

# JUANITA POHL CENTER PRIME TIMES



**Sara Shepherd, Center Supervisor**  
**Marilyn Brault-Binaghi, Program Specialist**

## **HOURS OF OPERATION**

Monday-Friday | 8am to 5pm  
4th Tuesday of the month | 6 to 8pm  
Saturday | 9am to 12pm

## **HOLIDAY CLOSURES**

Christmas, December 25  
New Years Day, January 1  
Martin Luther King Jr. Day, January 19  
Presidents' Day, February 16

## **POHL CENTER ADVISORY COMMITTEE**

Susan Noack  
Amanda Ballard  
Mary Butler  
Peggi Federspiel  
Bob Grable  
Rob Wiedenmann  
Thea Wood

Advisory Committee meetings are held on the 3rd  
Wednesday of every other month at 10:15am.

**JUANITA POHL CENTER**  
**CITY OF TUALATIN PARKS &**  
**RECREATION**

8513 SW Tualatin Road 503.691.3061  
[www.TualatinOregon.gov/JPC](http://www.TualatinOregon.gov/JPC)

## **SARA'S CORNER**



*Warm up your winter at the Juanita Pohl Center!*

Winter is a great time to explore new hobbies, challenge your mind, and socialize in a cozy, welcoming environment.

Try a new drop-in activity like billiards, bingo, bunco and the Thursday morning Coffee & Conversations group. Games are excellent for mental stimulation and offer a fun way to socialize. The JPC Book Club is a fantastic way to stimulate your mind and connect with others – the group meets on the last Wednesday of the month at 2pm. Check out the daily calendar for more programs and activities!

We look forward to seeing you at the Juanita Pohl Center this winter!

*Keep Actively Aging!*



## TRIPS & TOURS

### Sippin' Santa on Sixth

The holidays meet tiki bar at this seasonal pop-up in Downtown Portland! Enjoy a variety of themed beverages in fun and funky glassware (think Santa on a surf board!) and happy hour menu inside the Social Spoon. Fee includes food, escort and transportation.

**Tuesday, December 9 | 3:30pm-8pm**  
**\$42 resident/\$53 non-resident**

### Big Hey Hot Pot

Join us for a custom hot pot adventure! Enjoy your own personal hot pot full of fresh ingredients and choose from a variety of broth options at the newest hot pot restaurant in Portland. Fee includes lunch, escort and transportation.

**Thursday, December 18 | 11am-2:30pm**  
**\$42 resident/\$53 non-resident**

### Orange & Blossom Patisserie

Feast your eyes and tastebuds at this modern, farm-focused patisserie in North Portland. Featuring highly decorated seasonal desserts, pastries and more, there's something for everyone at this award-winning patisserie. Fee includes breakfast, escort and transportation.

**Wednesday, January 14 | 9-11:30am**  
**\$29 resident/\$36 non-resident**

### Wonderwood Indoor Mini Golf

Join us for a magical, fantasy-themed mini golf course full of color, whimsy and hidden surprises. Enjoy lunch at Wonderwood Springs, a one-of-a-kind restaurant designed and decorated by local artist, Mike Bennett. Fee includes lunch, unlimited mini golf, escort and transportation.

**Monday, January 26 | 11am-3pm**  
**\$57 resident/\$72 non-resident**



### Portland Winter Lights Festival

Brighten the dark winter nights at this beloved annual festival featuring glowing installations and events by artists, performers, engineers and more! Located across several walkable blocks, this outdoor festival will give you a reason to get out and celebrate with the community. Fee includes escort and transportation.

**Saturday, February 7 | 5:30-9:30pm**  
**\$29 resident/\$37 non-resident**

### Franz Bakery Tour

Join us for a behind the scenes look at this historic Portland bakery! Walk through with a knowledgeable guide, sample a variety of in-house bakes and see how Franz is made. Participants must be comfortable going up and down several flights of stairs to complete this tour. Fee includes tour, escort and transportation.

