



Senior Services Division

Senior News October 2025

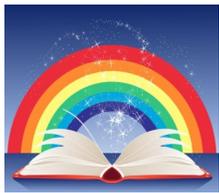
Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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.



Author Talk:
Ambuja Rosen
*Heal Your Mental Disorder:
The Doctors' Step-by-Step*

*Program for Conditions
from Dementia to Schizophrenia*

Monday, October 6, 1-3pm



Japanese Garden:
**Guided Walk for
Seniors & Friends**



Wednesday, October 22, 1-2:30pm



**Halloween
Treats**

Thursday, October 30, 12pm



Pharmacist Talk:
When Disaster Strikes

Wednesday, October 8, 2-3:30pm



JCLS Tech:
Cyber Security



Wednesday, October 15, 2-3:30pm

**SHIBA Medicare Open
Enrollment Support**

Call the SHIBA office 541-857-7780 for
appointments at Ashland Senior Center
Tuesdays & Thursdays,
October - December 2025

Special Appointments Only at Ashland Senior Center

Advance Directives Appointments with Debra Johnson on every 2nd Thursday of the month, 10am or 11am. By appointment ONLY.

NEW Senior Resource Hour Consultations with Jennine Greenwell, OABHI on every 2nd Tuesday of the month, 1:30pm or 2:30pm. By appointment ONLY.

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



Author Talk: Ambuja Rosen

(Monday, October 6, 1-3pm)

Ambuja Rosen is the author of *Heal Your Mental Disorder: The Doctors' Step-by-Step Program for Conditions from Dementia to Schizophrenia*. In the book, seven doctors explain how to get well using non-toxic remedies like minerals, diet, and lifestyle changes. Come hear **Ambuja** lay out the how-tos of this highly successful program.



ROGUE COMMUNITY HEALTH | *When Disaster Strikes*

(Wednesday, October 8, 2-3:30pm)

When disaster strikes, older adults often face extra hurdles in managing their medications. This presentation offers practical tips for families and caregivers to help loved ones stay safe and prepared - from organizing medication lists and emergency kits to planning for mobility or memory challenges. This presentation aims to share how small steps today can make a big difference when it matters most.

Presenter: **Amy Cervan**, Senior Director of Pharmacy at **Rogue Community Health**

SHIBA Medicare Open Senior Health Insurance Benefits Assistance Enrollment & Support

Medicare Open Enrollment runs from October 2 – December 4 this year. Call the SHIBA (Senior Health Insurance Benefits Assistance) office 541-857-7780 for appointments at Ashland Senior Center Tuesdays or Thursdays from October - December 2025.

SHIBA volunteers: **Anita Piano & Linette Stevens**



Japanese Garden: Guided Walk for Seniors & Friends



(Wednesday, October 22, 1-2:30pm)

Join us for a free, guided walk in the beautiful Japanese Garden in Lithia Park. Enjoy the serenity 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!

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.



Cybersecurity Basics

(Wednesday, October 15, 2-3:30pm)

This in-person workshop is for those who are interested in safety online and want to protect themselves from fraudsters and scams. It will build participants' confidence when they are visiting websites, creating strong passwords, recognizing fraudulent email, and other online security concerns.

Instructor: **Jackson County Library Services
Technology Education staff**



Halloween Treats!

(Thursday, October 30, 12pm)



Staff from **Maple Ridge Senior Living** in Ashland will be handing out Halloween treats at Ashland Senior Center starting from noon until the treats disappear on Thursday, October 30. Diabetic-friendly treats will also be offered. Join us for some holiday fun! Wear your costume and come see ours!

SENIOR ACTIVITIES CALENDAR

OCTOBER 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (L) Lithia Park (RR) Railroad Park

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For questions about Food & Friends lunch service, please call 541-488-9850.</p>	<p>Please call 541-488-5342 to schedule an appointment for Device Tutoring or general program information.</p>	<p>1 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p Young at Art \$ <i>cancelled</i></p>	<p>2 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>3 CLOSED except for: 11:30a F&F lunch</p>
<p>6 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$ 1p Author Talk</p>	<p>7 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>8 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p RCH Pharmacist Talk: When Disaster Strikes</p>	<p>9 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a Advance Directive Assistance 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>10 CLOSED except for: 11:30a F&F lunch</p>
<p>13 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$</p>	<p>14 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie 1:30p Jennine Greenwell: Resource Hour</p>	<p>15 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p JCLS tech: Cyber Security</p>	<p>16 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>17 CLOSED except for: 11:30a F&F lunch</p>
<p>20 Strength & Balance \$ 9a Senior Walkabout (RR) 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$</p>	<p>21 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>22 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 1p Japanese Garden Walk (L) 1p AARP Driver Safety \$</p>	<p>23 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go 1p AARP Driver Safety \$</p>	<p>24 CLOSED except for: 11:30a F&F lunch</p>
<p>27 Strength & Balance \$ 9a Senior Walkabout (RR) 9:30a Tai Chi 3 (G) \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$</p>	<p>28 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>29 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$</p>	<p>30 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 12p Halloween Treats 1p Mah Jongg/Spades 1p Go</p>	<p>31 CLOSED except for: 11:30a F&F lunch</p>



Patron Spotlight: Gisela Padilla

Gisela Padilla has seen many changes during her 58 years in the USA (48 years in Ashland). She started life in a small village of 650 people in Waldstetten, Germany. While working in the village Post Office, she met her Old Spice-scented, American GI husband at a Birds concert in a nearby city.



