



Senior News

July 2017

Senior Activity Center, 1699 Homes Avenue, Ashland OR 97520

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



Britt Festival Evening Concert **Saturday, July 29th**

The Britt Festival Classical Outreach Program and the Ashland Senior Program are offering a limited number of reserved seating tickets to the "Voyage of Discovery" Classical Music Concert with violinist Noah Bendix-Balgley. Bus transportation to and from the Festival will be provided, with pick-up at the Senior Center at 6:00p.m.. We will arrive back to the Senior Center by 10:30-10:45p.m.

Tickets are offered at no cost and seating is limited. Call the Senior Program office to reserve your spot! 488-5342



Ice Cream Social!!

Featuring "Jabberwocky" Wednesday, July 12th, 12:45

Mark your calendars and join us for an old fashioned Ice Cream Social with great music performed by Jabberwocky in beautiful Hunter Park, next to the Senior Center. The eight piece band plays a fun loving array of old time favorites. This event is free, however tips for the band will be gladly accepted. Sit back, relax, and enjoy a wonderful summer afternoon of music in the park.

Hope to see you there!

Repair SO (Southern Oregon) **Monday, July 24th, 10:00—12:00**

Our first Repair SO was such a success we thought we'd do it again. Come and join Master Recyclers Heidi and Paulette and other volunteers or this free clothing repair event. They bring the sewing machines, needles, thread, buttons, you bring clean clothing that needs mending (no alterations or zippers please). This is a new idea for our area, based on the "Repair Cafes" in Holland and Sweden.



Advanced Directive & POLST Forms

Candace Ellingham, RN will be offering instruction in completing your paperwork. Information about medic tags will also be available. To make an appointment to learn more about these forms and for free assistance in completing the forms, call the Senior Program Office 488-5342.

Jane's Famous Luau Lunch

Friday, July 14th, 11:30
At the Food and Friends luncheon.
Luau attire suggested



Food and Friends July Menu

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

Monday Tuesday Wednesday Thursday Friday

3 KIELBASA w/ Sauerkraut on a Bun
Whole Kernel Corn
Carrot Mandarin Salad
Zucchini Brownie

4 Closed for the Holiday



5 Roast Turkey w/ Gravy
Whip Potatoes w/ Gravy
Succotash
Rye Bread
Cinn Pear Crisp

6 Breaded Baked Fish w/Tartar Sauce
Roasted Red Potatoes
Steamed Spinach
Seven Grain Bread
Peaches

7 Spaghetti w/Meat Sauce
Italian Blend Vegt
Spinach Romaine Salad
Oat Bran Roll
Molasses Cookie

10 Beef Cabbage Bake
Parslied Potatoes
Scandinavian Blend Vegt
Whole Wheat Bread
Fresh Cantaloupe

11 Macaroni & Cheese
Escalloped Tomatoes
Cut Green Beans
Cornmeal Roll
Bread Pudding w/ Raisins

12 Meatloaf w/ Gravy
Garlic Whipped Potatoes
Country Trio Vegt
Bran Rye Bread
Angel Food B-day Cake

13 Broccoli Cheese Strata
Capri Blend Vegt
Spinach Romaine Salad
Dill Wheat Roll
Joy's Applesc Cookie

14 Ham w/ Pineapple Sauce
Scalloped Potatoes
Italian Blend Vegt
Squash Bread
Lemon Square

17 Chicken Pot Pie
Spinach
Whole Kernel Corn
Buttermilk Biscuit
Golden Fruit Cup

18 Teriyaki Meatballs
Steamed Brown Rice
Capri Blend Vegt
Green Peas
Almond Poppyseed Cake

19 Chicken & Penne Pasta
Broccoli Cuts
Steamed Carrots
Bran Wheat Roll
Snickerdoodle Cookie

20 Roast Pork w/ Gravy
Sr Cream/Chive Potatoes
Green Peas
Cracked Wheat Bread
Apple Crisp

21 Turkey Divan Bake
Oregon Bean Medley
Harvard Beets
Seven Grain Roll
Fresh Watermelon

24 Scalloped Potatoes & Ham
Mixed Vegetables
Steamed Spinach
Herb Bread
Grace's Choc Chip Cookie

25 Beef Lasagna
Country Trio Vegt
Garden Vegt Salad
Garlic Roll
Butterscotch Bar

26 Tuna Salad Sandwich on w/w Bread
Potato Salad
Carrot Pineapple Salad
Strawberry Shortcake

27 Chicken Rice Bake
Cut Green Beans
Whole Kernel Corn
Multigrain Bread
Birthday Cake

28 Meatloaf w/ Creole Sauce
O'Brien Potatoes
Scand Blend Vegt
Onion Bread
Tapioca Pudding

31 Turkey Patty w/ Gravy
Sr Cream/Chive Potatoes
Country Trio Vegt
Cracked Wh Bread
Peach Cobbler



A suggested minimum donation is requested from seniors 60 and older.

