

TOTALLY FREE - TOTALLY FUN - 7:30-10:30PM

Friday Nights sponsored by:



NOVEMBER 4

w/ DJ Impulse

NOVEMBER 18

w/ Karaoke

DECEMBER 2

Shopping!

Giant Game Night &

Happy Friendsgiving!

"Beyond the Nutcracker"

Ping Pong Tourney



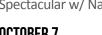
SEPTEMBER 9





SEPTEMBER 23

The Shrek-tember Spectacular w/ Narcissa (Rock)



OCTOBER 7

Cider & Sweaters Night w/ Bingo



OCTOBER 14

Thrift Store Family Night



OCTOBER 21 Halloween &

Scary-oke





BALLET 5:8



DECEMBER 16

Holiday Family Feud & Karaoke

Show & Thrift Store

Friday nights are FREE with a Bridge student membership.

Learn more at thebridgeteencenter.org.

Friday Might Rides

Help us keep everyone safe. Watch this short video about Friday Night parking lot best practices.





OCTOBER

FRIDAY



IHKIFI Family Night

- Exclusive Shopping Event for Bridge Families.
- Join us any time between 6:00 8:00PM.
- Be the first to shop as we stock up for Saturday!
- Take 20% off your purchase.
- Students must present Bridge ID to enter.





Our "Empowering Teens Month" initiative will once again launch in November. This initiative brings much-needed awareness to the importance and impact of afterschool programs that help **ENGAGE**, **CONNECT** and **EMPOWER** teens to navigate life and discover who they were created to be.



VOLUNTEER

SHOP



Sponsorships and group service opportunities (at The Bridge Thrift Store) will be part of this exciting new month-long initiative - along with focused "On Mission" programs for students based on our holistic approach to afterschool programming. For details about how YOU, your BUSINESS, or your GROUP can help support our efforts to empower local teens, visit thebridgeteencenter.org and click 'Donate' or email us at info@thebridgeteencenter.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.

THERE ARE 3 WAYS TO GET INVOLVED:

- Schedule **COMMUNITY SERVICE HOURS** throughout the year where you'll sort merchandise and organize inventory.
- Participate in a scheduled **PROJECT SERVE**: THRIFT STORE program on the following dates: 8/30, 9/15, 10/13, 10/20, 11/01, 12/08, 12/14.
- Join our THRIFTASTIC JOB READINESS TRAINING program and develop skills that will prepare you for the fixture. that will prepare you for the future. This requires a committed schedule.

Meed more info?

Visit thebridgeteencenter.org/volunteer Email volunteer@thebridgeteencenter.org Or call 708.532.0500 Ext. 108

SPONSORED BY:

Moraine Valley Community College





This semester is sponsored by: PRO



FREQUENTLY ASKED OUESTIONS

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 11,000+ 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?

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. Watch our video tutorial on our website. Please email us if you do not have your student login info.

WHEN ARE YOU OPEN FOR STUDENTS?

Our free afterschool programs take place on Tuesdays, Wednesdays, and Thursdays from 2:00-6:00pm during the school year. (In the summer programs take place between 1:00-6:00pm.) Every other Friday Night we are open to students from 7:30-10:30pm.

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:













CONNECTIONS SUPPORT

SEPTEMBER/OCTOBER



August 30 (Tues., 4:00-6:00) PROJECT SERVE: THRIFT STORE

Need community service hours? Help out at The Bridge Thrift Store, which supports the free programs you and your friends eniov at the teen center.



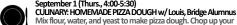
PATIO HANGOUT WITH CHIPS & SALSA BAR

Dive into some tasty chips & salsa while kicking back with friends on a cloudless (we hope) day!

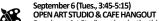


tember 1 (Thurs., 3:45-5:45)

Release all of that back-to-school angst (dread) by playing your fav games in the Garage! Air hockey, anyone?



Vlix flour, water, and yeast to make pizza dough. Chop up your desired toppings and bam! Buon appetito!



Search our Art Studio and make the thing that's so you or challenge a friend to a game of Pac-Man, And of course, munch on your go-to snack at the Cafe!







