

Opportunity House, Inc.
357 North California Street
Sycamore, Illinois 60178

Opportunity House, Inc.

Recreation Newsletter

August/September 2022



Announcements

Hello to everyone!

As we lazily roll on into the dog-days of summer, there are few key pieces of information I'd like to review:

- * Do you follow us on social media? Opportunity House Rec. Department is on Facebook and Instagram! Like and follow us for updates and photos!
 FB: Opportunity House—Recreation Department
 IG: opportunityhouse_rec
- * Please remember to rank your activity choices by preference (1st choice, 2nd choice, 3rd choice) when you send in your RSVPs.
- * Rec. payments need to be made out in full by the end of each month for that month only.
- * Because space is limited, last minute cancellations should be avoided unless it is an emergency. If the cancellation comes less than 24 hours in advance, the client will still be responsible for paying for that activity.
- * For activities that occur at the OH main building after business hours, please pick up/drop off clients at Side Door #2. There is a doorbell that can be used.

September

ed	Thu	Fri	Sat
	1 Prize Bingo Time: 3:00-4:30 Location: 357 Cost: \$5 Limit: 10	2	3
erade Mask -4:30pm	8	9 Movie & Popcorn: Jumanji Time: 6:00pm-8:00pm Location: 357 Cost: \$5 Limit: 12	10 Out & About: Tower Hill Stables Trail Ride Time: 10:00am-3:00pm Location: DO @ 357 Cost: \$65 Limit: 5
-4:30pm ack	15 Prize Bingo Time: 3:00-4:30 Location: 357 Cost: \$5 Limit: 10	16 Fun & Fierce Fitness Time: 4:15pm-5:45pm Location: 357 Cost: \$10 Limit: 8	17
in Leaf Ma- -4:30pm	22 First Day of Autumn	23 In-Service Day Movie & Popcorn: Sing 2 Time: 6:00pm-8:00pm Location: 357 Cost: \$5 Limit: 12	24
	29 Prize Bingo Time: 3:00-4:30 Location: 357 Cost: \$5 Limit: 10	30 Fun & Fierce Fitness Time: 4:15pm-5:45pm Location: 357 Cost: \$10 Limit: 8	

For any questions or RSVPs, please contact Emily at:
 815.895.5108 ext. 119 or ekvasnicka@ohinc.org
 Rec Cell: 815.751.2924

Sun	Mon	Tue	W
4	5 Labor Day DT/WS Closed	6	7 Craft: Masqu Time: 3:00pm Location: 357 Cost: \$5 Limit: 8
11	12 Center & Flow Yoga Time: 3:00pm-4:00pm Location: 357 Cost: \$5 Limit: 6	13 Out & About: Guys Night Time: 3:00pm-7:00pm DO/PU @ 357 Cost: \$20 Limit: 8	14 Aktion Club Time: 3:00pm Location: 357 Cost: \$5 for sn
18	19 Movin' & Groovin' Time: 3:00pm-4:30pm Location: 357 Cost: \$5 Limit: 8	20	21 Craft: Autumn Jar Time: 3:00pm Location: 357 Cost: \$5 Limit: 8
25 Out & About: WW2 Days Time: 10:00am-5:00pm Location: DO/PU @ 357 Cost: \$45 Limit: 6	26 Center & Flow Yoga Time: 3:00pm-4:00pm Location: 357 Cost: \$5 Limit: 6	27 Out & About: Gals Night Time: 3:00pm-7:00pm DO/PU @ 357 Cost: \$20 Limit: 8	28

Announcements

- * Aktion Club is collecting plastic lids/caps in hopes of building a Buddy Bench to donate to Opportunity House. They are accepting plastic lids/caps Number 2 (HDPE), Number 4 (LDPE), and Number 5 (PP). There are two donation boxes placed at Opportunity House's main building or, caps can be dropped off at my office.
- * Please be aware that most of our summer Out & About activities will be outdoors (weather permitting). Rec. will provide water bottles, sun screen, and bug spray, but please, dress appropriately for the event and plan for the weather!
- * Our Watermelon Explosion Social was a complete success. Thank you to everyone who attended! Thank you to all the staff who helped to make it a fantastic event and a special thank you to Tony T and Karen S for their assistance! It would not have been as fun without you all!
- * We are introducing a new activity "Fun & Fierce Fitness"! This high-energy dance class is similar to Zumba and will be held at Ovation Performing Arts Studio on August 19th, September 16th and September 30th. The class time is 45 minutes. Rec. will transport clients to and from OH for this activity.

I'm looking forward to our end of summer of adventures!

- Emily Kvasnicka

Some Fun at Home!

Q: Looking for a hot date?

A: Pick any day in August, they don't get much hotter than that!

