

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

Juneteenth, June 19
Independence Day, July 4

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
503.691.3061
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SARA'S CORNER



Summer has arrived! I am looking forward to longer days and beautiful weather. With that brings great opportunities to stay active and spend some quality time outside. The Juanita Pohl Center offers a variety of active adult day trips throughout the year and this summer proves to be one of the most thrilling seasons yet! Highlights include the Oregon Coast Railroad, Caves, Canoes & Meteors (overnight trip!), SUP Lesson (stand up paddleboard), Giant Sand Dune Buggy, the Oregon Zoo, and so much more! Awaken your sense of adventure and join us on an exciting day trip this summer!

Keep Actively Aging!

TRIPS & TOURS

Oregon Coast Scenic Railroad

Enjoy a relaxed ride and a step back in time on an authentic steam or vintage diesel locomotive followed by lunch, ocean views and a scenic return trip.

Thursday, June 6 | 8am-5:30pm

\$84 res/\$105 non-res

Radio Room

Travel back in time to this remodeled, converted gas station in Portland, now a 1960s style diner and lounge.

Wednesday, June 12 | 11am-2pm

\$39 res/\$49 non-res

Stand Up Paddleboard Lessons

Learn something new or refresh your skills! This lesson in Hood River is designed to teach you the basics of paddle boarding, safety principles and even self-rescue techniques.

Tuesday, June 25 | 8am-4pm

\$124 res/\$155 non-res

Mississippi Food Carts & Shops

Explore one of the most vibrant and diverse neighborhoods in Portland! Start with lunch at Mississippi Marketplace food carts then check out unique shops, vibrant bars, and more.

Wednesday, July 17 | 11:30am-4:30pm

\$24 res/\$30 non-res

Giant Dune Buggy Tour

Experience the Oregon Dunes up close during a scenic, fun and safe guided dune buggy tour covering 8 miles of dunes and 2 miles of beach.

Sunday, July 21 | 7am-5pm

\$89 res/\$111 non-res

Lan Su Chinese Garden

Take a relaxing stroll through Lan Su Chinese Garden and experience a 2,000-year-old tradition that melds art, architecture, culture, and nature in perfect harmony.

Thursday, July 25 | 9am-1pm

\$28 res/\$35 non-res

Willamette Jetboat Lunch Excursion

Get ready for a thrilling adventure through the Portland waterfront with magnificent views of downtown Portland and exciting jetboat spins! Then enjoy lunch on a floating dock on the Columbia River.

Tuesday, July 30 | 10am-2:30pm

\$79 res/\$99 non-res

Froyo at Eb & Bean

Enjoy seasonally inspired gourmet frozen yogurt (froyo) with unique made-from-scratch toppings and creative sauces!

Thursday, August 8 | 1:30-3:30pm

\$23 res/\$29 non-res

Oregon Zoo

Come visit the oldest zoo west of the Mississippi! The Oregon Zoo is home to over 2,600 animals from more than 215 species. See elephants on parade, the new Polar Passage, Primate Forest, and so much more!

Thursday, August 15 | 9:30am-3pm

\$45 res/\$56 non-res

Feral Plant-Based Restaurant

Entertain your taste buds at this plant-based restaurant specializing in foraged and wild food and seasonally-inspired dishes and sharing plates.

Wednesday, August 21 | 4-8pm

\$46 res/\$57 non-res

Mt Hood Adventure Park

Get your adrenaline pumping at this Mt Hood area playground! Ride the unique alpine slide, scenic sky chair, pedal karts and more or try your hand at the batting cages, mini golf or even a rock wall!

Thursday, August 29 | 9:30am-3:30pm

\$77 res/\$96 non-res

OVERNIGHT TRIP

Caves, Canoes & Meteors

Discover the hidden underground world beneath the High Desert, canoe a mountain lake under the peak of the Perseids meteor shower and enjoy the culinary delights of Bend! This is an active two-day, one-night trip featuring guided tours of ancient lava tubes, caves used as both dwellings and storage, desert walks, late night canoeing across a serene high elevation lake and spectacular views of the night sky.

