

# 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**

Juneteenth, June 19  
Independence Day, July 3

## **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](http://www.TualatinOregon.gov/JPC)

## *Sara's Corner*



We are thrilled to be back at the new & improved Juanita Pohl Center after a temporary closure for some interior upgrades! These improvements were made with our older adult community in mind, with a special focus on accessibility, comfort, and creating a more modern, inviting space for all.

To enhance ADA access, we've installed new automatic sliding front doors and reconfigured the bathroom stalls to allow for easier navigation. Inside, you'll notice refreshed spaces featuring new LED lighting and a fresh coat of paint, bringing a clean, vibrant feel throughout the building.

We are excited for everyone to experience these updates firsthand and to gather together again for programs, activities, special events, lunch, and more! Welcome back to the Juanita Pohl Center!

*Keep Actively Aging!*

## TRIPS & TOURS

### **Astoria Riverfront Trail & Trolley**

Enjoy a scenic day in Astoria! Ride the historic Astoria Riverfront Trolley and enjoy lunch at riverfront restaurant, The Knot. Explore local shops, galleries and iconic sites.

**Saturday, June 13 | 9am-5pm**  
**\$65 resident/\$82 non-resident**

### **New Cascadia Gluten Free Restaurant**

Discover how delicious gluten-free can be at one of Portland's favorite gluten-free eateries.

**Wednesday, June 24 | 10:30am-1pm**  
**\$35 resident/\$44 non-resident**

### **Urban Walk: Tilikum Crossing & Burnside Bridge Loop**

Experience Portland from a new perspective on this scenic urban walk connecting two iconic bridges. We will stop for lunch at Elephants Delicatessen. Distance: 3.5 miles. Elevation gain: 88 ft.

**Monday, June 29 | 10am-3pm**  
**\$39 resident/\$49 non-resident**

### **AUSL Cascade Professional Softball**

Cheer on Portland's brand new professional softball team, the Cascade, as they take on the Carolina Blaze.

**Wednesday, July 8 | 3-8:30pm**  
**\$42 resident/\$53 non-resident**

### **Vancouver Station Food Carts**

Take a culinary journey at America's largest food cart plaza! There's something for everyone at this brand new gathering space.

**Wednesday, July 22 | 11:30am-3pm**  
**\$19 resident/\$24 non-resident**

### **Old Salmon River Trail**

Hike with us along this picturesque out-and-back trail paralleling the wild and scenic Salmon River. Distance: 2.7 miles. Elevation Gain: 187 feet.

**Friday, August 14 | 9am-3pm**  
**\$52 resident/\$65 non-resident**

### **Hood River Fruit Loop & Picnic**

Take in the beauty of the Columbia River Gorge while exploring the Hood River Fruit Loop featuring local orchards, farm stands, and artisan shops. At the end, we will enjoy a picnic of the flavors we find along the way.

**Wednesday, August 19 | 9am-4pm**  
**\$39 resident/\$49 non-resident**

### **The Oregon State Capitol**

Discover the history, heritage and architecture of our Capitol building with a guided tour followed by an optional tour of the Tower.

**Thursday, August 27 | 9:30am-2:30pm**  
**\$40 resident/\$50 non-resident**

## OVERNIGHT TRIP

### **Kah-Nee-Tah Hot Springs Resort**

Join us for a relaxing multi-night getaway to Kah-Nee-Ta Hot Springs Resort in the beautiful high desert of Central Oregon.

Unwind in soaking pools, take in peaceful canyon views, get adventurous on a 3-mile river tubing float, go for a hike and play mini golf, all included on the resort property. We will also visit the Warm Springs Museum to learn the rich history and culture of the Confederated Tribes of Warm Springs.

**Depart: Wednesday, July 15 | 10am**  
**Return: Friday, July 17 | 1pm**  
**\$585 resident/\$732 non-resident**  
*Register by June 6 to receive \$25 off!*



## LUNCH & LEARNS

### **Around the World on a Plate**

Explore how countries around the world approach healthy eating through their own unique food guides. We'll compare these models and discover the simple, shared principles that can help us build balanced, enjoyable meals every day.

