

COMMUNITY PLAYGUIDE... *what to do!*



Photo courtesy Jeffrey McFarland

SUMMER 2020

LET'S STAY CONNECTED

Check out p 6

FIND YOUR SPACE

Check out p 7



director's message

Connect with us this Summer!

As the coronavirus changes the way we live our daily lives, we want you to know that we are constantly monitoring the COVID-19 situation and reviewing public health guidelines as they are released from the Governor and the Oregon Health Authority. Our goal is to keep you and our staff safe as we begin to re-open.

We have made countless adjustments to our operations in our response to COVID-19, from limiting park amenities, closing our facilities, to canceling or postponing events and recreation programs. (See p 5 for a complete look at the current public health guidelines.) You will notice that the duration of this summer PlayGuide is shorter than what we normally produce. This PlayGuide is only for July and August programs and those will primarily take place outdoors, as our indoor facilities are closed until further notice.

We hope you and your family partake in opportunities to recreate with us this summer. Keep the following guidelines in mind to not only protect your health, but the health of others in our community:

- **Call to cancel if you are not feeling well**
- **Wash your hands before the class**
- **When you arrive at our recreation facility or outdoor area where your class will be held, please wait outside until the instructor greets you**
- **Avoid congregating with others who are not from your household**
- **Please maintain proper physical distance at all times, at least six (6) feet distance**
- **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. Face coverings are required outdoors when physical distancing is not possible. Patrons are asked to bring their own mask**
- **Arrive with your water bottle, FILLED (water fountains may be closed)**
- **Brick and mortar restrooms are now open**
- **Staff may not be available to answer your inquiries during your visit. If you have general questions call 541.488.5340 or email parksinfo@ashland.or.us**

We are here for you, providing parks, open spaces, trails, rec programs and important social services that help people of all ages connect and live better lives. Be sure to check out our Find Your Space Campaign on p 7, or learn how you can Stay Connected with us on p 6. It is our pleasure to continue to serve the Ashland community and those in the surrounding area.

Remember, we have a social connection on social media! Let's use this time to share our favorite parks story, or a rec program that changed your life, a new skill that you learned, whatever it may be, we would love to hear from you and see your fabulous pictures! We are all in this together and we will get through this together. Please follow us on social media, Facebook and Instagram, @AshlandParksandRec, and use the hashtags: #AshlandParksandRec #APRC #AshlandWhatToDo #InThisTogether #FunItsInOurNature #APRCstayConnected

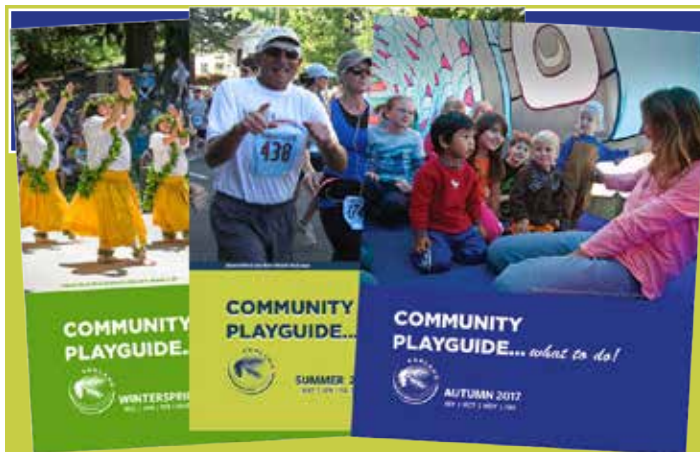


Michael A. Black, AICP
Ashland Parks & Recreation Director



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advertise with us...

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.



summer registration

1

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

"Fun, it's in our Nature!"

4 Easy Ways to Register

- ONLINE
- Direct access to online registration at ashland.or.us/Register
 - Pay with Visa, MasterCard or American Express
 - Online registration is not available for all programs

PHONE

- The Grove/Recreation Division541.488.5340
- Nature Center541.488.6606
- Facility Rentals541.488.5340
- Pay with Visa, MasterCard or American Express

MAIL TO

- Ashland Parks & Recreation at The Grove
1195 E Main St, Ashland, OR 97520
Include your credit card information or a check payable to Ashland Parks and Recreation

IN PERSON

- The Grove/Recreation Division (Headquarters)
1195 E Main St
- or
- North Mountain Park Nature Center
620 N Mountain Ave

Due to COVID-19 and limited staff, online registration is strongly encouraged, ashland.or.us/Register.

Registration for each program will open two (2) weeks before the class starts.

Our recreation facilities will only be open to those who have registered for a program.

See What to Expect on p 4.

Pre-Registration is required for most programs—To avoid class cancellations, please register three (3) days in advance

Classes may be canceled due to insufficient enrollment or for other reasons. If this occurs, a full refund will be issued in two to three weeks.

Payment

Visa, MasterCard & American Express



We also accept checks and cash.

Refund Policy

- A full refund will be offered to registrants of a course/activity that is canceled by Ashland Parks & Recreation
- A full refund will be offered to registrants who wish to withdraw four or more working days prior to the start of the course/activity
- Registrants who wish to withdraw less than four working days prior to the start will receive a full Ashland Parks & Recreation credit

For a course with two or more classes in a session:

- If registrants choose to withdraw from a class/activity after the start date and time and before the third class begins, the amount charged for two classes will be prorated and the remaining amount will be applied as an Ashland Parks & Recreation credit
- After the beginning of the third class of a course, no refunds or account credits will be allowed unless a waiver is requested and approved

In the event of extenuating circumstances, registrants may submit a waiver form to request a refund.

Refunds or account credits will NOT be issued for missed classes, moving or traveling out of the area or dissatisfaction with course content.

If a class is canceled due to COVID-19, registrants can expect a full refund.

Scholarships Available

A limited amount of scholarship money is available to all ages for Ashland Parks & Recreation classes and programs. To obtain an application, please visit... ashland.or.us/RecScholarship.

Gift Certificates

Looking for the perfect gift? Ashland Parks & Recreation offers gift certificates for any dollar amount. Certificates can be used for Ashland Parks & Recreation classes or programs and are valid for one year from date of purchase.

We are looking for NEW Instructors!

You can find everything you need to know at ashland.or.us/Instructors. Send us a proposal today!



what to expect...

1

WHAT to EXPECT the DAY YOU ARRIVE to a CLASS:

- Call to cancel if you are not feeling well
- Wash your hands before the class
- When you arrive at our recreation facility or outdoor area where your class will be held, please wait outside until the instructor greets you
- Avoid congregating with others who are not from your household
- Please maintain proper physical distance at all times, at least six (6) feet distance
- 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—Face coverings are required outdoors when physical distancing is not possible —Patrons are asked to bring their own mask
- Arrive with your water bottle, **FILLED** (water fountains may be closed)
- Brick and mortar restrooms are now open
- Staff may not be available to answer your inquiries during your visit. —If you have general questions call 541.488.5340 or email parksinfo@ashland.or.us



THANK YOU FOR YOUR SUPPORT

DISCOVER NEW WAYS TO EXPERIENCE OSF

Until we can be together again,
visit us on **OI**,
our new digital platform.

