



Senior News November 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

Firefighters' Union Thanksgiving Pie

Monday, November 24, 2-3:30pm
Ashland Senior Center,
1699 Homes Ave

FREE. Registration required:
541-488-5342

The annual Firefighters' Thanksgiving celebration for seniors is back! Ashland Firefighters' Union members are donating and serving pie and seasonal beverages. Join us for a wonderful afternoon of delicious dessert and good company.

Space is limited so please reserve your spot soon!

Thank you, Ashland Firefighters' Union, for your generous donation to our community seniors!



NEW! Personalized Cardio + Walking Club

Fridays, 9:15am or 10:15am
Hunter Park

\$70 for 10-class punch card, valid for 6 months after purchase

Registration required: 541-488-5342 or
ashlandoregon.gov/register

This personal-trainer-led cardio walking class is based on the Norwegian 4x4 method, combining gentle walking with short cardio movements at each person's pace. It's designed to improve cardiovascular health, boost stamina, and even lower your heart's "age." A safe, adaptable workout to increase energy, mobility, and long-term well-being.

Outdoors and designed for most fitness levels. Not appropriate if you require assistance to walk more than a mile.

Instructor:
Beth Morris,
AgeSmart Fitness



Ashland Senior Center will be closed on
Tuesday, November 11 (Veterans Day)
and Thursday & Friday, November 27 & 28 (Thanksgiving).

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**

Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Classes

3rd Wednesdays, 2-3:30pm

- **November 19:** iPhone & iPad Basics

Digital Technology Tutoring

By appointment at Ashland Senior Center

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

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



ASAC Update

At the October 13 meeting of the Ashland Senior Advisory Committee, ASAC members reviewed edits to the committee Bylaws to align this advisory committee with City of Ashland guidelines. Final review and a vote to approve will be discussed at the January 12, 2026 meeting. Committee member Cori Frank was also thanked for her service as she has completed two terms.

Ashland Senior Advisory Committee will meet next on **January 12, 2026, 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

SHIBA Medicare Open Enrollment & Support



Medicare Open Enrollment runs from October 15 – December 7 this year. Call the SHIBA (Senior Health Insurance Benefits Assistance) 541-857-7780 for appointments at Ashland Senior Center.

SHIBA volunteers:

Anita Piano & Linette Stevens



Congregate lunch served Monday—Friday, 11:30am -12:30 pm, at Ashland Senior Center. Suggested donation of \$3 for patrons age 60+ and cost of \$7 for patrons under age 60.

For questions, call: 541-488-9850.

Join one of our ongoing activities !

Game groups: weekly cribbage, go, mah jongg, and spades

Line Dancing: weekly classes, three levels

Tai Chi: weekly classes, three levels

Yoga: three classes weekly

Young at Art: monthly art class

Weekly Movie

Weekly Discussion Group

See calendar on page 3.

Registration required: 541-488-5342.

Learn more at ashlandseniorservices.org.

SENIOR ACTIVITIES CALENDAR

NOVEMBER 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (RR) Railroad Park

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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>10 Strength & Balance \$ 9a Senior Walkabout (RR) 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$</p> <p>17 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>24 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) \$ 2p FF T'giving Pie</p>	<p>4 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p> <p>11 CLOSED Veterans Day</p>  <p>18 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p> <p>25 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>5 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p Young at Art \$</p> <p>12 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$</p> <p>19 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p JCLS: Iphone/Ipad</p> <p>26 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$</p>	<p>6 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p> <p>13 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a Advance Directive Assistance 11:30a F&F lunch 12:30p SHIBA 1p Mah Jongg/Spades 1p Go 1p Line Dance 2 (G) \$</p> <p>20 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go 1p Line Dance 2 (G) \$</p> <p>27 CLOSED Thanksgiving</p> 	<p>7 CLOSED except for: 11:30a F&F lunch</p> <p>14 CLOSED except for: 11:30a F&F lunch</p> <p>21 CLOSED except for: 11:30a F&F lunch</p> <p>28 CLOSED NO F&F lunch</p>

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.

Patron Spotlight: Mark Cook

When chatting with Mark Cook during the sociable Food & Friends lunches that he frequents, you can hear a hint of an accent from his native Michigan despite having lived in Ashland for the past 30 years.

