

Friday NIGHTS

TOTALLY FREE • EVERY WEEK • 7:30-10:30PM

Friday nights sponsored by:



- AUGUST 30**
BINGO Night & Art Studio: Painting Party w/ M.G. Bailey (One-Man-Band)
- SEPTEMBER 6**
Backyard Bash w/ M.R. Morlock (Pop Rock)
- SEPTEMBER 13**
Flannels & Football Night w/ Johnny Personne (Indie Rock)
- SEPTEMBER 20**
Connect 4 Chaos & Karaoke
- SEPTEMBER 27**
Happy Camper Night w/ Friends with Eloquence (Folk Punk)
- OCTOBER 4**
Tourney Night: Strobe Air Hockey w/ Ocean Candy (Pop)
- OCTOBER 11**
Fall Fest & Pumpkin Painting w/ Abbey & The Gypsies (Country/Blues)
- OCTOBER 18**
DJ Night (DJ Crestline) Unicorns vs. Llamas
- OCTOBER 25**
Scary-oke/Open Mic Night Art Studio: DIY Halloween Masks

- NOVEMBER 1**
Donutpalooza w/ Kit Tupas (Acoustic Pop)
- NOVEMBER 8**
Classic Game Night w/ Mark Rose (Singer/Songwriter)
- NOVEMBER 15**
Student's Choice & Team Trivia
- NOVEMBER 22**
Disney Karaoke/Snownami Night
- NOVEMBER 29**
CLOSED FOR THANKSGIVING
- DECEMBER 6**
Thrift Store Holiday Market
- DECEMBER 13**
Karaoke & Stormtrooper Invasion
- DECEMBER 20**
Ugly Christmas Sweaters, PJ's and Slippers Night w/Safekept (Rock)
- DECEMBER 27**
CLOSED FOR NYE PARTY PREP
- DECEMBER 31**
New Year's Eve Party

NEW YEAR'S EVE PARTY

MIDNIGHT COUNTDOWN | FREE FOOD | GAMES & PRIZES | 9:30-12:30



Friday nights are FREE with a completed student membership application (SMA) on file. \$5 without a completed SMA.

*No outside food or drinks are permitted.

Supporter of live music nights.



Free After School Bus Pick-Up

COME HANG OUT WITH US AFTER SCHOOL

We make stops at:



You don't have to miss all the fun at The Bridge on Tuesdays through Thursdays! Check our bus schedule and sign-up to be picked-up (for FREE) after school. There's no shortage of stuff to do...

- Get creative in the Art Studio
- Play video or arcade games
- Chill/quiet space for homework
- Sign-up for 100+ FREE programs
- Meet new friends from other schools
- Much, much more!

Please Note: Advance sign-up for bus pickup and a BTC membership are required before a student can get on the bus. All students must be picked up by a parent/guardian by the 6:00 p.m. closing time. Bus pick-up is limited to participating schools on select days, see website for details.

THRIFTASTIC • NEED COMMUNITY SERVICE?

Student Service • We've got you covered!

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: • • • • •

- ① Schedule COMMUNITY SERVICE HOURS throughout the year where you'll sort merchandise and organize inventory.
- ② Participate in a scheduled PROJECT SERVE: THRIFT STORE program. Dates this semester include: 9/3, 11/27 and 12/19.
- ③ 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 kelsey@thebridgeteencenter.org.



SUPPORT NATIONAL BULLYING PREVENTION MONTH IN OCTOBER!

DRIVE OUT BULLYING VOLUNTEER. DONATE STUFF. SHOP.

FOR COMPLETE DETAILS: WWW.THEBRIDGETEENCENTER.ORG/NEWS/DOB2019



FALL • WINTER 2019 Program Magazine

This semester is sponsored by:



15555 S. 71st Court
Orland Park, IL 60462
708.532.0500
thebridgeteencenter.org
@TheBridgeTC

DuPage Medical Group
WE CARE FOR YOU

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 (after school and on Friday nights) that are designed around the interests and needs of teens in the suburbs.
- 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 call us if you do not have your student login info.
- ARE THERE RESIDENCY RESTRICTIONS?**
No. To date, we have served over 8,000 different students from 128 communities.
- WHEN ARE YOU OPEN FOR STUDENTS?**
Student hours are 2:00-6:00 T, W & Th; 7:30-10:30 Friday nights.
- 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 or email volunteer@thebridgeteencenter.org.



