

May & June 2025



# Community Center NEWSLETTER

FHPDX.ORG | 1737 NW 26<sup>TH</sup> AVE. 97210 | (503) 228-4391



## Calling all Friendly Volunteers!

Thank you to all the volunteers who helped us enter Spring with style! We had paper butterflies dancing

around our atrium created by volunteers from Catlin Gabel School. Currently in our atrium we have beautiful raindrops and flowers created by First Tech Federal Credit Union. It was a joy creating these with you all. We are still looking for volunteers to help make this year's Pride Party spectacular! Sign up through our website or contact [volunteer@fhpdx.org](mailto:volunteer@fhpdx.org). Additionally the Friendlies Awards will take place on May 21st at 6pm! I hope you can join us while we recognize outstanding contributions of time, talent and treasure. We have a wide variety of volunteer opportunities listed on our website: [www.fhpdx.org/volunteer](http://www.fhpdx.org/volunteer) Feel free to sign up for anything that interests you! Email me at [volunteer@fhpdx.org](mailto:volunteer@fhpdx.org) if you would like to know more about volunteering at Friendly House.

Warmly,  
Sarah (Volunteer Coordinator)



## Embracing Community, Celebration & New Experiences This Summer

As the sunshine returns and summer unfolds, we're excited to bring you not just our beloved seasonal traditions, but also brand-new opportunities to connect, learn, and celebrate together. This year, we're introducing a variety of first-time events, including guest speaker sessions, author readings, sound bathing for relaxation, sewing workshops, and financial literacy classes. And, of course, we're thrilled to host our much-anticipated Pride Party—an evening dedicated to joy, unity, and self-expression! Whether you join us to develop a new skill, share meaningful conversations, or simply enjoy the festivities, we're grateful to have you here. Let's make this summer a season of connection, growth, and celebration!

We can't wait to see you at Friendly House!

Sincerely,  
Nico (Community Center Manager)

## LIFELONG LEARNING

All classes are at Friendly House (1737 NW 26th Ave.) unless otherwise noted.

Visit our website for more information: [fhpdx.org/calendar](http://fhpdx.org/calendar)

To register, email [frontdesk@fhpdx.org](mailto:frontdesk@fhpdx.org) or call (503) 228-4391

### New! Artificial Intelligence for Everyday Life: Hands on Workshop with Shana

Curious about AI apps? Join us for a beginner hands-on workshop. Whether you're a student, professional, or just curious about AI, this session will introduce you to practical apps that can boost productivity. Bring your smartphone or laptop and we'll walk you through setting up and using AI tools that meet your needs.

Please note that this is our AI 2.0 Workshop. Unlike our previous introductory class, which focused on presentation and discussion, this session is fully hands-on.

11:30am–12:30pm | Saturday, May 31 | Free

No prior experience required- just bring your device and willingness to explore! All ages welcome.



### New! AARP: Driver Safety Course

Take the AARP Smart Driver classroom course and you could save money on auto insurance! Learn state-specific laws, as well as how to reduce traffic violations, crashes, and risk of injury.

1–4:30pm | Monday, May 19 & Tuesday, May 20

\$25–Non-AARP Members

\$20–AARP Members

Preregistration is required. To RSVP:

[frontdesk@fhpdx.org](mailto:frontdesk@fhpdx.org) or call (503) 228-4391

Questions about classes: (503) 676-6727

For more info: [www.aarp.com/drive](http://www.aarp.com/drive)



### New! Save First: Financial Wellness Basics Workshop

Join Cynthia and Amy for a two-part workshop designed to support you in building a more stable and confident financial future. In Part 1, we'll explore how your values and life experiences shape your relationship with money, and we'll walk through simple ways to set goals and budget wisely, practical tools for tracking spending. In Part 2, we'll focus on creating an emergency fund, managing debt and building stronger credit. You'll leave with real tools you can use to care for yourself, your family, and your future.

10:30am–11:30pm | Saturday, May 24 | Free  
Lunch is included.

RSVP required via QR Code  
or call (866) 996-0334



### CHILL: The Art of Relaxation–Back by Popular Demand! with Kathy

Feeling stressed? It's time to pause, breathe, and reset. Join us for a one-hour relaxation workshop designed to help you release tension, quiet your mind, and restore balance. Led by Kathy Cain—author, health educator, and stress management consultant—this session will introduce simple yet effective techniques to help you relax anytime, anywhere. Don't miss this chance to recharge and embrace mindfulness as a lifestyle. All are welcome—no experience needed!

