

Juanita Pohl Center
8513 SW Tualatin Road
503.691.3061
Matt Saviello, Center Supervisor
Margie Bradley, Program Specialist

Prime Times

February/March 2016

Have an idea?

If there is a program you would like to see offered, stop by the 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

Presidents Day
February 15

Pohl Center Advisory Committee Members

Candice Kelly

Del Judy

Bernice Bruckart

Bob Grable

Susan Noack

Mary Glassmeyer

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.



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 1:30-3:30pm

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.

Tualatin/Lake Oswego Senior Prom Coming in the Spring of 2016!

Stay tuned for more information about this fun, collaborative event between the Juanita Pohl Center and the Lake Oswego Adult Community Center.

Save the Dates!

Brain Awareness Week is June 6-10, 2016!

The week of activities will include an Adult Spelling Bee, Brain-Healthy Cooking demonstrations, a Brain Health Workshop, Musical Performances and a Steady & Sharp Brain Health Festival. More details will be coming soon!

Adult Day Trips

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

Bob's Red Mill Tour and Lunch

Thursday, March 10

10:30am-4:00pm

\$20 Resident/\$25 Non-Resident

Piazza Italia Lunch

Friday, March 25

11:00am-3:00pm

\$30 Resident/\$38 Non-Resident

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

Boomer Boot Camp

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

Activity level: Beginner/Moderate

Mon/Wed 11:15am-12pm

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 2:00-3:00pm

Yoga for Veterans (ongoing)

Learn gentle stretches and ease suffering from combat and post traumatic stress. Sponsored by Barhyte Specialty Foods, Inc.

Sat 10:15am to 11:15am

FREE Sponsored by Barhyte Specialty Foods, Inc.

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 10:00 to 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 to 12:00pm

\$2 Punch Card Option

Life-long Learning Opportunities

TED Talks-New!

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 to discuss after each talk.

Every Tues 1:00-2:00pm

Free

Ancient Civilizations Lecture Series-New!

Join us as we explore this interesting lecture series on ancient civilizations. We begin with the history of the Roman Empire.

Every Wed 1:00-2:00pm

Free

Discovery Session Series

Enjoy a monthly presentation on a topic that will enrich your health, mind, or both. Topics will include history, health & safety, armchair travel and much more!

3/9 Knife River Indian Villages 1:00-2:00pm

4/5 ScienceCast Star Gazing 1:00-2:00pm

5/18 Buffalo Soldiers- Serving
With Distinction 1:00-2:00pm

Free *Seats are limited. Pre-registration required.

Women's Discussion Group-New!

This group will discuss a different topic each month, giving us an opportunity to reflect on the things that are important to us as women.

2nd Thurs of Month 6:00-7:00pm

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.

3rd Wednesday of the month

6:00 to 8:00pm

\$3

Legal Advice Program

The Senior Law project is a volunteer lawyer program that is operated by Legal Aid Services of Oregon. 30 minute senior legal consultations are held on the 2nd Friday each month.

Call 503.691.3061 for more information.

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.

Wednesdays

1:00 - 3:00pm

Free

AARP Tax Service

This free service is offered to low-and middle-income tax payers and the elderly. Appointments can be made in person or by calling 503.691.3061.

Everyday Brain Health Series

Sponsored by Farmington Square-Tualatin

Keep sharp, active, and engaged in life with these interactive workshops and learn how to fit healthy brain activities into everyday life. These workshops are free, but pre-registration is required. First Friday of each month

Maximize Your Brain Health

By Diving Into Your Life

Explore how to mix brain science and activities you love to maximize your brain's function.

Fri 3/4 1:00-2:00pm Free

Everyday Brain Health:

Use Your Life to Fire Up Your Brain

Turn up the volume on those things you do every day and make them help you build a better, healthier brain.

Fri 4/1 1:00-2:00pm Free

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 5/6 1:00-2:00pm Free

Living With Alzheimer's Late Stage

Ages 21 & up Pre-registration is required

Hear from caregivers and professionals about resources, monitoring care, and providing a meaningful connection for the person with late-stage Alzheimer's and their families.

Fri 3/25 1:00-3:30pm Free

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 at the lunch hour. Meals on Wheels service is also available for homebound seniors.

For more information call 503.692.6767.