

THE BRIDGE TEEN CENTER



July

SUMMER 2020

This semester is sponsored by:

Bettenhausen



TRINITY
CHRISTIAN COLLEGE

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 over 9,500 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 unlimited access to all 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 inside this Program Magazine.



WHEN ARE YOU OPEN FOR STUDENTS?

Due to the COVID-19 pandemic, we have suspended drop-in hours. All July 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.

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

thebridgecenter.org
@TheBridgeTC



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 for the month of July.

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** activities 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 sanitizer 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.

ZOOM PROGRAMS

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

Zoom Live

Stuck at home? Watch a program live from The Bridge Teen Center from the comfort of your own space!

Zoom Program

Virtual programs offered in our 5 program buckets. In some cases, students may need supplies at home to participate (see web description for details).

Zoom Lounge

Topical/themed gatherings of small groups of students that are designed to help us connect, laugh, share or just sit around...together.

Zoom Chat

Individuals or groups of 'Bridge friends' can request to chat in 15, 20 or 30 minute time slots using our Zoom platform with Bridge staff. Email requests to info@thebridgeteencentre.org.



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 good internet connection. The Bridge is not able to provide individual tech support for these programs.



Friday DAYS

Friday nights sponsored by:  Moraine Valley
Community College

Unlike our traditional Friday night events, **students MUST sign-up for all Friday daytime activities in July.** This is a temporary requirement based on COVID-19 safety guidelines. Any food or drinks provided will be prepackaged only during this time.

Due to limited capacity and in an effort to include as many students as possible, **we are limiting program/event sign-up to TWO per week and ONE per day per student.** Each individual time slot listed below is considered one program/event (for example, Open Art Studio on 7.10 from 1:30-2:30 is one program/event).

July 10th

- 1:00-2:00pm Garage* Hangout: Free Time
- 1:30-2:30pm Open Art Studio
- 1:30-2:30pm Popsicles & Heads Up!
- 3:00-4:30pm Art Studio: Bracelets, Perler Beads & Pointillism Art
- 3:00-4:30pm Garage* Hangout: Free Time & Air Hockey Tourney
- 4:00-5:30pm Root Beer & Reverse Charades + Garage* Hangout: Free time

July 17th

- 1:00-2:00pm Garage* Hangout: Free Time
- 1:30-2:30pm Open Art Studio
- 1:30-2:30pm Summer Scattergories & Ice Cream Sandwiches
- 3:00-4:30pm Art Studio: Keychains, Embroidery Hoops & Paint-Rock Frame
- 3:00-4:30pm Garage* Hangout: Free Time & Connect 4 Tourney
- 4:00-5:30pm Lemonade & Summer Trivia + Garage* Hangout: Free Time

July 24th

- 1:00-2:00pm Garage* Hangout: Free Time
- 1:30-2:30pm Open Art Studio
- 1:30-2:30pm Sun Chips & Charades
- 3:00-4:30pm Art Studio: Summer Globes, Tin Foil Embossing & Watercolors
- 3:00-4:30pm Garage* Hangout: Free Time & Foosball Tourney
- 4:00-5:30pm Fruit Snacks & Group Games + Garage* Hangout: Free time

July 31st

- 1:00-2:00pm Garage* Hangout: Free Time
- 1:30-2:30pm Open Art Studio
- 1:30-2:30pm Popcorn & Pictionary
- 3:00-4:30pm Art Studio: Duct Tape Designs, Pinecone Creations & Slime Kits
- 3:00-4:30pm Garage* Hangout: Free Time & Ping Pong Matches
- 4:00-5:30pm Tasty Treats & Trophies + Garage* Hangout: Free time

*Garage = Our game room with pool tables, foosball, arcades, game systems and more.

OUR FREE PROGRAMS ARE ORGANIZED INTO

5 BUCKETS:



MIND/
BODY



EVERYDAY
LIFE



COMMUNITY
CONNECTIONS



EDUCATIONAL
SUPPORT



EXPRESSIVE
ARTS



WATCH FOR THE ZOOM
ICON FOR OUR ONLINE
ZOOM PROGRAMS.

