

JUANITA POHL CENTER PRIME TIMES



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

HOURS OF OPERATION

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

Tuesday | 6:00 to 9:00pm

Saturday | 9:00am to 12:00pm

HOLIDAY CLOSURES

Memorial Day, May 27

POHL CENTER ADVISORY COMMITTEE

Susan Noack

Amanda Ballard

Peggi Federspiel

Bob Grable

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

8513 SW Tualatin Road

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www.TualatinOregon.gov

Special Edition!

MARILYN'S CORNER



May is Mental Health Awareness Month!

Join us in reducing stigma around mental health and raising awareness around loneliness, depression and more at our 6th Annual Mental Wellness & Stress Management Fair! This year's fair will take place on May 21 and will feature therapy bunnies, presentations on how attitudes around aging can affect your mental health, local resources to help you and your loved ones care for their mental health, forest bathing 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

Dinner at Bluefin Sushi

Join us for a culinary adventure of creative and traditional sushi at this family-run Hollywood District business featuring fresh and delicious food for all.

Wednesday, Mar. 13 | 5:30-9pm
\$43 res/\$54 non-res

Hopscotch Art Experience

Don't just look at art - experience it! Immerse yourself in creativity at this unique interactive art gallery featuring digital projections to traditional medium and beyond.

Friday, March 29 | 11:30am-3:30pm
\$40 res/\$50 non-res

Mindtrix Escape Rooms

A whole new game experience! With the aid of a series of puzzles, locks, and carefully laid clues, work as a team and use your deduction skills to solve the mystery and escape!

Tuesday, April 2 | 9:30am-12pm
\$43 res/\$54 non-res

Olympia Provisions & Smith Teamaker

Join us for a refined European lunch at Portland's first salumeria, featuring fresh and seasonal delights. After lunch, visit the nearby Smith Tea tasting room.

Wednesday, April 10 | 11:30am-4pm
\$38 res/\$48 non-res

Earthwise Crew: Terrarium Workshop

Learn about plants that thrive in terrariums and discover the secrets to maintaining a vibrant miniature garden that will bring joy to your space.

Wednesday, April 17 | 10am-2:30pm
\$69 res/\$83 non-res

Pizza & Powells

Visit Portland's iconic independent bookshop then walk across the street for lunch at another local staple, Sizzle Pie. Optional: walk a little further for a unique dessert.

Wednesday, May 1 | 10am-3pm
\$42 res/\$53 non-res

Columbia Gorge Sternwheeler Brunch

All aboard a replica sternwheeler for an impressive cruise on the Columbia River and a catered brunch featuring fresh, local culinary pairings.

Sunday, May 19 | 8:30am-2pm
\$115 res/\$144 non-res

DAY TREKKERS

Old Salmon River Trail (Easy)

Kick off the hiking season with this picturesque out-and-back trail paralleling the wild and scenic Salmon River. This trail is mostly flat except for a short hill on either end, crosses several small bridges.

Distance: 2.7 miles

Elevation Gain: 187 feet

Friday, April 26 | 9am-2pm
\$37 res/\$47 non-res

Crystal Springs Rhododendron Garden

Enjoy a guided tour around this tranquil garden sanctuary with water features, trails, and over 2500 blooming plants.

Distance: 0.8 mile

Elevation Gain: 22 feet

Tuesday, May 14 | 9:30am-12pm
\$19 res/\$24 non-res

LUNCH & LEARNS

Health Online - Finding Information You Can Trust

Technology is a big part of today's world and is only going to be used more and more. What is important is how we use the information we find online to maintain our health and help us make healthcare decisions. Learn about how to use technology to find reliable and credible information.

Tuesday, March 19 | 12-1pm

FREE res/\$5 non-res

Simple Steps to Help Boost Your Immune System

Your immune system helps protect your body from harmful intruders. Learn healthy habits to help strengthen your immune system.

Presented by Humana.

Tuesday, April 16 | 12-1pm

FREE res/\$5 non-res

ELDER LAW SEMINARS

Estate Planning

Join Oregon attorneys, Michael Rose and Jennifer Parson Trundy to discuss how to: protect yourself and your family using a trust, avoid probate, legally reduce or eliminate Oregon estate taxes, and protect your assets if you need long-term care.

Friday, April 26 | 11:15am-12:15pm

FREE

Long Term Care (LTC)

Worried About Long Term Care? Join us as we discuss: qualifying for Medicaid without impoverishing your spouse and qualifying for Medicaid when you have too much money or income.

Friday, May 31 | 11:15am-12:15pm

FREE



EARTHWISE CREW

Discover Native Pollinators: Mason Bees

Mason bees are non-aggressive and fun to observe. Learn about their fascinating life cycle and receive the materials you need to start a colony in your own backyard!

