

# JUANITA POHL CENTER PRIME TIMES



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

## HOURS OF OPERATION

Monday-Friday | 8am to 5pm  
2nd Tuesday of the month | 6 to 8pm  
Saturday | 9am to 12pm

## HOLIDAY CLOSURES

Memorial Day, May 26

## POHL CENTER ADVISORY COMMITTEE

Susan Noack  
Amanda Ballard  
Mary Butler  
Peggi Federspiel  
Bob Grable  
Gail McNally  
Rob Wiedenmann  
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)**

*Special Edition!*

## MARILYN'S CORNER



May is Mental Health Awareness Month!

Mental health and stress management is an integral part of overall health. Depression, anxiety, loneliness, and isolation are common challenges for older adults but are often under-recognized and under-addressed in our society.

Join us in reducing stigma around mental health and raising awareness around loneliness, depression and more at our 7th Annual Mental Wellness & Stress Management Fair! This year's fair will take place on May 20 and will feature therapy bunnies, presentations on the keys to aging well and the science of gratitude, local resources to help you and your loved ones care for their mental health, 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

### **Lunch at The Cove**

Located on the Columbia River, enjoy fresh seafood, NW cuisine, craft drinks and stunning views at this riverfront restaurant.

**Tuesday, March 11 | 11:15am-4pm**

**\$49 res/\$61 non-res**

### **Butterfly Effect Pottery**

Explore your creative side at this pottery painting studio in Multnomah Village where each sale contributes toward an organization making change in the local community.

**Thursday, March 27 | 1-4pm**

**\$43 res/\$54 non-res**

### **Intro to Perfume Making**

Learn the art of composing a scent! Explore 16 basic essences, learn how to structure top, middle and base notes to create a fragrance, and leave with a bottle of bespoke perfume!

**Wednesday, April 9 | 1-3pm**

**\$71 res/\$89 non-res**

### **Hale Pele Tiki Bar**

Join us at the house of the Volcano Goddess, Hale Pele! Featuring exotic cocktails, island-inspired small plates and atmospheric tiki bar theme.

**Tuesday, April 15 | 3-7pm**

**\$35 res/\$44 non-res**

### **Birding at Smith & Bybee Wetlands**

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

**Thursday, May 1 | 9:30am-2:30pm**

**\$35 res/\$44 non-res**

### **The Heist Food Cart Pod**

Visit one of Portland's newest food cart pods! Featuring a variety of food and refreshing drink options, soak up the local atmosphere and enjoy a meal with friends.

**Saturday, May 17 | 11:30am-2:30pm**

**\$19 res/\$24 non-res**

## EARTHWISE CREW

*In partnership with Cogir Tigard Senior Living*

### **Pollen, Pollination and Pollinators**

Like to eat? Sure you do! Thank the animals--mostly insects, and more than just honeybees--that pollinate the plants that produce much of the food you eat. Do you have a pollen allergy? You probably curse the plants that produce pollen. But wait--not all pollen makes you sneeze or have itchy eyes. The process of pollination is as old as plants themselves, and the pollinators are as diverse as the plants themselves. Retired entomologist Robert Wiedenmann tells the story of pollen, pollination and pollinators.

**Friday, April 11 | 12:30-1:30pm**

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

### **Get to Know Western Bluebirds**

Western Bluebirds are a native avian species in Oregon that is now listed as a "sensitive species." Since the 1970s Prescott Bluebird Recovery Project volunteers have been working to support the bluebird population. Join us for an overview of the Western Bluebird's lifecycle and nesting habitats and learn how PBRP is supporting these enchanting blue birds.

**Friday, May 9 | 1:30-2:30pm**

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





## **LUNCH & LEARNS**

*In partnership with Medicare Mark Fuchs*

### **Artificial Intelligence 101**

This presentation provides a simple introduction to Artificial Intelligence (AI), explaining what it is, how it works, and where it appears in everyday life. It also highlights practical tips for identifying AI content, avoiding pitfalls like scams, and understanding the potential benefits and challenges AI brings to the future. Provided by City of Tualatin.

