COMMUNITY PLAYGUIDE... *what to do!*

VOLUNTEER WITH US!
Check out pp 34-35

AUTUMN 2020

LET'S STAY CONNECTED
Check out p 3

director's message

Stay Connected with Your Community, and with Parks & Rec

Throughout the current calendar year, our country, our state and our community have been through a great deal. The year 2020 has been challenging; however, the community of Ashland has reacted and rebounded, as much as possible, to provide care and support for each other. You have probably noticed many changes to Ashland Parks and Recreation Commission (APRC) since March, such as buildings being closed; classes, events and programs being canceled and many outdoor amenities being shuddered.

Since March, when many APRC services and programs were halted, our staff has worked hard to find ways to continue to connect with the public. Some programs would be down for a long period of time, such as the Daniel Meyer Memorial Pool and The Grove Recreation Center. To address the gap in recreation program offerings due to closures, our recreation staff worked to identify new ways to connect with you. We developed the "Find Your Space" initiative, which is a system that focuses on the safety of community members, staff and our instructors, and offers alternative options for enjoyment as we navigate public health guidelines.

The system offers three spaces: PHYSICAL Space – Parks, Trails and Open Space; SAFE Space – Resources available to community members to stay safe and healthy; and, FUN Space – Explore ways to stay active and engaged with communities including providing feedback to APRC - This space includes our collection/resources of digital materials!

Some areas of APRC, like the physical open spaces, parks and trails, have seen record numbers of users over the summer season. People are taking advantage of the outdoors and spending time using the thousands of acres of open space, parks and trails available to them through APRC, the City of Ashland and the Forest Service. Our staff has enjoyed the opportunity to serve the public by maintaining and providing a "space" for our community to use safely during a very uncertain time.

Recently, the Community was again faced with challenges related to the national unification to fight racism and injustice. APRC's statement to the community still stands as we affirm our commitment to equity, diversity and inclusion. We seek to make parks and programs accessible and safe for all, regardless of race or gender, age or abilities, sexual orientation, religion or socioeconomics. ALL are welcome here.

In addition, 2020 has been a challenging year both nationally and locally; even before September 8 when the Almeda Fire ravaged the communities of Talent and Phoenix. Our hearts go out to our neighboring communities for their suffering and loss as a result of the recent fires. APRC has been working where we can to provide support and assistance to Talent and Phoenix and we will be here for the long run, to assist our community of neighbors as we rebuild together.

This season's PlayGuide, although limited in offerings, is representative of an agency of employees, volunteers and elected officials who are working very hard to provide something positive to our community of neighbors in an uncertain time. All of your friends at APRC invite you to explore the opportunities available through this PlayGuide and the thousands of acres of parks and open space in and around Ashland to give you the opportunity to "Find Your Space."

Michael A. Black, AICP
Ashland Parks & Recreation Commission Director

Ashland Parks and Recreation Commission
Fun, it's in our Nature!

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We offer great exposure for your business!

Reach out to our Executive Analyst,
Dorinda Cottle, dorinda.cottle@ashland.or.us
or call her at 541.552.2265.

how to register and what to expect...

1

"Fun, it's in our Nature!"

Steps for a Smooth Registration Process!

Due to COVID-19, all of our fall programs will take place outside or virtually. We want to be able to communicate with you effectively and email is the best way to do so, especially with virtual programming and being able to send you the link to access your class!

Visit ashland.or.us/Register and click on the green button, "Register Online," and follow the steps provided on our registration home page. These steps will help with a smooth registration process and ensure that we have all of your necessary information.

We look forward to seeing you virtually, or outside, this fall! Need help? Call 541.488.5340 or email ParksInfo@ashland.or.us.

Here's what to expect for your class:

For all classes, check your email in the hours before your class for any last minute information.

FOR ONLINE CLASSES

Make sure you have the following to attend an ONLINE class:

1) A computer, tablet or phone

2) A secure and reliable internet connection

3) Check that your device has a camera and microphone (there is also an option to call into the class with a phone number, but the experience is more enjoyable for everyone, when faces are present)

More info and tutorials for virtual programming at ashland.or.us/APRCvirtualProgram.

FOR IN-PERSON CLASSES

In light of COVID-19, here's what to do before and at an IN-PERSON class:

1) Call to cancel if you are not feeling well

2) Wash your hands before the class

3) When you arrive at our recreation facility or outdoor area where your class will be held, please wait outside until the instructor greets you

4) Avoid congregating with others who are not from your household

5) Please maintain proper physical distance at all times

6) Until a reliable treatment and/or vaccine is available for COVID-19, facial coverings are required in all APRC indoor facilities to help prevent the spread of germs. Facial coverings are also required outdoors when physical distancing is not possible. Patrons are asked to bring their own mask

7) Arrive with your water bottle, FILLED (water fountains may be closed)

8) Restrooms may not be available, depending on the location

9) Staff may not be available to answer inquires during your visit. If you have general questions call 541.488.5340 or email ParksInfo@ashland.or.us.

Is $$$ Holding You Back? Scholarships Available!

A limited amount of scholarship money is available for APRC classes. Fill out an online application TODAY at ashland.or.us/RecScholarship.

Want to Treat Someone? Gift Certificates Available!

Looking for the perfect gift? We offer gift certificates for classes (valid for one year from date of purchase).

STAY CONNECTED WITH APRC

Let us list the ways you can stay connected with us...

Online AshlandParksandRec.org | Facebook & Instagram @AshlandParksandRec

Email Notification Subscribe online at AshlandParksandRec.org

In-Person The Grove, N MT Park, Ashland Senior Center, Oak Knoll Golf Course

Direct Contact Call us at 541.488.5340 | Email us at ParksInfo@ashland.or.us
Contact the Commission with our online form at AshlandParksandRec.org

ASHLAND PARKS & RECREATION COMMISSION

AshlandParksandRec.org

PUBLIC HEALTH GUIDELINES for RESPONSIBLE OUTDOOR RECREATION

Prepare before you go:

- Limit your recreation activities, and recreate only with people in your own household
- Check what's open before leaving home—Your favorite recreation area may remain closed, or need to be closed on a temporary basis to prevent crowding and protect public health
- Plan ahead and come prepared as service levels may be different than you are accustomed to
- Visitors may find limited restroom services available—Plan to bring your own soap, water, hand sanitizer and toilet paper
- Bring a facial covering to cover your nose and mouth
- Bring your own food and water bottle
- Visit less crowded areas, visit during off-peak times, and have a back-up plan
- Visit parks and recreation areas close to home, avoid overnight trips to minimize travel outside your immediate area for recreation
- Not feeling well? Don't go—If you have symptoms of a fever, cough, or shortness of breath, stay home

Take care when you get there:

- Be safe and responsible by choosing activities within your comfort zone
- Leave no trace, and pack out what you pack in
- Maintain your own personal hygiene like washing your hands often, or use hand sanitizer
- Avoid crowds—Be prepared for last minute changes to ensure the safety and health of others
- All of the standard ways to protect public health apply in the outdoors too, like maintaining physical distance—Keep at least six (6) feet between you and others enjoying the outdoors... Wear a mask when you can't maintain distance
- Leave at least one parking space between your vehicle and the vehicle next to you

why no dogs?

Why aren't dogs allowed in two (2) of our City Parks?

Lithia Park and North Mountain Park do not allow dogs. Protecting wildlife in both parks is a priority. Dogs can have an impact on wildlife, historical elements and the landscape.

What if I keep my dog on a leash?

Wildlife have acute senses and dogs can scare wildlife, even if it is only the scent of a dog.

Where are dogs allowed?

Dogs are allowed ***ON LEASH*** in 14 parks in Ashland and ***ON LEASH*** within the Ashland Trails System. *Dogs are allowed off leash at The Dog Park.*

Where can I get more info?

Complete info, including ADA compliant service dog guidelines and who to call if you see a dog that is non-compliant, at ashland.or.us/DogFriendly.

—THANK YOU FOR YOUR COOPERATION!

Instructor Colleen Shanahan is a CDBC certified dog behavior consultant through IAABC and has been training dogs and puppies for 20 years.

Good Puppy Skills | Online Class

Learn what your puppy needs to become a well—rounded dog who is a joy to live with. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults 18 and older with puppies age 8-19 weeks, who have started their shots

WHAT: Instruction will cover puppy socialization & building confident puppies, house training, biting & chewing, jumping and stealing, come here, sit down, leave it, eye contact and leash walking

INSTRUCTOR: Colleen Shanahan

AGES	Dog ages: 8-19 weeks | Owner: 18 & up
DAY	Sunday
DATE	Session 1: Oct 4-25 Session 2: Nov 1-22
TIME	11am-Noon
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$99 *(4 classes)*

Good Dog Skills | Online Class

Cover all the basics to train a well-behaved dog in this virtual class allowing you to have fun with your dog and avoid leashes and distractions of other dogs. Time will be dedicated to answering questions and problem solving. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults 18 and older with puppies age 5 months-15 years old

WHAT: Instruction will cover sit & down, leave it, attention, come here and leash walking using rewards, simple games and exercises

INSTRUCTOR: Colleen Shanahan

AGES	Dog ages: 5 months – 15 years Owner: 18 & up
DAY	Sunday
DATE	Session 1: Oct 4-25 Session 2: Nov 1-22
TIME	12:30-1:30pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$99 *(4 classes)*

More Dog Gone Fun Classes

Join like-minded people for ongoing adventures in play and training.

