

JUANITA POHL CENTER PRIME TIMES



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

HOURS OF OPERATION

Monday-Friday | 8am to 5pm
2nd Tuesday of the month | 6 to 8pm
Saturday | 9am to 12pm

HOLIDAY CLOSURES

Juneteenth, June 19
Independence Day, July 4

POHL CENTER ADVISORY COMMITTEE

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

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

JUANITA POHL CENTER

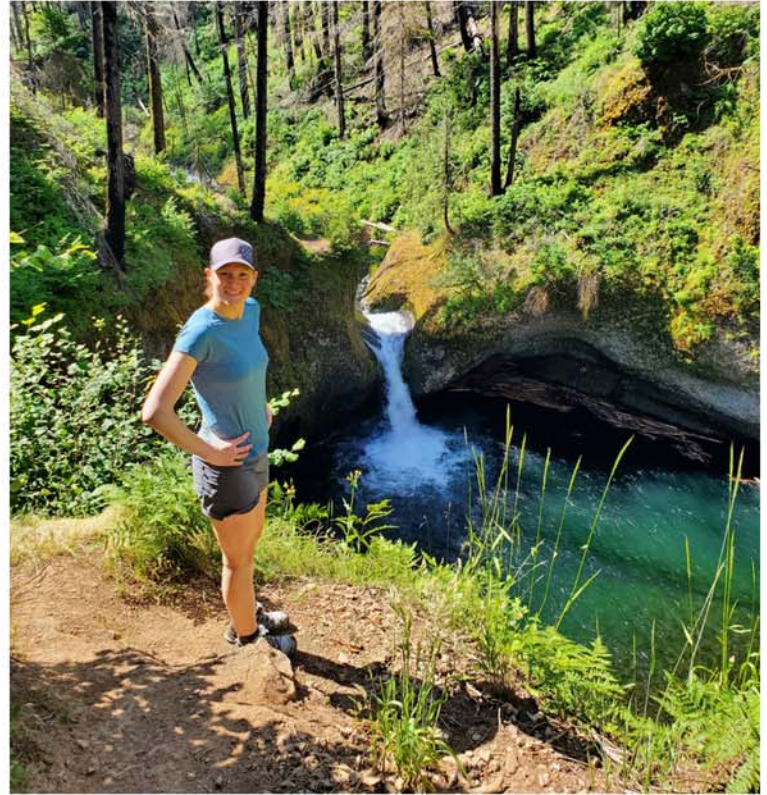
CITY OF TUALATIN PARKS & RECREATION

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www.TualatinOregon.gov/JPC

SARA'S CORNER



As we transition into the warmer months, we are thrilled to share the exciting lineup of innovative programs and enriching activities we have planned for this summer at Tualatin's Active Aging Center! Get ready for a season filled with fun, engagement, and community. Here's a glimpse of what's in store: expand your horizons with new Lunch & Learn lectures, covering a range of topics like Hydration, Caregiver Burnout, and Rightsizing; learn basic hands-only CPR; experience Mindfulness in Nature; join the Gratitude Club; hike to majestic waterfalls and create art on the coast at a glassblowing studio. We're excited to make this summer a memorable one for everyone. See you at the Pohl Center!

Keep Actively Aging!

TRIPS & TOURS

Hood River Brunch & Shopping

Enjoy a locally sourced brunch on the bank of the Columbia River followed by shopping in the charming town of Hood River.

Thursday, June 5 | 8am-3:30pm

\$49 res/\$62 non-res

Gresham Japanese Garden

Visit Tsuru Island, Gresham's 3/4 acre Japanese garden! Enjoy a tour of the garden followed by lunch at funky local café, Jazzy Bagels.

Wednesday, June 11 | 10am-3pm

\$39 res/\$49 non-res

Mt Hood Foraging Adventure

This immersive adventure includes a scenic journey into the wilderness, followed by hands-on learning about plant identification and ethical harvesting, followed by a discussion on ways to prepare our foraged treasures.

Saturday, June 14 | 8:30am-4pm

\$64 res/\$80 non-res

Lincoln City Glassblowing

Design your own glass masterpiece and work with a professional glassblower to make it a reality! Explore Lincoln City's charming downtown and enjoy lunch at The Pines Dine food carts.

