



September Resources 2023

★ [Strides Therapeutics ABA](#)

★ [Special Olympics Website](#)

- **Fall Sports (August - November)**
- Swimming – Bowling – Soccer – Volleyball

★ [Special Olympics Oregon Youth Games at Nike World Headquarters](#)

- What: Special Olympics Oregon and NIKE, Inc. teams up each year for the Special Olympics Oregon Youth Games at Nike World Headquarters. Since 2007, more than 5,000 athletes have participated in this one-day event focused on introducing the basics of popular sports to young people with intellectual disabilities.

Youth Games 2023 will be held **at the Nike World Headquarters One Bowerman Dr, Beaverton, OR 97005** on Saturday, September 30th. This event is for youth ages 6 - 18 with intellectual disabilities. Family members are welcome too. All participants must be pre-registered. There is no fee to participate, and registration closes on Sunday, September 24th. If you

have questions, please [contact youthgames@soor.org](mailto:youthgames@soor.org) for more information.

- When: Saturday, September 30th, 2023
- [YOU TUBE Video - Youth Games](#)
 - ★ [Plane Pull - Special Olympics register](#) (Fundraiser)
- What: **Plane Pull** is more than just a test of your physical strength and ability to work as a team. It is a one of a kind feat of mental toughness that will unlock your inner champion! Best of all, your brawn supports programming for Special Olympics Oregon athletes.
- When: September 16th, 2023 10:00AM
- Where: Evergreen Aviation & Space Museum 500 NE Captain Michael King Smith Way McMinnville, OR 97128

★ [Mt Hood Adult Day Center Club Meetings](#) (ADULTS)

- What: Mt. Hood Adult Day Center offers a variety of clubs and activities for participants to enjoy. Many clubs focus on cognitive stimulation and therapeutic benefits, while others focus on leisure and fun
- For details Contact - 503-512-7373 or info@mthoodadultdaycenter.com
- Location: Mt. Hood Adult Day Center 376 NE 219th Ave., Gresham, OR 97030

★ [Portland Parks & Recreation Adaptive Recreation](#)

- [Virtual - Bingo Bonanza](#) - Sep 15 thru Sep 29 3:30PM - 4:30PM \$15 Session #1153757
- What: By Adaptive & Inclusive Recreation (AIR), all are welcome to join with the understanding that our primary focus is on participants with disability. Your favorite game of BINGO just got an upgrade. Get 5 in a row or 4 corners, then shout out bingo! Cards will be mailed prior to the session start date. All you need to supply is the beans to cover your numbers.

Prizes for the winners! To pick up prizes, coordinate with the AIR Department.

- [Exercise - AIR: For the Fun of it - Zumba](#) - Sep 12 thru - Sep 26
5:30PM - 6:30PM Session #1153767
- What: Participants will learn various movements, activities, and exercise routines to build confidence, joy, and understanding around healthy and fitness. This is a great opportunity to get moving and hang out with friends while having a lot of FUN! This Adaptive Recreation class is designed for those ages 16 and up
- Where: Mt Tabor Middle School 5800 SE Ash

★ [Gresham Oregon - Sept 2023 Calendar of Events](#)

- [Free Teen Climbing Day](#)
 - What: During "Rock Haven Teen Night," Gresham **teens ages 13-18** can climb for **free** at the local [Rock Haven Climbing Gym, 355 NE 223rd Ave.](#). Rock Haven gym requires all participants to sign a waiver upon arrival. Youth younger than 18 must have a guardian's signature. The free pass includes a day pass and climbing shoes. Chalk will be available for purchase.
 - To register: Climbers and observers should visit rockhavenclimbing.com/first-visit and watch the safety video.
 - Next, select Day Pass, set up your account, and complete the required Information for yourself and/or your minor.
 - When finished setting up your account, choose Classes from the menu on the left, then find "Gresham Climb Day" for the month you would like to attend. If you are unable to pre-register online or have any questions, call 503-512-5511
 - When: Saturday, September 2, 2023 7:00 pm - 10:00 pm
- [Bikes for Humanity PDX - Gresham Repair Hub 2023](#)

- Gresham's Main City Park, 11am-2pm.

- Here's what you'll find:

Free repairs! Our mobile bike shop will be able to address most basic issues on a bike, and we'll have a stock of new and used parts that will allow us to replace things like tubes, cables and brake pads

Consultation and education! Want to learn about how your bike works, do the work yourself? The outdoor setting allows for lots of room and fresh air to comfortably share the space with you and increase your familiarity with your bike and confidence in maintaining it.

Donation station! Need a place to donate your old bike or parts? We'll do our best to find a meaningful outcome for your donations—fixing up and rehoming bikes worth fixing, upcycling viable parts, and recycling what we can.

