

Join us every other Friday Night this Summer! TOTALLY FREE - TOTALLY FUN - 7:30-10:30PM

Friday Nights sponsored by: Moraine Valley
Community College



JUNE 11

Tropical Celebration w/ Beach Towel Trivia



truQurt

JUNE 25

Karaoke & **Backvard Games**



JULY 9

Superhero vs Villains Night w/ Bean Bag Tourney



JULY 23

BARBELUE Bridge Olympics w/ Karaoke

AUGUST 6

BINGO & Root Beer Floats w/ Spinning Wheel of Prizes



AUGUST 20

Campfire S'mores & The Great Outdoors



THRIFT Family Night

Gather the family and join us for an exclusive private shopping experience at The Bridge Thrift Store. The store will be open to Bridge student families ONLY from 6:30-8:30PM. We'll even make sure the store is stocked with lots of fresh merchandise! Student must be present with Bridge ID card for families to enter. Use your student Bridge ID card at checkout and receive an exclusive 'Bridge Family Discount' of 20% off your whole purchase!



Friday nights are FREE with a Bridge student membership. Advance Sign-Up required at the bridgeteen center.org.



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:

Arrive on time (not early) for programs. Pick-up must also be on-time (not late).

SIGN UP:

There are no drop-in hours for now. ALL programs & 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 & around the facility at all times. Try not to touch your mask

CLEAN YOUR SPACE:

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

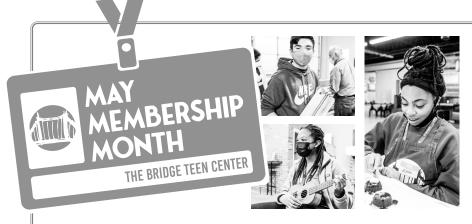
WASH/SANITIZE HANDS:

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

NO BEVERAGE/FOOD SHARING:

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

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



Summer is coming and we want all new students (especially incoming 7th graders) to learn how to maximize their FREE membership at The Bridge Teen Center.

During May Membership Month, new students are encouraged to complete a Student Membership Application and schedule an individual family tour.

Schedule an individual Family tour.

Pick-up your FREE 'Welcome Kit'

Discover how to maximize your FREE membership.

New students can apply for a FREE membership at thebridgeteencenter.org

-THRIFTASTIC Job Readiness Program

Accepting Student Applications for the Summer!



Attention students! Are you looking to gain work experience and leadership skills for your first job? If so, the Thriftastic Job Readiness Program at The Bridge Thrift Store is just for you...

- Experience in a working retail setting.
- Improve your communication.
- Develop leadership and decision-making skills.
- Build valuable skill sets for your future.
- Help support the FREE programs at The Bridge Teen Center.
- Serve 2-4 hours a week (we'll work around
- *Opportunity open to teens in 7th 12th grade with an approved Bridge student membership.

Apply Today!

All applications must be submitted by Wednesday, June 2nd. To apply send an email to volunteer@thebridgeteencenter.org.







Summer

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@thebridgeteencenter.org.

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

thebridgeteencenter.org @TheBridgeTC

OUR FREE PROGRAMS ARE ORGANIZED INTO 5 BUCKETS:







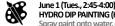






MIND/ EVERYDAY COMMUNITY EDUCATIONAL EXPRESSIVE LIFE CONNECTIONS SUPPORT

JUNE



HYDRO DIP PAINTING (HS ONLY)

pray paint onto water, dip an object, extract and let dry. Choose from a variety of objects that we'll provide.



GARAGE HANGOUT

Meet some new Bridge friends and play some of your favorite games in the Garage! Care to play a game of Foosball?



HYDRO DIP PAINTING (MS ONLY) Spray paint onto water, dip an object, extract and let dry.

Choose from a variety of objects that we'll provide.



June 2 (Wed., 4:00-5:30) PROJECT SERVE: THRIFT STORE

Give back to The Bridge! Help out at The Bridge Thrift Store, which supports the free programs you and your friends enjoy at the teen center. Community service hours given.