Non-seniors must pay the full cost of the meal

1% milk served with all meals



Senior Activities Calendar

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Beg/Int Tai Chi 9:15 –11:00 at The Grove Computer Tutor 11:00 by appt Intermediate Line Dancing 1:00</p>	<p>4 Discussion Group 9:30 - 11:30 Mac Instruction 12:30 by appointment Beg Line Dance 1:00 Cribbage Group 1:00 Somatics 2:45-4:15</p>	<p>5 Yoga 9:15 &10:30 Computer Tutor 11:00 by appointment</p>	<p>6 Adv Tai Chi 9-10:30 Adv Line Dance 10:45 Mac Instruction 2:00 by appointment Spades 1:00 Mah Jongg 1:00 - 4:00</p>	<p>7 Insurance Assistance 10:00 - 1:00 Birthday Friday 11:15 Movie 12:30 Lion (1 hr, 58 min) 2016 PG-13</p>
<p>10 Beg/Int Tai Chi 9:15 –11:00 at The Grove Computer Tutor 11:00 by appt Intermediate Line Dancing 1:00</p>	<p>11 Discussion Group 9:30 - 11:30 Mac Instruction 12:30 by appointment Beg Line Dance 1:00 Cribbage Group 1:00 Somatics 2:45-4:15</p>	<p>12 Yoga 9:15 &10:30 Computer Tutor 11:00 by appointment Blood Pressure 10:30-11:30 <i>Ice Cream Social</i> 12:30</p>	<p>13 Adv Tai Chi 9-10:30 Adv Line Dance 10:45 Mac Instruction 2:00 by appointment Spades 1:00 Mah Jongg 1:00 - 4:00</p>	<p>14 Insurance Assistance 10:00 - 1:00 <i>Luau Lunch 11:30</i> Movie 12:30 Random Harvest (2 hr, 06 min) 1942 NR</p>
<p>17 Beg/Int Tai Chi 9:15 –11:00 at The Grove Computer Tutor 11:00 by appt Intermediate Line Dancing 1:00</p>	<p>18 Discussion Group 9:30 - 11:30 Mac Instruction 12:30 by appointment Beg Line Dance 1:00 Cribbage Group 1:00 Somatics 2:45-4:15</p>	<p>19 Yoga 9:15 &10:30 Computer Tutor 11:00 by appointment <i>AARP Drivers</i> <i>Safety 1–4</i></p>	<p>20 Adv Tai Chi 9-10:30 Adv Line Dance 10:45 Mac Instruction 2:00 by appointment Spades 1:00 Mah Jongg 1:00 - 4:00 <i>AARP Drivers</i> <i>Safety 1–4</i></p>	<p>21 Insurance Assistance 10:00 - 1:00 Movie 12:30 Imitation of Life (2 hr, 05 min) 1959 NR</p>
<p>24 Beg/Int Tai Chi 9:15 –11:00 at The Grove <i>Repair SO 10-12</i> Computer Tutor 11:00 by appt Intermediate Line</p>	<p>25 Discussion Group 9:30 - 11:30 Mac Instruction 12:30 by appointment Beg Line Dance 1:00 Cribbage Group 1:00 Somatics 2:45-4:15</p>	<p>26 Yoga 9:15 &10:30 Computer Tutor 11:00 by appointment Blood Pressure 10:30-11:30 <i>Polst/Advanced</i> <i>Directives 12:45</i></p>	<p>27 Adv Tai Chi 9-10:30 Adv Line Dance 10:45 Mac Instruction 2:00 by appointment Spades 1:00 Mah Jongg 1:00 - 4:00</p>	<p>28 Insurance Assistance 10:00 - 1:00 Movie 12:30 Hidden Figures (2 hr , 07 min) 2016 PG</p>
<p>31 Beg/Int Tai Chi 9:15 –11:00 at The Grove Computer Tutor 11:00 by appt Intermediate Line Dancing 1:00</p>	<p>** <i>Britt Classical Access Festival Saturday, July 29th 6:00 pm</i> <i>Reservations Required Please Join Us! **</i></p>			



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
—Maya Angelou

FRIDAY MOVIE MATINEES
SHOWTIME 12:30 p.m.— POPCORN PROVIDED



FRIDAY, July 7—Lion (1 hr. 58 min) 2016 PG-13

In this affecting true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India.

Stars: Dev Patel, Rooney Mara, David Wenham, more...

FRIDAY, July 14—Random Harvest (2 hr. 06 min) 1942 NR

A wounded WWI soldier Charles (Ronald Colman) has no memory of his past and marries Paula (Greer Garson). When he is hit by a car, he regains his memory but loses all memory of Paula, who takes a job as his secretary to be near him in this tragic, romantic drama.

Stars: Ronald Colman, Greer Garson, Philip Dorn, more...

FRIDAY, July 21—Imitation Of Life (2 hr. 05 min) 1959 NR

Lora, a Caucasian widow with a daughter, and Annie, an African American single mother, move in together and face huge challenges as they try to raise their children.

Stars: Lana Turner, John Gavin, Sandra Dee, more

FRIDAY, July 28—Hidden Figures (2 hr. 07 min) 2016 PG

Three African American female mathematicians with NASA play key roles in John Glenn becoming the first American to orbit earth. Based on true story.

Stars: Taraji P. Henson, Octavia Spencer, Janelle Monae, more

Ashland Senior Program
1699 Homes Avenue
Ashland, OR 97520

