



# Senior News March 2026

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



## Special Event! Spring Tea Party



Wednesday, March 11, 2pm  
Ashland Senior Center  
FREE. Registration required: 541-488-5342  
Sponsored by Bristol Hospice & Fountain Plaza.



Join us to celebrate the coming of spring!  
Wear your most festive spring hat and finery. There will be prizes for best hat and ensemble.

Enjoy a "cuppa" along with savory appetizers and scrumptious spring treats provided by Fountain Plaza. Limited seating. Register soon!

## Yoga for Bone Health : Gentle & Safer Practices for Osteoporosis & Osteopenia

Friday, March 27, 2-3pm  
Ashland Senior Center  
Cost: \$20.



Registration required: 541-488-5342  
or [ashlandoregon.gov/register](https://ashlandoregon.gov/register)

Designed for anyone interested in mindful movement for long-term strength and confidence, including those living with osteoporosis and osteopenia. Explore a gentle yoga practice paired with evidence-informed guidance that supports bone health and wellbeing.

Instructor: **Cheri Theobald**, an accredited 300+ hour yoga teacher with specialized training in Accessible Yoga, Yin Yoga, and Teaching Yoga to Seniors.

## Looking ahead to April

### Hospice Philosophy

Presentation by **Brandi Hoffman, M.Ed.** of  
**Providence St Joseph Health**  
Wednesday, April 8, 1-3pm

### JCLS: iCloud Basics

Learn the basics of iCloud.  
Wednesday, April 15, 2-3:30pm

### Pharmacist Talk

Presentation by **Rogue Community Health**  
(Topic TBD)  
Monday, April 27, 1-3pm

### Japanese Garden Walk

Guided walk with **Patty Winner**, volunteer.  
Wednesday, April 29, 1-2:30 pm

These events are FREE. Registration  
required: 541-488-5342

# Featured Activities, Classes and Services

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. Registration required: 541-488-5342.

## Digital Education

FREE. Registration required: 541-488-5342

### Technology Basics Classes

3rd Wednesdays, 2-3:30pm

- March 18 Android Basics
- April 15 iCloud 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

Ashland Senior Advisory Committee will meet next on **April 13, 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](http://AshlandOregon.Gov/AgendasMinutes).

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

## Rogue Seniors in Talent & Phoenix Where Friendships Flourish

Looking to meet new people and enjoy fun activities in Talent & Phoenix? Join Rogue Seniors for a range of engaging activities and events designed to help you connect, laugh, and make lasting memories. Come be part of this vibrant community!

Register to receive their newsletter at [rogueseniors@gmail.com](mailto:rogueseniors@gmail.com)

Check out the calendar of activities on the website: [rogueseniors.org](http://rogueseniors.org)

## Step into FUN with Beginning Line Dance

Mondays, 11:30 am

The Grove, 1195 E. Main St.

Cost: \$3/drop-in class



Pre-registration available but not required: 541-488-5340 or [ashlandoregon.gov/register](http://ashlandoregon.gov/register)

Do you envy your friends' confident steps as they glide across the floor to a catchy beat? It's time to become the envy of others! Join **Beginning Line Dance** where the only requirement is a pair of comfy shoes and a desire to have a good time!

This class, for absolute beginners, starts with the basics, breaks down sequences and sets a pace that works for everyone. Line dancing is a great way to stay active, sharpen your memory and meet a fun-loving community of people - no partner needed! Take the rhythmic first steps today!

Instructor: **Risa Lewellyn**

## Special Movie Screening

Friday, May 1, 1pm

FREE. Registration required: 541-488-5342



Ashland Senior Services Division and Maple Ridge Senior Living present a **FREE** screening of two locally made short documentaries, part of the *Shasta Stories* docuseries by filmmaker **Autie Carlisle**.

*Out of Place* explores first-hand memories about Japanese American incarceration during WWII, featuring Ashland's own **Mitzi Loftus**. *Field Advantage* shares generational Mexican American stories of how Tulelake became bilingual.

Mitzi and Autie will attend the screening and engage in participant discussion after the showing. Come for this unique opportunity to view these two amazing documentaries at Ashland Senior Center. There will be light refreshments! Limited seating. Reserve your seat NOW!



# Senior Activities March 2026



All events occur at Ashland Senior Center unless otherwise noted  
 (G) The Grove (ACP) Ashland Creek Park (\$) fee  
 All activities except Food & Friends lunch require pre-registration:  
 541-488-5342.

