Oak Park & River Forest Community Calendar

Comments

June 8, 2009

Oak Leaves and Forest Leaves welcome items for the Community Calendar, as well as items for Business Briefs, Campus News, Community Briefs, School Digest and Newsmakers. Items must be received minimum of 10 days prior to publication; earlier is better. E-mail oakpark@pioneerlocal.com; fax (708) 383-3678; or mail to Pioneer Press, 1140 W. Lake St., Oak Park, IL 60301.

TOP STORIES ::

NEWS
NEWSMAKERS

BUSINESS
Time to study politics of realty

SPORTS
Solid pitching keys Shaker's title runs

ENTERTAINMENT
Franciscan priest puts his faith in music, 'Hope'

CURRENTS
Celestial offerings this June

BENEFITS

Boys & Girls Club of Cook County holds its 19th annual Walkathon **June 13**. It is one of three major fundraisers the club holds each year. Registration begins at 10 a.m. at Berkeley Park, Taft & Electric Avenue. Brief warm-up and shotgun start at 11 a.m. will kick off the 5K walk along the Illinois Prairie Path. Contributing participants will receive a free T-shirt and lunch and are also eligible to win a raffle prize. Refreshments are provided during the walk and a cookout and raffle concludes the event. Companies, organizations or firms can advertise their names on the back of the Walkathon T-shirts for $250. Call (708) 547-6960 for more information or for pledge sheets. Check out the Web site www.bgcwestcook.org. Donations can be mailed to Boys & Girls Club of West Cook County, P.O. Box 183, Bellwood, IL 60104.

Michigan Avenue Cantori in concert, 7 p.m. **June 14**, Unity Temple, 875 Lake St., Oak Park, IL 60301. A warmhearted performance of solo and ensemble vocal literature from the Baroque through Modern periods (www.myspace.com/cantori). Donations accepted for Unity Temple's restoration at concert or by mail.

Polish National Alliance: 10 a.m.-9 p.m. **June 6** - Six Flag's Great America Theme Park in Gurnee, Ill. Polish Dancers and other surprises. Ticket price $27 per person. Free to children ages 2 and under. **Also:** 7-11 p.m. **June 9** - Polish-American Night at U.S. Cellular Field (Sox Park). The Chicago White Sox vs. The Detroit Tigers. Tickets, $16.50-$19, can be purchased from the Polish National Alliance, 1 (800) 621-3723, Ext. 316; Polish Roman Catholic Union, 1 (800) 772-8632, Ext. 2601; Polish Falcons of America, 1 (574) 289-2140; or the Polish Women's Alliance, 1 (888) 522-1898, Ext. 1208. Sox game tickets are limited and will be sold first-come, first-served.

Polish National Alliance is hosting the third annual Classic and Antique Car Show, 1-5 p.m. **June 28** on the grounds of the Home Office Building at 6100 N. Cicero Ave., Chicago. Rain date, **July 26**. The car show will feature hot cars, great food, ice cream, Italian ice, a DJ, live music, crafts and activities for children and lots of fun for the entire family. Those wishing to show their cars (muscle cars, antique cars, sports cars, classic cars and motorcycles, 1984 and older models), must register with the PNA at (800) 621-3723. Questions about the car show, call Dave at (847) 970-1040. Visit www.pna-znp.org

Seguin Services: Auto Center and Marketplace, Ogden and Central avenues in Cicero, accepts auto donations. (708) 652-3057; www.seguin.org.

CLUBS

AT&T TelecomPioneers - Forest Life Member Club, next monthly luncheon starts with cocktails 11:30 a.m.; lunch 12:30 p.m. **June 11** at Alta Villa Banquets, 430 N. Addison Road, Addison. Entertainment by Wes Harrison, comedian, entertainer. Reservations, call Mary Amato (708) 383-4273 or Lori Kallas (630) 629-1633. Cost $18.

BizNet, professional business networking organization; purpose is to exchange business referrals, 7:30 a.m. **Thursdays**, Harrison Street Cafe, 7300 Harrison St., Forest Park. Complimentary breakfast meeting. Tom Burke (708) 445-4700; www.oakparkbiznet.org.

Kinderwerkstatt, group for German-speaking parents (mother, father, both) and their children, 6-8 p.m. **Thursdays**, various Oak Park locations. Monthly calendar at people.ce.mediaone.net/kinderwerk/index.html; Ilona (708) 383-3320.

Kiwanis Club of Oak Park-River Forest meets noon **June 11**, 19th Century Club, 178 Forest Ave., Oak Park. Tim Feldheim (708) 848-0002.

The League of Women Voters of Oak Park and River Forest will have its last Second Tuesday meeting of the year from 10 -11 a.m. **June**

9 at Thyme and Honey Restaurant, 7525 W. Madison St., Forest Park. Topic for discussion: "What's Happening with Ethics Reform In Illinois?" (708) 802-0697; lwvoprf.org; lwvoprf.org.

Molly Malone Book Club will meet 7-9 p.m. **June 16** in the Snug at Molly Malone's Irish Pub, 7652 W. Madison, Forest Park. Call for the title of the book for June.

Newcomers Club of Oak Park and River Forest for newcomers and longtime residents. Weekly playgroups and monthly social, philanthropic, family activities. Julie Kantor (708) 434-5446; Lisa Rapoport (708) 386-4633; oprfnewcomers.com.