Depart: Sunday, August 11 at 8am

Return: Monday, August 12 at 4pm

\$489 resident/\$612 non-resident

LUNCH & LEARNS

Understanding Alzheimer's and Dementia

Learn about the difference between Alzheimer's and dementia, stages of each, risk factors, the 10 warning signs of dementia and more. Provided by Washington County.

Tuesday, June 18 | 12-1pm

FREE res/\$5 non-res

Innovated Pain Relief Techniques

How can the body heal itself, and what exactly is the science behind it? Whether people have joint pain from aging or have been injured, there are various treatments that can alleviate pain without surgery. Provided by Dr. Christopher Jones.

Tuesday, July 16 | 12-1pm

FREE res/\$5 non-res

Reverse Mortgages - Truths & Myths

Learn when and why reverse mortgages came into existence, the types and qualifications, and receive clarity on how modern reverse mortgages work, who they benefit, and how to decipher truth from myth. Provided by Crosscountry Mortgage.

Tuesday, August 20 | 12-1pm

FREE res/\$5 non-res



EARTHWISE CREW

Yellow Fever's Impact on the History of the United States

Yellow Fever came to the Americas on ships carrying African slaves to work in sugarcane fields. The disease figured largely in American history, such as the Louisiana Purchase and building the Panama Canal. Yellow Fever was a terrifying disease until its cause was uncovered by epic detective work done by heroic physicians. This presentation will illustrate the importance of Yellow Fever to development of the United States as a global power. Provided by Rob Wiedenmann.

Friday, June 14 | 11:30am-12:30pm

\$5 res/\$7 non-res

Tropical Mocktail Mixology

Delight your tastebuds, make healthier choices and reduce your alcohol intake this summer with tropically inspired mocktails. Includes demonstration, easy to follow recipes, and mocktail glasses to take home.

Friday, July 12 | 1:30-2:30pm

\$15 res/\$19 non-res

Bat Adventure in the Park

Join us as we explore the fascinating world of bats. We'll meet for a class and slide show about bats and then we'll take a walk outside to see live bats in action. We'll also listen to their echo-location calls using a bat detector.

Thursday, August 8 | 7:30-8:30pm

\$15 res/\$19 non-res

WELLNESS & LONGEVITY

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, June 3-July 1 | 9:45-10:45am

Session 2: Mondays, July 15-August 12 9:45-10:45am

Each Session: \$38 res/\$48 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 \$37; 10 Classes \$71; 20 Classes \$137



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 (\$22), 10 class (\$38), or 20 class (\$68) visits.





TAI CHI & QIGONG

Wu 9 Tai Chi

Join us for Wu-style tai chi, the second most popular style worldwide, but not often taught in this area. It's a great option for those new to tai chi, as well as a fun choice for those with experience in other styles. Wu-style is known for its unique hand movements, smaller frames and balanced stances

Mon/Wed, June 10-August 28 | 1-1:55pm

NO CLASS: 6/19, 7/8, 10, 15, 17

\$114 res/\$143 non-res

Yang 24 Tai Chi: Part 1

Come join us to learn the first half of the most popular tai chi set in the world. Gain the benefits of increased balance, enhanced immune function, decreased pain from conditions such as arthritis, improved mood, better focus and concentration, and more.

Mon/Wed, June 10- August 28 | 2:15-

3:15pm | NO CLASS: 6/19, 7/8, 10, 15, 17

\$114 res/\$143 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, June 11-August 29 | 9:30-

10:30am | NO CLASS: 7/4, 9, 11, 16, 18

\$114 res/\$143 non-res

WALKING

JPC Walking Group

Walk with us! Start your week off right with the JPC walking group! A great way to improve health and make social connections.

