

FH Bake Sale!

Thursday, August 28th! 4:30-7pm
Sign up at the front desk if you'd like to contribute baked goods!
All proceeds go to Friendly House, Inc.

ONGOING EVENTS:

Book Club!

FREE! Last Tuesday of every month. 7-8 PM.
Inventive, quirky, (post)modern fiction. Please call or email (postmodern.bookclub@gmail.com) in advance to find out what book is being discussed.

Community Night!

Every Friday 6-9:15. Use of gym, fitness room and internet center are FREE to ALL!

Tuesday & Friday Night Dodgeball!

Tuesday and Thursday 6-9:15 pm
Fridays 7-9:15 pm
Tuesday: \$5 drop-in for non members
Fridays: \$2 suggested donation

DODGEBALL PASS! 3 MONTHS FOR \$85*

*Excludes tournaments. Must be redeemed by June 30th!

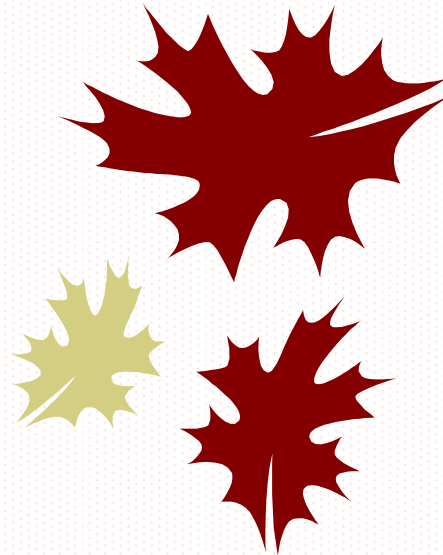
The Circus Project

The Circus Project is a unique program which serves Portland's homeless and at-risk youth. Aims to empower youth physically, emotionally, and intellectually through the development of highly skilled circus and theatrical performances.

www.thecircusproject.org

Friendly House Community Center

Fall Classes 2008



**Building community,
one friend at a time.**

To register, call
503.228.4391 or visit us
at NW 26th and Thurman.

MEMBERSHIP AT FHCC

Membership includes:

- Use of cardio equipment (treadmills, stairmaster, ellipticals and stationary bicycle)
- Weights, exercise mats, Dyna-bands, showers
- Use of Internet Center and Pool table
- Basketball court during open gym times
- Discounts on Friendly House Classes and rentals

Annual Membership Rates:

Individual \$225

Household (2 persons, 1 address) \$350

Student (requires ID) \$100

Senior (age 60 and over) \$100

Disabled (requires verification) \$20

Monthly Passes

One Month Pass \$35

3 Month Pass \$90

DAY PASS \$5

Scholarships are available. For information, please call, email, visit our website, or check in at the front desk.

*FHCC now offers a Youth Pass for kids, 6th graders through 15 years of age. A 12 month pass is \$80. A three month pass is \$25. Guardian/parental consent required. Certain restrictions do apply. Please stop by the front desk for further details.

GYM & BASKETBALL

SCHEDULE:

Monday:

Noon Hoops 11:30am-1:30pm
Open Gym 5:30-9:15

Tuesday:

Over 40 Bball 7-8am
Noon Hoops 11:30am-1:30pm
Dodgeball 6-9:15pm

Wednesday:

Noon Hoops 11:30am-1:30pm
Open Gym 5:30-9:15 pm

Thursday:

Over 40 Bball 7-8am
Noon Hoops 11:30am-1:30pm
Dodgeball 6-9:15pm

Friday:

Noon Hoops 11:30am-1:30pm
Community Night Dodgeball 7-9:15pm

Saturday:

Over 40 Bball 9-11:30am
Noon Hoops 12-2pm
Open Gym 2-3:45pm

***Note: Open Gym times are subject to change at any time. Changes will be posted on Gym doors.**

Community Center Hours:

Monday-Friday 7am-9:15pm

Saturday 8:30am-3:50pm

Sundays- CLOSED

CLASSES FOR TEENS:

Personal Writing for Teens

This class is designed to explore personal histories, help people find the stories that have gathered together to make them who and what they are. Students work from writing prompts, storytelling techniques and memory games. In the end, students will have a small book to take home. **6 classes Thursdays Sept 11-Oct 16 3:30-5:30 \$38 members \$43 non-member Enrollment open thru September 4th!**

CLASSES FOR ADULTS:

From the Page to the Stage

Come build a play from the empty page to the performance. Each student will construct a monologue from personal stories and fit them together with the rest of the class' work to make a play to be performed at the end of the class. **9 classes Mondays Sept 8-Nov 3 2-4pm \$57 members \$63 non-members Enrollment open thru Sept 2nd!**

Noon Yoga

The word *Yoga* means to unite the body, breath, and spirit. Learn how to relax and relieve tension while increasing body awareness. Sheila brings over 20 years of experience to this series. This course is perfect for complete beginners and those with basic Yoga experience. **10 classes Thursdays Sept 11-Nov 13 12-1pm \$62.50 members \$68 non-members Enrollment open thru September 4th!**

Chinese Brush Painting

You will create simple, beautiful paintings using a bamboo brush with ink and watercolor on rice paper, the traditional Chinese way. Easy-to-follow, supportive instruction will guide you. Explore natural subjects like bamboo, flowers, and animals, plus the mythical dragon. Make wall hangings with your favorite paintings. No art experience necessary. **4 classes Instructor: Cindy Lommasson Wednesdays Oct 1-22, 7:00-8:30 pm \$95 members \$105 non-members + \$30 materials fee to instructor Enrollment open through September 29th!**

Bellydance: Mini Term

Designed for those who have already taken the Beyond Basics class or for those who want to learn more than the basic movements of bellydancing, without committing to a full series. **3 classes Tuesdays Aug 19-Sept 2 6-7:15pm \$25 for members and non-members Enrollment open thru August 14th!**

Bellydance: Beyond Basics

Dancing provides a good cardio-vascular workout and helps increase both flexibility and strength, focusing on the torso or "core muscles", although it also builds leg strength. For those who want to learn more than the basic movements of bellydancing. **10 classes Tuesdays Sept 30-Dec 2 7:30-8:30pm \$60 for members and non-members Enrollment open thru September 23rd!**

Literature

With a BA in English, Lew Jones will guide you through the basics of Literature in this series. **6 classes Saturdays Sept 6-Oct 11 2-3:30pm \$43 members \$48 non-members Enrollment open thru September 1st!**

Poetry

Poets Unite! Learn how to write poetic forms and learn old and new methods. Each week everyone reads one of their poems in class and people can comment in a positive, supportive environment. Famous poets will be looked at with an analysis of their styles. We will meet at the end of the course to read our course work at a café or bookstore in Portland. Taught by Lew Jones, a published poet with a BA in English. His awards include "Best Poems of 1991" Stanza Magazine, a Blue Ribbon Award from the Lake Oswego Arts Fair & "Outstanding Folk Act" Crystal Award PMA. **6 classes Tuesdays Sept 16-Oct 21 6:30-8pm \$43 members \$48 non-members Enrollment open thru September 9th!**

How to Make Friends at Any Age

Combat shyness and social anxiety with this confidence-building workshop! Jason makes use of positive visualizations, supportive affirmations and references from his personal friendship experiences. With this course, anyone can become a pro at building and maintaining life-lasting friendships! **4 sessions Mondays Sept 22-Oct 13 6-8pm \$50 members \$55 non-members Enrollment open thru September 15th!**

Senior Tai Chi

Led by the Taoist Tai Chi Society, this gathering takes places twice a week. No pre-registration for this class. Beginning Tai Chi meets on Tuesdays at 12:30. Advance tai chi students meet on Thursdays from 12:30-1:30. **Each class is \$2 or pay just \$7 for the entire month. FHCC members pay just \$6.50 per month.**

OTHER EVENTS AT FHCC:

Fitness Orientation

Familiarize yourself with the fitness equipment with help from Linda Stadler. **October 23rd 10-11am Sign up at the front desk!**

An Damhsa Dance Show

Performance with Maldon Meehan, Kieran Jordan, Alicia Guinn, Shannon Dunne, Maldon Meehan dancers, Alicia Guinn Dancers, Johnny Connolly Band. **Saturday September 6th 2pm \$7 in advance \$9 at the door Tickets can be ordered at www.ticketsoregon.com**

Synergy Dog Training

Scott is a Certified Pet Dog Trainer with over seven years experience helping people learn how to train their dogs. If you are interested in helping your dog towards better behavior, please contact Scott at info@synergydogs.com. 503-336-1202 or visit synergydogs.com for more information. Registration required.

Music Together

Young children learn best from the powerful role model of parents/caregivers who are actively making music. The program brings families together by providing a rich musical environment in the classroom and by facilitating family participation in spontaneous musical activity at home within the context of daily life. **Please call 1-800-728-2692 to enroll.**