[OSFASHLAND.ORG/DIGITAL](https://osfashland.org/digital)



15 South Pioneer Street, Ashland, OR | osfashland.org | 800-219-8161



public health guidelines

1

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:

- Facial coverings are now required outdoors for ages 5 and up when physical distance cannot be maintained (6')
- 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 wearing a facial covering when physical distancing of at least six (6) cannot be maintained
- Leave at least one parking space between your vehicle and the vehicle next to you
- It is wildfire season—Please remain safe and vigilant to ensure forest health and safety—Do not start fires in un-designated areas—Check if your campground or park allows outdoor fires before you strike a match—If permitted, make sure you are building a campfire properly and that you have water or an extinguisher on hand—Before you leave, ensure the campfire is out—If it's too hot to touch, it's too hot to leave





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

Only at Oak Knoll Golf Course at this time

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



ASHLANDPARKSANDREC.ORG



find your space

1



FIND YOUR SPACE with APRC!

We are here for you and WANT to hear from you and help you FIND YOUR SPACE! What type of support do you need from APRC in order to stay healthy, engaged and connected during a public health emergency?

"Find Your Space" is a system that first 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 – Community resources for health, safety and well-being
- Fun Space – Ways to stay active and engaged with other community members

Examples might be:

- The self-guided plant walks in Lithia Park, ashland.or.us/LPtrailGuide
- Providing resources to our citizens, such as our current Senior Services Division COVID-19 resource web page, ashland.or.us/COVID19SeniorResources
- Connecting neighbors through the City of Ashland's "Adopt a Neighbor Ashland" program, AdoptNeighbor.org
- Online recreation events that keep you connected to your community

We are anxious to get back to providing regular services to our community. In the meantime, one of our goals is to provide resources that help keep you and your neighbors engaged even when our ability to connect in person is challenged.

Remember, we are in this together and we are here for you. For more information please visit ashland.or.us/FindYourSpace, email ParksInfo@ashland.or.us or call 541.488.5340. Follow us on Facebook and Instagram @AshlandParksandRec and use the hashtags #FindYourSpace #InThisTogether #APRCstayConnected #AshlandParksandRec #APRC #FunItsInOurNature. For more on Ashland Parks and Recreation visit AshlandParksandRec.org.



WE HOPE TO SEE YOU AT THE THESE EVENTS AND PROGRAMS NEXT YEAR!

Events:

- Rogue Valley Bird Day
- Ashland World Music Festival
- Lithia Park Guided Nature Walks
- Rock the Knoll Concert Series
- 4th of July Run
- Movies in the Park
- Silent Disco in the Park
- Ice Cream Social hosted by the Senior Services Division
- Up & Down Cycling Event

Programs:

- Dog Training with Colleen Shanahan, see p 9
- Art Instruction with Cathy Egelston Mahoney, see p 16
- Spanish & Italian Language Instruction with Monica Rountree, see p 16
- French Language Instruction with Lauren Schaffer, see p 16
- Ballroom Dancing with Cori Grimm, see p 17

Remember, we are in this together!





dog training

2

Dog Training Classes

To all my valued students- I am taking extra precautions this summer and am planning on starting group classes again in the fall. Things will be different: smaller classes and outdoors with physical distancing. Let's stay safe! In the meantime- I'm offering FREE Classes online through the summer. Sign-up for my newsletter to stay informed: DogGoneFun.biz.

Stay safe and have fun!

Colleen Shanahan





youth programs (up to 18)

3

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

EDUCATION & ENRICHMENT

Preschool Puppet Theatre | Ages: 3-4

Join Brenda Bear and friends as they discover the wonders of our natural world. A brief lesson will lead into a fun puppet performance and playtime. Snack and a hands-on craft/activity will follow. Reservations are guaranteed only until 10:30 a.m. Please arrive early, as space and parking is limited (no late seating). Children must be accompanied by an adult at all times during the program. Each Preschool Puppet Theatre is unique! Expect a different show each month. Sign up for as many as you like! *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

Visit our Facebook Page for videos!

WHO: Preschool-age children

WHAT: Learn about nature through stories, crafts and some unstructured playtime

INSTRUCTOR: Anna Edmonson is a New York City-trained actor/dancer/singer and has been a performing artist since age 6.



AGES 3-5
DAYS 2nd Friday of each month
DATE Jul 10 | Aug 14
TIME 10:30-11:45am
PLACE Nature Center
COST \$6 (1 class)

Little Gnomes Nature School Day Camp | Ages: 5-8

Students will celebrate and learn about the plants, creeks, ponds and animals at North Mountain Park through games, crafts, stories, circle time with movement and song, and lots of open outdoor PLAY! Children should bring a snack, lunch, water bottle, sun hat and wear sturdy play shoes. Campers may be grouped into two separate cohorts, by age group, to ensure physical distancing, and camps will adhere to the Oregon Health Authority COVID-19 guidelines for youth camps. For more information call the North Mountain Park Nature Center at 541.488.6606. Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Incoming kindergarteners & early elementary students.

WHAT: A nature day camp inspired by forest schools and Waldorf early childhood education

INSTRUCTOR: Anouschka Andresen and Shannon Clery are teachers at Little Gnomes Nature School, a local Waldorf inspired outdoor school.



AGES 5-8 years
DAY Monday-Thursday
DATE Session 1: Jul 6, 7, 8, 9
Session 2: Jul 13, 14, 15, 16
TIME 9am-1pm
PLACE Nature Center
COST \$190 per session (4 classes)

Register Today!



youth programs (up to 18)

3

FITNESS & MOVEMENT

Operation 36 Junior Golf Academy | Ages: 5-17

Join Top 50 Instructors in this nationally recognized opportunity for your junior golfer to learn the game from the green backwards with 10 levels of advancement. Op36 is focused around on course instruction where every player starts at 25 yards from the green and must shoot 36 or better for 9-holes before moving on. Then moving on to 50 yards, 100 yards. There is an app that each student will download and show measurable progress. Full Semester includes 8 class sessions and 4 match dates

E-mail info@sogolfacademy.com to sign up or visit www.sogolfacademy.com for more information!

WHO: Any Junior Golfer interested in learning the game. Beginners Intermediate and Advanced Players Encouraged

WHAT: The best way to learn the game of golf for any age and ability level from the green back

INSTRUCTOR: Southern Oregon Golf Academy, has top 50 coaches in the country.



AGES 6-10
DAY Wednesdays
DATE Session 1: Jun 17, 24, Jul 1, 8, 15, 22, 29 Aug 5
Session 2: Aug 12, 19, 26, Sep 2, 9, 16, 23, 30
TIME 2-2:55 PM
PLACE Oak Knoll Golf Course
COST \$199/month (8 classes)

AGES 11-15
DAY Wednesdays
DATE Session 1: Jun 17, 24, Jul 1, 8, 15, 22, 29 Aug 5
Session 2: Aug 12, 19, 26, Sep 2, 9, 16, 23, 30
TIME 3-3:55 PM
PLACE Oak Knoll Golf Course
COST \$225/month (8 classes)

PGA Junior Golf Summer League | Ages: 5-13

Team vs Team format great for beginners to advanced players. Clinic style learning environment (Fun & Games). Juniors will develop fundamental skills and learn how to play the game as a teammate in a fun and friendly competitive environment.

E-mail info@sogolfacademy.com to sign up or visit sogolfacademy.com for more information!

