transportation included.

Wed, Aug 29

8:00 am - 6:30 pm

\$50

Code: 578998-94

25 person minimum / 28 person maximum

**No refunds. Checks only.**

Registration Deadline: August 10

## Door County

with Paul Barille, Accidental Tour Guide

See Door County with exceptional tour guide Paul Barille from the Accidental Tour Guide. Call office for trip itinerary.

Wed - Fri, Oct 2 - 4

8:00 am (Wed) - 11:00 pm (Fri)

\$595

Code: 578999-14

35 person minimum / 50 person maximum

**No refunds. Checks only.**

Registration Deadline: September 10



## East Peoria Festival of Lights with Paul Barille, Accidental Tour Guide

Visit the internationally known East Peoria Festival of Lights. Drive down to the Levee District in East Peoria. There will be time to grab snacks on your own and do a little shopping. We will visit the traditionally spectacular Christmas tree.

Wed, Dec 5

1:00 - 9:00 pm

\$50

Code: 578999-31

25 person minimum / 25 person maximum

**No refunds. Checks only.**

Registration Deadline: November 1

## Trip Refund Policy

Refunds for trips may vary due to non-refundable tickets or fees. Refund requests that can be processed will be cheerfully given, less a minimum \$10 refund fee. Cancellations made by Olympia Fields Park District are not subject to the refund fee.

## General Trip Information

All trips depart / return from Sgt. Means Park unless otherwise noted.

Please arrive 15 minutes prior to start time.

Overnight parking available at Park District.

Don't wait until the last minute to register! Please sign up early or the trip that you want may have to be cancelled.



## Collette Trips

### Discover Southern Italy & Sicily

April 8 - 19, 2019

\$3,849 double occupancy

578998-82

Registration Deadline: October 7, 2018

### Australia and New Zealand from the Outback to the Glaciers

February 18 - March 10, 2019

\$7,999 double occupancy

578999-10

Registration Deadline: August 19, 2018

### Memorials of World War II Celebrate the Anniversary of D-Day

August 2019

\$4,749 double occupancy

10 Days, 12 Meals: 8 Breakfasts, 1 Lunch, 3 Dinners

578998-15

Registration Deadline: February 6, 2019

Includes: London WWII Themed City Tour  
Churchill War Rooms • Eurostar Train • Pegasus Bridge  
Caen • Arromanche les Baines  
Caen Memorial Peace Museum • Juno Beach  
Sword Beach • Normandy American Cemetery  
Omaha Beach • Utah Beach • Pont du Hoc  
Airborne Museum • Saint Mere Eglise  
Bayeux Commonwealth Cemetery  
Memorial of Internment and Deportation • Reims  
Musée de la Reddition • Paris WWII Themed City Tour  
Eiffel Tower Dinner

\*Please register 6 months prior to departure to assure your space in the above trips otherwise it is by availability and/or selection of a different travel date.

**Other Collette departures and tours available. If interested, please contact Mallory at 708-481-7313.**

\*\*Collette Trips include airfare, hotel, hotel transfers, assigned 24 hour guide, breakfast and some meals. Group pick-up and drop-off to O'Hare airport included. (Trip guide and motor coach driver gratuities not included.)

American Express/Visa/MasterCard/Discover /check accepted for payment.

## Diamond Tours

### Pigeon Forge and Smoky Mountains Show - 6 Shows!

November 26 - December 1, 2018

\$575 double occupancy

578997-17

### Tunica and Memphis

See National Civil Rights Museum and Graceland

March 25 - 29, 2019

\$565 double occupancy

578997-23

### The Ark Encounter / Creation Museum / National Underground Railroad Freedom Center

May 6 - 10, 2019

\$634 double occupancy

578997-22

\*Diamond Tours trips are priced per person, based on double occupancy. Includes motor coach travel, hotels, breakfast and some meals. (Trip guide and motor coach driver gratuities not included.)

**Only checks made payable to Diamond Tours are accepted for payment.**

Insurance checks made payable to Travel Insured.

**Please contact Mallory at 708-481-7313 for additional information.**

## Extended Trips

Travelers insurance is not included in your tour price. It is the participant's responsibility to investigate coverage and decide if it is to be added. Insurance payments due at time of registration.

For Diamond Tours, Collette Trips, and Mayflower Tours, please refer to their company refund policy. Travel insurance is available for these trips.

**Please see page 6 for Trip Refund Policy and General Trip Information.**

# silver social club

Join us for our program series for seniors and active adults. We will offer different programs featuring fun and fabulous activities, sure to excite everyone!

Times and days may vary for programs and day trips.

Call Mallory at 708-481-7313, ext. 222 or visit us at [ofparks.org/activities](http://ofparks.org/activities) for current Silver Social Club offerings.



## Attention Game Enthusiasts!

If you have your own Bridge, Chess, Checkers, or card game group and wish to utilize our space, call to reserve your groups' meet ups!

Bring your own materials.

Space is available from noon - 3:45 pm.

Please contact Mallory at [mallory@ofparks.org](mailto:mallory@ofparks.org) or 708-481-7313 ext. 222 for details.

### Mah Jongg for Fun!

Whether you are a beginner or experienced player, join our ongoing Mah Jongg players and catch their enthusiasm for this ancient, challenging game.

### Bridge

It's not easy getting together for a game of Bridge these days. Thankfully, now you can start your own group in our beautiful facility.

### Chess, Checkers, and Card Games

This is the place for you to beat the winter blahs. Bring your games and enjoy a relaxing afternoon playing your favorite games.