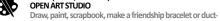
June 2 (Wed., 4:15-5:15) BASKETBALL: FREE THROW COMPETITION

A good free throw shooter shoots over 80%. Keep practicing to improve your shot. Let's see what you've got!



June 2 (Wed., 5:00-6:00) TIKTOK: HAIR HACKS Practice the latest TikTok hairstyles on yourself and get

personal guidance from a professional hair stylist.

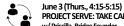


tape creation... the possibilities are endless!



June 3 (Thurs., 4:00-5:30) CULINARY: BREAKFAST OMELETS w/ Louis, Bridge Alumnus

Pack in the protein by whipping up a quick and tasty omelet and other styles of eggs. Which style is your fav?



PROJECT SERVE: TAKE CARE OF THE BRIDGE GARDEN

w/ Priscilla, Bridge Founder Keep The Bridge garden beautiful and growing! Water plants, pull weeds, learn growing tips and keep pests away. Community service hours given.



Show how much you appreciate your best friends by making them something special using colorful strings and beads.



DIY SKIN CARE: BEESWAX HAND LOTION

w/ Mandi, Bridge Staffer Velt beeswax, mix it with olive and coconut oil, and add drops of essential oils to make natural hand lotion.



June 9 (Wed., 2:00-3:15)

REALISTIC FACIAL DRAWINGS Sketch a facial structure with correct proportions by using different blending and shading techniques.



June 9 (Wed., 3:30-4:30)

What makes stories memorable? Get guidance from a iournalist and write a short feature article. Give it a go!



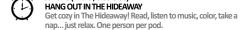
June 9 (Wed., 4:00-5:30) CULINARY: BURNT ENDS, GREEN BEANS, & BACON w/ City Barbeque

Don't worry, they aren't actually burnt. Discover the art of smoking brisket, make a sweet glaze, and add bacon to a side



June 10 (Thur., 2:00-3:00) GUIDED RELAXATION TECHNIQUES

Play a de-stressing card game and paint your favorite place in the world. Great reminders to breathe and relax!



nap... just relax. One person per pod. June 10 (Thur 4:00-5:30)

June 10 (Thurs., 3:30-5:00)

PORTRAIT PHOTOGRAPHY Take photos outside and experiment with diffused and reflected light and composition. Bring your phone!



June 15 (Tues., 1:30-2:30) BRIDGE PATIO GAMES & ICE CREAM

Grab your Bridge friends, fav games from our stash, and head to the new Bridge Patio. Ice cream and toppings provided!





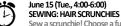




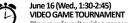
June 15 (Tue., 3:00-4:00)

ACTING & IMPROV w/ Seanra, Bridge Alumna Build your confidence and have some laughs by joining in acting

and improv games. Go for it! June 15 (Tue., 4:00-6:00)



Sew a scrunchie! Choose a fun pattern and fabric that will hold your hair during all your summer adventures.



Play your favorite video games or try new ones, tournament-style. Winners will win one free drink and snack from the Cafe



June 16 (Wed., 2:00-4:00) OPEN ART STUDIO

Draw, paint, make a craft kit, or find a DIY project on Pinterest or YouTube... the possibilities are endless!



June 16 (Wed 3:30-5:30) PROJECT SERVE: THRIFT STORE SPECIAL PROJECTS

Sort through donated clothing, holiday décor, toys, & more at The Bridge Thrift Store, which supports the free programs you and your friends enjoy at the teen center. Community service hours given.



June 17 (Thurs., 1:15-3:15) #SKILLS SPORTS: INTRO TO HANDBALL w/ USA Team Handball

ry this fast-paced sport that's a mix of soccer and basket Instead of kicking the ball, you can throw and dribble it. Google it!



VACATION TIPS w/ Magical Moments Vacations Get tips from a travel expert on how to plan a fun and safe

vacation. Current COVID travel guidelines included.