Nineteenth Century Club, 178 Forest Ave., Oak Park, sponsors Contra Dances 8-10:30 p.m. with live music. **June 10**, Bob Eneberg & Friends, Caller Bill Sudkamp; **June 24**, The Grand Ole Aubrey Band, Caller Paul Watkins. Free parking. No reservations. Free prize drawings. Admission: $8; students $6. (708) 386-2729; Mila@tma.net; www.19thcenturyclub.com.

Oak Park French Club meets at 7:15 p.m. **Tuesdays** at the Good Shepherd Lutheran Church, 611 Randolph St., Oak Park. French language and culture lovers share conversation and fun. Improve your French language skills. Membership $100 twice a year; oakparkfrenchclub@gmail.com.

Oak Park-Forest Park Chapter of LeTip International 7 a.m. **Wednesdays** at Holley Court Terrace, 1111 Ontario St., Oak Park. LeTip give and receive qualified business tips or leads. Jim Svehla (773) 276-9900.

Oak Park Partners, chapter of Business Networking International, meets 7:15-8:45 a.m. **Tuesdays** at TGIFridays, 401 N. Harlem Ave., Oak Park. Guests welcome. Call Chapter President Marcy Gorrell (708) 822-6750 or visit www.oakpark1.com.

Oak Park Photo Club meets 7-9 p.m. **June 8**, Oak Park Library, 834 Lake St. All skill levels. (708) 697-6915.

Oak Park SnB Knitting Club has been active for many years and meets from 6-8 p.m. **every Monday** evening on the second floor of the Buzz Cafe, 905 S. Lombard in Oak Park. SnB stands for Stitch and Bitch. It was taken from the book *Animal Dreams* by Barbara Kingsolver and started as a knitting group in Chicago, there are spin-offs all over the world now. All fiber artists are welcome. There is no fee, just drop in any time for good conversation and knitting. For more information go to http://groups.yahoo.com/group/snb-oakpark/.

Oak Park Toastmasters Club, 7 p.m. **June 4** in Maze Library, 834 Gunderson, Oak Park. For improving public-speaking abilities. Call Deborah Preiser (708) 697-6915.

Triton College Horticulture Club will meet at 2 p.m. **June 9** in Room R-221 in the Robert Collins Center, 2000 N. Fifth Ave., east campus, River Grove. If you plan to come, call Lena Caccioppo at (708) 452-7460 by **June 7**. At this meeting, new officers of the Club will be installed. The Club winners of the Triton College Horticulture Club Scholarship Awards will also be introduced. After the installation of officers and the awarding of the Scholarshhips, the next big feature will be a Plant Exchange; bring a plant, receive one in return. Plants should be in containers and labeled with the name and the growing details. Bring your shopping bags to take home your new plants. Happy summer, members. See you in September. For club information call (708) 383-0719.

Village Referrals, the Oak Park Chapter of Business Networking International, meets for breakfast from 7-8:30 a.m. **Thursdays** at Eastgate Cafe, 102 W. Harrison St., Oak Park. Call President Suzanne Steger (708) 524-9340 or rksteger@earthlink.net.

ET CETERA

Annual Flag Day Ceremony will be observed by the Polish National Alliance promptly at 11 a.m. **June 12.** PNA Vice President Paul C. Odrobina will chair the event. Guests and neighbors who would like to attend the ceremony to commence at 10:30 a.m. in the front of the PNA Home Office, at 6100 N. Cicero Ave., Chicago. A brief program will mark the occasion, including dignitaries who will speak. In case of rain, the program will take place in the PNA cafeteria. For additional information about the PNA and its activities, call the PNA (773) 286-0500, Ext. 316; visit the PNA Web site at www.pna-znp.org, click Events."

Animal Care League, 1013 Garfield, Oak Park, low-cost spay/neuter clinic. Because of grants ACL has received it will be able to offer even lower cost (free, in many cases) spay/neuter surgeries to low-income clients. (708) 848-8155.

Catholic Charities' West Region Office, 1400 S. Austin in Cicero, is now offering evening hours for its food pantry: 2:30-7:30 p.m. **Thursdays** and 9 a.m.-noon and 1-2 p.m. **Monday and Tuesday**. The pantry is closed Wednesday and Friday. Call (708) 222-1491.

Friends of the Oak Park Conservatory are sponsoring a free family activity, The Exploration Station, 10 a.m.-noon Saturdays in the conservatory, 615 Garfield St. Adults and children ages 5 and up will enjoy visiting. (708) 725-2460 or visit www.fopcon.org.

Heartland Blood Centers is struggling to meet the needs of O-negative and B-negative patients in area hospitals. Donors can schedule a time to give by calling 1(800) 7 TO GIVE; www.heartlandbc.org for listings of blood drives in the community and listings of Heartland's 16 center locations. To be a blood donor, individuals must be at least 17 years old or 16 with written parental permission; weigh at least 110 pounds; be symptom free of cold, flu and allergies; and be in general good health. Donors who have traveled outside the United States within the past 12 months should contact Heartland at 1 (800) 786-4483 to determine eligibility.