Participants will sign up with instructor by visiting doggonefun.biz or calling 541.601.7601.

Tricks and Clicks - FREE Online Class

Teach your pup to shake, roll over, spin, jump through a hoop, get a Kleenex, crawl and more. *For up-to-date information in this FREE online class visit doggonefun.biz or calling 541.601.7601*

INSTRUCTOR: Colleen Shanahan is a CDBC certified dog behavior consultant through IAABC and has been training dogs and puppies for 20 years.

PLACE	Access this video on the APRC YouTube Channel: https://tinyurl.com/y68h2mxp

Register Today!

EDUCATION & ENRICHMENT

Children's Ukulele Choir | Ages: 7-9 | Online Class

Students will learn to play ukulele while singing joyful folk and popular tunes. Students will need their own ukulele to play along. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Children ages 7-9 interested in learning music and able to participate in online instruction

WHAT: Students will learn tuning, chords, and strumming patterns to learn the joy of playing songs

INSTRUCTOR: Don DeHart. Don has taught in schools in both Oregon and California and co-directed with his wife his own private school Near Ashland for 10 years. In recent years he has taught ukulele and guitar choir classes in Ashland.

AGES	7-9
DAY	Tuesdays
DATE	Oct 13-Dec 1
TIME	3:30-4:15pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$80 *(8 classes)*

Children's Guitar Choir | Ages: 9-14 | Online Class

Students will learn to play guitar while singing joyful folk and popular tunes. Students will need their own 6 string acoustic guitar to play along. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Children ages 9-14 interested in learning music and able to participate in online instruction

WHAT: Students will learn tuning, chords, and strumming patterns to learn the joy of playing songs

INSTRUCTOR: Don DeHart. Don has taught in schools in both Oregon and California and co-directed with his wife his own private school Near Ashland for 10 years. In recent years he has taught ukulele and guitar choir classes in Ashland.

AGES	9-14
DAY	Tuesdays
DATE	Oct 13-Dec 1
TIME	4:30-5:15pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$80 *(8 classes)*

Register Today!

FITNESS & MOVEMENT

Pom Dance | Ages: 6-17 | Outdoor Class

Dancers will learn team building skills, create a team shirt, learn basics and create a Pom Squad dance routine in this one-time outdoor class. Bring smiles, a white t-shirt to decorate, comfortable street shoes and clothes, water bottle and snack. *For up-to-date information e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Children ages 6-17 who enjoy learning dance skills and having fun with friends

WHAT: Dancers will learn pom dance basics, develop teamwork skills and perform active dance routines. Participation includes poms for dancers to keep!

INSTRUCTOR: Ms. Joanne is a dance coach, trainer and choreographer for various university, parks and recreation and non-profit organization dance teams.

AGES/TIME	Age 6-9: Noon-1:30pm
	Age 10-13: 1:30-3pm
	Age 14-17: 3:30-5pm
DAY	Saturday
DATE	Session 1: Oct 10
	Session 2: Oct 24
PLACE	Meet at Garfield Park Basketball Court
COST	$15 *(1 class) includes poms for dancers to keep*

Junior FUNdamentals of Golf | Outdoor Class

Junior FUNdamentals of Golf is designed for golfers of all abilities. Understanding and incorporating the fundamentals of golf is essential if you want to improve and prevent bad habits. Southern Oregon Golf Academy instructors are uniquely qualified to teach these concepts in a fun and effective way. *Visit sogolfacademy.com to sign up today. Limited Spots Available! Questions? Contact our team at info@sogolfacademy.com.*

WHO: All ages and abilities. Perfect for those looking to play golf the right way!

WHAT: Instruction to cover the fundamentals of putting, chipping, pitching full swing and course management

AGES	9 & up
DATE	Oct 7, 14, 21, 28
TIME	4-4:50pm
PLACE	Oak Knoll Golf Course
COST	$25 per class

Register Today!

NATURE & GREEN LIVING

Gluten-Free, Sprouted, Sourdough Bread Bake-Along | Online Class

Join a cooking community and socialize online, while you learn to make healthy and delicious gluten-free bread. Develop skills in a hands-on cooking series with a relaxed pace. Explore the research on health benefits of gluten-free sprouted sourdough, learn to start and maintain gluten-free sourdough starter and make gluten-free bakery goods. Plus, you can enjoy this social online, weekly meeting from the comfort of your kitchen. A digital cookbook is included. This class meets weekly through the month of October. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: Bakers with any level of experience, looking to bake and socialize online

WHAT: Socialize with other bakers while learning to harness the power of lactic acid bacteria to make healthy, affordable, delicious baked goods

INSTRUCTOR: Lisa Nichols has been gluten-free for fourteen years and baking organic, gluten-free, sprouted, sourdough bread since developing her recipes five years ago.

AGES	12 & up with parent
DAY	Tuesdays
DATE	Oct 6, 13, 20, 27
TIME	4-5:15pm
PLACE	Online - Interactive Class *(e.g. Zoom)*
COST	$60 *(4 classes)*

Register Today!

Autumn Bird Walk | Outdoor Class

Stroll through North Mountain Park with local birding experts. This will be an opportunity to see and hear a variety of migrating and resident birds, commonly seen in the Rogue Valley. Masks and social distancing are required. In order to maintain small groups, participants must register to attend. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: Novices to experienced birders will enjoy this nature stroll

WHAT: Learn to identify birds by sight and call with other bird enthusiasts

INSTRUCTOR: Shannon Rio is president of the board of the Klamath Bird Observatory and loves connecting people to birds and nature.

AGES	All ages are welcome
DAYS	Saturday
DATE	Oct 10
TIME	9-10AM
PLACE	North Mountain Park
COST	FREE

Woodpecker photo by Frank Sobotka

NATURE & GREEN LIVING

How to Make Deodorant, Herbal Hand Sanitizer, Salve and Light Face Lotion | Online Class

When it comes to body care products, simple is better! Learn to make body care products with simple ingredients, that are easy on you, your family and the environment. With skills from this online workshop, you'll save money, enjoy top-quality products and reduce the amount of plastic you consume. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: Anyone interested in safe, eco-friendly body care

WHAT: Learn to make herbal body care products that really work, while also reducing your plastics footprint

INSTRUCTOR: Lisa Nichols has been making body care products for ten years and enjoys hosting lotion-making parties for her friends.

AGES	12 & up with parent
DAY	Sunday
DATE	Oct 18
TIME	2-4pm
PLACE	Online - Interactive Class *(e.g. Zoom)*
COST	$20

How to Make Gluten-Free Sprouted Sourdough Bread | Online Class

Learn how to turn inexpensive whole grains into healthy and delicious gluten-free bread using the power of sprouting and wild fermentation. Course participants will learn step-by-step, in an interactive, online class. Stay in the comfort of your own kitchen and learn to start and maintain gluten-free sourdough starter, make flatbread, tortillas, pie crust and multigrain bread. Ask questions and learn while doing. A digital cookbook is included. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: All experience levels welcome

WHAT: Learn to harness the power of lactic acid bacteria to make healthy, affordable, delicious baked goods without the gluten

INSTRUCTOR: Lisa Nichols has been gluten-free for fourteen years and has been baking organic, gluten-free, sprouted, sourdough bread since developing her recipes five years ago.

AGES	12 & up with parent
DAY	Sunday
DATE	Nov 8
TIME	2-4pm
PLACE	Online - Interactive Class *(e.g. Zoom)*
COST	$35

NATURE & GREEN LIVING

Save Food, Save Money, Save the Environment | Online Class

Did you know the average American wastes 254 pounds of food each year, while a family of four spends about $1,600 on food they throw away? Join members of the Southern Oregon Food Solutions group to learn how to prevent food waste and reap the economic and environmental benefits that result. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: Adults and teenagers who want to reduce food waste

WHAT: Learn about the economic and environmental benefits of reducing food waste, with tips and tricks to save you money and help the planet

INSTRUCTOR: Southern Oregon Food Solutions works to minimize food waste in order to reduce greenhouse gas emissions.

AGES	13 & up
DAY	Thursday
DATE	Nov 12
TIME	7-8:30pm
PLACE	Online - Interactive Class *(e.g. Zoom)*
COST	FREE

Register Today!