SPONSORED IN PART BY:

inspire
DENTAL | WELLNESS

JULY



**July 1 (Wed., 3:00-4:00)
ZOOM PROGRAM: Pictionary**

Sit back, relax and use your epic guessing skills in this Zoom edition of Pictionary! See how many drawings you can guess before the timer runs out.



**July 1 (Wed., 4:00-5:00)
ZOOM PROGRAM: JOKEFEST**

What better way to experience summer than to LAUGH! Join in the fun and bring or Google 1 Bridge-appropriate joke per category: Social-Distancing, Animals, Summer, Food, and Current Memes.



**July 2 (Thurs., 3:00-4:00)
ZOOM PROGRAM: SUMMER DIPS**

w/ Joy & Mandi, Bridge Staffers
Join us from home and learn how to measure and stir ingredients for Mexican Corn, Cookie Dough, and Fresh Fruit dips.



**July 2 (Thurs., 4:00-5:00)
ZOOM PROGRAM: SCAVENGER HUNT**

Are you ready to try a speed scavenger hunt? We will give you a list of items to find around your house. Whoever brings back the items on our scavenger hunt list wins!



**July 7 (Tues., 2:30-3:30)
ZOOM PROGRAM: SHOW & TELL,
PET EDITION**

We want to meet your pet! Show us a cool trick or tell us a silly story about them. Get ready to meet other students' pets, too.



**July 7 (Tues., 4:00-5:00)
PROJECT GIVE: BIRTHDAY &
ENCOURAGEMENT BANNERS**

w/ Mandi, Bridge Staffer
Know someone who needs encouragement or has a birthday coming up? Pick out colorful scrapbook paper, cut out a pattern, and attach it to twine. This fun decoration will brighten their spirits!



**July 7 (Tues., 4:30-6:00)
PROJECT SERVE: THRIFT STORE**

w/ Kelsey, Bridge Staffer
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. Per new safety guidelines, all donated items sit for 48+ hours prior to being touched & sorted. Community service hours given.



**July 8 (Wed., 1:00-2:00)
ZOOM LOUNGE: VIDEO GAME CHAT**

w/ Brock, Bridge Staffer
Attention gamers! Share all about it -- new and old favorites, winning strategies and creative ideas of how you'd design your own video game.



**July 8 (Wed., 2:30-3:30)
YOGA**

Build strength, increase flexibility and feel relaxed - all at the same time. Practice simple calming techniques that will bring happiness to your day!



**July 8 (Wed., 4:00-5:30)
CREATIVE PAINTING w/ Saulena Ananaviene, LCPC**

Let your intuition and emotions guide you in the creative process of painting. Start with a blank canvas and experience the calming power of art to reduce stress and anxiety.



**July 9 (Thurs., 1:00-2:00)
ZOOM PROGRAM: COPYCAT WATERCOLOR
PAINTINGS**

Create a watercolor painting with a plastic bag, markers and paper. Make sure to have these supplies ready before the program starts.



**July 9 (Thurs., 3:30-4:30)
#SKILLS: FLOWER ARRANGEMENTS w/ CK Designs**
Use floral design to create a naturally-beautiful flower arrangement for your bedroom.



**July 9 (Thurs., 3:30-4:30)
ZOOM LIVE: #SKILLS - FLOWER ARRANGEMENTS
w/ CK Designs**

Join us from home on Zoom! See above description for details. If you have a flower garden, feel free to make arrangements right along with us or just watch. (Please ask your parent's permission first!)



**July 14 (Tues., 1:00-2:30)
PENCIL ILLUSTRATION**

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



**July 14 (Tues., 3:00-4:00)
STEM: SOLAR-POWERED CARS w/ ComEd**

Hear from professional engineers who will help you design your own remote-controlled car. Kits provided.