Landmark Pleasant Home, built by George W. Maher in 1897 at 217 S. Home Ave., in Oak Park, offers guided tours at 12:30, 1:30 and 2:30 p.m. **Thursday-Sunday**. Small group tours by reservation. Call (708) 383-2654.

L'Arche, a home where people with developmental disabilities and people without disabilities live as a family, invite you to Community Night, 7-9 p.m. **June 11**. Come to 1049 S. Austin Blvd., Cicero. Call Alex Conroy (773) 287-8249.

Oak Park Fire Department: Life-saving classes throughout 2009, including CPR and training in how to use an automated external defibrillator or AED. Classes held 6-10 p.m. at the main fire station, 100 N. Euclid Ave. Classes are free for Oak Park residents, but a $12 CPR or $8.50 first aid textbook fee payable by check or money order required. Nonresident class fee is $50. Call the Fire Department at (708) 445-3300 or e-mail fire@oak-park.us. Try to enroll two weeks before start of class. "Infant/Child CPR" - Mondays: **June 15, July 27**. "Heartsaver/Frst Aid" - Tuesdays: **June 9, July 14**, **Aug. 11**. "Heartsaver/AED" - Wednesdays: **July 1 and 15**. "Health Care Provider CPR/AED"- Wednesdays: **June 24, July 22**.

Oak Park Library, 834 Lake St., offers Art Appreciation Tours, led by trained volunteer docents, 1 p.m. **June 6**. View the library's permanent art collection and learn to interpret art for yourself and for others. Tours are free and open to the public. Call (708) 383-8200. If you are interested in becoming an Art Tour volunteer, contact Carole Aston (708) 848-1280; caroleaston@sbcglobal.net. To view permanent art in the main library go to www.oppl.org/main/art.htm.

Open house and Skinner Organ concert at 1:30 p.m. **June 7**, during Day in Our Village, at First United Methodist Church of Oak Park, 324 N. Oak Park Ave. The church is an Oak Park landmark. A demonstration of the church's restored 1925 Skinner organ at 2 and 3 p.m. by organist Michael Shawgo. Guided tour of the church's stained glass windows between performances. Admission free. FUMC is two

blocks north of Scoville Park. Mary Moritz (708) 383-4983.

FAMILY SERVICE

Family Service and Mental Health *Center of Oak Park and River Forest, 120 S. Marion St. For Oak Park, River Forest, Forest Park residents reduced-fee schedule available. Call (708) 383-7500 and extension listed.*

Connections: 3-4:30 p.m. **Tuesdays**. For adults with mental illness. Substance abusers accepted. Fee: $45 per session. Ext. 313.

Dual Diagnosis - MISA: 4-5:30 p.m. **Tuesdays** for adults with chemical dependency and mental health issues. Participants accepted in any recovery stage of either illness. Fee: $45 per session. Ext. 320.

Experiential/Gestalt: 7-9 p.m. **Mondays** for clients interested in dealing with unfinished issues past and present causing depression and other symptoms. ACOA, codependents welcome. Fee: $45 per session. Ext. 307.

Moving On: 2:30-3:30 p.m. **Thursdays** for single men and women, ages about 30-65, with history of chronic and severe disabling symptoms of mental illness. Primary goal is avoiding isolation that often occurs and exacerbates illness. Fee: $45 per session. Ext. 350.

GOVERNMENT

The following groups meet *in Oak Park Village Hall, Madison Street and Lombard. Agendas and agenda materials are now available electronically on the village Web site. Visit www.oak-park.us, mouse-over to News, then click on Board Agendas and Minutes. An interpreter is available for all Oak Park governmental meetings and village-sponsored activities. Human Resources Dept. (708) 383-6400, Ext. 2326 or (708) 848-1911 (TTY/TDD). Need 48 hours notice. CC=Council Chambers.*

Today: Village Clerk's Office Extended Hours for Vehicle Sticker Renewal, 8:30 a.m.-7 p.m.

June 6: Village Clerk's Office Extended Hours for Vehicle Sticker Renewal, 9 a.m.-noon.

June 8: Village Clerk's Office Extended Hours for Vehicle Sticker Renewal, 8:30 a.m.-7 p.m.; Village Board Special Meeting, 7-9 p.m., Room 101; Community Design Commission, 7:30-10:30 p.m., Room 130; Transportation Commission, 7:30-10 p.m., Room 201.

June 9: Forestry Commission, 7:30-9 p.m., Room 130.

June 10: Russian Visitors/President Pope, Trustees, Tom Barwin, Room 201/CC; Condo Network, 7-9 p.m., Room 201/CC; Farmers' Market Commission, 7-9 p.m., Room 102.

June 11: Village Clerk's Office Extended Hours for Vehicle Sticker Renewal; Emergency Telephone System Board, 8:30-9:30 a.m., Room 215; Firefighters' Pension Board, 9 a.m.-noon, Room 101; Historic Preservation Commission, 7-10 p.m., Room 211/CC.

June 13: Village Clerk's Office Extended Hours for Vehicle Sticker Renewal, 9 a.m.-noon.