Project FeederWatch
An annual survey of birds that visit feeders in winter
CORNELL LAB of ORNITHOLOGY

Project FeederWatch | Outdoor Class

FeederWatch is an annual survey of birds that visit feeders in winter. Help count birds that visit the feeders at North Mountain Park while learning to identify species with expert birders. The information collected will be submitted to Cornell University's FeederWatch project, a nationwide citizen-science bird monitoring effort. This project is made possible by our partnership with Rogue Valley Audubon Society. *Please pre-register online or call the Nature Center at 541-488-6606.*

WHO: All levels of birders will get acquainted with local birds and mingle with other birders under a covered pavilion. *Masks and social distancing required.*

WHAT: An annual survey of birds that visit feeders in winter

INSTRUCTOR: Hosted by expert Nature Center birding volunteers and members of the Rogue Valley Audubon Society.

AGES	10 and up
DAYS	Alternate Saturdays
DATES	Nov 14, 28 and Dec 12, 26 *(and continuing until March 20)*
TIME	9-10AM
PLACE	North Mountain Park Pavilion
COST	FREE

EDUCATION & ENRICHMENT

Spanish for Basic Communication | Online Class

This class is ideal for people interested in learning basics of communication in Spanish. Please be prepared with notebook and paper. Instructor will provide virtual learning materials. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Anyone interested in traveling to Latin America or Spain

WHAT: Participants will learn basics of Spanish vocabulary and cultural aspects of Spanish speaking countries

INSTRUCTOR: Monica Rountree is a language instructor at Rogue Community College and native Italian & Spanish speaker with a master's degree in romance language.

AGES	16 & up
DAY	Mondays
DATE	Oct 5-Nov 9
TIME	5-6:30pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$120 *(6 classes)*

Italian for Basic Communication Online Class

This class is ideal for people interested in learning basics of communication in Italian. Please be prepared with notebook and paper. Instructor will provide virtual learning materials. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Someone planning a trip to Italy or wanting to learn Italian

WHAT: Participants will learn basics of Italian vocabulary and cultural aspects of Italian speaking countries

INSTRUCTOR: Monica Rountree is a language instructor at Rogue Community College and native Italian & Spanish speaker with a master's degree in romance language.

AGES	16 & up
DAY	Mondays
DATE	Oct 5-Nov 9
TIME	6:30-8pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$120 *(6 classes)*

Continuing Spanish & Italian

For continuing intermediate and advanced instruction, please contact Monica Rountree at monicarountree@hotmail.com, for more information.

French Language Classes | Update

Bonjour! I hope to be back teaching Beginning French, Intermediate French, Advanced Intermediate French, and Advanced French on Tuesdays as soon as it is deemed safe. I miss my students and teaching! Meanwhile, you can contact me at laurenbethschaffer@gmail.com. Prenez soin. Take care. Lauren

EDUCATION & ENRICHMENT

Urban Spaces, Hidden Places | Outdoor Class*

Learn strategies to investigate history of local buildings, spaces, or even your own home. Class participants will need lined notebooks, pens and pencils, possibly a recording device (most cell phones have this capability) and weather-appropriate shoes and clothing. Sessions will be conducted both with instructor present and on individual's own time. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults with interest in local history and mobility for short tours

WHAT: Community "sleuths" will learn to research a particular location within the community using historical documents and accessing historical photographs using primary documents, internet, and interviewing techniques, and produce a record they can keep and/or share for future researchers

INSTRUCTOR: Lisa Gioia is currently the administrator of Pioneer Cemetery in Medford, has taught World History at RCC, and was Yreka Museum director for 5 years.

AGES	18 & up
DAY	Saturday
DATE	Session 1: Oct 10 & 24 Session 2: Nov 7 & 21
TIME	9-11am
PLACE	North Mountain Park Pavilion *(*Classes may be held on Zoom during inclement weather)*
COST	$60

Register Today!

Every Day Creativity at Home | Online Class

This class will help you learn to investigate your surroundings as a place for endless inspiration and to explore your creativity in a variety of art forms. Get your creative juices flowing, collaborate with others, and share your ideas with the group. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Anyone who is curious about developing creative practices and collaborative processes with others. No art experience is necessary and all abilities and appropriate art forms are welcome.

WHAT: Participants will be able to write, move, gather, draw, record, watch, and listen. Explore art as a conversation among community members.

INSTRUCTOR: Zoey Cane Belyea is an interdisciplinary artist working primarily in performance, poetry, and visual installation. She has a BA in Theatre from Seattle University, studied in the Core Company and a member of the Liveness Lab at The Orchard Project. She has worked with several major regional theatres in Seattle, Austin and OSF. More information can be found at www.zoeycanebelyea.com.

AGES	18 & up
DAY	Tuesday
DATE	Oct 6-Nov 10
TIME	5pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$60 per *(6 classes)*

EDUCATION & ENRICHMENT

Adult Guitar Choir | Online Class

Participants will learn to play guitar while singing joyful folk and popular tunes. Students will need their own acoustic 6 string guitar to play along. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults interested in learning music and able to participate in online instruction

WHAT: Students will learn tuning, chords, and strumming patterns to learn the joy of playing songs

INSTRUCTOR: Don DeHart. Don has taught in schools in both Oregon and California and co-directed with his wife his own private school Near Ashland for 10 years. In recent years he has taught ukulele and guitar choir classes in Ashland.

AGES	18 and up
DAY	Wednesdays
DATE	Oct 14-Dec 2
TIME	4:30-5:15pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$80 *(8 classes)*

Adult Ukulele Choir | Online Class

Participants will learn to play ukulele while singing joyful folk and popular tunes. Participants will need their own ukulele to play along. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults interested in learning music and able to participate in online instruction

WHAT: Students will learn tuning, chords, and strumming patterns to learn the joy of playing songs

INSTRUCTOR: Don DeHart. Don has taught in schools in both Oregon and California and co-directed with his wife his own private school Near Ashland for 10 years. In recent years he has taught ukulele and guitar choir classes in Ashland.

AGES	18 and up
DAY	Wednesdays
DATE	Oct 14-Dec 2
TIME	3:30-4:15pm
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$80 *(8 classes)*

FITNESS & MOVEMENT

Funk it Up! Jazz and Oldies Dance Routines | Online Class

Learn fun and funky dance steps that culminate into full dance routines to uplifting music such as Michael Jackson, Stevie Wonder, oldies, pop and more. Majority of session will be held online but may have opportunities to meet outdoors weather permitting. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Adults interested in energizing fun activities to engage the brain and body

WHAT: This is a low impact class developing dance steps and routines to oldies and pop music including interaction with other participants in a virtual community

INSTRUCTOR: Audrey Flint has been teaching dance for 35 years. She has worked professionally in New York, London and the Bay Area running a tap dance center. Audrey was also previously a resident choreographer for Camelot Theatre and currently teaches the popular Broadway for Boomers class with APRC.

AGES	18 & up
DAY	Thursday
DATE	Oct 8-Dec 3 *(No class Nov 26)*
TIME	10-11am
PLACE	Web link and instructions for virtual class participation will be e-mailed prior to the beginning of the class
COST	$60 *(8 classes)*

Learn to Play Pickleball | Outdoor Class

Students will learn the basic skills and strategies for this popular game played by kids, teens, adults, and seniors. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Anyone interested in learning about pickleball, who enjoys the outdoors, new sports and socializing with others

WHAT: Participants will learn the rules and skills for this active and enjoyable game

INSTRUCTOR: Joel Heller is a long-time teacher of pickleball and gold medalist in singles and doubles at the Oregon Senior Games.

AGES	8 & Up *(Participants younger than 18 must be accompanied by a parent/guardian)*
DAY/TIME	Session 1: Oct 12, 5-7pm Session 2: Oct 25, 9:30-11:30am Session 3: Nov 10, 11am-1pm
PLACE	Lithia Park Tennis & Pickleball Courts
COST	$20 *(1 class)*

Register Today!

FITNESS & MOVEMENT

Improve Your Skills in Pickleball | Outdoor Class

Take your skills to the next level and learn strategy and shots to enjoy pickleball even more. *For up-to-date information please e-mail parksinfo@ashland.or.us or visit ashlandparksandrec.org.*

WHO: Intermediate players interested in learning how to improve their pickleball game

WHAT: Participants will learn and practice strategies and skills to improve their competitiveness

INSTRUCTOR: Joel Heller is a long-time teacher of pickleball and gold medalist in singles and doubles at the Oregon Senior Games.

AGES	8 & Up *(Participants younger than 18 must be accompanied by a parent/guardian)*
DAY/TIME	Session 1: Oct 20, 9-11am
PLACE	Lithia Park Tennis & Pickleball Courts
COST	$20 *(1 class)*

ART & CULTURE

Dear Drawing, Watercolor and Acrylic Painting students,

I have missed teaching and seeing you all, and I miss meeting new students.