Q: What do you call a Labrador at the beach in August?

A: A Hot Dog!

Q: Why do bananas use sunscreen?

A: So that they won't peel!



August

ed	Thu	Fri	Sat
	4	5 Movie & Popcorn: Uncharted Time: 6:00pm-8:00pm Location: 357 Cost: \$5 Limit: 12	6 Out & About: John Deere Historic Site Time: 12:00pm-6:00pm Location: DO/PU @ 357 Cost: \$35 Limit: 6
-4:30pm ack	11 Prize Bingo Time: 3:00pm-4:30pm Location: 357 Cost: \$5 Limit: 10	12 Out & About: Elvis, Elvis, Elvis! Time: 6:45pm-10:30pm Location: DO @ 357 Cost: \$55 Limit: 6	13
e Pillowcase -4:30pm	18	19 Fun & Fierce Fitness Time: 4:15pm-5:45pm Location: 357 Cost: \$10 Limit: 8	20
	25 Prize Bingo Time: 3:00pm-4:30pm Location: 357 Cost: \$5 Limit: 10	26 Movie & Popcorn: School of Rock Time: 6:00pm-8:00pm Location: 357 Cost: \$5 Limit: 12	27
otta Mush- -4:30pm			

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Sun	Mon	Tue	W
	1	2	3
7	8 Movin' & Groovin' Time: 3:00pm-4:30pm Location: 357 Cost: \$5 Limit: 8	9	10 Aktion Club Time: 3:00pm Location: 357 Cost: \$5 for sr
14	15 Center & Flow Yoga Time: 3:00pm-4:00pm Location: 357 Cost: \$5 Limit: 6	16 Out & About: Guys Night Time: 5:00pm-9:30pm DO/PU @ 357 Cost: \$20 Limit: 8	17 Craft: Tie-Dy Time: 3:00pm Location: 357 Cost: \$5 Limit: 8
21	22 Movin' & Groovin' Time: 3:00pm-4:30pm Location: 357 Cost: \$5 Limit: 8	23 Out & About: Gals Night Time: 5:00pm-9:30pm DO/PU @ 357 Cost: \$20 Limit: 8	24
28	29 Center & Flow Yoga Time: 3:00pm-4:00pm Location: 357 Cost: \$5 Limit: 6	30	31 Craft: Terrac rooms Time: 3:00pm Location: 357 Cost: \$5 Limit: 8

Some Fun at Home!

Q: What do you do if your application gets rejected by the sunscreen factory?

A: Just reapply!

Q: What's the difference between a piano and a fish?

A: You can tune a piano, but you can't tuna-fish!

Q: Why didn't the sun go to college?

A: Because it already had a million degrees!

THERE ARE TWO TYPES OF PEOPLE



Looking Back!



Bingo buddies Laura, Bobby, Jane, Casey, Claire, Kenny, Rach, Sydney and Jenny are ready for some winning numbers!



Sarah and Janet showing off their uniquely beautiful tote bags they decorated during one of our Wednesday Craft days.

Sneak Peek at Out & About September!

9/25 World War II Days Re-enactment

This military re-enactment is the largest in the Midwest and draws thousands of visitors yearly to the Rockford region. World War II Days includes elaborate and realistic battles complete with tanks, artillery, armored vehicles, and exciting pyrotechnic displays. We will have lunch at Mod Pizza before heading to the re-enactment. Rec. will drop clients off at home when we are finished.



9/27 Gals Night Out

It's the Gals turn to go out! Join us for a nature walk and scavenger hunt at Afton Forest Preserve just south of DeKalb. After our adventure, we will head to Noodles and Company for dinner. Rec. will drop clients off at home when we are finished.



Sneak Peek at Out & About September!

9/10 Tower Hill Stables 1-Hr Trail Ride + Lunch at Rosati's Pizza

Take a Guided Horseback Trail Ride through the rolling hills and vast fields of Hampshire! Walking along on horseback with us, experienced trail guides will help us feel safe and relaxed. No experience is required but, there is a weight limit of 250lbs. Lunch at Rosati's pizza following the trail ride and Rec. will drop clients off at home when we're finished.



TOWER HILL STABLES



9/13 Guys Night Out

It's time for a Guys Night Out! We're headed to Merritt Prairie Forest Preserve outside of Cortland for a nature walk and scavenger hunt followed by dinner at Noodles and Company. Rec. will drop clients off at home when we are finished.



Looking Back!



Jane, Marie, Sara, Sam and Sydney got Out & About to explore the Fox River in St. Charles on an old-fashioned paddleboat!



We stopped for dinner at Wahlburger's in St. Charles after and had some delicious burgers there!

Looking Back!



Ed, Casey, Sam, and Bobby enjoying Panera on a Guys Night Out.