WHO: Any Junior Golfer interested in learning the game. Beginners Intermediate and Advanced Players Encouraged

WHAT: An amazing opportunity to learn the game of golf in a FUN atmosphere. Classes include Putting, Chipping, pitching, full swing and golf play in a team environment

INSTRUCTOR: Southern Oregon Golf Academy, has top 50 coaches in the country.



AGES 5-13
DAY Tuesdays
DATE Tournament Dates TBD
TIME 4-4:55pm
PLACE Oak Knoll Golf Course
COST \$299 Which includes Team Gear (8 classes) (Equates to \$15 per hour)

Register Today!



youth programs (up to 18)

3

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

FITNESS & MOVEMENT

Day of Dance | Ages: 6-17

Dancers will learn team building skills, create a team shirt, learn basics and create a Pom Squad dance routine in this one-time dance clinic. Bring smiles, a white t-shirt to decorate, comfortable street shoes and clothes, water bottle and snack. For up-to-date information please email ParksInfo@ashland.or.us or visit AshlandParksandRec.org.

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

WHAT: Dancers will learn pom dance basics, develop a team routine and perform in this one day clinic. Participation includes poms for dancers to keep!

INSTRUCTOR: Ms. Joanne is a dance coach, trainer and choreographer for 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 Aug 28 (Registration opens Aug 14)

PLACE The Grove Gym

COST \$15 (1 class) includes poms for dancers to keep

Register Today!

Youth Lacrosse Instructional League | Ages: 5-15

Learn why lacrosse is the fastest growing sport in the US for the past 10 years and is called the fastest game on two feet. Equipment is provided—Gear will include a face shield over helmets/face mask, and gloves to minimize COVID-19 risk. All participants will receive a free reversible jersey! Please wear athletic clothing, shoes, bring a water bottle and snack.

WHO: Youth interested in learning a great sport in a supportive and inclusive environment

WHAT: Learn history originating from Native Americans, and fundamentals for an increasingly popular sport requiring motor skills, endurance and teamwork

INSTRUCTOR: Mark Brown is the 16-year SOU Men's Lacrosse Head Coach and Director of Rogue Valley Youth Lacrosse Association with over 16 years experience in coaching the game.



AGES 5-15 yrs old — Groups will be divided into appropriate age and skill levels for games

DAY **PRACTICES:** Mondays & Wednesdays

GAMES: Saturdays

DATE P Jul 22, 27, 29; Aug 3, 5, 10, 12, 17, 19

(Registration opens Jul 8)

G Jul 25; Aug 1, 8, 15, 22

TIME Ages 5-8: 9-10am

Ages 9-15: 10:30am-Noon

PLACE North Mountain Park | Soccer Field #1

COST \$80 (9 practices (P), 5 games (G))



adult programs

4

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

NATURE & GREEN LIVING

Forest Therapy Walk

Through the practice of Shinrin Yoku/Forest Bathing, participants will learn techniques to slow down, reduce stress levels, calm busy minds and connect in a new way with nature, themselves and others. Participants will also learn about current evidence-based research connecting nature immersion to physical, mental and emotional wellness. Dress comfortably to walk and sit outdoors in variable weather (*rain or sun gear helpful*). Bring a small daypack for water and a snack. A towel is also recommended for sitting on damp ground. Walks will take place in Lithia Park. Sign up for one or all. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Adults and teens able to stand and walk slowly for up to 2 hours

WHAT: A facilitated practice of nature connection, using slow, mindful, walking and sitting in the forest to support physical, emotional and mental health

INSTRUCTOR: Sari Telpner is a Certified A.N.F.T. (Association of Nature and Forest Therapy) Guide and a Credentialed Whole Health Educator.



AGES 16 & up
DAY Sundays
DATE Jul 5 | Jul 19 | Aug 16 **CLASSES CANCELED**
TIME 9am-Noon
PLACE Meet at the Ashland Parks & Recreation office in Lithia Park
COST \$30 (1 class)

Demonstration Garden Tours

Soak up the sights and smells of summer while learning about the gardens at North Mountain Park Nature Center with volunteer docents and master gardeners. Discover how to attract wildlife and conserve water in the Butterfly, Amphibian-Reptile and Native Plants Gardens. Step into the past in the Heirloom Garden, and enjoy the fragrance of the Herb Gardens. Private group tours can be arranged. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Anyone interested in gardens, plants and the history of the North Mountain Park Nature Center

WHAT: Learn about plants and their care from our expert gardeners

INSTRUCTOR: North Mountain Park Nature Center volunteer gardeners.

AGES 10 & up (*with adult*)
DAYS 2nd Wednesday of each month
DATE Jul 8 | Aug 12
TIME Noon-1pm
PLACE Nature Center
COST FREE (*donations to the Nature Center are always welcome*)

Save Food, Save Money, Save the Environment

Did you know the average American wastes 254 pounds of food each year, while a family of 4 spends about \$1,600 on food they throw away? Join members of Southern Oregon Food Solutions to learn how to prevent food waste and the economic and environmental benefits that result. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Anyone interested in reducing the amount of food we waste

WHAT: Learn to reduce food waste and help the planet at the same time

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

AGES 13 & up
DAY Thursday
DATE Aug 20
TIME 7-8:30pm
PLACE **Virtual Class on Zoom**
COST FREE



adult programs

4

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

NATURE & GREEN LIVING

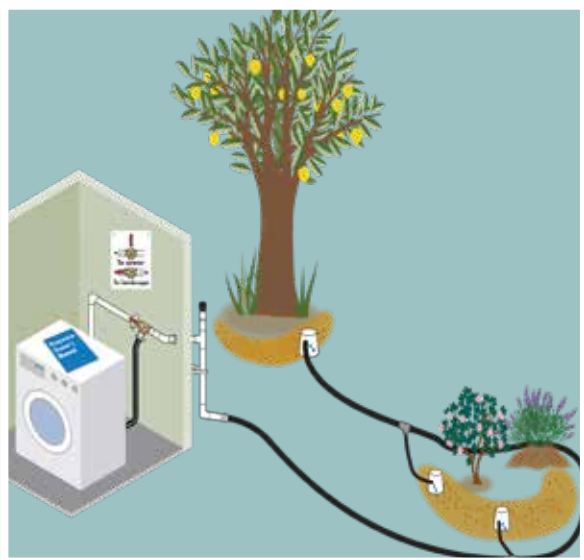
Introduction to the Laundry-to-Landscape Greywater System

Learn the basics of how to design and install a permitted "Laundry-to-Landscape" (L2L) greywater system for use in your perennial garden. This will be a 2-hour introduction on how to design a L2L greywater system, the basics you'll need to install it yourself and the DEQ permit process needed for any home system. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Homeowners who want to reuse laundry water for landscape irrigation

WHAT: Learn to use water more sustainably by reusing greywater to irrigate landscape plants

INSTRUCTOR: Karen B. Taylor is a former partner at Eden on Earth Ecological Landscaping, specializing in rainwater and greywater design and installation. She is currently a Permaculture Designer, educator and consultant with Siskiyou Permaculture.



AGES 18 & up
DAY Tuesday
DATE Jul 14
TIME 6-8pm
PLACE Nature Center
COST FREE

Summer Saturday Morning Bird Walk

Stroll through North Mountain Park Nature Center with local birding experts from the Rogue Valley. This will be an opportunity to see and hear a variety of birds that spend the summer in the Rogue Valley. Binoculars and field guides will be available for check-out. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Novice to experienced birders will enjoy this nature stroll

WHAT: Join other bird enthusiasts to learn to identify birds by sight and call

INSTRUCTOR: North Mountain Park Nature Center volunteer birders.