10:30am–11:30pm | Saturday, May 24 | Free



## HEALTH AND WELLNESS

Preregistration required where indicated. To register, email [frontdesk@fhpx.org](mailto:frontdesk@fhpx.org) or call (503) 228-4391. Visit our website for more information: [fhpx.org/calendar](http://fhpx.org/calendar)

### New! Vibrations for All: Community Sound Bath Sessions with Moira

Experience the healing power of sound in this special summer series. Each week, you will be guided through a rejuvenating sound journey using a magnificent 36" German-crafted gong, crystal singing bowls, Koshi chimes, and a Schlagwerk coast drum. In these immersive sessions, allow the abstract sounds and soothing vibrations to wash away stress and tension, creating space for summer's expansive energy. Like waves gently rolling onto shore, these resonant frequencies help harmonize your body and mind, encouraging a state of deep relaxation and renewal.

1–2pm | Saturdays, June 21 –July 12 | Free

Each session builds upon the last, though drop-ins are always welcome. Bring a mat, wear comfortable clothing, and prepare to experience the transformative power of sound in community.



### LGBTQ+ & Allies Haircuts with Oliver at The Opal

Join Oliver, licensed hairdresser and Friendly House Case Manager, to get a new cut!

**Please come with prewashed hair.**

11am–2pm | Saturday, June 7 | Free  
LGBTQ+ and BIPOC elders will be prioritized, but all are welcome.

To schedule an appointment, please email [michaela@fhpx.org](mailto:michaela@fhpx.org) or call (971) 985-7469



### New! An Intro to Your Core: Three Part Series with Mike

Unbeknownst to many, there is more to your 'core' than just your abdomen. Your hips, shoulders, and upper back also play an integral role in maintaining your posture, balance, and movement efficiency. Join Certified Pilates Instructor and NASM CPT Mike Chalfin as he guides you through a three-part workshop series that zeroes in on these crucial areas of your body. Building mobility and stability in your hips, trunk, and shoulders are crucial for quality of life and Mike is here to show you how. **All fitness levels welcome.**

12:30–1:30pm | Fridays, May 9, 16, and 23 |  
\$8/member, \$10/non-member

RSVP required: [frontdesk@fhpx.org](mailto:frontdesk@fhpx.org) or call (503) 228-4391



### Bimonthly Foot Care Clinic with Registered Nurse Amanda Morris

Sessions last 15–20 minutes and include: nail trimming including ingrown nails, filing down corns and calluses, lotion and brief massage, foot evaluation, and nursing advice, as needed.

9am–1:30pm | Tuesday, June 24 | \$20–\$40 sliding scale per session

To schedule an appointment, please email [frontdesk@fhpx.org](mailto:frontdesk@fhpx.org) or call (503) 228-4391

# HEALTH AND WELLNESS CLASSES

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## Muscle & Movement with Robert

A low-intensity and low-impact strength training workout designed for

those with movement restrictions. Through the use of props such as weights and resistance bands, we will perform exercises to help increase bone density and range of motion, improve balance, and build muscle strength. This class can be adapted depending on your fitness level and abilities.

**9:30–10:30am | Fridays |**  
**\$8/member, \$10/non-member**



## Tai Chi with David

Thinking about learning tai chi? Our tai chi classes are ongoing, and students are welcome to start at any time. Beginning

students are also encouraged to participate in our Thursday Tai Chi II class for additional instruction and practice.

## Introduction to Tai Chi (Tai Chi I)

**9:30–10:30am | Tuesdays |**  
**\$8/member, \$10/non-member**

## Continuing Tai Chi (Tai Chi II)

This class builds on a student's prior knowledge to develop and refine skills. This class is geared toward students who are currently enrolled or have taken Introduction to Tai Chi (Tai Chi I) or who have prior experience.

**9:30–10:30 am | Thursdays |**  
**\$8/member, \$10/non-member**



## Mindful Yoga with Laura

Practice yoga poses and mindful-ness techniques to increase flexibility, strength, and

resilience in the body and mind. Each class begins with a centering practice and then moves into a series of yoga poses adapted to your comfort level.