Sam, Mark, Joe, Ed, Bobby, Adam, Casey, and Lance hanging with Emily on a Guys Night Out. We went out for dinner and had a game of bowling. It was a great way to beat the heat!

Sneak Peek at Out & About August!

8/16 Guys Night Out

It's time for a Guys Night Out! This time we're heading to Chipotle for some yummy Mexican food. After dinner, we will head to Hopkins Park in DeKalb to enjoy one last summer concert at the bandshell. This is a special themed show called "All That Jazz". Rec. will drop clients off at home when we are finished.



8/23 Gals Night Out

It's time for a Gals Night Out! This time we're heading to Chipotle for some yummy Mexican food. After dinner, we will head to Hopkins Park in DeKalb to enjoy one last summer concert at the bandshell. This is the final show of the season. Rec. will drop clients off at home when we are finished.



Sneak Peek at Out & About August!

8/6 John Deere Historic Site + Dinner at Culver's

Hear the clang of the hammer. Feel the heat from the forge. Watch the iron melt and take shape. Stand in the spot where John Deere created the first commercially successful steel plow, and relive the experience of his original blacksmith shop. Following the museum visit we will head to dinner at Culver's. Rec. will drop clients off at home when we are finished.



8/12 Elvis, Elvis, Elvis: A Tribute to the King

A Tribute to The King is a musical journey spanning the 20 year career of the "King of Rock 'n Roll. Elvis, Elvis, Elvis boasts a 10 piece band plus 2 highly decorated Elvis Tribute Artists delivering a truly unforgettable concert experience. Cost for this event includes ticket, small popcorn and medium drink at the show. Rec. will drop clients off at home when we are finished.



Looking Back!



Sam, Tim, Carol, Diane, Monica, and Jane are ready for Aktion Club! We've been busy collecting clean plastic caps and lids to build a Buddy Bench!



Sydney and Tim are limbering up during Center & Flow Yoga. We have been focusing on flexibility of the hips and lower back.

Looking Back!



Lance, Sydney, Steve, Jenny, Connie, Lolita and Lisa showing off their lovely Silhouette Figurines that we decorated during one of our Wednesday craft days.



Look at these lovely ladies enjoying Gal's Night Out! Lisa, Sarah, Dana, Janet, Laura, Sam, Rach and Diane went to Panera for dinner and enjoyed music in the park at the Hopkins Park Bandshell. It was a perfect evening!

Sneak Peek at September Craft Events!

There is a snack and beverage served during crafts.

9/7 Masquerade Masks



9/21 Autumn Leaf Mason Jar



Sneak Peek at August Craft Events!

There is a snack and beverage served during crafts.

8/17 Tie-Dye Pillowcase



8/31 Terracotta Pot Mushrooms



Looking Back!



We went Out & About to the Adler Planetarium in Chicago! It was awesome to learn more about outer space.



Monica, Joanna, Mary, Libby, Jason and Mike hanging out with Emily in Chicago. The Adler Planetarium has some of the best views of Lake Michigan!

Looking Back!



Adam won an incredibly lucky round of Bingo! What are the odds that he would get a perfect win?



Our Watermelon Explosion Social was a complete success! We all enjoyed a summer picnic with friends. Thank you to everyone who attended.

Sneak Peek at September Movies!

9/9 Jumanji: Welcome to the Jungle (2017 film) PG-13

Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it.



9/23 Sing 2 (2021 film) PG

Buster Moon and his all-star cast of animal performers prepare to launch a dazzling stage extravaganza in the glittering entertainment capital of the world. There's just one hitch -- he has to find and persuade the world's most reclusive rock star to join them.



Sneak Peek at August Movies!

8/5 Uncharted (2022 film) PG-13

Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor "Sully" Sullivan to recover a fortune amassed by Ferdinand Magellan, and lost 500 years ago by the House of Moncada.



8/26 School of Rock (2003 film) PG-13

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates and enters them into a Battle of the Bands competition.



Looking Back!



It took 320 rubber bands to explode our watermelon! We might have to make this a yearly tradition!



We kept with the explosion theme of the summer social and had a water balloon fight! Thankfully there were no casualties!

Looking Back!



Mark, BJ, Steve, Joe, Craig, and Lance chowing down Portillo's during our Guy's Night Out.



Mark and Lance hanging out at Hopkins Park during our Guy's Night Out. It was the perfect night for a walk, hanging with friends and concert in the park!

Looking Back!



Sara, Sam, and Sam celebrating getting a Hole-In-One during mini-golf at Volcano Falls in Rockford.



Emily, Sydney, Sara, Sam, John, Sam, and Roxanne putted all the way to the top of the volcano during our Out & About to Volcano Falls in Rockford.