



**Juanita Pohl Center**  
*"Where Active Adults Engage"*

# MARCH 2024

8513 SW Tualatin Road  
Tualatin, OR 97062  
503.691.3061 | [TualatinOregon.gov](http://TualatinOregon.gov)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	2 9-10am Zumba* 10:15-11:15 Veterans Yoga
3	4 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm Sun 24 Tai Chi: Part 2	5 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	6 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games*	7 8:30am-4:30pm Billiards* 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	8 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 2-3pm Earthwise Crew: Mason Bees 101 7-9pm Line Dance	9 9-10am Zumba* 10:15-11:15 Veterans Yoga TBD Art to Feed the Soul Reception
10	11 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	12 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	13 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi 5:30-9pm Day Trip: Dinner at Bluefin Sushi	14 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	15 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	16 9-10am Zumba* 10:15-11:15 Veterans Yoga
17	18 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	19 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Health Online 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	20 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	21 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: End of Life Decisions	22 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	23 9-10am Zumba* 10:15-11:15 Veterans Yoga
24	25 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	26 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	27 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 1-2pm 24 Form Refinement & Recital Class 2-3pm JPC Book Club 2:15-3:15pm Beginning Yang Tai Chi	28 8:30am-4:30pm Billiards* 8:45am-4pm AARP Driver Safety 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	29 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:30am-3:30pm Day Trip: Hopscotch Art 7-9pm Line Dance	30 9-10am Zumba* 10:15-11:15 Veterans Yoga



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	2 9:30-10:30am Morning Tai Chi & Qigong 9:30am-12pm Day Trip: Mindtrix Escape Room 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	3 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	4 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	5 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	6 9-10am Zumba* 10:15-11:15 Veterans Yoga
7	8 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	9 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	10 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:30am-4pm Day Trip: Olympia Provisions 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	11 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	12 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	13 9-10am Zumba* 10:15-11:15 Veterans Yoga
14	15 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	16 9-10:30am AARP SDTek 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 12-1pm Lunch & Learn: Boost Immune System 1-2pm Healthy Eating Every Day (HEED) 6-8pm Pili Guitar Group	17 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 10am-2:30pm Day Trip: Terrarium Workshop 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	18 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convo on Aging: Resilience	19 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	20 9-10am Zumba* 10:15-11:15 Veterans Yoga
21	22 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	23 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6-8pm Pili Guitar Group	24 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2-3pm JPC Book Club 2:15-3:15pm Beginning Yang Tai Chi	25 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	26 8:30am-4:30pm Billiards* 9am-2pm Day Trekkers: Old Salmon River Trail 10-11am SilverSneakers Classic 11:15am-12:15pm Elder Law Seminar: Estate Planning 7-9pm Line Dance	27 9-10am Zumba* 10:15-11:15 Veterans Yoga
28	29 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	30 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6-8pm Pili Guitar Group				



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			1 10-11am SilverSneakers Classic 10am-3pm Day Trip: Pizza & Powells 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	2 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Bingo* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	3 8:30am-4:30pm Billiards* 8:45-9:45am Intro to Nordic Walking 10-11am SilverSneakers Classic 11:30am-12:30pm Earthwise Crew: Invasive Species 7-9pm Line Dance	4 9-10am Zumba* 10:15-11:15 Veterans Yoga
5	6 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	7 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6-8pm Pili Guitar Group	8 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	9 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	10 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	11 9-10am Zumba* 10:15-11:15 Veterans Yoga
12	13 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	14 8:45am-4pm AARP Driver Safety 9:30-10:30am Morning Tai Chi & Qigong 9:30am-12pm Day Trekkers: Crystal Springs Rhododendron Garden 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6-8pm Pili Guitar Group	15 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	16 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 2-3:30pm Convos on Aging: Battling the Blues	17 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-4:30pm Billiard Tournament 7-9pm Line Dance	18 9-10am Zumba* 10:15-11:15 Veterans Yoga
19 8:30am-2pm Day Trip: Columbia Gorge Sternwheeler Brunch	20 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm SilverSneakers Classic 1-2pm 24 Form Refinement & Recital Class 2:15-3:15pm Beginning Yang Tai Chi	21 MENTAL WELLNESS FAIR 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 11am-12pm Therapy Bunnies* 12-1pm MOWP Congregate Lunch 12:15-1:15pm Lunch & Learn: Aging Attitudes 1:30-2:30pm Forest Bathing 6-8pm Pili Guitar Group 7-8pm Tai Chi 24-Form Recital	22 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-2pm 24 Form Refinement & Recital Class 1-4:30pm Cards & Games* 2:15-3:15pm Beginning Yang Tai Chi	23 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	24 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 7-9pm Line Dance	25 9-10am Zumba* 10:15-11:15 Veterans Yoga
26	27 <b>CLOSED</b>	28 8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch 6-8pm Pili Guitar Group	29 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-3pm JPC Book Club	30 8:30am-4:30pm Billiards* 11am-12pm Silver&Fit Signature Series Excel 12-1pm MOWP Congregate Lunch	31 8:30am-4:30pm Billiards* 10-11am SilverSneakers Classic 11:15am-12:15pm Elder Law Seminar: Long Term Care 7-9pm Line Dance	