

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 8:00pm

Saturday | 9:00am to 12:00pm

HOLIDAY CLOSURES

Labor Day, September 2

Veterans Day, November 11

Thanksgiving, November 28 & 29

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

www.TualatinOregon.gov

SARA'S CORNER



To thank and honor those who have served, the City of Tualatin's Juanita Pohl Center hosts an annual Veterans Recognition Breakfast close to the Veterans Day holiday. This year's breakfast will be held on Friday, November 8th at 9am. This special breakfast is to honor and recognize America's finest, our veterans – those who are here with us today and those who have given their lives for our freedom and security. Enjoy a delicious, hearty breakfast, guest speakers, and door prizes for veterans. Pre-registration is required and will open on September 9th. Veterans plus one guest will be given priority registration until September 30th by calling 503.691.3061. Starting October 1st, the general public will be able to register for any remaining spots. The event is free for all veterans and \$12 for non-vets. We hope to see you at this year's Veterans Recognition Breakfast!

Thank You Veterans & Keep Actively Aging!

TRIPS & TOURS

Birding at Ridgefield Wildlife Refuge

Learn the basics of birding or practice your skills with an expert birding guide at this refuge bordering the Columbia River followed by lunch at local food carts.

Wednesday, September 18 | 9:30am-2:30pm
\$36 res/\$45 non-res

Amaterra

Experience stunning views and culinary delights at this state-of-the-art, gravity-flow winery on the sloping West Hills of Portland.

Wednesday, September 25 | 4:30-8:30pm
\$64 res/\$83 non-res

Memory Den Vintage Mall

Check out the largest vintage mall in Portland! Featuring over 140 local vendors across two floors of a 1937 warehouse, discover unique décor, clothing and more from decades past.

Thursday, October 10 | 12:30-3:30pm
\$22 res/\$28 non-res

Mt Hood Railroad “Phantom of the Rails”

All aboard this spooky train adventure! Enjoy a thrilling ride through the dark forest to a creepy factory full of ghosts and work together to solve the mystery of the strange hauntings.

Friday, October 25 | 2-8pm
\$114 res/\$142 non-res

Global Roller Derby Championships

Come watch as some of the best roller derby teams from around the world compete in Portland to be the global champions!

Friday, November 1 | 9am-3pm
\$76 res/\$95 non-res

The Original Goat Yoga

Goat yoga is about disconnecting from day to day stress and focusing on happy vibes. Join us for a private beginner-level yoga class taught in the company of adorable little goats!

Wednesday, November 13 | 9:15am-12pm
\$69 res/\$87 non-res



FOOD FOR LIFE

In partnership with Cogir Tigard Senior Living

Power Foods for the Brain

Plant-based foods are beneficial to the brain and may help prevent Alzheimer’s disease and other forms of dementia. A decline in brain health is not an inevitable part of aging. But how we eat and live can help us protect our memory and stay sharp into old age. In this class, you will learn strategies for maintaining memory and improving brain function including how to prepare brain health promoting meals.

Wednesday, September 4 | 2pm
FREE | Pre-registration required

Kickstart Your Health

Learn about the Vegan Kickstart - a program supported by decades of research showing that a plant-based diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases.

Wednesday, October 2 | 2pm
FREE | Pre-registration required

Diabetes Initiative

The goal of this program is to empower populations with diabetes/concerns about developing diabetes with new information and skills. Includes an introduction to understanding type 2 diabetes and the glycemic index and how foods can fight diabetes.

Wednesday, November 6 | 2pm
FREE | Pre-registration required

LUNCH & LEARNS

In partnership with Medicare Mark Fuchs

Medicare Advertising: Boldly Informing As No One Has Informed Before

Learn to navigate aggressive marketing tactics during the Medicare Annual Enrollment Period. Using decades of experience, Medicare Mark Fuchs will share insider insights on what happens during this period, why it happens, and what is/isn't legal in this highly regulated industry. Empower yourself with the knowledge to recognize and set boundaries against predatory advertising, and feel confident about your Medicare choices in the meantime.

Tuesday, September 17 | 12-1pm

\$5 res/\$10 non-res

A Guide to Using Local Transit

Learn how to access local transportation, how to schedule the service, and how far you can get to using free options available right here in Tualatin. Provided by Ride Connection.

Tuesday, October 15 | 12-1pm

\$5 res/\$10 non-res

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia. Provided by Washington County DAVS.

Tuesday, November 19 | 12-1pm

\$5 res/\$10 non-res

PARENTING THE LOVE & LOGIC WAY

In this class, learn how to:

- stay calm when your kids do incredibly upsetting things
- set enforceable statements
- avoid enabling and begin empowering
- and much more!

Workbook included. Open to everyone connected to kids in some form or fashion.

