

Events & Announcements



PHOTO BY SUSAN FRIED

Dancing Again

Northwest Tap Connection dance studio took to the stage for the first time since March 2020. Students and instructors of all ages and experience performed to sold out audiences on December 16 and 17 at Seattle's Carco Theatre stage in Renton.

Care for When It's Cold

With bitter cold forecast to arrive in Multnomah County on Wednesday night, Chair Deborah Kafoury declared a state of emergency starting Tuesday, Dec. 20, to alert the public to the life-threatening temperatures and give the County maximum flexibility to respond.

The County and the City of Portland and their service provider partners will open four severe weather shelters from 8 p.m. Wednesday, Dec. 21, 2022, for as long as conditions require. No one will be turned

away.

All sites will welcome pets and will be accessible to people with disabilities. Free transportation to warming shelters will be available by calling 2-1-1.

The National Weather Service is predicting lows reaching 15 degrees Fahrenheit beginning Wednesday evening with a potential windchill in East County nearing zero to minus 2 degrees. Forecasts for later in the week show a risk of freezing rain.

The Joint Office of Homeless Services will continue its enhanced crisis street outreach efforts, working with mutual aid groups and its contracted outreach providers to provide cold-weather survival gear and information about shelters.

"Declaring a state of emergency doesn't just enhance the tools we have to plan, coordinate and gather the additional resources with severe weather bearing down on us. It also signals to our community that the conditions we expect are legitimately dangerous and life threatening," Chair Kafoury said. "Please check in with your neighbors often, share information, and volunteer or donate if you're able."

The County and City lead the group of agencies working together to support severe weather shelters, and City and County leaders meet daily, consult experts, and jointly determine whether shelters will open, using the most up-to-date forecast from the National Weather Service.

Check <http://multco.us/cold> for the latest hours, locations and updates as conditions change.

Stay Informed and Check on Neighbors

Emergency managers and the Multnomah County Health Officer are advising all community members to get ready. Check on your neighbors: Please knock on the door, make the call, let people know if you're going to the store, and ask how you might help.



Diabetes Awareness

1 out of 3 adults in the US have prediabetes, but **most don't know** they have it. You can take action and reduce your risk of developing type 2 diabetes. Take a free screening or talk to your doctor.

Diabetes **risk factors** include:

- having prediabetes
- being 45 years or older
- having a family member with type 2 diabetes
- being active less than 3 times a week



multco.us/health/diabetes-awareness

Community Calendar 2022

Portland Metro

FRIDAY, DECEMBER 23, 11 AM - 12 PM

WOMEN'S NEW MOON HEART SPACE: where women of all backgrounds and belief systems are welcomed to share and experience from the Heart. The intention is to provide a safe space for participants to honor the Sacred by moving beyond the mind and into the heart. <https://www.eventbrite.com/e/womens-new-moon-heart-space-portland-tickets-473507703287?aff=ebdssb-destsearch>

SATURDAY, DECEMBER 24, 10 - 11:30 AM

CHRISTMAS EVE STORY TIME: Literacy Lady will be reading books like Nibbles Christmas and offer a fun craft to take home. Come dance to Jingle Bell Rock and hear some stories to kick off the holiday weekend! The REC Room in Hammer +Jacks 6406 Southeast Foster Rd

SUNDAY, DECEMBER 25, 4 - 7 PM

UGLY SWEATER HOLIDAY CHRISTMAS PARTY: Being alone for the holidays is not an option. As a melting pot, Portland has a large number of transplants that have moved here without friends or family. But you're not alone! We've created a safe space to meet a few new people, play some games, listen to music and chill on Christmas Day. The Suite Spot PDX, 24 Northwest 2nd Ave

FRIDAY, DECEMBER 30, 9 PM

DJ PAULY PRE-NEW YEAR'S EVE JAM NIGHT: Join us for a Pre-New Year's Eve Jam Night with Ponderosa house disc jockey - DJ Pauly! He'll be prepping everyone for the official 2023 New Year's Eve party with those hot beats, and dance floor favorites! 10350 N Vancouver WY

SATURDAY, DECEMBER 31, 10 AM - 12 PM

NEW YEARS NATURE HIKE: Join us for a walk along a mile and a half long loop trail through the forest and enjoy the view from the top of the hill, including Mt. Hood to the east, Oxbow Regional Park, to the northeast alongside the serpentine Sandy River. The walk is an easy-moderate walk. Scouters Mountain Nature Park 11000 SE Honorable Wy

Seattle

SATURDAY, DECEMBER 24, 4 PM

CHRISTMAS EVE LESSONS AND CAROLS: A family focused Christmas Eve Service. We'll sing the traditional Christmas Hymns and hear the story. Come Rejoice! Saint Dunstan's Church 722 North 145th St

SATURDAY, DECEMBER 24, 8:45 - 10:45

CAROLS & CHRISTMAS SERVICE: The carols begin at 8:45 pm, with the worship service at 9:00 pm. Admission is free. No tickets are required. All are welcome at Redeemer. Church of the Redeemer

SATURDAY, DECEMBER 24, 10 PM - 12 AM

CHRISTMAS EVE CANDLELIGHT SERVICE: A beautiful traditional service with music to celebrate the birth of Christ into the world. The service includes music and candles. Saint Dunstan's Church 722 North 145th St

THURSDAY, DECEMBER 29, 10 - 11:30 AM

ASTROLOGY FOR AUTHENTICITY: Astrology offers insight into who you are and your purpose. Discover how to deepen your connection to your authentic self through the stars. Join this online class here <https://www.eventbrite.com/e/astrology-for-authenticity-finding-yourself-through-the-stars-seattle-tickets-477831365477>

FRIDAY, DECEMBER 30, 6 - 10 PM

FUNKIN' INTO THE NEW YEAR: Funk into the New Year with funky, disco and soul house music all night!! Dress up in your best funky outfits for prizes!! NO COVER. Peace of Mind Brewing 18411 Highway 99

FRIDAY, DECEMBER 30, 7 - 10 PM

TOODLE-OO 2022: Commemorate 2022 with us as we recount all the events that made us laugh, cry and pull our hair out this year! A fun evening full of toasts, drink specials, glitz & glamour! Wear your most dazzling and sparkling outfit and be fabulous with us! Olmstead 314 Broadway E

MONDAY, JANUARY 2, 6 - 6:30 PM

ORGAN MEDITATION: Organist John Stuntebeck will offer 30 minutes of drone-based improvisations on the Mighty Flentrop from 6 to 6:30 p.m. on the first Monday of each month, with Cathedral Yoga following immediately at 6:30. Saint Mark's Episcopal Cathedral 1245 10th Avenue E