**Thursday, February 12 | 1:45-4:30pm**  
**\$25 resident/\$32 non-resident**



## LET'S TALK

**Formally called Conversations on Aging, "Let's Talk" is an interactive discussion with peers, facilitated by trained volunteers.**

### New Wisdom, Life Lessons

Along with the challenges that frequently accompany aging, increased wisdom is an outcome as well. Join us for a conversation about the wisdom you have developed over the years. Share with others what you have learned "the hard way" and explore the lessons you've learned in your lifetime and the legacy of wisdom you'd like to pass on.

**Thursday, January 15 | 2-3:30pm | FREE**

### Friendships as We Age

As we age, we may experience the loss of friends due to any number of reasons. Losing friends, whatever the cause, can leave a hole in the fabric of our lives. Let's talk about the process and challenges of making new friends in our senior years and the importance of having friends whatever our age.

**Thursday, February 19 | 2-3:30pm | FREE**



## LUNCH & LEARNS

*In partnership with Medicare Mark Fuchs*

### **Not Your Mother's Spring Cleaning**

Learn about the causes of excessive clutter, get tools to help you determine risks for health and safety, and hear about some of our community's resources to help you clear out, and clean up!

Presented by Multnomah County.

**Tuesday, December 16 | 12-1:30pm**

**\$10 (includes catered meal from Kam & Kam)**

### **Senior Living Care Level Options**

Learn about each of the standard care levels including: Independent, Assisted Living, Residential Care, Skilled Nursing, Memory Care, In-Home Caregiving, and Adult Care Homes. Discuss funding sources and average estimated care costs. Provided by Oasis Senior Advisors.

**Tuesday, January 20 | 12-1:30pm**

**\$10 (includes catered meal from Kam & Kam)**

### **Research 101**

Learn anything! Discover how to research everything from how to boil water to what's happening with latest medical advances. Learn how to find reliable resources and avoid misinformation. Presented by the Tualatin Public Library.

**Tuesday, February 17 | 12-1:30pm**

**\$10 (includes catered meal from Kam & Kam)**



## CONNECTIONS PLANNING

How do you feel about your social connections? We know social connections are important, so let's learn how we can build them better. Learn about the different kinds of social connections and their functions. Leave with a personalized plan of action in this fun workshop. Provided by Washington County DAVS.

**Friday, December 19 | 10:30am | FREE**

## MINDFULNESS

### **Sound Meditation with Sentinel Sound Work**

Experience a relaxing sound bath and renew the mind, body, and soul. Sound meditation uses music and sound to clear the mind and deepen meditation. Participants can either sit or lie down. Benefits of sound meditation include:

- Reduces stress: Calming vibrations help lower stress and promote relaxation.
- Promotes mental clarity: Sound healing improves focus, making you feel more present.
- Improves sleep: Deep relaxation can lead to better sleep quality after a session.
- Fosters community: Group sessions create shared, peaceful experiences that bring people together.

**Session 1: Friday, December 5 | 2:30-3:30pm**

**Session 2: Friday, February 6 | 2:30-3:30pm**

**Per session: \$19 resident/\$24 non-resident**

### **The Power of Mindfulness for a Happier New Year (& Beyond!)**

Start the new year with the powerful benefits of mindfulness—a practice that's transforming lives and gaining momentum across Western culture. Backed by thousands of studies, mindfulness has been proven to reduce stress, sharpen focus, and boost overall well-being. Ready to feel more calm, clear, and connected? Discover why so many people are turning to mindfulness—and how it can help you thrive in the year ahead.

**Saturday, December 6 | 10-11:30am | FREE**

### **Mindfulness for Every Day**

Thousands of studies show that practicing mindfulness can reduce stress, improve health and wellbeing, increase focus, and bring a deeper sense of calm and contentment to your life. This class will explore the concepts, science, and techniques behind the success of mindfulness practice. You will gain insights into how the mind works and develop skills to better manage your thoughts and emotions. Instruction includes four useful types of meditation. Discover why this practice is so popular and how you can benefit from it too.