**12–1pm | Mondays and 11am–12pm | Fridays**  
**\$8/member, \$10/non-member**



## Folk Dance Around the World with Sue and Carol

Enjoy folk dances from around the world with Carol

and Sue. Carol started doing international folk dance at Stanford University in the early 1970s. She helped run the Stanford group before moving to Oregon and now assists Sue Wendel with the Friendly House Dance Around the World class. All levels are welcome in this easy, low-impact class!

**1:30–2:30pm | Thursdays | \$8/class**

## Three Ways to Play Pickleball:



\$7 per session

\$70 for 11-session punch card

**\$100 annual add-on to annual membership.**  
**Due at renewal.**

**To learn more about playing Pickleball at Friendly House please visit :**

<https://fhpdx.org/pickleball/>

# HEALTH AND WELLNESS CLASSES

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## Tai Chi for Older Adults: Fall Prevention with Michael

This class is designed for active, independent seniors who are able to walk without a cane for 15 minutes. It is a blend of slow-motion movements that improve balance, coordination, flexibility, and focus, combined with physical therapy techniques of sensory awareness and integration, providing the student with the tools to navigate their environment with confidence and a feeling of empowerment. Michael Siegel has been teaching tai chi since 1980 with the permission of Master Kai Ying Tung and has been a physical therapist since 1963.

**10–11am | Mondays & Wednesdays | Free**



## Low Impact Kickboxing with Steven

This class is designed for adults of all ages! This fun and energizing workout combines gentle movements, balance exercises, and light cardio to improve strength, flexibility, and coordination. Perfect for all fitness levels, this class offers a supportive and welcoming environment to stay active and healthy while having a great time. No prior experience is needed. All movements are adaptable to students' comfort levels.

**11:30am–12:30pm | Wednesdays | \$8/member, \$10/non-member**



## Better Bones with Wendy (Online)

This online class begins with a gentle seated warm-up that transitions into standing movement-techniques that

strengthen the major muscle groups, enhance balance and provide greater physical ease in daily activities. Class ends once again seated in chairs with gentle stretching and calming techniques. All levels welcome.

\*While exercise props are not required, options to use light hand weights (water bottles and soup cans work!), small 4-6 in. ball (small cushion also works) and stretchy resistance bands will be given.

**11:30am–12:30pm | Mondays & Wednesdays | \$50/month | For sliding scale options, email: [frontdesk@fhpx.org](mailto:frontdesk@fhpx.org) or call (503) 228-4391**



## Introduction to Buddhism with Frankie

As you may have noticed, life can get busy and sometimes even a bit messy. We can get caught up in ruminating on the past and/or worrying about the future. Learn techniques to quiet the mind and ground yourself in your body from Frankie, a trauma-informed instructor, who is certified through the Mindful Life Program.

**10–11am | Saturdays | Free**



## ARTS AND CULTURE

All events are at Friendly House (1737 NW 26th Ave.) unless otherwise noted.

Visit our website for more information: [fhpd.org/calendar](https://fhpd.org/calendar)



### **New!** Special Guest Speaker: Melanie Henshaw, Reporter for InvestigateWest

Join Henshaw for a conversation about her reporting on Indigenous

communities, including food sovereignty efforts like salmon protection and first foods restoration. She'll discuss the environmental consequences of colonial land management, the ongoing health disparities faced by Native communities, and the people working to address them. The discussion will also touch on her award-winning coverage of the decades-old Portland police killing of a Black man—an act that continues to reverberate in the community. Her reporting can be found at [InvestigateWest.org](https://InvestigateWest.org).

**6–7pm | Friday, May 23 | Free**

**RSVP requested:** [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391



### **New!** Special Guest Speaker: Erica Naito-Campbell, Author of *Portland's Audacious Champion: How Bill Naito Overcame Anti-Japanese Hate and Became an Intrepid Civic Leader*

Erica Naito-Campbell grew up next door to her grandma and grandpa Naito, who instilled in her progressive values of social justice and equality for all, as well as a profound personal connection with nature. Erica will speak about her grandfather Bill Naito.

