



Senior Services Division

Senior News August 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 and classes listed below.
All special events are FREE, but registration is required: 541-488-5342.**



JACKSON COUNTY
Health & Human Services



Educational Series: Health Literacy for Older Adults

I. Prepare for Your Medical Appointment

Monday, August 11, 1-3pm

II. Age Friendly Healthcare

Monday, August 25, 1-3pm

Ice Cream Social for Seniors & their Families

Wednesday, August 13, 2-3:30pm

ICE CREAM SOCIAL

for Seniors & Their Families

WEDNESDAY,
AUGUST 13, 2025

2:00 - 3:30 pm

In Hunter Park next to
Ashland Senior Center

FREE!

Music by Ashland Brass

Sign up at 541-488-5342



Senior Services Division



RVTD Travel Training

Wednesday, August 20, 1-3pm

Ashland Parks and Recreation
Community Values Survey
YOUR VOICE. YOUR VALUES. YOUR VISION

Community Members...
WE WANT TO HEAR FROM YOU!
Take the Community Values Survey and help guide the future of Ashland Parks & Rec

Survey Link: shorlink.to/APRCommunityValues Questions? We are here to help! 541.488.5340 | parksinfo@ashlandoregon.gov



Coming in September! Chair Yoga with Cheri

Mondays beginning September 8,

11:45am-12:30pm

See page 5 for full article.

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.

Registration required: 541-488-5342



Educational Series: Health Literacy for Older Adults

I. Prepare for Medical Appointments

(Monday, August 11, 1- 3pm)

II. Age Friendly Healthcare

(Monday, August 25, 1- 3pm)

Join us for this important educational series that will provide helpful tactics for older adults to navigate the sometimes confusing and overwhelming world of healthcare.

Presenter: **Jennine Greenwell, M.A.,
Older Adult Specialist**



Travel Training Program (Wednesday, August 20, 1-3pm)

This in-person program is designed to answer questions and ease any anxiety about using the RVTD fixed route bus system. Topics will include boarding, de-boarding, bus routes and best stops for shopping, appointments, visits with friends and family or, simply, enjoyable travel options in the beautiful Rogue Valley.

Presenter: **Mike Bowman, RVTD Travel Trainer**



Community Safety: Up-to-Date Information for Fire Season & Beyond

Be sure you are signed up for the new notification system for Jackson County:

[Jackson Alerts](#) complete the sign-up form online to receive notifications via phone call, text message, and/or e-mail or add 888777 to your phone contacts as "Jackson Alerts" to receive text alerts.

Other useful apps and links:

[Watch Duty](#) is a wildfire mapping and alert application that provides real-time information about wildfires and firefighting efforts. The app can be loaded to your smartphone or computer web browser.

[Genasys Protect](#) shows evacuation zones.

Visit [TripCheck](#) for evacuation routes.

* The above links can be accessed via the web.



Ice Cream Social for Seniors & their Families

(Wednesday, August 13, 2-3:30pm)

Come beat the heat at our annual ice cream social! Don't miss this afternoon in Hunter Park to share old-fashioned FUN with family and friends. Live musical entertainment will be provided by **Ashland Brass!**

Call now to register: 541-488-5342

Thank you to our generous sponsors:
Bristol Hospice & Village at Valley View.

Sugar Free option available.



SENIOR ACTIVITIES CALENDAR

AUGUST 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (L) Lithia Park

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.



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

1
CLOSED except for:
11:30a F&F lunch

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

5
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

6
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Young at Art \$

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

8
CLOSED except for:
11:30a F&F lunch

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

12
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

13
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p Ice Cream Social

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

15
CLOSED except for:
11:30a F&F lunch

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

19
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

20
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
1p RVTD Travel Training

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

22
CLOSED except for:
11:30a F&F lunch

25 Strength & Balance \$ - See Website
9:30a Tai Chi 3 (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$
1p Age Friendly Healthcare

26
9:30a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

27
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch

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

29
CLOSED except for:
11:30a F&F lunch

Patron Spotlight: Kumud Gokani

Kumud Gokani has been a resident of Ashland for 26 years and counting! She was born in Mumbai, India and grew up in the Nashik district in the state of Maharashtra. Kumud has lived in India, Kenya, and the UK and has travelled extensively around India, Europe, North America and in various countries of Africa. In Kumud's own words: "I am a good example of female empowerment. I came to America as Mrs. Gokani and with opportunity and hard-work, I became Kumud."



