Senior News November 2018

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

Come learn about the NEW

Ashland Fire & Rescue Housing Safety Program

for Seniors and Peoples with Disabilities

Presentation by Ashland Fire & Rescue and Age Friendly Innovators at Ashland Senior Center

Wednesday, November 14, 1:00 pm

Join us for an informative presentation to learn about this opportunity for Ashland residents age 62 and older, and/or persons with disabilities, to get free home safety assessments and modifications. You must meet financial qualifications (income + assets). For applications, please check online at www.ashland.or.us/fire.

***FREE, but registration required: Call 541-488-5342 or email* seniorinfo@ashland.or.us**

S-SAC News

The Senior Services Advisory Council (S-SAC) advises the Ashland Parks and Recreation Commission (APRC) on matters related to the Senior Services Division. All meetings are open to the public and include an opportunity for public comment. Meeting agendas and minutes are posted outside the Senior Services Division office at the Ashland Senior Center and online at ashland.or.us/agendas.asp?ccbid=197.

At the October 8th meeting, S-SAC discussed a planned presentation on "What Seniors Need," refined plans for the November goal setting session, reviewed financial data for the Parks Foundation fund that holds donations dedicated to the Senior Center, and learned about the new Housing Safety Program (see above). Superintendent Isleen Glatt reported progress on hiring staff, building community partnerships, and developing internal policies to better protect Senior Center patrons.

Upcoming meetings:

Tuesday, November 13, 1-5pm at SOU, Hannon Library — Goal-setting for Senior Services Division

Monday December 10, 3-5pm at Ashland Senior Center — Regular meeting

The Senior Center will be CLOSED on November 12 (Veteran's Day) & November 22-23 (Thanksgiving)

Young at Art: Mogdiliani-style self portraits with acrylics

Wednesday, November 7, 2-3:30pm

FREE but Registration required
Call 541-488-5342 or
***email* seniorinfo@ashland.or.us**

Open to all skill levels. . . ***Young at Art*** will be painting Mogdiliani-style self portraits with acrylics this month—no experience required. This class is FREE and all supplies will be provided. Come join the fun! Space is limited so first come, first served.

AARP Smart Driver Course

Wednesday & Thursday, November 7 & 8, 1-4pm

A refresher course specifically designed for drivers age 50 and older. Pre-registration is required as space is limited.

After completion of the course, you may be eligible for a discount on your auto insurance depending on your insurance company's policies.
$15 AARP members/$20 non-members

***REGISTRATION REQUIRED, please call 541-488-5342 or email* seniorinfo@ashland.or.us**

10th Annual Fireman's Thanksgiving Dinner

Monday, November 19, 5:30pm

Join us for a wonderful evening of food and company. Dinner prepared and served by Ashland Fire & Rescue staff and families.

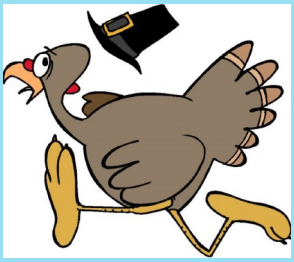
***Space is limited so please reserve your spot soon! Sign up at the Senior Center, or call 541-488-5342, or email* seniorinfo@ashland.or.us**

Thank you Ashland Fire & Rescue for your generous donation to our community seniors!

NEW Yoga class!

Integral Hatha Yoga for Older Adults, starting November 5: **Mondays from 9:30-10:30am** at the Senior Center. $5 per class (first class complimentary), pre-registration not required. Instructor: Susan Jacques

Applications for the Ashland Fire & Rescue Housing Safety Program for Seniors & People with Disabilities are available at the Senior Center. You may also drop off your completed application with us.



Food & Friends November Menu

Lunch Is Served
11:30am - 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday

A suggested minimum donation is requested from seniors 60 and better ($2.75).
Those younger than 60 must pay the full cost of the meal ($6.75).
1% milk served with all meals.

