



Thanks to the British NHS, we have Self Care Week from Nov 15-21. Why not grab this great idea and run with it! A perfect time to think about how we live our lives and make a few small changes that will help us take better care of ourselves and our families. What do you eat or drink, or how often do you just get up and get moving. And for sure we all need better work-life balance! So take a second and do something for yourself. You are worth it.

#chamberLOVE



Liz Holt
Executive Director



COMMUNITIES

Tuesday November 16, 6-8pm - Young Professionals Candle Making at EINNIM

This month the Chamber's Young Professionals head to **EINNIM** for a fun evening of candle-making! We'll mingle and nosh on some tasty appetizers, and each of us will get a turn (in groups of 3-4) to create a candle - which could be a great, personally-handcrafted holiday gift!

[REGISTER HERE](#)

Friday November 19, 12-12:30pm - Takeout Stakeout at Eastgate Cafe

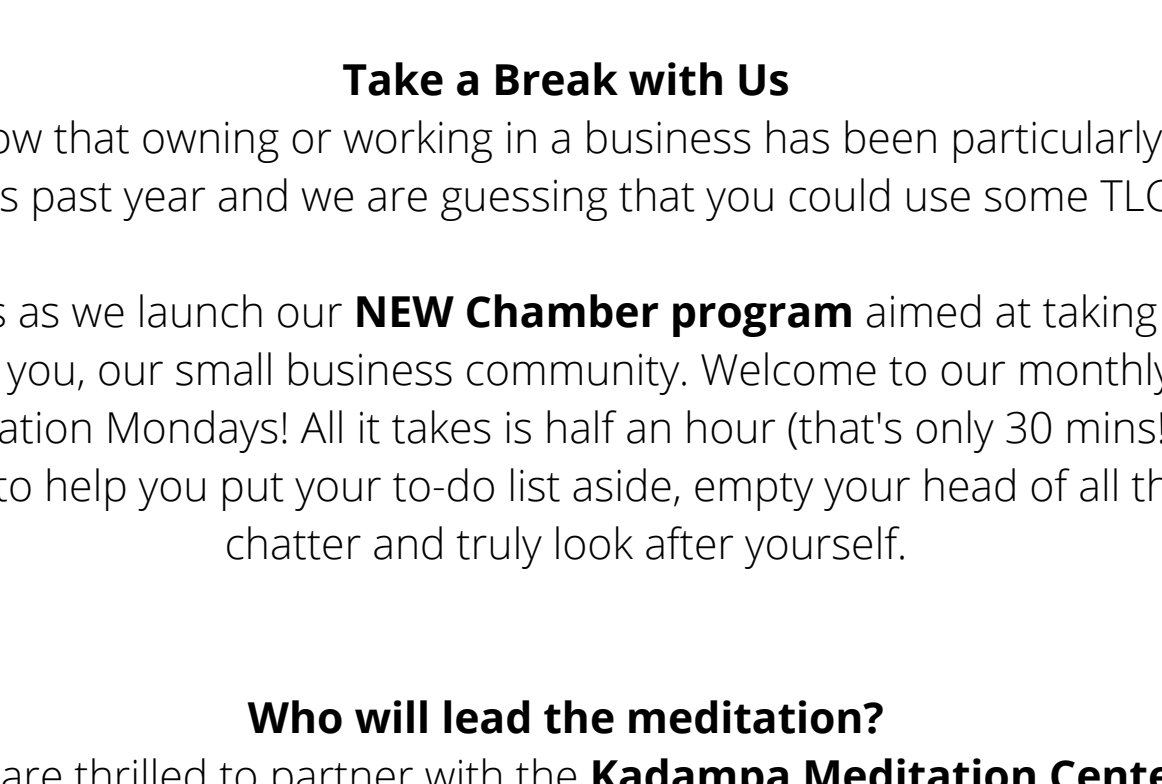
Come join your fellow Chamber members for our next Takeout Stakeout at **Eastgate Cafe**! We convene at Eastgate Cafe to pick up our takeout lunch choices, and get to see each other for a bit while we're at it in a socially-distanced meet up. Lunch is a flat \$16 including tax and tip. Please choose your meal when you register. Hope to see you there!

[REGISTER](#)

Wednesday December 1, 4:30-5pm - Ribbon Cutting at Hines Insurance

Come celebrate with us at the **Hines Insurance** ribbon cutting! Ribbon cuttings provide an opportunity to welcome and connect with a new business, network with other attendees, and celebrate our growing business community. Welcome Hines Insurance!

[REGISTER](#)



Take a Break with Us

We know that owning or working in a business has been particularly hard this past year and we are guessing that you could use some TLC!

Join us as we launch our **NEW Chamber program** aimed at taking care of you, our small business community. Welcome to our monthly Meditation Mondays! All it takes is half an hour (that's only 30 mins!) for us to help you put your to-do list aside, empty your head of all the chatter and truly look after yourself.

Who will lead the meditation?

We are thrilled to partner with the **Kadampa Meditation Center in Oak Park** to bring you this monthly meditation. Our great friend **Dave Murphy** will lead the meditation and talk you through every step.

You don't need to do anything but show up and breath!

