

Maybelle's Community VOICE



July 2022

Wildwood Excursion

RSVP's due July 11th

Join your Maybelle Center friends at our annual Mt. Hood excursion on July 27th. The day will include nature hikes, yard games, art, scavenger hunt, picnic lunch, and a t-shirt.



Be sure to look for your registration card in the mail. The RSVP deadline is July 11th (required to attend). For questions, contact Jennifer at 971-202-7466/jwyant@maybellecenter.org.

Playback Theatre Workshop

July 13th | 1-3 PM
Community Room



Come build community with simple interactive theater exercises! Have some meaningful fun with other community members as we listen and play back what we hear from each other.

No experience is required.

You might experience fresh perspectives, deeper connections, and a renewed appreciation for our shared humanity. Participate in a fun and gentle warm-up of your voice, self-expression, imagination, senses, and ability to listen to others.

Free COVID tests

We have a limited supply of COVID antigen self-tests, available at no cost to members (2 per member).

If interested, come to the Community Room during open hours or contact Celeste at chorne@maybellecenter.org or 971-202-7457 to arrange pick-up.



Rescheduled Courtyard Concert

July 8th | 11:30 AM-1:00 PM
Maybelle/Mac Res Courtyard

Bring your lunch and enjoy live acoustic music together in the sun.

July 6th
July 13th
July 20th

ARTS & CRAFTS

10:30 AM - noon
Community Room

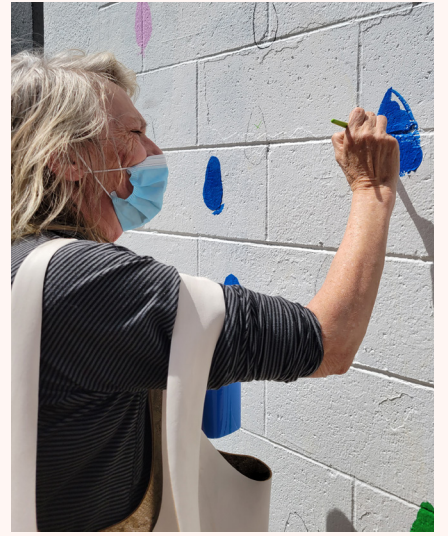
Jennifer will be leading a new project each class. Pick from various mediums available for you to explore, or bring your own art projects to work on.



Disco Night | Spring Dance



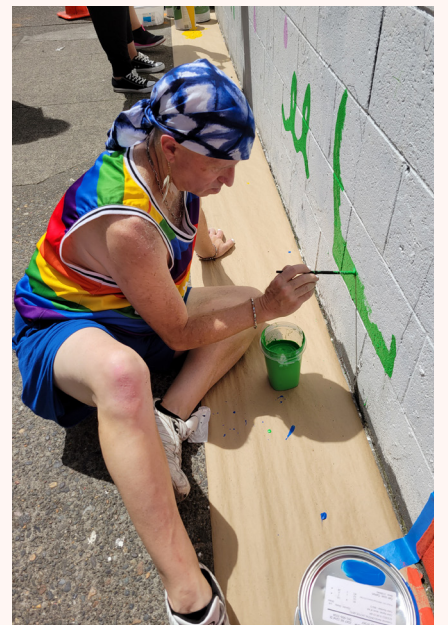
Theater Outing "Ring of Fire"



Debra



Celeste



Brayden

Painting the pride mural

Interactive mural called "It's Rainin' Love, debuting Sat, June 25th on Couch Street near the Residence.

June Member Forum

A summary of our discussion

On the first Tuesday of each month, interested members gather to discuss Maybelle Center, including what is new and happening. It is also a place to ask questions, express concerns, or suggest new ideas for a group or class.

Here's a summary of what we discussed in June:

- Upcoming Events
 1. There is excitement around another KARAOKE. Please pop in if you have time! (2nd Tues of each month, 1-3 PM)
 2. Rose Garden Field trip June 22nd (No outdoor CR that day)
 3. Pride Block Party & Mural Launch on June 25th (Brayden will be performing!)
- We discussed how the relationship agreement has been going. Most people are feeling fine with it. Some are feeling bad about how it's inadvertently excluded a long-time member.
- We discussed the violence around the city (specifically the stabbing). Members say the police responded quickly, and more police presence makes them feel a little safer. Maybelle remains the safest place to be.
- Members had fun at the "Ring of Fire" event this month, and want to go to more concerts and theatre outings like that. (Little Shop of Horrors, anyone?)