AGES All ages are welcome
DAY Saturday
DATE Jul 18
TIME 8-9am
PLACE Nature Center
COST FREE (*donations to the Nature Center are always welcome*)

Register Today!



adult programs

4

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

EDUCATION & ENRICHMENT

An Experience in Harmony

Do you love to sing? Tune into the harmony that is natural in all of us. There will be exercises that clarify the nature of harmony and help you feel it in your body. By the end of the workshop you will be improvising with harmonies and rhythms that you couldn't have imagined before. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Suitable for people of all skill levels who love singing

WHAT: Learn to create improvised vocals that fit with other singers and musicians

INSTRUCTOR: Singer-songwriter duo, "The Harmony People" have taught this popular, fun and inspiring workshop since 2014.

AGES 14 & up
DAY Sunday
DATE Aug 9
TIME 1:30-4pm
PLACE Nature Center
COST \$40 (1 class)

Getting Started with Mindfulness

Enjoy an introduction to several different mindfulness practices, as well as tools and techniques to continue practicing at home. Participants should bring sun protection, plenty of water, comfortable clothing and pen and paper for notes. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Anyone interested in meditation and mindfulness, looking for guidance and tools to get started

WHAT: Explore different techniques and learn to practice at home

INSTRUCTOR: Laurel Cheever is an AmeriCorps service member working at the North Mountain Park Nature Center. She began working with meditation to help her recover from an injury. She loves sharing the healing benefits of mindfulness.

AGES 14 & up
DAY Saturday
DATE Aug 22
TIME 10-11am
PLACE Nature Center
COST FREE

Observational Astronomy

Enjoy an evening contemplating constellations and honing your skywatching skills. Learn fun facts about stars, planets, mythology and history to enrich your skywatching experience. Attendees are encouraged to bring telescopes or binoculars, but no equipment is needed to enjoy the experience. On hand will be a 12" reflecting telescope for the possibility of viewing the moon, the rings of Saturn, the moons of Jupiter and distant star clusters and galaxies. *For more information call the North Mountain Park Nature Center at 541.488.6606.* Registration for programs will open two (2) weeks before the start date. If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

WHO: Casual stargazers looking for more insight

WHAT: A guided look at the night sky paired with history, mythology and fun facts

INSTRUCTOR: David J. Powell has been a Night Sky Tour Guide and volunteer Instructor of Astronomy at Oregon Museum of Science and Industry at Hancock Field Station. He also served as the Director of the Oregon Star Party and earned the Astronomical League's Master Outreach Award.



AGES All ages welcome
DAY Saturday & Tuesday
DATE Jul 18 | Aug 11 (Registration opens Jul 4)
TIME 8:30-10pm
PLACE Nature Center
COST FREE



adult programs

4

EDUCATION & ENRICHMENT

Spanish and Italian Language Instruction

Dear students,

I am planning to offer language classes via Zoom for the summer term due to the challenges for teaching the class in-person with public health guidelines and limitations to group sizes. Many of you might already have this platform on your computers or phones, and be familiar with it. I realize it's not as enjoyable as meeting in person, but right now it's the only viable alternative I can offer for teaching and learning until the possibility of spreading the virus is gone. I've been teaching via Zoom since the beginning of April and I'm very familiar with it at this point.

If you're interested in taking Spanish or Italian for Travelers or Continuation classes this summer, please contact me directly at monicarountree@hotmail.com, for more information. Once I have the contact of all interested, we can decide on the schedule that best suits all or at least the majority.

Thank you so much for your patience and flexibility during these troubling times. Stay well and keep safe!

Monica Rountree



Monica



Lauren

French Language Instruction

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 know that Parks and Rec is working hard to adapt to what will be the new normal. I miss my students and teaching! Meanwhile, you can contact me at laurenbethschaffer@gmail.com. Prenez soin. Take care.

Lauren Schaffer

ART & CULTURE

Dear Drawing, Watercolor and Acrylic Painting students,

I miss teaching and seeing you all and look forward to when we can safely resume classes. I hope you have been able to do some drawing and painting during this time at home.

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

Take care and stay safe,

Cathy Egelston Mahoney





adult programs

4

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

FITNESS & MOVEMENT

Beginning Pickleball

Learn basic skills and strategies for this popular social game while enjoying the outdoors. All equipment is provided.

WHO: Kids, teens, adults and grandparents interested in learning how to get involved in pickleball

WHAT: Learn the rules and skills to enjoy the game

INSTRUCTOR: Joel Heller is a long-time teacher of pickleball and two-time winner of Oregon Senior Games gold medals in singles and doubles events.



Laura Zundel and Ken Crocker on the Pickleball Court

AGES 8-80
DAY/DATE/TIME Tuesday, Jun 30 | 6-8PM
(Registration opens Jun 16)
PLACE Lithia Park Courts
COST \$20/session (1 class)

Intermediate Pickleball

Improve your game with strategies, shots and drills. Equipment is provided

WHO: Players of any age looking to improve on beginner level skills in pickleball

WHAT: Learn strategies for gameplay, shots and drills to improve abilities

INSTRUCTOR: Joel Heller is a long-time teacher of pickleball and two-time winner of Oregon Senior Games gold medals in singles and doubles events.

AGES 8-80
DAY/DATE/TIME Tuesday, Jun 30 | 8:30-10:30AM
(Registration opens Jun 16)
PLACE Lithia Park Courts
COST \$20/session (1 class)

Intermediate & Advanced Ballroom Dance

Hello dancers,

I hope to resume Ballroom classes on Tuesdays, as soon as possible. Everything is tentative. And, I may only be able to accommodate couples from the same household for now. But, please keep an eye on my website for more info as we get closer: www.UpAndDancing.com. You can also call: 541.482.0134.

Hope to see you on the dance floor!

-Cori Grimm



Golf 101 Adult

More info on p 19

Register Today!



Photo courtesy APR Volunteer, Bob Palermmini

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

North Mountain Park is open sunrise to sunset, year-round. The Nature Center is open by appointment only and for registered program participant.

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 Nature Play areas.

Please note: Because North Mountain Park is a wildlife habitat, please leave pets at home.

Friend & Volunteer of the Nature Center: DONNA KLEIMAN



Donna is a grandmother of six! She enjoys dabbling in watercolor paints and hiking with her husband and her 130 pound Bullmastiff. Donna likes to garden, and just last year she started playing the guitar. All of this, and she has had time to volunteer as an Outdoor Instructor at North Mountain Park for the last 7 seasons! You're amazing Donna. Thank you.

"I was involved with an Environmental group in the SF Bay Area for several years before moving up to Ashland 12 years ago. I was delighted to find North Mountain Park and their similar program promoting learning in an outdoor setting. It's a fun way to give back to the community while I learn and grow myself! And I get to play with kids!"

Volunteer Opportunities! COME GARDEN WITH US



North Mountain Park needs you! Our gardens are entirely run by volunteers. Come enjoy the outdoors, build community and support our park (all at physical distance, of course.) No experience necessary. Drop by for our Wednesday morning work parties, or call for more information.