### Tai Chi

Our wonderful treasure, Master Teacher, Anpu Mfundishi, with over 46 years of practice and experience is certified by the Martial Arts Research Society and teaches both Qigong and Tai Chi classes.

You will become stronger and improve memory through this amazing class experience!

The Bradford Barn Recreation Room  
\$67

Minimum 6 participants

Thurs, Sept 13 - Oct 18  
9:00 - 10:00 am  
256004-01

Thurs, Nov 1 - Dec 13 (No class November 22)  
9:00 - 10:00 am  
256004-02

Thurs, Jan 10 - Feb 14  
9:00 - 10:00 am  
256004-03

Thurs, Feb 28 - Apr 4  
9:00 - 10:00 am  
256004-04

### Gentle Yoga

In this gentle morning class, we will slowly warm our bodies, strengthen and lengthen our muscles, and awaken our energy for the day. We will take our time with the postures and focus on breath and alignment. We will also explore techniques for calming the mind and for developing stability and agility in our bodies. This class is suitable for beginners and is accessible to those with physical challenges.

The Bradford Barn Silo  
\$57

Instructor: Elizabeth Moran  
Minimum 6 participants

Thurs, Sept 13 - Oct 18  
5:00 - 6:00 pm  
246101-01

Thurs, Nov 1 - Dec 13 (No class November 22)  
5:00 - 6:00 pm  
246101-02

Thurs, Jan 10 - Feb 14  
5:00 - 6:00 pm  
246101-03

Thurs, Feb 28 - Apr 4  
5:00 - 6:00 pm  
246101-04



## Van Trips

### The Field Museum

From dinosaurs and mummies to exclusive special exhibitions, you'll never run out of things to explore at The Field Museum! See the new dinosaur! Price includes lunch, tour, and transportation.

Thurs, Sept 13

9:15 am - 4:45 pm

\$68

Code: 578999-24

8 person minimum / 13 person maximum

No refunds

Registration Deadline: September 8

### Lunch at Pappadeaux

Enjoy lunch on your own at Pappadeaux, then stop at the outdoor Burr Ridge Shopping Mall (weather permitting).

Thurs, Oct 11

10:30 am - 4:00 pm

\$25

578999-10

8 person minimum / 12 person maximum

Registration Deadline: October 6

### Fine Art of Fiber at Chicago Botanic Garden

Stunning quilts, lovely knitted artwear, woven wonders, and breathtaking beadwork are among the abundant handcrafted items on view and for sale during the Fine Art of Fiber, held at the Garden's Regenstein Center. The area's oldest, largest, and most unique fiber art event, the Fine Art of Fiber is hosted by Illinois Quilters, Inc., North Suburban NeedleArts Guild, and the Weavers Guild of the North Shore.

Viewers will enjoy an exhibition of more than 150 pieces, including quilts, various types of needle art, knitting, weaving, wearable art, dolls, and jewelry. Sales boutiques offer a similarly wide variety of items for sale, including woven and knitted pieces, artwear, traditional and contemporary quilts, handmade holiday gifts, and much more. For more information, visit [fineartoffiber.org](http://fineartoffiber.org).

Price includes transportation. Lunch on your own.

Fri, Nov 2

9:15 am - 3:30 pm

\$50

Code: 578999-03

8 person minimum / 12 person maximum

No refunds

Registration Deadline: October 30

### Happy Hour Movie Days

The Bradford Barn

1:00 - 3:30 pm

FREE

RSVP to Mallory at 708-481-7313.

We will serve popcorn, please bring your own lunch.

Thurs, Nov 29 - RSVP by Nov 26

Thurs, Jan 31 - RSVP by Jan 29

Thurs, Feb 28 - RSVP by Feb 25

Thurs, Mar 28 - RSVP by Mar 25



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[facebook.com/ofparks](https://www.facebook.com/ofparks)

## Daughter and Mother (Grandmother Too) Tea Party

Enjoy a very special day drinking tea and eating cookies while painting and decorating a tea cup and saucer creating memories that will last a lifetime. Instruction provided by our very own painting. All supplies included.

Ages 10 and older  
The Bradford Barn  
Sat, Sept 29  
9:00 - 11:00 am  
\$35 per couple  
288825-01  
Instructor: Sandee Theisen

## Pre-Ballet

Early training helps prepare little bodies to master the beauty and discipline of Ballet. Flexibility and proper technique will be taught in a structured, yet age-appropriate setting. Leotard, tights, and ballet shoes required.

Ages 3 - 7  
The Bradford Barn Recreation Room  
Sat, Sept 8 - Nov 24  
11:00 am - 12:00 pm  
\$125 (12 week program)  
\$100 Discounted Resident Rate (12 week program)  
102507-01  
Instructor: Dancy Kids  
Minimum 5 participants / Maximum 8 participants

## Competitive Dance Team

Learn elements of ballet, jazz, lyrical and hip-hop dance... then put your skills to the test in competitions against other rising dancers. Great fun! Remember to wear comfortable, loose-fitting clothing to class.