We receive no government funding! FIND OUT HOW YOU CAN SUPPORT US:
WWW.THEBRIDGETEENCENTER.ORG/DONATE

OUR FREE PROGRAMS ARE ORGANIZED INTO

5 BUCKETS:



MIND/
BODY



EVERYDAY
LIFE



COMMUNITY
CONNECTIONS



EDUCATIONAL
SUPPORT



EXPRESSIVE
ARTS

AUGUST, SEPTEMBER & OCTOBER



August 27 (Tues., 4:00-5:00)
GARAGE GAMES TOURNAMENT
Up for some friendly competition? Play your favorite Garage games - air hockey, pool, and foosball!



August 27 (Tues., 5:00-6:00)
EDIBLE BIOLOGY w/ Trinity Christian College
Eat your way through this food science program!



August 28 (Wed., 4:00-5:00)
#JOB SKILLS: THRIFT STORE POS SYSTEM
w/ Kelsey, Bridge Staffer
Learn how to operate the touch-screen cash register and develop your customer service skills at The Bridge Thrift Store.



August 28 (Wed., 5:00-6:00)
SOCIAL MEDIA VIDEO ADS w/ Aaron, Bridge Staffer
Work as a team to story board, film, and edit a 30 second promotional video using the program Adobe Spark.



August 29 (Thurs., 4:00-5:30)
CULINARY: MAC & CHEESE BOWL WITH BEEF BRISKET w/ City Barbeque
Build this mouth-watering signature dish with three types of cheeses and crumbled beef brisket on top!



August 29 (Thurs., 5:00-6:00)
#SPORTSKILLS: Basketball w/ Colton, Bridge Staffer
Brush up on dribbling and passing skills, practice your jump shot, and work on your free throw.



September 3 (Tues., 4:00-6:00)
PROJECT SERVE: THRIFT STORE
Give back to The Bridge! Show your heart of service by helping out at the thrift store, which supports all the free programs you and your friends enjoy at the teen center. Community service hours given.



September 3 (Tues., 4:15-5:30)
SIGN PAINTING
Cover a rustic wooden sign with chalkboard paint. Write your goals on it with embellished stencils for an inspired look.



September 4 (Wed., 4:00-5:30)
STEM: CONSTRUCT A WOOD TOWER
Work with a team to design and build a 3D balsa wood tower, and see how much weight it can hold.



September 4 (Wed., 4:00-6:00)
GIZMO'S FUN FACTORY
Challenge a friend to a go-kart race, laser tag, rock climbing, zip lining, and more!



September 5 (Thurs., 4:00-5:00)
HOW TO STAY AWAKE IN CLASS
w/ Moraine Valley Community College
Explore tips and tricks on how to make sleep a priority so you can thrive, not just survive the school day.



September 5 (Thurs., 4:45-6:00)
#SKILLS SPORTS: BASEBALL PITCH
Practice the proper grip and speed for each type of pitch to maximize your performance and fun on the field.



September 10 (Tues., 4:00-5:00)
DIY BEAUTY: SCENTED SOAP & BODY SPRAY
Create your own gel soap and body spritzer w/ various essential oil scents.



September 10 (Tues., 4:00-5:30)
CULINARY: TRES LECHES CAKE w/ Chuy's
Bake a melt-in-your-mouth sweet sponge cake, soaked in "three milks" and topped with whipped cream!



September 11 (Wed., 3:45-5:00)
GEARHEADS: CHANGE A FLAT TIRE
w/ Bettenhausen Auto
Learn how to change a flat tire and jump start a car - essential skills for future and current drivers!



September 11 (Wed., 5:00-6:00)
ACTING & IMPROV
Try out unrehearsed acting! Build off of a team, incorporate object work, and learn from a professional working actor.



September 12 (Thurs., 4:00-5:00)
YOGA CARDIO SCULPT (GIRLS ONLY) w/ EveFit
Try some yoga poses combined with cardio exercises that will energize you and sculpt your muscles.



September 12 (Thurs., 4:00-6:00)
BEHIND THE SCENES: FOREST PRESERVE HIKING
Go on a nature hike and search for native plants and insects. Maybe you'll meet some forestry friends, too!



September 12 (Thurs., 5:00-6:00)
SOUL CAFE: FRIENDSHIP GOALS w/ Elyssa's Mission
Hear about truths and myths of friendship and identify new courageous ways you can be an authentic friend.



