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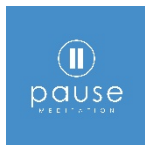


## FREE SUMMER EVENTS KICK OFF IN PIONEER COURTHOUSE SQUARE!

PORTLAND, OR— (June 26, 2019) — Pioneer Courthouse Square kicks off the summer season with **Meditation Mondays, Noon Tunes, Wellness Wednesdays and Flicks on the Bricks!** Starting July 8<sup>th</sup> through August, community members will have access to free weekly events in the Square aimed at wellness, fun, dancing and community building.

### -MARK YOUR CALENDARS-

**Meditation Mondays:** Each Monday starting on July 8<sup>th</sup> from 12:30pm to 1:00pm, [Pause Meditation](#) will be hosting a guided meditation in the Portland's living room! This event is free, and bolsters will be provided while supplies last. However, community members are encouraged to bring their own yoga mat or bolsters.



**Noon Tunes Presented by 101.9 KINK and The Oregonian | Oregonlive:** Pioneer

Courthouse Square's signature summer concert series, Noon Tunes is back! Noon Tunes will feature an hour of live music from some of Portland's best local artists each Tuesday from 12:00 to 1:00 p.m. With eight free concerts throughout July and August, and delicious offerings from [Carts on the Square](#), this free concert series is sure to be the go-to lunchtime destination!



July 9<sup>th</sup>: [Castletown](#)

July 16<sup>th</sup>: [Harvey Brindell & the Tablerockers](#)

July 23<sup>rd</sup>: [Tara Velarde](#)

July 30<sup>th</sup>: [21 Turns](#)

August 6<sup>th</sup>: [The Noted](#)

August 13<sup>th</sup>: [Evan Egerer](#)

August 20<sup>th</sup>: [Red Light Challenge](#)

August 27<sup>th</sup>: [Soul Impression](#)

**Wellness Wednesdays:** The Wellness Wednesdays series kicks off on July 10<sup>th</sup> with a different wellness-based activity each Wednesday from 12:00-1:00 p.m.! Spending just one hour a week focusing on wellness and self-care has been shown to improve long term health and quality of life. From Silent Disco and Zumba to Touch Therapy and Yoga, the Square will be the perfect place for a mid-week recharge and practice in self-care.

July 10<sup>th</sup>: Silent Disco

August 7<sup>th</sup>: Zumba

July 17<sup>th</sup>: Touch Therapy

August 14<sup>th</sup>: Tai Chi

July 24<sup>th</sup>: Free Art in the Park with Larry Yes

August 21<sup>st</sup>: Yoga

July 31<sup>st</sup>: Vitalize Acupuncture

August 28<sup>th</sup>: Pilates

**Flicks on the Bricks Presented by SmartPark:** For five Fridays in July and August, the Square will be transformed into Portland's largest outdoor movie theater! The movie series will begin on Friday July 26<sup>th</sup> and continue through August. Pre-movie entertainment provided by Portland DJs Danny Merkury and Jupiter Williams begins at 7:00pm with the featured movie starting at dusk. Community members are encouraged to bring low-back chairs, cushions, and blankets to truly turn the Square into their 'living room.'



July 31<sup>st</sup>: [The Karate Kid](#)

August 16<sup>th</sup>: [Indian Jones and the Temple of Doom](#)

August 2<sup>nd</sup>: [Spider-man: Into the Spider-Verse](#)

August 23<sup>rd</sup>: [Bohemian Rhapsody](#)

August 9<sup>th</sup>: [Crazy Rich Asians](#)

In Addition, the Square will host a variety of free events throughout the summer including cultural events such as the [Chinese Festival](#), [Pan African Festival](#), [India Festival](#) and many more!

For updated information on all events happening this summer at Pioneer Courthouse Square be sure to visit [thesquarepdx.org](https://thesquarepdx.org) and follow us [@thesquarepdx](https://twitter.com/thesquarepdx).

*Summer at the Square is made possible by support from these community sponsors:*



### **About Pioneer Courthouse Square**

Pioneer Courthouse Square, Inc. is a non-profit organization whose mission is to manage Downtown's central public space, Pioneer Courthouse Square, to achieve an active and healthy downtown core. Hosting more than 300 programmed events each year, through a variety of public and private partnerships, Pioneer Courthouse Square operates within a budget of \$2.2M composed of cash and in-kind donations.