Ages 8 - 14  
The Bradford Barn  
Sat, Sept 8 - Nov 6  
12:00 - 1:00 pm  
\$65  
\$55 Discounted Resident Rate  
212008-01  
Instructor: Leah Sloan

## Soccer Shots

### Mini

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Ages 2 - 3  
Sgt. Means Park  
Sat, Sept 11 - Oct 23  
10:30 am - 11:00 am  
\$75  
\$66 Discounted Resident Rate  
Instructor: Soccer Shots  
214256-01

### Classic

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Ages 3 - 5 (Pre-K)  
Sgt. Means Park  
Sat, Sept 11 - Oct 23  
11:00 - 11:40 am  
\$75  
\$66 Discounted Resident Rate  
Instructor: Soccer Shots  
214256-01

### Premier

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

Ages 5 - 8 (K - 2nd)  
Sgt. Means Park  
Sat, Sept 11 - Oct 23  
12:00 - 12:40 pm  
\$75  
\$66 Discounted Resident Rate  
214256-01  
Instructor: Soccer Shots

# Reduced Session Rates

4 Sessions	\$160	5% off total \$228
6 Sessions	\$240	5% off total \$304
8 Sessions	\$320	5% off total \$380
10 Sessions	\$400	5% off total \$456
12 Sessions	\$480	5% off total \$532
14 Sessions	\$560	5% off total \$608
16 Sessions	\$640	



## Package Session Prices

**\$50 ASSESSMENT FEE**

**\$45 Single Session**

\* One session is 1 hour.

\* Included in block sessions (6 & 8) is just ONE makeup session. There are TWO makeup sessions for block sessions (10 - 16)

Anointed Minds Educational Consulting (AMEC) has a sole purpose of providing an immensely positive impact on the educational facet of each student that it has the opportunity to reach. We provide a comprehensive assortment of core tutoring services to have your child on the way to achieving success in the classroom. We have personalized curriculums to challenge the struggling student and we even accommodate the student that is performing exceptionally well.

The primary objective is to construct a blueprint for success, which includes utilization of cutting edge resources, certified experienced teachers, engaging collaboration with parents in combination with a nurturing learning environment.

The AMEC team will provide your child the essential elements for academic victory during the school year and beyond!

Grades: Kindergarten - 8th

| The Bradford Barn

| Days and times scheduled with AMEC



# yoga workshops

## Yoga for Easy Breathing

This workshop is for everyone who wants to breathe more generously. We will review the anatomy of breathing, discuss ways to increase the mobility of the structures involved in breathing, and study breathing techniques that calm our nervous systems. There will be time for refreshments and questions at the end of the practice, and handouts will be provided.

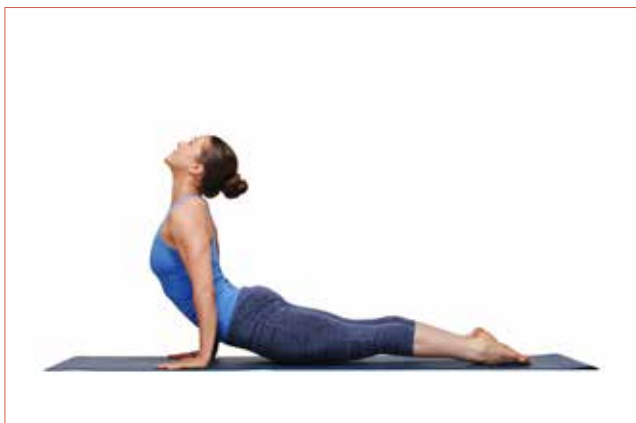
The Bradford Barn  
Fri, Sept 28  
7:00 - 8:30 pm  
\$20  
Code: 205222-01  
4 person minimum  
Registration Deadline: Sept 24

## Yoga for the Office

**Wear the clothes you wear to the office!**

We will study yoga practices that release the physical stresses of sitting at a desk, refresh our energy, and bring our bodies back into healthy alignment. All postures and breathing techniques will be practicable wearing workplace casual attire. However, we will take off our shoes. There will be time for refreshments and questions at the end of the practice, and handouts will be provided.

The Bradford Barn  
Fri, Oct 26  
7:00 - 8:30 pm  
\$20  
Code: 205222-02  
4 person minimum  
Registration Deadline: Oct 22



## Yoga for Restful Sleep

Ever have trouble falling asleep? In this workshop we will study breathing techniques that calm our minds and gentle postures that relax and align our bodies. Our practice will include 20 minutes of guided relaxation. Afterwards, there will be time for refreshments and questions. Handouts will be provided.

The Bradford Barn  
Fri, Nov 30  
7:00 - 8:30 pm  
\$20  
Code: 205222-03  
4 person minimum  
Registration Deadline: Nov 26

## Yoga for Core Strength and Stability

In this workshop, we will take a guided tour of our core anatomy. We will study postures and breath-work that challenge and strengthen our core muscles, mobilize our spines, and awaken our energy. We will complete an hour-long practice followed by refreshments and questions. Handouts will be provided. Bring a towel.

The Bradford Barn  
Fri, Jan 25  
7:00 - 8:30 pm  
\$20  
Code: 205222-04  
4 person minimum  
Registration Deadline: Jan 22

## Yoga Flow Challenge

Have you ever seen a yoga flow class and wondered if you could do that? Well you likely can. In this workshop, we will go over the different sequences usually found in a flow class. We will spend time on each key posture and discuss how to reside in the posture safely, how to modify the posture, if needed, and how to efficiently transition to the next posture. We will complete an hour-long practice followed by time for refreshments and questions. Handouts will be provided. Bring a towel.

The Bradford Barn  
Fri, Feb 22  
7:00 - 8:30 pm  
\$20  
Code: 205222-05  
4 person minimum  
Registration Deadline: Feb 19

## Dr. Sears Prime-Time Health Workshops

Prevent Disease and Repair Your Health!