Thursday, June 26 | 8am-6pm

\$114 res/\$142 non-res

Old Asia Tea Garden

Visit a modern tea house serving hundreds of tea varietals from across Asia paired with Pan-Asiatic cuisine. Enjoy tea and small plates in their atmospheric garden.

Tuesday, July 1 | 4:30-7:30pm

\$48 res/\$60 non-res

McMinnville Antiques Mall

Take a step back in time and find quality workmanship and stylistic design at this eclectic mall of timeless treasures followed by lunch on the historic Hotel Oregon's rooftop bar.

Wednesday, July 9 | 10am-3pm

\$46 res/\$58 non-res

Whale Watching & WNBA (Overnight)

Join us for an overnight adventure in Seattle! Start with an exciting Seattle Storm game, explore the iconic downtown, then watch for orcas, gray whales and more on the fastest and quietest whale watching boat in the Salish Sea.

July 13 | 10am - July 14 | 4pm

\$579 res/\$725 non-res

Timberline Lodge

Sample a variety of sustainable farm-to-table delights at the Cascade Dining Room lunch buffet. Then marvel at the spectacular views from the Magic Mile Chair Lift.

Tuesday, July 22 | 10:30am-5pm

\$82 res/\$102 non-res

Flock Food Hall

Portland's newest food hall located inside the Ritz-Carlton Residences featuring some of the best-known local chefs. From Thai to seafood to dim sum, there's a culinary option to please all.

Thursday, August 7 | 11am-2pm

\$22 res/\$28 non-res

TopGolf Hillsboro

From newbies to experts, all skill levels of golfers can have fun at this high-tech driving range & entertainment complex! Hit golf balls at giant outdoor targets and enjoy food and drinks from a private bay.

Monday, August 11 | 11am-4pm

\$55 res/\$69 non-res

Sahalie & Koosah Falls Loop

This loop trail connects Sahalie & Koosah Falls and the McKenzie River National Recreation Trail and offers close views of the wild McKenzie River. *Participants must have experience hiking on uneven terrain and distances up to 3 miles.*

Tuesday, August 19 | 8am-5pm

\$57 res/\$71 non-res

Coastal Railriding Tour

Ride the rails at the Oregon Coast in a 4-seat peddle bike! Enjoy a guided tour through Wheeler following the Nehalem Bay and River for stunning sights of both ocean and forest. Then enjoy lunch in Manzanita.

Sunday, August 24 | 8am-4pm

\$77 res/\$96 non-res

LUNCH & LEARNS

In partnership with Medicare Mark Fuchs

Caregiver Burnout, Compassion Fatigue and Moral Distress

Most of us want to provide steadfast care and support to the loved ones in our lives, but how do we know when we've reached our limit? Learn the difference between burnout, moral distress and compassion/empathetic fatigue and how to recognize the signs of overwhelm and explore strategies based in mindfulness and self-compassion.

Tuesday, June 17 | 12-1pm

\$5 res/\$10 non-res

Hydration Strategies for A Healthy Summer

We need water to live. But how much? And what about the risks of too much water and electrolyte imbalances? Learn from a nurse with special expertise in older adult health. Provided by Helen Anderson, MSN.Ed, RN, GERO-BC

Tuesday, July 15 | 12-1pm

\$5 res/\$10 non-res

Rightsizing Sentimental Items

A positive approach to rightsizing sentimental items. Topics include: Common clutter categories, strategies and resources for decluttering, the importance of starting small, seeking professional support when needed, and practical tips for overcoming common rightsizing challenges. Presented by Big Rocks Organizing.

Wednesday, August 20 | 12:30-1:30pm

\$5 res/\$10 non-res



CONVERSATIONS ON AGING

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

Forgetfulness: Where Did I leave my Glasses?

Do you find that more and more, you are spending a lot of time looking for your glasses or keys? While these situations may be concerning, they may just be a normal part of aging. Come join us in a discussion about your experiences with and concerns about forgetfulness.

Friday, June 20 | 2-3:30pm | FREE

Giving Up the Keys

We are familiar with the joys and freedom associated with driving. How would it feel if you or a loved one had to give up the keys? Share your feelings and concerns with others, explore ways to cope with the changes that come with giving up driving, and exchange ideas and resources.