I will not be teaching classes in the fall but at this time, plan to resume classes in 2021. I am in the process of learning how to teach art classes online.

You can contact me at c.egelston7@gmail.com if you have any questions or comments.

Cathy Egelston Mahoney

Classes on hold until facilities open:

- **Ballroom Dancing** with Cori Grimm
- **French Language Classes** with Lori Schaffer
- **Art Instruction** with Cathy Egelston

About North Mountain Park & The Nature Center — Hours & Overview

North Mountain Park is open sunrise to sunset, year-round. The Nature Center is currently closed to the public, due to COVID-19.

North Mountain Park Nature Center, located next to Bear Creek at 620 N Mountain Ave in Ashland, offers a variety of programs and interpretive exhibits, highlighting local natural and cultural history, and sustainable living. Visitors can also enjoy the park's Demonstration Gardens, nature trails, pavilion, picnic and play areas.

Educating During COVID-19

Service Learning this Fall at NMP

The Nature Center is pleased to offer Service Learning field trips this fall!

This FREE, 2-hour program is for classes and learning groups of 5-30 students, ages 8 & up. Part hands-on education, part community service project, Service Learning has been adapted for allow for outdoor learning even during COVID-19.

Visit ashland.or.us/nmpservicelearning for more information, or email jennifer.aguayo@ashland.or.us.

Volunteer Opportunities!

Park Rovers and Pup-patrol

Help us keep the park safe for people and wildlife. We are looking for engaged citizens to rove through North Mountain Park, making sure all is well and helping communicate the park rules to other visitors.

By asking people to leave dogs at home, your voice can make a difference! Sign up to take a leisurely stroll for an hour in the morning or evening, each week. We'll give you all the tools to be a desperado, in defense of wildlife!

Call 541.488.6606 Or email libby.vanwyhe@ashland.or.us.

For more information, call the Nature Center at 541.488.6606 or visit

NORTHMOUNTAINPARK.ORG

Adult FUNdamentals of Golf | Outdoor Class

Adult FUNdamentals of Golf is designed for golfers of all abilities. Understanding and incorporating the fundamentals of golf is essential if you want to improve and prevent bad habits. Southern Oregon Golf Academy instructors are uniquely qualified to teach these concepts in a fun and effective way. *Visit sogolfacademy.com to sign up today. Limited Spots Available! Questions? Contact our team at info@sogolfacademy.com.*

WHO: All ages and abilities. Perfect for those looking to play golf the right way!

WHAT: Instruction to cover the fundamentals of putting, chipping, pitching full swing and course management

AGES	18 & up
DATE	Oct 7, 14, 21, 28
TIME	4-4:50pm
PLACE	Oak Knoll Golf Course
COST	$25 per class

Family Golf 101 | Outdoor Class

Bring the family out to the golf course and learn the game of golf together. Golf is a great outdoor activity that is fun for all ages and can be played for many years. *Visit sogolfacademy.com to sign up today. Limited Spots Available! Questions? Contact our team at info@sogolfacademy.com.*

WHO: Families of all shapes and sizes

WHAT: Instruction to cover the fundamentals of putting, chipping, pitching full swing and course management

AGES	9 & up
DATES	TBD
TIME	TBD
PLACE	Oak Knoll Golf Course
COST	$499 includes up to 5 family members *(8 Weeks)*

Game Changer Private Lesson Special (Adult & Junior) | Outdoor Class

Looking to take your game to the next level once and for all? Let our team of professionals show you the way using the latest in golf technology. Southern Oregon Golf Academy instructors utilize launch monitors, video analysis and K-Vest to help you understand and feel the changes necessary to play the best golf of your life. Quit searching YouTube for answers when you can have an expert be on YOUR team!

WHO: Golfers of all ages and abilities looking to take their game to the next level

WHAT: Personalized private instruction to help you play the best golf of your life

AGES	9 & up
DATE	To be determined by student and instructor
TIME	To be determined by student and instructor
PLACE	Oak Knoll Golf Course
COST	$799 for (10) 45 min. lessons. *Lessons must be used by Dec 31, 2020*

S.O. Golf Academy New Student Assessment (Adult & Junior) | Outdoor Class

Tailoring a program for lasting game improvement shouldn't be guesswork. Take our in-depth new student evaluation and begin the journey by addressing your golfing needs immediately! *Visit sogolfacademy.com to sign up today. Limited Spots Available! Questions? Contact our team at info@sogolfacademy.com.*

WHO: All ages and abilities

WHAT: Determine what your golfing needs are. Our thoughtful tailored approach yields results

AGES	9 & up
DATE	To be determined by student and instructor
TIME	To be determined by student and instructor
PLACE	Oak Knoll Golf Course
COST	Special $99! *Offer ends October 31, 2020*

Register Today!

Oak Knoll Golf Course

6

3070 Hwy 66, Ashland | Phone 541.482.4311 | OakKnollInfo@ashland.or.us

Located just minutes from downtown Ashland, Oak Knoll Golf Course has been a local favorite since 1927. Golfers of all abilities find our regulation, par 36, nine-hole layout fun and challenging.

Offering Unique Golf Experiences

Golf School *(Schedule with Golf Professional)*

Men and Women personalized school on all aspects of the golf game. Typically, a 6- hour day which, includes analysis, lunch and 9-holes of golf instruction. Great way to spend your day! Starting at $275 per person includes lunch. *Email info@sogolfacademy.com to sign up or visit sogolfacademy.com for more information!*

Club Fitting

Simply put, if you have never been fit for clubs you have a high percentage of wasting shots or creating inefficiencies in your swing. Join one of our club fitting classes or take a game changer evaluation with one of our expert coaches to have your clubs checked today. Starting at $99 for 50-minutes. *Email info@sogolfacademy.com to sign up or visit sogolfacademy.com for more information!*

Other Club Fitting Opportunities | Full Bag Fit | Wedge Gap Fitting Analysis

Putter Fitting | Driver Fitting | Iron Fitting

Driving Range | Event hosting | On-Site Restaurant

Not a Golfer? Not a problem! Come try **FootGolf**, a fun game that combines soccer and golf. Also, our beautiful setting is a great place to just spend time with friends and family — *We'd love to have you visit!*

For more information, call the Oak Knoll Golf Course at 541.482.4311 or visit

OakKnollGolf.org

lithia park info

7

MAP KEY

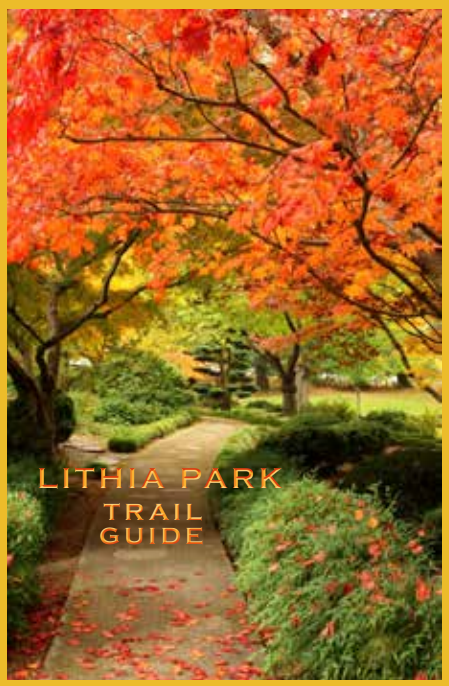
- Park Boundary
- Park Trails
- Reservation Sites
- Paved Walkway
- Natural Surface Walkway
- Parking
- Restrooms
- Drinking Fountain
- Playground
- Barbecue Stand
- Fire Ring
- Swimming
- Ice Skating (seasonal)

LOCATIONS

1 Park Entrance
2 Plaza
3 Oregon Shakespeare Festival
4 Lower Duck Pond
5 Feast of Will Lawn
6 Community Center
7 Pioneer Hall
8 Playground
9 Ashland Rotary Centennial Ice Rink
10 Lithia Rose Garden
11 Butler-Perozzi Fountain
12 Enders Shelter
13 Butler Bandshell
14 Japanese Garden
15 Tennis Courts/ Pickleball Courts
16 Upper Duck Pond
17 Parks Offices
18 Swim Reservoir

Due to concerns about duck health and water quality, please do not feed the ducks!

Please note: The Community Center is not available at this time.