The road of life has given him a solid education ranging from his work in the organic foods industry where he traveled the USA and the world to navigating a stepfamily with two sets of twins and living for a portion of his life in a commune.

In fair weather, you can see him riding his bicycle around town. He dreams of someday lounging on a boat sailing the warm waters of the South Pacific reading, philosophizing and creating.

Mark describes himself as empathetic, creative and intelligent. Mark's message to everyone is: "Live long and prosper!"



WEEKLY MOVIE MATINEES

Showtime 1:00pm

TUESDAY, November 4: The Trial of the Chicago 7 (2hr 10min) 2020 R Drama, Biopic

What started as a peaceful protest turned into a violent clash with the police. What followed was one of the most notorious trials in history.

Stars: Sacha Baron Cohen, Eddie Redmayne, Jeremy Strong, Yahya Abdul-Mateen II

TUESDAY, November 11 - CLOSED for Veterans Day

TUESDAY, November 18: Sunday Best (1hr 30min) 2025 TV-14 Biography, Documentary

The untold story of Ed Sullivan who broke barriers by booking Black artists on his Sunday night variety show. This documentary spotlights the TV pioneer's legacy of equality.

Stars: Ed Sullivan, Harry Belafonte, James Brown, Nat King Cole, Berry Gordy

TUESDAY, November 25: Train Dreams (1hr 43min) 2025 PG-13 Drama,

A logger leads a life of quiet grace as he experiences love and loss during an era of monumental change in early 20th century America

Stars: Joel Edgerton, Felicity Jones, William H Macy



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



Featured Activities & Community Resources

RepairSO



Free sewing repair by volunteers

4th Monday of each month, 9:30am-12pm

You are welcome to bring your clean clothes in need of minor repairs to the Bellview Grange at 1050 Tolman Creek Rd. No appointment necessary. Let's get "sew-phisticated!"



ELDER ABUSE SURVEY 2025 (IRB # 2526004)

If you are 55+ years of age AND live in Jackson County, Oregon, we invite you to take part in this voluntary study!

If you agree to take the survey, you will anonymously answer questions about your understanding of different forms of elder abuse, your awareness of local resources aimed at addressing elder abuse, and other general questions about your perceptions of independence and safety. Although you will not be asked to share any experiences of victimization related to elder abuse, you will be asked questions about hypothetical scenarios that may include forms of abuse.

The survey will be in English and will take approximately 15-20 minutes. Please complete by November 21.

To access the survey, use the QR code below or go to sou.co1.qualtrics.com/jfe/form/SV_bEEQht59cpSyACi. Paper copies are available at Ashland Senior Center.

Primary Investigator:
Dr. Jessica Peterson -
Associate Professor at SOU
Co-Investigator: Sophia
Stefani - Undergraduate
student at SOU



Rogue Seniors: Join Our Team of Changemakers!



Rogue Seniors is growing, and we're looking for passionate volunteers to help us build a vibrant, age-positive community for older adults in the Talent/ Phoenix area. Whether you love planning fun activities, connecting people, or helping us secure resources to keep our programs thriving, there's a place for you on our team! Check out the exciting volunteer opportunities and join us in making a real difference in our community while having fun and meeting great people.

Activities Director

Join a fun, dedicated team working to create an age-positive senior center for the Talent, Phoenix, and South Valley communities! Rogue Seniors hosts weekly outdoor activities and monthly indoor gatherings. The Activities Director would help organize events, connect with presenters, and make sure everything goes off without a hitch.

Volunteer Coordinator

Do you love connecting people and building community? This role includes reaching out to new and current volunteers, help organize sign-ups for activities, and keep communication flowing between our teams. If you enjoy meeting people, organizing details, and making things happen, we'd love to have you on board!

Grant Writer

If you love to write and want to make a difference, this is for you! We're looking for a volunteer grant writer to help us tell the Rogue Seniors story and find funding to grow our programs. No experience needed, just a passion for helping others, curiosity, and a willingness to learn. It's flexible, rewarding, and can be done from home.

Interested? Email RogueSeniors@gmail.com— we'd love to hear from you!
Visit RogueSeniors.org to learn more



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



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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.