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

NORTHMOUNTAINPARK.ORG



golf programs

6

Golf 101 Adult

Starting in the parking lot and ending on the course. Your professional staff will guide you through the processes that may seem intimidating and get you on the course in a fun and friendly environment.

[Email info@sogolfacademy.com to sign up or visit sogolfacademy.com for more information!](mailto:info@sogolfacademy.com)

WHO: Any adult interested in learning the game. Beginners, intermediate and advanced players encouraged

WHAT: The best way to learn the game of golf for any age and ability level from the green back

INSTRUCTOR: Southern Oregon Golf Academy, with top 50 coaches in the country.

AGES Over 18
DAY Wednesday
DATE Session 1: Jun 24, Jul 1, 8, 15, 22
Session 2: Jul 29, Aug 5, 12, 19, 26
Session 3: Sep 2, 9, 16, 23, 30
Session 4: Oct 7, 14, 21, 28, Nov 5
TIME 4-4:45PM
PLACE Oak Knoll Golf Course
COST \$199 (5 classes)



Golf 101 Family

Starting in the parking lot and ending on the course. Your professional staff will guide you through the processes that may seem intimidating and get you on the course in a fun and friendly environment.

[Email info@sogolfacademy.com to sign up or visit sogolfacademy.com for more information!](mailto:info@sogolfacademy.com)

WHO: Any parent/child interested in learning the game. Beginners, intermediate and advanced players encouraged

WHAT: The best way to learn the game of golf for any age and ability level from the green back

INSTRUCTOR: Southern Oregon Golf Academy, with top 50 coaches in the country.

AGES Over 18
DAY Wednesday
DATE Session 1: Jun 17, 24, Jul 1, 8, 15, 22, 29 Aug 5
Session 2: Aug 12, 19, 26, Sep 2, 9, 16, 23, 30
TIME 5-6PM
PLACE Oak Knoll Golf Course
COST \$499 (8 classes includes parent & child)



Operation 36 Junior Golf Academy

More info on p 11

PGA Junior Golf Summer League

More info on p 11

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!*



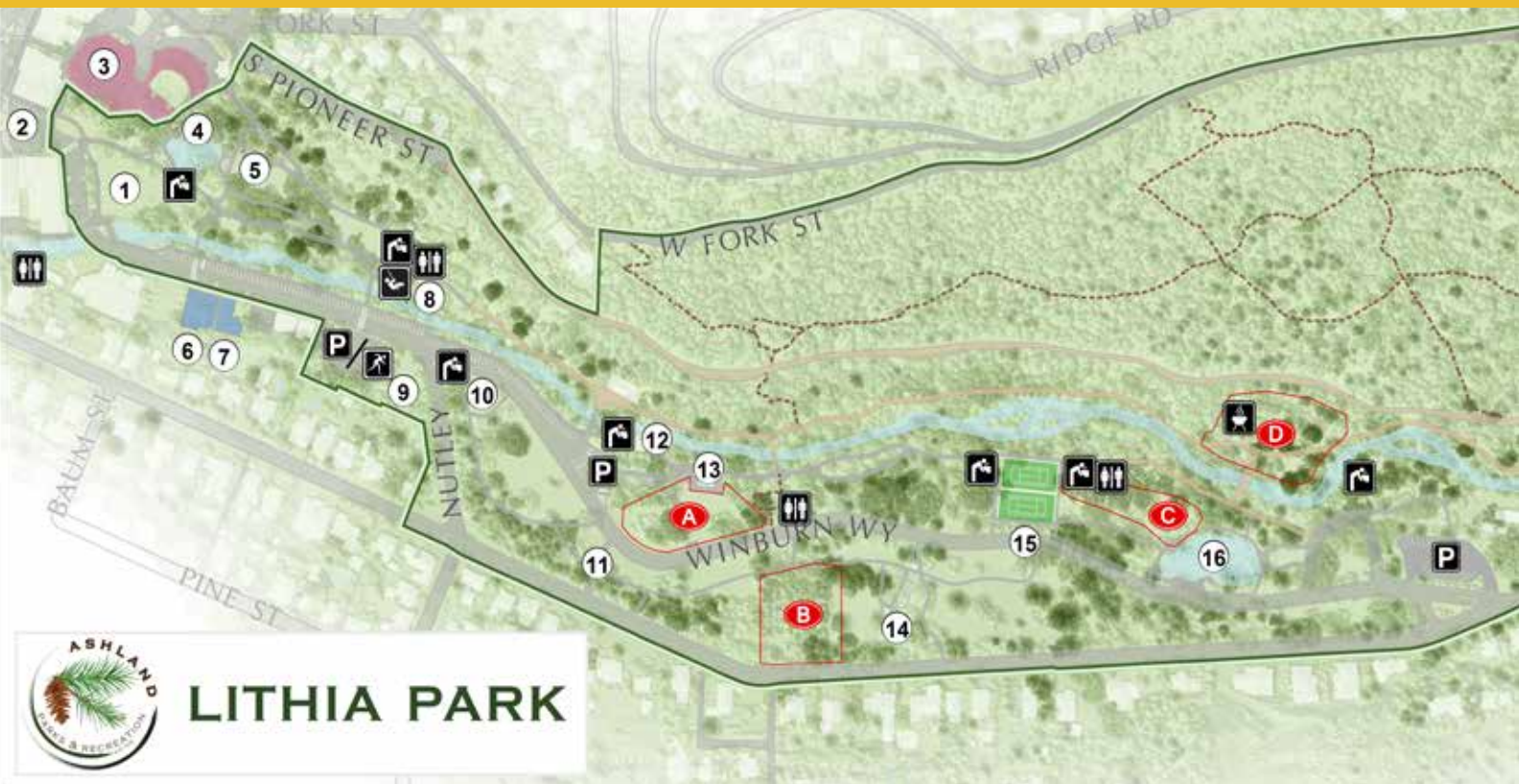
For more information, call the Oak Knoll Golf Course at 541.482.4311 or visit

