

COMMUNITY LIFE

By KC Cowan  
The Southwest Portland Post

**3 First Friday Fun:** Stroll around the Village when businesses stay open late and pop by the Multnomah Village Dental Care office (7717 SW 34th Ave) on Friday, June 3, from 5 to 7 p.m. for live music and wine. Enjoy the soulful sounds of Kelsey & The Next Right Thing while sipping wines from Trisaetum Winery.

**Mixed Media:** Jo Siddens, Sine Morse and Theresa Weil present a joint show of mixed media works titled: "Intersection Paper + Art." Opening reception is Friday, June 3 at 7 p.m. at the Multnomah Arts Center Gallery, 7688 SW Capitol Hwy. All three artists use a variety of media in their art, but each has a unique style. The show will be up all month.

**5 Orchestral Finale:** The Jewish Community Orchestra wraps up its season with pieces by Glinka, Copland, Haydn and more. The orchestra performs on Sunday, June 5 at 5:30 p.m. at the Alpenrose Dairy Opera House, 6149 SW Shattuck Rd. Tickets are \$10 for adults, \$8 for seniors and \$5 for students. Ice cream social to follow.

**8 Boost your brain power naturally:** Learn natural solutions to improve your mental health. A healthier brain means a happier you! We will discuss the latest research on supplements, food and lifestyle to improve the function of your brain. Wednesday, June 8, 6:30 - 7:30 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. Free, but registration required; register online, in the library or by calling 503-988-5234.

**10 Smell the roses:** Tour nine unique gardens in Portland's Garden Home neighborhood on Saturday, June 10. Your \$10 ticket gets you into nine beautiful gardens and gives you a chance to get to know this unique neighborhood better. Advance tickets and maps at Lamb's Thriftway, 7410 SW Oleson Rd. Find out more at [www.gardenhomehistory.com](http://www.gardenhomehistory.com).

**11 Take a hike:** The Southwest Urban Trails monthly walk, led by Hans and Jette Steuch, is through the Riverview Natural Area. After crossing Macadam Avenue, they will walk along the railroad trestle and follow Trail 5 up to Lewis and Clark College and on several roads in Dunthorpe. The hike is about 6.3 miles long and climbs 800 feet. Meet at 9 a.m. on Saturday, June 11, behind the bleachers at Wilson High School, Southwest Capitol Highway and Sunset Boulevard. No dogs allowed on this hike. For more information visit [www.swtrails.org](http://www.swtrails.org) or contact [fekety@hevanet.com](mailto:fekety@hevanet.com).

**18 Paint your own O'Keeffe:** You don't need her skill to create your own masterpiece in the style of Georgia O'Keeffe. In a guided workshop, learn how to paint with complementary colors, rich shadows, and dramatic perspective to create your own version of O'Keeffe's famous flowers. Leave with a completed 11x14-inch canvas and introductory painting. The event takes place Saturday, June 18, 10:30 a.m. - 12:30 p.m. at the Capitol Hill Library, 10723 SW Capitol Hwy. Free, but registration required; register online, in the library or by calling 503-988-5234



Take a tour of nine unique gardens in Garden Home on June 10. (Photo courtesy of Garden Home History Project)

Mittleman Jewish Community Center offers a variety of summer activities

By Jack Rubinger  
The Southwest Portland Post

For some folks in Southwest Portland, the Mittleman Jewish Community Center is primarily a destination for basketball or to go swimming. But there's a lot more to the MJCC than sports.

Friends meet to nosh on bagels at the kosher café. Culture cravers visit the center to sit back and take in a documentary film or hear a classical concert.

Teens conquer rock walls. New moms and their kids play at the Chai Baby Indoor Playground. Old friends enjoy games of Mah Jongg.

It's really a place to build connections and build community - regardless of background, religion, or ability to pay. By facilitating meaningful connections, the Center reaches multiple generations, helps nurture friendships, and respects Jewish traditions. MJCC has been a vital part of the greater Portland community for over 100 years.

Summer is a busy time - filled with fun and stimulating activities for kids, adults and seniors. Below are a just a few camps, events, and classes scheduled for June. For up to date information, it's best

to visit the MJCC website at <http://www.oregonjcc.org> or stop by for a visit. The address is 6651 SW Capitol Hwy.

**MJCC day camp** offers full day fun all summer long from 7:30 a.m. - 6 p.m. Activities include sports, arts, crafts, rock wall climbing, swimming, swim lessons and more for campers aged 3 to 11. Programs are age-appropriate, fun and safe. Camps run in one week, full-day or half-day sessions, June 13 - Aug. 26. For more information, visit [www.oregonjcc.org/daycamp](http://www.oregonjcc.org/daycamp).



Kids love summer at Mittleman Jewish Community Center camps. (Photo courtesy of MJCC)

**Tuv Ha'Aretz farm box pick-up:** 2016 marks the first season of the new and improved Tuv Ha'Aretz (Continued on Page 7)

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