



Senior Services Division

Senior News September 2024

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

Monday - Thursday, 8:30am - 3:30pm | 541-488-5342 | tty: 711

AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

Retirement: Making Your Money Last

Wednesday, September 11, 2-3:30pm
Ashland Senior Center, 1699 Homes Ave
Free. Registration required: 541-488-5342

Retirement happens whether you're ready or not. Ready is better. Join us for this seminar to learn strategies to make your money last through your retirement.



Presented by
Melissa Mantzouranis and
Katrina Williams,
Financial Advisors



History Tour: Plaza & the Founding of Ashland

Monday, September 23,
10-11:30am
Meet by Lithia Park entrance sign
at south end of the Plaza
Free.*
Registration required: 541-488-5342

Learn about the founding of Ashland and early Ashland history – people, buildings, stories of triumph and tragedy, and more.

Continued on page 5.

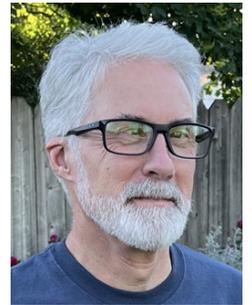


The Day The Music Thrived: Learn How to Stream Music Digitally

Wednesday, September 25, 2-3:30pm
Ashland Senior Center, 1699 Homes Ave
Free. Registration required: 541-488-5342

Join us for some history and tunes as we talk about how music piracy fueled the development of online subscription services and discover how to use the library and other options available for streaming.

Presented by **Eric Molinsky,**
Digital Services Supervisor with
Jackson County Library Services.



Fun with Charades **Monday, September 16, 1-3pm**

Ashland Senior Center,
1699 Homes Ave
FREE. Registration
required:
541-488-5342

Charades is back at Ashland Senior Center! Come join in this fun-filled event and release your inner mime.

Lead by APRC Senior Services Division volunteer
Kim Rosmaier



**Ashland Senior Center will be closed on
Monday, Sept 2 , Labor Day.**

Featured Activities & Classes

See page 3 for our full calendar of activities and classes. We highlight a few programs in each newsletter, or you can view full details in the current Ashland Parks and Recreation Playguide at ashlandoregon.gov/register. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Classes

3rd Wednesdays, 2-3:30pm

- **September 18:** Windows Basics for PC Computers
- **November 20:** Mac Basics for Apple Computers

NEW! Tutorials to Use Library

Digital Resources

3rd Wednesdays, 2-3:30pm

- **Oct 16: How to Navigate the Library Catalog Like a Librarian** - Overview of the library's online catalog including search strategies, how to interpret results, and how to find what you are looking for efficiently and accurately.
- **Dec 18: Three Ways to Access Consumer Reports** - How to access Consumer Reports via the library: print, online, and via database. All 3 ways are very useful to patrons looking for reliable product information.

Line Dancing

It's National Line Dance week from September 9-14! Line dancing is a great way to exercise and meet people. Come celebrate the art of line dance at one of our weekly drop-in Line Dance classes! Register online at ashlandoregon.gov/register, call 541-488-5342 or in-person before class at the Grove.



- **Line Dancing 1:** This ongoing beginner class is for Line Dancing newcomers and beginners. Taught by Lynn Roberts. Mondays, 1-2:30pm at the Grove (1195 E. Main St), \$3/class.
- **Line Dancing 2:** This ongoing intermediate class is for more experienced line dancers who want to learn and practice more advanced moves and choreography. Taught by Risa Lewellyn. Thursdays, 1-2:30pm at the Grove (1195 E. Main St), \$5/class

NEW! Accessible Yoga Class

Mondays, September 9-30, 11:45am-12:30pm
\$24/month (4 classes)

Registration required: ashlandoregon.gov/register or 541-488-5342

Accessible Yoga is a gentle, welcoming practice designed to include most individuals. This class focuses on providing a nurturing, safe, and supportive yoga practice using chairs, blocks, blankets, and straps, aligning with accessibility practices. It is ideal for students who prefer not to get up and down from the floor as in traditional yoga practice. During the class, you'll be seated, with options for standing postures with or without chair support. You'll gently stretch your muscles and improve your joint mobility and flexibility. The class includes traditional yoga breathwork and savasana. Please note that students must be able to follow class instructions and be aware of their capabilities. At this time, this class is not wheelchair accessible.