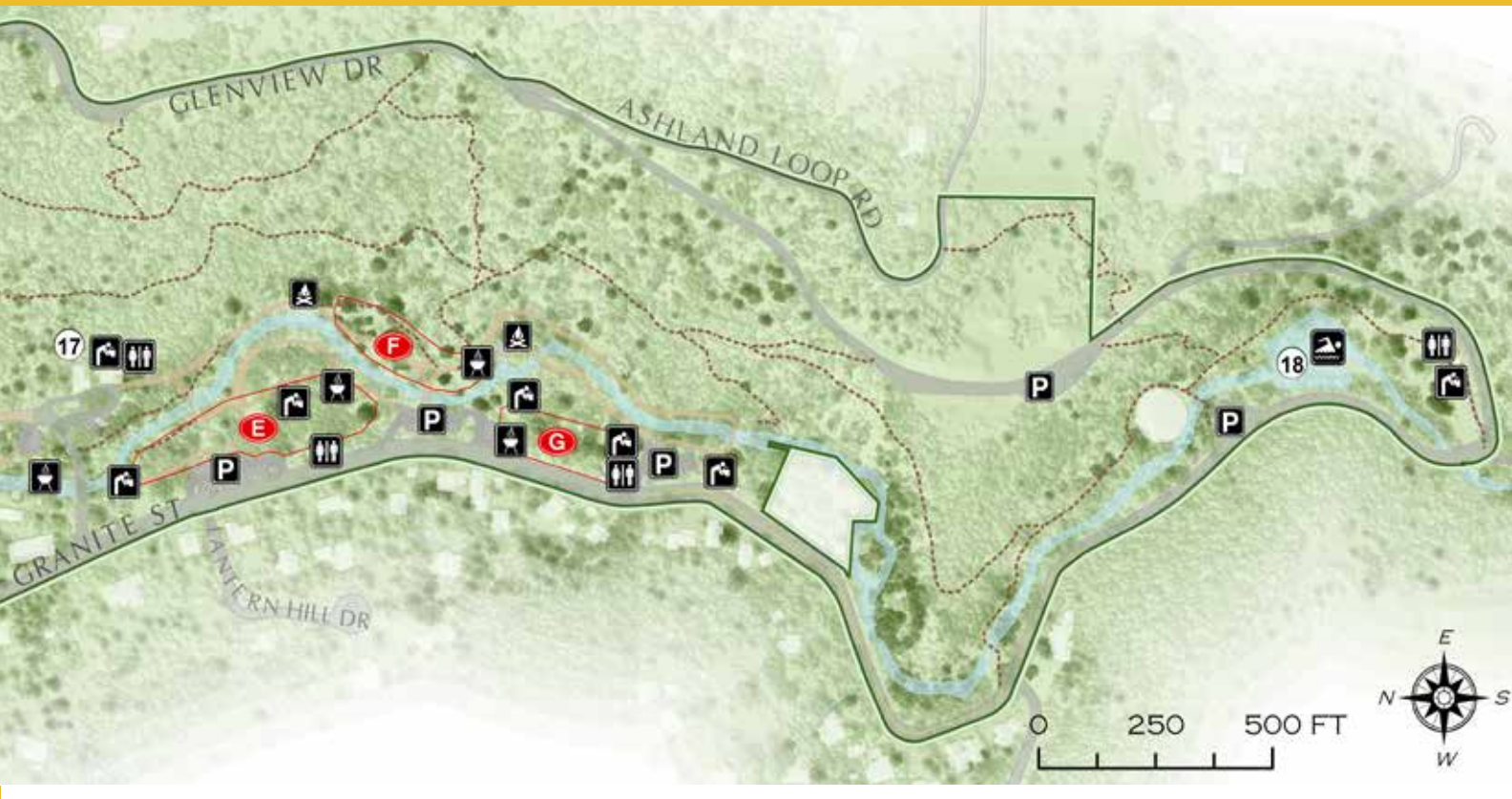


—Cover photo courtesy Jeffrey McFarland

Explore the plants and trees of Lithia Park! *The Lithia Park Trail Guide features colorful maps, over 100 photographs and a self-guided tour. Learn more at ashland.or.us/LPtrailguide. Guides are only $5.*

lithia park info

7



Lithia Park Reservations & Facility Rental Information

Park facilities can be rented for private special events such as weddings, receptions, meetings, picnics and family gatherings.

It's Easy to Reserve in Lithia Park!

You can make a formal reservation with a debit/credit card by calling 541.488.5340. A $75 refundable security deposit is required for all reservations. For events, including picnics, birthday parties and family reunions, fees range from $55–$75 per four-hour time block depending on location. The fee for weddings is $200 per six-hour time block.

Indoor Reservable Facility

Pioneer Hall is an indoor facility available to rent for events such as weddings, receptions, birthday parties, meetings, [illegible] Fees, deposits and insurance are required.

Reservations and Use Permits

Reservations and Use Permits are required for all outdoor special events, including but not limited to [illegible]ations, concerts, festivals and weddings. Park Commission approval is required for some special event requests.

Outdoor Reservable Sites

We offer several reservable sites, including rustic natural areas with picnic tables and barbecues for groups of up to 250 people, [illegible] as small and large green lawns for more intimate [illegible] formal gatherings.

For [illegible]ity reservations are available from May [illegible] September only.

	RESERVATION SITES	CAPACITY	ELEC	TABLES	WATER
A	Butler Bandshell	350	NO	NO	NO
B	Sycamore Grove	150	NO	NO	NO
C	Lawn Below Upper Duck Pond	150	YES	NO	NO
D	Madrone Picnic Area	75	NO	YES	NO
E	Cotton Memorial Area	250	YES	YES	YES
F	Hillside Picnic Area	65	NO	YES	NO
G	Root Memorial Area	60	NO	YES	NO

Call Us for More Information

If you are interested in reserving a designated site in Lithia Park or Pioneer Hall, please contact the Rec Division office for reservations or rental information at 541.488.5340. Most events require liability insurance.
—Please visit ashland.or.us/FacilityInsurance for more information.

Due to COVID-19, facility reservations are not allowed at this time.

Please note: Only ADA compliant service dogs are allowed in Lithia Park.

Built by Our Community, for Our Community.

afn

High Speed Internet
for Residents & Businesses in Ashland

Ashland Fiber Network

Fastest upload and download speeds in Southern Oregon.

Expert local partners can add TV, phone, and business services customized for you.

We offer a low-income access program to keep everyone connected.

Get Started Now! Call 541-552-2222 or visit ashlandfiber.net

ASHLAND as you like it

Do you have your Ashland Map Guide? AshlandChamber.com/MapGuide

SOUTHERN Oregon Family

Your Guide to Family Friendly Events, Kids Activities, Give-Aways and More!

FOLLOW US

SouthernOregonFamily.com

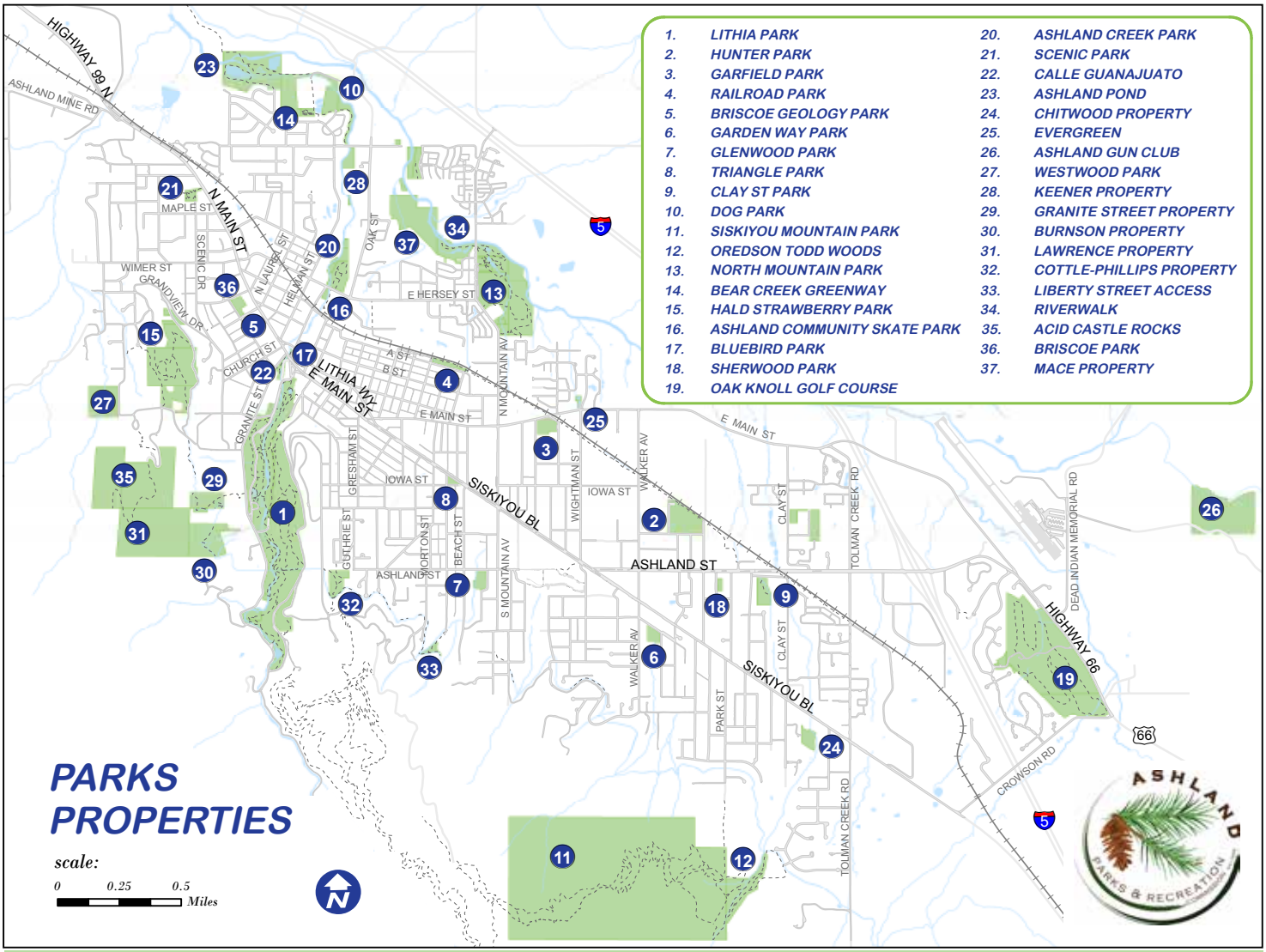
ASHLAND FAMILY YMCA
Strengthening Our Community Since 1899

