



Senior Services Division

Senior News July 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



**Pharmacist Talk:
What You Need to Know
About Cholesterol**

Wednesday, July 9, 2-3:30pm



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**Climate/Health Survey &
gift card.**

Friday, July 18, 1pm



**JCLS Tech Basics
for Android
Phones & Tablets**

Wednesday, July 16, 2-3:30pm



**Activity Spotlight:
Weekly Movie Matinee**

Tuesdays, 1pm



**AARP Driver
Safety Course**

Thursday & Friday,
July 23 & 24, 1-4:15pm

Save these August dates...

- ❖ Ice Cream Social
Wednesday, August 13, 2-3:30pm
- ❖ RVTD Travel Training
Wednesday, August 20, 2-3:30pm
- ❖ Jennine Greenwell, (Jackson County HSS, healthcare presentations)
Mondays, August 11 & 25

**Ashland Senior Center will be closed on July 4
in observance of Independence 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.

Pharmacist Talk: What You Need to Know About Cholesterol



(Wednesday, July 9, 2- 3:30pm)

Join us for an informative presentation all about cholesterol - what it is, why it matters, and how to manage it through simple lifestyle changes. Learn helpful heart healthy tips and debunk cholesterol myths. Whether you're looking to improve your heart health or just curious, you'll leave feeling informed and empowered. Light refreshments will be served!

Presenter: **Brandon Berioso**, Pharmacist with Rogue Community Health

Tech Basics: Android Phones & Tablets

(Wednesday, July 16, 2-3:30pm)



Don't miss this educational opportunity to learn more about the basics of using your Android phones and tablets.

Phones or tablets are not provided to attendees, please bring your own charged device. There will be time set aside for questions and answers.

Presenter: **JCLS Digital Services staff**

Free Library at Ashland Senior Center



Come find your next great read or share a favorite you finished. We are currently accepting donations for the Free Library of large print books and (somewhat current) issues of magazines. Some of our patrons' favorite magazines are: People, Nat Geo, the New Yorker, the Atlantic, Reader's Digest, and BH&G.



Driver Safety Course

(Wednesday & Thursday,
July 23 & 24, 1-4:15pm)

\$20 for AARP members/\$25 for non-members



This is a two-day refresher course specifically designed for drivers aged 50 and older. After completion of the course, you may be eligible for a discount on your auto insurance, depending on your insurance company's policies. Space is limited. Call now to register: 541-488-5342

Instructor: **Jim Nagel**, AARP Volunteer.



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The 2025 State Health Improvement Plan (SHIP) is conducting a second survey to gather public input on how to implement health priorities selected by Oregonians in a previous survey.

Let your voice be heard and receive \$25 gift card by taking a climate/health survey. Join [Ashland Climate Collaborative](#) at Ashland Senior Center on **Wednesday, July 18, 1pm**. Register to attend by calling 541-488-5342.



Activity Spotlight: Weekly Movie Matinee

(Tuesdays, 1pm)

Escape the summer heat at Ashland Senior Center! Come relax and cool down while watching a movie and munching freshly made popcorn. Read about this month's "not to be missed" line-up on the movie schedule insert. And, that's a WRAP!



SENIOR ACTIVITIES CALENDAR

JULY 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

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

1

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

2

11:30a F&F lunch
2p Young at Art \$

3 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

4

CLOSED
Independence Day



7 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) \$

8

9:30a 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
2p RCH Pharmacist Talk : What you need to know about Cholesterol

10 Strength & Balance \$ – See Website

9:30a Tai Chi 2 (G) \$
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

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

9:30a 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 Tech Basics: Android phone/tablet
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
1p Climate Survey

21 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) \$

22

9:30a 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 \$

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

28 Strength & Balance \$ - See Website

9:30a Tai Chi 3 (G) \$
11:30 Beginning Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

29

9:30a 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

31 Strength & Balance \$ – See Website

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

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

Patron Spotlight: Ishmael Johnson

Ishmael Johnson, a self-declared armchair general, has been a reliable patron of Ashland Senior Center for the last two years. He grew up in the American South before following the age-old advice to “head west, young man.” He first settled in Denver, Colorado before moving to Oregon, where he has lived for the last 10 years. In Oregon, he began exploring his artistic side by sketching with pencil and painting with oils. His art displays both a sensitivity to his surroundings and a humorous light-heartedness. He has practiced yoga for 15 years, Tai Chi for 1 year and walks 2 miles daily. In retirement, Ishmael pursues his interests in Islam, literature and archaeology, and dotes on his parakeets, Tweety Bird & Chewy. Ishmael provides a calm, steady presence during Food & Friends’ lunch times, where he especially enjoys an extra cookie or two.



