

Juanita Pohl Center
8513 SW Tualatin Road
503.691.3061
Matt Saviello, Center Supervisor
Sara Shepherd, Program Specialist

Prime Times

August – September 2016

Have an idea?

If there is a program you would like to see offered, stop by the front desk and we'll start an "interest list". If the list gets to eight people, we'll do our best to make it happen!

Hours of Operation

Monday-Friday
8:00am to 5:00pm

Saturday/Sunday
Open for Rentals

Holiday Closures

Labor Day
Monday, September 5th

Pohl Center Advisory Committee Members

- Candice Kelly
- Del Judy
- Bob Grable
- Susan Noack
- Connie Dover
- Stephanie Jones
- Bob Leveton
- Marilyn Ogorzaly

Advisory Committee meetings are held on the third Wednesday of every other month at 10am in the Multipurpose Room. The public is invited to attend.



We offer programs for Active Older Adults that will keep you moving, keep you connected, foster your interests, let you express your creativity and keep you vibrant.

Upcoming Events

Active Aging Week

Monday-Friday, September 26-30

Wednesday, 9/28: Alive & Kicking – Come help attempt to set a Guinness World Record for the "largest outdoor fitness class in Tualatin!" Class begins at 10:00am at the Tualatin Community Park Tennis Courts. Pre-registration is required. Rain date: Friday, 9/30.

FREE

Thursday, 9/29: The Age of Love Film Screening – This humorous adventure follows thirty seniors who sign up for a first of its kind speed dating event. Show begins at 2:00pm. \$4 Admission Fee

Friday, 9/30: Adult Spelling Bee Championships – Dust off your dictionaries and vie to become the best speller in Tualatin! \$50 Gift Card for 1st place, \$25 for 2nd place. Begins at 1:00pm. Pre-registration is required.

FREE

Fall Adult Day Trips

Tillamook Cheese Factory Tour and Lunch

Lunch at the Cheese Factory & explore Cape Meares State Scenic Viewpoint
Monday, September 12 • 9:00am – 4:30pm
\$27 Resident / \$34 Non-Resident

Gorgeous Brunch Cruise

Brunch on the Columbia Gorge Sternwheeler
Sunday, September 25 • 8:00am – 1:30pm
\$60 Resident / \$75 Non-Resident

Cottage Grove Covered Bridge Tour and Lunch

Lunch at Stacy's Covered Bridge Restaurant
Tuesday, October 4 • 8:30am – 4:00pm
\$25 Resident / \$32 Non-Resident

***Registration begins: August 1st**
Call 503.691.3061 for more information.

Day Trekkers – NEW!

This new walking/hiking group ventures to scenic destinations twice a month. Excursion level ratings are based on distance and elevation change.
(Easy-Moderate-Difficult)

Eastbank Esplanade (Easy) Distance: 2.7 miles
Thurs, Sept 8 9:00am – 12:00pm
\$7 Res/\$9 Non-Res

Mirror & Trillium Lake (Moderate) Distance: 4 miles
Tues, Sept 27 9:00am – 4:00pm
\$15 Res/\$19 Non-Res (fee includes bag lunch and water)

Summer Olympics Dessert Tasting

Celebrate the 2016 Summer Olympics in Rio with desserts from around the world. Tasting begins at 11:00am.

Fri, Aug 5 Canada
Tues, Aug 9 South Africa
Thurs, Aug 11 Denmark
Mon, Aug 15 Australia
Wed, Aug 17 Russia

Coloring, Chocolate & Conversation – NEW!

Bring your friends or make new ones during this fun and relaxing evening of coloring. Price includes a coloring book/coloring supplies and chocolate snacks.

Thurs, Sept 8 6:00 – 7:30pm
\$24 Res/\$30 Non-Res

Exploring Watercolor – NEW!

Explore watercolor painting, materials, techniques and practices with a bit of art history thrown in. Students are asked to provide their own paints and brushes.

Wed 9/21-11/9
1:00 – 3:00pm
\$55 Res/\$69 Non-Res (+ \$20 materials fee on first day)

Better Brains By Design 101

MINDRAMP led courses will be designed to introduce participants to the core ideas of brain health and wellbeing at any age.

Qualongevity: Building Better Brains for Longevity

Sat, Sept 10 9:00 – 11:00am
\$10 per session (pre-registration required)

Nature & Animal Movie Documentaries – NEW!

Sept 2 – Through a Dog's Eyes (Service Dogs)
Sept 9 – Sharks & Crocs
Sept 16 – Bees Tales From the Hives
Sept 23 – Victoria Falls
Sept 30 – What Plants Talk About
Every Fri 1:00pm (free popcorn)
FREE

**Healthways BOOM® Classes – NEW!
MUSCLE + MOVE IT**

Improve strength, have fun and enhance your cardio in our newest class offering. We'll start with MUSCLE, which provides a total body workout then jump to MOVE IT – a fun, high energy dance class.

***Class Begins: Oct 4**
Activity level: Beginner/Moderate (Modifications Available)
Tues/Thurs 9:45 – 10:45am
\$2 Punch Card Option

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement.

Activity level: Beginner
Mon/Wed/Fri 10:00 – 10:50am
\$2 Punch Card Option

SilverSneakers® Circuit

Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout.

Activity level: Moderate
Tues/Thurs 11:00am – 12:00pm
\$2 Punch Card Option

Boomer Stretch & Relaxation

Enjoy active stretching and naturally take your muscles through their full range of motion. Strengthen the mind-body connection and test your limits.

Activity level: All Levels
Tues/Thurs 2:00 – 3:00pm
\$2 Punch Card Option

Line Dance

Join other dancers and learn some fun Line Dances or just come for the great exercise. Partners not needed.

Fri 7:00 – 9:00pm
Punch Pass Options: 5 for \$25; 10 for \$50; 20 for \$100

Yoga for Veterans (ongoing)

Learn gentle stretches and ease suffering from combat and post traumatic stress.

Sat 10:15 - 11:15am
FREE Sponsored by Barhyte Specialty Foods, Inc.

Bunco Dice Game Group – NEW TIME!

Enjoy an afternoon of playing an easy to learn dice game. Refreshments are provided and prizes will be awarded. Pre-registration required.

3rd Wed of the Month (Aug 17 & Sept 21)
1:00 – 3:00pm
\$3.00

Meals on Wheels People

The Juanita Pohl Center, through the Meals on Wheels People, offers hot, nutritious meals for anyone age 60 & older, Monday through Friday. Serving begins at 11:45am.

Meals on Wheels service is also available for homebound seniors. Call 503.692.6767 for more information.