



Senior Services Division

# Senior News

## June 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 page 2 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*



FARMINGTON SQUARE

### Downsizing for Seniors: Step by Step

Monday, June 2, 1-2pm

**Rescheduled!**



### The Valley Duo: Music for the Boomer Generation

Friday, June 6, 1-2pm



### Ready, Set, Go! Emergency Tips for Seniors

Wednesday, June 11, 1-2pm



### AARP Driver Safety:

**We Need to Talk**

Friday, June 13, 10-11am or 1-2pm

### Cookout for Seniors & their Families

Saturday, June 28, 11:30am-1pm

Join us for a  
**FREE**  
**COOKOUT**  
FOR SENIORS &  
THEIR FAMILIES

**SAT, JUNE 28, 2025**

**11:30am - 1pm**

in Hunter Park next to  
Ashland Senior Center

1699 Homes Avenue, Ashland

Vegetarian option available

Sign up at 541-488-5342

Sponsored by:



Senior Services Division

Village  
at Valley View



**Ashland Senior Center will be closed on June 19  
in observance of Juneteenth.**

# 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](http://ashlandoregon.gov/register). Register [online](#) or call 541-488-5342. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

## ***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



## ***Valley Duo: Music for the Boomer Generation*** (Friday, June 6, 1-2pm)

**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.

## ***Ready, Set, Go! Emergency Preparedness Tips for Seniors***

(Wednesday, June 11, 1-2pm)

Join us for this free workshop on all things emergency preparedness for seniors, facilitated by **Kelly Burns**, the City of Ashland Emergency Manager.



Topics will include:

- Evacuation planning and preparedness (including zones, routes and go-kits)
- Communications planning (including signing up for emergency alerts and family/friend communications planning)
- Discussion on accessible resources related to being better prepared for disasters
- And more!



## ***AARP Driver Safety: We Need to Talk***

(Friday, June 13, 10-11am or 1-2pm)

The seminar offers practical tips and advice to help you determine how to assess your loved one's driving skills and provides tools to help you have these important conversations. Although anyone can take the seminar, it may be especially helpful to caregivers who are caring for their parents or older loved ones and wondering if it may be time for them to limit or stop driving. The seminar is interactive, and consists of a combination of text, video footage, audio activities, and downloadable handouts.

*We Need to Talk* offers tips and advice to help participants learn how to:

- Recognize the value of driving to older adults and how a perceived loss of independence can affect decision making;
- Make objective observations of driving skills;
- Learn how to meet transportation needs if driving is limited;
- Develop a plan to create opportunities for successful and sensitive conversations about limiting or stopping driving and transportation needs.

Presenter: **Lesley Johnson**, AARP Volunteer.

## ***Cookout for Seniors & their Families***

(Saturday, June 28, 11:30am-1pm)



Join us for this intergenerational event celebrating friends, family and SUMMER! The **Village at Valley View** and the **City of Ashland Police Department** are our co-sponsors. Together, we'll be serving up tasty cookout food! Sign up soon for this much-anticipated event.

# SENIOR ACTIVITIES CALENDAR

## JUNE 2025

All events occur at Ashland Senior Center unless otherwise noted.