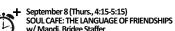
Try curling techniques on your hair with a brush or flat iron. Bring your own supplies if you've got 'em!



Shred some chicken, toss it in a tomato and chipotle sauce, and spread this tasty mixture to tostada tortillas!



Meet up with your Bridge friends and play four-person Ping Pong or grab some riddles from our "Joke Jar" and rattle them off to the Cafe volunteer!



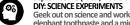
Take a fun quiz and find out the ways you give/receive love and respect from friends. Sign up with a friend!



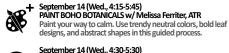
CARD GAMES & ROOT BEER FLOATS

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

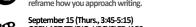
Play Uno, spoons, and other classic card games with Bridge friends, both new and old. Root beer floats for all!



Geek out on science and work in teams to make oney-gooey lephant toothpaste and a mind-bending lava lamp!



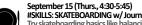
BEGINNING CREATIVE WRITING w/ Lisa Adams Group Get unstuck! Discover what's been holding you back and reframe how you approach writing.



OPEN ART STUDIO: UPCYCLED JARS Embellish a glass jar with words, pictures, beads, or twine. Or make a collage with words and pictures from the magazine stash. Be vou!



programs you and your friends enjoy at the teen center. Community service hours given.



#SKILLS: SKATEBOARDING w/ Journeys
Try skateboarding basics like balancing, pushing off, and making turns. Skateboards and safety gear provided.





September 20 (Tues., 4:00-5:45) STUDY SUPPORT & SNACKS

Munch on some energizing brain food and study at The Bridge! Whether it's for an assignment, paper, or test prep, a friendly Bridge tutor is happy to help if you need it.



ember 20 (Tues., 4:15-5:30) WHAT IT'S LIKE TO BE: MORNING RADIO HOST w/ Moody Radio

Go for it! See what it's like to give a 3-minute mock radio egment, conduct an interview, and deliver a script.



ember 21 (Wed., 4:00-5:15) SOUL CAFE: COPING SKILLS FOR ANXIETY w/ Hope Enrichment Center Recognize when you feel anxiety and practice relaxation

behaviors like creating a happy flip book!



September 21 (Wed., 5:00-6:00)

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



mher 22 (Thurs., 3:45-5:15) **GARAGE & CAFE HANGOUT**

Play Ping Pong with a friend, create something fun in the Art Studio, and munch on a snack in the Cafe!



BUILD YOUR OWN TOOLBOX w/ Gary Bruss Builders

Build a toolbox by assembling and connecting pre-cut wood pieces together. Great for projects in the future (and to take



September 27 (Tues., 3:45-5:15) OPEN ART STUDIO: WASHI & DUCT TAPE CREATIONS

dig into your creativity in other ways as well!



September 27 (Tues., 4:00-5:30) CULINARY: CREAMY CHICKEN & DUMPLING SOUP w/ Joliet Junior College Culinary Arts

Make homemade, savory chicken dumplings and prepare this soup in small groups. Give it a taste-test!



September 27 (Tues., 4:30-5:45) SOUL CAFE: EXPRESSING & CONTROLLING EMOTIONS

Play fun games, journal your thoughts, and gain insight about nanaging your emotions in healthy ways.



September 28 (Wed., 4:00-5:00) DAILY WORKOUT ROUTINE w/ Avolve Fitness

Try some fresh and manageable fitness routines that you enjoy and take steps toward a healthier you!



SCIENCE OF CHOCOLATE w/ Trinity Christian College Love chocolate? See how it starts as a bean and is harvested to satisfy cravings. Delight in a chocolate tasting or two!



September 29 (Thurs., 3:45-5:45) GARAGE HANGOUT & POOL TOURNEY

Who's up for a Pool tourney? Champions will receive prizes and bragging rights. If Pool's not your thing, maybe it's Ping Pong or Skee Ball? The whole Garage will be open for you!



GEARHEADS: WINTERIZE YOUR CAR w/ Bettenhausen Auto Practice changing a car battery, head and brake lights, and turn signals. Skills every current (or future) driver needs!



October 4 (Tues., 4:00-5:30) CULINARY: ARTISAN FLATBREAD PIZZAS w/ Cooper's Hawk

Create unique flavor combinations on flatbread pizzas like prese, Italian sausage, and whipped burrata.