June 17 (Thurs., 4:00-5:30) GIFT FOR DAD: MASON JAR CADDY w/ Matt, Bridge Staffer

Embellish a wooden container that can hold a few mason jars – a practical gift for your Dad or Father Figure.



June 22 (Tues., 1:30-3:00) SMOOTHIES & BIG ROOM HANGOUT

oothies, anyone? Choose from banana, strawberry, or mango. Then, play games with friends in the Big Room.



June 22 (Tues., 2:30-3:45) SOUL CAFÉ: HAPPINESS HABITS

Fill your soul through gratitude journaling and create a "Happy Jar" so you can always access reminders to smile!



June 22 (Tues., 4:00-5:30) WATERCOLOR LANDSCAPES

Practice flat and gradated wash, wet-in-wet and dry brush techniques in textured watercolor landscapes.



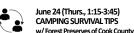
June 23 (Wed., 1:30-2:30) PROJECT SERVE: TAKE CARE OF THE BRIDGE GARDEN

w/ Priscilla, Bridge Founder Keep The Bridge garden beautiful and growing! Water plants, pull weeds, learn growing tips and keep pests away. Community service hours given.



June 23 (Wed., 2:00-3:15) DIY: FLOWER HAIR CROWN w/ Shelby, Bridge Alumna

create a flower crown by twisting and taping artificial petals to floral wire or a headband.



June 24 (Thurs., 1:15-3:45) CAMPING SURVIVAL TIPS

Vork on a team to set up a tent and practice the "Leave No Trace" principles. #HappyCamping



June 24 (Thurs., 2:15-3:30) HARMONICA

Gain harmonica essentials from a friendly music teacher. Harmonicas provided and can be taken home. Hone those skills!



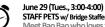
June 24 (Thurs., 4:00-5:30) STEM: CODING WITH MINECRAFT w/ Code Ninjas

Go behind the scenes in computer science and code a Minecraft world using block-based coding. Beginners welcome.



June 29 (Tues., 1:30-2:45) GEARHEADS: SUMMER AUTO RECHARGE

Learn how to change a flat tire and recharge the A/Cfundamental skills for future and current drivers.



STAFF PETS w/ Bridge Staffers Meet Bao Bao who loves to snuggle in baskets of blankets, and

Marvel who regularly jumps 3-4 feet in the air!

STUDENTS MAY ALL PROGRAMS & NO DROP-IN SIGN UP FOR 1 EVENTS REQUIRE HOURS THIS PROGRAM PER DAY.

SIGN-UP.

SEMESTER

JUNE – JULY



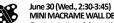
June 29 (Tues., 4:30-5:30)

CARDIO STRENGTH FITNESS w/ Avolve Fitness (GUYS ONLY) nergize yourself with a circuit of push-ups, planks, crunches, and more. Use weights for an extra challenge!

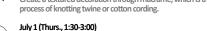


lune 30 (Wed., 1:30-3:00)

BEGINNING CREATIVE WRITING w/ Whit Devereaux Enterprises Spark that imagination, choose from various writing prompts, and start your own short story or a poem.



MINI MACRAME WALL DECOR w/ Joy, Bridge Staffer Create a textured decoration through macramé, which is the





FASHION: UPCYCLE YOUR WARDROBE w/The Onyx Label

Freshen up your fav outfit with paint and embellishments, so bring the clothes with you to this program. We'll also provide fabrics vou can enhance.



PROJECT SERVE: THRIFT STORE ACCESSORIES Sort through various donated accessories and make sure

they are "price-ready" at The Bridge Thrift Store. Community service hours given.



games in the Garage! Ping Pong, anvone?

travs, sculptures and more!

