



Senior News May 2025



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

See pages 2&5 for full details of the events listed below.

All events occur at Ashland Senior Center.

All events are FREE, but registration is required: 541-488-5342



Stroke:
Recognizing and Responding
to this Medical Emergency
Monday, May 5, 1-3pm

Understanding **CANCELED**

Pickleball Rules
Wednesday, May 28, 1-2pm
Or Monday, June 9, 1-2pm



How to be Smokewise:
DIY Class for Indoor Air Quality
Monday, May 19, 1-2pm

Special Art Class!

A Most Cherished Memory
Wednesday, May 28, 2:30-4pm



End of Life Planning
for Your Online
Accounts

Wednesday, May 21, 2-3:30pm



Downsizing for Seniors:
Step by Step
Monday, June 2, 1-2pm



Rescheduled!

The Valley Duo: Music for
the Boomer Generation
Friday, June 6, 2-3pm



Ashland Senior Center will be closed on May 26
in observance of Memorial Day .

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.**

Stroke (Monday, May 5, 1-3pm)

In this presentation, you'll learn about:

- What is a stroke?
- Identifying signs and symptoms of a stroke
- Stroke risk factors
- Stroke prevention

Snacks will be provided.

Presenter: **Janice Tecmire, RN, BSN, CRRN,**
Providence Stroke Program Coordinator

Smokewise (Monday, May 19, 1-2pm)

You can build your own air filter (a \$50 value), learn about the emergency system for alerts and understand how to be more ready for smoke and wildfire disasters.

Space is limited so sign up now!

Presenter: **Sara Jones,**
Community Engagement
Coordinator for Ashland Forest
Resiliency, Ashland Fire & Rescue,
Wildfire and Community Risk Reduction Division.



End of Life Planning

(Wednesday, May 21, 2-3:30pm)

This program will help you, and your loved ones, take practical steps to prepare your digital estate plan, including:

- Taking inventory of your accounts
- Documenting multi-factor authentication types for accounts and passwords
- Creating legacy contacts and Inactive account managers
- Which type of accounts you should close first, and which should be last
- The need for a post-death directive for how your executor should handle these accounts



Presenter: **Nicole Vukcevic,** Jackson
County Technology Education Services
staff.

Understanding Pickleball Rules (Wednesday, May 28, 1-2pm)



Are you interested in trying a fun and fast-growing sport? Join us to learn pickleball rules so you can feel confident joining a beginning pickleball class! This indoor class will utilize visual aids to teach the rules of pickleball.

Presenter: **Cori Frank** is the founder of the Ashland Oregon Pickleball Club (AOPC) who teaches pickleball through OLLI and the Ashland YMCA .

Cherished Memory Art Class (Wednesday, May 28, 1-2pm)



We're excited to be hosting a special art class in conjunction with our work on an *Ageing Well* project with nursing students from Oregon Health & Science University (OHSU) this term. Participants will have the opportunity to reflect on and express a meaningful moment from their lives. Bring your story and your imagination. Let's create, connect, and celebrate the memories that shaped us. Completed art pieces may be featured in a display at Ashland Senior Center at end of the project.

Facilitators: **Angelica Little Eagle** and **Lauren Dimick,**
OHSU students .

Downsizing for Seniors (Monday, June 2, 1-2pm)



This class will cover:

- Decluttering process
- Financial options
- Available resources
- Timelines

Presenter: **Jesse Troyer** from Farmington Square



SENIOR ACTIVITIES CALENDAR

MAY 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

(L) Lithia Park

(Z) Zoom

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

5 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) \$
1p Stroke Education

12 Strength & Balance \$ - See Website
9a Senior Walkabout (L) \$
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) \$

19 Strength & Balance \$ - See Website
9a Senior Walkabout (L) \$
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) \$
1p Smokewise

26 CLOSED



6
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

13
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

20
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

27
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

7
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Young at Art

14
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
5:30p Dementia Caregiver Group (Z)

21
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p JCLS: End of Life for Online Accounts

28
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2:30 Art Class: Cherished Memory

1 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

8 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) \$

15 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

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

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

2
CLOSED except for:
11:30a F&F lunch

9
CLOSED except for:
11:30a F&F lunch

16
CLOSED except for:
11:30a F&F lunch

23
CLOSED except for:
11:30a F&F lunch

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

Volunteer Spotlight: Deborah Kyle & Doug Turner

Deborah Kyle and Doug Turner are part of the RVCOG Food & Friends (F&F) team at Ashland Senior Center. Eight years ago, Deborah and Doug responded enthusiastically to the volunteerism call after reading a beseeching plea from F&F in the Ashland Parks and Rec Playguide. Deborah joined F&F as a kitchen volunteer on her 65th birthday, making her and our lunch patrons' day doubly memorable. Doug, her partner of 26 years, joined her to volunteer as a F&F home delivery driver.