October 4 (Tipes 4:15-5:45)

Paint a canvas in the Art Studio, play a card game with a friend. or doodle on the chalkboard wall!



FALL HIKE & MEDITATION

Reset your mind and heart by breathing in fresh air and discovering new ways to encourage your soul every day.



October 6 (Thurs., 3:45-5:30) STUDY SUPPORT & SNACKS

Munch on mini granola bars and study at The Bridge! Whether it's for an assignment, paper, or test prep, a friendly Bridge tutor is happy to help if you need it.



PATIO HANGOUT & APPLE CIDER BAR

Slow down and play chill games or chat with Bridge friends (or volunteers). Make vour own cozy apple cider!



WINTER INSECT HOTELS w/ University of Illinois Extension Make warm winter homes for native bees and ladvbugs with cardboard tubes, hollow grass stems, and long twigs.



Throughout the semester we have various "hangout" times for students! Look for the **Everyday Life** bucket icon during afterschool hours below. Sign up today!

OCTOBER/NOVEMBER



October 11 (Tues., 3:45-5:45) AIR HOCKEY TOURNAMENT & GARAGE HANGOUT

Compete in (or watch) a high intensity air hockey tournament! All vintage arcade games will be powered up and ready to be played, so hang out for a while.



#SKILLS: POWER TOOLS 101 (HS ONLY) w/ Hilti

Use power tools with professional guidance and install drywall, drill holes in concrete, and more!



October 12 (Wed., 4:00-5:15) YOGA & POSITIVÉ THINKING

Practice voga postures and positive thinking techniques that will energize and relax you!



October 12 (Wed 5:00-6:00) WHAT IT'S LIKE TO BE: HEALTHCARE PROFESSIONAL

Discover if a healthcare career is right for you through real life simulations about compassion and quick decision-making.



October 13 (Thurs., 4:00-5:00) PROJECT SERVE: THRIFT STORE BOOKS & MEDIA

Thrift Store, Community service hours given. October 13 (Thurs., 4:15-5:45) OPEN ART STUDIO: CREATIVE DRAWING



mixed media paper too.

DIGITAL DETOX & COLORING w/ Acom Public Library Put your phone away so you can fully engage with no pressure to be available. Then, just color, chat, and connect!

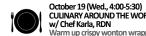
Pick out a sketch pad, pencil, and charcoal so you can draw

a work of art! Check out our assortment of acrylic paint and



October 18 (Tues., 4:15-5:45) BIG ROOM & GIANT GAMES

Kick back and play Giant Connect Four, Chess, Jenga, and more. Maybe catch up with friends in a booth or at the kitchen table too? No agenda!



CULINARY AROUND THE WORLD: ASIAN WONTON TACOS Narm up crispy wonton wrappers in the oven, add chicken

Beginners are welcome and guitars are provided

and veggie mixture and top with spices. Yum! October 19 (Wed., 4:45-6:00)



BEGINNING ACOUSTIC GUITAR Give it a go and learn the basics of the acoustic guitar.

October 20 (Thurs., 3:45-5:45) GARAGE & ART STUDIO HANGOUT Play a fun card or video game in the Garage! Check out our Art Studio wall too, especially all the painting and drawing



October 20 (Thurs., 4:00-6:00)

PROJECT SERVE: THRIFT STORE Come help out at The Bridge Thrift Store, which supports the free programs you and your friends enjoy at the teen center! munity service hours given



October 20 (Thurs., 4:30-6:30) DANCE WORKOUT w/ School of Ballet 5:8

Go for it with this fun and energizing dance workout! Watch a live snippet of a real ballet in a professional dance studio too.



October 25 (Tues., 3:45-5:15) OPEN ART STUDIO: SLIME KITS (MS ONLY)

Release some tension by making your own colorful, glittery, and fluffy slime. There's lots of other creative outlets in the Art Studio as well, so just explore! October 25 (Tues., 4:00-5:30)



CULINARY: PUMPKIN CREAM CHEESE CAKE w/ Farmhouse Academy Bake cakes filled with pumpkin goodness and decorate them using buttercream frosting that you made!