- We had a great conversation about vaccinations and unvaccinated members. Staff asked if we might consider opening indoor events to unvaccinated members. We did not come up with any answers, but the majority of members still felt more comfortable if indoor environments (and specifically the Community Room) remained open to vaccinated-only.

However, a few people think we should let unvaccinated folks in with masks on. We agreed it needs further discussion and hope we can come to a happy medium on this topic.

- Ruthie talked about the Peer Support Program that will bring specialists to work with our Community a few times a week. Very excited about that!
- Members are still asking when and if Maybelle will be providing food like PBJ sandwiches, but no date was given. We talked about possible potluck days and or Bingo snack days in the meantime.

We want to hear YOU, so let your voice be heard! **We invite you to attend our next meeting on 7/5 from 11 AM-noon in the Community Room.**

Alternatively, you can drop comments, suggestions, or ideas for agenda items off at the Community Room or email/text (503-300-6395 or members@maybellecenter.org).

ONGOING OPPORTUNITIES



Birthday Celebration

Last Thurs each month | 2 PM
(July date: 7/28)

Community Room

We celebrate everyone with a birthday during the month with a round of 'Happy Birthday' and cake.



Community Choir

In-person & online

Raising our voices together allows us to connect regardless of our background and feel like part of a community. No experience necessary.

On break until fall





Community Room

Mon | 1-3 PM

Tue/Thurs/Fri | 10 AM-noon & 1-3 PM

A safer space to gather and grow friendships. Grab a cup of coffee and chat about how you're doing, or pull up a chair for a round of Skip-Bo!

- Bingo every Fri at 10 AM 
- Movie every Fri at 1 PM 



Karaoke

2nd Tues each month | 1-3 PM

(July date: 7/12)

Community Room

Pick out your favorite songs and come sing with us!



Member Forum

1st Tues each month | 11 AM-12 PM

(July date: 7/5)

Community Room

Do you have questions, concerns, or ideas for new groups or classes? We want to hear YOU, so let your voice be heard!



Men's Group

Thurs | 11 AM-noon | Meditation Rm

Check in with each other and our life stories, including challenges and growing in the human experience.



Outdoor Gathering

Wed | 11 AM-12:30 PM

Park blocks at Everett & Flanders

Connect with friends outdoors.

(canceled if less than 40 degrees or raining hard)

(cancelled if over 90 degrees or smoky)



Tech Workshop

1st Thurs each month | 1-2 PM

(July date: 7/7)

Community Room

Bring your gadgets and questions! We'll work together to navigate your tech challenges.

New time & location



'Too Blessed to be Stressed'

Women's Spirituality Group

Fri | 1-2 PM | Classroom

A gathering of women and feminine non-binary people to share stories, reflect on our life journey, and grow our connection with each other and our own inner wisdom. All faith traditions welcome.



Virtual Gathering

1st & 3rd Thurs | 3:30-4:30 PM | Online

(July dates: 7/7 & 7/21)

Link: maybellecenter.org/communityzoom

Introduce us to your cat or just say "hi" online using a phone, tablet, or computer.

New dates!



Walk & Roll

1st Thurs each month | 12-1 PM

(July date: 7/7)

Meet outside Maybelle Center

Let's take a walk (or roll) together!



Window Decorating

2nd Wed each month | 10-11 AM

(July date: 7/13)

Community Room

Decorate our windows to bring a new fun feeling to the Community Room. Coloring, collages, cutting and pasting, and lots more! All artistic abilities welcome.