Chicago Metropolitan Agency for Planning is about to begin the new "Invent the Future" scenario phase of the GO TO 2040 comprehensive regional planning process. Starting in June, CMAP will hold dozens of public workshops, including one held from 7-9 p.m. **June 4**, at Unity Temple, 875 Lake St., Oak Park. CMAP is developing a long-range plan to accommodate an additional 2.8 million people by 2040. At a GO TO 2040 "Invent the Future" workshop, you'll get to have your say about how CMAP should plan for the year 2040. Information you contribute at these meetings will help CMAP develop a preferred scenario that will best reflect the region's desired future. Real-world public policies and investments–including roads, transit and other infrastructure–will be the result when the GO TO 2040 comprehensive regional plan is finalized in 2010. So come out and "Have Your Say!" Visit www.goto2040.org to register or contact Joey-Lin Silberhorn at (312) 386-8814 or Jsilberhorn@cmap.illinois.gov.

River Forest Village Board meets 7:30 p.m. **June 8** in the Community Room of Village Hall, 400 Park Ave. Public always invited.

Youth Services Committee will next meet at 6:45 p.m. **today, June 4,** at Oak Park Township, 105 S. Oak Park Ave. The **July meeting is canceled** and the next scheduled meeting is 6:45 p.m. **Aug. 5** at the township. The public is welcome to attend these meetings. The committee is comprised of area volunteers who meet on a monthly basis to discuss issues affecting Oak Park and River Forest youth. Volunteers are chosen through an application process and term of service is three years. If interested in serving, call Youth Services at (708) 445-2727.

HEALTH NOTES

Illinois Breast and Cervical Cancer Program is offering uninsured women in Illinois, regardless of income, free pelvic exams and Pap tests along with mammography and breast exams. To enroll in program, call (888) 522-1282 or visit www.cancerscreening.illinois.gov.

Infertility Seminar: Art of Natural Healing hosts "A Natural & Supportive Approach to Building a Family," an infertility seminar 6:30-7:30 p.m. **June 12** 7773 Lake St., River Forest. The seminar will focus on the role of natural medicine in conjunction with IVF and other assisted reproductive therapies; natural approaches through Chinese medicine; dealing with the emotional challenges of infertility; and ways to decrease associated stress and increase coping skills. The seminar will be led by Dr. Alejandro Fernandez, NMD, L. Ac. and Gail Zarbin, licensed social worker. Register: $20 fee. (708) 366-8002.

Oak Park Art League, 720 Chicago Ave., Oak Park, join artist Desi Vasquez for invigorating exercise/dance class. This series of ongoing Happy Body Workshops offered 8:30-9:30 a.m. **Tuesday, Wednesday, Thursday, Friday**. Fee: $10 per class. (708) 386-9853, e-mail opal2004@sbcglobal.net; www.opal-art.com.

Oak Park Laughter Yoga meets at 7 p.m. **June 10** at Mills Park Tower, 1025 Pleasant Place, in Oak Park. Fee free and contortion free. Call David Kelm (708) 975-9300; david1945@aol.com; www.laughteryoga.org.

Overeaters Anonymous: 9 a.m. **Saturdays**, Grace Lutheran Church, River Forest. No weigh-ins, dues or fees. For other meeting times, locations visit oa.org or call Kathleen (708) 346-0000.

Pineapple Dance Studio, 7518 W. Madison, Forest Park, offers Hatha Yoga classes, 9-10:30 a.m. Sundays. Beginning-continuing levels, open class. Taught by certified instructor Micki Leventhal. (773) 484-3533; micki@miriams-dance.com.

Sound Care Hearing Group will be offering a free tinnitus and hearing loss support group from 1-3 p.m. **June 6**, (The support group for **July 4** has been rescheduled to **July 11** due to the national holiday.) These support groups will be held in Conference Room A of Rush Oak Park Hospital, 520 S. Maple Ave., Oak Park. Enjoy light refreshments and meet new friends. Just stop by or call (708) 660-2350. **Also:**

Oak Park Hospital, 520 S. Maple Ave., Oak Park. Enjoy light refreshments and meet new friends. Just stop by or call (708) 660-2350. **Also:** Free hearing screenings will be given 9:30-11:30 a.m. **June 10** at the Oak Park Township, 418 S. Oak Park Ave., Oak Park. Sound Care Hearing Group is run by licensed clinical and diagnostic audiologist Dr. Rebecca L. Anderson, a certified-member of the American Speech Language Hearing Association. Visit www.soundcarehearing.com.

Tennis and Fitness Centre of Oak Park and River Forest, 301 W. Lake St., Oak Park, offers Tai Chi classes with Master Instructor Lee Yee Cho, 7:15-8:15 p.m. Wednesdays. Classes ongoing. Fee: $80 per month, with one-time trial price available. (708) 386-2175 or stop in.

TOPS: (Take Off Pounds Sensibly) meets 10 a.m. Wednesdays in Good Shepherd Church, corner of Randolph Street and East Avenue, in Oak Park. (Use side entrance, on Randolph; handicapped accessible.) TOPS is nonprofit, very low-cost program. Call Ann Randall (708) 524-1309.

T-Renegade Fitness Oak Park is awarding 10 adult fitness bailout scholarships in the areas of Pilates, Nordic Walking and Early Birds' Boot Camp for residents of Oak Park, River Forest, Berwyn or Forest Park. Scholarships are one and two months and available **through October** 2009. Applications and more information contact Nancy Trock at (708) 699-GOOD (4663); Ntrockster@earthlink.net.

