

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

Memorial Day, May 25

POHL CENTER ADVISORY COMMITTEE

Susan Noack
Amanda Ballard
Mary Butler
Peggi Federspiel
Bob Grable
Laura Spurrell
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

Special Edition!

MARILYN'S CORNER



May is Mental Health Awareness Month!

Mental health and stress management is an integral part of overall health. Depression, anxiety, loneliness, and isolation are common challenges for older adults but are often under-recognized and under-addressed in our society.

Join us in reducing stigma around mental health and raising awareness around loneliness, depression and more at our 8th Annual Mental Wellness & Stress Management Fair! This year's fair will take place on May 20 and will feature therapy bunnies, presentations on mindfulness, how medications interact and resources for Parkinson's, local resources to help you and your loved ones care for their mental health, and more! This is a free fair for all but some programs do require pre-registration.

We hope to see you there!

Keep Actively Aging!

TRIPS & TOURS

Rudy's Pizzeria

Devour some of the most amazing and unique Portland-inspired pizza! There's something for everyone at this creative neighborhood staple.

Wednesday, March 11 | 11:30am-2:30pm
\$39 resident/\$49 non-resident

Yokohama Skyline Eatery

Discover a one-of-a-kind authentic ramen restaurant nestled in the heart of Portland.

Wednesday, March 25 | 11am-1:30pm
\$39 resident/\$49 non-resident

Portland Art Museum

Experience the power of art! The Museum features exhibits from local and abroad, classic to modern. Explore the recently transformed and expanded campus featuring diverse art.

Wednesday, April 1 | 9:30am-2pm
\$43 resident/\$53 non-resident

Mox Boarding House

Explore Portland's most immersive game store & restaurant! Enjoy house-made food and a vast board game library under one roof.

Wednesday, April 8 | 10:30am-2:30pm
\$57 resident/\$72 non-resident

Brunch at Flattop & Salamander

Enjoy award winning drinks, classic breakfasts, and a great atmosphere at one of the best breakfast spots in SE Portland.

Wednesday, April 15 | 8:30-11:30am
\$38 resident/\$47 non-resident



Tea & Chocolate Tasting

Sample some delicious local specialties at Portland's own Smith Teamaker & Ranger Chocolate Co.

Wednesday, April 29 | 9am-12pm
\$48 resident/\$59 non-resident

Portland Farmers Market

Founded in 1998, the Shemanski Park Farmers Market is a staple in downtown! Browse this iconic market with us on opening day.

Wednesday, May 6 | 10am-1pm
\$19 resident/\$24 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.

Thursday, May 14 | 8:30am-4:30pm
\$58 resident/\$72 non-resident



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.

Friday, April 3 | 2:30-3:30pm
\$19 resident/\$24 non-resident

MENTAL WELLNESS FAIR

Talking with Your Prescriber About Your Medications*

Learn how to advocate for yourself to your prescriber, prepare for visits, ask about de-prescribing meds, and recognizing/addressing medication side-effects.

May 20 | 10-11am | FREE

Resources for Mental Health & Stress Management in Our Area

Explore the various mental health and stress management resources in our area including caregiver support, veteran resources and more.

May 20 | 10:30am-12pm | FREE

Chair Yoga Mini Sessions

Discover gentle, supportive movement in these back-to-back mini chair yoga sessions.

May 20 | 10:30am-12pm | FREE

Whiskers & Tails Therapy Bunnies

Hop in for some stress relief with a dozen adorable bunnies from Whiskers & Tails! Animal-assisted therapy has been shown to boost mood and reduce signs of pain, anxiety, depression and more.

May 20 | 11am-12pm | FREE

Medication Reviews*

Have questions about your medications, side effects or drug interactions? Pre-register for a 15 minute sit down with a pharmacist who will review your medications and concerns.

May 20 | 11:30am-3pm | FREE

Living Well with Parkinson's Disease*

We are at our best when empowered and inspired. Come learn about life with Parkinson's Disease; for individuals with Parkinson's; care partners, and members of the community who are interested in learning more about what it means to "live well."

May 20 | 12-1pm | FREE



**Pre-registration Required*

Beyond the Buzz: Finding Calm in a Busy World*

We hear the word "mindfulness" everywhere, but what does it actually mean for you? Backed by thousands of studies, mindfulness is more than just a trend—it's a powerful tool for lasting well-being. Join us for an engaging session where we demystify the science of meditation and practice simple, effective techniques you can use to lower stress and sharpen your focus.

May 20 | 1:30-2:30pm | FREE



EARTHWISE CREW

Treetop Wildlife - Arbor Month Presentation

Discover the hidden world above us! Uncover the fascinating lives of the birds, squirrels, raccoons, and insects that make their homes in our local trees. Learn how they live, nest, and thrive in the trees above us.