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

**\$10 (includes catered meal)**

### **The Psychology Behind the Life Story**

Participants will learn about what psychological science says about what lies beneath our life stories. The way we tell our stories meaningfully impacts our mental health, well-being, and overall personality.

Presented by Ariana Turner, PhD.

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

**\$10 (includes catered meal)**

### **10 Warning Signs of Alzheimer's Disease**

Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. Provided by the Alzheimer's Association.

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

**\$10 (includes catered meal)**



## ARTS & CULTURE

### **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.

**Session 1: June 26 | 5:30-7:30pm**

**Session 2: August 14 | 5:30-7:30pm**

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

### **New Horizons Big Band Summer Concert**

The most popular and sought after Big Band in Tualatin will be playing some classic Big Band tunes this summer!

**Monday, June 29 | 6:30-8pm | Free**

### **Revisiting the Life Story Workshop**

This workshop will focus on reflecting on and sharing the life story. Participants will receive several prompts to encourage them to look back on their lives in a new way, before sharing their stories with their peers.

Provided by Ariana Turner, PhD.

**Friday, July 31 | 1:30pm | FREE**

## EARTHWISE CREW

### **Tualatin's Climate Action Plan**

Curious about climate change, and what can be done to address it? Learn about what the City of Tualatin is doing to help reduce carbon pollution and prepare for the impacts of climate change on our community, and how you can get involved.

**Friday, July 10 | 1pm | FREE**

### **Insects and Music**

Who would have thought that insects and music go together? Insects have inspired musical pieces both old and new. And band names? We'll forgive the Beatles for the misspelling. One insect may have been largely responsible for the development of rock-and-roll music. Dr. Rob Wiedenmann will present these and other ways insects have contributed to the musical world.

**Friday, August 7 | 1pm**

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

## LET'S TALK

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

### **Moving**

It is often difficult to move especially as we age. Do we move in with family or a retirement facility? Do we have to consider the needs of others or are we alone? Let's Talk about our feelings and concerns about this change that might take place.

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

### **Families**

Family relationships are often complex whether referring to parents, children, or siblings. How do you get along with family? How do you talk to your adult children or grandchildren? Let's Talk about the complexities of family relationships.

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

### **Summer Memories**

How did you spend your summers without cell phones and streaming devices? What did you do? What did you want to do that you couldn't? Are your memories happy ones? Let's Talk about our past summer times.

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



## COMMUNITY SUPPORT

### **Men's Group**

If you are a man who would like to connect with other guys, share experiences, and build supportive relationships in a relaxed welcoming environment, then our new Men's Group might be perfect for you. We will meet every other week (specify times here) to have thoughtful conversation, provide mutual encouragement, and share different perspectives.

**First & Third Wednesdays | 7-9pm | FREE**

## COMMUNITY CONVOS

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

### **Home Is Where the Heart Is: Aging in place**

Discover simple, practical ways to stay active, safe, and independent at home while building meaningful connections. Learn how small home changes, regular movement, social engagement, and lifelong learning can support your health, confidence, and overall quality of life.

**Tuesday, June 2 | 11am | Free with a donation of a non-perishable food item**

### **Giddy Up! Let's keep moving with a focus on function**

Find simple, enjoyable ways to move your body and build strength at any age. Discover how regular activity can support independence, boost energy, and help you stay engaged in the community, starting with small, realistic steps that fit your lifestyle.

**Tuesday, July 7 | 11am | Free with a donation of a non-perishable food item**

### **Are We What We EAT?**

Explore practical, sustainable ways to support a healthy weight and feel your best as you age. Learn how simple, realistic changes – like enjoying balanced meals and building lasting habits – can boost energy, support long-term health, and help you stay active and connected.

**Tuesday, August 4 | 11am | Free with a donation of a non-perishable food item**



## 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, June 15-July 13 | 9:45-10:45am**

**Session 2: Mondays, July 20-August 17 | 9:45-10:45am**

**Each Session: \$45 resident/\$56 non-resident**

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

### Wu 24: Part 1

Wu-style is known for its unique hand movements, smaller frames and balanced stances. Along with its interesting variations, it provides all the wonderful health benefits of tai chi. Open to all levels, including beginners.

