

# JUANITA POHL CENTER PRIME TIMES



**CITY of  
TUALATIN**  
Parks & Recreation

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

## **HOURS OF OPERATION**

Monday-Friday | 8:00am to 5:00pm  
Tuesday | 6:00 to 8:00pm  
Saturday | 9:00am to 12:00pm

## **HOLIDAY CLOSURES**

Christmas, December 25  
New Years Day, January 1  
Martin Luther King Jr. Day, January 20  
Presidents' Day, February 17

## **POHL CENTER ADVISORY COMMITTEE**

Susan Noack  
Amanda Ballard  
Peggi Federspiel  
Bob Grable  
Gail McNally  
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**  
**[www.TualatinOregon.gov/JPC](http://www.TualatinOregon.gov/JPC)**

## **SARA'S CORNER**



It is almost time to ring in 2025 and I am sure everyone has some health goals for the New Year. If focusing on healthy eating is a priority, the Juanita Pohl Center is here to help! We are excited to announce a new Food for Life Session: The Power of Food for Healthy Weight Management, starting in January. Learn about various health topics, enjoy cooking demonstrations and taste delicious, healthful dishes in a supportive and motivational atmosphere. Get empowered with practical cooking skills and tips for incorporating healthful eating habits into daily life. Kickstart your nutritional journey in the New Year with the Pohl Center!

*Keep Actively Aging!*

## **TRIPS & TOURS**

### **The Grotto Festival of Lights**

Join us for the largest Christmas choral festival in the world! Enjoy the harmonious sounds of local choir groups, caroling, and local music groups surrounded by the beauty and magic of holiday lights.

**Tuesday, December 10 | 4-8pm**

**\$33 res/\$41 non-res**

### **Brunch at Slappy Cakes**

Both a meal and an adventure! Unleash your inner pancake artist at this create-your-own brunch spot with built-in tabletop griddles.

**Wednesday, December 18 | 9am-12:30pm**

**\$38 res/\$48 non-res**

### **Pickleball at the People's Courts**

Fun is back in the City of Roses! Join us for pickleball on a private court at this newly built indoor complex in Portland.

**Sunday, January 12 | 12-3:30pm**

**\$51 res/\$64 non-res**

### **Beaverton Symphony Orchestra**

Join us for dinner and a show! Enjoy scratch made food at Golden Valley Brewery followed by Sibelius Second Symphony performed by an ensemble of local musicians.

**Friday, January 24 | 4-9:30pm**

**\$55 res/\$69 non-res**

### **Beginner Archery Lesson**

Learn something new and have fun doing it! Archery is a blend of both skill and sport that anyone can learn and enjoy. Join us for a private lesson followed by range time.

**Friday, February 14 | 1:45-3:45pm**

**\$46 res/\$58 non-res**

### **Dinner at AKADI PDX**

Delight in traditional African cuisine right here in the Pacific Northwest! Enjoy a menu of appetizers, unique entrees, stews, sauces and desserts carefully curated by a renown chef.

**Wednesday, February 26 | 3:30-7:30pm**

**\$50 res/\$63 non-res**



## **ARTS & CULTURE**

### **Acrylic Pour Art**

Acrylic pour art, also known as fluid or liquid art, is a painting technique that involves pouring acrylic paint onto an art canvas to create a unique, abstract design. The finished art is a surprise! All materials provided. No prior art experience necessary. Presented by local artist, Doreen Knoll.

**Monday, December 9 | 1-4pm**

**\$49 res/\$62 non-res**

### **New Horizons Big Band Holiday Concert**

Bring the whole family and enjoy some classic Big Band tunes as we celebrate the holiday season at the Juanita Pohl Center! All ages welcome!

**Monday, December 16 | 7-8:30pm | FREE**

### **So, You Want to Write Fiction!**

If you think you want to write fiction, but are overwhelmed by thoughts about how to get started, this course will present the basics. Among topics of discussion will be genres, plots, themes, development of characters and story elements. No prior writing experience required. About the instructor: Vicki Reynolds has a BA in English with an emphasis on creative writing and a masters in journalism. She worked as a reporter/editor at various newspapers including: the Dallas Morning News, Curry Coastal Pilot, American Metal Market and more.

**Thursdays, January 9 - March 27**

**2-3:30pm | \$15 for a 12 week session**

## **LUNCH & LEARNS**

*In partnership with Medicare Mark Fuchs*

### **Wisdom & Aging**

It's often thought that people become wiser as they age. But is this true? What is wisdom anyway, and how can we know if we ourselves are wise? Does being wise actually make us happier and more satisfied with our lives? How can we actually develop wisdom, or is it just something that some of us have and others of us don't? Join us as we explore these questions on the topic of wisdom. Provided by Washington County Disability, Aging & Veteran Services.

**Tuesday, December 17 | 12-1pm**

**\$5 res/\$10 non-res**

### **Medication Safety**

The use of excessive or unnecessary medications increases the risk of adverse drug effects, including falls, cognitive impairment, and more. We will discuss the most common classes of medications that have potential for harm and how to improve communication about your medications with your doctor and pharmacist. Provided by OHSU.

**Tuesday, January 21 | 12-1pm**

**\$5 res/\$10 non-res**

### **How to be a Grand Ally**

Many of us want to connect with and support our LGBTQ+ family, friends and neighbors, but we might not feel confident how. Learn the basics of LGBTQ+ Allyship, explore definitions of gender, sexuality, and expression, and get your questions answered in a supportive environment. Provided by Washington County Disability, Aging & Veteran Services.

