



Senior Services Division

Senior News April 2025

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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

AshlandSeniorCenter.org | seniorinfo@ashland.or.us

Classical Guitar Performance:

Cinzia Milani

**Friday, April 4, 1-2pm
Ashland Senior Center**



FREE. Registration required: 541-488-5342

The Guitar Society of Southern Oregon (GSSO) presents Italian virtuoso Cinzia Milani!

Cinzia is a true prodigy of the classical guitar who won her first international competition in Milan when she was only 5 years old. By the age of 12, she had begun her concert career in Italy and went on to perform all over the world: United Kingdom, France, Spain, the United States, Canada, Mexico, South Africa, Indonesia, South America.

In addition to her career as a guitarist, Cinzia plays the violin and has played in various orchestras in Italy, Spain, and France.



Gentle Yoga with Myofascial Release Workshop

**Friday, April 25, 2-3:30pm
Ashland Senior Center**

\$25. Registration required:

541-488-5342 or

ashlandoregon.gov/register

Embark on a journey of deep release and restoration in a workshop that artfully combines the gentle practice of Yin Yoga with the therapeutic benefits of Self-Myofascial Release.

Continued on page 2



Navigating the World of Dietary Supplements:

Benefits, Risks, and Myth

Wednesday, April 30, 2-3:30pm

Ashland Senior Center

FREE. Registration required: 541-488-5342

The pharmacy team from Rogue Community Health will present on the growing world of natural products and dietary supplements, highlighting their potential benefits and risks and how they may support your health as you age. The session will provide easy-to-understand information about how natural supplements work, a review of common supplements, how to identify quality supplements and avoid scams, and how to safely incorporate them into your routine.



The Valley Duo: Music for the Boomer Generation

Wednesday, April 16, 2-3pm

Ashland Senior Center

FREE. Registration required: 541-488-5342

Laura and Scott are The Valley Duo. They play an upbeat mix of songs from the 60's, 70's and classics from a variety of genres. Come listen or sing along with them at Ashland Senior Center!



Featured Activities & Classes

See page 3 of this newsletter for our full calendar of activities and classes, or you can view full details in the current Ashland Parks and Recreation Playguide at ashlandoregon.gov/register. Register [online](#) or call 541-488-5342. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Seniors Celebrating Creativity

The exhibition by the OLLI Watercolor Shared Interest Group at Ashland Senior Center will continue through June, with new pieces added this month. Come check out the show during our public hours!



Meet with HomeShare Oregon Ashland Senior Center

FREE. Appointment required: 541-488-5342

HomeShare Oregon is a 501(c)(3) nonprofit that expands access to affordable housing through homesharing – connecting homeowners with space to spare with renters seeking affordable housing. This is a common sense, immediate resource to prevent housing instability, while gaining companionship, financial resilience, an increased sense of security and help with household tasks.

Earn extra income, build community and help provide affordable housing by opening your doors to a compatible housemate!

Meet with Toni Wallick, Outreach Coordinator for HomeShare Oregon, in a one-on-one appointment at Ashland Senior Center. **Appointment required; call 541-488-5342 to schedule.**

Learn more at homeshareoregon.org.

Japanese Garden: Guided Walks for Seniors & Friends

Wednesday, April 9, 1-2:30pm

FREE. Registration required: 541-488-5342

Join us for a free, guided walk of the beautiful Japanese Garden in Lithia Park. Enjoy the spring blossoms and learn about this world-class addition to Ashland! This walk will be led by APRC volunteer Patty Winner. Space is limited so sign up soon!



ASHLAND
JAPANESE
GARDEN

The walks will be held at a slow pace and stay on accessible paths, to accommodate any participants with mobility limitations. **Please meet at the front entrance of the Japanese Garden, facing Winburn Way.** Parking is available in lots up or down the hill.



Gentle Yoga continued from page 1

This workshop blends Hatha Yoga's mindful movements with longer-held Yin Yoga poses to target the muscles and fascia. We will integrate yoga props and Tune-Up therapy balls to promote flexibility, range of motion, tension release, and overall well-being.

This floor-based workshop is designed to cater to all skill levels from beginners to experienced yoga practitioners.

Wear warm, comfortable layers and socks, and bring your yoga mat and water bottle. Please silence or leave your cell phone and smart watches at home.

Taught by **Cheri Theobald**, who also teaches the Gentle Yoga classes at Ashland Senior Center.

SENIOR ACTIVITIES CALENDAR

APRIL 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (L) Lithia Park (Z) Zoom \$(Fee)

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

1
9a Farmer Market Walk \$
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

2
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Young at Art \$
2p Balance in Place (G) \$

3 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Go

4
CLOSED except for:
11:30a F&F lunch
1p GSSO concert: Cinzia Milani

7 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30 Beginning Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

8
9a Farmer Market Walk \$
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

9
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
1p Japanese Garden Walk (L)
2p Balance in Place (G) \$

10 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
10a Advance Directives Assistance
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G) \$

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

14 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30 Beginning Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

15
9a Farmer Market Walk \$
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

16
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Valley Duo
2p Balance in Place (G) \$
5:30p Dementia Caregiver Group (Z)

17 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G) \$
1p Go

18
CLOSED except for:
11:30a F&F lunch

21 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30 Beginning Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

22
9a Farmer Market Walk \$
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

23
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
1p AARP Driver Safety \$
2p Balance in Place (G) \$

24 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)
1p AARP Driver Safety \$

25
CLOSED except for:
11:30a F&F lunch
2pm Yoga Workshop (\$)

28 Strength & Balance \$ - See Website
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30 Beginning Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

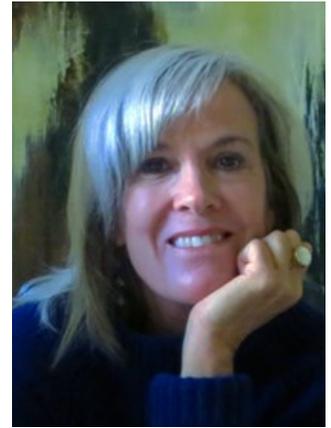
29
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

30
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Rogue Community Health - Supplements
2p Balance in Place (G) \$

Please call 541-488-5342 to schedule an appointment for Device Tutoring, Advance Directive Planning or for general program information.