Monday	Tuesday	Wednesday	Thursday	Friday
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**2**  
**10a** Walkabout (ACP)\$  
**10:30a** Gentle Yoga \$  
**11a** Standing Steady (G) \$  
**11:30a** Beginning Line Dance (G) \$  
**11:30a** F&F lunch  
**1p** Line Dance 1 (G) \$

**3**  
**9:30a** Discussion Group  
**10a SHIBA**  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**4**  
**10:30a** Gentle Yoga \$  
**11:30a** F&F lunch  
**1p** Line Dance 2 (G) \$  
**2p** Young at Art \$

**5**  
**11:30a** F&F lunch  
**1p** Mah Jongg/ Spades  
**1p** Go

**6**  
**CLOSED** except for:  
**11:30a** F&F lunch



**9**  
**10a** Walkabout (ACP)\$  
**10:30a** Gentle Yoga \$  
**11a** Standing Steady (G) \$  
**11:30a** Beginning Line Dance (G) \$  
**11:30a** F&F lunch  
**1p** Line Dance 1 (G) \$

**10**  
**9:30a** Discussion Group  
**10a SHIBA**  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**11**  
**10:30a** Gentle Yoga \$  
**11:30a** F&F lunch  
**1p** Line Dance 2 (G) \$  
**2p** Spring Tea Party - Bristol Hospice



**12**  
**10a** Advance Directive Assistance  
**11:30a** F&F lunch  
**1p** Mah Jongg/ Spades  
**1p** Go

**13**  
**CLOSED** except for:  
**11:30a** F&F lunch

**16**  
**10a** Walkabout (ACP)\$  
**10:30a** Gentle Yoga \$  
**11a** Standing Steady (G) \$  
**11:30a** Beginning Line Dance (G) \$  
**11:30a** F&F lunch  
**1p** Line Dance 1 (G) \$

**17**  
**9:30a** Discussion Group  
**10a SHIBA**  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**18**  
**10:30a** Gentle Yoga \$  
**11:30a** F&F lunch  
**1p** Line Dance 2 (G) \$  
**2p** JCLS: Android Basics

**19**  
**11:30a** F&F lunch  
**1p** Mah Jongg/ Spades  
**1p** Go

**20**  
**CLOSED** except for:  
**11:30a** F&F lunch



**23/30**  
**10a** Walkabout (ACP)\$  
**10:30a** Gentle Yoga \$  
**11a** Standing Steady (G) \$ (No class March 30)  
**11:30a** Beginning Line Dance (G) \$  
**11:30a** F&F lunch  
**1p** Line Dance 1 (G) \$

**24/31**  
**9:30a** Discussion Group  
**10a SHIBA**  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**25**  
**10:30a** Gentle Yoga \$  
**11:30a** F&F lunch  
**1p** Line Dance 2 (G) \$

**26**  
**11:30a** F&F lunch  
**1p** Mah Jongg/ Spades  
**1p** Go

**27**  
**CLOSED** except for:  
**11:30a** F&F lunch  
**2p** Yoga for Bone Health \$

*Class with special schedule:*

**Strength & Balance \$**  
**Class days & times**  
**Call for availability**

**M,Th** 7am, 7:45am, 8:30am, 9:15am  
**M,Sa** 7am, 7:45am, 8:30am, 9:15am  
**Th,Sa** 7:45am, 8:30am, 9:15am, 10am, 10:45am, 11:30am

## Patron Spotlight: Gayle Eschtruth

### Gayle's Journey: Trail Stumbling to Confident Striding

Written by Beth Morris, Certified Personal Trainer



At 60, Gayle never imagined that a hike through the Portuguese countryside could change the course of her life. While navigating the trail's rocky terrain, she found herself slipping on loose stones, falling, and unable to get up without assistance - a moment that was equal parts embarrassing and eye-opening. That stumble made her pause and reflect: was this what aging felt like? Could she accept feeling weak, off-balance, or without control of her own body?

Determined not to let a single misstep define her, Gayle decided it was time to act. She started **Strength and Balance Small Group Personal Training** class at Ashland Senior Center. Beginning with small, manageable exercises, she built her confidence one session at a time. Some days were challenging with achy muscles and seemingly slow progress. Each step, each lift, each steadied wobble marked a small victory - proof that she was capable of more than she'd ever believed.

Two years later, Gayle is no longer the woman who stumbled on that trail and into the Strength and Balance program. She's stronger, leaner, and moves with a steady, confident stride that speaks to her commitment to personal health. She has climbed more trails, embraced new experiences, and challenged herself without fear. This story is more than a tale of fitness. It's a testament to the power of determination, the ripple effect of one good habit, and the truth that it's never too late to step into a stronger, healthier, more confident version of yourself.