ASHLAND FAMILY YMCA
540 YMCA Way
541.482.9622
www.ashlandymca.org

the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ashland Parks & Recreation Commission

The Parks Division operates, maintains, constructs, and plans for park and recreational facilities, including developing new parks and administering open space areas. APRC manages 18 parks within the City limits, 797+ acres of parkland and 48 miles of trails. Below is a list of Parks Properties.



To view our **MAPS** online visit ashland.or.us/ParksMaps
To learn about **DOG-FRIENDLY** parks in Ashland, please visit ashland.or.us/DogFriendly

Please note: Only ADA compliant service dogs are allowed in Lithia Park and North Mountain Park.

Central Point PARKS & RECREATION

We are more than just Parks & Recreation

The City of Central Point Parks and Recreation is more than just our 20 beautiful parks and our recreation program that produces 3 fun filled guides each year. Our recreation programs offer opportunities for the whole family as well as new and unique programming. Our goal is to create beautiful parks, activities to bring our wonderful community together.

Watch for more exciting news regarding our new Central Point Community Center! Stay tuned as we will have more dates for community meetings and open houses in 2021.

CITY OF CENTRAL POINT EST. 1889
PARKS & RECREATION

Follow Us!
@greenparkscp
541.664.3321 ext 130
www.centralpointoregon.gov/parksrec

MEDFORD

PARKS, RECREATION AND FACILITIES

Medford Parks, Recreation & Facilities is the primary regional service provider for year-round adult sports leagues and affordable youth sports programs.

Adult Sports Leagues

- Kickball
- Outdoor Soccer
- Softball
- Volleyball

Youth Sports Programs

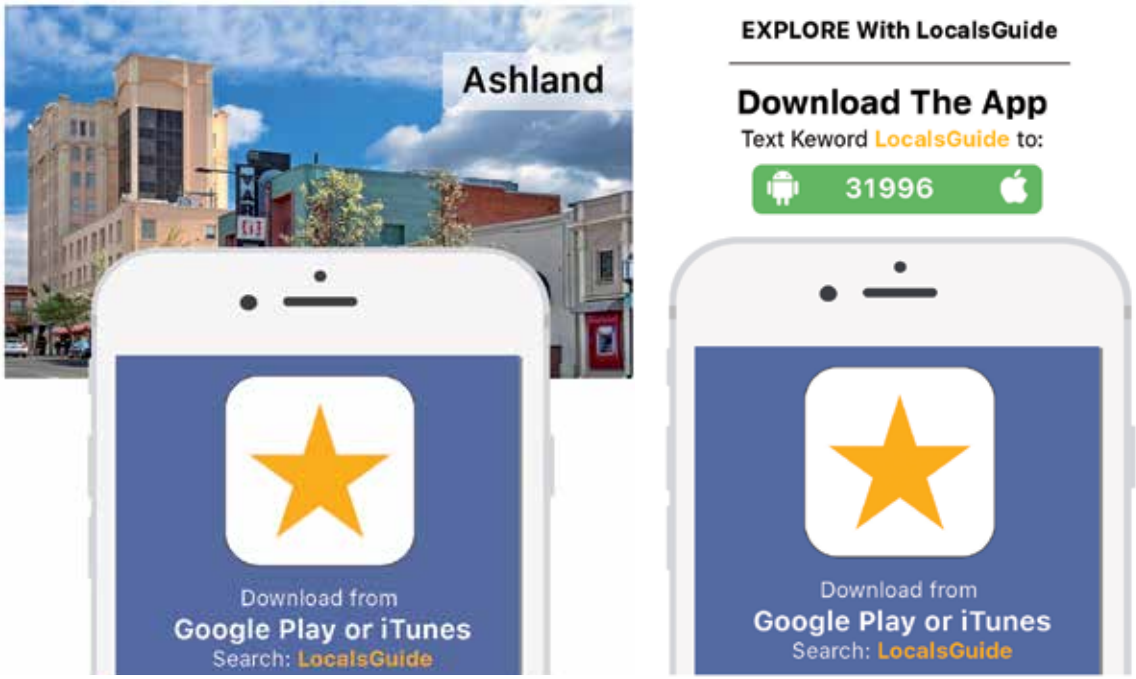
- Jr. Sluggers Youth Baseball (Ages 5-8)
- Youth Flag Football (Ages 6-12)

For more information:
541.774.2400
playmedford.com
sportsmedford.com

Ashland
PARKS FOUNDATION

The Ashland Parks Foundation raises funds to enhance Ashland's quality of life by supporting the parks system.

Join us in supporting Ashland Parks!
AshlandParksFoundation.com/Donate



Get Your License to Learn

Join the OLLI Community of Curious Adults

- ▶Hundreds of classes
- ▶Take as many as you want
- ▶One low annual fee of $125
- ▶Meaningful connections
- ▶Online access from anywhere

For more information: **inside.sou.edu/olli or 541-552-6048**

OH, THE PLACES YOU'LL GO! Dr. Seuss

Senior Services Division

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Senior Services Division – Ashland Senior Center

1699 Homes Avenue in Ashland, Mon – Fri, 8:30 a.m.–3:30 p.m.

The APRC **Senior Services Division** enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. The Senior Services Division offers a variety of services and activities at the **Ashland Senior Center** and advocates for senior needs throughout the community. For more information or to sign up for our newsletter, call 541.488.5342 or email seniorinfo@ashland.or.us.

Senior Services

During the COVID-19 pandemic, most services are available only over the phone or are postponed until it is safe for older adults. The following services are available over the phone:

- **Information & Referral and Resource Consultations:** Referrals to local and regional resources for seniors and family caregivers, and appointments for more in-depth resource consultations and assistance.
- **Senior Health Insurance Benefits Assistance (SHIBA):** Call to schedule an appointment for free assistance with Medicare, supplemental plans and prescription plans.
- **Senior Utility & AFN (Internet) Discounts:** Offered by City of Ashland for low-income utility and/or internet customers over age 65, or over age 60 with disability.
- **Free Touchpass Bus Cards/Valley Lift Vouchers:** A limited number of prepaid Touchpass bus cards and Valley Lift vouchers are available to seniors 62 and older.
- **Senior Food Box Program:** We can help you connect with Ashland Emergency Food Bank for home-delivered food.
- **Senior Phone Buddy:** Add more fun and connection to your life by letting us match you to another senior for regular check-ins and socializing by phone or video chat.

The following in-person activities **are on hold** and will resume only when public health guidelines permit:

- **Health-Related Activities:** Blood pressure testing, foot care clinic, movement classes and other health services as available.
- **Recreation and Social Activities:** Free weekly games, movies, discussion groups, and specially scheduled craft activities.
- **Free library:** Enjoy our honor system lending library of donated books and DVDs.
- **Seniors Celebrating Creativity:** Rotating exhibit showcasing a local artist every two months.

Food & Friends

Our partner Rogue Valley Council of Governments continues to operate a modified senior meal program from Ashland Senior Center for home delivery and scheduled meal pick up (donation requested). Seniors (60+) may sign up by calling **Food & Friends at 541.734.9505.**

Ongoing Programs

There are normally a variety of recreational and social activities at Ashland Senior Center and other locations. As noted below, some activities have been transitioned to an online platform, but others are on hold until it is safe to offer indoor, social activities once again.

- **Art Classes –** *Details p 29*
- **Broadway Dance for Boomers –** *Details p 31*
- **Computer, Tablet & Phone Instruction –** *Details p 30*
- **Dementia Caregiver Support Group –** *Details p 30*
- **Gentle Yoga –** *Details p 32*
- **Archery, Game groups (Cribbage, Mah Jongg, Spades), Line Dancing, Tai Chi –** *On hold*

Upcoming Events

Check for newly added events at AshlandSeniorServices.org or 541.488.5342.