September 17 (Tues., 4:00-6:00)
CREATE A WOODEN CANDLE HOLDER (HS ONLY)
w/ Rockler Woodworking
Craft a wooden candle holder with industrial tools and traditional techniques of the woodworking trade.



September 17 (Tues., 4:15-5:45)
BEGINNING ACOUSTIC GUITAR
Play basic chords, tune your strings, and read sheet music to play a song. Guitars provided.



September 17 (Tues., 4:30-5:30)
DIY: BURLAP MEMORY FRAMES
Paint a picture frame, attach a rustic burlap backing, and hang twine to hold your favorite photo memories!



September 18 (Wed., 4:00-5:30)
CULINARY: TRIO OF TACOS w/ Trader Joe's
Construct bacon, steak, or vegan soy chorizo tacos with super tasty toppings. Yes, please!



September 18 & 19 (Wed. & Thurs., 4:15-5:45)
INTRO TO COMPUTER PROGRAMMING
w/ Moraine Valley Community College
Learn the foundations of coding through an introduction to programming logic and problem solving.



September 19 (Thurs., 4:30-5:30)
PHOTOGRAPHY COMPOSITION TIPS
w/ Moraine Valley Community College
Explore the essentials of the perfect photograph. Bring your phone or if you have one, a digital camera!



September 24 (Tues., 4:00-5:00)
DRUMS
Develop your skill in rhythm and timing. Learn drumming basics from a professional drummer who's in five bands!



September 24 (Tues., 5:00-6:00)
HOW TO STICK TO A STUDY PLAN
Don't skip class, handwrite your notes, and work ahead. Warm up to these study strategies and more!



September 25 (Wed., 4:00-5:00)
UPCYCLED T-SHIRT CRAFTS w/ Ashley, Bridge Staffer
Upcycle soft, colorful t-shirts into wrist or head bands. Guys and girls welcome!



September 25 (Wed., 5:00-6:00)
#SKILLS: HOW TO COMMUNICATE LIKE A PRO
Understand the importance of emotional skills and social cues that will help you navigate relationships with friends and family.



September 26 (Thurs., 3:45-6:00)
SKY ZONE
Flip and bounce in the freestyle trampoline courtyard or play a high-velocity game of dodgeball!



September 26 (Thurs., 4:00-5:00)
ANIMAL DISSECTION
Examine and dissect a cow eye or fetal pig specimens. Caution: Must have a strong stomach and love for science.



September 26 (Thurs., 5:00-6:00)
SOUL CAFE: HOW TO GET ALONG WITH YOUR PARENTS w/ Hope Enrichment Center
Parents getting on your nerves? Get tips and advice to better understand and communicate with your parents.



October 1 (Tues., 4:00-6:00)
LINO CUT PRINTS
Carve your own geometric stamp, roll it in ink, and apply it to a fresh piece of paper or fabric.



October 1 (Tues., 4:30-5:30)
SONGWRITING w/ Down Home Guitars
Brainstorm lyrics, gain inspiration from melody, and try out a few writing exercises. All levels welcome.



October 2 (Wed., 4:00-5:00)
LAYERING FALL OUTFITS
Get the latest tips for wearing fall fashion from a stylist who has worked for high-end designers.

OCTOBER & NOVEMBER



October 2 (Wed., 4:00-5:30)
CULINARY: RANCH CHICKEN SANDWICHES & CAESAR SALAD w/ Cooper's Hawk
Build a flavorful sandwich with chicken, bacon, avocado and cheese. Pair it with a light Caesar salad. Join us!



October 2 (Wed., 4:15-6:00)
GEARHEADS: MOTORCYCLE BASICS w/ Cycle Gear
Get an in-depth look into all things motorcycles. Try on all types of gear including helmets and jackets.



October 3 (Thurs., 4:00-5:00)
STEM: PUNKIN CHUNKIN
Build a catapult to launch a pumpkin into the air! Bonus points if you can hit the target.



October 3 (Thurs., 5:00-6:00)
#SKILLS: WRITING A RESEARCH PAPER
w/ Acorn Public Library
Refine your researching skills and write an impressive paper for your next school assignment.



October 8 (Tues., 4:00-6:00)
FELT FLOWER EMBROIDERY
Cut felt pieces into flowers and stitch them onto fabric with a needle for a textured look. Beginners welcome!



October 8 (Tues., 4:30-5:30)
DIY: BEE HOUSES w/ University of Illinois Extension
Pollinators play an important role in a healthy environment. Build a bee hotel to take home for next summer's garden!