### WEEKLY MOVIE MATINEES

Showtime 1:00pm



**TUESDAY, March 3, Best in Show (1hr 30min) 2000 PG-13 Comedy**  
Master mockumentarian, Christopher Guest, turns his cameras on the neurotic contestants vying for top honors in a highly competitive dog show.  
*Stars: Christopher Guest, Eugene Levy, Catherine O'Hara*

**TUESDAY, March 10, The Loneliest Whale (1hr 36min) 2021 PG Documentary**  
A cinematic quest to find the "52 Hertz Whale," which scientists believe has spent its entire life in solitude calling out at a frequency that is different from any other whale.  
*Director: Joshua Zeman*

**TUESDAY, March 17, The Best You Can (1hr 42min) 2025 R Drama, Comedy, Romance**  
Challenged by her husband's aging, a woman finds solace in an unexpected friendship with a drifting security guard that offers new perspective and hope.  
*Stars: Krya Sedgewick, Kevin Bacon, Judd Hirsch, Ray Romano*

**TUESDAY, March 24, Respect (2hr 24min) 2021 PG-13 Musical, Docu-drama**  
Chosen by the Queen of Soul herself, Oscar winner Jennifer Hudson stars as Aretha Franklin. The film follows her meteoric rise from her gospel roots to global stardom.  
*Stars: Jennifer Hudson, Forest Whitaker, Marlon Wayans (rescheduled from February 17)*

**TUESDAY, March 31, Mr Malcolm's List (1hr 57m) 2022 PG Romance, Comedy**  
A young woman rebuffed by London's most selective bachelor enlists her childhood friend to assume the role of his ideal mate, solely to break his heart.  
*Stars: Freido Pinto, Sope Dirisu, Oliver Jackson-Cohen*

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



# Community Resources

## AARP Tax Aide



Wednesdays 9am-3pm and  
Fridays 9am-1pm  
Lower Level Stevenson Union,  
SOU campus, 1118 Siskiyou Blvd.  
Call for appointment: 541-708-9346

Free Income Tax preparation and electronic filing for low or moderate income taxpayers of all ages is offered by AARP Foundation Tax-Aide. Other locations for assistance are in Talent, Medford, and White City. Call 888-227-7669 for site schedules and more information.

## VITA Tax Assistance



The Volunteer Income Tax Assistance (VITA) and Facilitated Self Assistance (FSA) programs through United Way are scheduling appointments through April 9. Call 541-864-0448 for appointments for the 2025 tax season. Appointments are scheduled at the Teresa McCormick Center (on the Harry & David campus), 2600 S. Pacific Hwy, Medford. For information and appointments: [unitedwayofjacksoncounty.org/vita](http://unitedwayofjacksoncounty.org/vita). If you have questions, please call 541-864-5092.

## the Y Yin Yoga + Yoga Nidra Workshop Series

Saturdays, 3/21, 4/18, 5/16, 4-5:30 pm  
Ashland Y, 540 YMCA Way, Ashland  
Instructor: Cheri Theobald

This special series invites you to slow down, unwind, and explore the power of stillness. Each workshop pairs Yin Yoga for deep release with Yoga Nidra for complete mind-body restoration.

Cheri is a lifelong yoga and meditation practitioner who began teaching in 2002 and has a deep commitment to sharing the healing power of mindfulness. With specialized training in Yin Yoga, Senior Yoga, and Menopause Yoga, she creates welcoming, restorative spaces for deep rest and renewal.

Y Members \$25/class  
General Community \$40/class

Details & registration:  
[ashlandymca.org](http://ashlandymca.org) or 541-482-9622



## 2026 Senior Fair

Tuesday, March 24, 9am-3pm  
Rogue X  
901 Rossanley Dr, Medford  
FREE. No registration required.

The ACCESS Senior Fair is an annual event dedicated to connecting community members with essential resources tailored to seniors.



## Age Wise Age Well

Listen. Support. Empower.

### Are you looking for a meaningful volunteer opportunity?

Become a Senior Peer Counselor and help older adults navigate aging with confidence.

**Age Wise Age Well** is a volunteer-based senior peer counseling program where older adults support their peers in managing stress, life transitions, and difficult emotions.

### WHAT YOU'LL DO AS A PEER COUNSELOR:

- Help peers navigate life transitions and challenging events
- Provide support through compassionate, active listening
- Strengthen your communication skills  
Foster confidence and resilience in the aging process

No experience needed. Volunteers age 55+ welcome. Training and supervision provided.  
Call: 541-646-3402 to learn more.



Senior Services Division  
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.