Senior News January 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

Senior Volunteer Fair

Wednesday, January 22, 2-4pm

FREE admission and refreshments. For questions, call 541-488-5342.

Resolve to get involved in the new year! Come connect with over twenty local organizations and find your next great adventure! Meet new people, learn new skills, and make a difference. Co-sponsored by **Ashland Senior Services Division**, **Community Volunteer Network**, and **Asante Ashland Community Hospital**.

Better Acoustics Are Here!

A decades old goal of making it easier to hear at Ashland Senior Center has at last been fulfilled! Last month, special noise dampening panels were installed on the dining room ceiling.

We are grateful to **Architectural Resources Northwest** of Ashland, who donated 10% of the materials cost, and to **Parks staff** who contributed the labor to install. The balance is from donations to the senior fund of Ashland Parks Foundation. Thank you to the **patrons** who have donated over $100 so far. Special thanks go to **Sharon Laws** for recommending the project.

The new acoustics are making a difference every day for our patrons, many of whom have some hearing loss. You can help by donating today! Make checks payable to Ashland Parks Foundation, and mail or deliver to Ashland Senior Center.

NEW! Senior Archery

Thursday, January 9, 16, 23, 30 & February 6, 13

11:30am-12:30pm, at The Grove (Gym), 1195 E. Main St

No registration required

$10/drop in class (includes equipment rental), cash or check only

Archery is a great way to relieve stress and tension, and improve focus and concentration, in addition to providing exercise. And anyone can do it! Come try a session in this specially adapted class for older adults (50 & up). Taught by Lloyd Canty of Moonbow Archery, Ashland's top nationally certified archery instructor.

Ashland Senior Center will be closed on January 1 for New Year's Day & January 20 for Martin Luther King Day

Patron Spotlight!

Born in Colorado, raised in Southern California, and educated at Oregon State University (Corvallis), **Jim Field** has been a Rogue Valley resident since 1971, settling in Ashland in 1978. He had a long career with the Bureau of Land Management but has always been an artist at heart, which is clear from colorful dyes he sports on the "blank canvas" of his hair.

An accomplished weaver, Jim was one of the original Websters. Ten years ago he also started painting, then three years ago he took up viola and violin. He currently plays with the Second Street Musicians, a local non-profit organization. Most recently, Jim began writing poetry, which he compiles in self-produced booklets that he shares with friends. We're lucky to have Jim share one of his poems with us at right.

Jim enjoys time with his kids and grandkids, who all live locally, and has been an avid cribbage player at the Senior Center for the past couple of years.

"Are You A Writer"
By Jim Field ~ March 7, 2019

Yesterday, I was asked if I am a writer.
My first thought was, "NO!"
But, then…I HAD been working on a poem.
I questioned my answer.
I do write.
Never published.
No expectation of publishing.
But, still, I do write.

So, my answer, given reluctantly,
Was, "Yes, I am a writer."
I later finished the poem,
Read it to my love,
And announced, Proudly,
YES, I AM A WRITER!

NEW!

Drawing Course for Seniors

Saturdays, February 1-March 7, 1-3pm

Registration now open

Instructor Shea Cathey is offering a new course that explores a variety of drawing mediums and techniques over 6 sessions.

Course fee of $115 includes ALL art materials! No experience necessary!

Register at *ashland.or.us/register* or call 541.488.5342.

Save the date to
Learn to Ride the Ashland Connector!

Ashland Connector Workshop

February 5, 1-3pm at the Senior Center

RVTD started operating the Ashland Connector on December 18. This new on-demand van service will pick you up at your home in Ashland and drop you off at key Ashland destinations, including Ashland Senior Center, and at stops to transfer to the regular RVTD bus (#10). The fare is only $2 per ride or **$1 for seniors 62+**. Learn more at ashlandconnector.org or call RVTD at 541-779-2877.