**6-7pm | Thursday, June 12 | Free**

**RSVP requested:** [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391



### **New!** Intro to Sewing and Mending with Kim

Join Kim, a retired family medicine doctor, who has sown her whole life. When she was young she sewed most of her own clothing but

most recently is more likely to use her skills to adjust and repair them. This is an introductory course but everyone is welcome to join with or without previous sewing skills. Class will be split with 1 hr. of class and 1 hr. of open lab.

**1:30-3:30pm | Saturdays, May 17–June 7 | Free | Ages 15 + | Light refreshments will be served.**

**RSVP required:** [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391



### **New!** *A Midsummer Night's Dream in Prison* Documentary Screening + Q&A Panel:

*A Midsummer Night's Dream in Prison* is a beautiful story of love, caring and human connection. Themes of gender identity and the challenges faced by BIPOC prisoners are deftly explored, and the power of the arts to challenge and heal, even under the most difficult circumstances, is affirmed and celebrated. **Q & A discussion after with the theatre director and actors from the film who have since been released.**

**6–8pm | Friday, May 30 | Free**

**RSVP requested:** [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391

# ARTS AND CULTURE

All events are at Friendly House (1737 NW 26th Ave.) unless otherwise noted.

Visit our website for more information: [fhpd.org/calendar](https://fhpd.org/calendar)



## New! Traditional Gesture Drawing Series with Jackie

Join Jackie for a 10-week progressive course focused on traditional quick gesture drawing techniques. Each session builds on the last, allowing participants to gradually strengthen their skills in scale study, quick gesture, and the fundamentals of expressive figure drawing. Whether you're a beginner or looking to sharpen your observation and speed, this class offers supportive, skill-focused instruction in a relaxed community setting.

10–11am | Saturdays, June 14 – August 16  
\$8 Members / \$10 Non-members

Required materials for class: Sakura Micron pens and paper (please bring your own)

RSVP required: [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391



## New! Lunch & Learn: Still Life Drawing with Orlando Almanza

In 2022, Almanza presented a solo exhibition titled “Born by the River” at Soapbox Arts Gallery in Burlington, Vermont as well as a solo exhibition titled “Un Laberinto en el Estómago de un Cocodrilo” (A Labyrinth In The Stomach Of A Crocodile) at ONA Galeria in Havana, Cuba. These exhibitions focused on the myths from the artist's childhood, growing up in the Cuban countryside. Recent honors include an Artist Residency at The Newport Art Museum and at the Sitka Center for Art and Ecology and the addition of one of Almanza’s works to The Hood Museum at Dartmouth College collection.

**Orlando was recently featured on Oregon Art Beat:** <https://watch.opb.org/video/orlando-almanza-nancy-houfek-brown-fullbright-dgs3sw/>

11am–1pm | Saturdays, May 24 | No experience necessary | All art supplies and a light lunch will be provided | Ages 15+ | Free

RSVP required: [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391



# May Community Nights

Free • Fridays • Friendly House: 1737 NW 26th Ave  
frontdesk@fhpdx.org • 503-228-4391

May 2<sup>nd</sup> 5-7pm



## Making Spring Greeting Cards

Celebrate the season by joining us for a fun crafting night! We'll be making beautiful spring greeting cards, perfect for sharing with loved ones.

May 9<sup>th</sup> 6-7pm



## A Walk in Forest Park

May is Mental Health Awareness Month so let's do something good for ourselves and get out in nature! Join Nico, Community Center Manager, at Friendly House for a 3 mile walk. We will walk to Forest Park's Lower Macleay trail then to the Witch's Castle and back. Please dress for the weather and bring water.

May 16<sup>th</sup> 5-7pm



## Shrinky Dink Crafts

Design your own keychains, charms, or mini art pieces—color, bake, and watch them shrink into cool keepsakes. All supplies provided, just bring your imagination!

May 30<sup>th</sup> 6-8pm



## Documentary + Q&A Panel:

### *A Midsummer Night's Dream in Prison* (2022)

*A Midsummer Night's Dream in Prison* is a beautiful story of love, caring and human connection. Themes of gender identity and the challenges faced by BIPOC prisoners are deftly explored, and the power of the arts to challenge and heal, even under the most difficult circumstances, is affirmed and celebrated. **Q&A discussion after with theatre director and actors from the film who have since been released.**

May 23<sup>rd</sup> 6-7pm



## Guest Speaker: Melanie Henshaw!

Melanie Henshaw is the Indigenous affairs reporter at InvestigateWest. She is a citizen of the Muscogee (Creek) Nation. Join us for an engaging and insightful discussion as she shares her experiences and knowledge with our community!





