

FRIDAY NIGHTS

Friday Nights sponsored by:  Moraine Valley Community College

To attend Friday Nights, students will have to **sign up in advance** for either the **6:30PM or 8:30PM** time slot at thebridgecenter.org. Our team will clean and disinfect student areas between 8:00PM and 8:30PM. For the time being, each Friday Night group will be limited to 40 students. This is a temporary requirement based on COVID-19 safety guidelines. All students must be picked up and dropped off promptly.

GROUP 1
6:30PM - 8:00PM

GROUP 2
8:30PM - 10:00PM



OCTOBER 2
Thrift Store:
Halloween Market Edition



NOVEMBER 20
Gather & Gobble
Art Studio: Fall Pie Banner



OCTOBER 9
'I Love Fall' Festival
w/ Autumn Trivia



NOVEMBER 27
Closed
(Happy Thanksgiving!)



OCTOBER 16
Apple Harvest Night
w/ Pool Tourney



DECEMBER 4
Candy Cane Lane
& BINGO



OCTOBER 23
The Great Pumpkin Night
& Classic Karaoke



DECEMBER 11
Thrift Store:
Holiday Market



OCTOBER 30
Costume Caper &
Pumpkin Painting



DECEMBER 18
Winter Warm Up: Ugly
Sweaters & Holiday Karaoke



NOVEMBER 6
Chocolate Craze
w/ Pudding Pictionary



DECEMBER 25
Closed for
the Holiday



NOVEMBER 13
10,000 Student Celebration
w/ Karaoke



NEW YEAR'S EVE
Watch our social media to
learn about our NYE plans!

Zoom PROGRAMS

To provide as many programs and events as possible during these unusual times, the following programs will be offered through the Zoom platform. Students can join us virtually from home through the "Bridge Zoom Buckets" listed below.

Zoom Live
Watch a program over Zoom!

Zoom Lounge
Themed hangouts over Zoom.

Zoom Program
Virtual programs designed for Zoom.

Zoom Chat
Want to talk? Email us at
info@thebridgecenter.org
to setup a chat w/ friends or staff.

Students must sign up in advance for programs in order to access the Zoom link provided in our secure Student Portal on the day of the program. For the best Zoom experience, please use a computer or tablet with a strong internet connection. The Bridge is not able to provide individual tech support for these programs.

SUPPORTED IN PART BY: 

We're in this Together!

It's important for every Bridge family member to do their part to keep everyone safe and healthy. With that in mind, please review the guidelines below.

PICK-UP AND DROP-OFF:

Please arrive on time (not early) for your program. Pick-up must also be on-time (not late).

SIGN UP:

There will be no drop-in hours for now. ALL programs and events require sign-up online.

PRACTICE SOCIAL DISTANCING:

Please stay 6 feet away from others inside AND outside of the building.

MASKS REQUIRED:

Masks must be worn in and around the facility at all times. Try not to touch your mask.

DON'T MOVE FURNITURE:

All furniture has been placed for social distancing, so please don't move anything.

CLEAN YOUR SPACE:

If you utilize a space, sanitize it when you're done so others can safely use it.

WASH/SANITIZE HANDS:

Use bathrooms or hand sanitization stations regularly to keep hands clean.

DON'T SHARE PERSONAL DEVICES:

Do not set your phone down on public surfaces or share it with others.

NO BEVERAGE/FOOD SHARING:

Do not share cafe items with others for any reason. Keep food to yourself.

GAMES & SUPPLIES:

If you use something, please place it in a sanitization bin or wipe it down yourself.

Support National Bullying Prevention Month in October!



DRIVE OUT BULLYING

Volunteer.
Donate.
Shop.

We are looking for students and families to serve a 2-3 hours at The Bridge Thrift Store in October. For complete details visit our site at: thebridgecenter.org/news/dob2020 or email us at: volunteer@thebridgecenter.org

THRIFTASTIC Student Service

The Bridge Thrift Store provides students with opportunities to earn community service hours and gain job and leadership experience in a fun environment.