- **Medicare 101 Presentation (online) –** *Oct 7, 1-3pm*

Meet Our Friend & Volunteer

Zara Davis has helped with multiple events at the Senior Center. Since June 2020, she is also the RVCOG Food & Friends meal site coordinator at Ashland Senior Center. With the help of a handful of kitchen and driver volunteers, including her son Brady, Zara works tirelessly to ensure that seniors continue to get their meals. She has a background in caregiving and is part of a singer-songwriter team with her husband Dan. Zara says, "Volunteering is how I express my love for my community and the people in it."

For more information, call the Senior Services Division at 541.488.5342 or visit

ASHLANDSENIORSERVICES.ORG

See p 28 to learn more about the Senior Services Division or call 541.488.5342

ART & CULTURE

Art is for Everyone! | Online Class

This senior art class welcomes all skill levels. Each session of three classes will feature a different medium. Through step-by-step instruction, students will complete one or more pieces of art in each session. Register for one session or all three! A supplies list will be emailed after registration; students should obtain supplies prior to course start. *Register at ashland.or.us/register or call the Senior Center at 541.488.5342.*

WHO: Seniors who want to discover their inner artist!

WHAT: A fun art class with lots of instructor attention

INSTRUCTOR: Shea Cathey has been creating art and teaching for 20 years.

AGES	50 & up
DAY	Saturday
DATE	Session 1: Watercolors | Oct 17, 24, 31 Session 2: Chalk Pastels | Nov 7, 14, 21 Session 3: Acrylic Paint | Dec 5, 12, 19
TIME	1-3pm
PLACE	Web link and instructions for virtual class will be emailed prior to the beginning of the class
COST	$60 per session *(3 classes each)*

EDUCATION & ENRICHMENT

Medicare 101 | Online Presentation

This is a great workshop if you are turning 65 in the next six months, or if you are already on Medicare and want to understand your choices during the Annual Enrollment Period from Oct 15 to Dec 7. *Register at ashland.or.us/regsiter or call the Senior Center at 541.488.5342.*

WHO: Seniors turning 65 and those wanting to make changes to their Medicare plan(s)

WHAT: Medicare overview with a focus on Open Enrollment

PRESENTERS: Cheryl Harrison & Melissa Mlasko of Futurity First

DAY	Wednesday
DATE	Oct 7
TIME	1-3pm
PLACE	Web link and instructions for virtual class will be emailed prior to the beginning of the class
COST	FREE

Register Today!

See p 28 to learn more about the Senior Services Division or call 541.488.5342

EDUCATION & ENRICHMENT

Dementia Caregiver Support Group | Online Class

Are you caring for a loved one with Alzheimer's disease or another form of dementia? This group provides an opportunity to learn from others, receive support and improve coping skills for the diverse challenges that arise. Taking care of your family also means taking care of yourself and getting help. *Pre-registration is required; call the Senior Center at 541.488.5342. Co-sponsored by the Alzheimer's Association. For more information, call 1.800.272.3900 or visit alz.org/oregon.*

WHO: Caregivers of people with Alzheimer's disease or other forms of dementia

WHAT: A free monthly support group

FACILITATOR: Isleen Glatt

AGES	Adults
DATE	Third Wednesday of each month Oct 21 | Nov 18 | Dec 16
DAY	Wednesday
TIME	5:30-7pm
PLACE	Web link and instructions for virtual class will be emailed prior to the beginning of the class
COST	FREE

EDUCATION & ENRICHMENT

Computer, Tablet & Phone Instruction | By Phone

Are you struggling with your computer, tablet or phone *(Android, iPhone, Apple/Mac or PC)*? Or just wanting to make the best use of your device? Learn about apps, how to set up email, surf the web, create documents or just become more comfortable with computer basics. Please call the Senior Center at 541.488.5342 to make an appointment.

WHO: Seniors wanting to become more savvy on their devices

WHAT: A one-hour long individualized instruction session

INSTRUCTOR: Judy Blue

AGES	60 & up
DATE	Ongoing
DAY	Various, by appointment
TIME	Various, by appointment
PLACE	By phone
COST	FREE

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated

See p 28 to learn more about the Senior Services Division or call 541.488.5342

FITNESS & MOVEMENT

Beginning Broadway Dance for Boomers & Beyond | Online Class

Students will learn beginning, gentle, fun dance steps and movements to Broadway and musical theater songs such as Cabaret, Chicago, Grease, Guys and Dolls, Mamma Mia and more. By the end of this popular series, students will have learned several full dance routines and feel like a Broadway star! Dance is considered one of the best ways to improve and maintain brain elasticity. Students will need either a laptop, computer or TV screen with access to Zoom to watch and follow. Please download Zoom and practice at least once before classes begin. The instructor will also do a short Zoom tutorial session the day before class starts for those who need it. *Register at ashland.or.us/register or call the Senior Center at 541.488.5342.*

WHO: 50 & up

WHAT: Students will learn gentle dance patterns and steps to create fun performance style routines

INSTRUCTOR: Audrey Flint

AGES	50 & up
DATE	Oct 7-Nov 25
DAY	Wednesday
TIME	11am-Noon
PLACE	Web link and instructions for virtual class will be emailed prior to the start of the class
COST	$60 *(8 classes)*

Register Today!

Broadway Dance 2 | Online Class

This class is for those who want to move at a faster pace and learn longer routines than the regular Broadway Boomers class. *Please contact the instructor directly to register for this class at 99flint@gmail.com or 541.261.7213.*

WHO: Baby Boomers & beyond with dance experience

AGES	50 & up
DATE	Oct 6-Nov 24
DAY	Tuesday
TIME	11am-Noon
PLACE	Online *(Zoom)*
COST	$60 *(8 classes)*

See p 28 to learn more about the Senior Services Division or call 541.488.5342

FITNESS & MOVEMENT

Gentle Yoga | Online Class

The focus of this one hour hatha yoga class is to increase strength, flexibility and balance while simultaneously alleviating stress and fatigue. Additional benefits of regular yoga practice include an overall sense of well-being and an increase in self-awareness and self-acceptance. Participants must be aware of their own capabilities in order to participate safely. Ability to get up and down from the floor is encouraged. Each class will conclude with deep relaxation. Please have a mat, two blankets and a lightweight portable chair for each Zoom class. *Register at ashland.or.us/register or call the Senior Center at 541.488.5342.*

WHO: Seniors and people with physical challenges or limitations

WHAT: Gentle yoga for all levels

INSTRUCTOR: Linda-Grace Wilhelm

AGES	50 & up
DAYS	Wednesday & Friday
DATES	Session 1: Wednesdays, Oct 7, 14, 21, 28 Session 2: Fridays, Oct 2, 9, 16, 23, 30 Session 3: Wednesdays, Nov 4, 11, 18, 25 Session 4: Fridays, Nov 6, 13, 20 & Dec 4, 11, 18 Session 5: Wednesdays, Dec 2, 9, 16, 23, 30
TIME	10:30-11:30am
PLACE	Web link and instructions for virtual class will be emailed prior to the start of the class
COST	$20 *(4 classes)* or $25 *(5 classes)* or $30 *(6 classes)* depending on session

More Zoom classes and education events may be added during the fall.

Check for updates in the Playguide, the Senior News and ashlandseniorservices.org.

We expect the following programs to return when it is safe to resume indoor in-person activities:

YOUNG AT ART
SENIOR ARCHERY
LINE DANCING
TAI CHI
CRIBBAGE CLUB
MAH JONGG | SPADES

Ashland Rotary Centennial Ice Rink

95 Winburn Way | 2019/2020 Season | ashland.or.us/IceRink | 541.488.9189

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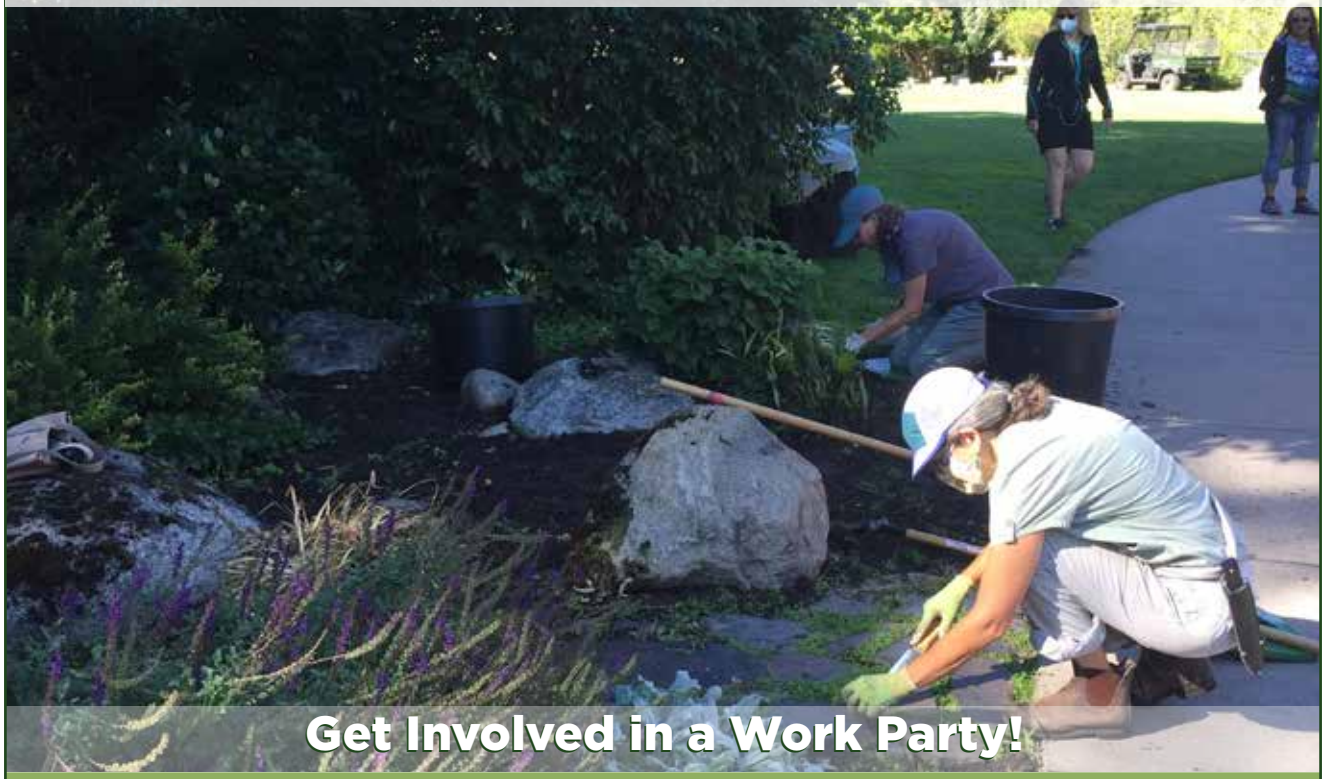
Information Coming Soon!

OUR SCHEDULE & OUR POLICIES WILL BE AVAILABLE ONLINE

Visit ashland.or.us/IceRink

Watch for info on our Instragram and Facebook page @AshlandParksandRec with the hashtags:
#AshlandIceRink #AshlandRotaryCentennialIceRink #LithiaPark

VOLUNTEER OPPORTUNITIES



Get Involved in a Work Party!

Get involved, show community pride and have fun—All at the same time!
It's easy to do...simply sign up to get an email notification of upcoming work parties!
Refreshments and tools are provided. No experience necessary.

Nature Play Host

Have you seen the new Nature Play Area at North Mountain Park? This unique playground that encourages play with natural materials is open and in need of volunteers to keep it clean and in good order for kids of all ages to enjoy! If you want to help kids engage with nature (but would prefer to work on your own) , this might be a good fit for you.

Senior Services Division

Ashland Senior Services Division is seeking volunteers who are able to provide remote computer training for older adults. Experience with Zoom and online learning welcome. Flexible schedule and hours.

Also, our partner agency Call-a-Ride is seeking volunteers to provide desperately needed transportation to medical appointments. Please call for more info.

VOLUNTEER in Parks (VIP)... "It's the Natural thing to Do!"

ASHLAND.OR.US/VOLUNTEER

MEET OUR PARK ADOPTEES

JOVICK CONSTRUCTION ...

Jovick Construction specializes in building high-performance custom homes, ranches, wineries and commercial projects that are not only gorgeous, but feature unsurpassed sustainability that promotes optimal health and comfort.

The Jovick crew is thrilled to be the stewards of the upper portion of Lithia Park! Laurie Jovick says, "It is a perfect opportunity for us to apply our company's core values to our involvement with our community, 'Do the right thing. Build to last. Share the good.' "

To learn more visit jovickbuilt.com or follow them on Facebook and Instagram, @jovickbuilt.

Thank you to our Adopt-a-Park & Trail Sponsors

- **Ashland Creek Park—Ashland Lions Club**
- **Ashland Skate Park—Pickled Planet & True South Solar**
- **Bluebird Park—Recology Ashland**
- **Briscoe Geology Park—The Jefferson Center**
- **Calle Guanajuato—Standing Stone Brewing Company**
- **Clay Street Park—The Siskiyou School**
- **Dog Park—Friends of the Ashland Dog Park**
- **Garden Way Park—The Soroptimists**
- **Garfield Park—CrossFit Inconceivable**
- **Glenwood Park—Glenwood Goodies Neighborhood Group**
- **Heirloom Garden at Nature Center—Ashland Garden Club**
- **Hunter Park—Ashland Tennis & Fitness Club & TKE Iota-Delta, Southern Oregon**
- **Lithia Park Japanese Garden—Barbara Settles, Nitsa Marcandonatou, Carrie Chancellor and Carol Stella**
- **Lower Lithia Park—Neuman Hotel Group**
- **Middle Lithia Park—Market of Choice, Ashland**
- **Upper Lithia Park—Jovick Construction**
- **Oredson-Todd Woods—John Muir School & Zaffaroni Family**
- **Railroad Park—DAREX**
- **Scenic Park—Ashland High School Robotics Team**
- **Siskiyou Mtn Park—The Zaffaroni Family**

If you would like to "Adopt" please visit AshlandParksandRec.org

CONTACT Sulaiman Shelton, Volunteer & Event Coordinator
541.552.2264—sulaiman.shelton@ashland.or.us

VOLUNTEER IN PARKS "It's the Natural Thing to Do"

HOW NOT TO LEAVE A LASTING IMPACT: CARING FOR OUR "MULTIPLE USE" PARKS

A group of elementary students gather for their North Mountain Park field trip. Birds forage for the last of the late-summer black berries, while quail and rabbits hide in the undergrowth. A family with their toddler are playing in Bear Creek, near salmon seeking a place to spawn. A bobcat creeps along the stream corridor, looks right at the human kids and then continues on her way, unaware that she is the lesson of today's field trip.

Those students are learning, firsthand, that we share parks with many other living things. We teach that humans are visitors in their habitat, and we should be respectful guests. *This lesson is not just for kids!*

Lessen your impact by:

Employ "Leave No Trace" ethics | Stay on marked trails
Use well-established stream access points
Leave pets at home | Don't cut or remove vegetation
Don't open up new access for humans
Pack-out your trash | Avoid bare soil, let disturbed areas recover
Volunteer with us!

For adults, we explain that parks and public lands are "multiple use", balancing recreational uses alongside habitat preservation. That's why some areas of our parks are not FOR people and are instead set aside as a refuge for wildlife.

APRC maintains trail systems and clear signage to ensure that we don't "love our parks to death". You can care for wildlife by staying on marked trails and using our parks as Land Managers intended.

You may not realize it, but even the less-accessible park areas are carefully managed.

Some visitors see an overgrown area of the park and want to "help" by widening paths, clearing streambanks or making new access points. However, they may not see the bigger picture. Some areas are intentionally inaccessible to prevent illegal camping, the spread of invasive species, damage to native plants and streambank erosion. Plus, when humans leave the areas designated for visitors, our noise and scent will drive animals out of their small remaining refuges.

If you would like to help, we'd love to work WITH you. Why not volunteer? Contact Sulaiman Shelton 541.552.2264 to learn more.

As humans, we are all learning how to share the earth for "multiple uses". Our public lands are a microcosm, a training ground, where we can practice lessening our impact. Please join us out in our parks, to play, explore, meet some wild animals, find some peace, and learn how to coexist.

"Fun, it's in our Nature!"

Follow us!

Follow us on social media @AshlandParksandRec on Instagram and Facebook. #AshlandParksandRec #APRC #AshlandWhatToDo #FunItsInOurNature #APRCstayConnected #APRCplayGuide

Mission Statement

The mission of APRC is to provide and promote recreational opportunities and to preserve and maintain public lands.

Photo Usage

On occasion, APRC photographs participants enrolled in recreation programs, at events or on APRC properties. The photos are used for APRC purposes only and may be included in future media.

Mail My Guide

Our PlayGuides are direct-mailed to every home in Ashland and Talent. If you live outside of the area and would like to receive a hardcopy of each of our three annual PlayGuides, complete our online form at ashland.or.us/MailMyGuide, email us at parksinfo@ashland.or.us, call 541.488.5340 or email ParksInfo@ashland.or.us. ***(NOTE: Due to COVID-19, the Fall 2020 will online be available online at AshlandParksandRec.org.)***

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Autumn 2020

"Fun, it's in our Nature!"