She is a local vegetarian cooking celebrity with 2 published cookbooks. She also produced a 150 episode cooking series that aired on RVTV called "Cooking with Kumud." She and her husband of 63 years, Krishna (now deceased), have 4 children, 6 grandchildren and 1 great-grandchild.

She continues to lead an active life traveling, hiking, dancing, and cooking. "I am so grateful to this community where many people hold me in their hearts. Thanks a lot, to my beloved community of friends." We too thank you, Kumud, for sharing your story and joy with us at Ashland Senior Center.



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, August 5: The Intern (2hr 1min) 2015 PG-13 Comedy, Drama

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower seizes the opportunity to become a senior intern at an online fashion site.

Stars: Robert DeNiro, Anne Hathaway, Renee Russo, Adam Devine

TUESDAY, August 12: The Great Waldo Pepper (1hr 47min) 1975 PG Adventure, Drama

A biplane pilot who had missed flying in WWI takes up barnstorming and later a movie career in his quest for the glory he had missed, eventually getting a chance to prove himself in a film depicting the dogfights in the Great War.

Stars: Robert Redford, Bo Svenson, Bo Brundin

TUESDAY, August 19: Widow Clicquot (1hr 54min) 2023 R Drama, Biopic

The story of Barbe-Nicole Ponsardin Clicquot, the woman responsible for the Veuve Clicquot champagne dynasty, that began during the late 18th and early 19th centuries in Revolutionary Napoleonic France.

Stars: Haley Bennett, Tom Sturridge, Sam Riley, Ben Miles

TUESDAY August 26: La Dolce Villa (1hr 39min) 2025 PG Romance, Comedy, Drama

When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it. He instead finds beauty, romance and a new purpose.

Stars: Scott Foley, Maia Reficco, Violante Placido, Guiseppe Fugia



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



Community Resources



OLLI at SOU Open House

Wednesday, August 6 • 1–4 p.m.

SOU Stevenson Union, 1118 Siskiyou Blvd., Ashland

- Exhibits from OLLI at SOU, SOU and community partners
- Upcoming Fall courses and activities
- Free refreshments • Valuable door prizes

OLLI Annual Membership Begins July 1!

- \$150 membership fee unlocks access to 300+ courses over 3 terms
- Activities and shared interest groups • Travel adventures



Southern OREGON UNIVERSITY

OLLI

Registration
required
sou.edu/olli
or call
541-552-6048



ASAC Update

At the July 14 meeting of the Ashland Senior Advisory Committee, ASAC members adopted a new charge from the Park Commission, to work with staff to interpret and implement PROS Plan Senior Services related items and to advise the Park Commission on policies related to Senior Services. Staff also provided updates on the PROS Plan Level of Service and Department Customer Service Model.

Ashland Senior Advisory Committee will meet next on **October 13, 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.

Feature Article

Chair Yoga Offers the Same Benefits as Other Yoga Practices

Chair Yoga offers a multitude of benefits, making it a versatile and accessible practice for people of all ages and abilities. Chair Yoga helps **improve flexibility, strength, balance, and mental well-being**, while also being a great option for those with limited mobility.

Chair Yoga is practiced while sitting on a chair or using a chair for support in standing poses. It provides a safe and effective way to improve flexibility, strength, and balance without requiring participants to get on the floor.

According to medical professionals, Chair Yoga can provide all the benefits of traditional yoga including lowered stress, reduced heart disease risk, improved sleep, better pain management, and improved overall happiness through community, movement, and mindfulness.

Whether you are a seasoned yogi or a beginner, Chair Yoga can be a fulfilling path toward better health that is both inclusive and empowering.

This article written by **Cheri Theobald**, an accredited 300+ hour yoga teacher with specialized training in Accessible Yoga and Meditation, Yin Yoga and Teaching Yoga to Seniors. She also teaches Gentle Yoga at Ashland Senior Center.



Chair Yoga

(Mondays beginning September 8,
11:45am-12:30pm)

This 45-minute gentle Chair Yoga class will focus on maintaining and enhancing balance, strength, and joint mobility while incorporating breathwork and guided relaxation. Monthly sessions will range from \$12- \$30 (\$6/class).

Instructor: **Cheri Theobald**

Register at ashlandoregon.gov/register or call 541-488-5342.



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1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



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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.