



Friday NIGHTS


TOTALLY FREE!

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

 **JUNE 25**
Karaoke &
Backyard Games

 **JULY 9**
Superhero vs Villains Night
w/ Bean Bag Tourney

 **JULY 23**
Bridge Olympics
w/ Karaoke

 **AUGUST 6**
BINGO & Root Beer Floats
w/ Spinning Wheel of Prizes

 **AUGUST 20**
Campfire S'mores &
The Great Outdoors

JULY 30 = **THRIFT STORE** 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 thebridgeteencenter.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.

GAMES & SUPPLIES:

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 vacations!)

*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.

Sponsored by:  Moraine Valley Community College

THE BRIDGE TEEN CENTER



Summer 2021

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/
BODY



EVERYDAY
LIFE



COMMUNITY
CONNECTIONS



EDUCATIONAL
SUPPORT



EXPRESSIVE
ARTS

JUNE



June 1 (Tues., 2:45-4:00)
HYDRO DIP PAINTING (HS ONLY)
Spray paint onto water, dip an object, extract and let dry. Choose from a variety of objects that we'll provide.



June 1 (Tues., 4:15-5:30)
GARAGE HANGOUT
Meet some new Bridge friends and play some of your favorite games in the Garage! Care to play a game of Foosball?



June 1 (Tues., 4:30-5:45)
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.



June 3 (Thurs., 3:45-5:45)
OPEN ART STUDIO
Draw, paint, scrapbook, make a friendship bracelet or duct-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?



June 3 (Thurs., 4:15-5:15)
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 8 (Tues., 2:00-3:15)
FRIENDSHIP BRACELETS
Show how much you appreciate your best friends by making them something special using colorful strings and beads.



June 8 (Tues., 3:45-5:00)
DIY SKIN CARE: BEESWAX HAND LOTION
w/ Mandi, Bridge Staffer
Melt 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)
JOURNALISTIC WRITING
What makes stories memorable? Get guidance from a journalist and write a short feature article. Give it a go!



June 9 (Wed., 4:00-5:30)
CULINARY: BURNT ENDS, GREEN BEANS, & BACON
w/ CityBarbeque
Don't worry, they aren't actually burnt. Discover the art of smoking brisket, make a sweet glaze, and add bacon to a side of green beans.



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!



June 10 (Thurs., 3:30-5:00)
HANG OUT IN THE HIDEAWAY
Get cozy in The Hideaway! Read, listen to music, color, take a nap... just relax. One person per pod.



June 10 (Thur., 4:00-5:30)
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)
SEWING: HAIR SCRUNCHIES
Sew a scrunchie! Choose a fun pattern and fabric that will hold your hair during all your summer adventures.



June 16 (Wed., 1:30-2:45)
VIDEO GAME TOURNAMENT
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
Try this fast-paced sport that's a mix of soccer and basketball! Instead of kicking the ball, you can throw and dribble it. Google it!



June 17 (Thurs., 3:30-4:30)
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
Smoothies, anyone? Choose from banana, strawberry, or mango. Then, play games with friends in the Big Room.



June 22 (Tues., 2:30-3:45)
SOUL CAFE: 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
w/ Forest Preserves of Cook County
Work 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
w/ Bettenhausen Auto
Learn how to change a flat tire and recharge the A/C – fundamental skills for future and current drivers.



June 29 (Tues., 3:00-4:00)
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
SIGN UP FOR 1
PROGRAM PER DAY.

ALL PROGRAMS &
EVENTS REQUIRE
SIGN-UP.

NO DROP-IN
HOURS THIS
SEMESTER.

JUNE - JULY



June 29 (Tues., 4:30-5:30)
CARDIO STRENGTH FITNESS w/ Avolve Fitness (GUYS ONLY)
Energize yourself with a circuit of push-ups, planks, crunches, and more. Use weights for an extra challenge!



June 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.



June 30 (Wed., 2:30-3:45)
MINI MACRAME WALL DECOR w/ Joy, Bridge Staffer
Create a textured decoration through macrame, which is the process of knotting twine or cotton cording.



July 1 (Thurs., 1:30-3:00)
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 you can enhance.



July 1 (Thurs., 2:00-3:30)
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.



July 1 (Thurs., 4:00-5:30)
GARAGE HANGOUT
Meet some new Bridge friends and play some of your favorite games in the Garage! Ping Pong, anyone?



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



July 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! Water 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!



July 8 (Thurs., 1:30-3:00)
RETRO VIDEO GAME EXPO
Can you master classic video gaming systems such as Atari, Nintendo, and Sega? Winners receive a surprise!



July 8 (Thurs., 2:00-3:30)
GARAGE HANGOUT
Spend time with Bridge friends and play your favorite games in the Garage! Challenge someone to Pool, perhaps?



July 8 (Thurs., 3:00-4:15)
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 (Tues., 1:30-2:30)
RAISING BUTTERFLIES
Make milkweed seed bombs that can provide a life-saving habitat for Monarch butterflies.