Fridays, Oct 4-Nov 8 | 7-8pm | \$10

EARTHWISE CREW

In partnership with Cogir Tigard Senior Living

Costa Rica - A Model for Conservation

The Central American country of Costa Rica is known for its progressive and aggressive efforts to protect its biodiversity--estimated at 5% of the world's total biodiversity. More than 25% of the country's land is protected and fully half of that amount--more than 2 million acres--is set aside as national parks. Join Dr. Robert Wiedenmann as he offers a showing of photos of the country's rich biodiversity.

Friday, September 13 | 11:30am-12:30pm

\$5 res/\$7 non-res

Eat Smart, Waste Less

Did you know that the average family of four spends \$1,600 each year on food that ends up uneaten or that one-third of the food produced in the United States is never eaten? Make the most of what you buy with small changes in the way you shop, prep, store and cook your food. From this program, you will find tips, videos and downloadable materials for each of the four Eat Smart, Waste Less strategies to make preventing wasted food easier. Provided by Washington County Solid Waste & Recycling.

Friday, October 11 | 11:30am-12:30pm

FREE

VETERANS RECOGNITION

BREAKFAST 2024

Enjoy a delicious catered breakfast, honored speakers and door prizes for Veterans at the Juanita Pohl Center. Registration opens September 9th. Veterans plus one guest will be given priority registration until September 30 by calling 503.691.3061.

Friday, November 8, 2023 | 9-10:30am

Free for All Veterans | \$12 for Non-

Veterans | Pre-registration required

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, Sept 9-Oct 7

9:45-10:45am

Session 2: Mondays, Oct 21-Nov 25 |

9:45-10:45am (no class 11/11)

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 24 Tai Chi: Part 1

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, Sept 9-Nov 20 | 1-1:55pm
NO CLASS: 11/11 | \$126 res/\$158 non-res

Yang 24 Tai Chi: Part 2

Learn 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. Open only to those students who have finished Yang 24: Part 1.

Mon/Wed, Sept 9-Nov 20 | 2:15-3:15pm
NO CLASS: 11/11 | \$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. Come. Experience the ancient exercises that link body, mind, and spirit to optimize your health.

Tue/Thu, Sept 10-Nov 19 | 9:30-10:30am
\$126 res/\$158 non-res

WELLNESS INITIATIVE FOR SENIOR EDUCATION (WISE)

In partnership with Cogir Tigard Senior Living

Learn about the aging process and how to make healthy lifestyle choices, discuss behaviors you should avoid to stay healthy, celebrate this exciting stage of life and the benefits that come with it, and learn how to use simple tools to help you feel more empowered about your health.

Tuesdays, Oct 1-Nov 5 | 1:30-3:30pm
\$35 per 6-week session

FALL PREVENTION MONTH

Building Strong Bones: Nutrition Basics Workshop

Building strong bones is crucial for overall health and quality of life, especially as we get older. This workshop offers participants a basic understanding of bone health and the significant role that nutrition plays in keeping our bones strong.

Thursday, September 5 | 1-2pm
FREE | Pre-registration Required

Balance Workshop with Paul Kane, Summit Physical Therapy

Learn the most common reasons for dizziness and balance problems, how to reduce your fall risk at home, the top exercises for fall prevention & more!

Tuesday, September 24 | 1-1:30pm
FREE | Pre-registration required

Balance Tests

Free computerized balance testing for those who are interested. Please note: registering for the workshop does not reserve a time slot for a balance test. Limited space is available for balance tests - please call 503-691-3061 to reserve a time slot.

Tuesday, September 24 1:30-3pm
FREE | Pre-registration required



DROP-IN ACTIVITIES

JPC Walking Group

Every Monday thru Sept 30 | 9am | FREE

Billiards

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

9 Ball Race to 2 Tournament:

Fri, November 15 | 12:30-4:30pm | \$5

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

Living Solo As a Senior

As we age, some of us have family or friends who will provide care or support for us if needed, and some of us do not. Even if we have children, they may not be available or able to provide support. Discuss your feelings, experiences, and concerns surrounding aging without family or social support and share ideas about ways to strengthen your social and safety networks.

Thursday, September 19 | 2-3:30pm | FREE

Let's Talk about Healthy Aging

Let's talk about steps we all can take to ensure a better quality of life as we grow older! Healthy aging includes these four essentials: physical exercise; a healthy diet; keeping an active mind and maintaining a positive attitude. Join a group of your peers to discuss successes and struggles, resources and more.

Thursday, October 17 | 2-3:30pm | FREE

Handling the Holidays

Don't let holidays become something you dread. Let's share how to prevent stress and depression and learn to recognize your holiday triggers. This Conversation is inclusive of all wintertime holidays.

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

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, and the benefit of early detection and diagnosis.

Friday, November 1 | 11:30am | FREE