Deborah and Doug both started life in California but have lived in the Rogue Valley for 45 years. Deborah spent 40 years in dentistry. Doug followed the corporate path in management and as a financial advisor. Their family includes the recent birth of a great-granddaughter who keeps them smiling dotingly! With their shared interests in exploring nature, playing games and serving the people in the Ashland community, this kind and helpful couple bring joy and smiles to the patrons of Food & Friends at Ashland Senior Center. Thank you so much for all you do and all the kindness you serve!



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, May 6: Joy - The Birth of IVF (1hr 55min) 2024 PG-13 - Biography, Drama
(Showing was originally scheduled for April 15.) 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, May 13: Rita Moreno-Just a Girl Who Decided to Go For It (1hr 30min)
2021 PG-13 - Documentary**

Emmy, Grammy, Oscar and Tony winner Rita Moreno helps narrate the story of her remarkable 70-year career with audacity and wry humor.

Stars: Rita Moreno

TUESDAY, May 20: Everest (2hr 1min) 2015 PG-13 - Docu-drama, Thriller

On May 10, 1996, mountain guides Rob Hall and Scott Fischer combined their expedition teams for a final ascent to the summit of Mount Everest.

Stars: Jason Clarke, Josh Brolin, Jake Gyllenthal, Emma Watson, Keira Knightly

**TUESDAY, May 27: The Wonderful Story of Henry Sugar & 3 more (1hr 28min)
2024 PG -Comedy, Drama, Fantasy**

Wes Anderson faithfully adapts 4 Roald Dahl short stories in this anthology led by the Oscar winning tale of a gambler who masters an amazing skill.

Stars: Benjamin Cumberbatch, Ralph Fiennes, Ben Kingsley, Dev Patel



*Closed Captioning always offered when available.
Selections subject to change without notice.*



Featured Activities & Classes

Valley Duo Concert (Friday, June 6, 2-3pm)

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!



This event was originally scheduled for April 16 but had to be rescheduled due to the Senior Center closure for roof repairs.

Digital Technology Tutoring

FREE. By appointment at Ashland Senior Center: 541-488-5342

One-on-one tutoring session for computers, smartphones, and tablets.

Also available at Ashland Library, by appointment: 541-734-3990

ASAC Meeting

Monday, May 12, 3:30-5pm

In-person meeting of the Ashland Senior Advisory Committee at Ashland Senior Center. This meeting is open to the public. The agenda will be posted at AshlandOregon.Gov/AgendasMinutes.

Community Resources

Sound the Alarm Event

Saturday, May 10

FREE. Request fee smoke alarm installation: 833-386-0043 or Preparedness@redcross.org

Smoke alarms save lives! Working smoke alarms can cut the risk of death from home fires in half. That's why the American Red Cross is rallying volunteers, fire departments and partners to *Sound the Alarm*. Together, they're installing FREE smoke alarms in our community. Request a smoke alarm installation today at the phone or email above!

Learn more about this program at redcross.org/local/oregon/about-us/our-work/home-fire-campaign.

Community Resources

Social Security Office Appointment Tips

Local Office Address: 3501 Excel Dr, Ste 101, Medford

Schedule an appointment.

1. Call the local SS Office Medford, OR at (866) 931-7943, or the national number at 1-800-772-1213 (TTY 1-800-325-0778). Since January 2025, an appointment is required. Absolutely no walk-ins.

2. Make an appointment online by visiting ssa.gov Generally, the following can be accomplished via online requests: application for benefits, apply for or replace a Social Security card, update contact information, name change, application status, and updates to direct deposit information.

Bring the necessary documents.

1. One or two forms of identification:
 - unexpired driver's license,
 - unexpired state issued id,
 - unexpired passport,
 - birth certificate
2. Proof of US citizenship or legal residency status (if applicable)
3. Proof of address:
 - 1 – 2 pieces of mail addressed to you (utility bill, bank statement, social security statement)
4. Social Security card (if you have it)

Arrive early. Arrive at least 15 minutes before your appointment. Express check-in is available with a smart phone app - SSA Office *Mobile Check-In Express*

Even if you arrive early, you may encounter waiting times.

Bring a pen & paper, water, snacks, a phone charger, and a book. Stay calm and patient. Office workers are doing their best!

Please note that this information is current as of April 2025 and subject to change.





Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



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Thank you to our partners and sponsors!



Ashland Oregon
Pickleball Club



FARMINGTON
SQUARE



OHSU



SMOKEWISE
ASHLAND

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