Join me for my fun, interactive wellness workshops this Fall and winter. You will learn science-based information that will empower you to take charge of your health. Each workshop session includes a workbook (Prime-Time Health book optional; cost \$10).

Instructor: Cynthia Brooks,  
Dr. Sears Certified Health Coach

Minimum 5 participants / Maximum 20 participants

### Workshop 1: “Open Your Internal Pharmacy”

Learn about the keys, and the science behind your body's internal pharmacy. You can help your body produce these custom-made medicines.

Wed, Sept 12  
2:00 - 3:30 pm  
\$28  
244503-01  
Registration Deadline: Mon, Sept 10

### Workshop 2: “Make Health Your Hobby”

Learn simple strategies and tips that will make it easier for you to make health your hobby.

Wed, Oct 3  
2:00 - 3:30 pm  
\$28  
244503-02  
Registration Deadline: Mon, Oct 1

### Workshop 3: “Move Waste from Your Waist”

Waist size is a strong indicator of our overall health! Learn how to reduce your waist by removing toxic waste and eliminating health-harming chemicals that are produced by belly fat.

Wed, Nov 7  
2:00 - 3:30 pm  
\$28  
244503-03  
Registration Deadline: Mon, Nov 5

### Workshop 4: “Live Without Pain & Inflammation”

Inflammation literally means the body's immune system is on fire. Learn the primary causes, and ways to reduce inflammation throughout the body.

Wed, Jan 9  
2:00 - 3:30 pm  
\$28  
244503-04  
Registration Deadline: Mon, Jan 7



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[facebook.com/ofparks](https://www.facebook.com/ofparks)

## Water Colors

Whether you are a beginner or have already dabbled in this medium, come and celebrate watercolor with our popular art teacher, Sandee Theisen, who has been an art teacher for over 14 years. You will explore such techniques as wet in wet, dry brush, mixed media, sepia, and color therapy. Paint subjects range from nature themes and landscapes to still life interiors. A supply list will be furnished at registration.

Adults

The Bradford Barn Main Barn Room

\$68

\$50 Discounted Resident Rate

Instructor: Sandee Theisen

Minimum 6 participants

Tues, Sept 25 - Oct 30

8:45 - 11:15 am

241202-01

Tues, Nov 13 - Dec 18

8:45 - 11:15 am

241202-02

Tues, Jan 8 - Feb 12

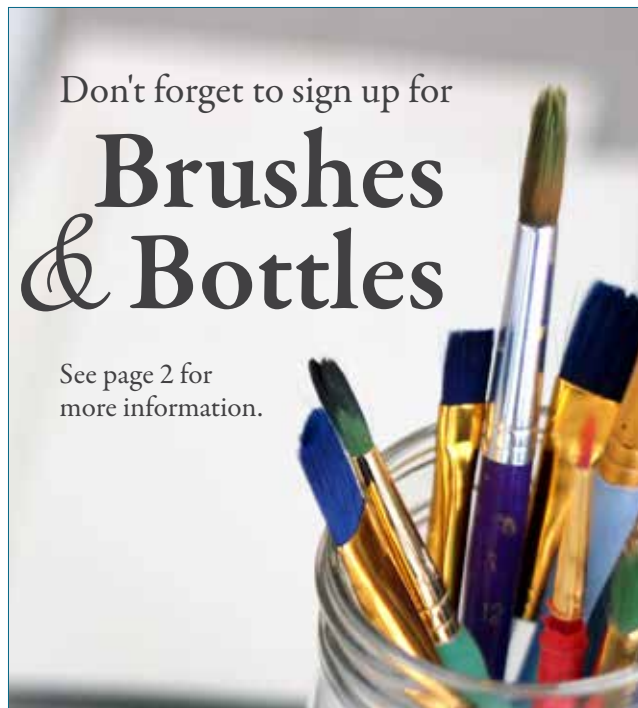
8:45 - 11:15 am

241202-03

Tues, Feb 19 - Mar 26

8:45 - 11:15 am

241202-04



## ZUMBA® - Saturdays with Lisa!

ZUMBA® falls under the category of endurance training, which keeps the heart healthy and the circulatory system strong. ZUMBA® develops coordination and burns calories to stave off the weight gain that often accompanies aging.

Ages 13 and older

The Bradford Barn

\$47

\$38 Discounted Resident Rate

Instructor: Lisa McNeil

Minimum 6 participants

Sat, Nov 3 - Dec 15 (No class Nov 24)

9:00 - 10:00 am

246206-01

Sat, Feb 2 - Mar 9

9:00 - 10:00 am

246206-02

## ZUMBA® - Wednesday Nights with Lisa!

If you are young at heart and looking for more intense dance moves, please join my class! ZUMBA® mixes low intensity and high intensity moves for an interval-style, calorie burning, dance fitness party! Don't worry, we can modify movement!

Ages 13 and older

The Bradford Barn

\$47

\$38 Discounted Resident Rate

Instructor: Lisa McNeil

Minimum 6 participants

Wed, Oct 10 - Nov 14

7:00 - 8:00 pm

246203-01

## ZUMBA® STEP

Looking to strengthen and tone your legs and glutes? Step right up. ZUMBA® STEP is step aerobics with a ZUMBA® twist. The level is easy to moderate.