July 1 (Thurs., 4:00-5:30)

GARAGE HANGOUT

July 6 (Tues., 2:00-3:15) HANDYMAN: WOODWORKING KITS w/ Matt, Bridge Staffer Sand, assemble, and paint a wooden object. There will be

Meet some new Bridge friends and play some of your favorite



luly 6 (Tues., 3:45-5:15) TIKTOK: PRO MARKETING TIPS w/ Aaron, Bridge Staffer

Love TikTok? Practice creating videos to promote a product or event. Bring your phone and have the TikTok app ready! Must be 13 years old to participate.



July 6 (Tues., 4:15-5:45) OPEN ART STUDIO

Draw, paint, or make a canvas collage of your favorite things... the possibilities are endless!

July 7 (Wed., 1:30-2:30) PROJECT SERVE: TAKE CARE OF THE BRIDGE GARDEN

Keep The Bridge garden beautiful and growing! Wate plants, pull weeds, learn growing tips and keep pests away. Community service hours given.



July 7 (Wed., 3:00-4:30) CULINARY: FAMILY PARTY APPETIZERS

w/ Mandi, Bridge Staffer Assemble a charcuterie board (a selection of food on a board) with cheeses, meats, and other sweet and savory appetizers.



July 7 (Wed., 4:00-5:00) BASKETBALL: 3-ON-3

Practice your jump shot and work on your free throw. Blow off some steam with a game of 3-on-3!

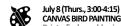
intendo, and Sega? Winners receive a surprise!

the Garage! Challenge someone to Pool, perhaps?



July 8 (Thurs., 1:30-3:00) RETRO VIDEO GAME EXPO Can you master classic video gaming systems such as Atari.

July 8 (Thurs., 2:00-3:30) Spend time with Bridge friends and play your favorite games in



CANVAS BIRD PAINTINGS & TEA w/ Pekoe & Bean Paint a finch or a blue jay on canvas with natural colors. Enjoy some full-flavored tea. too!

July 13 (Tipes 1:30-2:30)

July 13 (Tues., 4:00-5:30)

RAISING BUTTERFLIES Nake milkweed seed bombs that can provide a life-saving habitat for Monarch butterflies.



CULINARY: TEX-MEX BURRITOS w/ Chuv's Hand-roll tortillas, dice veggies, and grill meat for a signature Tex-Mex dish. Yes, please!

MOSAIC ART w/ Peace of Art Studio Use colorful broken pieces of tile to create a cohesive mosaic image in this traditional art form.



July 14 (Wed., 1:30-3:00) #SKILLS SPORTS: KICKBALL

Enjoy the summer weather with a high-energy outdoor kickball game, Join us!



luly 14 (Wed., 2:00-3:15)

STEM: CYBERSECURITY w/ Olivet Nazarene University Play two digital games and experience the phases of cyber ntrusion. Hear about future career opportunities, too!



SOUL CAFÉ: GRIEF COPING & KINTSUKUROI ART w/ Willow House Repair broken pottery with gold or silver paint. Let's celebrate the fractures and breaks instead of hiding them!

July 15 (Thurs., 1:30-2:30) DIY WORKSHOP: THRIFT STORE PLANTS w/ Joy, Bridge Staffer Create potted house plants that will be sold at The Bridge Thrift Store, which supports the free programs you and your friends



July 15 (Thurs., 3:00-4:00) PHOTOGRAPHY TIPS & TRICKS w/ Four 12 Photography

enjoy! Community service hours given.

Practice the rule of thirds and pick up how to edit photos like a professional, Bring your phone!

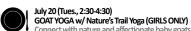


make decisions as a team. Inform the public or not? July 20 (Tues., 1:00-2:00)

BEGINNING ACOUSTIC GUITAR w/ Down Home Guitars

COLORING & LOLLIPOPS ON THE BRIDGE PATIO It's National Lollipop Day! Sit in the sun or under the shade, color your heart out, and enjoy a tasty lollipop or two!

earn how to interpret radar in storm spotting scenarios and



Connect with nature and affectionate baby goats while practicing relaxing yoga poses.

