

# 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

Labor Day, September 1  
Veterans Day, November 11  
Thanksgiving & the Day After, November 27 & 28

## 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 10am.

**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

*Introducing the Juanita Pohl Center Meal Program!*



We're excited to launch a new opportunity for older adults to connect, nourish, and thrive!

Join us at the Juanita Pohl Center for a healthy and delicious lunch served in a warm, welcoming environment. It's more than a meal—it's a chance to share good food and great conversation with friends old and new.

Whether you're looking for nutritious options, companionship, or a vibrant atmosphere, our meal program has something for everyone.

Lunch is served on Tuesdays & Fridays, from 12-1pm. Reservations are required for all lunch service days by 1:30pm on the Friday of the prior week to guarantee yourself a meal, so be sure to plan ahead! Lunch reservations can be made online, over the phone by calling 503-691-3061, or in-person at the Pohl Center.

Check out the monthly menu and reserve your spot. Come for the food, stay for the friendship!

*Keep Actively Aging!*

## TRIPS & TOURS

### Maryhill Museum & Stonehenge

Discover highlights from Maryhill Museum of Art's collections and engage with art during a private guided tour. Enjoy additional time to explore the museum and nearby full-scale replica of Stonehenge.

**Saturday, September 6 | 8:30am-5pm**

**\$74 resident/\$92 non-resident**

### Mitchell Point Tunnel & Sugarpine Drive-In

Explore the reconstruction of one of the engineering wonders of the Historic Columbia River Highway in this short trail through the newly completed Mitchell Point Tunnel, followed by lunch at the famous Sugarpine Drive-In.

**Thursday, September 25 | 8:30am-3pm**

**\$50 resident/\$63 non-resident**

### Camp 18 & Seaside Promenade

Enjoy a sizeable brunch at this eclectic restaurant and giftshop inside an iconic log cabin museum followed by shopping along Seaside's historic promenade (weather permitting).

**Tuesday, September 30 | 8am-4pm**

**\$52 resident/\$65 non-resident**

### Chintimini Wildlife Center

Learn about local wildlife with a private tour at Corvallis' renowned rehabilitation clinic and meet two unique birds of prey up close! Followed by food carts for lunch.

**Thursday, October 2 | 10am-4pm**

**\$57 resident/\$72 non-resident**

### Hungry Sasquatch Pizzeria

Treat yourself to delicious NY-style slices topped with local ingredients at this pinball arcade-meets-pizzeria in Vancouver, WA.

**Thursday, October 23 | 11am-2:30pm**

**\$37 resident/\$46 non-resident**

### OMSI After Dark: Spirits

Discover OMSI in a whole new light! This event gathers local vendors, artisans, and performers with a spooky spin for a no-kids-allowed crowd.

**Wednesday, October 29 | 5:30-10:30pm**

**\$44 resident/\$55 non-resident**

### PASAR Indonesian & Alberta Arts District

Discover the colorful artwork and diverse shops of the Alberta Arts District then enjoy happy hour at authentic Indonesian restaurant PASAR.

**Saturday, November 8 | 11:30am-5pm**

**\$52 resident/\$64 non-resident**

### Watercolor 101 in Hood River

Celebrate the beauty of the Pacific Northwest with this beginner-friendly watercolor class focusing on iconic Oregon landscapes.

**Wednesday, November 19 | 8:30am-1:30pm**

**\$65 resident/\$82 non-resident**

### Overnight Trip: Holiday Lights at Shore Acres

Perched on the rugged cliffs overlooking the Pacific Ocean south of Coos Bay, Shore Acres State Park is a beautiful 7-acre botanical garden where Holiday Lights are set to sparkle this December! This two-day, one-night trip includes meals, hotel, escort and transportation to one of the most spectacular sights on the coast.

*Rooms are double occupancy. Roommates may be assigned if needed.*

**Depart: Saturday, December 6 at 8:30am**

**Return: Sunday, December 7 at 2:30pm**

**\$259 resident/\$324 non-resident**

**Register by September 15 to receive \$25 off!**



## EARTHWISE CREW

### Be Ready: Wildfire Safety

This free one-hour session is designed to help adults understand wildfire risks and how to prepare for them. We'll cover how to build an emergency kit, create an evacuation plan, and stay informed before and during a wildfire. It's a practical and empowering way to help community members stay safe and ready.