Ages 13 and older

The Bradford Barn

\$45

\$35 Discounted Resident Rate

Instructor: Lisa McNeil

Minimum 6 participants

Wed, May 8 - June 12

7:00 - 7:50 pm

246216-01



## Beginners' Yoga

This class is perfect for those who are new to yoga or those who enjoy a slower pace. We will explore a wide range of postures that challenge our bodies and help us to gradually and safely build strength and flexibility. We will also explore breathing techniques that help calm our minds. We will focus primarily on breath and alignment, each of us finding our own body's unique expression of the postures.

Ages 15 and older

The Bradford Barn Recreation Room

7:00 - 8:00 pm

\$69

\$57 Discounted Resident Rate

Instructor: Elizabeth Moran

Minimum 6 participants

Mon, Sept 10 - Oct 15

205016-01

Mon, Oct 29 - Dec 10 (No class Nov 19)

205016-02

Mon, Jan 7 - Feb 25 (No class Jan 21 and Feb 18)

205016-03

Mon, Mar 11 - Apr 16

205016-04

## Tai Chi & Qigong

Our wonderful treasure, Master Teacher, Anpu Mfundishi, with over 46 years of practice and experience is certified by the Martial Arts Research Society and teaches both Qigong and Tai Chi classes.

Five Organ Chi Kung (Qigong) is a set of basic postures and principles for quality meridian stimulation. It is a foundation for a 72 posture Tai Chi Chuan form. Working this Chi Kung set in addition of post and moving postures will provide and generate an increase in intrinsic energy and circulatory development. You will become stronger and improve memory through having this experience. This can be added to Tai Chi being practiced to improve better understanding of Chi Kung (Qigong).

Adults

The Bradford Barn Silo

\$79

\$67 Discounted Resident Rate

Instructor: Master Teacher, Anpu Mfundishi

Minimum 6 participants

Sat, Sept 1 - Oct 6

10:30 - 11:30 am

256006-01

Sat, Oct 20 - Dec 15 (No class Nov 24)

10:30 - 11:30 am

256006-02

Sat, Jan 5 - Feb 9

10:30 - 11:30 am

256006-03

Sat, Feb 23 - Mar 30

10:30 - 11:30 am

256006-04



### Just Jammin' With Janelle and Company

Join Janelle to learn the newest line dances and visit some of those oldies that you thought were forgotten. This is a great opportunity to have fun, boost your metabolism, and dance with your friends! See you there!

Adults

The Bradford Barn Main Barn Room

\$54

\$43 Discounted Resident Rate

Instructor: Janelle McGhee

Minimum 8 participants

Sat, Sept 1 - Oct 12 (No class Sept 8)

10:00 - 11:00 am

242206-01

Sat, Oct 27 - Dec 8 (No class Nov 24)

10:00 - 11:00 am

242206-02

Sat, Jan 15 - Feb 9

10:00 - 11:00 am

242206-03

Sat, Feb 23 - Apr 6 (No class Mar 2)

10:00 - 11:00 am

242206-04



### Holiday Fitness Program Open House

See page 5 for complete details!

The Bradford Barn

Thurs, Dec 13

6:45 - 9:30 pm

FREE

### The Franciscan Health Walk with a Doc

Each walk will be led by a Franciscan Health Heart and Vascular specialist, who will provide support to participants and answer questions during the walk.

Walk with a Doc brings doctors and patients, patient families, and community members together for a rejuvenating walk.

Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve their health and wellbeing. For more information call 708-747-4000 ext. 81105.

Bicentennial Park

Sat, Sept 1 - Oct 27

8:00 am

FREE



### Did you know?

Olympia Fields Park District residents can receive resident rates at:

H-F Racquet & Fitness Club - 708-799-1323

Matteson Community Center - 708-441-4500



19910 80th Avenue  
Tinley Park, IL 60487  
815-806-0384 (Phone)  
815-806-0390 (Fax)  
711 (Illinois Relay System)  
www.sssra.org

sssra

South Suburban Special Recreation Association (SSSRA) is a therapeutic recreation program that is an extension of the Olympia Fields Park District. SSSRA is organized to provide individuals with special needs or disabilities the opportunity to be involved in year round recreation programs.

SSSRA programs are for individuals from birth through adult who are in special education classes, sheltered workshops or whom have recreational needs not met by traditional park district programs.

Persons residing in SSSRA member agency communities are considered residents. These agencies are: Country Club Hills Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Parks & Recreation Department, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation & Parks Department, Richton Park Parks & Recreation Department, and Tinley Park-Park District.

Programs and special events are offered seasonally throughout the year. They include programs in the areas of Early Childhood Development, Cultural Arts, Illinois Special Olympics, Summer Day Camp, Sports & Fitness, Social Programs, Adaptive Sports, Special Events and Overnight Trips.

A complete program brochure is available at the Olympia Fields Park District and the SSSRA office. Please call the SSSRA office if you would like to receive the SSSRA brochure on a seasonal basis.

Professional staff with experience in the field of Therapeutic Recreation or a related field supervise all SSSRA programs. They are assisted by individuals who are trained by SSSRA staff in specific areas of therapeutic recreation.

Scholarships are available to SSSRA residents with disabilities who would like to participate in one or more programs, but cannot afford the fees charged.

Through the Inclusion process, SSSRA staff members are available to help participants choose an appropriate program, conduct staff trainings, or supply adaptive equipment if you or a family member is interested in a park district or recreation department program.

## Jewelry Making

Let's build stunning pieces of jewelry that we can wear ourselves or give as gifts. Jewelry making is for everyone! The program will use a variety of jewelry making techniques in order to create individual pieces for participants to take home. All individuals must complete the SSSRA registration form and return it to the SSSRA office.

