

Juanita Pohl Center Newsletter

Juanita Pohl Center
8513 SW Tualatin Road
503.691.3061
Matt Saviello, Center Supervisor

Prime Times

April - May 2016

Have an idea?

If there is a program you would like to see offered, stop by the front desk and we'll start an "interest list". If the list gets to eight people, we'll do our best to make it happen!

Hours of Operation

Monday-Friday
8:00am to 5:00pm

Saturday/Sunday
Open for Rentals

Holiday Closures

Memorial Day
Monday, May 30

Pohl Center Advisory Committee Members

Candice Kelly

Del Judy

Bob Grable

Susan Noack

Connie Dover

Stephanie Jones

Advisory Committee meetings are held on the third Wednesday of every other month at 10am in the Multipurpose Room. The public is invited to attend.



City of Tualatin

www.tualatinoregon.gov

We offer programs for Active Older Adults that will keep you moving, keep you connected, foster your interests, let you express your creativity and keep you vibrant.

Upcoming Events

Customer Appreciation Day - Batter Up!

Friday, April 15 1:30pm - 3:30pm

Join us as we celebrate 34 years of serving Tualatin's Active Aging Population with a Bean Bag Baseball game, a Magic act by Bob the Magician and light refreshments. Raffle prizes will be awarded.

Puttin' on the Ritz – a 1920's Affair

Saturday, May 14 3:00pm - 5:00pm

It's time for our Senior Prom! Dress up in your finery and join us for dancing, food and fun at this collaborative event with the Lake Oswego Adult Community Center. No partner required! \$5.00 fee includes transportation.

Senior Health & Fitness Week

Monday-Friday, May 23-27

This year's theme is to "Improve Your Health for a Better Self." Attend select fitness classes for FREE and be entered into a drawing to win a "Health & Wellness" gift basket with over a \$50 value. JPC punch pass holders who bring a "Friend" to class will double their chances of winning the grand prize!

Adult Day Trips

**Pre-registration Required. Call 503.691.3061 for more information.*

Deepwood Mansion Tour and Lunch

Lunch at Amadeus Restaurant
Thursday, April 7 • 10:00am - 3:30pm
\$30 Resident / \$38 Non-Resident

Downtown McMinnville and Lunch

Lunch at Bistro Maison
Thursday, April 21 • 10:30am - 3:30pm
\$30 Resident / \$38 Non-Resident

As You Like It – A London National Production

A pre-recorded presentation of a live performance
Saturday, May 7 • 1:00pm - 5:30pm
\$25 Resident / \$31 Non-Resident

Murder Mystery Dinner Theater

Interactive Murder Mystery Dinner Show
Saturday, May 14 • 5:00pm - 10:00pm
\$85 Resident / \$98 Non-Resident

Timberline Lodge Tour and Lunch

Lunch in the Cascade Dining Room
Friday, May 27 • 10:00am - 5:00pm
\$50 Resident / \$68 Non-Resident

Boomer Boot Camp

Increase your endurance performing a variety of cardio and weight exercise stations.

Activity level: Beginner/Moderate

Mon/Wed 11:15am – 12:00pm

\$2 Punch Card Option

Boomer Stretch & Relaxation

Enjoy active stretching and take your muscles through their full range of motion naturally. Strengthen the mind-body connection and test your limits.

Activity level: All

Tues/Thurs 2:00pm - 3:00pm

\$2 Punch Card Option

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement.

Activity level: Beginner

Mon/Wed/Fri 10:00am - 10:50am

\$2 Punch Card Option

SilverSneakers® Circuit

Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout.

Activity level: Moderate

Tues/Thurs 11:00am - 12:00pm

\$2 Punch Card Option

Zumba

Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO". It allows participants to stick with it and achieve long-term health benefits.

Activity level: All levels Ages 21 & up

Thurs 6:30pm - 7:30pm

\$1.00 Donation

Yoga for Veterans (ongoing)

Learn gentle stretches and ease suffering from combat and post traumatic stress.

Sat 10:15am - 11:15am

FREE Sponsored by Barhyte Specialty Foods, Inc.

Bunco Dice Game Group

Enjoy an evening of playing an easy to learn dice game. Refreshments are provided and prizes will be awarded. Pre-registration required.

April 20 & May 18 (3rd Wednesday of each month)

6:00pm - 8:00pm

\$3

TED Talks

There are TED Talks on almost any topic you can imagine, but what sets TED Talks apart is that they are 20 minutes long and are delivered by an expert on the topic. There will be a few minutes for discussion after each talk.

Every Tues 1:00pm - 2:00pm FREE

Active Aging Walk-Tualatin River Greenway Trail

Walk with us from the Pohl Center to the newest trail in Tualatin.

Fri, April 15 11:00-12:00 FREE

One on One Technology Tutoring (ongoing)

Need help with your smart phone, tablet or laptop? Make an appointment with our volunteer technology guru. Appointments can be made in advance or day of. Call 503.691.3061 to schedule an appointment.

Every Wed 1:00pm - 3:00pm

FREE

The Buffalo Soldiers – Serving With Distinction

A new kind of American soldier appeared on the western frontier after the Civil War. African Americans were recruited to serve in the Army and served with honor under extraordinary circumstances.

Wed, May 18 1:00pm – 2:00pm

FREE (pre-registration required)

Everyday Brain Health Series

Sponsored by Farmington Square-Tualatin

Keep sharp, active, and engaged in life with these interactive workshops. Learn how to fit healthy brain activities into everyday life.

Understanding and Improving Memory

Learn about how memory works from the science through the process and all points between. Explore what you can do to improve your memory!

Fri, May 6 1:00pm – 2:00pm

FREE (pre-registration required)

City of Tualatin's

Brain Awareness Week

Monday-Friday, June 6-10

Planned activities at the center include:

Monday: Adult Spelling Bee – \$50 Gift Card for 1st Place, \$25 for 2nd Place. Begins at 1:00pm. Pre-Registration is required.

Tuesday: Brain-Healthy Cooking Demonstrations – Get some recipes and cooking tips from local chefs that will keep your brain nourished.. Demos begin at 1:30pm.

Wednesday: Steady & Sharp Brain Health Festival – Visit all 12 stations to practice brain-healthy activities. Activities will include Cha Cha Dancing, Exercise, Balance, Laughter Yoga, Brain Games, Origami, Language and Coloring. Visit all our booths and be entered to win a gift basket valued at \$100. Begins at 1:30pm.

Thursday: The Resilient Brain and Health Living for Your Brain and Body. Attend these two interactive workshops on the science of brain health and how you can use your brain to stay healthy. Begins at 10:00am.

Friday: Every Brain Need Music! Enjoy three unique performances by a high school orchestra, a ukulele/mandolin player and a hammered dulcimer/ Native American flute duet and learn how each performance may affect your brain differently. Begins at 1:15pm.

Meals on Wheels People

The Juanita Pohl Center, through the Meals on Wheels People, offer hot, nutritious meals for anyone age 60 & older, Monday through Friday. Serving begins at 11:45am.

Meals on Wheels service is also available for homebound seniors. Call 503.692.6767 for more information.