**July 14 (Tues., 4:30-5:45)
SUMMER NAIL DESIGNS**

Do your nails need a makeover? Try new techniques on popsicle sticks and artificial nails. You'll be ready to do your own nails at home!



**July 15 (Wed., 1:00-2:30)
GARAGE HANGOUT: POOL & FOOSBALL TOURNAY**

Up for some friendly competition in a game of pool & foosball? Prizes will be awarded to those in 1st place.



**July 15 (Wed., 2:00-3:30)
CULINARY: TEX-MEX TACOS w/ Chuy's**

Construct your own mouth-watering Tex-Mex tacos with fajita chicken, seasoned ground beef, or guacamole.



**July 15 (Wed., 2:00-3:30)
ZOOM LIVE: TEX-MEX TACOS w/ Chuy's**

Join us from home on Zoom! See above description for details. If you have the ingredients, feel free to make these tacos right along with us or just watch.



**July 15 (Wed., 4:30-6:00)
HANDYMAN: BUILD A TOOLBOX w/ Gary Bruss Builders**

Create a toolbox by assembling, tightening and hammering screws into pre-cut wood. Use it for handyman projects for years to come!



**July 16 (Thurs., 2:30-3:30)
SOUL CAFÉ: CALMING ANXIOUS THOUGHTS**

w/ Associates in Professional Counseling
What does your internal voice sound like? Transform your fears and worries into motivating self-talk.



**July 16 (Thurs., 3:45-5:15)
DIY: TERRARIUM GARDENS**

w/ Joy & Mandi, Bridge Staffers
Make your own plant ecosystem and add this living statement piece to your family's home.



**July 16 (Thurs., 3:45-5:15)
ZOOM LIVE: DIY TERRARIUM GARDENS**

Join us from home on Zoom! See above description for details. If you have a glass jar, potting soil, pebbles, small plants and figurines, feel free to make your own terrarium right along with us or just watch.



**July 16 (Thurs., 4:00-6:00)
CROCHET: SCARVES**

Choose colorful, textured yarn and use just your arms (no crochet hooks) to make your scarf. Beginners welcome!

STUDENTS

MAY SIGN UP FOR

2 PROGRAMS
PER WEEK.
1 PROGRAM
PER DAY.



All programs & events require sign-up.

NO DROP-IN HOURS
THIS JULY

JULY



July 21 (Tues., 1:00-2:00)

ZOOM PROGRAM: TROPHIES CARD GAME
See how fast you can be in blurring out random words in this trending addictive game! Sign up with your friends!



July 21 (Tues., 1:30-2:45)

HYDRO DIP PAINTING (MS ONLY) Add paint to water, dip a wooden object, extract and let dry. Choose from a variety of objects that we'll provide.



July 21 (Tues., 3:15-4:30)

HYDRO DIP PAINTING (HS ONLY)
Add paint to water, dip a wooden object, extract and let dry. Choose from a variety of objects that we'll provide.



July 21 (Tues., 5:00-6:00)

UKULELE w/ Down Home Guitars
This Hawaiian instrument is perfect to pick up and try, even if you don't consider yourself the "musical" type. Ukuleles will be provided. All skill levels welcome.



July 22 (Wed., 1:00-2:15)

HOT DOG LUNCH & TRIVIA w/ Bridge Staffers
It's National Hot Dog Day! Have a hot dog on us from a local restaurant, and play Fun Fact trivia with your Bridge friends in the Bridge garden.



July 22 (Wed., 2:00-3:30)

STEM: WEBSITE DEVELOPMENT
Work on core elements to create a website by using your own designs and incorporating a social media presence.



July 22 (Wed., 4:30-5:30)

ZOOM PROGRAM: BLACKOUT POETRY
Find an old book or come visit The Bridge Thrift Store and buy one for a buck and use a black marker to create poetry from words on various pages.



July 22 (Wed., 5:00-6:00)

ADVANCED WRITING: HOW TO FORESHADOW EVENTS
Practice using characters and details to predict significant events in your stories.