1 Beef Lasagna
Italian Blend Vegt
Green Peas
Garlic Bread
Chocolate Pudding

2 Breaded Fish with Tartar Sauce
Delmonico Potatoes
Country Cottage Vegt
Dill Roll
Golden Fruit Cup

5 Pork Riblette with BBQ Sauce
Oven Browned Potatoes
Winter Blend Vegt
Herb Bread
Apple Crisp

6 Chicken & Penne Pasta
Green Beans with Peppers
Harvard Beets
Sunflower Seed Roll
Carrot Cake

7 Meatloaf with Creole Sauce
O'Brien Potatoes
Scandinavian Blend Vegt
Rye Bran Bread
Fresh Banana

8 Beef Enchilada Bake
Glazed Carrots
Mixed Vegetables
Onion Bread
Bread Pudding with Raisins

9 Macaroni & Cheese
Italian Blend Vegt
Escalloped Tomatoes
Whole Wheat Roll
Grace's Chocolate Bar

12 Closed for holiday

13 Turkey Pot Pie over Biscuit
Broccoli Cuts
Whole Kernel Corn
Cranberry Crunch Bar

14 Orange Glazed Chicken
Rice Pilaf
Steamed Spinach
Oregon Bean Medley
Birthday Cake

15 Pork Cutlet with Honey Mustard Sauce
Roasted Red Potatoes
Green Peas
Whole Wheat Roll
Peach Cobbler

16 Beef Patty with Country Gravy
Whipped Potatoes
Green Beans
Cracked Wheat Bread
Pineapple Fluff

19 Chicken Tetrazzini
Winter Blend Vegt
Lemon & Thyme Carrots
Oat Bran Bread
Mixed Fruit

20 Meatloaf with Brown Gravy
Garlic Mashed Potatoes
Mixed Vegetables
Whole Wheat Roll
Choc Chip Cookie

21 Sliced Roasted Turkey with Gravy
Whip Potatoes with Gravy
Green Peas & Onions
Bread Dressing
Cranberry Sauce
Pumpkin Pie

22 Closed for holiday

23 Closed for holiday

26 Roast Pork with Gravy
Scalloped Potatoes
Mixed Vegetables
Cracked Wheat Bread
Spiced Apples

27 Tuna Loaf
Stewed Tomatoes
Normandy Blend Vegetables
White Dinner Roll
Choc Chip Bar

28 Beef Tamale Pie
Green Peas & Carrots
Chuckwagon Corn
Oat Bran Bread
Tapioca Pudding

29 King Ranch Chicken Bake
Fiesta Vegetables
Spinach Romaine Salad w/ Italian
Whole Wheat Roll
Lemon Cookie

30 Braised Beef Tips with Penne Pasta
Italian Blend Vegt
Green Peas & Onions
Peach Crisp

Senior Activities Calendar November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **9-10:30a** Adv Tai Chi **10:45a** Adv Line Dance **12:30-4p** Mah Jongg **1p** Spades **1-3p** Mac Instruction, ***by appt***	**2** **11a - 1p** Insurance Asst, ***by appt*** **11:15a** Birthday Friday **12:30p** Movie: **Three Billboards Outside Ebbing, Missouri** R (1hr 55min) 2017
5 **9:15a** Beg Tai Chi ***at The* Grove** **9:30a** Hatha Yoga **11a** Int Tai Chi ***at The* Grove** **1p** Int Line Dancing	**6** **9:30 - 11:30a** Discussion Group **11a - 1p** Insurance Asst, ***by appt*** **1p** Beg Line Dancing **1p** Cribbage Group **2:45-4:15p** Somatics	**7** **9:15 &10:30a** Yoga **11:30a PC** Comp Instruction ***by appt*** **11a-12p Blood Pressure** **1-4p AARP Smart Driver Course** **2-3:30p Young at Art**	**8** **9-10:30a** Adv Tai Chi **10:45a** Adv Line Dance **12:30-4p** Mah Jongg **1p** Spades **1-4p AARP Smart Driver Course**	**9** **11a - 1p** Insurance Asst, ***by appt*** **12:30p** Movie **Forrest Gump** PG-13 (2hr 22min) 1994
12 Closed for holiday 	**13** **9:30 - 11:30a** Discussion Group **11a - 1p** Insurance Asst, ***by appt*** **1p** Beg Line Dancing **1p** Cribbage Group **2:45-4:15p** Somatics	**14** **9:15 &10:30a** Yoga **11:30a PC** Computer Instruction ***by appt*** **1p AFR Housing Safety Program for Seniors Presentation**	**15** **9-10:30a**Adv Tai Chi **10:45a** Adv Line Dance **12:30-4p** Mah Jongg **1p** Spades **1-3p** Mac Instruction, ***by appt***	**16** **11a - 1p** Insurance Asst, ***by appt*** **12:30p** Movie **Brooklyn** PG-13 (1hr 51min) PG-13
19 **9:15a** Beg Tai Chi ***at The* Grove** **9:30a** Hatha Yoga **11a** Int Tai Chi ***at The* Grove** **1p** Int Line Dancing	**20** **9:30 - 11:30a** Discussion Group **11a - 1p** Insurance Asst, ***by appt*** **1p** Beg Line Dancing **1p** Cribbage Group **2:45-4:15p** Somatics	**21** **9:15 &10:30a** Yoga **11:30a PC** Computer Instruction ***by appt*** **11a-12p Blood Pressure** **5:30-7p Dementia Caregiver Support Group**	**22 Closed for holiday** 	**23 Closed for holiday**
26 **9:15a** Beg Tai Chi ***at The* Grove** **9:30a** Hatha Yoga **10:45-12:45 Repair SO** **11a** Int Tai Chi ***at The* Grove** **1p** Int Line Dancing	**27** **9:30 - 11:30a** Discussion Group **11a - 1p** Insurance Asst, ***by appt*** **1p** Beg Line Dancing **1p** Cribbage Group **2:45-4:15p** Somatics	**28** **9:15 &10:30a** Yoga **11:30a PC** Computer Instruction ***by appt***	**29** **9-10:30a**Adv Tai Chi **10:45a** Adv Line Dance **12:30-4p** Mah Jongg **1p** Spades **1-3p** Mac Instruction, ***by appt***	**30** **11a - 1p** Insurance Assistance ***by appt*** **12:30p** Movie **Million Dollar Arm** PG (2hr 4min) 2014