OAKKNOLLGOLF.ORG



lithia park info

7



MAP KEY

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

LOCATIONS

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



LITHIA PARK TRAIL GUIDE

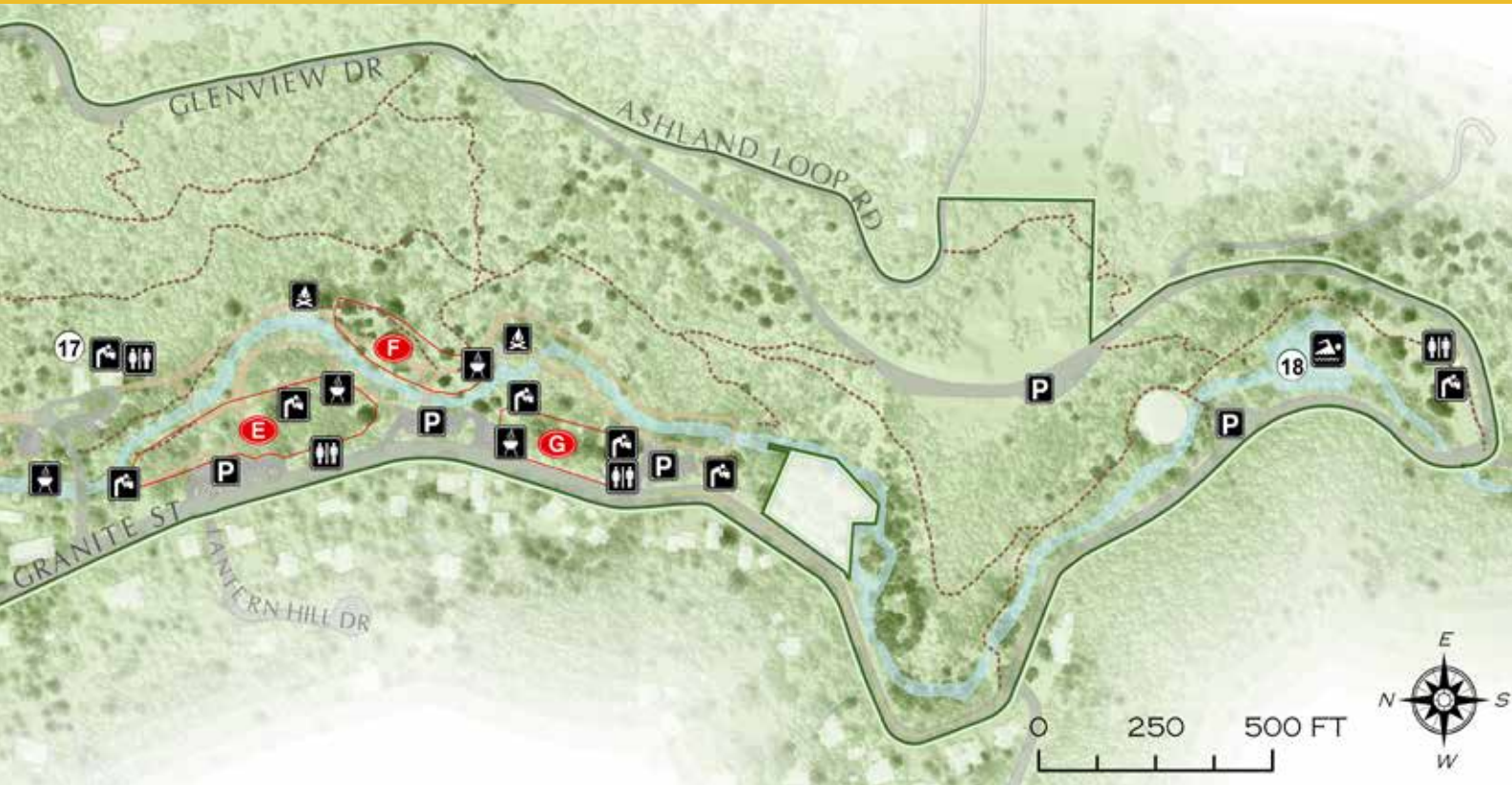
Explore the plants and trees of Lithia Park! The Lithia Park Trail Guide features colorful maps, over 100 photographs and a self-guided tour. Learn more at ashland.or.us/LPtrailguide. Guides are only \$5.

— Cover photo courtesy Jeffrey McFarland



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, and family gatherings. 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 birthday parties, family reunions, and weddings. Park administration 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 for formal and informal gatherings.

For facility reservations, please visit ashland.or.us/FacilityReservations. Reservations are available from May through September.

LOCATION	CAPACITY	ELEC	TABLES	WATER
Below Upper Duck Pond	350	NO	NO	NO
Madrone Picnic Area	150	NO	NO	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. You are welcome to use our outdoor facilities. Please adhere to Public Health Guidelines, see p 5.

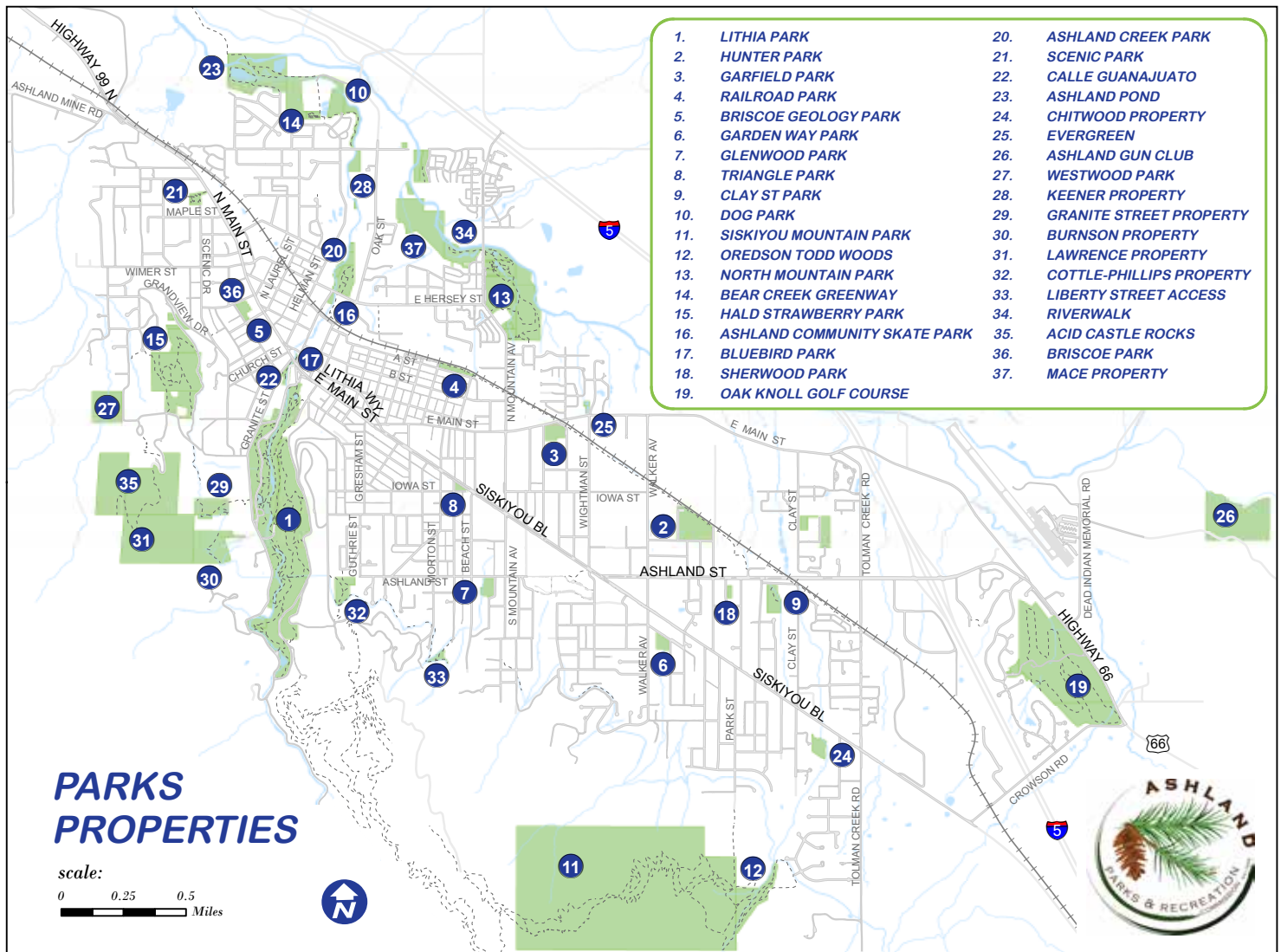


park properties

7

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. Ashland Parks & Recreation 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.