"The Wellness Weight Loss Program," is a free lecture 7 p.m. **June 10** by local physician Carlos Reynes, founder of Integrative Therapies Medical Center, 7756 Madison St., in River Forest, where the lecture will be given. You must call (708) 771-3471 to reserve a seat. The lecture will address how to lose weight healthfully and learn the lifestyle techniques to keep it off for good. Dr. Reynes has been helping patients obtain optimal health by combining alternative and traditional therapies for the past 20 years. He will share his approach with the lecture attendees so that they can learn how to design their plan for optimal health through weight loss. www.integrativetherapies.medem.com.

Yoga Trek Center, Pilates mat, 7:30 p.m. **Tuesdays**, 911 S. Lombard next to the Buzz Cafe, Oak Park. Medium-paced mat class can be modified up or down for your skill level. Bring your towel, small weights, ring, coach, water, etc. if you like (or not). Single class $15; 5-class card $65; 10-class card $120 (best value, good for four months). Pilates mat class 6-7 a.m. **Saturdays** on the OPRFHS track. Nancy Trock of T-Renegade is considering starting a new Pilates mat class at 7 or 7:30 p.m. Thursdays in a northwest River Forest studio and would like to know if anyone would be interested in attending such a class throughout the coming months. (708) 699-4663; ntrockster@earthlink.net.

HERE'S HELP

Catholic Charities LOSS support group is for people whho have lost loved ones to suicide. For information about the program and locations where the groups are offered call (312) 655-7283 or visit LOSS Web site: www.catholiccharities.net/loss. West suburban residents seeking counseling for any reason can call Dalia Bagdonas Rocotello (708) 222-1491 or (708) 329-4022.

Chronic Fatigue/MCS support group meets 7 p.m. **June 8** in diner inside the Whole Foods Store, Lake and Harlem in River Forest. Call Gail (708) 484-4148 or just show up.

Families Anonymous, a support group to help relatives and friends of people with alcohol, drug or emotional problems, meets at 7:30 p.m. **Tuesdays** at First United Church, 848 Lake St., Oak Park on the first floor in Room 14. Enter from the parking lot behind the church off Kenilworth. Free and open to all; no religious affiliation required. www.familiesanonymous.org; (773) 777-4442.

La Leche League of Oak Park/River Forest provides free monthly meetings. Topic "Questions Mothers Ask," from 10 a.m. to noon **June 5** in the upstairs room of Buzz Cafe, 905 S. Lombard, Oak Park. Has lending library of books on breastfeeding, pregnancy and child care. Offers free, 24-hour telephone support. Visit www.lalecheleague.org. For support call or e-mail Newt, nsherwin@ameritech.net, (708) 366-7166; Cathy, agenericmama@gmail.com, (708) 848-7083; Marcia, mschatts@gmail.com, (708) 383-2139; Mary Anne, mary.anne.zeh@gmail.com, (708) 771-4317; or Rebecca, rirwin42@yahoo.com, (708) 209-1127.

NAMI (National Alliance on Mental Illness). Metro-Suburban Drop-in Center, 816 Harrison St., Oak Park, offers recreational activities, support and socialization for those recovering from mental illness, 3-7 p.m. **everyday except Sunday**. (708) 524-2582.

Parenthesis Parent Child Center, 405 S. Euclid Ave., Oak Park, provides opportunities for teen parents ages 12-21 and their children, to meet together in family support setting. Parents come to **Parenteen Program** with their children to receive counseling, support, home visits and to attend parenting workshops; 5:30-7:30 p.m. **Wednesdays**. Family meal served; child care provided. Also offered: **Parenting On Our Own**, for single parents to receive counseling, support, home visits and to attend parenting workshops; 6-8 p.m. **Tuesdays**. Family meal served; child care provided. Call Mary Strizak, program director, (708) 848-2227.

Recovery Internat'l, free self-help group based on cognitive therapy, helps you overcome anxieties of daily living; 7:30 p.m. **Tuesdays** in First United Church of Oak Park, 848 Lake St., Room 15. This is the premier, self-help mental health resource worldwide, available and accessible to anyone, anywhere and anytime, started by physician and psychiatrist Dr. Abraham A. Low. (708) 409-1489; www.recovery-inc.org.

WSANA (West Suburban Access News Association) provides information online for individuals with disabilities. Visit www.wsana.org; write WSANA, P.O. Box 3221, Oak Park, IL 60302; (708) 383-6258; e-mail info@wsana.org. Executive Director Joel H. Sheffel.

WSMOMS (West Suburban Mothers of Multiples), support group for families with twins or more in the Oak Park area, meets 7:30 p.m. **June 10**. See the Web site for details wsmoms.org.

HOSPICE

Rainbow Hospice Bereavement *Support serves Cook County. Fees for workshops and groups listed. If you cannot pay the full fee, it is asked that you pay an amount which does not cause a hardship for you. Fees are waived for family/loved ones of Rainbow Hospice patients. (847) 692-8884.*

Good Mourning: 6:45-8 p.m. **June 15** in Lutheran General Family Care Center, 9375 Church St., Des Plaines. Program is a monthly support group for children, teens and families who have lost a loved one through death. Preliminary interview required prior to registration.

