



Senior News January 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

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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



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.

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.

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:





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!