October 9 (Wed., 4:00-5:00)
STRENGTH TRAINING w/ AvoLife Fitness
Strengthen your core and upper body muscles and build endurance with a variety of exercises.



October 9 (Wed., 5:00-6:00)
ENTREPRENEURSHIP 101 w/ Junior Achievement
Want to own a business? Assess your skills, learn how to think outside the box, and design a product prototype.



October 10 (Thurs., 4:00-5:30)
CULINARY: PUMPKIN CREAM CHEESE MUFFINS
w/ Madeline and the Traveling Bakeshop
Enjoy the warmth of fall with the flavors of pumpkin and cinnamon as you create pumpkin muffins.



October 10 (Thurs., 4:00-6:00)
BEHIND THE SCENES: SOLAR POWER
w/ IBEW-NECA Technical Institute
Discover how energy storage works by building electrical voltages from Photovoltaic Modules.



October 10 (Thurs., 5:00-6:00)
SOUL CAFE: BE A FRIEND, NOT A BULLY
w/ Colton, Bridge Staffer
Know how to look for opportunities to be kinder, more compassionate, and a genuine friend.



October 14 (Mon., 2:15-4:00)
BEHIND THE SCENES: POLICE STATION
w/ Orland Park Police Dept.
Get an inside look into police training, dispatch, and patrol. Team up to problem-solve simulations, too!



October 14 (Mon., 4:30-5:30)
FALL SMELLS & PUMPKIN SPICE LATTES
w/ Becca, Bridge Staffer
Think you know your fall smells? Play this lightly-competitive guessing game and enjoy a pumpkin spice latte!



October 15 (Tues., 4:00-5:30)
CULINARY: FALL SOUPS w/ Joliet Junior College Culinary Arts
Blend ingredients and simmer three hearty soups that have great sources of energy, protein, and tastiness!



October 15 (Tues., 4:00-6:00)
SEW HOLIDAY NAPKINS
Make a pair of napkins by sewing, folding, and ironing two fabric pieces into the shape of Christmas trees.



October 16 (Wed., 4:00-5:00)
SOUL CAFE: CALMING ANXIOUS THOUGHTS
w/ Counseling Works
What does your internal voice sound like? Transform your fears and worries to motivating self-talk.



October 16 (Wed., 4:00-6:00)
STEM: COMPUTER PROGRAMMING LANGUAGES
Work on small teams and write a program in several computers languages, such as JavaScript, Python, and SQL.



October 17 (Thurs., 4:00-5:30)
CREATIVE PAINTING w/ Saulena Ananaviene, LCPC
Let your intuition and emotions guide you in the creative process of painting.



INDICATES NATIONAL BULLYING PREVENTION MONTH PROGRAM.



October 17 (Thurs., 4:30-5:30)
WILD & EXOTIC ANIMALS w/ Animals for Awareness
Meet a chinchilla, talking parrot, and more. Hear how a local charity provides a safe haven for these animals.



October 22 (Tues., 4:00-5:00)
AROUND THE WORLD: SCOTTISH BAGPIPES
Played by the British military and for royalty, now you can try playing the bagpipes on practice chanters.



October 22 (Tues., 5:00-6:00)
DIY: FALL TASSEL BANNER
Attach colorful tissue paper to twine for a decorative banner. Add embellishments for extra fall warmth!



October 22 (Tues., 5:00-6:00)
DUDES & DONUTS (GUYS ONLY) w/ Rob Scott, Bridge Staffer
Grab a donut and enjoy some bro time as we go head-to-head in a surprise competition. Winner gets first pick of donuts.



October 23 (Wed., 4:00-5:00)
RESCUE DOGS w/ Guardians of the Green Mile
Meet a rescue dog, hear how animals are saved, and what's involved in the adoption process.



October 23 (Wed., 5:00-6:00)
WHAT IT'S LIKE TO BE: JOURNALIST
Discover how a news broadcast is pulled off and try your hand at being a journalist - as an anchor, writer, or editor.



October 24 (Thurs., 4:00-5:00)
PROJECT GIVE: LIGHTBULB MESSAGES
w/ Mandi, Bridge Staffer
Surprise a friend or acquaintance with a heartfelt message of encouragement and inspiration!



October 24 (Thurs., 5:00-6:00)
WHAT IT'S LIKE TO BE A SURGEON w/ DuPage Medical Group
Experience how a doctor preps for surgery and check out medical instruments and a surgical robotic system.