July 20 (Tues., 4:00-5:15)

DIY: COSPLAY MAKEUP

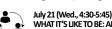
Always wanted to play the guitar? Here's your chance to grasp the basics and give it a try! Guitars provided. July 21 (Wed 2:00-3:30)



July 21 (Wed., 4:00-5:00)

#SKILLS: CARTOON SKETCHING Draw your favorite cartoon characters! Sharpen your skills with edge control, shading and filling, and more!

Dive into the world of costume play! Design a character & make it



WHAT IT'S LIKE TO BE: ANIMAL SHELTER w/ NAWS Humane Society Meet two dogs that love people! Hear what it takes to manage a

no-kill animal shelter and help animals thrive. July 22 (Thurs., 1:30-2:30) PROJECT SERVE: TAKE CARE OF THE BRIDGE GARDEN

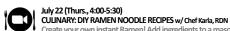


service hours given. July 22 (Thurs., 3:00-5:00)

w/ Priscilla, Bridge Founder

CROCHET: MASK EAR SAVERS Save your ears! Crochet a strap, add buttons, and pull your mask ear loops over the buttons to secure your mask.

Create your own instant Ramen! Add ingredients to a mason jar



and add boiling water when you're ready to eat. July 27 (Tues., 1:30-3:00)

GARAGE HANGOUT

July 27 (Tues., 2:00-3:30)

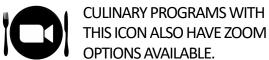
July 27 (Tues., 4:00-5:00)

Spend time with Bridge friends and play your favorite games in the Garage! Think you can win at Giant Jenga?



CULINARY: MEXICAN TRES LECHES CUPCAKES Make Mexican sponge cupcakes from start to finish. Whip up Horchata too, which is a sweet rice milk beverage.

ADVANCED WRITING: STRATEGIES FOR EDITING Discover how to edit in lavers, receive feedback, and rewrite scenes. Turn stories into works of art!



July 28 (Wed., 2:00-3:00)

July 28 (Wed., 3:45-4:45)

July 28 (Wed., 4:15-5:30)

w/ lade. Bridge Alumna

OPEN ART STÚDIO

July 29 (Thurs., 2:30-3:45)

July 29 (Thurs., 4:15-5:45)

August 3 (Tues., 4:00-5:00)

August 4 (Wed., 1:30-2:30)

August 10 (Tues., 2:00-3:00)

August 11 (Wed 2:00-3:00) HIGH SCHOOL MEET N' GREET (HS ONLY)

August 11 (Wed., 4:15-5:45)

August 12 (Thurs., 4:30-5:30)

We'll spot you a few if you forget!

DIY: SCHOOL SUPPLIES

August 3 (Tues., 3:00-4:15)

August 3 (Tues., 3:30-5:30)

August 4 (Wed., 2:00-3:30)

August 10 (Tues., 3:30-4:45)

CULINARY: HANDMADE CHURROS

w/ Joliet Junior College Culinary Arts

PROJECT SERVE: THRIFT STORE

HAND LETTERING

w/ Andrea Rochelle Art

w/ Inspire Dental

LETTER-STAMPED WASHER JEWELRY

knitting ... the possibilities are endless!

responses. Post-workout lemonade for all, too.

PROJECT SERVE: THRIFT STORE BOOKS & MOVIES

Bridge Thrift Store. Community service hours given.

Emboss a word or mantra onto a metal washer for a

meaningful bracelet or necklace. Make it a gift, perhaps?

Draw, paint, make a card for a friend, or try your hand at

Check out a real race car and hear what it takes to drive and

GEARHEADS: EXTREME RACE CARS w/ Team Stradale

maintain it. Optional - try on a driver's fire-proof gear!

Discover how smile simulation software and laser dental

therapy works. There's way more to see, so sign up now!

= Back to School Week ==

#SKILLS: HOW TO STRESS LESS w/ Tinley Park High School

and make a squishy stress ball. Serenity now!