# June Community Nights

Free • Fridays • Friendly House: 1737 NW 26th Ave  
frontdesk@fhpd.org • 503-228-4391

June 5<sup>th</sup> 5-10pm



## Friendly House's 95<sup>th</sup> Birthday at McMenamin's Tavern & Pool!

Celebrate Friendly House's 95<sup>th</sup> birthday with us! There will be cake, pool, trivia, and friends! 50% of all food and drink purchases will be donated to Friendly House.

June 20<sup>th</sup> 6-7pm



## Summer Solstice Walk in Forest Park

Join Jessie, Community Enrichment Coordinator, at Friendly House for a 3-mile walk. We will walk to Forest Park's Lower Macleay trail then to the Witch's Castle and back. Please dress for the weather and bring water.

June 6<sup>th</sup> 5-7pm



## Playground Playdate at Wallace Park

Join your friends and neighbors for a fun evening playing at Wallace Park's playgrounds! This is a great time to meet up with old friends and make a new friend or two.



June 27<sup>th</sup> 5:30-7pm



## Annual Pride Party!

Come celebrate Pride! Lots of fun activities will be happening including live music, rock painting, button making, and face painting! Enjoy some hot dogs and chips. Gluten free and vegan options will be available while supplies last. Listen to some great tunes and celebrate with your family, friends and neighbors!

June 13<sup>th</sup>



## Closed for Staff Picnic



# COMMUNITY BUILDING

Friendly House creates a thriving community by connecting people of all ages and backgrounds through quality educational, recreational, and other life-sustaining services.



## New! Intergenerational Pride Crafternoon

Get ready to roll up your sleeves and let your creativity shine! We're inviting folks of all ages to come together and help create colorful, joyful decorations for this year's Pride Party. Whether you're a glitter guru or just love good company, this is a fun and welcoming way to show your Pride spirit! Rebecca Blair from our EPS Program and PSU Capstone students from PSU will be bringing big smiles and helping hands to the mix.

11am–1pm | Saturday, May 17 | Free |  
All art supplies and light refreshments will be provided .



## New! Medicare Basics + Senior Medical Patrol

Join volunteers from SHIBA and the Senior Medicare Patrol to learn the basics of Medicare - when & how to enroll, Pt C vs. Medigap, and how SHIBA can help. In addition, we will share how to spot Medicare fraud, learn about trends in healthcare fraud schemes, and how you can help preserve the Medicare trust fund by reporting potential abuses.

1:30–3pm | Tuesday, May 27 | Free

## Book Club: Humanities of Portland with Tanya March

Each month, members select a book to dive into, followed by exciting field trips related to the story's themes. The club also hosts author talks and organizes movie nights to watch adaptations or inspired films. This book club brings literature to life in a fun and interactive way!

6–7pm | 2nd Thursday, monthly | Free

**May 8:** *Punjabi Rebels of the Columbia River: The Global Fight for Indian Independence and Citizenship* by Johanna Ogden

**June 12:** *Portland's Audacious Champion: How Bill Naito Overcame Anti-Japanese Hate and Became an Intrepid Civic Leader* by Erica Naito-Campbell

RSVP required: [frontdesk@fhpd.org](mailto:frontdesk@fhpd.org)  
or call (503) 228-4391

**WE ACCEPT:**

- Walkers
- Wheelchairs
- Hospital Beds
- Adult Diapers/Depends
- Crutches
- Canes
- Bed Side Commodes
- Shower Chairs/Bath Benches
- Power Chairs
- Electric Scooters
- Electric Lift Recliner Chairs

## USED MEDICAL DEVICE DRIVE

Sunday, May 18<sup>th</sup> 10am-3pm

at the Arc Donation Center:  
6929 NE Halsey St

Free community event!

**GOOD CONDITION OR BAD - WE'LL TAKE IT!**

## Community Center Late Opening & Closure:

Late Open Wednesday, May 14<sup>th</sup>, 12-7pm

Closed for Memorial Day May 26<sup>th</sup>

For any additional information about this and other class or event cancellations, please visit our website: [fhpd.org](http://fhpd.org)



## COMMUNITY BUILDING

Friendly House creates a thriving community by connecting people of all ages and backgrounds through quality educational, recreational, and other life-sustaining services.