October 29 (Tues., 5:00-6:00)
WHAT IT'S LIKE TO BE A SURGEON w/ DuPage Medical Group
Experience how a doctor preps for surgery and check out medical instruments and a surgical robotic system.



October 29 (Tues., 4:30-5:30)
SOUL CAFE: BUILD YOUR COURAGE w/ Counseling Works
Courage drives people to face their fears. Get inspired to build your courage, one step at a time!



October 30 (Wed., 4:00-5:15)
HALLOWEEN NAIL ART
Enhance your #Halloween2019 by painting spiders, spider webs, eye balls, and dot designs on your nails.



October 30 (Wed., 4:00-5:30)
CULINARY: LOADED FALL SALAD & SPICED SMOOTHIES
Blend a sweet persimmon fruit smoothie with ginger and toss a crispy squash salad sprinkled with blue cheese.



November 5 (Tues., 4:00-5:30)
AROUND THE WORLD: VIETNAMESE SPRING ROLLS
w/ Siam Marina
Fill crispy rice paper rolls with veggies, shrimp, or cream cheese. Then, dip them in a sweet or savory sauce!



November 5 (Tues., 4:15-5:45)
PROJECT GIVE: THANK YOU VOLUNTEERS
w/ Rachel & Kelsey, Bridge Staffers
Show your gratitude through meaningful cards and DIY gifts to the volunteers who serve you at The Bridge.



November 6 (Wed., 4:00-5:00)
DIY: SCENTED DEODORANT
Mix coconut oil, arrowroot powder, and a natural skin astringent with scented essential oils to create deodorant.



November 6 (Wed., 5:00-6:00)
BEGINNING PIANO
Read sheet music to play basic chords and notes and start playing simple songs. Keyboards provided.



November 7 (Thurs., 4:30-5:30)
PORTRAIT PHOTOGRAPHY w/ Picture Sandy Photography
Say "cheese"! Focus on the colors, setting, lighting, poses, and more that go into taking pictures of people.



November 7 (Thurs., 5:00-6:00)
SOUL CAFE: HULK SMASH! (GUYS ONLY)
w/ Associates in Professional Counseling
Want to punch something? Identify what's causing emotional reactions and how to better communicate with others.



November 12 (Tues., 4:00-5:00)
LAUNCH YOUR PRODUCTIVITY w/ Sylvan Learning Center
Balance your life so you can enjoy it more! Track how you use your time and learn how to prioritize tasks.



November 12 (Tues., 4:00-5:30)
WELDING w/ Moraine Valley Community College
Weld together small pieces of metal using high heat to create an original sculpture.

NOVEMBER & DECEMBER



November 12 (Tues., 5:00-6:00)
HOW TO DRAW HAIR w/ Doria, Bridge Ambassador
Play with shading, blending, and proportions by drawing diverse hairstyles and textures.



November 13 (Wed., 4:00-6:00)
ARCHERY w/ BowDoc Archery
Shoot a bow and arrow and practice target accuracy at an indoor archery range. Signed waiver required.



November 13 (Wed., 4:00-5:30)
CULINARY: CAKE DECORATING w/ Nothing Bundt Cakes
Decorate mini bundtles with butter cream frosting and create a custom tower to take home and enjoy.



November 13 (Wed., 5:00-6:00)
DESIGN A DRESS w/ Generation Bliss
Gain insight from a boutique owner and sketch your ideas to make a one-of-a-kind dress come to life.



November 14 (Thurs., 4:00-5:00)
ADVANCED WRITING: BRING YOUR STORIES TO LIFE
Meet a life-long writer and storyteller and get inspired to write exciting, impactful stories.



November 14 (Thurs., 4:00-6:00)
KNITTING FINGERLESS MITTENS
Get ready for winter by knitting cozy and colorful fingerless mittens. Beginners welcome!



November 14 (Thurs., 5:00-6:00)
STEM: CODING & APP DEVELOPMENT
w/ StagG GenZCoders
Write code using Scratch, a programming language that allows you to create your very own app.



November 19 (Tues., 4:00-6:00)
#ARTSKILLS: PROCREATE DRAWING APP w/ Apple, Inc.
Explore how to start a sketch by tracing with the Procreate app on iPad Pro.



November 19 (Tues., 4:00-6:00)
BUILD A TOOLBOX w/ Carpenters Apprentice Program
Create your own toolbox by cutting, sanding, and assembling the wood. Use it for DIY projects for years to come!



November 20 (