CONTACT Info- info@b4hpdx.org 503-496-6941

- When: Sept 9th & Sept 19th

★ Autism Society of OREGON's September Calendar - [Autism Society Oregon:](#)

[Events Sept 2023](#)

★ ["Take a Break on ASO"](#)

- Taking care of a child or adult on the autistic spectrum can be challenging. Parents (including foster parents) often don't have enough time for themselves and need a break to re-energize.
- To help, ASO launched "*Take A Break on ASO*". We've provided over ***3,500*** parents, foster parents, or legal guardians with gift certificates to wonderful local restaurants, tickets passes to first-run movies and paid for respite care for their child/ren – including adult children – on the autistic spectrum.
- Under the *Take a Break on ASO* program, you and your guest will receive:
 - • a \$25 gift certificate to a restaurant of your choice;
 - • 2 movie tickets to a theater of your choice; and

- • up to 4 hours of respite care at \$14/hour (total \$56) for all of the children in the home under the parent/legal guardian's care

★ ¿HAS PROBADO "TAKE A BREAK ON ASO" o "TÓMATE UN DESCANSO EN ASO"?

- Ayudamos a dar a los padres y a las personas autistas (mayores de 16 años) la oportunidad de descansar, relajarse y recargarse. ¡Todo el mundo se merece un descanso!
- "Tómate un respiro en ASO" proporciona certificados de regalo para una cena y una película, además de pagar a un cuidador para los niños de la casa.
- "Tómate un respiro en ASO" proporciona hasta 100 dólares para facilitar un descanso (o "respiro") a elección de la persona.
- Ambos programas están disponibles en todo el estado y en el suroeste de Washington. Se puede participar una vez al año. Si es elegible para ambos programas, por favor elija un programa para participar por año.
- Para obtener más información, consulte nuestro sitio web para "Take a Break (ENLACE)" y para "Take a Breather on ASO" (ENLACE)". O llame a la oficina de ASO al 503-636-1676.

★ Transition Resource Guide (HST)

- Made by teens for teens and young adults with disabilities – it's all about YOUR life! This guide will help you find the information and support you need to take charge and build the awesome future
- **TOPICS** - From Social Security; Is College for Me to a self assessment with your IEP involvement and understanding of what you need to be successful. Employment; Independent Living assessment; Health Care and GED information too!

★ [Oktoberfest at the German Haus](#)

- When: Saturday Sep 09 2023. 1:00 pm to 9:00 pm
- Where: German American Society, 5626 Northeast Alameda Street, Portland
- What: Prost! It's time to raise your steins and shout "O'zapft is!" because Oktoberfest is coming to town! Join us at the German Haus for an authentic German celebration like no other! ? We've got all the ingredients for a perfect Oktoberfest - delicious food, exciting games and lively music. Immerse yourself in the rich traditions and vibrant atmosphere of this world-famous festival. Indulge in mouthwatering German cuisine, from bratwursts sizzling on the grill to pretzels freshly baked to perfection and hot out of the oven apple strudel. But Oktoberfest isn't just about food - it's about having a blast with friends old and new! And of course, what would Oktoberfest be without the infectious sounds of an oompah band? ? Get ready to dance, sing, and laugh along to the lively tunes that will keep the party going all day long!

★ [FACT On-Demand OnLine Training access](#)

- We are thrilled to offer our most popular training as permanent on-demand training for you to watch at your own pace and in your own space.
- To access a training simply click on the image of the training you are interested in, fill out a quick registration form and then watch at your own pace! Several of our most popular trainings are available in Spanish! If you would like to access one of our English trainings in Spanish, please register for the training, click the closed captioning button, and choose your language preference in the settings bar.

★ [The Big Bounce America 2023](#) (ALL)

- What: ONE TICKET. 3 HOURS OF INFLATABLE MADNESS.
Featuring: The World's Biggest Bounce House - Supersized for 2023!

The Giant - America's Biggest Inflatable Obstacle Course airSPACE – Slides, Ball Pits and more! Sport Slam - Get competitive in this bouncy sports arena! We're inviting YOU to join us and spend some quality time with family and friends in our magical, candy-colored wonderland of action-packed inflatable adventure.

- When: Sept 16 - Sept 24
- Where: Portland International Raceway 1940 N Victory Blvd, Portland, OR 97217
- COST: \$22-\$45

★ **[Art in the Pearl 2023 \(All Ages\)](#)**

- What: Our 27th Annual Festival in Portland's North Park Blocks. The Festival is FREE and requires NO TICKETS for entry. Art In The Pearl has been named one of the top 10 Arts and Crafts Festivals in the country. Our festival fills the Northwest Portland Park blocks with art, theater, music, and hands-on activities for people of all ages.
- Where: Location - The Northwest Park blocks of Portland, Oregon, between W Davis and NW Flanders at NW 8th Avenue.
- When: 10am-6pm Saturday and Sunday (September 2nd and September 3rd, 2023) 10am-4pm on Monday (September 4th, 2023)

★ **[Men of Color/Caretaker Support Group \(Online\)](#)**

- When: September 7 @ 4:00 pm - 5:00 pm Recurring Event
- For MORE information - [The Color Of Autism Programs](#)

★ **[Belmont Street Fair](#)**

- When: Saturday September 9th from 10am-5pm
- The Belmont Street Fair, held annually on the 2nd Saturday of September, is one of the largest-attended street fairs in Portland. With food and retail vendors of all kinds, show-stopping performances, and activities for all ages, the Belmont Street Fair is fun for everyone!