LGBTQ Grief Group: 7-8:30 p.m. **June 8** at Center on Halsted, 3656 N. Halsted, Chicago. Designed to help grieving members of the lesbian, gay, bisexual, transgendered questioning communities to find support and information as they mourn someone they love. Fee: $5 per session.

Widowed Support Group: 7-8:30 p.m. **June 9** at Rainbow Hospice, 444 N. Northwest Hwy., Suite 145, Park Ridge. Ongoing support group addresses the losses faced by persons who have been widowed less than 18 months. Fee: $5 per session.

Younger Widowed Support Group: 7-8:30 p.m. **June 9** at Rainbow Hospice, 444 N. Northwest Hwy., Suite 145, Park Ridge. This is an ongoing support group for younger widowed persons who have dependent children at home and/or are 55 years of age or younger. Fee: $5 per session.

$5 per session.

KIDS' STUFF

Free classes: Simple and free make-and-take kids' crafts, 11 a.m.-2 p.m. **Saturdays in June** at the Artisan's and Crafters Unique Boutique of the Oak Park Women's Exchange, 839 S. Oak Park Ave., Oak Park. **June 6**, "Paint a Rock"; **June 13**, "Sachet and Macrame"; **June 20**, "Headbands and Small Pouches"; **June 27**, "Make a Card. Call (708) 848-4693.

Kids Night at the Oak Park Tennis Center: 5:30-7:30 p.m. **June 6**, 544 Bonnie Brae, River Forest. Kids ages 5 and up are welcome to come for pizza, games, tennis, ping pong and more. Admission $5 and bring a canned good for the local food pantry. Reservation required, call (708) 366-9652; oakparktennis.com.

First United Church Nursery School, a NAEYC accredited school for 3- to 5-year-olds, at 848 Lake St., Oak Park, is accepting registration for fall 2009 classes. Registration is also open for Young Sprout Day Camp, a day camp experience for children age 3 to 6 with an emphasis on nature study and science discovery. Camp sessions are **June 8-25 and July 6-24**. Call Joan White at (708) 848-4910.

MOPS (Mothers of Preschoolers) is an international organization designed to meet needs of moms of kids ages birth through 6. Join in for food, fun and fellowship 9-11 a.m. **June 5** at First Presbyterian Church of River Forest, 7551 Quick St. at Lathrop. Childcare available. Call Heather Radzinski 708) 386-7501; www.oakparkmops.org.

LEARNING

Literacy Volunteers of Western Cook County has tutors for reading and writing; GED; English language. Meet in your local library. Free and private. (708) 848-8499.

Vajrayana Buddhist Center, 13 Harrison St., in Oak Park, is offering Meditation classes, 10-11:15 a.m. **Sundays** and 7-8:30 p.m. **Mondays**. Everyone welcome. Drop in anytime. Visit www.meditateinchicago.org; call Education Program Coordinator Fran Von Zee (708) 763-0132.

OPALGA

Oak Park Area Lesbian and Gay Association *has the following group meetings its offices, 947 Garfield, Oak Park. (708) 386-3463; www.opalga.org.*

Amigos Latinos Apoyando Siempre, for gay, bisexual and transgender Latino men 18 and older, 7:30-9:30 p.m. **June 9**.

Spectrum, for lesbian, gay, bisexual, transgender or questioning young adults ages 18 and older, 7:30-9:30 p.m. **Mondays.**

RED, for lesbian, bisexual and questioning women ages 18-26, 7:30-9:30 p.m. **Wednesdays**. All services free, confidential, drop-in and free food.

OAK PARK HEALTH DEPARTMENT

Health screenings: Blood pressure, total cholesterol, high density lipoproteins (HDL), glucose, weight and body mass index screenings available for $20 fee through "Know Your Numbers" program **June 8** in Maze Library, 845 S. Gunderson and **June 13** in main Oak Park Public Library, 834 Lake St. Ages 30-64. Appointment required. Fee can be waived. (708) 358-5481; health@oak-park.us.

Religion notes

"Awakening Your Inner Genius" by Will Tuttle, guest musician and presenter, 9 a.m. and 11 a.m. **June 14** at Unity of Oak Park, 405 N. Euclid Ave. His message will discuss ways to develop your own creativity and intuition. He will perform original piano music throughout each service. Then, from 1-3:30 p.m. **June 14**, Tuttle will offer a free workshop presenting the main ideas of his book, The World Peace Diet. It is the first book to make explicit the invisible connections between our meals and our broad range of problems--psychological, social and spiritual, as well as health and environmental. **June 15**, Tuttle will create a CD of original piano music and his wife Madeleine Tuttle will create a watercolor painting for individuals, both inspired by your essence. Sessions last approximately 45 minutes and are available by appointment only. Suggested donation is $135. Tuttle will perform 7:30 p.m **June 15**, a "Piano Passion Concert. Contact the Rev. Helice Greene or the Rev. Richard Billings (708) 848-0960; unity@unityoakpark.org.