Provided by the American Red Cross.

**Wednesday, September 17**

**2-3pm | FREE**

### Gardening for Wildlife

Learn the ways in which you can support wildlife on your land and in your garden with an emphasis on the use of native plants, healthy ecological practices, and creating resilient landscapes. Provided by Habitat Design PDX.

**Friday, November 14 | 10am**

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

## **LUNCH & LEARNS**

*In partnership with Medicare Mark Fuchs*

### **Why Are You Calling Me? When Medicare Advantage Solicitors Won't Leave You Alone**

A deep-dive into the gray area of cold-calling and solicitation; find out why you're getting calls when you're on the Do Not Call list, and leave with tangible tools to combat them. Presented by Medicare Mark Fuchs.

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

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

### **Grief: It's Complicated**

Grief is natural, normal, and necessary, but sometimes misunderstood. As a response to loss, grief is also universal and very personal. Learn about different types of grief, the symptoms of grief versus depression, strategies for successful grieving, and why it's important to grieve.

Presented by Washington County DAVS.

**Tuesday, October 21 | 12-1:30pm**

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

### **Nothing Off the Table:**

#### ***An open Q&A session on all things Medicare***

Join independent broker Mark Fuchs as he provides an overview of CMS (Centers for Medicare and Medicaid) changes for 2026, and then opens the floor to any and all questions.

**Tuesday, November 18 | 12-1:30pm**

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



## **CONVERSATIONS ON AGING**

**Each Conversations on Aging “Let’s Talk” is an informal, interactive discussion with peers, facilitated by trained volunteers.**

### **Living Solo as a Senior**

As we age, some of us have family or friends who will provide care or support for us if needed, and some of us do not. Even if we have children, they may not be available or able to provide support. Discuss your feelings, experiences, and concerns surrounding aging without family or social support and share ideas about ways to strengthen your social and safety networks.

**Thursday, September 18 | 2-3:30pm | FREE**

### **Let’s Talk about Healthy Aging**

Let’s talk about steps we all can take to ensure a better quality of life as we grow older! Healthy aging includes these four essentials: physical exercise; a healthy diet; keeping an active mind; and maintaining a positive attitude. Join a group of your peers to discuss successes and struggles, resources and more.

**Thursday, October 16 | 2-3:30pm | FREE**

### **Handling the Holidays**

Don’t let holidays become something you dread. Let’s share how to prevent stress and depression and learn to recognize your holiday triggers. This Conversation is inclusive of all wintertime holidays.

**Thursday, November 20 | 2-3:30pm | FREE**



## COMMUNITY CONVERSATIONS:

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

### **Your Body of Work**

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, September 2 | 11am-12pm**

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

### **Is Memory Loss a Normal Part of Aging?**

Run by the University of Washington, the Seattle Longitudinal Study explores the transition to adulthood and the different stages of adulthood. The study also explores cognition, memory and learning throughout life. What have they learned and how can we use what the experts have learned over the past 70 years? Can we prevent memory loss?

**Tuesday, October 7 | 11am-12pm**

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

### **Isolation Is a Recognized Public Health Emergency in Great Britain**

There is evidence that people who have a sense of belonging live healthier lives, have a greater support network and live longer. There is a difference between social isolation (lack of contacts) and loneliness (subjective distress). Nearly 45% of Oregonians report feeling lonely sometimes and 20% older adults report symptoms of depression or anxiety in Washington County. Let's learn how to live and thrive together.

**Tuesday, November 4 | 11am-12pm**

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



## VETERANS RECOGNITION BREAKFAST 2025

Enjoy a delicious catered breakfast, honored speakers and door prizes for Veterans at the Juanita Pohl Center. Registration opens September 2. Veterans plus one guest will be given registration until September 30 by calling 503.691.3061.

**Friday, November 7 | 9-10:30am**

**Free for all veterans | \$12 for non-veterans**

## LIFELONG LEARNING

### **Self-Mastery Basics**

Self Mastery Basics classes offer a series of foundational disciplines and tools to clear and protect your energy system. Participants will learn alignment, breathing, centering, grounding, boundaries, and guided clearing meditations. Unlock your inner wisdom, release the past, and raise your vibration with local facilitator, educator, and life coach, Linda Lawson. No experience necessary.