Presented by Backyard Birdshop.

Friday, March 8 | 2-3pm

\$19 res/\$24 non-res

Invasive Species - Causes, Consequences and Solutions

Invasive species affect everyone, causing extinctions, threaten food security and spread diseases. Although the problem is global, numerous invasive plants and animals are found and cause harm throughout Oregon. This presentation will inform you about the scope of the problems and also things you can do to help. The presenter, Dr. Robert N. Wiedenmann, formerly worked to combat invasive weeds and other species.

Friday, May 3 | 11:30am-12:30pm

\$5 res/\$7 non-res

FITNESS

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.

Activity level: Beginner/Moderate

Session 1: Mondays, March 4-April 8

9:45-10:45am

Session 2: Mondays, April 15-May 20

9:45-10:45am

Each Session: \$42 res/\$53 non-res

Drop in: \$9 res/\$11 non-res

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

FREE!



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 \$35; 10 Classes \$68; 20 Classes \$130



PUNCH PASS CLASSES

Silversneakers Classic

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair, handheld weights, and tubing is provided.

Activity level: Beginner/Moderate

Mon (ongoing) | 11:15am-12:15pm

Wed/Fri (ongoing) | 10-11am

Silver&Fit Signature Series: Excel

Test your endurance with some of your favorite workout moves. This class is designed to increase flexibility, joint stability, dynamic balance, muscular and cardiovascular strength.

Activity level: Moderate

Tues/Thurs (ongoing) | 11am-12pm

Participate in these group exercise classes by purchasing a punch pass at the Center. Available in 5 class (\$20), 10 class (\$36), or 20 class (\$65) visits.

TAI CHI & QIGONG

24 Form Refinement & Recital Class

Students who have completed the instruction of either the Yang 24 or the Sun 24 are welcome to take this class. We will work on refining the movements, as well as on presenting them in interesting ways for our recital at the end of the term.

Mon/Wed, March 11-May 22 | 1-2pm

\$121 res/\$151 non-res

Beginning Yang Tai Chi

Yang-style tai chi is the most popular worldwide. Learn the foundational movements of this style in an 8-movement set. You will experience the calming, healing power of tai chi and the joy of this lovely art form.

Mon/Wed, March 11-May 22

2:15-3:15pm

\$121 res/\$151 non-res

Morning Tai Chi & Qigong

Come experience the benefits of tai chi and qigong. These lovely art forms use slow, circular movements to support overall health. You may see improvements in flexibility, balance, strength, focus, and well-being. In this session, you will learn a short Tai Chi set. Come. Experience the ancient exercises that link body, mind, and spirit to optimize your health.

Tues/Thurs, March 12-May 23

9:30-10:30am

\$121 res/\$151 non-res

MENTAL WELLNESS & STRESS MANAGEMENT FAIR | MAY 21

Resources for Mental Health & Stress Management in Our Area

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

**Tuesday, May 21 | 10:30am-12:15pm
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.

Tuesday, May 21 | 11am-12pm | FREE

Lunch & Learn: Aging Attitudes

Research tells us that our beliefs about aging impact how well and how long we live. In this program, start to uncover and reset your own internalized negative age beliefs by debunking negative age myths and get an easy-to-use tool to become a champion of aging.

Tuesday, May 21 | 12:15-1:15pm | FREE

Forest Bathing

Conceived in Japan, Shinrin-yoku (Forest Bathing) provides a means for deepening the intrinsically therapeutic experience of engaging with the natural world. Join us for an immersive guided forest bathing experience in Tualatin Community Park.

Tuesday, May 21 | 1:30-2:30pm | FREE



CONVERSATIONS ON AGING

End of Life Decisions

We live in a culture where, for many, considering end-of-life realities can be an overwhelming challenge. This Conversations on Aging does not provide legal advice but does offer a safe environment to explore and share feelings, fears, and thoughts that surround making plans and asking questions about end-of-life decisions.

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

Resilience: Bouncing Back

As we age, we may feel increased vulnerability to the stresses that life presents. Resiliency can help counter this vulnerability and restore our equilibrium in the midst of life's challenges.

Thursday, April 18 | 2-3:30pm | FREE

Battling the Blues

Have you experienced feeling down, sad, or blue? Come and explore healthy ways to move through these feelings and recognize when you may need help.

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

DROP-IN ACTIVITIES

Billiards

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

9 Ball Race to 2 Tournament:

Fri, May 17 | 12:30-4:30pm | \$3

American Mah Jongg

Wednesdays | 12:30-3pm | FREE

Cards/Games

Wednesdays | 1-4:30pm | FREE

JPC Book Club

Last Wednesday of the month
2-3pm | FREE

Bingo

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