**Tuesday, March 18 | 12-1pm**  
**\$5 res/\$10 non-res**

### **Golden Years, Golden Rules: Responsible Gambling**

Learn the benefits and potential risks of gambling. We'll explore how gambling can be a fun and social activity, while gaining knowledge and tools to enjoy gambling safely and responsibly. Topics of discussion include: setting limits, recognizing risks, how phone games and apps are becoming a more popular form of gambling and how to stay safe while enjoying them, and how to seek help.

**Tuesday, April 15 | 12-1pm**  
**\$5 res/\$10 non-res**

### **The Four Keys to Aging Well**

Are the keys to successful aging tied to physical fitness, a life of leisure, and keeping up with a youth-oriented culture? Gerontologists don't think so. Learn why experts in the field define aging well as a "determination to live fully" which is best achieved by four essential skills. Learn more about these skills and how you can cultivate them to start living life more fully.

**Tuesday, May 20 | 12:30-1:30pm**  
**FREE as part of the Mental Wellness Fair**

## **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 20 | 2-3:30pm | FREE**

### **Forgiveness & Reconciliation**

Throughout our lives, we are fortunate to have friends & family to share experiences with, but sometimes these relationships fade and break. What if we rethought our feelings and worked toward forgiveness & reconciliation? Share your experiences with forgiving & being forgiven, and learn from others how they incorporated forgiveness into their lives.

**Thursday, April 17 | 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 & recognize when you may need help. Learn the difference between sadness, depression, and grief, share strategies that work for you, and receive resources & ideas.

**Thursday, May 15 | 2-3:30pm | FREE**





# 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.

**Session 1: Mon, Mar 3-31 | 9:45-10:45am**

**Session 2: Mon, Apr 14-May 19**

**9:45-10:45am (NO CLASS: April 28)**

**Each Session: \$38 res/\$48 non-res**

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

## **Tai Chi Yang 40: Part 1**

This class is open to anyone who has completed the instruction in Yang 24. We will also learn the 12 step Qigong Form.

**Mon/Thurs, March 3-May 15 | 1-2pm**

**\$132 res/\$165 non-res**

## **Tai Chi for Energy**

This is a fun set that will give you a taste of Chen and Sun styles of tai chi. A favorite of many students and great for all levels including Beginners. We will also learn a Qigong stick set, another student favorite.

**Mon/Thurs, March 3-May 15**

**2:15-3:15pm | \$132 res/\$165 non-res**

## **Tai Chi Fan**

This is a beginning Tai Chi Weapons class teaching a Yang-Style 18 Fan Form. It provides great exercise and is so much fun! Participants must have completed instruction in a 24 Forms set or have instructor permission in order to enroll.

**Tuesdays, March 4-May 13 | 1:30-2:30pm**

**\$66 res/\$83 non-res**



## **Strength & Stretch**

A perfect mixture of wellness! Use various equipment for full body strength training while integrating mobility and stretches.

**Tuesdays, March 4-April 22 | 10:45-11:45am (NO CLASS: March 25)**

**\$70 res/\$88 non-res**

**Drop in: \$11 res/\$14 non-res**

## **Morning Qigong**

Want a fun, relaxing work-out that engages practically every joint and muscle in your body? Qigong is here for you! This ancient exercise originated in China over 2000 years ago and is still practiced today. It provides the foundation for tai chi. It is a gentle, meditative form of exercise that focuses on coordinating mind, movement, and breath.

**Tues, March 11-May 13 | 9:30-10:30am**

**\$60 res/\$75 non-res**

## **Nia**

Nia is a sensory based movement format designed to condition your body and mind. Nia uses inspirational and invigorating music along with dance, martial arts and relaxation. It is designed to create sensation, bring awareness to movement habits, and improve flexibility, agility, mobility, stability and strength. Bare feet recommended.