**Sundays, September 21-October 12 | 10-11am**  
**\$40 resident/\$50 non-resident**

### **Makerspace 101**

The Tualatin Public Library Makerspace is offering a special session tailored specifically for JPC participants! This exciting opportunity will allow older adults to explore their creative side, learn new skills, and engage in hands-on projects within a welcoming and supportive environment. Anyone can learn to use the Makerspace - get started on a spooky themed project during specially reserved hours.

**Session 1: October 20 | 5:30-7:30pm**

**Session 2: October 21 | 10:30am-12:30pm**

**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, Sept 8-Oct 6 | 9:45-10:45am**

**Session 2: Mondays, Oct 20-Nov 17 | 9:45-10:45am**

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

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

### **Tai Chi Yang 40: Part 3**

This class is open to anyone who has completed the instruction in Tai Chi Yang 40: Part 1 & 2.

**Monday/Thursday, Sept 8-Nov 20 | 1-2pm**

**\$132 resident/\$165 non-resident**

### **Tai Chi Sun 24: Part 2**

This class is open to anyone who has completed the instruction in Tai Chi Sun 24: Part 1.

**Monday/Thursday, Sept 8-Nov 20 | 2:15-3:15pm**

**\$132 resident/\$165 non-resident**

### **Strength & Stretch**

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

**Tuesdays, Sept 9-Nov 4 | 10:45-11:45am**

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

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

### **Tai Chi Fan 18**

This is a beginning Tai Chi Weapons class teaching a Yang-Style 18 Fan Form (left handed fan). It provides great exercise and is so much fun! Participants must have completed a 24-form Tai Chi class to enroll.

**Tuesdays, Sept 9-Nov 18 | 12:30-1:25pm**

**(NO CLASS: November 11)**

**\$60 resident/\$75 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, Sept 9-Nov 18 | 1:35-2:30pm**

**(NO CLASS: November 11)**

**\$60 resident/\$75 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.

**Fall Session 1: Thursdays, September 18-October 16 | 9:15-10:15am**

**Fall Session 2: Thursdays, October 23-November 20 | 9:15-10:15am**

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

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

### **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**

**SilverSneakers Punch Pass: 5 Classes \$22;**

**10 Classes \$38; 20 Classes \$68**

### **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 \$37;**

**10 Classes \$71; 20 Classes \$137**

## ACTIVE AGING WEEK

### **History Walk & Talk**

Join Jackie Konen for an information walk in the park! Jackie will guide you through the history of Tualatin and more.

**Monday, October 6 | 1:30pm | FREE**

### **Intro to Nordic Walking**

Nordic walking has been shown to increase muscle strength, cardiovascular fitness and more! Join us to learn all about this full body workout.

**Tuesday, October 7 | 2pm | FREE**

### **Food & Fitness**

Learn about the foods and nutrients that provide optimal nutrition for active and athletic lifestyles and explore how a plant-based diet reduces inflammation and improves recovery.

**Wednesday, October 8 | 2pm | FREE**

### **Pickleball 101**

Come experience the exciting game of pickleball, a paddle game with a plastic ball! You will learn the basic rules, practice the basic shots, and play a game or two.

**Thursday, October 9 | 2pm | FREE**

### **Aging Attitudes**

Research tells us that our beliefs about aging impact how well and how long we live. In this program, start to uncover and reset your own internalized negative age beliefs by debunking negative age myths and get an easy-to-use tool to become a champion of aging.

**Friday, October 10 | 12:30pm | FREE**



## DROP-IN ACTIVITIES

### **JPC Walking Group**

Mondays, April-September | 9am | FREE

### **Billiards**

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

Billiards Tournament: November 21 | 12pm | \$5

### **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

### **Zumba**

Thursdays | 6:30-7:30pm | FREE

Saturdays | 9-10am | FREE

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

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

## 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:**

***While Justice Sleeps* by Stacey Abrams**

**Wednesday, September 24 | 2pm**

***The Devil in the White City* by Eric Larson**

**Wednesday, October 29 | 2pm**

***Dinner with Edward* by Isabel Vincent**

**Wednesday, November 26 | 2pm**

***James* by Percival Everett**

**Wednesday, December 17 | 2pm**