

Portland and SW Washington

S P O T L I G H T S

Spring Break Activities for Children 8– 12

Looking for safe, creative & educational activities for your child during spring break? Try Urban Bridges, a non-profit youth organization that teach children, teens and young adults (7-19 years old) image enhancement, etiquette, social protocol and personal development skills that will help them not only in the home, but in their school, in their community and socially.

Classes are fun, interactive, educational & inspiring, held at Urban Bridges, 3327 N.E. Broadway, Unit B, Monday through Friday from 9 a.m. - 2 p.m., March 24 – March 28. There is a registration fee, which includes class materials, lunches, treats, field trips and speakers.

For more information on the spring programs or other classes throughout the year, call 503-705-9473, go to www.urbanbridges.org.

Classes for Families Living with Mental Health Issues

A nationally recognized class for families whose adult loved ones live with mental

health issues starts the week of April first at three locations in Multnomah County.

The 12-week course, conducted by volunteers of the Multnomah Chapter of the National Alliance on Mental Illness, is offered at no charge to participants. Exact time and location will be provided upon registration. To register, call 503-228-5692

Beaverton Mayor's Youth Advisory Board Seeks Applicants

The City of Beaverton's Mayor's Youth Advisory Board seeks applicants for the 2014-2015 school year. All Beaverton-area students who are currently in grades eight through eleven are welcome to apply. MYAB promotes youth activism and involvement in the community. All applications are due on April 7. To fill out an application, please visit www.BeavertonOregon.gov/MYAB. To learn more about MYAB, please contact Kate Taylor, staff liaison, at MailboxMayorMYAB@BeavertonOregon.gov or 503-526-2227.

Honors



PHOTO COURTESY OF CONSTRUCTING HOPE

Constructing Hope, the Northeast Portland re-entry nonprofit that provides construction job training and materials to local residents transitioning out of the justice system, was honored with a Daily Journal of Commerce Newsmaker of the Year award. In December of last year, the group graduated their largest class ever. Find out more about their work at www.constructinghope.com.

YOUR COMMUNITY BULLETIN BOARD **Fred Meyer**
BROUGHT TO YOU BY

Visit us at our Interstate store (Interstate & Lombard) or Peninsula (North Lombard at Ida)

C O M M U N I T Y C A L E N D A R

PORTLAND 2014

THE SKANNER.com

If you have an event you want to share with the community, email it two weeks in advance to *The Skanner* at info@theskanner.com

Thursday March 20

BRAVE DAY ON THE PINK CARPET. This evening celebration is for breast cancer survivors, family and friends, and for anyone interested in learning about breast cancer. Highlights: Fashion show, keynote speakers, education booths and good food and music. Register on-line at www.legacyhealth.org. Pre-registration required. 5 – 7 p.m. Legacy Meridian Park Medical Center, 19300 SW 65th Ave. Tualatin, OR 97062

SOCIAL SECURITY PLANNING FOR BABY BOOMERS. This is to help Baby Boomers better understand the Social Security system, this workshop will cover 5 factors to consider when deciding to apply. 7:45 p.m. Belmont Public Library, 1038 SE Cesar E. Chavez Blvd. Portland, OR 97214
Friday – Saturday March 21 22

4TH ANNUAL "FOR COLORED GIRLS: HEALTH FAIR." This free health fair is produced in collaboration with CHATpdx. Friday 6:15 – 8:45 p.m. at PCC Cascade's Terrell Hall, Room 122. Saturday kicks off at 9:30 a.m. breakfast and registration, programming starts at 10 a.m. to 5 p.m. PCC Cascade's Student Center, 705 N. Killingsworth St. Portland, OR

Saturday March 22

HEALTHY HOMEMADE MEALS FREE SEMINAR. Learn to prepare simple, affordable, healthy and

delicious food for yourself and family! 10 – 11:30 a.m. The Mahalia Jackson Hall inside Celebration Tabernacle Church, 8131 N. Denver St. Portland, OR 97217

Wednesday March 26

RED BEAN & RICE BUSINESS MIXER. Spring Break Candidating – Meet some of the candidates running for city and county positions. Please RSVP to NNEBA Outreach Coordinator 503-841-5032. The event is free to NNEBA members and a suggested \$7.00 donation to non-members. 5 – 7:30 p.m. NNEBA Headquarters, 311 N. Ivy St. Portland, OR 97227

Saturday March 29

LOCAL VILLAGE MOVEMENT COMES TO NORTH PORTLAND. Villages are developed by a local community to serve the local community. Join us for a meeting from 2 – 4 p.m. at Columbia Cottages, 4339 N. Lombard (at N. Russell)

C O M M U N I T Y C A L E N D A R

SEATTLE 2014

Friday March 21

COMMUNITY DINNER. Come join us for a community meal and meet some of your neighbors. Your donations will fund the next dinner. Dinner prep begins at 3:30 – 4 p.m. Dinner is served at 5:30 p.m. to 7 p.m. Rainier Community Center, 4600 38th Ave. S.

Saturday March 22

FINANCIAL FITNESS DAY. More than 50 community partners will be in attendance providing access to free financial services to help people understand, manage and improve their bottom line. Event will also have several workshops. FREE – Rainier Community Center, 4600 38th Ave. S. 10 a.m.

LEIF- TO – LEIF 5K FUN RUN/WALK. Do the race then stay for the Tastes of Norway and Heritage Days at the lodge. Come early and register or check in before the race. Adults \$10, children \$5. Ballard, 2245 NW 57th St. Seattle, WA 98107

Sunday March 23

SEATTLE'S FRENCH FEST. A celebration of French Speaking Cultures, part of the Seattle Center Festival Series of 22 global culture events. 11 a.m. – 6 p.m. Seattle Center Armory and Fisher Pavilion Rooftop.

Thursday March 25

BALLARD NEIGHBORHOOD GREENWAYS OPEN

HOUSE. Last summer a neighborhood greenway was completed. This year we're evaluating a north and south route in the same area. Come and join us and learn more. 6 – 7:30 p.m. Ballard High School, 1418 NW 65th St. Seattle, WA

Friday – Saturday March 28 – 29

TEENS INVITED TO SING – ALONG MOVIE SCREENING AT THE SEATTLE PUBLIC LIBRARY. Teens are invited to sing – along screenings of popular and classic films. FREE – Friday 4 – 6:45 p.m. Viewing and singing to the movie Perfect Pitch. Saturday – 12:30 p.m. Wizard of Oz and then at 3 p.m. Singing in the Rain. Seattle Central Library.