### New! Tech Help with Nolan

Join Nolan, friend and volunteer of Friendly House, to get help with your smart devices. Nolan grew up

learning about computers from his developer dad, which means he's been troubleshooting tech since before he could reach the keyboard! He built his own PC for fun and gaming, but his heart belongs to iOS and iPadOS. Whether you need help setting up a new device, solving a tech mystery, or just making your gadgets work for you (instead of the other way around), Nolan will help you make tech simple, stress-free, and maybe even fun!

4–5pm | Fridays | Free

### New! Providing Public Feedback to Local Leaders

We know the current political environment and the realities of city and county budgets are on many people's minds. As a nonprofit working with older adults, Friendly House is engaged with local leaders and at times has opportunities for civic engagement related to elder issues such as providing public feedback at a community forum, providing personal testimony to councilors or legislators, etc.

If you would like to be notified when opportunities arise, please contact:

Lana at [lane@fhpd.org](mailto:lane@fhpd.org) or call (503) 224-2640

## EARTHQUAKE & WILDFIRE PREPAREDNESS EVENT

A COMMUNITY CONVERSATION WITH  
PREPAREDNESS EDUCATOR STEVE EBERLEIN



### JOIN YOUR NEIGHBORS & MEET REPRESENTATIVES FROM:

THE RED CROSS • PORTLAND FIRE & RESCUE • PORTLAND BUREAU OF EMERGENCY MANAGEMENT • PORTLAND PUBLIC SCHOOLS • FIREWISE USA • DOVE LEWIS ANIMAL HOSPITAL • NW NEIGHBORHOOD VETERINARY HOSPITAL

MAY 18 • SUNDAY

2:30PM  
DOORS OPEN

3:00PM  
OPENING REMARKS  
BY EMMA PATTEE

PRESENTATION  
BY STEVE EBERLEIN

4:30PM  
INFORMATION +  
PRODUCT TABLES



WELCOME BY PORTLAND'S  
**EMMA PATTEE**  
AUTHOR *TILT* — ABOUT  
'THE REALLY BIG ONE'



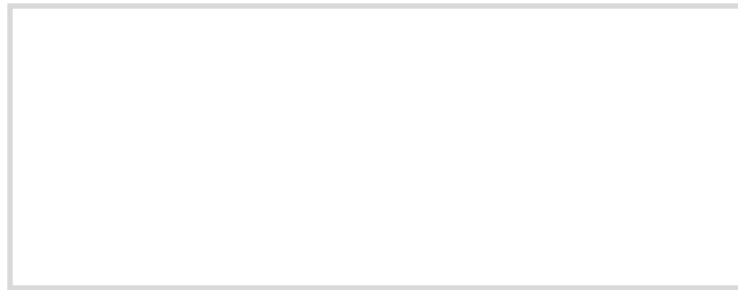
PRE-ORDER  
SPECIALLY PRICED  
**EMERGENCY  
SUPPLIES:**





Friendly House, Inc.  
2617 NW Xavier St.  
Portland, OR 97210  
ADDRESS SERVICE REQUESTED

NONPROFIT ORG.  
PORTLAND, OR  
U.S. POSTAGE PAID  
PERMIT NO. 96



### Friendly House Information and Referral Services: (503) 224-2640

Friendly House Senior Program and Elder Pride Services can connect you with various services and help see if you qualify for assistance. Call to be connected with **our Information & Referral Specialist.**

#### Transportation Assistance

If you are interested in learning more about transportation options, including financial support in accessing available options, please give us a call.

#### Senior Law Project Appointments

Call us for more information about virtual or telephone appointments with volunteers. These appointments are free and cover a range of legal issues.

IT'S THE  
**95<sup>th</sup>**  
FRIENDLY HOUSE  
**BIRTHDAY PARTY**

50% of all sales  
donated to  
Friendly House!

June 5th • 5pm  
*memenaminS*  
Tavern & Pool

**Has Friendly House made a positive impact on your or your family's lives?** If you are willing to share your story, please email [info@fhpdx.org](mailto:info@fhpdx.org) or call (503) 935-5283.  
**We'd love to hear from you!**