Taught by **Cheri Theobald**; learn more about Cheri at cheriyoga.com.



Advance Directives Assistance

Free. Registration required: 541-488-5342

Get one-on-one assistance to understand the guidelines for Oregon Advance Directives, think through your choices, and fill out the required forms.

Volunteer **Debra Johnson** brings extensive experience in end-of-life planning from her work as a geriatric care manager and current role with End of Life Choices Oregon.



SENIOR ACTIVITIES CALENDAR

SEPTEMBER 2024



All events occur at Ashland Senior Center unless otherwise noted.
(G) The Grove (Z) Zoom

All activities except F&F lunch require pre-registration: 541-488-5342.

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

2 CLOSED



3
9:30a Tai Chi 1 (G)
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

4
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2p Young at Art

5
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)
1:15p Go

6
CLOSED
except for:
11:30a F&F lunch

9
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11a Computer Tutor
11:30a F&F lunch
1p Computer Tutor
1p Line Dance 1(G)

10
9:30a Tai Chi 1 (G)
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

11
9:15a Gentle Yoga
10a Advance Directives Assistance
10:30a Gentle Yoga
11:30a F&F lunch
2p Edward Jones: Retirement Planning

12
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)

13
CLOSED
except for:
11:30a F&F lunch

16
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11a Computer Tutor
11:30a F&F lunch
1p Computer Tutor
1p Line Dance 1(G)
1p Charades with Kim

17
9:30a Tai Chi 1 (G)
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

18
9:15a Gentle Yoga
10a Advance Directives Assistance
10:30a Gentle Yoga
11:30a F&F lunch
2p Tech Basics: Windows Basics

19
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)
1:15p Go

20
CLOSED
except for:
11:30a F&F lunch

23
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11a Computer Tutor
11:30a F&F lunch
1p Computer Tutor
1p Line Dance 1(G)

24
9:30a Tai Chi 1 (G)
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

25
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2p JCLS: Music Streaming
5:30p Dementia Caregiver Group (Z)

26
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)

27
CLOSED
except for:
11:30a F&F lunch

30
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11a Computer Tutor
11:30a F&F lunch
1p Computer Tutor
1p Line Dance 1(G)

For questions about Food & Friends lunch service, please call 541-488-9850.



Volunteer Spotlight: Cori Frank

Cori Frank was born in New Mexico and raised in Colorado. She has been a lifetime advocate of sports and enjoys playing and teaching pickleball. She worked as a Registered Nurse and owned her own business teaching specialized nursing courses across the country.

She retired to Ashland with her husband John in 2019. Cori started the Ashland OR Pickleball Club (AOPC), which just celebrated its first birthday! AOPC sponsored a fundraiser for the Ashland Parks Foundation to repair the pickleball courts in Lithia Park and is also working on the first Girl Scout Pickleball Group.

Cori continues her passion for volunteer work by serving with Ashland Senior Advisory Committee, OLLI and Ashland CERT. Cori says, "I volunteer because it brings me joy."



Let us feature you in the Spotlight! Please contact us at 541-488-5342 or seniorinfo@ashland.or.us.

WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, September 3: Persuasion (1hr 49min) 2022 PG

Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love? Based on the novel by Jane Austen.

Stars: Dakota Johnson, Cosmo Jarvis, Suki Waterhouse, Henry Golding

TUESDAY, September 10: The Long Game (1hr 52min) 2023 PG

In 1950's Texas, a veteran-turned-school superintendent assembled a team of caddies from a local country club to compete for a state championship.