Every Monday | 9am | FREE

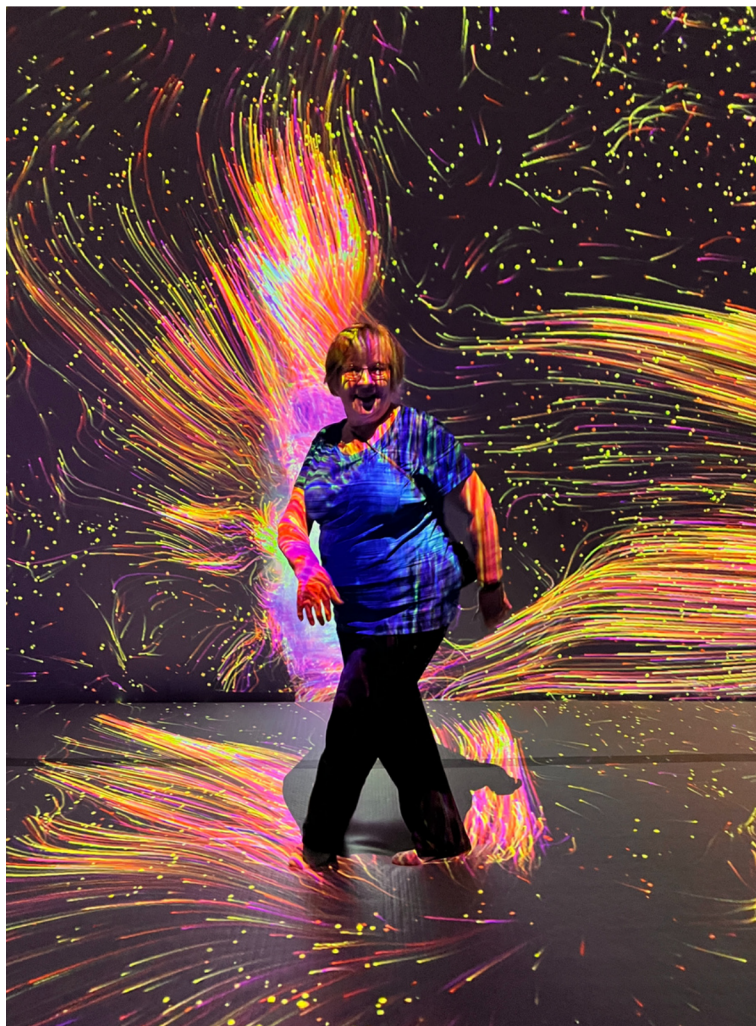
Beginning Nordic Walking

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 in endurance, muscle strength and flexibility, walking distance, cardiovascular fitness, and quality of life. Join us for introductory sessions to this enjoyable combination of cardio and strength exercise! No equipment or prior experience necessary. Each session will cover the same information.

Session 1: Fridays, June 7 & 14 | 9-10am

**Session 2: Fridays, August 2 & 9 | 9-10am
FREE**





DROP-IN ACTIVITIES

JPC Walking Group

Every Monday | 9am | FREE

Billiards

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

9 Ball Race to 2 Tournament:

Fri, August 16 | 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

CONVERSATIONS ON AGING

Forgetfulness: Where Did I Leave My Glasses?

Do you find that more and more, you are spending a lot of time looking for your glasses or keys? While these situations may be concerning, they may just be a normal part of aging. Come join us in a discussion about your experiences with and concerns about forgetfulness.

Share ideas about ways to strengthen memory and cope with forgetfulness

Thursday, June 20 | 2-3:30pm | FREE

Giving Up the Keys

We are familiar with the joys and freedom associated with driving. How would it feel if you or a loved one had to give up the keys? Share your feelings and concerns with others, explore ways to cope with the changes that come with giving up driving, and exchange ideas and resources.

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

Talking to Your Doctor

In a good doctor/patient relationship, you will feel you are part of a team. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.

Thursday, August 15 | 2-3:30pm | FREE

WRITING

Life stories

Would you like to share your life experiences and memories? Need help starting or expanding a memoir? This class gives participants the opportunity to explore their life experiences and share written and verbal memories from various portions of their lives.

Mondays, June 3-July 15 | 1-3pm | FREE