Building Bridges Workshop, 9:30 a.m.-4:30 p.m. **June 6** Unity Temple Unitarian Universalist Congregation, 875 Lake St., Oak Park. Join the Rev. Alan Taylor of Unity Temple and Hind Makki of Interfaith Youth Core for a day of discussion, learning and relationship building. Explore some of the civil liberties challenges facing Arab and Muslim Americans and work together to develop an action plan for how to address these issues locally, as a united community. Hear from activists and local leaders Junaid Afeef of the Council of Islamic Organizations of Greater Chicago, Kamran Memon of Muslims for a Safe America and Akil Vohra of Muslim Advocates. Cost: Free. Lunch will be provided. To register contact Cristin Martineau at rsvp@uusc.org or (617) 301-4381.

Chicago Archdiocese events: The link to the "June 2009 Daybook" from the Archdiocese of Chicago has been updated at

www.archchicago.org/news_releases/daybook.shtm. Events happening this weekend also included.

Introducing the Cardinal's Network. Changes to digital and electronic communications are happening almost daily in the Archdiocese of Chicago. The most recent initiative, the Cardinal's Network, has been introduced on the Archdiocesan Web site. Cardinal George will occasionally share his thoughts, reflections and prayers electronically with all who subscribe by providing an e-mail address. To join Cardinal George's new communications initiative, visit www.archchicago.org and click on Cardinal's Network in the box on the Home Page.

West Suburban Hadassah's luncheon meeting is **June 9** at West Suburban Temple, 1040 N. Harlem Ave., River Forest. Karen Kajikawa Lindblad and Ellen Miller will present a variety of folk songs including some with Jewish content. Lindblad and Miller have been performing together since meeting at the Old Town School of Folk Music. Both have careers outside their music. Lindblad, an architect, is a writer and editor for architectural reference books. Miller is a freelance copywriter for various ad agencies. An auction and raffle will also be held. The annual Leadership Award will be presented to Blanche Blumenthal, for her outstanding service to West Suburban Hadassah and to the community. Luncheon and musical program cost $20. Reservations: (708) 771-5555 by today, **June 4**. Guests welcome.

REUNION

The Graduating Class of 1959 at St. Catherine of Siena, 38 N. Austin Boulevard, Oak Park, is planning a 50th Class Reunion for **Sept. 26**. There will be a tour of the school at 4 p.m. followed by a Mass celebrated at 5 p.m. A reception will be held at 7 p.m. at The Marriott

Courtyard in Elmhurst. A committee has been established and a first letter has been sent to classmates at the addresses available. If you have not been contacted call Mary Lou (Raucci) or e-mail at lulus5angels@aol.com or Matt Hayes at Mhayes@hascares.org.

SENIORS

AgeOptions, the Area Agency on Aging serving Suburban Cook County, headquartered in Oak Park, offers "Take Charge of Your Health," an interactive series of six workshops for seniors to learn to thrive, not just survive, chronic health conditions. **Ongoing classes**, 10 a.m.-12:30 p.m. Tuesdays, at West Suburban Senior Services, 439 Bohland, Bellwood. Contact Maria Oquendo-Scharneck, AgeOptions coordinator, (708) 383-0258 or takecharge@ageoptions.org. Bilingual and bicultural options are available.

ARCC (Active Retired Citizens Club) social club for 55 and older who are young at heart and want to expand their social and intellectual lives. Meets noon-2 p.m. **June 5** in Room R-221 of the Robert M. Collins Center on Triton College campus, 2000 Fifth Ave., River Grove (east side of the campus). Performance by tenor/pianist, Richard Gersten, in "A Tenor's Art." Call (708) 456- 0300, Ext. 3896 to reserve your seat.

Belmont Village Senior Living of Oak Park, 1035 Madison St., hosts bi-weekly Parkinson's exercise classes at 1:30 p.m. **Tuesdays and Thursdays**. Led by a licensed physical therapist from Comprehensive Therapeutics. "Fit Over 50, Gentle Yoga Class," 9:30 a.m. **June 13**. Judith Brown, occupational therapist, leads this special chair yoga fitness class. Alzheimer's support group, 11 a.m. **June 20**. Julie Bach, group facilitator, has a master's degree in gerontology and has been a licensed clinical social worker for 17 years. Attendees enjoy a breakfast. Free, open to the public, seating is limited. Call (708) 848-7200 to reserve your spot in any group.

Encore, program offered by Triton College, 2000 Fifth Ave., River Grove, helps retirees establish new careers for social or financial purposes. Courses offer introduction to small business planning, teaching, updating resumes and Internet skills. (708) 456-0300, Ext. 3500.

TRAILSIDE

***Trailside Museum of Natural History**, 738 Thatcher Ave., River Forest, is run by Forest Preserve District of Cook County. Advance registration for all unless otherwise stated. (708) 366-6530; www.fpdcc.com.*

Nature Story Times: 10:30 a.m. **June 4, 18**. Nature-inspired stories, crafts and activities for ages 3-5 w/adult. Fee: $1 per child.

Volunteer Workday: Help museum staff restore and beautify Trailside's grounds and surrounding preserve **June 6.** When you call to register get times and more information.

Parent/Child Fishing: 9:30 a.m. **June 7.** Free class on fishing basics–baiting hooks, casting and doing some real fishing in the museum's pond. All fishing equipment provided or bring your own. Call (708) 366-6530 to register.

