

Arts & ENTERTAINMENT



Portland Parks and Recreation is offering incentives to exercise and stay fit.

Fall into Fitness Discount Offer

Fall into fitness! Portland Parks and Recreation is providing incentives to exercise and stay fit this autumn with 10 percent discounts at community centers across the city.

For the remainder of the month, you can get a 10 percent discount on a 3-month or annual pass when paid in full, or receive 22 visits for the cost of 20! The offer is also good when you either add 20 visits to an existing card or buy a new 20-visit card.

Community center participants have access to all facility amenities at the site where the pass was purchased, which can include the use of weight and cardiovascular equipment, drop-in group exercise classes, water exercise classes, lap swimming, open play swims and open gymnasium times

The offer is available at the Charles Jordan Community Center, 9009 N. Foss Ave.; Matt Dishman Community Center, 77 N.E. Knott; East Portland Community Center, 740 S.E. 106 Ave.; Mt. Scott Community Center, 5530 S.E. 72nd Ave.; or the Southwest Community Center, 6820 S.W. 45th Ave.

For more information, call 503-823-5300 or visit portlandparks.org.



Miami Band at Wonder Ballroom

The Jacuzzi Boys, a rock and roll band from Miami that has been lauded by fellow Florida neighbor Iggy Pop, plays tracks from the self-titled album on Sunday, Oct. 20 at the Wonder Ballroom, 128 N. Russell St.

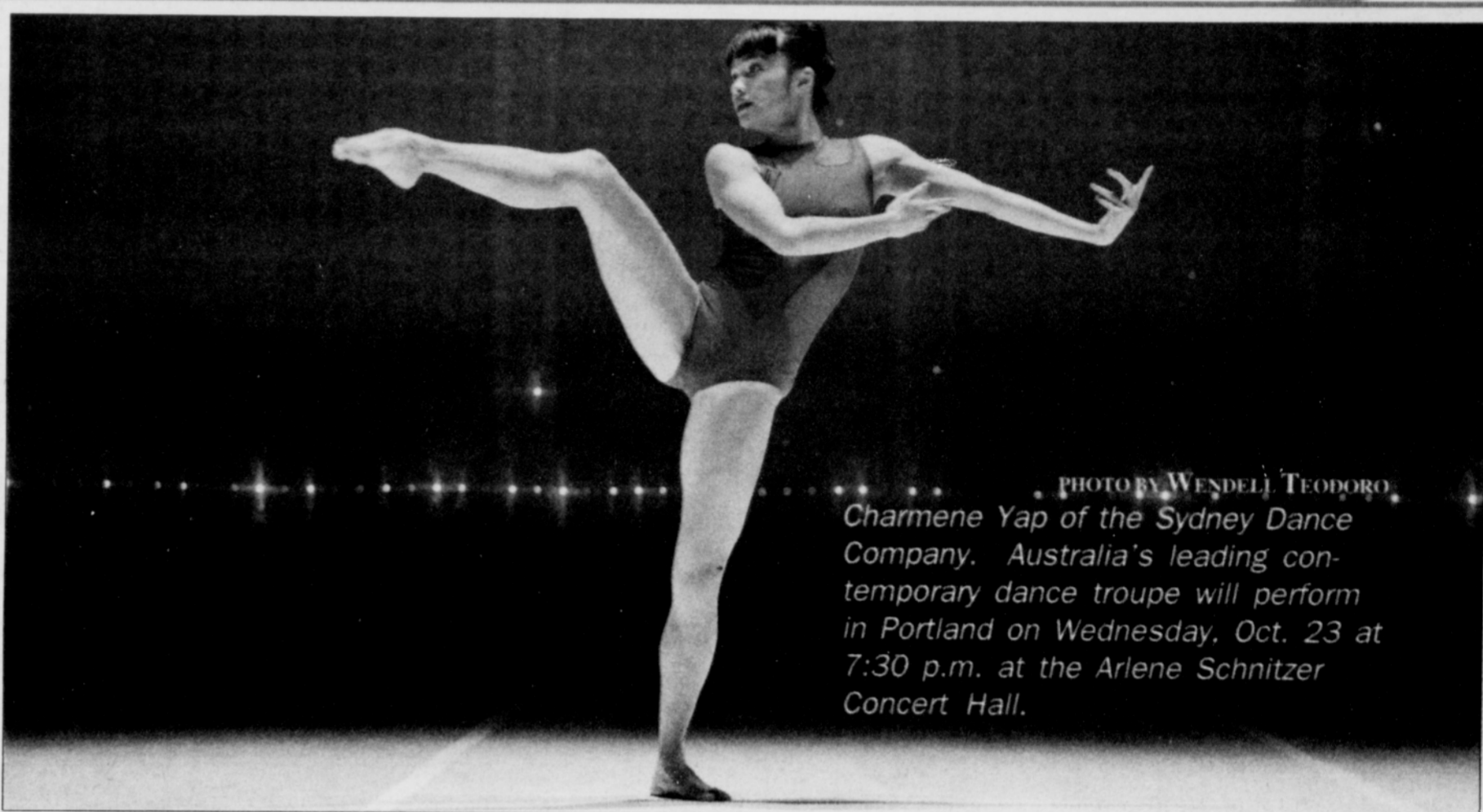


PHOTO BY WENDEL TEODORO
Charmene Yap of the Sydney Dance Company. Australia's leading contemporary dance troupe will perform in Portland on Wednesday, Oct. 23 at 7:30 p.m. at the Arlene Schnitzer Concert Hall.