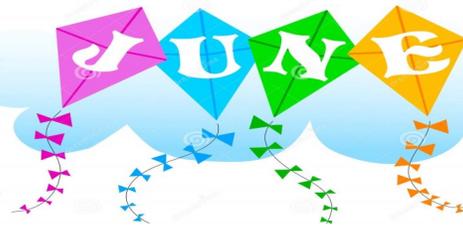
(G) The Grove

(L) Lithia Park

(Z) Zoom

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Strength &amp; Balance \$ - See Website</b>  <b>9a Senior Walkabout (L) \$</b>  <b>9:30a Tai Chi 3 (G) \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30 Beginning Line Dance (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Line Dance 1 (G) \$</b>  <b>1p Downsizing for Seniors</b></p>	<p><b>3</b>  <b>9:30a Tai Chi 1 (G) \$</b>  <b>9:30a Discussion Group</b>  <b>10a SHIBA</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Cribbage</b>  <b>1p Movie</b></p>	<p><b>4</b>  <b>9:15a Gentle Yoga \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30a F&amp;F lunch</b>  <b>2p Young at Art \$</b></p>	<p><b>5 Strength &amp; Balance \$ - See Website</b>  <b>9:30a Tai Chi 2 (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Mah Jongg/Spades</b>  <b>1p Line Dance 2 (G) \$</b>  <b>1p Go</b></p>	<p><b>6</b>  <b>CLOSED</b> except for:  <b>11:30a F&amp;F lunch</b>  <b>1p Valley Duo Concert</b></p>
<p><b>9 Strength &amp; Balance \$ - See Website</b>  <b>9a Senior Walkabout (L) \$</b>  <b>9:30a Tai Chi 3 (G) \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30 Beginning Line Dance (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Line Dance 1 (G) \$</b></p>	<p><b>10</b>  <b>9:30a Tai Chi 1 (G) \$</b>  <b>9:30a Discussion Group</b>  <b>10a SHIBA</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Cribbage</b>  <b>1p Movie</b></p>	<p><b>11</b>  <b>9:15a Gentle Yoga \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Ready, Set, Go! Emergency Preparedness Tips</b></p>	<p><b>12 Strength &amp; Balance \$ - See Website</b>  <b>9:30a Tai Chi 2 (G) \$</b>  <b>10a Advance Directives Assistance</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Mah Jongg/Spades</b>  <b>1p Line Dance 2 (G) \$</b></p>	<p><b>13</b>  <b>CLOSED</b> except for:  <b>10a AARP: We Need To Talk</b>  <b>11:30a F&amp;F lunch</b>  <b>1p AARP: We Need To Talk</b></p>
<p><b>16 Strength &amp; Balance \$ - See Website</b>  <b>9a Senior Walkabout (L) \$</b>  <b>9:30a Tai Chi 3 (G) \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30 Beginning Line Dance (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Line Dance 1 (G) \$</b></p>	<p><b>17</b>  <b>9:30a Tai Chi 1 (G) \$</b>  <b>9:30a Discussion Group</b>  <b>10a SHIBA</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Cribbage</b>  <b>1p Movie</b></p>	<p><b>18</b>  <b>9:15a Gentle Yoga \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30a F&amp;F lunch</b>  <b>5:30p Dementia Caregiver Group (Z)</b></p>	<p><b>19 CLOSED</b></p> 	<p><b>20</b>  <b>CLOSED</b> except for:  <b>11:30a F&amp;F lunch</b></p>
<p><b>23 Strength &amp; Balance \$ - See Website</b>  <b>9a Senior Walkabout (L) \$</b>  <b>9:30a Tai Chi 3 (G) \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30 Beginning Line Dance (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Line Dance 1 (G) \$</b></p>	<p><b>24</b>  <b>9:30a Tai Chi 1 (G) \$</b>  <b>9:30a Discussion Group</b>  <b>10a SHIBA</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Cribbage</b>  <b>1p Movie</b></p>	<p><b>25</b>  <b>9:15a Gentle Yoga \$</b>  <b>10:30a Gentle Yoga \$</b>  <b>11:30a F&amp;F lunch</b></p>	<p><b>26 Strength &amp; Balance \$ - See Website</b>  <b>9:30a Tai Chi 2 (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Mah Jongg/Spades</b>  <b>1p Line Dance 2 (G)</b></p>	<p><b>27</b>  <b>CLOSED</b> except for:  <b>11:30a F&amp;F lunch</b></p>
<p><b>30</b>  <b>9a Senior Walkabout (L) \$</b>  <b>9:30a Tai Chi 3 (G) \$</b>  <b>11:30 Beginning Line Dance (G) \$</b>  <b>11:30a F&amp;F lunch</b>  <b>1p Line Dance 1 (G) \$</b></p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>For questions about Food &amp; Friends lunch service, please call 541-488-9850.</p> </div>		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Please call 541-488-5342 to schedule an appointment for Device Tutoring, Advance Directive Planning or for general program information.</p> </div>	



## Patron Spotlight: Jehan de Saram

Jehan de Saram, a resident of Ashland since 2022, was born on the Indian Ocean island of Sri Lanka. He emigrated to the USA in the turbulent year of 1968 with his parents & 2 younger sisters. He entered high school in New Brunswick, New Jersey totally unprepared for American 1960's teen culture and the prevalent counterculture activism. On his first day, he quickly learned that his Sri Lankan boys' school uniform of white shirt & tie drew unwanted attention to his tall lanky frame and his "foreign-ness." He became known as the starving boy from Biafra (where war and famine raged at the time.) Once he found his own niche of counterculture friends, he grew into his second culture self. He developed an American accent, wore tatty jeans and allowed his black hair to grow long. He made a success of adapting to life in the USA where he eventually ran departments at the Pacific Stock Exchange and then, Wells Fargo Bank in San Francisco. He has truly traversed a long and winding road to become a much-loved participant at Ashland Senior Center.