Persons ages 13 and older  
The Bradford Barn, Olympia Fields  
Wed, Oct 10 - Dec 5  
5:00 - 6:00 pm  
R: \$45, NR: \$180

## S'mores & Campfire Crafts - New!

This event is all about being with friends and having a good time, all while staying inside, free from the bugs! Participants will make their very own creation of a S'more with Graham crackers, chocolate bars, and marshmallow fluff! It's going to get sticky! We will use our imagination while we sit around the campfire and sing songs. Group home staff are welcome to stay and enjoy the festivities. All individuals must complete the SSSRA registration form and return it to the SSSRA office.

Persons ages 13 and older with severe & profound disabilities  
The Bradford Barn, Olympia Fields  
Sat, Oct 13  
6:45 - 8:00 pm  
R: \$12, NR: \$24

## Holiday Dance

Start the holiday season with good cheer at the SSSRA Holiday Dance! We will enjoy great music, refreshments, and a visit from you know who! Sign up early so that you don't miss out on the fun. All individuals must complete the SSSRA registration form and return it to the SSSRA office.

Persons ages 13 and older  
The Bradford Barn, Olympia Fields  
Fri, Dec 14  
7:00 - 9:00 pm  
R: \$17, NR: \$34





## Irons Oaks

Mission Statement: Irons Oaks is dedicated to enhancing social and natural communities through experiential educational services and projects, professional development opportunities, and community initiatives.

### Register today for upcoming programs at Irons Oaks!

Call us at 708-481-2330 or stop by our office at 20000 Western Avenue, Olympia Fields, IL 60461

Please check out our website for further information: [www.ironsoaks.com](http://www.ironsoaks.com)

### Environmental Talks

Spend one Tuesday a month with an Irons Oaks Naturalist learning about the intriguing, unique and amazing wonders of nature. In September, we will explore the amazing path animals and insects take while they migrate. In October, join us at the Homewood Science Center Michael Wexler Theatre where we will discuss land use ethic after we watch a movie about the life of Aldo Leopold. Everything you want to know about owls will be covered in November. Stick around for coffee and treats afterward.

Age 18+

2:00-3:00 pm

FREE

Irons Oaks Main Office

(October 9 at Homewood Science Center)

September 18 Amazing Migration

October 9 Environmental Ethics

November 13 All About Owls

### Scout Programs

Irons Oaks offers badge programs for Girl Scouts and Boy Scouts. We have multiple badges available for each level. Call and book your program today!

### Fall Leaf Walk

The brilliant shades of fall will be on full display as we explore the forest looking at trees and leaves. This is perfect for families needing to complete fall leaf projects.

Age 4+

October 6

1:30-3:00 pm

Irons Oaks Vollmer Road Parking Lot

\$4R / \$5 NR

### Woodland Pumpkin Hunt

There are pumpkins hidden in the woods!! Follow the trail of Mousekin, a little mouse who is looking for a shiny new pumpkin home. Activity time includes stories, crafts, pumpkin hunting and pumpkin decorating. Registration required by noon on October 12.

Up to 9 years old

October 14

2:00-3:30 pm

Irons Oaks Vollmer Road Parking Lot

\$8R / \$10 NR

### Fantastic Creatures of the Mythical Forest

Harry Potter Wizarding World fans, come to be sorted into your Irons Oaks "House", and then help our Magical Creatures guide solve a mystery during a hike through our own "Forbidden Forest"! You'll use all of your senses during this night hike, including listening to familiar musical clues! Children under 8 must be accompanied by a paying adult.

Up to 9 years old

October 27

6:30-8:00 pm

Irons Oaks Vollmer Road Parking Lot

\$4R / \$5 NR

### Owl Prowl

Owls are the most vocal this time of year as they search for a mate. We'll learn about the nocturnal predator, go on an owl hike, and end with some hot chocolate to warm up! Dress for the weather and be prepared for wet or snowy trail conditions. Fee is per household.

Age 5+

November 10

6:30-8:00 pm

Irons Oaks Vollmer Road Parking Lot

\$8R / \$10 NR per household



### **Climbing/Adventure Parties or Events**

Are you looking to add some adventure to a party or event? Climb our forty foot climbing tower or challenge your friends to climb high on milk crates. Safe and fun for all ages. No indoor space included. Participants must have signed waiver to participate.

\$115 for 2 hours / Maximum of 14 participants

### **Nature Birthday Parties**

Celebrate your birthday in the great outdoors! Birthday parties include one hour of staff-led activities and exploration based on the party theme and a one hour room rental in the Discovery Center. To make your party reservation, call 708-481-2330.

\$110 / Twelve Participants

\$150 / Thirteen – Twenty Participants

\$190 / Twenty one – Thirty Participants

### **Water Wonders**

Love the Water? We do, too! Explore the science and fun of water through activities and games. Spring, Summer and Fall parties can include a pond exploration.

### **Nature Games**

Fun, fun and more fun while playing games with a nature-based twist! Have a blast with active, outside activities while learning about how things work in the natural world.

### **Amazing Animals**

Discover the animal kingdom through fun, cooperative games. You'll pretend to be a bat, bird or frog and do other animal-based activities during this high energy party.

### **Bug Bonanza**

Does your child love bugs? Leave the creepy crawlers to us as we explore the work of insects found at Irons Oaks. April-October only.

### **Need more party time?**

Extend a party rental time by 30 minutes for \$25.

### **Add a Campfire!**

We supply the fire and roasting forks. \$25 per 30 minutes.