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, July 1: Rear Window (1hr 50min) 1954 PG Thriller, Drama, Mystery

Confined to a wheelchair after an accident, a recuperating news photographer spends his time watching the occupants of neighboring apartments through a telephoto lens and binoculars and believes he has witnessed a murder.

Stars: James Stewart, Grace Kelly, Raymond Burr, Thelma Ritter

TUESDAY, July 8: Garbo-Where Did You Go? (1hr 41min) 2024 PG Nostalgia, Documentary

This in-depth portrait of actor Greta Garbo tracks her rise to fame and eventual retreat from the limelight through reenactments and archival material.

Stars: Greta Garbo

TUESDAY, July 15: Nonnas (1hr 54min) 2025 PG Comedy, Family

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonna's - grandmothers - as the chefs.

Stars: Vince Vaughn, Lorraine Bracco, Talia Shire, Brenda Vaccaro, Linda Cardellini, Susan Sarandon

TUESDAY July 22: Charlie Wilson’s War (1hr 41min) 2007 R Political Comedy-Drama

In the 1980s ,U.S.Rep. Charlie Wilson, Texas socialite Joanne Herring and CIA agent Gust Avrakotos form an unlikely alliance to boost funding for Afghan freedom fighters in their war against invading Soviets.

Stars: Tom Hanks, Julia Roberts, Philip Seymour Hoffman, Emily Blunt

TUESDAY July 29: Clive Davis:The Soundtrack of our Lives (2hr 4min) 2017 TV-MA

This music-driven documentary charts Clive Davis’ 50-year career as one of the most influential record moguls.

Stars: Clive Davis, Aretha Franklin, Paul Simon, Bruce Springsteen, Janis Joplin

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



Community Resources



The Art of Aging Well Art Exhibition

(through July 31 during Senior Center normal operating hours)

Come enjoy the inspiring display of collage art created by seniors, showing what aging well means to them. Thanks to OHSU students, **Angelica Little Eagle & Lauren Dimick** for sharing their project and facilitating the art class.

ASAC Update

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.

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

Be a Classroom Grandparent Earn Extra Cash!

You can make a difference in children's lives as a **Foster Grandparent!**



Eligibility: You must be 55 or older.

Stipend: Earnings are not taxed and do not count against state or federal benefits.

Hours: Hours and locations are flexible. You can work as many as 40 hours a week.

Sign Up Today!
Call: 541-857-7786
www.cvnvolunteer.org



Community
Volunteer Network
A PIRS Organization

Feature Article

The Benefits of Small Groups

Written by **Beth Morris**, a certified personal trainer who specializes in working with older adults and the instructor of *Personalized Strength & Balance* classes.

As a personal trainer working with older adults (and an older adult, myself), I've witnessed firsthand the transformative power of small group programs at the Ashland Senior Center. Programs like my "Strength and Balance" class are more than just fitness Routines - they're environments that foster meaningful social connections for ages 50 and better.

Participants often arrive early, eager to catch up with friends, and many coordinate to sign up together, turning each class into a shared experience. Over time, these groups evolve into tight-knit communities. They celebrate each other's milestones, support one another through challenges, and even track each other's health journeys.

What's truly remarkable is how these connections extend beyond the walls of Ashland Senior Center. Members organize social gatherings, check in on each other during absences, and provide a network of support that's both physical and emotional. As one participant shared, "This class isn't just exercise; it's my community."

The benefits of such social engagement are well-documented. Studies have shown that strong social connections can improve mental health, boost immune function, and increase longevity. In our classes, I've seen participants become more active, confident, and joyful, attributing much of their well-being to the friendships they've formed.

Personally, I find myself equally uplifted by these sessions. The energy, laughter, and mutual support are contagious. It's a reminder that while exercise strengthens the body, community strengthens the spirit.

For those interested in joining, the Ashland Senior Center offers a variety of programs tailored to seniors' needs. It's not just about staying fit; it's about building connections that enrich every aspect of life.



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1699 Homes Avenue
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.