Bugland: 1 p.m. **June 13.** Take the "UG" out of BUG. Children grades K-third w/adult are invited to see the world through insect eyes, eat like a bug and hunt for bugs on an insect safari. Fee: $1 per child.

Morning Fitness Hike: 9 a.m. **June 20.** Enjoy a brisk guided hike along the scenic trails surrounding Trailside Museum. For adults. Free.

Tree Walk and Talk: 1 p.m. **June 21.** An enjoyable stroll through the magnificent Thatcher Woods Preserve; practice ways of identifying trees by leaf, bark, habitat and discuss the tree's importance to humans and wildlife. For adults. Free.

Des Plaines River Ride: 9:30 a.m. **June 27**. Enjoy the scenic beauties of the Des Plaines River Trail on an early summer bike ride. Experienced riders only. Call to register and you will get directions to starting point. Free.

VOLUNTEERS

Aging Well Community Action Teams are composed of volunteers who work together to address needs of older adults in their communities. For information on how you can be on a team call (708) 354-1323, Ext. 19.

Aspire: Nonprofit organization serving children and adults with developmental disabilities, seeks volunteers for its resale shop, Aspire on Broadway, in Melrose Park. Julie Gies (708) 547-3550, Ext. 3554 or jgies@aspireofillinois.org; aspireofillinois.org.

Breast Cancer Network of Strength is looking for breast cancer survivors to be volunteer presenters in its award-winning "Just for Teens" workshop program which provides breast health awareness for girls in their senior year. Survivors can make a difference in the lives of young women in the Chicago metro area. Volunteers especially trained to deliver age-appropriate material. Call Patty Jacobs (708) 386-6179 or e-mail pjay1950@aol.com.

Chicago Zoological Society: Volunteer program at Brookfield Zoo. Openings for guest guides, play zoo and docents. Must be at least 18 and enjoy talking with different people. Special accommodations for wheelchairs or electronic convenience vehicles. Flexible schedules. Apply at www.CZS.org.

Lifelong Learning Center of Oak Park-River Forest Area and beyond (formerly the Senior Citizens' Center Oak Park River Forest) at 414 S. Oak Park Ave., in Oak Park, is looking for a volunteer to teach Spanish. Seeking an individual who might give an hour per week. Call and ask for Ann or Pat (708) 848-5251.

The Oak Park-River Forest Food Pantry needs Saturday morning volunteers to help bag groceries, stock the shelves and serve clients. The Saturday shift is 8:45 a.m.-12:30 p.m. (or split shifts 8:45-10:45 a.m. and 10:45 a.m.-12:30 p.m.). Other weekday shifts are also available. Visit the Pantry Web site at www.oprffoodpantry.org and click on the volunteer page. Complete a volunteer application online and you will receive an invitation to a monthly Volunteer Orientation. Individuals 13 years and older welcome to volunteer Saturdays at the Pantry to provide hunger relief in the community.

YMCA

***West Cook YMCA,** 255 S. Marion St., Oak Park; (708) 383-5200. Registration necessary unless otherwise stated. Registration closes 24 hours prior to the class/event. Contact Wellness and Sports Director Jeremy Myers at (708) 434-0225 or jmyers@westcookymca.org or person listed. Visit opymca.org or stop by the "Y." Fee: Member/Nonmember.*

Summer Day Camps: Begin **June 8**. Sign-up is going on now. American Camp Association Accredited camps include Basketball, Wet & Wild Aquatic Camp, Soccer, Performing Arts, Lego Engineering and much more. Half-Day camps are also available. Barbara Usmial busmial@westcookymca.org; (708) 434-0202.

Contact John Osborn (708) 434-0220; josborn@westcookymca.org for the listings below.

Water Fitness Class: Classes start **June 8**. Deep and shallow water exercise, shallow water aerobics and Arthritis Foundation Aquatic Program classes are offered. Cool off in our indoor pool and enjoy the benefits of exercise without the aching joints.

Swim Lessons: Classes start **June 8**. A variety of programs for parents and children alike including swim lessons beginning at 6 months old. Two-, five- or nine-week sessions.

Kids' Indoor Soccer Class: 4-4:45 p.m. Mondays or 11-11:45 a.m. Fridays for ages 3-5. Classes begin **June 8**. Basic footwork, dribbling, shooting and passing skills will be taught. Fee: $23/$46. Five-week program.

Kids' T-Ball Class: 11-11:45 Mondays or 4-4:45 p.m. Thursdays. Ages 4-6. Classes begin **June 8**. Learn basic baseball skills-hitting, pitching and catching as well as the rules. Fee: $23/$46. Five-week program.

Tumbling Class: 11-11:45 a.m. Thursdays. Classes begin **June 8**. For ages 3-5. Introduction to gymnastics on the mats while learning basic forms, flexibility and beginner skills. Fee: $23/$46. Five-week program.

Red Cross Lifeguard Certification: 6-10 p.m. Tuesdays, **June 9-July 7**; final exam noon July 12. Fee: $175/$265. Sign-up is going on now.

Indoor Floor Hockey: 8-10 p.m. **June 10 - Aug. 12**. Sign-up has begun. Fee: Free/$68.

Family Fun and Fitness Class: 10-11 a.m. Saturdays, begins **June 13**. Cardiovascular and strengthening activities for the entire family. Fee: Free/$37. 10-week program.

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