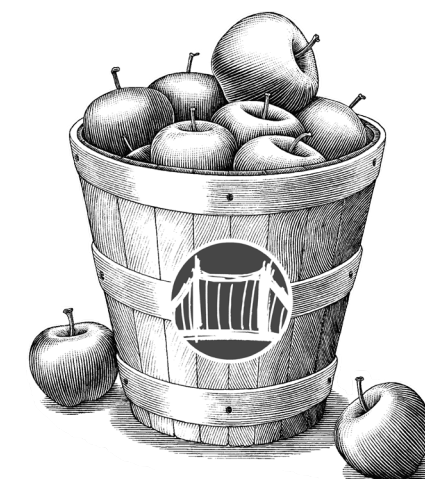
- 1 Schedule **COMMUNITY SERVICE HOURS** throughout the year where you'll sort merchandise and organize inventory.
- 2 Join our **THRIFTASTIC JOB READINESS TRAINING** program and develop skills that will prepare you for the future. This requires a committed schedule.

Contact Kelsey: 708.532.0500 ext. 108 or
volunteer@thebridgecenter.org.

SUPPORTED IN PART BY:



THE **BRIDGE**
TEEN CENTER



Fall/Winter
2020

This semester is sponsored by:



FREQUENTLY ASKED QUESTIONS

WHAT IS THE BRIDGE TEEN CENTER?

We are a 501(c)(3) nonprofit community center for students in 7th-12th grade. We offer nationally-recognized FREE programs and events that are designed around the interests and needs of teens in the suburbs. To date, we have served 10,000 different students from 128 communities.

HOW DOES A STUDENT BECOME A MEMBER?

Click the "APPLY NOW" green button on our website. The Student Membership Application (SMA) can be completed online or a hard copy can be picked up in person. Students are **required** to fill out an SMA only once. Once completed, signed by a parent/guardian, and approved by staff, students have access to all of our free programs.

HOW DO I SIGN UP FOR PROGRAMS?

To sign up online for our FREE programs, click on "Programs" on our homepage. Pick the programs you want to attend and click "Sign up for this program." Finish sign up by clicking the "shopping cart" icon on the top right. Then "check out" with your student ID and password. Please email us if you do not have your student login info.



HOW ARE YOU MAINTAINING A SAFE & HEALTHY ENVIRONMENT?

We need everyone's help to keep The Bridge as safe as possible for our students, volunteers and staff. For details, please check out the "We're In This Together" section on the back of this Program Magazine.

WHEN ARE YOU OPEN FOR STUDENTS?

Due to the COVID-19 pandemic, we are unable to provide drop-in hours. All programs require sign-up in advance. Please visit our website for the most current calendar of both in-person and Zoom program offerings.

HOW CAN A STUDENT EARN COMMUNITY SERVICE HOURS?

Community service at our Thrift Store is available for students with an approved SMA on file. Complete the SMA online and mark "yes" to serving at the Thrift Store. Already a member? Call 708.532.0500 ext. 108 or email volunteer@thebridgecenter.org.

This activity is not sponsored by Kirby School District 140, any of its schools, or groups officially associated with the District.

15555 S. 71st Court
Orland Park, IL 60462
708.532.0500

thebridgecenter.org

@TheBridgeTC



OUR FREE PROGRAMS ARE ORGANIZED INTO
5 BUCKETS:



CHECK OUT OUR EDUCATIONAL SUPPORT PROGRAMS THAT ARE SPONSORED IN PART BY:

inspire
DENTAL WELLNESS

OCTOBER

- October 1 (Thurs., 3:30-5:30) GARAGE GAMES & COFFEE BAR**
Let the stress go and play your favorite Garage games and sip on an energizing customized hot coffee drink.
- October 1 (Thurs., 5:00-6:00) ZOOM PROGRAM: COFFEE BEAN ART**
Grab an old picture frame, glass jar or other item to repurpose with coffee beans! See a complete supply list on our website.
- October 6 (Tues., 3:00-4:15) GOAT YOGA (HS ONLY) w/ Nature's Trail Yoga**
Connect with nature and affectionate baby goats while practicing relaxing yoga poses. Yes, we said goat yoga – Google it!
- October 6 (Tues., 4:00-5:30) APPLE PIE & BIG ROOM HANGOUT**
Have a slice of apple pie with us! Then, relax and read a good book in the Hideaway or play a fun board game with a friend.
- October 7 (Wed., 3:30-4:30) ZOOM PROGRAM: CAREER PLANNING** w/ Junior Achievement
Discover your talents and interests and how to use them to plan your future career.
- October 7 (Wed., 4:45-5:45) BEGINNING ACOUSTIC GUITAR** w/ One Fine Tune
Always wanted to learn guitar? Here's your chance to learn the essentials and give it a try! Guitars provided.
- October 8 (Thurs., 2:30-4:00) HOMEWORK SUPPORT & CAFÉ SNACKS**
Grab your favorite snack on us from The Café and get the homework support you need! Whether it's an assignment, paper, or test prep, a friendly Bridge tutor is happy to help you succeed.
- October 8 (Thurs., 4:00-5:30) CULINARY: POLISH PIEROGIES**
Connect with Polish culture by creating pierogi dumplings, filled with meat from scratch.
- October 8 (Thurs., 4:00-5:30) ZOOM LIVE: POLISH PIEROGIES**
Join us on Zoom & see the above description for details. Feel free to make pierogies right along with us or just watch. Full recipe on our website.
- October 13 (Tues., 4:00-5:15) PROJECT SERVE: THRIFT STORE BOOKWORM**
Sort & organize the array of donated books and media at The Bridge Thrift Store. Community service hours will be given.
- October 13 (Tues., 4:30-5:45) PROJECT GIVE: BIRTHDAY & ENCOURAGEMENT BANNERS** w/ Mandi, Bridge Staffer
Choose colorful scrapbook paper, cut a pattern, and attach it to twine. This fun decoration will brighten a friend's spirit!
- October 14 (Wed., 4:00-5:00) SOUL CAFÉ: HOW TO DEAL WITH UNCERTAINTY**
Explore mindfulness techniques and creative activities that will help you navigate stuff that seems out of your control.
- October 14 (Wed., 4:30-5:45) INSPIRATIONAL CANVAS PAINTINGS** w/ UR the Artist
Sketch and paint a powerful phrase onto canvas so you can be inspired every time you look at it!
- October 15 (Thurs., 3:00-4:00) WHAT KIND OF LEARNER ARE YOU?**
Make the most out of eLearning by gaining knowledge on what helps your brain learn and remember information. Best part – discover how your learning style can benefit you!
- October 15 (Thurs., 4:00-5:30) CULINARY: BAKED CHEESE CURDS** w/ Chef Karla Temple, RDN
It's National Cheese Curd Day! Celebrate by combining Gouda cheese, flour, egg whites and spices. Bake your cheese curds until they're just right!
- October 15 (Thurs., 4:00-5:30) ZOOM LIVE: BAKED CHEESE CURDS** w/ Chef Karla Temple, RDN
Join us on Zoom & see the above description for details. Feel free to make this right along with us or just watch. Full recipe on our website.
- October 20 (Tues., 3:00-4:00) CREATIVE WRITING** w/ Greg Weiss Storytelling
Embrace your creativity through the power of imagination! Brainstorm ideas and dare to start writing. Feel free to bring your works-in-progress.
- October 20 (Tues., 4:30-5:30) DIY: FELT LEAF EARRINGS** w/ Margaux Bijoux
Handcraft a pair of felt leaf earrings – the perfect addition to wear with your favorite fall outfit!
- October 21 (Wed., 4:00-5:30) CULINARY: MASON JAR RECIPES** w/ Kara Farmhouse
Build simple recipes like smoothies & salads that fit into a mason jar for healthy "on-the-go" eating!
- October 21 (Wed., 4:00-5:30) ZOOM LIVE: MASON JAR RECIPES** w/ Kara Farmhouse
Join us on Zoom and see the above description for details. If you have the ingredients and mason jars, free to make these fresh recipes right along with us. Full recipes on our website.
- October 21 (Wed., 4:15-5:15) DIY: HALLOWEEN YARN GARLAND**
Pumpkins, spiders, & ghosts – oh my! Cut, tie, & fluff yarn and hang these mini creations onto a long piece of twine. Great décor for a Halloween gathering!
- October 22 (Thurs., 4:00-6:00) PROJECT SERVE: THRIFT STORE**
Give back to The Bridge! Show your heart of service by helping at The Bridge Thrift Store, which supports all the free programs you and your friends enjoy at the teen center. Community service hours given.
- October 22 (Thurs., 4:30-5:30) WILT: AIR TRAFFIC CONTROLLER**
Hear from an air traffic controller who works at O'Hare International Airport. Find out what they're responsible for, examine flight strips, and practice reading flight information.
- October 27 (Tues., 3:00-4:00) WILT: PASTOR / RELIGIOUS LEADER**
Listen to a few local Pastors as they recount the many physical and spiritual adventures during their careers. From hospital visits, marriage & birth celebrations, traveling to unique places, and comforting families in time of need; you'll learn what it's like to be a spiritual leader in this life's calling.
- October 27 (Tues., 4:00-5:30) CULINARY: EXPLODING HALLOWEEN CUPCAKES**
Ever seen those "exploding" cakes where sprinkles and candy are falling out of them? Learn how to do that and make your own frosting, too!