Vivid and Sensual Dance

White Bird presents the return of the Sydney Dance Company, Australia's leading contemporary dance troupe, under the new leadership of Rafael Bonachela.

The company of 16 brilliant dancers will perform Bonachela's "2 One Another," a high-energy work that weaves a vivid and sensual study of human interaction

with a dazzling set of pulsing, pixilated L.E.D. lights.

The performance is Wednesday, Oct. 23 at 7:30 p.m. at the Arlene Schnitzer Concert Hall. Tickets are \$26-\$64 and available at whitebird.org and the Portland 5 box office (formerly Portland Center for the Performing Arts), 1111 S.W. Broadway.



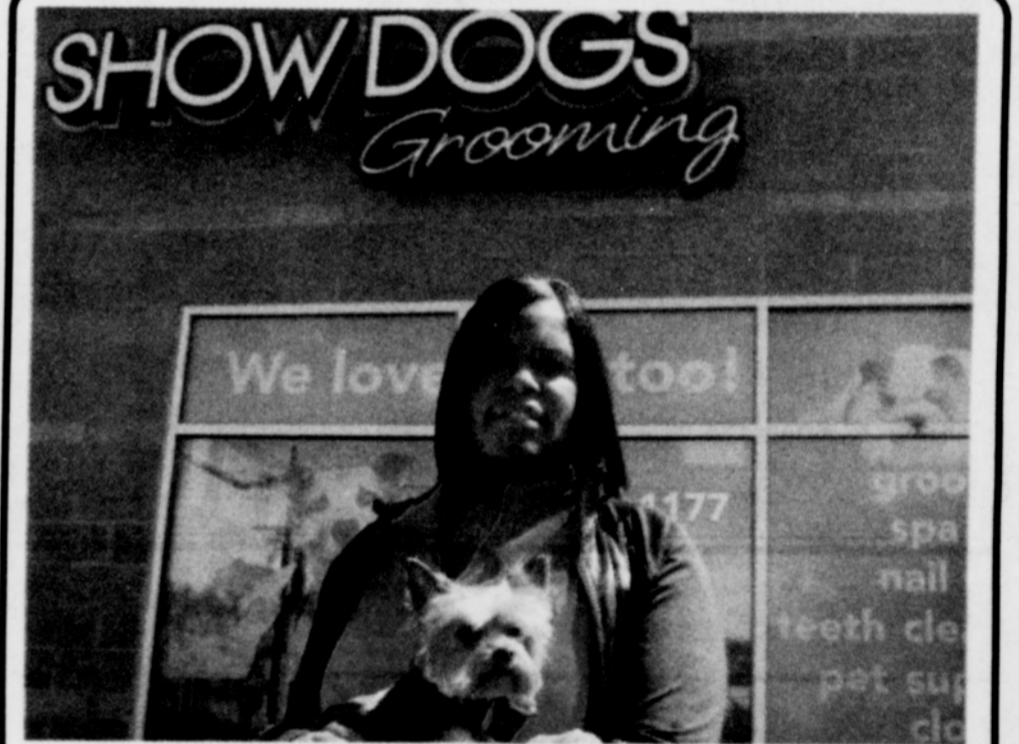
Stacks of books await buyers at the Multnomah County Library's Fall Used Book Sale.

Library Hosts Used Book Sale

Celebrate the Friends of the Multnomah County Library's Fall Used Book Sale with more than 100,000 items this weekend at the DoubleTree at Lloyd Center, 1000 N.E. Multnomah St. Proceeds from the 40th annual sale benefits the Multnomah County Library.

Kicking things off is a Members-Only Night on Friday, Oct. 18, from 6 p.m. to 9 p.m. Admission is free to the public on Saturday from 9 a.m. to 6 p.m., Sunday from 11 a.m. to 5 p.m., and Monday from 9 a.m. to 3 p.m. Annual memberships can be purchased at any time, including at the door Friday night. Individual membership is \$10 and \$15 for families.

Hardcover and quality trade paperbacks start at \$2, mass market paperbacks and children's books at 50 cents, CDs at \$2, and DVDs at \$3. Also available in this new and used collection are audio books, LPs, video tapes, pamphlets, sheet music, and maps in good to excellent condition.



Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique
926 N. Lombard
Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

Yo dawg is gonna look like a show dawg and your kitty will be pretty.