Young at Art: Chalk Pastel Trees — Wednesday, Jan 8, 2-3:30pm

FREE, but preregistration required: 541-488-5342 or seniorinfo@ashland.or.us

Senior Activities Calendar
January 2020

All events occur at the Ashland Senior Center unless otherwise noted
(G) Events that are held at The Grove * Appointment or registration required

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **Closed for holiday**	**2** **9a** Tai Chi Practice Session (G) **12:30p** Mah Jongg **1p** Spades **1p** Mac Tutor*	**3** **9a** Hatha Yoga **11a** Insurance Asst* **11:15a Birthday Friday** **12:30p On the Basis of Sex (2018)**
6 **9a** Hatha Yoga **9a** Beg Tai Chi (G) **10a** Computer Tutor* **10:45a** Int Tai Chi (G) **1p** Int Line Dance	**7** **9:30a** Discussion Group **11a Blood Pressure** **1p** Beg Line Dance **1p** Cribbage	**8** **9:15a** Yoga **10a** PC Tutor* **10:30a** Yoga **2:00p Young at Art***	**9** **9a** Tai Chi Practice Session (G) **10:45a** Adv Line Dance **11:30a** Senior Archery (G) **12:30p** Mah Jongg **1p** Spades **1p** Mac Tutor*	**10** **9a** Hatha Yoga **11a** Insurance Asst* **12:30p The Upside (2019)**
13 **9a** Hatha Yoga **9a** Beg Tai Chi (G) **10a** Computer Tutor* **10:45a** Int Tai Chi (G) **1p** Int Line Dance	**14** **9:30a** Discussion Group **1p** Beg Line Dance **1p** Cribbage	**15** **9:15a** Yoga **10a** PC Tutor* **10:30a** Yoga **5:30p Dementia Caregiver Group**	**16** **9a** Tai Chi Practice Session (G) **10:45a** Adv Line Dance **11:30a** Senior Archery (G) **12:30p** Mah Jongg **1p** Spades	**17** **9a** Hatha Yoga **11a** Insurance Asst* **12:30p Jane Eyre (2011)**
20 **Closed for holiday**	**21** **9:30a** Discussion Group **11a Blood Pressure** **1p** Beg Line Dance **1p** Cribbage	**22** **9:15a** Yoga **10a** PC Tutor* **10:30a** Yoga **2p Senior Volunteer Fair**	**23** **9a** Tai Chi Practice Session (G) **10:45a** Adv Line Dance **11:30a** Senior Archery (G) **12:30p** Mah Jongg **1p** Spades	**24** **9a** Hatha Yoga **11a** Insurance Asst* **12:30p A Dog's Purpose (2017)**
27 **9a** Hatha Yoga **9a** Beg Tai Chi (G) **10a** Computer Tutor* **10:45a** Int Tai Chi (G) **1p** Int Line Dance	**28** **9:30a** Discussion Group **1p** Beg Line Dance **1p** Cribbage	**29** **9:15a** Yoga **10a** PC Tutor* **10:30a** Yoga **1p AARP Smart Driver Course***	**30** **9a** Tai Chi Practice Session (G) **10:45a** Adv Line Dance **11:30a** Senior Archery (G) **12:30p** Mah Jongg **1p** Spades **1p** Mac Tutor * **1p AARP Smart Driver ***	**31** **9a** Hatha Yoga **9a** JCLS Comp Tutor* **11a** Insurance Asst* **12:30p The Best of Enemies (2019)**