Stars: Jay Hernandez, Dennis Quaid, Cheech Marin

TUESDAY, September 17: Montford The Chickasaw Rancher (1hr 36min) 2021 PG-13

A Chickasaw rancher battles ruthless land grabbers, racist soldiers and bigoted colonizers as he builds a life in 1800's Oklahoma. Based on a true story.

Stars: Martin Sensmeier, Dermot Mulroney, Tommy Flanagan

TUESDAY September 24: Muriel's Wedding (1hr 45min) 1994 R

A misfit escapes life by listening to ABBA songs and dreaming about marriage, but when she leaves her hometown, her fantasy starts to come to life.

Stars: Toni Collette, Rachel Griffiths, Bill Hunter



*Closed Captioning always offered when available.
Movie selection may change due to availability.*



Featured Activities & Classes

History Tour, continued from page 1.

Primarily on the Plaza, the walk will also go into Lithia Park and along Winburn Way. Peter will share photos from 100 to 160 years ago.

This walk will cover approximately 1 mile on mostly flat, paved walking surfaces with some uneven pavement. A short distance of the walk is on a dirt or wood chips path in Lithia Park. There are several places to sit down during the tour, and one or two places for bathroom stops.

Led by **Peter Finkle**, an Ashland resident since 1991 who offers walking tours, community talks and more at WalkAshland.com.

*A generous donor has sponsored this activity to provide access for community members who might have an income barrier. This activity is reserved for seniors who may not otherwise be able to afford the \$15 cost of Peter's walking tours. We will not be checking eligibility and ask that, if you are able to pay the fee, please book a separate walking tour through Peter's website: walkashland.com/walk-ashland-walking-tours. Thank you for your cooperation.

Senior Health & Wellness Fair

Tuesday, September 10, 9:30-11:30am
140 S Holly St, Medford

Free. Registration required: 541-774-3063

The free event will include: health and wellness info, workshop presentation, resource materials, volunteer opportunities, refreshments and social time. Sponsored by Jackson County Health & Human Services and the Oregon Older Adult Behavioral Health Initiative.

ASAC Update

Ashland Senior Advisory Committee will meet next on **September 9**, via Zoom. All meetings are open to the public. The agenda will be posted at ashlandoregon.gov/agendasminutes.

ASAC welcomes public input! Please submit comments to seniorinfo@ashlandoregon.gov or 541-488-5342.

Community Programs

Save the Date!

Dance Classes with Audrey Flint

Email Audrey at 99flint@gmail.com for more info and registration.

Broadway Core

Tuesdays, Oct 1-Nov 19, 11am-12pm
Hybrid: The Grove (1195 E Main St)
or Zoom
\$65/8 weeks

Celebrating the Groovy 1970s

Thursdays, Oct 3-Nov 21,
11:15am-12:15pm
Hybrid: The Grove (1195 E Main St)
or Zoom
\$65/8 weeks



We Want to Hear from You! Survey for Lithia Park Pickleball Court Use

Ashland Parks and Recreation (APRC) would like the Pickleball Community's feedback on issues surrounding pickleball courts located in Lithia Park.

This survey will be available online until 5 pm November 1, 2024. The data collected from this survey will assist with policy development and management of APRC pickleball facilities.

Access the survey via QR code at:



Fall Risk Education & Senior Resource Fair

Tuesday, September 24, 1:15-4:30pm
140 S Holly St, Medford

Free. Registration required: 541-840-0655
or 541-734-3506

Free educational event on how to reduce your risk of falling. Snacks and refreshments will be provided. Sponsored by Providence Health & Services, Jackson County Health & Human Services and the Oregon Older Adult Behavioral Health Initiative.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



PRSR STD
U.S. POSTAGE
PAID
PERMIT #149
MEDFORD, OR

RETURN SERVICE REQUESTED

Thank you to our partners and sponsors!



And thank you to ALL our amazing volunteers and instructors
who do so much to support seniors every month.