MIDDLE SCHOOL MEET N' GREET (MS ONLY)

STARTING THE SCHOOL YEAR OFF RIGHT

Find the stress management strategy that works for you

Get in a positive frame of mind, identify your learning style

and create your own success plan for the year ahead!

Meet new people from your school, compare schedules, and hang out while making your own root beer float.

Vleet new people from your school, compare schedules,

and hang out while making your own flavored iced coffee.

he first person you lead is yourself. Explore your personalit

LEAD U: TRUE TO YOU (HS ONLY) w/ Bridge Staffers

strengths and impact your world in a positive way!

Personalize school supplies with fun designs and

inspirational quotes. Bring notebooks, folders, pens, etc.

Create a hand lettered print of your name or inspirational

quote through modern calligraphy. Beginners welcome.

at the teen center. Community service hours given.

preheated oil, and roll churros in a sugary coating.

your phone, choose your fav song, and test it out!

HANDYMAN: WOODEN PHONE AMPLIFIER

of your daily routine. Bring on the happy!

Give back to The Bridge! Help out at The Bridge Thrift Store, which supports the free programs you and your friends enjoy

Mix dough ingredients, take turns piping the mixture into

Cut and assemble wood to create a cordless amplifier. Bring

Relax through yoga and make simple calming techniques a part

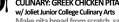
BEHIND THE SCENES: HIGH-TECH DENTAL OFFICE

Sort and organize the array of donated books and media at The





August 10 (Tues., 4:00-5:30)





August 11 (Wed., 1:30-2:30)

w/ Priscilla, Bridge Founder Keep The Bridge garden beautiful and growing! Water plants,



#SKILLS SPORTS: ROCK CLIMBING w/ Trinity Christian College Test your mental and physical strength as you climb on a rock



August 12 (Thurs., 2:00-3:15)

GEARHEADS: ELECTRIC CARS w/ Tesla

ACRYLIC PAINT POURING Pour, swirl, and drip fluid acrylic paint onto vinyl records. Create



August 17 (Tues., 4:00-6:00) PROJECT SERVE: THRIFT STORE Give back to The Bridge! Help out at The Bridge Thrift Store,



flowers or art supplies to your upcycled creation

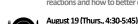
which supports the free programs you and your friends enjoy at

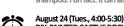


August 18 (Wed., 4:15-5:15)



SOUL CAFÉ: HULK SMASH!





Paint small rocks into a happy cactus garden. "Plant" them in a terra cotta pot and eniov all year round!

GARAGE HANGOUT Come spend time with Bridge friends and play some of your favorite games in the Garage!



August 25 (Wed., 4:30-5:30) BASKETBALL: KNOCKOUT

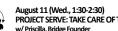


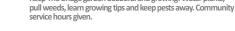
OPEN ART STUDIO

POPCORN & BINGO ON THE BRIDGE PATIO



Make pita bread from scratch, sauté chicken tenderloins, and







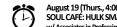
really unique abstract paintings! August 12 (Thurs 4:00-5:15)

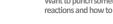


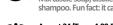
August 18 (Wed., 4:00-5:30)



Bridge Staffer Gain confidence to be yourself in different social situations by











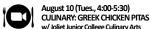
Draw, paint, or scrapbook your summer memories... the

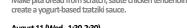


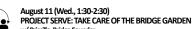
on The Bridge patio!

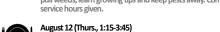
THIS ICON ALSO HAVE ZOOM

JULY - AUGUST









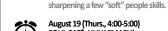




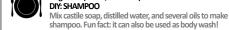
the teen center. Community service hours given.

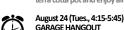




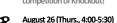


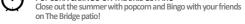












HAPPY EXERCISES & FRESH LEMONADE w/ Health From Within et moving with exercises that stimulate the body's de-stress



ONLINE SIGN-UPS BEGIN MAY 24 @2PM