STUDENTS MAY SIGN UP FOR 1 PROGRAM PER DAY.

ALL PROGRAMS & EVENTS REQUIRE SIGN-UP.

NO DROP-IN HOURS THIS SEMESTER.

NO BUS PICK-UP THIS SEMESTER.

OCTOBER-NOVEMBER

- October 27 (Tues., 4:00-5:30) ZOOM LIVE: EXPLODING HALLOWEEN CUPCAKES**
Join us on Zoom! Feel free to make these super sweet treats with us or just watch. Full recipe on our website.
- October 27 (Tues., 4:30-6:00) GARAGE HANGOUT**
Come spend time with Bridge friends and play some of your favorite games in the Garage!
- October 28 (Wed., 4:00-6:00) KNITTING: MUG COZIES**
Make your own mug sleeve to keep your hot chocolate, coffee, or tea warm. All levels welcome.
- October 28 (Wed., 4:15-5:30) #JOBSSKILLS: THRIFT STORE ASSOCIATE** w/ Kelsey, Bridge Staffer
Learn how to operate the touch-screen cash register & develop customer service skills at The Bridge Thrift Store.
- October 29 (Thurs., 3:30-4:45) PROJECT GIVE: HOMEMADE DOG TOYS** w/ Becca, Bridge Staffer
Find an old t-shirt, cut and twist the fabric, add a tennis ball and you've got a toy for a sweet pup. Toys will be given to a local animal shelter. Community service hours given.
- October 29 (Thurs., 4:45-5:45) STEM: RENEWABLE ENERGY & ELECTRICITY** w/ IBEW-NECA Technical Institute
Dive into the essential world of renewable energy as it relates to the construction industry and see if it's something you'd like to pursue as a career.
- November 3 (Tues., 3:00-4:00) SCATTERGORIES & SANDWICHES**
Play one of The Bridge's favorite guessing games & have a sub sandwich on us. You choose the fixings!
- November 3 (Tues., 5:00-5:30) VIDEO: ZERO-WASTE CRAFTS**
Watch this video and find items you already have at home and repurpose them like handmade cards & denim hot pads. See a supply list on our website.
- November 4 (Wed., 3:00-4:00) CARDIO STRENGTH & STRETCH** w/ Avolve Fitness
Go for it! Try this energizing circuit training workout that will help build muscle and increase flexibility.
- November 4 (Wed., 5:00-6:00) ADVANCED WRITING: TOP 5 STORY CONFLICTS**
Learn the most-used types of conflict, try a writing exercise & hear how to provide the resolution readers want.
- November 5 (Thurs., 3:00-4:00) SOUL CAFÉ: CALMING STRATEGIES**
What does your internal voice sound like? Transform your fears & worries into motivating self-talk in this program.
- November 5 (Thurs., 4:00-5:30) CULINARY: HOMEMADE ARTISAN BREAD** w/ Chef Karla Temple, RDN
Mix flour, yeast, salt, and warm water to create no-knead dough. Watch it rise, pop it in the oven, and delight in this simple artisan bread.
- November 5 (Thurs., 4:00-5:30) ZOOM LIVE: HOMEMADE ARTISAN BREAD** w/ Chef Karla Temple, RDN
Join us on Zoom! Feel free to make along with us or just watch. Full recipe on our website.
- November 5 (Thurs., 4:30-5:45) PRODUCT DISPLAY PHOTOGRAPHY** w/ Four 12 Photography
Group, display, and take photos of products in strategic ways that draw attention.
- November 10 (Tues., 4:00-5:30) HOMEWORK SUPPORT & POPCORN**
Munch on popcorn and get the homework support you need! Whether it's an assignment, paper, or test prep, a friendly Bridge tutor is happy to help you succeed.
- November 10 (Tues., 4:15-5:30) DIY SKIN CARE: NON-TOXIC FACIAL CLEANSING WIPES**
Create facial cleansing wipes with non-toxic ingredients – aloe vera gel, essential oils, and castile soap. Your skin & body will thank you!
- November 11 (Wed., 3:00-4:00) HOW TO BE A SOCIAL MEDIA INFLUENCER**
Take your social media to the next level. Step up your story game, post consistently, and consider your audience. Bring your phone!
- November 11 (Wed., 4:00-5:30) ZOOM LIVE: CHICKEN VESUVIO & ROASTED POTATOES** w/ Miller's Ale House
Make this Chicago staple by pan-searing chicken and roasting it with garlic, onions, and potatoes.
- November 11 (Wed., 4:00-5:30) ZOOM LIVE: CHICKEN VESUVIO & ROASTED POTATOES** w/ Miller's Ale House
Join us on Zoom and see the above description for details. Feel free to make this dish right along with us or just watch. Full recipe on our website.
- November 12 (Thurs., 3:00-4:00) WILT: MENTAL HEALTH THERAPIST** w/ Hope Counseling Group
Hear from a friendly therapist about her rewarding career. Through a few fun games, she'll share how she helps people manage their thoughts & thrive in mental health.
- November 12 (Thurs., 4:45-5:45) STEM: PUMPKIN CATAPULT**
Build a catapult to launch a mini pumpkin into the air! See how far yours can soar – winner gets bragging rights!
- November 17 (Tues., 3:30-5:30) SEWING: HOLIDAY TABLE RUNNERS**
Pick out festive fabric, fold, cut, thread the machine and start sewing a table runner for your holiday dinner! All levels welcome.
- November 17 (Tues., 4:00-5:15) WILT: ER NURSE** w/ Advocate Children's Hospital
Explore the skills needed to remember tons of information, make quick decisions and treat patients with compassion in an emergency room.
- November 18 (Wed., 3:00-4:15) HARMONICA**
Gain harmonica essentials from a talented music teacher. Harmonicas will be provided. Take one home so you can keep honing your musical skills!

