



Senior News February 2013

Senior Activity Center, 1699 Homes Avenue, Ashland OR 97520

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



Valentine's Day Party

Thursday February 14th

Come Join us for Valentine's Day Festivities at the Food and Friends Luncheon beginning at 11:00am. We will savor sweet treats and give away prizes. This is one of the favorite holiday celebrations! Come as you are or wear red if you like. Give us a call and let us know if you can make it so we can save you a spot for lunch. 541-488-5342



Clem's Musical Duo

Wednesday, Feb 13th, 12:30pm

Come join us for music from the Great American Song Book. Clem's Duo consists of Clem Novak on Bass, and Donna Corrigan on keyboard. This is an opportunity to enjoy music to remember, music to dream by...Porter, Berlin, and Gershwin, and more. No charge but tips for the musicians are welcome!!



OLLI Community Lecture Series

Wednesdays, 12:30 to 3:15pm

In partnership with Mountain View Retirement, transportation will be provided on Wednesdays from the Senior Center to the Community Lecture Series presented by Osher Lifelong Learning Institute on the SOU campus. Lectures scheduled:

Feb. 6th-Balance in Life, With Rhythms

Feb. 13th-The Secrets of Science; What it Can and Cannot Do

Feb. 20th-Progressive Christianity: An Overview

Feb. 27th-Truth Reconciliation and Empathic Civilization

These lectures are offered at no cost. Please do let us know if you are planning to attend so we can reserve a spot for you on the bus. 541-488-5342



AARP Tax Aide Free E-Filing Tax Preparation

At The Grove 1195 East Main Street

Mondays and Fridays 9:00 am-12 pm

Wednesdays 1:00 pm to 4:30 pm

Beginning February 1st—Walk-ins only No Appointments

Food and Friends Menu

February 2013

Lunch: 11:30 - 12:30pm

Monday

Tuesday

Wednesday

Thursday

Friday



4 **Scalloped Turkey**
Herbed Carrots
Peas & Onions
Oat Bran Bread
Blushing Pears

5 **Beef Sloppy Joe
On a Bun**
Roasted
Red Potatoes
Country Trio Veg.
Grace's Chocolate
Cookie

6 **Vegetable
Cheese Strata**
Broccoli Cuts
Harvard Beets
Sunflower Seed
Roll
Chocolate Pudding

7 **Spaghetti
w/ Meat Sauce**
Scan Blend Veg.
Garden Veg. Salad
Garlic Roll
Apple Streusel
Cake

1. **Baked Fish
w/ Dill Sauce**
Parslied Potatoes
Peas & Carrots
Multigrain Roll
Frosted Carrot Cake

8 **Chicken a La King**
Whipped Potatoes
Oregon Bean Medley
Cracked Wh. Bread
Peanut Butter Bar

11 **Country Fried
Steak w/ Gravy**
Lyonnaise Potatoes
Cut Green Beans
Seven Grain Bread
Mocha Nut Cookie

12 **Macaroni
& Cheese**
Escalloped Tomato
Spinach Romaine
Salad
Cornmeal Roll
Pear Cobbler

13 **Meatloaf
w/ Italian Sauce**
Whipped Potatoes
w/ Gravy
Capri Blend Veg.
Herb Bread
Rice Pudding

14 **Waikiki** 
Chicken
Scalloped Potatoes
Broccoli Normandy
Dill Bread
Peach Crunch Bar

15 **Pork Patty
w/ Gravy**
Oven Braised
Potatoes
Succotash
Whole Wheat Bread
Spiced Applesauce

18
*Closed for
Presidents
Day*

19 **Porcupine
Meatballs
Over Noodles**
Italian Blend Veg.
Whole Kernel Corn
Bread Pudding

20 **Chicken &
Penne Pasta**
Steamed Spinach
Harvard Beets
Sunflower Seed
Bread
Choc. Chip Bar

21 **Roast Turkey
w/ Gravy**
Whipped Potatoes
Country Trio Veg.
Onion Bread
Birthday Cake

22 **Shepherd's Pie**
Broccoli Cuts
Seasoned Carrots
Oat Bran Bread
Lemon Pudding

25 **Baked Ham
w/ Pineapple Sauce**
Parslied Potatoes
Oregon Bean Medley
Potato Wheat
Bread
Peach Cobbler

26 **Chicken
Marsala Pasta**
Country Trio Veg.
Romaine Iceberg
Salad
Whole Wheat Roll
Lime Whip