**Saturdays, January 10-March 14 | 10-11:30am**

**\$59 resident/\$74 non-resident**





## COMMUNITY CONVERSATIONS:

*In-partnership with the Tualatin Food Pantry.  
Presented by Kathleen Sullivan, Ph.D.*

### Your Body of Work

Eleanor Roosevelt is quoted as saying, "Beautiful young people are accidents of nature, but beautiful old people are works of art." This hour we will learn the difference between performance-based exercise and fitness-based exercise. As we age, it is vital that we engage in performance-based exercise so we can continue to build power, speed, agility, balance and coordination. Getting up off a chair, for instance, is a POWER move. Fitness and strength are not only important as we age; they are also how we can help ourselves age in place.

**Tuesday, December 2 | 11am-12pm**

**Free with a donation of a non-perishable food item**

### Memory Palooza!

We will learn about how to maintain our memory and cognitive (thinking) function while playing memory games in a group setting. Games include-group story making, category recall race and a "What's Mission" game. These games work different parts of our minds, from semantic fluency to visual memory and episodic or verbal memory.

**Tuesday, January 6 | 11am-12pm**

**Free with a donation of a non-perishable food item**

### Aging in Place

What is Aging in Place and how can we proactively organize our built environment (our homes), our social network and our mental and physical ability to age successfully? Topics will include home modification ideas, creating new connections and keeping our bodies and minds active. We will also discuss the importance of sleep as a foundation of healthy aging.

**Tuesday, February 3 | 11am-12pm**

**Free with a donation of a non-perishable food item**



## EARTHWISE CREW

### From Machu Picchu to the mighty Amazon

A country of dense tropical rain forests, high mountains and dry desert, Peru is also home to two of the wonders of the world—the magical 15th-Century Inca city of Machu Picchu and the mighty Amazon, the river that defies most superlatives. Dr. Rob Wiedenmann will share photos and stories from his visits to this spectacular country.

**Friday, December 12 | 1pm**

**\$5 resident/\$7 non-resident**

### BE READY: Winter Storms

Every year, communities across the United States face natural disasters that happen with little or no warning. This American Red Cross presentation explains how all of us can prepare ourselves and our households before the next winter storm strikes our area. Come and learn three basic steps to Be Red Cross Ready: be informed, make a plan and build a kit.

**Wednesday, January 7 | 2-3pm | FREE**

### Recycling Modernization Act: Improvements to Our System

Learn about updates to Oregon's recycling system! Oregon is known for its progressive approach to recycling. A new statewide program is working to make recycling more efficient, environmentally responsible, and consistent across all Oregon communities. We'll discuss what can go in your recycling bin, what changes are coming, and how you can participate in making our system more efficient and effective. Provided by Washington County Solid Waste & Recycling.

**Friday, February 13 | 1pm | FREE**





## WELLNESS & LONGEVITY

### **Gentle Somatic Yoga**

The pace of this offering is often different from other yoga classes. Being guided to focus on mindful awareness, we slow things down so the body and mind have an opportunity to connect. Take it easy and find the joy that slow subtle movement brings.

**Session 1: Mondays, Nov 24-Dec 22 | 9:45-10:45am**

**Session 2: Mondays, Jan 5-Feb 9 | 9:45-10:45am**  
(NO CLASS: January 19)

**Each Session: \$40 resident/\$50 non-resident**

**Drop in: \$10 resident/\$12 non-resident**

### **Strength & Stretch**

A perfect mixture of wellness! Use various equipment for full body strength training while integrating mobility and stretches.

**Tuesdays, Dec 9-Feb 10 | 10:45-11:45am**

(NO CLASS: December 30)

**Session: \$90 resident/\$113 non-resident**

**Drop-in: \$11 resident/\$14 non-resident**

### **Qigong Strong**

Qigong is a gentle, meditative form of exercise that focuses on coordinating mind, movement, and breath. You will gain strength and flexibility, improved balance, and increased focus. This class offers a mind-body strength-training set.

**Tuesdays, Dec. 2- Feb. 24 | 1:35-2:30pm**

(NO CLASS: December. 23, 30)

**\$66 resident/\$83 non-resident**

### **Nia**

Nia is a sensory-based movement format designed to condition your body and mind. Nia uses inspirational and invigorating music along with dance, martial arts and relaxation. It is designed to create sensation, bring awareness to movement habits, and improve flexibility, agility, mobility, stability and strength.