October 26 (Wed., 4:00-5:45) WALK TO DUNKIN & GAMES That's right! We're walking over to Dunkin as a group and then we'll play super fun games back at The Bridge! Students are



responsible for their purchases at Dunkin. NO-CARVE PUMPKIN DECORATING COMPETITION

BIG ROOM HANGOUT & HALLOWEEN TREATS

Paint and adorn pumpkins with spooky or harvest-filled designs. Most creative wins a "Bridge-ified" pumpkin spice October 27 (Thurs., 3:45-5:15)



October 27 (Thurs., 4:15-5:30) OPEN ART STUDIO: HALLOWEEN MAKE-UP

Creatively test out our Halloween make-up on vourself or decorate a boo-tiful card for a friend. There's plenty to do in



ember 1 (Tues., 3:45-5:45) GARAGE HANGOUT & VIDEO GAME TOURNEY w/ Matt, Bridge Staffer Laugh and hang out with friends in the Garage! Play in a video

game tourney if you so desire. Winner gets two free Cafe drinks - second one must be for a friend. November 1 (Tues., 4:00-6:00) PROJECT SERVE: THRIFT STORE

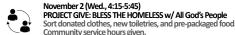
Keep working on those community service hours! Help out at

The Bridge Thrift Store, which supports the free programs you



and your friends enjoy at the teen center.

WATERCOLOR TECHNIQUES Add color and texture to watercolor suns and skies. Try out techniques like wet, dry, and moist.



Community service hours given.

November 3 (Thurs., 3:45-5:30) STUDY SUPPORT & SNACKS Munch on some energizing brain food and study at The Bridge! Whether it's for an assignment, paper, or test prep, a friendly Bridge tutor is happy to help if you need it.



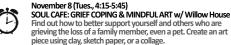
PICTIONARY & POPCORN BAR Enjoy a few friendly rounds of Pictionary and munch on some popcorn - sweet and/or salty additions, anyone?

nber 8 (Tues., 4:00-5:30)

ember 3 (Thurs., 5:00-6:00) SONGWRITING w/ Written for Women Brainstorm lyrics, gain inspiration from melody, and practice

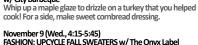


Relax after the school day! Play a non-competitive board game at the Cafe counter or color in the Art Studio.





November 9 (Wed., 4:00-5:30) CULINARY: SMOKED TURKEY & CORNBREAD DRESSING w/ City Barbeque





embellishments! Extra sweaters provided. **BIG ROOM HANGOUT & CHESS**

mber 10 (Thurs., 4:00-5:00)

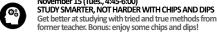
Chat and laugh with friends in a booth or unwind to your newest playlist in The Hideaway. A few Chess boards will be set up for those who are up for a challenge!

Bring your fav sweater & freshen it up with paint, patches, and



INSTRAGRAMABLE PHOTO TIPS w/ Four 12 Photography Use everyday objects and hidden phone features to enhance your photographs. And then, share them on #Instagram!





Get better at studying with tried and true methods from a former teacher. Bonus: enjoy some chips and dips!

Get ready for winter by knitting cozy and colorful fingerless mittens. Beginners welcome! November 17 (Thurs., 4:00-5:30)



November 16 (Wed., 4:00-5:30)

KNITTING: FINGERLESS MITTENS



The Bridge has always been centered around a holistic approach to serving students. Each focus area will be highlighted during 'On Mission' months. Look for the '+' in **SEPTEMBER** as we focus on **EMOTIONAL**.

NOVEMBER/DECEMBER



November 17 (Thurs., 4:15-5:30) GALAXY ACRYLIC PAINT POURING

Pour, swirl and drip paint onto a blank canvas to create your own galaxy with stars, planets and more

November 17 (Thurs., 5:00-6:00) SOUL CAFE: GRATITUDE JOURNALS w/ Ace Counseling

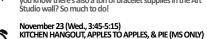


What are you thankful for? Get better at "counting you blessings" by creating and decorating a gratitude journal. MIDDLE SCHOOL CRASH WEEK

November 21 (Mon, 4:15-5:30) THANKSGIVING MASON JAR CENTERPIECES (MS ONLY) w/ Shelby, Bridge Alumna Upcycle a jar with burlap, faux leaves and a grateful saying. Add

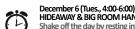
it to the holiday table (ask permission first)!