They married and she embarked on her odyssey to the USA with trepidation. Upon landing in Newark Airport in NJ, all the fears & doubts about this big new life hit her as there was no one to meet her at the airport. The "what ifs" overwhelmed her until a tap on the shoulder by her husband's uncle brought her instant assurance. From that moment, she experienced 1960's America by taking a road trip in the 1952 Mercedes her husband imported to the USA. They drove from the inner city of Newark, NJ through the southern privilege of friends in Mobile, Alabama, on to discover the Spanish heritage of her husband's family in Albuquerque, NM, before reaching her first home on US soil in Orange County, CA.

After visiting a friend in Ashland, she moved here with her family. She worked hard to establish her connection to community and her own independence by working for 30 years at the Ashland Safeway and by volunteering at the Ashland Community Food bank. Gisela makes Ashland and the Senior Center a brighter place with her friendly and welcoming smile.



WEEKLY MOVIE MATINEES

Showtime 1:00pm

TUESDAY, October 7: The Thursday Murder Club (2hr) 2025 PG-13 Mystery, Comedy

A group of senior sleuths passionate about solving cold cases get plunged into a real-life murder mystery in this comic crime caper based on the novel.

Stars: Helen Mirren, Pierce Brosnan, Ben Kingsley, Celia Irme

TUESDAY, October 14 The Fundamentals of Caring (1hr 37min) 2016 TV-MA Drama

A writer-turned-caregiver and an ornery teen with muscular dystrophy bond after they set off on a road trip in search of offbeat landmarks and adventure.

Stars: Paul Rudd, Craig Roberts, Selena Gomez

TUESDAY, October 21: Becoming Led Zeppelin (2hr 1min) 2025 PG-13 Documentary, Music

The film traces the journeys of the four members of the "Stairway To Heaven" rockers through the music scene of the 1960s and their meeting in the summer of 1968.

Stars: John Bonham, John Paul Jones, Jimmy Page

TUESDAY, October 28: The Triplets of Belleville (1hr 20min) 2003 PG-13 Animation

When her grandson is kidnapped during the Tour de France, Madame Souza and her beloved pooch Bruno team up with the Belleville Sisters - an aged song-and-dance team from the days of Fred Astaire - to rescue him. *Stars: Béatrice Bonifassi, Lina Boudreau, Michel Robin*

Closed Captioning always offered when available.

Selections subject to change without notice.

Free popcorn!



Featured Activities & Resources



Driver Safety Course

Wednesday & Thursday,
October 22 & 23, 1-4:30pm

\$20 for AARP members/\$25 for nonmembers

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: **Daniel Wise**, AARP Volunteer



Free Senior Resources Consultations

Ashland Senior Services Division

now offers free individual consultations with Jackson County Health and Human Services' Older Adult Specialist, **Jennine Greenwell**. Make an appointment to meet her to get valuable information about available local resources and how to navigate systems of care for older adults. Call 541-488-5342 to make an appointment.

ASAC Update

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.



Advance Directives

Get help preparing or updating your advance directives. **Debra Johnson** will review the guidelines and help you fill out the required forms. She can help you think through the choices important to you at the end of life. Debra brings extensive experience in end-of-life planning from her career as a geriatric care manager. Call 541-488-5342 to make an appointment.

CALL FOR VOLUNTEERS



ASHLAND
COMMUNITY
FOOD BANK

Ashland Community Food Bank

At the **Ashland Community Food Bank**, volunteers are truly the heart and soul of everything we do. Each year, over 300 generous individuals contribute more than 14,000 hours to help us serve our community—stocking shelves, shopping for clients, delivering food to the homebound, sorting and packing food, and enjoying one another's company. Our diverse volunteer family brings compassion, energy, and a shared commitment to fighting hunger. We warmly invite you to join this incredible team and make a lasting difference in our community. If you are interested, give us a call at **541.488.9544** or online at AshlandCFB.org



Ashland At Home

Are you looking for a way to give back to the community? **Ashland at Home** is a local non-profit that is looking for additional volunteers to help Ashland's older adults age in place. Typical volunteer activities include driving to appointments, doing small handyman jobs like changing air filters and light bulbs, providing technology support for computers, printers, phones, and tablets, reading for the visually impaired, or just making a friendly visit to someone who needs one. Because you are able to fit the members' service requests into your own schedule, you can volunteer as much or as little as you want.

The next volunteer orientation is scheduled for Saturday, November 1, 10am - 12pm. If you have a few hours a month to spare and would like to help, please contact Ashland at Home at 541-625-6625 or online at ashlandathome.org.



OHRA: Volunteers for Night Lawn

Mornings & evenings 7 - 8am or 7 - 8pm to open the shed to store or return items. For details contact **James Bride** at jamesb@ohrahelpt.org or call 385-333-8674.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



PRSR STD
U.S. POSTAGE
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MEDFORD, OR

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.