**Tuesday/Thursday, June 2-July 23 | 2-3pm**

**\$96 resident/\$120 non-resident**



## MINDFULNESS

### Sound Meditation with Sentinel Soundwork

Unwind with a soothing sound bath that invites deep relaxation for mind and body. Settle in comfortably as calming vibrations help ease stress, improve focus, and support better sleep. Leave feeling refreshed, grounded, and restored.

**Tuesday, July 14 | 3-4pm**

**\$19 resident/\$24 non-resident**

### Mindfulness for Every Day

Discover how mindfulness can help you feel calmer, more focused, and better able to manage everyday stress. Explore the science behind the practice while learning simple techniques and guided meditations that build awareness, improve emotional balance, and support overall well-being in daily life.

**Saturdays, July 18-Sept 19 | 10-11:30am**

**\$59 resident/\$74 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/tone.

**Mondays/Wednesdays/Fridays | 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 | 9:30-10:15am**

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

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

### Low-Impact Cardio Dance

Shake up your routine and have fun moving in this low-impact cardio dance class! Enjoy easy-to-follow steps, great music, and a supportive group while boosting your energy, strength, and heart health.

**Wednesdays | 9:45-10:30am**

**First two classes are FREE - June 3 & 10**

**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!

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

**Saturdays | 9-10am (no class 6/6, 7/4)**

**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 | 7-9pm (no class: 6/19, 7/3)**

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

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

## AI SYMPOSIUM

What is AI? How do you use it? Is it good, bad, neutral? Learn about the highs, lows and everything in-between at this full-day symposium on Artificial Intelligence from basics to advanced, from how to avoid scams to how to use it to improve your life.

**Friday, June 26 | 10am-3:30pm**  
**\$15 (includes catered lunch)**

**10am: AI Scams & Schemes: Can You Trust What You See and Hear?** This eye-opening session will explore the growing world of deepfakes, voice cloning, and AI-driven scams — and how to protect yourself from being fooled. You'll learn how scammers use these powerful tools to impersonate voices, create fake videos, and trick people into handing over money or information. Mike Lannen, founder of AI Education firm, Eternity, will break it all down in plain language and show you exactly what to look (and listen) for.

**12pm: Lunch (provided by Kam & Kam)**

**1pm: AI for Everyday Life: Meal Planning, Trips, and More Made Easy!** In this upbeat and practical session, you'll discover how artificial intelligence can make everyday life easier and more enjoyable. From finding the perfect recipe based on what's in your fridge, to building a travel itinerary or sending birthday invites, AI can help with it all. Mike Lannen of AI Education firm, Eternity, will show you easy ways to use these tools — no tech background needed.

**2:30pm: Artificial Intelligence: The Basics** Still have questions about very basics of AI? This presentation provides a simple introduction to AI, explaining what it is, how it works, and where it appears in everyday life. It also highlights practical tips for identifying AI content, avoiding pitfalls like scams, and understanding the potential benefits and challenges AI brings to the future. Provided by Bates Russell, City of Tualatin of Information Services Director.

## DROP-IN ACTIVITIES

### **Billiards**

Mon-Fri | 9am-4pm | FREE

Billiards Tournament: Aug 21 | 10am-4:30pm | \$6

### **Bingo**

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

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

### **American Mah Jongg**

Wednesdays | 12:30-3pm | FREE

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

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

### **Coffee & Conversations**

Thursdays | 9:30am | FREE

### **Crafts**


Third Thursday of the month | 10am | FREE

### **Cards/Games**


Fridays (except the first Friday) | 1-4pm | FREE

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

Saturdays | 10:15-11:15am | FREE (no class 6/6, 7/4, 8/22, 8/29)



*"Thank you for hosting such a great 9 ball tournament at the Juanita Pohl Center. I had an amazing time competing, spending the evening with friends, and enjoying a place that truly supports our local pool community."*  
- Robert R., Pohl Center Participant



## BUNCO

Make friends and win prizes at the lively dice game! Whether you're a seasoned Bunco pro or brand-new to the game, come roll the dice, win prizes, and enjoy great company. *Please plan to arrive on time and stay the duration of the activity.*

**Friday, June 6 | 1-3:30pm**

**Thursday, July 2 | 1-3:30pm**

**Friday, August 7 | 1-3:30pm**

**FREE (Monthly pre-registration required)**