Thursday, April 9 | 2pm | FREE

Nordic Walking

Nordic walking burns more calories than regular walking, and is associated with reductions in fat mass, depression, anxiety, chronic pain, and waist circumference, and increases endurance, muscle strength and flexibility, walking distance, cardiovascular fitness, and quality of life. Join us for an introduction to this enjoyable combination of cardio and strength exercise! No equipment or prior experience necessary.

Mondays, April 27 & May 4 | 9-10am

\$19 resident/\$24 non-resident

Meet at the Trestle Shelter

LET'S TALK

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

Decluttering

Why do we have so much stuff? Why do we hold on to it? Let's discuss decluttering our homes and why it is often so hard.

Thursday, March 19 | 2-3:30pm | FREE

Non-Death Losses

As we age, we often have to give up activities such as hiking, kayaking, or even driving. How do we deal with these changes? How do we adapt? Let's discuss how we were able to deal with these non-death losses and what did we learn.

Thursday, April 16 | 2-3:30pm | FREE

What is on Your Mind?

What haven't we talked about? Now is your chance to bring up topics you want discuss. Let's Talk about what is on your mind.

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



*"I've been going to the JPC for about 9 years and there have been so many classes and trips! I've made so many wonderful friends."
- Thea W., Pohl Center Participant*



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 punch \$23;

10 punch \$40; 20 punch \$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) | 9:30-10:15am

Exercise Punch Pass: 5 punch \$23;

10 punch \$40; 20 punch \$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 punch \$23;

10 punch \$40; 20 punch \$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 punch \$38;

10 punch \$73; 20 punch \$141

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.

Mondays, March 9, 16, 30 & April 6 | 9:45-10:45am

Full Session: \$32 resident/\$40 non-resident

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

Combined 32 Tai Chi Form

This set includes movements from the five major Tai Chi styles. It is open to students who have completed the Yang 24 and either the Yang 40 or the Sun 24. Other students with Yang or Sun experience may enroll with instructor permission. *ATCQA Accredited Program*

Monday/Thursday, March 9-May 21 | 12:50-2pm

\$132 resident/\$165 non-resident

Bafa Wubu

This is the latest Tai Chi set created by the Chinese Tai Chi Federation. It was designed to illustrate the original 13 essential components of Tai Chi. It's fun and interesting, and provides a great foundation for all Tai Chi styles. Perfect for Beginners; but also enjoyed by experienced practitioners; it is rich with the numerous benefits of all Tai Chi. *ATCQA Accredited Program*

Monday/Thursday, March 9-May 21 | 2:15-3:15pm

\$132 resident/\$165 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. Open to all levels.

Tuesdays, March 10-May 19 | 1:45-2:45pm

\$66 resident/\$83 non-resident

Strength & Stretch

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

Tuesdays, April 7-May 19 | 10:45-11:45am

Full Session: \$70 resident/\$88 non-resident

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

Nia - The Body's Way

Nia combines dance, martial arts and relaxation to help improve flexibility, agility, mobility, stability and strength. You will move to invigorating and inspirational music designed to create sensation and bring awareness to your body. Bare feet recommended.

Thursdays, April 2-May 21 | 9:15-10:15am

Full Session: \$64 resident/\$80 non-resident

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

ARTS & CULTURE

Art to Feed the Soul

Learn new techniques in painting, composition, and storytelling at this guided art program celebrating fun, family, age & expression. All are welcome, no prior experience required.

Fridays, March 20-April 24 | 9-11am

\$59 resident/\$74 non-resident

Save the date! Artist Reception May 1

Life Stories Writing Group

Would you like to share your life experiences and memories? Need help starting or expanding a memoir? This FREE 6-week writing class gives participants the opportunity to explore their life experiences and share written and verbal memories from various portions of their lives. This program will be facilitated by two trained senior peer support volunteers.

Fridays, March 20-April 24 | 1-3pm | FREE

Step-by-Step Acrylic Art

Join us for a beginner friendly acrylic painting class and learn to create a beautiful bouquet of spring flowers! 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!

Friday, May 8 | 5:30-7:30pm

\$20 donation to the meal program



DROP-IN ACTIVITIES

Billiards

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

Billiards Tournament: May 15 | 12pm | \$6

American Mah Jongg

Wednesdays | 12:30-3pm | FREE

Cards/Games

2nd Wednesday of the Month | 1-4:30pm | FREE

JPC Book Club (in-partnership with Oasis)

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

Bingo

First Tuesday of the month | 10:30-11:30am | FREE

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

Coffee & Conversations

Thursdays | 9am | FREE

Crafts

Third Thursday of the month | 10am | 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

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:

***This is Not a Game* by Kelly Mullen**

Wednesday, March 25 | 2pm

***The Frozen River* by Ariel Lawhon**

Wednesday, April 29 | 2pm

TBD

Tuesday, May 19 | 2pm