Thursday, July 17 | 2-3:30pm | FREE

Talking to Your Doctor

In a good doctor/patient relationship, you will feel you are part of a team. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.

Thursday, August 21 | 2-3:30pm | FREE

LIFELONG LEARNING

Gratitude Club

Learn about the science of gratitude and why it's so important to support mental wellbeing and lessen feelings of worry and distress. Build on your gratitude practice with mindfulness-based journaling, group discussion, personal reflection, and hands-on activities.

Wednesdays, June 4-25 | 2-3:30pm | FREE

Know Your Renters' Rights!

Join us for an informational presentation in which an Oregon Law Center attorney and staff will share what you need to know about your renters' rights in Oregon.

Thursday, June 12 | 1:30-2:30pm | FREE

Oregon Law Center Free Legal Clinic

Free walk-in legal advice with the Oregon Law Center (OLC). Oregon Law Center serves low-income individuals and families with civil legal matters, including tenants' rights, public benefits, employees' rights, and domestic violence issues.

Wednesday, June 18 | 1-4pm | FREE

Mindfulness for Every Day

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.

Thursdays, June 26-Aug 28 | 6:30-8pm
\$59 res/\$74 non-res

Senior Safety & Hands-Only CPR

Join us for a presentation on senior safety with Tualatin Valley Fire & Rescue. We will cover fall prevention, cooking and fire safety, escape planning and much more! This class also includes a non-certification hands-only CPR training.

Wednesday, July 16 | 2-3:30pm | FREE

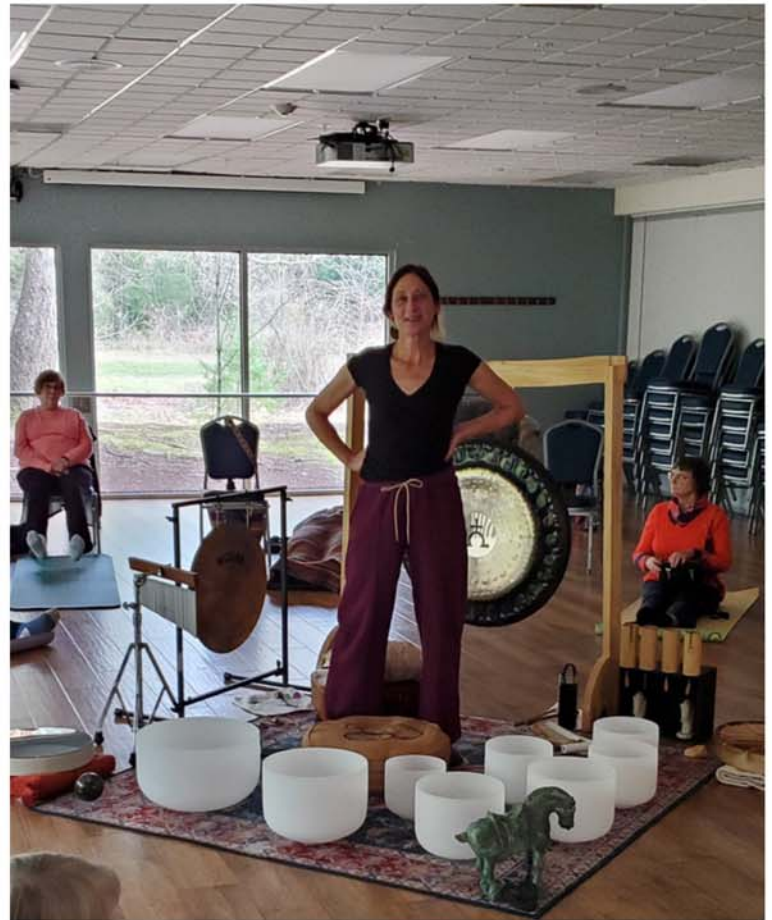
Sound Meditation with Sentinel Sound Work

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.

Session 1: Friday, July 18 | 2-3pm

Session 2: Friday, August 15 | 2-3pm

Per session: \$19 res/\$24 non-res



EARTHWISE CREW

In partnership with Cogir Tigard Senior Living

Outdoor Mindfulness

In this one-hour outdoor experience, we will "look" with all our senses, including sight, hearing, smell, and touch. We will take time out to make space for experiencing the gift of being outdoors without any need to "get somewhere" or "do something." Led by Ruth Leibowitz, mindfulness facilitator, therapist, and Tai Chi instructor.