NOVEMBER-DECEMBER

November 18 (Wed., 4:30-5:30) JOURNALISTIC WRITING
What makes some stories so memorable? Hear from a journalist and digital marketer about what it's like to write for a mass audience.

November 19 (Thurs., 3:00-4:00) PROJECT GIVE: THANK YOU VOLUNTEERS w/ Rachel & Kelsey, Bridge Staffers
Show your gratitude through meaningful cards and DIY gifts to the volunteers who serve you at The Bridge.

November 19 (Thurs., 4:00-5:30) CULINARY: COOKING FROM SCRATCH- PUMPKIN FUDGE & HOMEMADE BUTTER w/ Chef Davis Knight
Combine sugar, canned pumpkin, and marshmallow crème to make rich pumpkin fudge. Then, mix a lot of heavy whipping cream to get butter.

November 19 (Thurs., 4:00-5:30) ZOOM LIVE: COOKING FROM SCRATCH, PUMPKIN FUDGE & HOMEMADE BUTTER w/ Chef Davis Knight
Join us on Zoom and see the above description for details. Feel free to make right along with us or just watch. Full recipes on our website.

November 19 (Thurs., 4:30-5:45) THRIFT STORE HOLIDAY SHOPPING
Be thoughtful and spend less on gifts. Come shop at The Bridge Thrift Store, which helps support the free programs you enjoy!

November 23 (Mon., 3:30-4:30) HOT CHOCOLATE & CHIT CHAT (MS ONLY)
Join us for a cup of hot chocolate and answer unique and random questions from our Chit Chat boxes.

November 24 (Tues., 2:30-4:00) VIDEO GAME TOURNAMENT (MS ONLY)
Play your favorite video games with old friends & new ones, tournament style. Root beer goes to the winner!

November 24 (Tues., 4:00-5:30) CULINARY: PUMPKIN PUDDING & TURKEY w/ City BBQ
Whip up a sweet maple glaze to drizzle on a juicy turkey that you helped cook! For dessert, make ginger snap cookie crumble and pumpkin pudding.

November 24 (Tues., 4:00-5:30) ZOOM LIVE: PUMPKIN PUDDING & TURKEY w/ City BBQ
Join us on Zoom and see the above description for details. Feel free to make with us or just watch. Full recipes on our website.

November 25 (Wed., 3:00-4:00) ZERO-WASTE HOLIDAY ORNAMENTS w/ Mandi, Bridge Staffer
Cut, fold and upcycle toilet paper rolls into wreaths, stars, and mini festive ornaments!