### **Cross Country Skiing**

Try Cross Country Skiing This Winter! It is a family friendly exercise that is based off of natural movements, so it is fast and easy to learn. Cross Country Skiing burns more calories per hour than any other sport so it is a great way to get fit. It is an opportunity to get out and enjoy nature's beauty on a crisp, snowy day rather than being cooped up inside. Cave paintings indicate skiing was first invented in prehistoric times, and is one of the world's oldest sporting activities; keep the tradition alive at Irons Oaks!

### **Ski Lessons**

Ski lessons by appointment only. Call for pricing; includes ski rentals. Snowshoe rentals also available. Rentals may be used on or off-site in 4+ inches of snow.

Fee: One-Day rental, \$10, Available Mon-Fri  
Weekend Rental, \$15, rent on Fri, return on Mon

Age: All ages are welcome

Location: Irons Oaks Main Office,  
20000 Western Avenue

# the bradford barn

Whether you are planning a wedding, bridal shower, party, celebration, corporate retreat, workshop, retirement dinner, or an association meeting, our facilities can provide the perfect setting for you.

## Main Barn Room

\*Ideal for groups of up to 125 people.

## Pavilion

\*Ideal for groups of up to 150 people.

## Silo

Ideal for groups of up to 40 people.

## Recreation Room

Ideal for groups of up to 30 people.

## Cull House Living Room

Ideal for groups of up to 16 people.

\*Security deposit needed for all groups over 100 people

## Tours, Pricing, and Rental Packages

Venue tour by appointment only.

Please contact Mallory Dodds at 708-481-7313 or [mallory@ofparks.org](mailto:mallory@ofparks.org) to schedule an appointment or for information about pricing and rental packages.

## Seasonal Pavilion Rental Special

\$400 plus \$200 Damage Security Deposit

The stunning outdoor Pavilion is now available to rent Sundays only, May - October as available.

10:00 am - 7:00 pm

Maximum 150 attendees, however additional fee for security needed for any group more than 100.

Outdoor side entrance access to washrooms.

No indoor access or kitchen privileges.

No staff.

Optional: available with rental round 60" table and chair set up included.

All other applicable rules and regulations apply.



# Picnic Rentals

Picnic Area Rentals can be contracted and approved up to one year in advance!

## Sgt. Means Park

Located at 20712 Western Avenue on 23.6 acres

- 1 Covered Picnic Area
- 2 Open Picnic Areas
- 4 Tennis Courts
- 2 Soccer Fields
- 1 Baseball Field

## Bicentennial Park

Located at 203rd & Governor's Highway

- 1 Covered Picnic Area
- 3 Soccer Fields
- 2 Baseball Fields

## Picnic Equipment Rental

There is a \$50 refundable deposit required for all picnic equipment rentals.

### Picnic Kit - \$20 Rental Fee

Our Picnic Kit includes: 4 throw down bases, 2 Frisbees, 2 softball bats, 2-12" softballs, 2-16" softballs, 1 hard bat, 1 hard ball, 1 Wiffle ball bat, 1 Wiffle ball, 1 soccer ball, 1 playground ball, 1 volleyball, and 1 basketball.

In addition to the Picnic Kit, we have the following separate items available to rent for \$5 each:

- Frisbee
- Horseshoes
- Bocce Balls
- Baggo (Bean Bag Toss game)

## Grill Rental - \$25

Must provide your own charcoal.

Security Deposit: \$50

Please call 708-481-7313 for details.

Looking for a home for your Softball, Soccer, Football, Tennis, or Frisbee Golf League?

We have just the place for you! Athletic field rentals available at Sgt. Means Park and Bicentennial Park.

\$50 / Game Non-Resident

\$35 / Game Discounted Resident Rate

Security Deposit: \$100

Olympia Fields Park District Home Owner Associations Rent Bicentennial or Sgt. Means Park Picnic Areas free for your yearly picnics. Deposits and other applicable rules and fees may apply.



## Fees and Security Deposit Information

The following rates apply regardless of weather conditions. No refunds will be given based on weather conditions.

Max of 8 Hour Picnic Park Rentals

### Bicentennial Park

# of Guests	Resident	Non-Resident
0-10	No charge*	\$60*
11-60	\$85*	\$110*
61-100	\$110*	\$185**

### Sgt. Means Park (per picnic grove) Limit 60

# of Guests	Resident	Non-Resident
0-10	No charge*	\$60*
11-60	\$85*	\$110*
61-100	\$110*	\$185**

### Arcadia Park (no alcohol allowed)

# of Guests	Resident	Non-Resident
0-10	No charge*	\$60*
11-60	\$85*	\$110*

\*Requires a \$100 security deposit

\*\*Requires a \$200 security deposit

### Alcoholic Permit and Liability Fees

\$225 - Non-refundable

Refunds available within 30 days of event. Checks to be picked up in office.

All cancellations must be in writing to the park district 60 days prior to the rental date. Otherwise, the security deposit will be forfeited. In case of cancellation, a processing charge of 50% of deposit will be retained if more than 60 days from rental date.

Teen parties or large groups require additional security fees. All outdoor rentals that will have 100 or more attendees must be approved by the park board.

No park water usage. No water slides.

Inflatables must be approved. Must rent own generator.

No amplified music (including DJs) allowed in any park.

**Additional rental fees may apply depending on type of entertainment and/or rental equipment. Other rules and regulations apply. Please contact our office for further details.**

Rentals less than 60 days away must be paid in full.