**Thursdays, Jan 15-Feb 26 | 9:15-10:15am**

**Each Session: \$56 resident/\$70 non-resident**

**Drop in: \$10 resident/\$12 non-resident**



## PUNCH-PASS CLASSES

### **SilverSneakers® Classic**

SilverSneakers® is the perfect class for active older adults wanting to focus on overall total-body conditioning. Your instructor will guide you through a series of exercises using resistance tools to help build muscle and tone. Going at your own pace is encouraged!

**Monday/Wednesday/Friday (ongoing)**

**11:15am-12:15pm**

**Exercise Punch Pass: 5 Classes \$23;**

**10 Classes \$40; 20 Classes \$70**

### **Mat Pilates**

Increase your flexibility as you flow through a series of dynamic movements that restore balance to core muscles of the lower back and abdominals. Mat Pilates lengthens and strengthens for a strong, lean, physique.

**Tuesdays (ongoing after Jan 6) | 9:30-10:30am**

**Exercise Punch Pass: 5 Classes \$23;**

**10 Classes \$40; 20 Classes \$70**

### **Zumba**

Do you feel like dancing, smiling and meeting fun people? Please join us at Zumba®! This class includes a variety of rhythms and music such as salsa, cumbia, hip-hop and more!

Activity level: All Levels.

**Thursdays (ongoing) | 6:30-7:30pm**

**Saturdays (ongoing) | 9-10am**

**Zumba Punch Pass: 5 Classes \$23;**

**10 Classes \$40; 20 Classes \$70**

### **Line Dance**

Join other dancers and learn some fun dances or just come for the great exercise!

**Fridays (ongoing) | 7-9pm**

**Line Dance Punch Pass: 5 Classes \$38;**

**10 Classes \$73; 20 Classes \$141**





## ARTS & CULTURE

### **New Horizons Big Band Holiday Concert**

Bring the whole family and enjoy some classic Big Band tunes as we celebrate the holiday season at the Juanita Pohl Center!

**Monday, December 15 | 7-8:30pm**

**FREE - All Ages Welcome**

### **Step-by-Step Acrylic Art**

Join us for a beginner friendly acrylic painting class featuring a vibrant red cardinal in a snowy winter tree. In this 2-hour, step-by-step session, you'll be guided through every brush stroke. All supplies are included, just bring yourself and enjoy the process!

**Saturday, January 3 | 9:30-11:30am**

**\$20 donation to the meal program**



## JPC BOOK CLUB

Do you like to read? Join the JPC Book Club! We meet monthly to discuss one new book each time. Want to give it a try? Pick up a copy of a new book and join us for one of our upcoming discussions:

*James* by Percival Everett

**Wednesday, December 17 | 2pm**

*The Sunset Years of Agnes Sharp* by Leonie Swann

**Wednesday, January 28 | 2pm**

*Scotland Yard* by Simon Read

**Wednesday, February 25 | 2pm**

*This is Not a Game* by Kelly Mullen

**Wednesday, March 25 | 2pm**

## DROP-IN ACTIVITIES

### **Billiards**

Mon-Fri | 8:30am-4:30pm | FREE

Billiards Tournament: February 20 | 12pm | \$6

### **American Mah Jongg**

Wednesdays | 12:30-3pm | FREE

### **Cards/Games**

Wednesdays | 1-4:30pm | FREE

### **JPC Book Club (in-partnership with Oasis)**

Last Wednesday of the month | 2-3pm | FREE

### **Bingo**

First Thursday of the month | 11am-12pm | FREE

### **Coffee & Conversations**

Thursdays | 9am | FREE

### **Crafts**

Third Thursday of the month | 11am | FREE

### **Bunco**

First Friday of the month | 1pm | FREE

### **Trivia with Doug**

Fourth Friday (Even Months) | 12:30pm | FREE

### **Yoga for Veterans & Their Support Persons**

Saturdays | 10:15-11:15am | FREE