Adult Learning Free For All

8

Pre-registration at ashland.or.us/register required for all programs unless otherwise indicated
Registration will open two (2) weeks before the start date

If you would like to be placed on an interest list, please email libby.vanwyhe@ashland.or.us.

Observational Astronomy - Persied Meteor Shower

Enjoy an evening contemplating the night sky during the peak of the Perseid Meteor Shower. Listen to stories, learn fun facts and enjoy stargazing with an experienced guide. Attendees are encouraged to bring telescopes or binoculars, but no equipment is needed to enjoy the experience. On hand will be a 12" reflecting telescope for the possibility of viewing the moon, the rings of Saturn, the moons of Jupiter and distant star clusters and galaxies. *For more information call the North Mountain Park Nature Center at 541.488.6606.*

WHO: Casual stargazers looking for more insight

WHAT: A guided look at the night sky during the peak of the Perseid Meteor Showers

INSTRUCTOR: David J. Powell has been a Night Sky Tour Guide and volunteer Instructor of Astronomy at the Oregon Museum of Science and Industry at Hancock Field Station. He also served as the Director of the Oregon Star Party and earned the Astronomical League's Master Outreach Award.



AGES All ages welcome DAY Tuesday
DATE Aug 11 TIME 8:30-10pm
PLACE Nature Center COST FREE
(Registration opens Jul 28)

Introduction to Straw Bale Building

Almost 50% of all the energy used in North America each year goes to construct, heat, cool and operate buildings! Energy efficient homes made from carbon sequestering materials like earth and straw are beautiful, fire resistant and can help us live more sustainably. Learn how straw bale buildings are designed and built. Presentation includes details explaining construction techniques, options and a look at a few of 50 permitted straw bale homes in Jackson County. *For more information call the North Mountain Park Nature Center at 541.488.6606.*

WHO: Adults with an interest in sustainable building

WHAT: Learn about sustainable building design and construction using straw bale walls

INSTRUCTOR: Jim Reiland of Many Hands Builders is a licensed contractor specializing in rainwater catchment systems and straw bale building.

AGES 18 & up DAY Wednesday
DATE Aug 12 TIME 6-8pm
PLACE Nature Center COST FREE

Demonstration Garden Tours

More info on p 13

Introduction to Rainwater Catchment Systems

Interested in capturing and storing rainwater for irrigation? Participants will learn about rainwater catchment system components, beneficial uses, appropriate collection surfaces, pre-storage filtration and tank storage options. Bring a calculator and your project ideas, including a site plan showing roof(s), possible tank locations and use areas, for example, garden or landscape plants. Property elevation changes and roof angles are also helpful. *For more information call the North Mountain Park Nature Center at 541.488.6606.*

WHO: Homeowners interested in installing a rainwater catchment system

WHAT: A practical class to learn how to design your own rainwater catchment system

INSTRUCTOR: Jim Reiland of Many Hands Builders is a licensed contractor specializing in rainwater catchment systems and straw bale building.

AGES 18 & up DAY Thursday
DATE Aug 13 TIME 6-8pm
PLACE Nature Center COST FREE



community partners

9

SOUTHERN Oregon family

Your Guide to Family Friendly Events, Kids Activities, Giveaways and More!



FOLLOW US

SouthernOregonFamily.com



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


visit our website for more information and camp descriptions

BEST SUMMER EVER





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Call Zeph Robertson, your local agent, to see how much he can save you!

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Agent

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Cell (541) 646-5796
Fax (541) 488-4458
zrobertson@reinholdtins.com
www.reinholdtins.com

 **REINHOLDT & O'HARRA**
INSURANCE



community partners

9

Built by Our Community, for Our Community.



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



community partners

9

Central Point PARKS & RECREATION

Join Us This Summer Season For Our
Fun Events & Recreation Programs

Made in Southern Oregon

May 30th | 10am-4pm | Pine Street
Featuring local artists of all mediums. Discover
what our Southern Oregon artists have to offer.
Admission is free for the whole family.

Parks & Recreation Day

July 17th | 2:00pm | Twin Creeks Park
You have a friend in Parks and Rec; join us for
a whole day of FREE fun. We will have crafts,
bounce houses, games and will be featuring all
4 Toy Story movies throughout the day!

4th of July Festivities

July 4th | All Day in Central Point
Join us for the Run4Freedom 5k and kid's fun
run, the famous Pine Street Parade, good old
fashioned family events and games at Pfaff Park
and ending the night with amazing fireworks at
The Expo.

Marvelous Summer Camps

Looking for a way to entertain the kiddos this
summer? Join us as we offer new and exciting
camps each week!



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 other
affordable youth sports programs.

Adult Sports Leagues

- Basketball
- Kickball
- Outdoor Soccer
- Softball
- Volleyball



Youth Sports Programs

- Teen Beach Volleyball
Tournament (Ages 13-18)
- Jr. Giants Youth Baseball/
Softball (Ages 5-13)
- USTA Youth Tennis
(Ages 6-12)

For more
information:
playmedford.com
sportsmedford.com
541.774.2400





community partners



9

"The Rare Ones"
Wolverine and Lynx
of the Greater
Yellowstone
Ecosystem

October 2-5, 2020

Join James Halfpenny and Coyote Trails in Yellowstone to learn all about the largest land weasel, the stealthiest cat, and how they prowls the high country and dense forests of North America.

COYOTETRAILS.ORG
541.772.1390




SHOOTING STAR NURSERY
wholesale • retail • design & consultation

Check out our **Pre-Planned Plant Collections** and sign up for **Saturday Gardening Classes** with fresh coffee, refreshments and kids activities!

- **April 25 Gardening for Pollinators**
- **May 2 Waterwise Garden Design**
- **May 9 Mother's Day Class** - kids paint & plant a pot or box for mom
- **June 4 (5-7pm) Evening Hours & "Beautiful Luffa" Book Signing**
- **June 20 Plant Propagating** with head grower Erik

Your Local Nursery Resource
Open Monday–Friday 8–5 and Saturday 9–5
www.roguevalleynursery.com/class

3223 Taylor Road • Central Point • 541.840.6453



ASHLAND
as you like it

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

Science Works

96
Cu
Curiosity
247.98

24
Cr
Creativity
51.82

74
Wo
Wonder
183.86

Sign up for a **summer camp** and spend your summer making **new discoveries!**

scienceworksmuseum.org | 541-482-6767

Senior Services Division

10



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 request a 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. Call to schedule an appointment for application assistance.
- **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 activities will resume in Fall 2020 or when public health guidelines permit:

- **Health-Related Activities:** Blood pressure testing, foot care clinic, movement classes and other health services as available.
- **Educational Activities:** Seminars and workshops on topics of interest to seniors and their families.
- **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, but most are on hold right now. Check back for updates.

- **Broadway Dance for Boomers**
- **Computer, Tablet & Phone Instruction**
- **Dementia Caregiver Support Group**
- **Game groups (Cribbage, Mah Jongg, Spades)**
- **Gentle Yoga & Hatha Yoga**
- **Line Dancing**
- **Senior Art Classes**
- **Senior Archery**
- **Tai Chi**

Upcoming Events

No special events are currently scheduled for Summer 2020, due to health guidelines for older adults. Call 541.488.5342 or check AshlandSeniorServices.org for newly added events.