**Thursdays, April 3-May 15**

**9:15-10:15am | \$53 res/\$66 non-res**

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



## WELLNESS & LONGEVITY

### **Intro to Nordic Walking**

Nordic walking burns more calories than regular walking and is associated with reductions in depression, anxiety, chronic pain, and waist circumference, and increases in muscle strength and flexibility, walking distance, cardiovascular fitness, and quality of life. Join us for an intro to this enjoyable combination of cardio and strength exercise!

**Mon/Weds, May 5-14 | 9-10am**

**\$19 res/\$24 non-res**

### **SilverSneakers® Classic**

SilverSneakers® is the perfect class for active older adults wanting to focus on overall total-body conditioning. Your instructor will guide you through a series of exercises using resistance tools to help build muscle and tone. Going at your own pace is encouraged!

**Monday/Wednesday/Friday (ongoing)**

**11:15am-12:15pm**

### **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**



## FOOD FOR LIFE: PLANT-BASED EATING HEALTHY BASICS

### **The Power of Your Plate**

Learn the general concepts behind healthful eating habits and gain resources for trying out a new way of eating using The Power Plate - a diagram that illustrates the essential food groups: vegetables, grains, legumes, and fruits; from these groups, you will be able to think about different foods and meals you can eat to best promote your health.

**Wednesday, April 2 | 2-4pm | \$10**

### **How Foods Fight Diabetes**

People who eat plant-based meals are less likely to ever develop diabetes, and for those who have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications.

**Wednesday, April 16 | 2-4pm | \$10**

### **Foods for a Healthy Weight**

Eating plant-based is not a “diet” that leads to feeling hungry or deprived. Believe it or not, when you change the quality of your diet, you don’t need to think about counting calories or measuring portions.

**Wednesday, May 7 | 2-4pm | \$10**

### **How Foods Fight Heart Disease**

Certain diet patterns seem to have a major effect in helping people avoid heart disease, or if they already have heart disease, in reversing it. It takes a powerful diet to actually remove the hard plaque forming in the arterial walls after years of eating high-fat diets. But research has shown it can be done! This class will show you how.

**Wednesday, May 21 | 2-4pm | \$10**



# ARTS & CULTURE

## Write Your Living Obituary

Writing your own obituary is an opportunity to reflect on your life, your accomplishments (and foibles!), your passions, your quirks. What do you think people love about you? What do you want this world to remember about you?

It's a tough assignment for sure, but why not start a working document that you can edit through the years? Your family will thank you for it. Join us for a two-day writing class that focuses on your personal legacy. This class will help you prepare a thoughtful and well-written obit over two days. Participants will walk away with a working document and will also receive a 25-page booklet on obit writing.

**Thursday, March 13 & Friday, March 14**  
**10am-12pm | FREE**

## DROP-IN ACTIVITIES

### JPC Walking Group

Mondays starting April 7 | 9am

### Billiards

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

Billiards Tournament: May 16 | 12pm | \$5

### 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

NO CLASS: April 26



## 2025 MENTAL WELLNESS FAIR

*In partnership with Medicare Mark Fuchs*

### Resources for Mental Health & Stress Management in Our Area

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

**Tuesday, May 20 | 10:30am-12pm | 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 20 | 11am-12pm | FREE**

### Lunch & Learn: The Four Keys to Aging Well

Are the keys to successful aging tied to physical fitness, a life of leisure, and keeping up with a youth-oriented culture?

Gerontologists don't think so. Learn why experts in the field define aging well as a "determination to live fully" which is best achieved by four essential skills.

**Tuesday, May 20 | 12:30-1:30pm | FREE**

### Introduction to Gratitude

Learn more about the science of gratitude and why it's so important to support mental wellbeing. Learn a variety of techniques to help you cultivate deeper appreciation.

**Tuesday, May 20 | 1:45-2:45pm | FREE**