★ **Nate Sheets - Fetal Alcohol and Behavioral Specialist**

- Cognitive Supports.
- Nate's brain-based approach is unique and allows for us to value a person's brain regardless of who they are. He helps parents and professionals understand the complex demands of everyday situations, allowing us to problem-solve alternative support strategies.

★ **Brain First Parenting** (resource/information)

- Eileen Devine, LCSW Therapist | Support Coach | Parent
- Eileen Devine, LCSW, has over a dozen years of clinical experience and is the adoptive mother of a child with fetal alcohol syndrome. She believes that kids do well if they can, and that when we understand the way a child's brain works, we then understand the meaning behind challenging behaviors.

★ **The Meals 4 Kids program**

- The Meals 4 Kids program serves qualified children and families within the City of Portland experiencing food insecurity who are also experiencing any of the following:
 - Chronic condition or illness of caregiver or child
 - Lack of facility to prepare meals
 - Lack of ability and/or transportation to access food resources such as food pantries
 - Other barriers impacting access to food resources and/or ability to prepare meals
- To request service, complete the form below. Meals on Wheels People staff will call you to review your eligibility in the program. If you have additional questions, please call 503.953.8115 or email meals4kids@mowp.org

★ **Ankeny Alley Festival - Labor Day Weekend!**

- When: Fri Sep 01 2023 at 05:00 pm to Sun Sep 03 2023 at 08:00 pm
- What: Captain Alexander P. Ankeny might not recognize the street named after him and the surrounding area today. Local merchants, restaurants and entertainment venues welcome locals and tourists alike to explore and support small businesses in Downtown Portland. Join us for music, live entertainment, delicious food, art, strolling entertainment and more at the Ankeny Alley Festival series only in downtown PDX between SW and 3rd Avenues all summer long!

★ **Piano. Push. Play. provides greater access to music by giving new life to old pianos**

- A local organization delivers dozens of pianos to Portland's public spaces every summer. A local initiative to fill Portland's public spaces with dozens of the instruments/PIANOS.
- Placed randomly THROUGHOUT the PORTLAND Metro Area and moved every 2 weeks. <https://www.pianopushplay.com/piano-map>

★ **Portland Indigenous Marketplace**

- When: Saturday September 2nd, 4-9pm and **August 27th, Sunday 11-5pm** 3435 SE Main St 97213 SE Uplift Outdoor Patio
- Where: 710 SW Jackson Ave 97201 PSU/Native American Student Center
- Portland Indigenous Marketplace supports indigenous artists and entrepreneurs by providing barrier-free, culturally respectful spaces that encourage cultural resilience and economic sustainability by promoting public education through cultural arts.

★ **Swift Watch During the month of September, head to Chapman Elementary School in Northwest Portland to see an incredible sight. (ALL)**

- Swift Watch occurs at Chapman Elementary School during the month of September. Arrive one hour before sunset any night during the month. Many folks bring blankets or chairs as they sit on the lawn and watch the Swifts overhead.

★ **CORN MAZE on Sauvie's Island**

- <https://www.portlandmaize.com/>
- When: Sept 2nd.
- Where: 16511 NW Gillihan Rd Portland, OR 97231

★ **MOVIES on DECK - Ski Hood showing SHREK September 1st** (all ages)

- September 2nd at dusk (8:30ish)
- Shrek, Donkey, Fiona - join all your favorite characters in our showing of Shrek! We'll have chairs, but feel free to bring your own and some blankets to bundle up with when the sun goes down. Reserve online in advance! Come up early and take a scenic chairlift ride, go for a hike and play games on the deck!
- The movie will start just after dusk, so bundle up, bring a blanket and even bring your own chair if you'd like. It will be shown on the deck and our Paradise Grill will be open for snacks up until 15 minutes before showtime. We'll also have the Stadium lift running until 7 PM for scenic chair rides, and our gift shop will remain open until the start of the film. Join us for a fun night of movie watching with this family favorite under the stars at Mt. Hood Meadows! Please no outside food or drinks.