HIDFAWAY & BIG ROOM HANGOUT Shake off the day by resting in The Hideaway with a good book - one person per pod, please. Or suggest a fun group board game at the kitchen table so no one's left out.

Community service hours given.

December 6 (Tues., 4:15-5:30) DIY: WHIMSICAL GLASS LANTERNS

paramedics who risk their lives every day for others.



December 6 (Tues., 4:30-5:30) DISNEY TRIVIA & MICKEY-SHAPED SNACKS Battle your Bridge pals in magical Disney trivia and have snacks

in the shape of our favorite mouse!

levels welcome. Ukuleles provided.

OPEN ART STUDIO: HOLIDAY CRAFT KITS

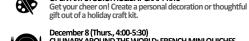
December 8 (Thurs., 3:45-5:15)

December 7 (Wed 4:00-6:00) WOODEN HOLIDAY ORNAMENTS (HS ONLY) w/ Rockler Woodworking
Sand and shape a wooden tree ornament using industrial tools



BEGINNING UKULELE w/ Down Home Guitars This Hawaiian instrument is perfect to pick up and try! All skill

and techniques. Must wear high-collared shirts and closed-



December 8 (Thurs 4:00-5:30) CULINARY AROUND THE WORLD: FRENCH MINI QUICHES w/ Chef Karla. RDN

ce filo pastry squares with a mixture of chopped veggies,



ham, and eggs. Top with sprinkled cheese. Bon appétit!



GARAGE HANGOUT & HOT CHOCOLATE BAR Challenge someone to a match of Foosball or play a few rounds of Pool. As a sweet treat, sip on a hot chocolate w/ custom

nmunity service hours giver

flavors and toppings!

v/ Priscilla. Bridge Founder Make light and fluffy marshmallows with honey, gelatin, vanilla



December 13 (Tues., 4:15-6:00)

FINALS STUDY SUPPORT & SNACKS (HS ONLY) Munch on empowering brain food and get ready for finals! A friendly Bridge tutor is happy to provide study tips or encouragement, so feel free to ask,



SEWING: MINI TREE GARLAND

Choose holiday-themed fabric, sew mini Christmas trees and hang them on decorative ribbon. Beginners welcome



December 14 (Wed., 4:15-5:45)

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

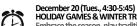


Kick off winter break with our annual trip to the ice rink. Bundle up... it's cold outside! Skates will be provided.





tea on this cold day



December 21 (Wed., 4:00-5:15) HOLIDAY GIFT WRAPPING IDEAS w/ Jess, Bridge Staffer



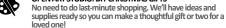


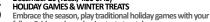


Central Middle School, Summit Hill Jr.

December 15 (Thurs., 4:30-5:30) BINGO TOURNAMENT

w/ Forest Preserves of Cook County Intricately fold paper into wintery friends and sip flavorful hot









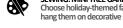


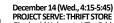
Check our bus schedule online and

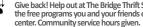
sign up for the following schools:

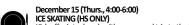
bean, and arrowroot powder. You won't be sorry











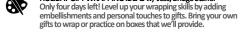


Play a chill game of Bingo with your Bridge friends! Winners get to rummage the Bridge Prize Bin.

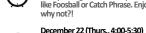
December 15 (Thurs., 4:45-5:45) WINTERY ANIMAL ORIGAMI & HOT TEA





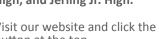


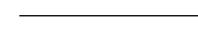




Visit our website and click the Green

Button at the top.





December 13 (Tues., 4:00-5:30) CULINARY: HOMEMADE MARSHMALLOWS

Design a mini winter garden with succulents, stones, miniature December 22 (Thurs 3:45-5:15)

> CULINARY: DECORATE CHRISTMAS COOKIES w/ Mandi. Bridge Staffer Try some fun decorating and frosting techniques that you can pass on as your own holiday tradition!





High, and Jerling Jr. High.