

## TOC Newsletter!

Hello Opportunity Club member! We hope you are doing well and would love to see you at one, or all our events coming up!

This month we wanted to talk about Mindfulness. What is mindfulness you may ask?



**Mindfulness:** the mental state of being aware of your feelings and accepting experiences. It can be used to reduce levels of stress by refocusing the mind, being present, and aware of your surroundings.

**Tip: Try this mindfulness exercise when waking up to greet your day with calm.**

1. Arrange your body in a comfortable position.
2. Stretch and let your attention scan your body quickly.
3. Pay attention to how each part of your body feels.
4. Follow several cycles of inhales and exhales for 1 minute.



# SEPTEMBER EVENTS

## Cathedral Park Phone Photo Shoot

**Where:** Cathedral Park, 8706 N Bradford St. Portland, OR

**When:** Wednesday, September 7<sup>th</sup> 1:30pm to 3:30pm

**Note:** Learn some photography tips and get creative at this beautiful Portland Park. Whether modeling for friends, or taking some gorgeous landscape photos, this event is sure to bring out your most confident self.



## Ice Cream Social

**Where:** TOC Office, 10175 SW Barbur Blvd. Suite 116B

**When:** Thursday, September 22<sup>nd</sup> 1:00pm to 3:00pm

**Note:** You scream, we scream, we all scream for ICE CREAM! Let's celebrate the end of summer with a yummy scoop or two of ice cream. Games, snacks, and beverages for all to share. See you then!

## Fall Harvest Festival & Pumpkin Patch

**Where:** Lee Farms, 21975 SW 65<sup>th</sup> Ave, Tualatin, OR

**When:** Friday, September 30<sup>th</sup> 12:00pm to 3:00pm

**Note:** Bring \$12 if you want to go on a hayride, join us in the corn maze, check out farm animals, and stroll around the pumpkin patch.

\*you can bring extra money to buy a pumpkin or to shop in their farm market and bakery. Pumpkins can be kept on your front porch until closer to Halloween for carving!

