



Senior News October 2013

Senior Activity Center, 1699 Homes Avenue, Ashland OR 97520

tel: 541-488-5342 Online at: www.ashlandseniorcenter.org tty: 711

Halloween at Food and Friends

Thursday, Oct. 31st 11:00 am



Join us for our Annual Halloween Celebration! We will be brewing a witches cauldron full of fun, activities, good food, and great music, by Joe Acosta on the keyboard. Feel free to dress in costume, or come as you are! Call 541-488-5342 to make your lunch reservation.



Ashland At Home

"Make the Choice to Age in Place"

Home is where the heart is, but living in our homes can be a challenge as we age, or when we experience a temporary illness or injury.

"Ashland At Home" members pay an annual fee to receive a broad network of services such as: shopping, lawn care, transportation to appointments, cooking, and pet care. Come in and learn about "**Ashland at Home**" on Wednesday, October 16th at 12:30.

AARP Driver's Safety Program

- October 2nd & 3rd 1-4 pm
- Instructor: Nancy James
- Members \$12/ Non Members \$14
- Call 541-488-5342 to make a reservation.

The Healing Power of Memoir & Life Review

This 3 part series will explore the healing & integrative benefits of life review and its relationship to memoir, storytelling & poetry.

- Oct. 10, 17, & 24 2-4 pm
- \$30 for the series
- Contact Gaea Yudron at 541-535-3084 to pre-register.

ALIEAP

Ashland Low Income Energy Assistance Program

Assistance is available again this winter to income qualified Ashland utility customers. Call 541-552-2038 to request an application packet. Those currently receiving the Senior Utility Discount will automatically be enrolled in this program and need not apply.

Please call 541-488-5342 for eligibility guidelines or more information.

