
WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



HEY, HOW ARE YOU?

An Off The Couch Update

This is the first edition of Off The Couch's new monthly newsletter! You will find highlights from our previous events, details of our upcoming events, a quote of the month from an Off The Couch participant, and more fun items!

We have moved from a public Facebook page to a private Facebook group to protect participant's privacy. Go to the pinned post on the top of our Facebook page to request to join. This is where you will find upcoming events and pictures from our events.

We hope you had a great holiday season and are ready for a fantastic 2023! Can't wait to see you at all of our exciting events :)

Quote Of The Month

THIS IS KEN

I love Off The Couch! You get to see your friends and make new ones too. The music is great too!





Formal Night

OUR NEXT EVENT

Our events occur the third Friday of every month. January's event will take place on January 20th from 6:30–8:30 pm. We will be ringing in the new year at this month's activity night! So wear something nice and get ready for a night of celebration!



Our Mission

IS AND ALWAYS HAS BEEN:

To provide a safe, inclusive, and diversified environment, welcoming members of the community to plan and participate in our monthly socialization events!

Come hang out!

WHAT TO EXPECT:

Music, dancing, games, crafts, light snacks, new friends, and so much FUN!

Highlights from last month

THESE ARE JUST A FEW OF OUR FAVORITE MOMENTS FROM DECEMBER'S EVENT

Last month's event was so much fun! We partnered with UCP for our Jingle and Mingle Activity Night. UCP's sponsorship for this event allowed it to be FREE for all participants— thank you UCP!!!

We had an ugly sweater contest, UCP provided pizza for everyone, Nancy taught participants how to create glass ornaments, we enjoyed a hot chocolate bar and danced the night away. We celebrated December birthdays Dena led fun ice breakers and gave practical tips on having conversations.



Interested in volunteering?

DO YOU OR SOMEONE YOU KNOW HAVE AN INTEREST IN VOLUNTEERING WITH OFF THE COUCH?

Email us at offthecouchevents@gmail.com to learn how you can get involved. We are always looking for more volunteers!

Events take place at Gethsemane Lutheran Church:
11560 Southeast Market Street, Portland, Oregon 97216, United States

971-319-5453
OFFTHECOUCHEVENTS.ORG