More opportunities on back page →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>QR code to get the calendar on your phone</p>					<p>1</p> <p> 10 AM-noon Bingo</p> <p> 1-2 PM Women's Grp</p> <p> 1-3 PM Movie</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>Independence Day (open)</p> <p> 1-3 PM Community Rm</p>	<p>5</p> <p> 10 AM-noon & 1-3 PM Community Rm</p> <p> 11 AM-12 PM Member Forum</p>	<p>6</p> <p> 10-11 AM Window Decorating</p> <p> 10:30 AM-noon Arts & Crafts</p> <p> 11 AM-12:30 PM Outdoor Gathering</p>	<p>7</p> <p> 10 AM-noon & 1-3 PM Community Rm</p> <p> 11 AM-noon Men's Group</p> <p> 3:30-4:30 PM Virtual Gathering</p>	<p>8</p> <p> 10 AM-noon Bingo</p> <p> 11:30 AM-1 PM Concert in the Courtyard</p> <p> 1-3 PM Movie</p> <p> 1-2 PM Women's Grp</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>Wildwood RSVP's due</p> <p> 1-3 PM Community Rm</p>	<p>12</p> <p> 10 AM-noon Community Rm</p> <p> 1-3 PM Karaoke</p>	<p>13</p> <p> 10:30 AM-noon Arts & Crafts</p> <p> 11 AM-12:30 PM Outdoor Gathering</p> <p> 1-3 PM Playback Theater Workshop</p>	<p>14</p> <p> 10 AM-noon & 1-3 PM Community Rm</p> <p> 11 AM-noon Men's Group</p>	<p>15</p> <p> 10 AM-noon Bingo</p> <p> 1-2 PM Women's Grp</p> <p> 1-3 PM Movie</p>	<p>16</p>
<p>17</p>	<p>18</p> <p> 1-3 PM Community Rm</p>	<p>19</p> <p> 10 AM-noon & 1-3 PM Community Rm</p>	<p>20</p> <p> 10:30 AM-noon Arts & Crafts</p> <p> 11 AM-12:30 PM Outdoor Gathering</p>	<p>21</p> <p> 10 AM-noon & 1-3 PM Community Rm</p> <p> 11 AM-noon Men's Group</p> <p> 3:30-4:30 PM Virtual Gathering</p>	<p>22</p> <p> 10 AM-noon Bingo</p> <p> 1-2 PM Women's Grp</p> <p> 1-3 PM Movie</p>	<p>23</p>
<p>24</p>	<p>25</p> <p> 1-3 PM Community Rm</p>	<p>26</p> <p> 10 AM-noon & 1-3 PM Community Rm</p>	<p>27</p> <p> 8 AM-5 PM Wildwood (RSVP required)</p> <p>No Outdoor Gathering</p>	<p>28</p> <p> 10 AM-noon & 1-3 PM Community Rm</p> <p> 11 AM-noon Men's Group</p> <p> 2 PM Birthdays!</p>	<p>29</p> <p> 10 AM-noon Bingo</p> <p> 1-2 PM Women's Grp</p> <p> 1-3 PM Movie</p>	<p>30</p>
<p>31</p>	<p> 1-3 PM Community Rm</p>					



MAYBELLE

CENTER FOR COMMUNITY

121 NW Sixth Avenue
Portland, OR 97209
maybellecenter.org
503-222-5720

<<First Name>> <<Last Name>>
<<Mailing Address Line 1>>
<<Mailing Address Line 2>>
<<Mailing City>>, <<Mailing State/Province>>
<<Mailing Zip/Postal Code>>

MEMBER & VOLUNTEER NEWSLETTER

July 2022

MORE OPPORTUNITIES

Weekly Social Chats*

Members and volunteers meet weekly to give each other space to be deeply heard and understood. We can meet wherever you prefer!

Spiritual Support*

Support with grief, loss, or the big questions in life. We also offer memorials for members and friends. Open to all religious and spiritual backgrounds.

Resource Navigation*

Book a one-on-one appointment to walk through navigating services and accessing resources. Call, text, or email to schedule an appointment with Mo: 971-202-7451 (call), 503-453-4955 (text), mphillips@maybellecenter.org.

Host a student*

Be a key part of college and university students' education by meeting weekly to share your perspective.

Contact us:

members@maybellecenter.org
503-300-6395

**Mutually agreed upon time & location*