Food and Friends Menu

October 2013

Lunch: 11:30 - 12:30pm

Monday

Tuesday

Wednesday

Thursday

Friday



1 Stuffed Bell Pepper
Broccoli Cuts
Tossed Salad
Focaccia Bread
Pears

2 Mac & Cheese
Escalloped Tomatoes
Cut Green Beans
Oatmeal Bread
Chilled Applesauce

3 BBQ Pork Sand.
Baked Potato
Wedges
Creamy Coleslaw
Chocolate Pudding

4 Chicken Chop Suey Over Rice
Capri Blend Veggies
Whole Kernel Corn
Pineapple Crisp

7 Baked Ham w/ Pineapple Sauce
Scalloped Potatoes
Oregon Bean Medley
Whole Wheat Bread
Bread Pudding/Raisins

8 Breaded Baked Fish Delmonico
Potatoes
Corn
Wheat Bread
Lemon Cookie

9 King Ranch Chicken Bake
Broccoli Cuts
Romaine Salad
Potato Wheat Bread
Choc/Van Pudding

10 Southwest Omelet
Country Trio Veg
Marin Spring Garden Salad
French Bread
Peach Crisp

11 Meatloaf w/ Creole Sauce
Whipped Potatoes
Steamed Spinach
Sunflower Seed Bread
Brownie

14 Chicken Patty Marsala
Parslied Potatoes
Peas & Carrots
Rye Bread
Apple Cobbler

15 Smokehouse Chop
Sweet Potato Cuts
Cut Green Beans
Onion Bread
Rhubarb

16 Spaghetti w/ Meat Sauce
Italian Blend Veg.
Garden Vegetable Salad
Garlic Bread
Birthday Cake

17 Beef & Black Bean Chili
Veggie Blend
Spinach Salad
Cornbread
Joy's Applesauce
Cookie

18 Roast Turkey w/ Gravy
Whipped potatoes
Mixed veggies
Bran Wheat Bread
Banana Pudding

21 Mexican Pasta Bake
Oregon Bean Medley
Whole Kernel Corn
Multigrain Bread
Tapioca Pudding

22 Meatloaf w/ Gravy
Sr.Crm/ Chive Pot.
Capri Blend Veg.
Herb Bread
Grace's Choc. Cookie

23 Chicken Divan Green Peas
Carrot Pineapple Salad
Dill Bread
Coconut Brownie

24 Homestyle Turkey Patty w/ Gravy
Herbed Potatoes
Steamed Spinach
Seven Grain Bread
Birthday Cake

25 Country Meatballs over Pasta
Italian Blend Veg.
Harvard Beets
Pumpkin Bar

28 Hot Roast Beef Sandwich
Whip Potatoes w/ gravy
Cut Green Beans
Cornmeal Bread
Peanut Butter Bar

29 Oriental Shoyu Chicken
Rice Pilaf
Broccoli & Carrots
Garden Veg. Salad
Almond Cookie

30 Broccoli Quiche
Scalloped Potatoes
Whole Kernel Corn
Whole Wheat Roll
Orange Whip

31 Chicken Fried Steak
Potatoes O'Brien
Peas & Carrots
Onion Bread
Halloween Cake



Senior Activities Calendar

October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>Tai Chi 9:00 & 10:45 Computer Instruction 11:00 Line Dancing 1:00</p>	<p>1</p> <p>Issues and Options Discussion Group 9:30 - 11:30 Mac Instruction 12:30 Line Dancing 1:00</p>	<p>2</p> <p>Yoga 9:30 Computer Instruction 11:00 AARP Driver's Safety 1:00-4:00</p>	<p>3</p> <p>Adv Tai Chi 9:00 Adv Line Dance 10:45 Mac Instruction 12:30 Listening Post 11:30-1:30 Hearts, Spades 1:00 AARP Driver's Safety 1:00-4:00</p>	<p>4</p> <p>Insurance Assistance 10:00 - 12:00 Oct. Birthdays 11:30 Movie 12:30 "She Wore A Yellow Ribbon" (1 hr 33 min)</p>
<p>7</p> <p>Tai Chi 9:00 & 10:45 Computer Instruction 11:00 Line Dancing 1:00</p>	<p>8</p> <p>Issues and Options Discussion Group 9:30 - 11:30 Mac Instruction 12:30 Line Dancing 1:00</p>	<p>9</p> <p>Yoga 9:30 Computer Instruction 11:00 Blood Pressure Clinic 10:30 - 11:30</p>	<p>10</p> <p>Adv Tai Chi 9:00 Adv Line Dance 10:45 Mac Instruction 12:30 Listening Post 11:30-1:30 Hearts, Spades 1:00 Healing Power of Life Review Series 2-4</p>	<p>11</p> <p>Insurance Assistance 10:00 - 12:00 Movie 12:30 "Born Yesterday" (1 hr 42 min)</p>
<p>14</p> <p>Tai Chi 9:00 & 10:45 Computer Instruction 11:00 Line Dancing 1:00</p>	<p>15</p> <p>Issues and Options Discussion Group 9:30 - 11:30 Mac Instruction 12:30 Line Dancing 1:00</p>	<p>16</p> <p>Yoga 9:30 Computer Instruction 11:00 Ashland At Home 12:30</p>	<p>17</p> <p>Adv Tai Chi 9:00 Adv Line Dance 10:45 Mac Instruction 12:30 Listen Post 11:30-1:30 Hearts, Spades 1:00 Healing Power of Life Review Series 2-4</p>	<p>18</p> <p>Insurance Assistance 10:00 - 12:00 Movie 12:30 "Guarding Tess" (1 hr 35 min)</p>
<p>21</p> <p>No Tai Chi today Computer Instruction 11:00 Line Dancing 1:00</p>	<p>22</p> <p>Issues and Options Discussion Group 9:30 - 11:30 Mac Instruction 12:30 Line Dancing 1:00</p>	<p>23</p> <p>Yoga 9:30 Computer Instruction 11:00 Blood Pressure Clinic 10:30 - 11:30</p>	<p>24</p> <p>Adv Tai Chi 9:00 Adv Line Dance 10:45 Mac Instruction 12:30 Listen Post 11:30-1:30 Hearts, Spades 1:00 Healing Power of Life Review Series 2-4</p>	<p>25</p> <p>Insurance Assistance 10:00 - 12:00 Movie 12:30 "The Man Who Knew Too Much" (1 hr 15 min)</p>
<p>28</p> <p>Tai Chi 9:00 & 10:45 Computer Instruction 11:00 Line Dancing 1:00</p>	<p>29</p> <p>Issues and Options Discussion Group 9:30 - 11:30 Mac Instruction 12:30 Line Dancing 1:00</p>	<p>30</p> <p>Yoga 9:30 Computer Instruction 11:00</p>	<p>31</p> <p>Adv Tai Chi 9:00 Adv Line Dance 10:45 Halloween Party 11:00 Mac Instruction 12:30 Listen Post 11:30 - 1:30 Hearts, Spades 1:00</p>	