Volunteer Spotlight: Debra Johnson

Meet Debra Johnson, a valued and highly qualified volunteer who offers monthly appointments for Advance Care Planning to seniors at Ashland Senior Center. She holds an M.A. in Gerontology and worked as a Geriatric Care Manager in California for 20 years before semi-retiring to Ashland in 2015. Her local community involvement began when she became an active member of ASAC (Ashland Senior Advisory Council) in 2021. Since 2022, she has provided information, guidance and support to seniors to help them make informed decisions before facing age-related life changes.



The knowledge and experience she shares through working with seniors individually on Advance Directives & Portable (or Physician) Orders for Life-Sustaining Treatment (POLST) or, more recently, by presenting a workshop on **EngAGEMENT: Enhancing Connections As We Age** shows her strong belief that knowledge and connection empowers seniors to feel secure with their informed decisions about the future. "We all need to support one another as we grow older" says Debra who is a curious, creative, and generous person in both word and deed. Thank you for your thoughtful dedication to seniors!



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, April 1: Crip Camp: A Disability Revolution (1h 48m) 2020 R - Documentary

In 1971, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement. This spirited look at grassroots activism is executive produced by Barack and Michelle Obama.

Stars: Larry Allison, Judith Heumann, James LeBrecht, Denise Sherer Jacobson, and Stephen Hofmann

TUESDAY, April 8: The Children's Train (1hr 46min) 2024 TV-MA - Drama, History (Dubbed in English with closed captions.) In 1946 Italy, a boy is sent north by his mother to live with another woman and escape poverty.

Stars: Barbar Ronchi, Barbara Rossi, Stephano Accorsi

TUESDAY, April 15: Joy - The Birth of IVF (1hr 55min) 2024 PG-13 - Biography, Drama

Joy tells the remarkable true story behind the ground-breaking birth of Louise Joy Brown in 1978, the world's first 'test-tube- baby', and the tireless 10-year journey to make it possible.

Stars: Bill Nighy, James Norton, Thomasin McKenzie

TUESDAY, April 22: 4L (1hr 45min) 2016 TV-MA - Comedy, Adventure (Dubbed in English with closed captions.) Tocho and Jean Pierre, 2 old friends, reunite to recreate their youthful journey from Spain to Mali to visit their dying friend.

Stars: Jean Reno, Hovick Keuchkerian, Susana Abitua

TUESDAY, April 29: The Center Will Not Hold (1hr 38min) 2017 TV-14 - Documentary

Literary icon Joan Didion reflects on her remarkable career and personal struggles in this intimate documentary directed by her nephew, Griffin Dunne.

Stars: Joan Didion

Closed Captioning always offered when available.

Selections subject to change without notice.



Featured Activities & Classes

Join one of our ongoing activities!

Game groups: weekly cribbage, go, mah jongg, and spades

Line Dancing: weekly classes, three levels

Tai Chi: weekly classes, three levels

Yoga: three classes weekly

Young at Art: monthly art class

Weekly Movie

See calendar on page 3.

Registration required: 541-488-5342.

Learn more at ashlandseniorservices.org.

Digital Education

FREE. Registration required:

541-488-5342



Tutorials to Use Library Digital Resources

3rd Wednesdays, 2-3:30pm

- **May 21: End of Life Planning for Your Online Accounts** – This program will help you, and your loved ones, take practical steps to prepare your digital estate plan.

Technology Basics Classes

3rd Wednesdays, 2-3:30pm

- **July 16:** Windows Basics for PC Computers

ASAC Update

Ashland Senior Advisory Committee will meet next on **May 12, 3:30-5pm** in person at Ashland Senior Center. 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 Resources



Fraud Fighter Summit & Expo

Saturday, April 12, 9:30am-1:30pm

Smullin Center, 2825 E Barnett Road, Medford

FREE. Registration required:

events.aarp.org/FraudFightSOR

or 1-877-926-8300

Learn valuable tips to fight fraud and protect yourself and your family. Visit the expo and engage with partners who can answer your questions and provide resources for you and those you care for. Don't miss this opportunity to empower yourself with knowledge and connect with experts in the field. Lunch will be provided.



February 5 – April 11

Wednesdays 9-3pm and Fridays 9-1pm

Lower Level Stevenson Union

SOU, 1250 Siskiyou Blvd

Call for an appointment: 541-708-9346.



ACCESS Senior Fair

Tuesday, April 8, 9am-4pm
Rogue X, 901 Rossanley Dr,
Medford

The ACCESS Senior Fair is an annual event dedicated to connecting community members with essential resources tailored to seniors. The fair brings together a diverse range of exhibitors such as healthcare providers, assisted living facilities, senior-focused social service agencies, financial planning and legal professionals, local hospitals, and art organizations showcasing creative programs for seniors.

In addition to providing valuable resources, the Senior Fair features engaging breakout sessions, entertaining activities like bingo, and more!



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Ashland, OR 97520

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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.