27 **Turkey Loaf
w/ Cream Sauce**
Whipped Potatoes
Herbed Carrots
Dill Bread
Birthday Cake

28 **Meatloaf
w/ Creole Sauce**
Delmonico
Potatoes
Scan. Blend Veg.
Garlic Bread
Pineapple Crisp



Senior Activities Calendar

February 2013



Monday

Tuesday

Wednesday

Thursday

Friday



4
Tai Chi 9:00
Computer Instruction
11:00
Line Dancing 1:00

5
Issues and Options
Discussion Group
9:30 - 11:30
Line Dancing 1:00

6
Yoga 9:30
Computer Instruction
11:00
OLLI Lecture 12:30

7
Adv. Tai Chi 9:00
Advanced Line
Dancing 10:45
Listening Post
12:00-2:00
Hearts, Spades 1:00

1
Insurance Assistance
10:00 - 12:00
Movie 12:30
"The
Astronaut Farmer"
(1hr 44min)

8
Insurance Assistance
10:00 - 12:00
Movie 12:30
"Separate Tables"
(1hr 40min)

11
Tai Chi 9:00
Computer Instruction
11:00
Line Dancing 1:00

12
Issues and Options
Discussion Group
9:30 - 11:30
Line Dancing 1:00

13
Yoga 9:30
Computer Instruction
11:00
Blood Pressure Clinic
10:30 - 11:30
OLLI Lecture 12:30

14
Adv. Tai Chi 9:00
Advanced Line
Dancing 10:45
Listening Post
12:00-2:00
Hearts, Spades 1:00
Valentine's Party
11:00

15
Insurance Assistance
10:00 - 12:00
Movie 12:30
"Nell"
(1hr 40min)

Clem's Duo
12:30

18
*Closed for
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Day*

19
Issues and Options
Discussion Group
9:30 - 11:30
Line Dancing 1:00

20
Yoga 9:30
Computer Instruction
11:00
OLLI Lecture 12:30

21
Adv. Tai Chi 9:00
Advanced Line
Dancing 10:45
Listening Post
12:00 - 2:00
Hearts, Spades 1:00

22
Insurance Assistance
10:00 - 12:00
Movie 12:30
"Indiana Jones & the
Crystal Skull"
(1hr 40min)

25
Tai Chi 9:00
Computer Instruction
11:00
Line Dancing 1:00

26
Issues and Options
Discussion Group
9:30 - 11:30
Line Dancing 1:00

27
Yoga 9:30
Computer Instruction
11:00
Blood Pressure Clinic
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Ashland Food Bank Survey

February, 2013

Please take a moment or two to fill out this survey and return to the Senior Center. The data will be compiled and evaluated by students from SOU who are working with the Ashland Food Bank to determine ways to better serve the needs of the community. Thank you for your time. The information will be used for a Food Bank that will be held at the Senior Center in March.

Do you know about the food bank, where it is located and the types of food offered?

Would you go if you could have transportation once a month? Yes No

What types of food would you want from the Food Bank?

Would you be interested in nutritional information? Anything specific?

Is there a time of day or month that is most convenient for you to go to the Food Bank?

If the Food Bank came to the Senior Center once a month, would you use this service?

Any suggestions?

Once again, thank you for taking the time to complete the survey.

FRIDAY MOVIE MATINEES
SHOWTIME 12:30 POPCORN PROVIDED



FRIDAY, FEB. 1ST - THE ASTRONAUT FARMER 2006 (1HR 44MIN) PG

A retired Nasa astronaut has never given up his dream of space travel. He built his own rocket despite threats to stop him. Starring: Billy Bob Thornton, Virginia Madsen and Bruce Dern.

FRIDAY, FEB. 8TH - SEPARATE TABLES 1958 (1HR 40MIN) NR

The stories of several people are told as they stay at the seaside hotel that features separate table dining. Features: Deborah Kerr, Rita Hayworth and David Niven

FRIDAY, FEB. 15TH - NELL 1994 (1HR 52MIN) PG-13

In a remote woodland cabin, a small town doctor discovers a young hermit woman with many secrets. Featuring: Jody Foster, Liam Neeson and Natasha Richardson

FRIDAY, FEB. 22ND - INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL 2008 (2HRS)

A famed archaeologist is called back into action when he becomes entangled in a Soviet plot to uncover mysterious artifacts. Featuring: Harrison Ford and Cate Blanchett **PG-13**

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