★ **FLOWERS ANYONE?**

- [Annual Dahlia Festival](#) Summer 2023
- We invite you to celebrate the season of Dahlias! A Rainbow of Color! Stroll through almost 40 acres and a beautiful display garden of stunning dahlias featuring over 370 varieties. Our beautiful fields are open from August to September each year, closed on Monday and Tuesday. Pick out and order

your favorite dahlias for Spring delivery and planting. Purchase a beautiful bunch of cut dahlias to take home with you or to make someone's day.

- [Dahlias Event Festival Hours](#)
- When: September 2nd, 2023 9AM- 5:30PM

★ [Rose City Comic Con](#)

- September 22nd-24th. Fri: 1pm-8pm, Sat: 10am-7pm & Sun: 10am-5pm
- Oregon Convention Center
- [COST for Entry Buy Badges HERE](#)
- Portland's premier pop culture event, Rose City Comic Con is produced locally with a focus on creating a fun and friendly event for everyone!
- [CLICK HERE for Frequently Asked Questions](#)

★ [Shrewsbury Renaissance Festival Faire 2023](#) (All)

- When: September 9th & 10th 10AM - 6PM
- Where: HWY 223 & Grant Road - Kings Valley Grant Road, Kings Valley, OR 97370
- What: With over 125 artisan stalls and 1,000 costumed players, visitors can browse the village for unique handmade goods and one of a kind treasures while surrounded by Renaissance revelry and entertainment. Eat, drink, and be merry, for food purveyors are on hand within Friar Tuck's Forest, and children delight in games and adventures.
- Parking is free. Sorry, no pets allowed. Follow the Shrew Faire on [Facebook](#) for up-to-date information.
- **Bring cash** as a backup; we have no ATM and each of our vendors have their own payment arrangements. **Check your fuel** as the nearest gas stations are about 15 miles in any direction. **Outdoor terrain** on our partially unimproved site can be challenging for crutches and many kinds of electric scooters. Feel free to contact us directly if you have any accessibility questions; we have some experience.

- E-mail: shrewfaire@gmail.com 38377 Kings Valley Hwy Philomath, OR 97370 (541) 929-4897

★ **How to get a TeenForce Pass (ages 10-20)**

- Registering for a TeenForce Pass is **easy, fast, and FREE! Registration must be in person** at Charles Jordan, East Portland, Matt Dishman, Montavilla, or Mt. Scott Community Center. Bring your address, parent/guardian address, parent/guardian phone number, your phone number, and information about any health conditions you may have. Or download a TeenForce Pass Registration Form below, print it, and bring your completed form to any of the five TeenForce sites.
- [Download PDF file Portland Parks & Recreation TeenForce Pass Registration Form \(English\)](#)
- [Download PDF file \(Spanish\)](#) traiga su formulario de inscripción completo a cualquiera de estos cinco centros para obtener su pase. Llame al 503-823-4000 para más información.
- [Download PDF file \(Russian\)](#)
- [Download PDF file Mẫu Đăng Ký Vé TeenForce \(Vietnamese\)](#)
- [Download PDF file 波特兰公园和娱乐中心 TeenForce Pass 登记表 \(Simplified Chinese\)](#)
- [Download PDF file Bustani na Vituo vya Burudani za Portland Fomu ya Usajili wa kupata Kibali ya TeenForce \(Swahili\)](#)
- [Download PDF file Paarkiiwwan fi Bashannana Poortilaandii \(Portland\) Unkaa Galmee TeenForce Darbinsa \(Oromo\)](#)

★ **Providence Children's Health: Swindell's Resource Center**

- [**Your Child's Plan for Special Education: Knowing the Difference 504 Plan or IEP \(online / virtual\)**](#)
- When: September 19h, 2023 6PM-7PM
- What: 504 Plan or IEP - Please join Katie Jackson M.S. Ed, Educational Advocate and Consultant at Northwest Neurodevelopment Center for this virtual workshop addressing: Section 504 and IDEA at a glance, eligibility criteria, essential components of an effective IEP and 504 Plan.

★ [Travel Portland.com](http://TravelPortland.com) --> [SEPTEMBER Events](#)

★ [E3 - Earn Educate Empower - income and need-based financial aid program](#)

- WHAT IS E3?
- E3 is an innovative, need-based matched savings program that pairs resources with eligible students pursuing a college education at one of Oregon's leading private colleges and universities. E3 makes college more affordable by matching savings at a 6:1 ratio, giving students, who have saved \$500, up to \$3,500 to use for tuition or approved educational expenses per enrollment year!
- E3 allows income-eligible students to enroll in college and graduate with less financial stress and more time to focus on academics. By doing so, E3 increases access for Oregon's students, allowing them to acquire a lifetime asset and change the course of their own future and their family's future.
- Finally, E3's first tenet – *Earn* – foregrounds the importance of financial habit building, so that the program can also *educate* and *empower* Oregon's next generation of successful scholars, businesspersons, creators, innovators, and leaders.