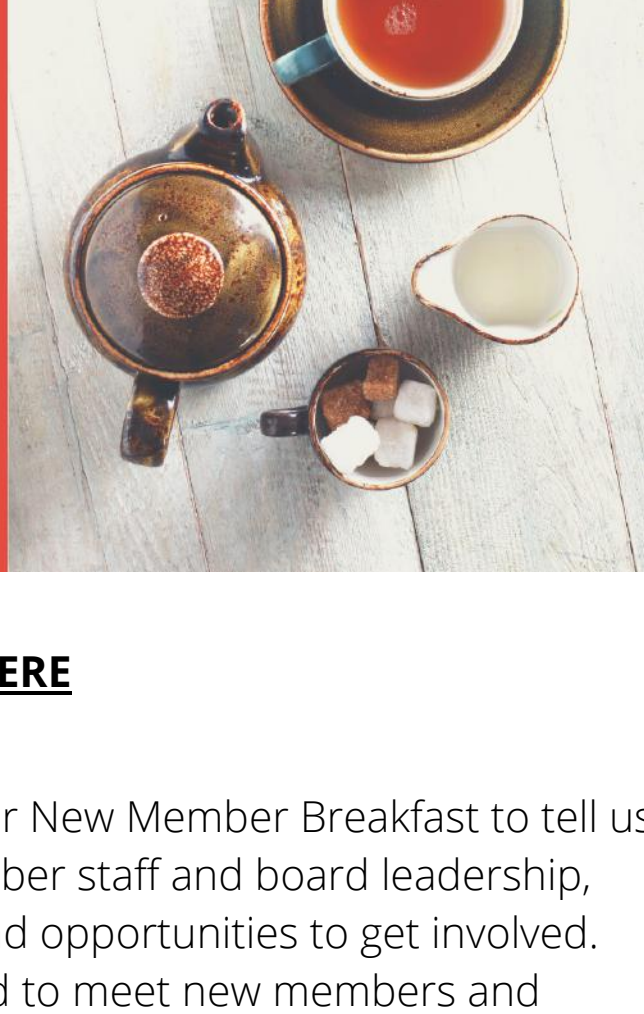
[REGISTER HERE](#)

Member Benefits

New Member Breakfast

Thursday | November 18, 2021
8:00am - 9:30am

Oak Park Arms
408 S Oak Park Ave
Oak Park, IL



[REGISTER HERE](#)

Welcome New Members! Join us at our New Member Breakfast to tell us all about your business, to meet Chamber staff and board leadership, learn about all of your benefits, and find opportunities to get involved. Board members and staff are on hand to meet new members and answer any questions!

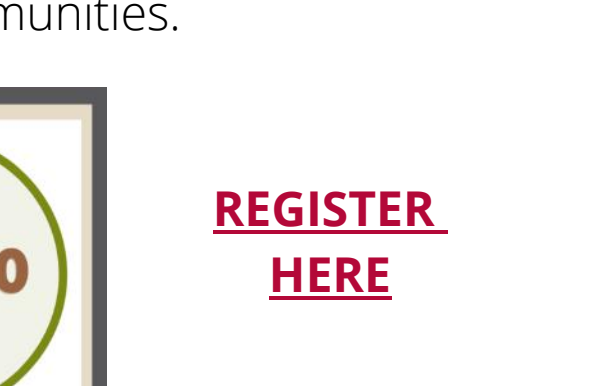
Great gifts for corporate, teacher, & holidays gifts, & more...
\$10,000 gift cards purchased to date!



Be a Participating Vendor in the Shop Local OPRF Digital Gift Card Program.



Small Business Season!



Friday November 19, 12-1:30pm Women in Business Lunch at Eastgate Cafe

We are getting together for a good 'ol fashioned networking lunch! Come along for a great meal and meet up with other fabulous women from our communities.



[REGISTER HERE](#)

Join us to Celebrate!

It's that time of the year again and we would love to see you at our Holiday Celebration!

12/14/21

5-7pm



Get your Holiday Gift Bag!

Byline is so committed to having a great time that they have sponsored a Holiday Gift Bag just for you. So jump right in and grab one!

Curated by your very own Chamber staff and tapping into the best that our local members have to offer, this Gift Bag is perfect as a host gift, to bring to a holiday party or for those hard-to-buy-for people in your life! Heck, buy it for yourself and embrace self-care!

REGISTER TO ATTEND & GET YOUR HOLIDAY GIFT BAG
HERE

**Coming Soon!**
Growing Community Media
and the OPRF Chamber of Commerce
present





Publication: December 8 **Advertising Deadline:** December 1

If you have products or services to sell for the Holidays or the New Year, this is the place to promote them!

Crazy LOW Ad Rates:

For Chamber Members:	For Non Members:
Quarter Page ads - \$148	Quarter Page ads - \$175
Half Page ads - \$225	Half Page ads - \$265
Full Page ads - \$383	Full Page ads - \$450

Contact MARC STOPECK at 708/613-3330 or marc@oakpark.com


OAKPARK.COM


FORESTPARKREVIEW.COM

Advertising DEADLINE: Dec. 1

This marketing opportunity is great for service businesses!



U.S. Small Business Administration

Learn how to apply

If you are eligible for **PPP Direct Forgiveness** because your lender has opted in and you have a PPP loan amount of \$150,000 or less. You can apply for forgiveness online using the SBA's PPP Forgiveness Portal. It takes only 6 minutes on average to complete the application and you can apply using a smart phone.

Currently, over 1.5 million business owners have applied for forgiveness through the SBA. We encourage you to apply today before payments are due.

To apply, enter the portal and start your application: directforgiveness.sba.gov.

Need help applying? Use the following resources:

- Watch our experts navigate through the application portal and submit an application on a recorded webinar training.
- Review a database of frequently asked questions and answers.
- Speak directly to a representative by calling:
open Monday-Friday, 8:00 a.m. - 8:00 p.m. EDT

U.S. Small Business Administration
409 3rd St, SW, Washington DC 20416
www.sba.gov