Gentle Yoga for adults 60+ is offered at the Senior Center

Wednesdays 9:30-10:30

Saturdays 10:30-11:30

Cost \$15 (4 lessons)

\$5/class for drop-in



Gentle Iyengar-style yoga is offered at the Senior Center twice a week, and is taught by veteran Yoga instructor, Marion Moore. Marion has been teaching yoga at the senior center for 10 years, and has been an instructor for over 25 years. She was certified at the Iyengar Yoga Institute in San Francisco, and began teaching Iyengar Yoga modified for Seniors in 2001.

Marion's class focuses on gentle poses to strengthen the body, and increase flexibility and balance. Marion believes that yoga has several different benefits for seniors such as balancing the right and left side of the body, which can improve hip, knee, and shoulder problems. The class starts out with standing poses to increase strength, and focuses on the whole body for increased balance. Participants continue with some floor poses focusing on essential hip and leg stretches, followed by a relaxation period at the end.

Yoga has become one of the most popular exercises for seniors. It has proven to have meditative qualities including an overall sense of health and well-being, increased balance, strength, and flexibility. Yoga has shown to help reduce the effects of arthritis, high blood pressure, osteoporosis, back pain, and blood circulation. The relaxation and regulated breathing techniques practiced in yoga classes may also help for a more restful night's sleep, which aids in daytime alertness. Yoga may also aid in keeping the mind sharp. Taking a weekly yoga class can keep you centered, and leave you feeling energized.

Come join us at the Ashland Senior Center for gentle Iyengar-style yoga! This style of yoga focuses on taking the time to perfect each pose, rather than a fluid transition from pose to pose. It will enable you to attain the most balance and flexibility from the practice.

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.” ~B.K.S. Iyengar

FRIDAY MOVIE MATINEES
SHOWTIME 12:30 POPCORN PROVIDED



FRIDAY, October 4th - "She Wore A Yellow Ribbon" 1949 (1HR 33MIN) NR

Captain Nathan Brittles, a veteran of the winning west that comes out of retirement when 265 men are killed at Little Big Horn. Stars John Wayne, Joanne Dru, and John Agar.

FRIDAY, October 11th - "Born Yesterday" 1950 (1 HR 42MIN) NR

Business tycoon Harry Brock fears that his ditsy fiancée will be an embarrassment in front of the politicos he wants to influence, so he hires a reporter to tutor her in social graces and gets more than he bargained for. Stars Judy Holliday, Broderick Crawford, William Holden, & more.

FRIDAY, October 18th - "Guarding Tess" 1994 (1HR 35MIN) PG-13

Doug Chenic, a stoic Secret Service Agent guards former first lady, Tess Carlisle, a demanding widow living quietly in Ohio. Starring: Shirley Maclaine, Nicolas Cage, Austin Pendleton, Edward Albert.

FRIDAY, October 25- "The Man Who Knew Too Much" 1934 (1 hr 15 min) NR

"Master of Suspense" Alfred Hitchcock grips us in the mystery of a dying man's whispered words. Starring: Leslie Banks, Edna Best, Peter Lorre, and Nova Pilbeam.

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