November 25 (Wed., 4:00-5:30) GARAGE HANGOUT (MS ONLY)
Spend time with Bridge friends and play some of your favorite games in the Garage!

December 8 (Tues., 2:30-4:00) HOMEWORK SUPPORT: FINALS PREP & BRAIN FOOD (HS ONLY)
Munch on some brain food like chocolate-covered almonds or blueberries, and get the support you need! Whether it's an assignment, paper or test prep, a friendly Bridge tutor is happy to help you succeed.

December 8 (Tues., 4:00-5:30) CULINARY: TEX-MEX BURRITOS w/ Chuy's
Hand-roll tortillas, dice veggies, and grill meat for a signature Tex-Mex dish.

December 8 (Tues., 4:00-5:30) ZOOM LIVE: TEX-MEX BURRITOS w/ Chuy's
Join us on Zoom & see the above description for details. Feel free to cook it with us or just watch. Full recipe on our website.

MIDDLE SCHOOL CRASH WEEK

December 9 (Wed., 3:30-5:00) VIDEO GAME DESIGN w/ Code Ninjas
Try out computer coding and learn the building blocks of designing your own video game. See your vision come to life!

December 9 (Wed., 4:00-5:30) DIY WORKSHOP: THRIFT STORE PLANTS w/ Joy, Bridge Staffer
Get your hands dirty by creating small potted house plants, to be sold at The Bridge Thrift Store, which supports the free programs you enjoy! Community service hours given.

December 10 (Thurs., 4:00-5:15) SKIN CARE ESSENTIALS (GIRLS ONLY)
Hear from a licensed aesthetican & practice how to correctly care for your skin by: cleansing, exfoliating & applying a mask.

December 10 (Thurs., 5:00-6:00) ZOOM PROGRAM: WILD & EXOTIC ANIMALS w/ Earth Moving Animals
See them with your own eyes – a tenrec, prairie dog, conure, dove, a few different reptiles, and much more!

December 15 (Tues., 4:00-5:00) ZOOM PROGRAM: ZERO-WASTE FASHION
Freshen up your favorite outfit and accessories! Make sure to have those pieces and any embellishments nearby so you can receive "live" guidance from a young, fashion-forward entrepreneur. Complete supply list on our website.

December 15 (Tues., 4:30-5:45) GRAPHIC DESIGN w/ Brock, Bridge Staffer
Sketch a custom Christmas card design into Adobe Illustrator. Export the finished product & email it to family or friends!

December 16 (Wed., 3:30-4:30) ZOOM PROGRAM: IMPROV TIPS & TRICKS w/ Seanra, Bridge Alumna
Build your confidence and laugh by trying out a few acting and improv games over Zoom. Go for it, even if you're just curious!

December 16 (Wed., 4:30-5:45) MINI MACRAMÉ WALL HANGING w/ Joy, Bridge Staffer
Create a trending textured decoration through macramé, which is the process knotting twine, cotton or hemp cording.

December 17 (Thurs., 3:00-5:00) GARAGE HANGOUT
Spend time with Bridge friends and play some of your favorite games in the Garage!

December 17 (Thurs., 4:00-6:00) PROJECT SERVE: THRIFT STORE
Give back to The Bridge! Show your heart of service by helping out at The Bridge Thrift Store, which supports all the free programs you and your friends enjoy at the teen center. Community service hours given.

December 22 (Tues., 3:00-4:15) DIY: HOLIDAY MASON JARS
Embellish mason jars with colorful paint and garland, and use them as festive embellishments in your family's living room.

December 22 (Tues., 4:30-5:45) THRIFT STORE HOLIDAY SHOPPING
Be thoughtful & spend less on gifts. Come shop at The Bridge Thrift Store, which helps support the free programs you enjoy!

December 23 (Wed., 4:00-5:30) CULINARY: DECORATE CHRISTMAS COOKIES w/ Taylor, Bridge Staffer
Try some new decorating and frosting techniques that you can pass on as your own holiday tradition!

December 23 (Wed., 4:00-5:30) ZOOM LIVE: DECORATE CHRISTMAS COOKIES w/ Taylor, Bridge Staffer
Join us on Zoom and see the above description for details. If you have cookies, frosting, and sprinkles, feel free to decorate with us. Full instructions on our website.