Friday, June 13 | 1:30-2:30pm
\$5 res/\$7 non-res

New Zealand - The Other Down Under

New Zealand should be known as the true land "down under," reaching further south than Australia. How much do you know about New Zealand? It is more than kiwis, kiwis and Kiwis (the fruit, the birds and the people)! The country is slightly larger than Oregon and equally jam-packed with wildlands and wildlife. This presentation will highlight some of New Zealand's rich history, stunning beauty and unique animal and plant life.

Friday, July 11 | 12:30-1:30pm
\$5 res/\$7 non-res

WELLNESS & LONGEVITY

Gentle Yoga

This class focuses on finding more ease in movement through practices including breathing, postures and much more. Come for strength, mobility and balance, leave with a sense of more ease in daily life.

Session 1: Mon, June 2-30 | 9:45-10:45am

Session 2: Mon, July 14- Aug 11 | 9:45-10:45am

Each Session: \$40 res/\$50 non-res

Drop in: \$10 res/\$12 non-res

Strength & Stretch

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

Tuesdays, June 3-July 22 | 10:45-11:45am

\$80 res/\$100 non-res

Drop in: \$11 res/\$14 non-res

Tai Chi Yang 40: Part 2

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

Mon/Thurs, June 9-Aug 28 | 1-2pm

(No class: June 19, Aug 4, 7, 11, 14, 18)

\$108 res/\$135 non-res

Tai Chi Sun 24: Part 1

This is a lovely set, rich with qigong. Come experience the calming, meditative, healing practice of Sun-Style Tai Chi. In addition, we'll learn one qigong set.

Mon/Thurs, June 9-Aug 28 | 2:15-3:15pm

(NO CLASS June 19, Aug 4, 7, 11, 14, 18)

\$108 res/\$135 non-res



Qigong Strong

Want a fun, relaxing work-out that engages practically every joint and muscle in your body? Qigong is here for you! It is a gentle, meditative form of exercise that focuses on coordinating mind, movement, and breath. Come join us.

Tues, June 10-Aug 26 | 9:30-10:30am

(NO CLASS Aug 5, 12)

\$60 res/\$75 non-res

Tai Chi Fan: Part 2

This is a beginning Tai Chi Weapons class teaching a Yang-Style 18 Fan Form. It provides great exercise and is so much fun! Participants must have completed instruction in Tai Chi Fan: Part 1 to enroll.

Tuesdays, June 10-Aug 26 | 1:30-2:30pm

(NO CLASS Aug 5, 12)

\$60 res/\$75 non-res

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



DROP-IN ACTIVITIES

JPC Walking Group

Mondays, April-September | 9am | FREE

Billiards

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

Billiards Tournament: August 15 | 12pm | \$5

Meals on Wheels People Congregate Lunch

Tues/Thurs | 12-1pm | Donations welcome

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

Zumba

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

Saturdays | 9-10am | FREE

Bingo

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

Yoga for Veterans & Their Support Persons

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

(NO CLASS June 7, July 5, Aug 30)



ARTS & CULTURE

New Horizon Big Band Summer Concert

The most popular and sought after Big Band in Tualatin will be playing some classic Big Band tunes. Bring your family members, friends, and co-workers to the Park to listen to that classic Big Band sound! *In the case of inclement weather, the concert will move inside to the Juanita Pohl Center.*

Monday, June 30 | 6:30-8pm | FREE

Location: Van Raden Field, Tualatin Community Park



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:

***Island of the Sea Women* by Lisa See**

Wednesday, April 30 | 3-pm | FREE

***Killers of a Certain Age* by Deanna Raybourn**

Wednesday, May 28 | 2-3pm | FREE

***The Berry Pickers* by Amanda Peters**

Wednesday, June 25 | 2-3pm | FREE

***The Heaven & Earth Grocery Store* by James McBride**

Wednesday, July 30 | 2-3pm | FREE

***The God of the Woods* by Liz Moore**

Wednesday, August 27 | 2-3pm | FREE