**Tuesday, February 18 | 12-1pm**

**\$5 res/\$10 non-res**

## **EARTHWISE CREW**

*In partnership with Cogir Tigard Senior Living*

### **Silk, Silkworms and the Silk Roads**

Silk--the fabric that clothed emperors and empresses and defined Chinese empires for centuries. Silk is both fine-textured and soft, with a magnificent sheen, and yet is stronger than steel. Silk's value led to a great trading network--the fabled Silk Roads, a web of routes that spanned all of Asia. This presentation will highlight the history of silk, where it comes from and how it led to the Silk Roads.

**Friday, December 13 | 11:30am-12:30pm**

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

### **Owls - Hunters of the Night**

Owls are fascinating hunters of the night. Come see a slide show about local owls and learn how they are adapted to their nocturnal lifestyle. Learn what to look and listen for to increase your chances of finding an owl.

**Friday, January 10 | 11:30am-12:30pm**

**\$10 res/\$12 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: Mon, December 2-January 6**

**9:45-10:45am (no class 12/23)**

**Session 2: Mon, January 13-February 24**

**9:45-10:45am (no class 1/20, 2/17)**

**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**



## BLOOD PRESSURE SCREENINGS

Sophomore level nursing students from Oregon Health & Science University (OHSU) will provide blood pressure screenings and education about hypertension.

**Tuesday, February 25 | 11am-2pm | FREE**



## SOUND MEDITATION WITH SENTINEL SOUND WORK

Experience a relaxing sound bath and renew the mind, body, and soul. Sound meditation uses music and sound to clear the mind and deepen meditation. Participants can either sit or lie down (it is recommended to bring something comfortable to lie on).

Benefits of sound meditation include:

- Reduces stress: Calming vibrations help lower stress and promote relaxation.
- Promotes mental clarity: Sound healing improves focus, making you feel more present.
- Improves sleep: Deep relaxation can lead to better sleep quality after a session.
- Fosters community: Group sessions create shared, peaceful experiences that bring people together.

**Tuesday, January 7 | 2-3pm | FREE**

## TAI CHI & QIGONG

### **Wu 24 Tai Chi: Part 2**

Wu-style is known for its unique hand movements, smaller frames and balanced stances. But, in spite of it's interesting variations, it provides all the wonderful health benefits of all tai chi. This class is open only to those students who have finished Wu 24: Part 1.

**Mon/Thurs, Dec 2-Feb 24 | 1-1:55pm**

**NO CLASS: 12/23, 12/30, 1/20, 2/17**

**\$126 res/\$158 non-res**

### **Yang 24 Tai Chi: Refinement**

Master more 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. This class is open only to those students who have finished Yang 24: Part 1 & 2.

**Mon/Thurs, Dec 2-Feb 24 | 2:15-3:15pm**

**NO CLASS: 12/23, 12/30, 1/20, 2/17**

**\$126 res/\$158 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. Open to all levels, including beginners.

**Tues/Fri, Dec 3-Feb 18 | 9:30-10:30am**

**NO CLASS: 12/24, 12/31**

**\$126 res/\$158 non-res**

## THE POWER OF FOOD FOR HEALTHY WEIGHT MANAGEMENT

Discover which foods are optimal for weight management, learn about various health topics, and get empowered with the practical cooking skills needed for better health. Enjoy cooking demonstrations and taste delicious, healthful dishes in a supportive group setting. Featured topics include: keys for natural appetite control, digestive health, healthy blood pressure and more.

**Wednesdays, Jan 8-Feb 19 | 2-4pm**

**\$114 resident/\$143 non-resident**



## OLDER ADULT SELF-DEFENSE

Engage in a combination of classroom lecture and hands-on scenario training using an advanced threat alley simulator, tailored to enhance personal safety and awareness. Learn basic self-defense techniques, de-escalation tips, and feel more aware and confident in your surroundings to be able to spot potential threats. Participants will meet at the Threat Dynamics location in Sherwood (13565 SW Tualatin-Sherwood Rd #300, Sherwood, OR 97140).

**Thursday, February 6 | 10am-12pm | \$59 per person**



## **DROP-IN ACTIVITIES**

### **Billiards**

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

### **American Mah Jongg**

Wednesdays | 12:30-3pm | FREE

### **Cards/Games**

Wednesdays | 1-4:30pm | FREE

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

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

### **Bingo**

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

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

Saturdays | 10:15-11:15am | FREE

## **CONVERSATIONS ON AGING**

### **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.

- Learn to recognize and utilize the building blocks to enhanced resilience
- Learn from others how they adapted to the challenges in their lives
- Share your own personal stories of resilience

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

### **Friendships as We Age**

As we age, we may experience the loss of friends due to any number of reasons. Losing friends, whatever the cause, can leave a hole in the fabric of our lives. Let's talk about the process and challenges of making new friends in our senior years and the importance of having friends whatever our age.

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



## **BILLIARD TOURNAMENT**

Come out and play pool (9 Ball Race to 2), test your skills, and enjoy a little friendly competition and camaraderie in a safe and welcoming atmosphere.

This social tournament is for the benefit and welfare of everyone. Prizes will be provided.

**Friday, February 21 | 12-4:30pm | \$5**