July 23 (Thurs., 4:00-5:30)

DIY: WOODWORKING KITS
Sand and assemble a wooden object. There will be trays, shadow boxes, sculptures and more. Sign up now!



July 23 (Thurs., 5:00-6:00)

ZOOM PROGRAM: HELPING PEOPLE THROUGH MEDICINE w/ Nick Cozzi, MD
Hear from an ER doctor who helped fight COVID-19, and play fun games that will engage your leadership skills.



July 28 (Tues., 1:30-3:00)

FEATHER MACRAME EARRINGS w/ Margaux Mays
Handcraft a pair of macramé earrings, which is the art of knotting twine, cotton, or hemp cording.



July 28 (Tues., 2:30-3:30)

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.



July 28 (Tues., 4:00-5:30)

CULINARY: BARBEQUE RIBS & SMOKEHOUSE SALAD w/ City Barbeque
Acquire the secret of barbecuing ribs, low and slow on a grill, and mix a side salad with your choice of meat.



July 28 (Tues., 4:00-5:30)

ZOOM LIVE: CULINARY: BARBEQUE RIBS & SMOKEHOUSE SALAD w/ City Barbeque
Join us from home on Zoom! See above description for details. Get inspired for the weekend and maybe grill this up for the fam - takes notes while you watch.



July 29 (Wed., 1:00-2:15)

PROJECT GIVE: ROCK PAINTING KITS
Relax by painting rocks with bright colors and designs. Give one to a friend for inspiration and keep one for yourself for a daily fun reminder- or put one in a flower pot to jazz it up.



July 29 (Wed., 1:30-2:30)

BEDROOM DESIGN IDEAS w/ Ethan Allen
Try out fun, practical ideas on how to use your bedroom space well & decorate in your own personal style. (Students will need to be dropped off & picked up by a parent/guardian at Ethan Allen, which is just across the street from The Bridge.)



July 29 (Wed., 4:00-5:30)

DIY SKIN CARE: EXFOLIATING SUGAR SCRUBS
Soften your skin by creating your own sugar scrub with coconut oil, granulated sugar and essential oils.



July 29 (Wed., 5:00-6:00)

ZOOM LOUNGE: RANDOM STUFF
Have a book, piece of paper, pen, and a few of your favorite items next to you. Curious? Be ready to jump up at a moment's notice. We'll also talk about stuff YOU want to talk about - funny moments, life questions, random wonderments...the list is endless. Submit topics via info@thebridgeteencenter.org.



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

SOUL CAFE: HEALTHY FRIENDSHIPS (MS ONLY)
w/ Jenna, Bridge Staffer
See what it takes to create and maintain healthy, long-lasting friendships.



July 30 (Thurs., 3:00-4:00)

SOUL CAFE: HEALTHY FRIENDSHIPS (HS ONLY)
w/ Taylor, Bridge Staffer
Friendships don't have to be complicated. Get back to the basics about how to create and maintain healthy, long-lasting friendships.



July 30 (Thurs., 4:30-5:45)

DRUMS
Calling all drummers! Make your love for music legit by developing your skill in rhythm and timing. Drum pads and sticks provided.

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 2 WAYS TO GET INVOLVED:

- 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.

Need more info?

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

SUPPORTED IN PART BY:



TC Energy
Foundation

August Program Magazine!

Plans will be released for our August program magazine as news develops on the phased reopening process. Follow us on social media for the latest news.

GIVE LOCAL

The Bridge Teen Center needs **YOUR** support during these uncertain times. COVID-19 has impacted many of our supporters, and as a result, several major funders have redirected support to pandemic-related causes in 2020. This comes at the same time our primary revenue source, The Bridge Thrift Store, was closed for months due to the quarantine order.

As a **LOCAL** cause that serves **LOCAL** families, we ask that you consider investing in our mission however you are able. There are many ways you can invest in the mission of The Bridge, so please click on the **DONATE** tab at www.thebridgeteencenter.org for



of every dollar raised directly supports the students we serve!