July 13 (Tues., 2:00-3:30)
CULINARY: TEX-MEX BURRITOS w/ Chuy's
Hand-roll tortillas, dice veggies, and grill meat for a signature Tex-Mex dish. Yes, please!



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



July 14 (Wed., 2:00-3:15)
STEM: CYBERSECURITY w/ Olivet Nazarene University
Play two digital games and experience the phases of cyber intrusion. Hear about future career opportunities, too!



July 14 (Wed., 3:45-5:00)
SOUL CAFE: 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 enjoy! Community service hours given.



July 15 (Thurs., 3:00-4:00)
PHOTOGRAPHY TIPS & TRICKS w/ Four 12 Photography
Practice the rule of thirds and pick up how to edit photos like a professional. Bring your phone!



July 15 (Thurs., 4:30-5:45)
WHAT IT'S LIKE TO BE: STORM CHASER w/ Eastern Illinois University
Learn how to interpret radar in storm spotting scenarios and make decisions as a team. Inform the public or not?



July 20 (Tues., 1:00-2:00)
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!



July 20 (Tues., 2:30-4:30)
GOAT YOGA w/ Nature's Trail Yoga (GIRLS ONLY)
Connect with nature and affectionate baby goats while practicing relaxing yoga poses.



July 20 (Tues., 4:00-5:15)
BEGINNING ACOUSTIC GUITAR w/ Down Home Guitars
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)
DIY: COSPLAY MAKEUP
Dive into the world of costume play! Design a character & make it come alive by artistically painting your face with safe makeup.



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!



July 21 (Wed., 4:30-5:45)
WHAT IT'S LIKE TO BE: ANIMAL SHELTER
w/ NAW's 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
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.



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



July 22 (Thurs., 4:00-5:30)
CULINARY: DIY RAMEN NOODLE RECIPES w/ Chef Karla, RDN
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
Spend time with Bridge friends and play your favorite games in the Garage! Think you can win at Giant Jenga?



July 27 (Tues., 2:00-3:30)
CULINARY: MEXICAN TRES LECHES CUPCAKES
w/ Olivet Nazarene University
Make Mexican sponge cupcakes from start to finish. Whip up Horchata too, which is a sweet rice milk beverage.



July 27 (Tues., 4:00-5:00)
ADVANCED WRITING: STRATEGIES FOR EDITING
Discover how to edit in layers, receive feedback, and rewrite scenes. Turn stories into works of art!



CULINARY PROGRAMS WITH
THIS ICON ALSO HAVE ZOOM
OPTIONS AVAILABLE.

Sponsored by:
MARIANO'S

JULY - AUGUST



July 28 (Wed., 2:00-3:00)
HAPPY EXERCISES & FRESH LEMONADE w/ Health From Within
Get moving with exercises that stimulate the body's de-stress responses. Post-workout lemonade for all, too.



July 28 (Wed., 3:45-4:45)
PROJECT SERVE: THRIFT STORE BOOKS & MOVIES
Sort and organize the array of donated books and media at The Bridge Thrift Store. Community service hours given.



July 28 (Wed., 4:15-5:30)
LETTER-STAMPED WASHER JEWELRY
w/ Jade, Bridge Alumna
Emboss a word or mantra onto a metal washer for a meaningful bracelet or necklace. Make it a gift, perhaps?



July 29 (Thurs., 1:00-3:00)
OPEN ART STUDIO
Draw, paint, make a card for a friend, or try your hand at knitting... the possibilities are endless!



July 29 (Thurs., 2:30-3:45)
GEARHEADS: EXTREME RACE CARS w/ Team Stradale
Check out a real race car and hear what it takes to drive and maintain it. Optional - try on a driver's fire-proof gear!



July 29 (Thurs., 4:15-5:45)
BEHIND THE SCENES: HIGH-TECH DENTAL OFFICE
w/ Inspire Dental
Discover how smile simulation software and laser dental therapy works. There's way more to see, so sign up now!



Back to School Week
August 3 (Tues., 4:00-5:00)
#SKILLS: HOW TO STRESS LESS w/ Tinley Park High School
Find the stress management strategy that works for you and make a squishy stress ball. Serenity now!



August 4 (Wed., 1:30-2:30)
STARTING THE SCHOOL YEAR OFF RIGHT
Get in a positive frame of mind, identify your learning style, and create your own success plan for the year ahead!



August 10 (Tues., 2:00-3:00)
MIDDLE SCHOOL MEET N' GREET (MS ONLY)
Meet new people from your school, compare schedules, and hang out while making your own root beer float.



August 11 (Wed., 2:00-3:00)
HIGH SCHOOL MEET N' GREET (HS ONLY)
Meet new people from your school, compare schedules, and hang out while making your own flavored iced coffee.



August 11 (Wed., 4:15-5:45)
LEAD U: TRUE TO YOU (HS ONLY) w/ Bridge Staffers
The first person you lead is yourself. Explore your personality strengths and impact your world in a positive way!



August 12 (Thurs., 4:30-5:30)
DIY: SCHOOL SUPPLIES
Personalize school supplies with fun designs and inspirational quotes. Bring notebooks, folders, pens, etc. We'll spot you a few if you forget!



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