Information & Referral/Assistance Specialist

Wednesdays, 8:30am-12:30pm, 541-488-5342

Katie Merola, Lead Specialist for the Aging and Disability Resource Connection (ADRC) will be on-site Wednesday mornings to help you get connected to the help you need. . . for free! **Please call 541-488-5342 to make an appointment** to learn about the public and private services and programs that fit your personal situation.

- In-home service and support
- Transportation
- Medicaid & Benefits counseling
- Legal services
- Choosing a care facility
- Medical equipment
- Family and caregiver support
- Home-delivered meals

. . . and other services you may need

Basic information and referral services are also available Monday through Friday, 8:30-3:30pm by Senior Services Division staff. For more information, call 541-488-5342.

FREE Blood Pressure Clinic

Wednesdays, November 7 & 21 , 11am-noon

Free blood pressure clinics are held bi-weekly at the Ashland Senior Center. Stop on by; no appointment necessary!

Repair SO: Sewing Clinic

Monday, November 26,
10:45am-12:45pm *(note time change)*

FREE clothing repair, no pre-registration required! Volunteers will bring sewing machines, needles, thread and buttons. You bring whatever needs fixing — no zippers or alterations, please. Bring clean items only.

Dementia Caregiver Support Group

Note date change for November:
Wednesday, November 14, 5:30-7pm

FREE and no registration required

Caring for a loved one with dementia is one of the most difficult tasks anyone can face. Joining a support group is an important and positive step toward self-care. Support groups provide family members and loved ones with an opportunity to learn from others, receive support for themselves and improve coping skills for the diverse challenges that arise. This support group usually meets on the third Wednesday of the month, at the Ashland Senior Center. *For more information, contact the Alzheimer's Association at 1-800-272-3900 or visit alz.org.*

The first Friday of the month Birthday Treats are generously donated by *The Springs at Veranda Park & The Springs at Anna Maria.* Thank you!

FRIDAY MOVIE MATINEES

Showtime Fridays 12:30pm — Popcorn Provided

Friday, November 2: Three Billboards Outside Ebbing, Missouri (1hr 55min) 2017 R
A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit.
Stars: Frances McDormand, Woody Harrelson, Sam Rockwell and more.

Friday, November 9: Forrest Gump (2hr 22min) 1994 PG-13
Forrest Gump, a simpleminded man, finds himself in the middle of nearly every major event of the 1960s and 1970s. Along the way, he makes friends, changes lives and yearns for his childhood sweetheart, Jenny.
Stars: Tom Hanks, Robin Wright, Gary Sinise and more.

Friday, November 16: Brooklyn (1hr 51min) 2015 PG-13
An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.
Stars: Saoirse Ronan, Emory Cohen, Domhall Gleeson and more.

Friday, November 30: Million Dollar Arm (2hr 4min) 2014 PG
A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball.
Stars: Jon Hamm, Aasif Mandvi, Alan Arkin and more.

Closed Captioning always offered when available

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