Payments accepted for rentals less than 60 days from event must be made by credit card, money order or cash.

Call office for further details.



# general information



## Park District Office Location

Sgt. Means Park, The Bradford Barn  
20712 Western Avenue  
Olympia Fields, Illinois 60461  
708-481-7313 (phone)  
708-481-8735 (fax)  
[www.ofparks.org](http://www.ofparks.org)

## Board of Commissioners

Lori Carlton-Jordan, President  
Jasmine McGuire-Smith, Vice President  
Tony Martin, Commissioner  
Christopher Sneed, Commissioner  
Eric Anderson, Attorney

## Administrative Staff

Denise Will, Executive Director  
Jesus Vargas, Superintendent of Recreation  
Mallory Dodds, Manager of Facilities and Adult Programs  
Beverly Meekins, Treasurer  
Anna Broccolo, Marketing Manager

## Register with Ease!



**Online**  
[www.ofparks.org](http://www.ofparks.org)



**Office**  
Drop-off at mailbox just outside  
Sgt. Means Cull House or stop in  
The Bradford Barn during regular  
business hours.

## Office Hours

Mon - Fri: 9:00 am - 4:00 pm  
Sat: 9:00 am - Noon  
Sun: Closed

## The office will be closed on the following dates:

Monday, September 3 (Labor Day)  
Thursday, November 22 (Thanksgiving)  
Friday, November 23 (Thanksgiving)  
Monday, December 24 (Christmas Eve)  
Tuesday, December 25 (Christmas Day)  
Monday, December 31, 2016 (New Year's Eve)  
Tuesday, January 1 (New Year's Day)  
Monday, January 21 (Martin Luther King Jr. Day)  
Monday, February 18 (Presidents' Day)

We will also have reduced office hours from  
Wednesday, December 26 - Friday, January 4.  
We will only be open from 9:00 am - 12:30 pm.

## Emergency Closing Information

[www.EmergencyClosings.com](http://www.EmergencyClosings.com)  
847-238-1234

## Board Meeting Dates

The Olympia Fields Park District Board of Park Commissioners meets the third Tuesday of each month at 6:00 pm.



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[facebook.com/ofparks](https://facebook.com/ofparks)

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## You Must Register 3 Days Prior to the Start of Any Class or Event!

Ever wonder why classes get cancelled? If you wait to register for a class the day of, you run the risk of the class being cancelled because of low enrollment. To better ensure that your favorite class will not be cancelled, you must register at least 3 days prior to the class start date.

## ADA Conformity

Olympia Fields Park District intends to comply with the intent and spirit of the Americans with Disabilities Act (ADA). If you require special accommodations, call the Park District at 708-481-7313 so that we can make necessary accommodations.

### Additional Information

Please visit [www.ofparks.org](http://www.ofparks.org) or call 708-481-7313 for information regarding:

- Registration
- Registration and Refund Policies
- Park Facilities
- Community Garden Plots
- Tolentine Park

## Behavior Policy

The Park District reserves the right to dismiss a participant from a program if their behavior or language is deemed inappropriate by staff, or if it prevents fellow participants from having the best experience possible.

## Photography Policy

Olympia Fields Park District uses photographs in programs and special events to inform others of the many recreational opportunities available in our community. We do not use identification in our brochure. If you do not wish to have your picture taken, please inform the photographer. The Park District does not control newspaper photographers or others who may photograph program participants.

## Looking to Volunteer?

Several of our Park District programs have been successful due to the individuals who volunteer their time to assist us in the programs we offer. The Park District is looking for individuals to assist with programs and special events. If you would like to get involved, please stop by the Park District office and fill out a volunteer application. Please note for which programs/events you would like to volunteer.

## Local Organizations

### Enhancement Organization of Olympia Fields

Contact: Willett Hudson  
[info@eoof.org](mailto:info@eoof.org)

### Olympia Fields Women's Club

Contact: Lola Prouix  
708-481-8393

### Park Forest Library

400 Lakewood Blvd.  
Park Forest, IL 60466  
708-748-3731  
[www.pfpl.org](http://www.pfpl.org)

### HF-Olympia Fields Soccer Club

708-802-4100  
[www.hfsoccerclub.org](http://www.hfsoccerclub.org)



Olympia Fields  
Park District

20712 Western Avenue  
Olympia Fields, IL 60461

POSTAL CUSTOMER

**Thank you to our 2018  
Sock Hop Hustle 5K Sponsors!**

WT Group

State Representative Anthony DeLuca, 80th District

Irons Oaks Environmental Learning Center

Vintrendi Wine Company

Lagunitas Brewing Company, Chicago

The Computer Mechanic

NuToys Leisure Products

Eat Drink Delight LTD

Great American Bagel, University Park

Panera Bread, Matteson

Nothing Bundt Cakes, Oak Lawn

CIBC Bank, Orland Park

The Human Race, Orland Park

Lou Malnati's, Flossmoor

South Suburban Family Shelter

Oak Forest Park District

Alternative Medi Spa



*Fall*  
*Winter* 2018  
2019 *Special Events*  
See pages 2-5 for details.

Garage Sale in the Park

Brushes & Bottles

Adult First Aid/CPR/AED

Bridal Show

Perk Your Parks Day

Costume, Candy & Campfire

Life Line Screening

Tailgating & Chili Cookoff

The Polar Express Storytime Train

Winter Wine Tasting

Holiday Fitness Program Open House

Christmas Cookies with the Kids

Daddy Daughter Date Night