### WEEKLY MOVIE MATINEES Showtime 1:00pm

**TUESDAY, June 3: Lion (1hr 58min) 2016 PG-13 - Drama, Biography, Coming-of-Age**  
Years after being separated from his mom and adopted by an Australian couple, an Indian man returns to his hometown determined to find his birth family.  
*Stars: Dev Patel, Nicole Kidman, Rooney Mara*

**TUESDAY, June 10: How to Make Millions Before Grandma Dies (2hr 5min) 2024 PG - Comedy, Drama, Family** (Thai language film dubbed in English with closed captions.)  
A college dropout decides to care for his ailing grandmother with hopes of earning her affection — and ultimately, her inheritance.  
*Stars: Putthipong Assaratanakul, Tontawan Tantivejakul, Usa Semkhum*

**TUESDAY, June 17: Pride and Prejudice (2hr 7min) 2005 PG - Romantic, Comedy**  
This movie adaptation of *Pride and Prejudice* is a classic and many praise it as the best adaptation of the 1813 Jane Austen novel.  
*Stars: Kiera Knightly, Donald Sutherland, Matthew MacFayden, Judi Dench*

**TUESDAY, June 24: Spanglish (2hr 10min) 2004 PG-13 - Romantic, Comedy, Family**  
Mexican immigrant and single mother Flor Moreno finds housekeeping work with Deborah and John Clasky, a well-off couple with two children of their own.  
*Stars: Adam Sandler, Tea Leoni, Cloris Leachman, Paz Vega*

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



## Featured Activities & Classes

### 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 Update

At the May 12 meeting of the Ashland Senior Advisory Committee (ASAC) members reviewed the new City Commission and Committee Handbook as well as required policies and training. Staff adjusted member term dates to align with new City guidelines. The meeting schedule was also shifted from bimonthly to quarterly.

ASAC will meet next on **July 14, 3:30-5:00pm** in-person at Ashland Senior Center. All meetings are open to the public. The agenda will be posted at [AshlandOregon.Gov/AgendasMinutes](http://AshlandOregon.Gov/AgendasMinutes).

ASAC welcomes public input! Please submit comments to [seniorinfo@ashlandoregon.gov](mailto:seniorinfo@ashlandoregon.gov) or 541-488-5342.

## Community Resources



### Coffee & Conversation with City Council & Staff

This spring and summer, enjoy *Coffee and Conversation* with Ashland's City Council and staff at a local park. Stop by for a casual meet-and-greet and enjoy a cup of coffee:

- June 17, 1 to 2:30 p.m. at Railroad Park

These informal gatherings have no set agenda—just a chance to connect. The City looks forward to seeing you there, because in Ashland, **"We are better together!"**

## Community Resources



### Connecting Oregonians to resources

**211info** is an Oregon based private nonprofit whose mission is to "empower community by helping people identify, navigate and connect with local resources." On the [211info.org](http://211info.org) website, you can browse through the guided search utility for resources in housing/shelter, crisis hotlines, utility assistance and much more. A 150-strong workforce with navigators who often live & work in local areas provides information via phone (dial 211 or 866-698-6155), SMS (send your zip code to 898211), or email ([help@211info.org](mailto:help@211info.org)).



### Stay Informed of changes to Oregon Department of Human Services (ODHS)

Changing federal policies may impact the services and supports that **ODHS** provides. Here are 3 ways to follow the latest information on how federal changes may affect **ODHS**:

1. Visit the ODHS website at [oregon.gov/odhs/news/pages/federal-updates.aspx](http://oregon.gov/odhs/news/pages/federal-updates.aspx)
2. Subscribe to the newsletter by submitting your email address on [bit.ly/odhsPartnerNewsletter](http://bit.ly/odhsPartnerNewsletter)
3. Subscribe to news releases by submitting your email address on [bit.ly/odhsNewsReleases](http://bit.ly/odhsNewsReleases)



### Need help understanding or making changes to your Medicare?

Call for a free appointment with **SHIBA** (Senior Health Benefits Insurance Assistance): 541-857-7780. You can request to meet a SHIBA counselor at Ashland Senior Center or receive help over the phone. **SHIBA** is a non-biased, nonprofit organization without ties to any insurance companies.





Senior Services Division  
1699 Homes Avenue  
Ashland, OR 97520

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**PAID**  
PERMIT #149  
MEDFORD, OR

RETURN SERVICE REQUESTED

Thank you to our partners and sponsors!



FARMINGTON  
SQUARE



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