Served Monday—Friday, 11:30am—12:30pm, at the Ashland Senior Center

RVCOG Food & Friends Senior Nutrition Services • January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A suggested minimum donation is requested from seniors 60 and older. ($2.75) **Non-seniors must pay the full cost of the meal. ($6.75)** **1% milk served with all meals.**	**ALLERGEN ALERT:** **A variety of foods are prepared in the kitchen; thus, meals may be prepared with ingredients and equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts.**	**CLOSED FOR HOLIDAY** 1	**SLICED HAM W/RAISIN SAUCE** Whipped Sweet Potatoes Green Beans Cornbread Royal Brownie 2	**MEATLOAF W/CREOLE SAUCE** Lyonnaise Potatoes Normandy Blend Vegt Squash Bread Chocolate Pudding 3
CHICKEN MARSALA Parslied Potatoes Italian Blend Vegetables Multigrain Bread Sugar Cookie 6	**BEEF CABBAGE BAKE** Whole Kernel Corn Scandinavian Blend Vegt Dill Bread Pineapple Fluff 7	**BIRTHDAY SPECIAL** **SHK/BAKE CHKN THIGH** O'Brien Potatoes Green Peas & Onions Cracked Wheat Roll Birthday Cake 8	**SOUTHWEST OMELET BAKE** Mixed Vegetables Broccoli Rye Wheat Roll Cherry Crisp 9	**ROAST PORK W/GRAVY** Delmonico Potatoes California Blend Vegt Rye Bran Roll Spiced Peaches 10
ORIENTAL SHOYU CHICKEN Steamed Rice Oriental Blend Vegt Carrots Vanilla Pudding 13	**BEEF PATTY W/ PEPPER & ONION GRVY** Herbed Red Potatoes Italian Bean Medley Cracked Wheat Roll Spiced Applesauce 14	**SPAGHETTI W/MEAT SAUCE** Italian Blend Vegetables Steamed Spinach Garlic Bread Tapioca Pudding 15	**BIRTHDAY SPECIAL** **ROAST TURKEY W/GVY** Mashed Potatoes Capri Blend Vegetables Whole Wheat Bread Birthday Cake 16	**BREADED FISH W/TARTAR SAUCE** Roasted Red Potatoes Broccoli Oatmeal Roll Peach Cobbler 17
CLOSED FOR HOLIDAY 20	**HAM & SCALLOPED POTATOES** Brussels Sprouts Whole Kernel Corn Whole Wheat Roll Spiced Apple Slices 21	**MACARONI & CHEESE** Escalloped Tomatoes California Blend Vegt Herb French Bread Lemon Cookie 22	**MEATLOAF W/GRAVY** Mashed Potatoes Carrots Onion Bread Bread Pudding w/Raisins 23	**PORK RIBBLETT SANDWICH W/BBQ SC** on a Bun/Lettuce/Onion Potato Wedges Capri Blend Vegetables Seasonal Fresh Fruit 24
BEEF STROGANOFF Green Peas Normandy Blend Vegt Onion Roll Spice Cake 27	**BEEF SLOPPY JOE** on a Bun Tater Tots Capri Blend Vegetables Apple Cobbler 28	**ROAST PORK W/GRAVY** Mashed Potatoes w/Gravy Mixed Vegetables Cracked Wheat Bread Spiced Peaches 29	**CHICKEN A LA KING** Steamed Rice California Blend Vegt Steamed Spinach Grace's Chocolate Pudding Cookie 30	**SPAGHETTI W/MEAT SAUCE** Green Beans w/Peppers Tossed Salad Garlic Roll Peanut Butter Bar 31

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Ashland Senior Advisory Committee (ASAC) Update

ASAC is now meeting every two months. The next meeting will be on **Monday, January 13, 3:30-5pm** at Ashland Senior Center.

Special Thanks

Firefighters Thanksgiving Dinner

Thank you so much to everyone who made this event happen: **Ashland Fire & Rescue** staff and their families for the delicious food, **CERT volunteers** and **Ashland Senior Advisory Committee** members for their hospitality services, **Southern Oregon Master Recyclers in Action** for loaning all the dinnerware, and APRC volunteer **Shea Cathey** for her beautiful table decorations.

Holiday Luncheon

Thank you **Village at Valley View** for the delicious lasagna lunch, **Rotary club of Ashland** for beautiful gifts, **Fred Mayer** and students for festive live music, and our wonderful volunteers!

FRIDAY MOVIE MATINEES
Showtime 12:30pm — Popcorn Provided

FRIDAY, January 4: On the Basis of Sex (2hr) 2018 PG-13
The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.
Stars: Felicity Jones, Armie Hammer, Justin Theroux, and more

FRIDAY, January 11: The Upside (2hr 6min) 2019 PG-13
A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.
Stars: Kevin Hart, Bryan Cranston, Nicole Kidman, and more

FRIDAY, January 18: Jane Eyre (2hr 1min) 2011 PG-13
A mousy governess who softens the heart of her employer soon discovers that he's hiding a terrible secret. A retelling of Charlotte Brontë's classic 19th century novel.
Stars: Mia Wasikowska, Michael Fassbender, Jamie Bell , and more

FRIDAY, January 25: A Dogs Purpose (1hr 40min) 2017 PG
A dog looks to discover his purpose in life over the course of several lifetimes and owners.
Stars: Josh Gad, Dennis Quaid, Peggy Lipton, and more

FRIDAY, January 31: The Best of Enemies (2hr 13min) 2019 PG-13
Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.
Stars: Taraji P. Henson, Sam Rockwell, Babou Ceesay, and more

Closed Captioning always offered when available.

Thank you to our Friday movie sponsor:

Maple Ridge SENIOR LIVING

Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

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And thank you to ALL our amazing volunteers and instructors who do so much to support seniors every month!