Meet Our Friend & Volunteer

Janine Clayton has been in and out of the Ashland area for over 40 years, and is now finally settled here. She is an active office and event volunteer at the Senior Center and is grateful to have the time in retirement to volunteer, which she sees as a way of cultivating more niceness and positivity in herself and others. She adds, ***"Staying connected with people and having a purpose is so***

important to our well-being as we age." During the pandemic, Janine has been making outreach calls to connect with seniors at home.

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

ASHLANDSENIORSERVICES.ORG



senior programs (50 and up)

10

See p 29 to learn more about the Senior Services Division or call 541.488.5342

EDUCATION & ENRICHMENT

Dementia Caregiver Support Group

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! Co-sponsored by the Alzheimer's Association. *For more information, call 1.800.272.3900 or visit alz.org/oregon. Registration is required: 541.488.5342.*

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

WHAT: A free monthly support group

FACILITATOR: Isleen Glatt, Senior Services Superintendent for the APR Senior Services Division



AGES Adults
DATE Third Wednesday of each month
Jun 17 | Jul 15 | Aug 19
(Registration open)
DAY Wednesday
TIME 5:30-7pm
PLACE Live on Zoom or phone
COST FREE

FITNESS & MOVEMENT

Gentle Hatha Yoga for Adults 50 & Better

This class is designed with the belief that Yoga can be practiced by anyone! Classes include slow and gentle yoga postures, breath work and deep relaxation. Participants will be asked to get up or down from the floor at most twice during each session. Wear comfortable loose attire and bring your yoga mat. *Pre-registration is required to ensure adherence with health guidelines.*

WHO: Seniors wanting to stretch and strengthen while easing stress

WHAT: Gentle yoga for older adults

INSTRUCTOR: Susan Jaques

AGES 50 & up
COST \$20 (4 classes)

Class dates, format and location contingent on health guidelines. Call for updates: 541-488-5342.

Gentle Yoga for Adults 50 & Better

This class includes a variety of gentle and simple Yoga poses with an emphasis on releasing unnecessary tension. Participants will be asked to get up and down from the floor once. Participants also need to be aware of their own capabilities and understand how to adapt for their own needs within a class/group setting, in order to participate safely. *Pre-registration is required to ensure adherence with health guidelines.*

WHO: Seniors and people with physical challenges or limitations

WHAT: Gentle Yoga for all levels

INSTRUCTOR: Gentle Yoga instructor team

AGES 50 & up
COST \$20 (4 classes)

Class dates, format and location contingent on health guidelines. Call for updates: 541-488-5342.



senior programs (50 and up)

10

See p 29 to learn more about the Senior Services Division or call 541.488.5342

FITNESS & MOVEMENT

Broadway Dance for Boomers and Beyond

Come join the popular Broadway Dance for Boomers and Beyond class and learn fun Broadway style routines! This class is for people of a "wise" age, who love to dance and enjoy Broadway and movie musicals. This is a non-partner class. All levels welcome.



WHO: 50 & up

WHAT: Students will learn gentle dance patterns and steps to create fun performance style routines such as Cabaret, Chicago, Grease, Oklahoma and others

INSTRUCTOR: Audrey Flint

Class dates, format and location contingent on health guidelines. Call for updates: 541.488.5342.

FALL PROGRAM UPDATES

We expect the following programs to return in the fall, conditions permitting:

YOUNG AT ART

Instructor: Shea Cathey

SENIOR ARCHERY

Instructor: Lloyd Canty

COMPUTER, TABLET & PHONE INSTRUCTION FOR ADULTS 60 & BETTER

Instructors: Judy Blue, Peter DeGroot, Phil Settles, Jackson County Library staff volunteers

LINE DANCING FOR ADULTS 60 & BETTER

Instructor: Marsha Newton

TAI CHI FOR ADULTS 50 & BETTER

Instructor: Char Hersh

CRIBBAGE CLUB FOR ADULTS 50 & BETTER

MAH JONGG FOR ADULTS 50 & BETTER

SPADES FOR ADULTS 50 & BETTER



Daniel Meyer Memorial Pool

Seasonal-Outdoor Pool in Hunter Park at 1705 Homes Ave | 541.488.0313 | ashland.or.us/Swim

11

NEW POOL DESIGN IS UNDERWAY!

The Ashland Parks and Recreation Commission (APRC) has made the decision to not open the Daniel Meyer Memorial Pool for the 2020 season due to the circumstances and challenges to operations created by the COVID-19 pandemic.

Even though the Daniel Meyer Memorial Pool will not be open this summer, APRC is focused on education and information to help keep the community safe in all types of water environments. More information and resources for water safety education and preparing for swim lessons is available on our website ashland.or.us/swim. We want to encourage you and your family and friends to “Think Water Safety” in whatever water environment you choose to enjoy. #ThinkWaterSafety



.....

In February 2020 APRC contracted with Robertson Sherwood Architects to provide the design and technical specifications for a new municipal pool at Hunter Park. The design process is anticipated to be completed summer of 2020.

Visit gis.ashland.or.us/parks/cip/ to get the latest information about this project.

Visit ashland.or.us/Swim for the latest information on the Pool



special event

12

44TH ANNUAL 4TH OF JULY RUN



Join our virtual race ... physical distancing style.

Donations for accepted High-School
Cross Country & Track teams.

Choose: 10K, 5K or 1-Mile

Participation is FREE
See details at ashland.or.us/JulyRun





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!





volunteer in parks

14

We are incredibly thankful to our amazing volunteers!
You are essential to achieving all that we do.



Now more than ever your help makes all the difference.
Come join us in keeping our parks beautiful and pesticide free!

ashland.or.us/Volunteer



Meet Our New Volunteer & Event Coordinator



APRC has a new Volunteer and Event Coordinator: Sulaiman Shelton. He was raised in Ashland and after spending years away is overjoyed to return to his hometown to work alongside such an inspired and hardworking volunteer community. Sulaiman has spent the last two years at North Mountain Park Nature Center as a Lead Instructor. He has a degree in Environmental Studies and is excited to continue to improve and beautify Ashland's amazing park system.



volunteer in parks

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MEET OUR PARK ADOPTERS



DAREX adopted RAILROAD PARK

"Darex has proudly been designing and manufacturing sharpening tools right here in Ashland since 1978. We are a fourth generation, family-owned business, dedicated to creating quality tools.

What we make is as important as where we make it. Ashland is a beautiful place to live and work, and we strive to do our part in our community. We minimize waste and use solar power to provide over half our yearly electrical needs. Adopting Railroad Park will allow us to continue to give back," said Matthew Bernard, CEO.

The Darex family of brands includes: Darex industrial bit sharpeners, Drill Doctor drill bit sharpeners and Work Sharp knife and tool sharpeners. Visit darex.com for more information.

Ashland Parks and Recreation thanks Darex for all their hard work supporting our community and parks system.



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—SOU Green House
- 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



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HOTEL GROUP

JOHN MUIR
SCHOOL

DAREX



Recology
Ashland
WASTE ZERO



MARKET OF CHOICE



SOROPTIMIST
INTERNATIONAL OF ASHLAND

The Siskiyou
School



trueSOUTH
SOLAR

CONTACT

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





community partners

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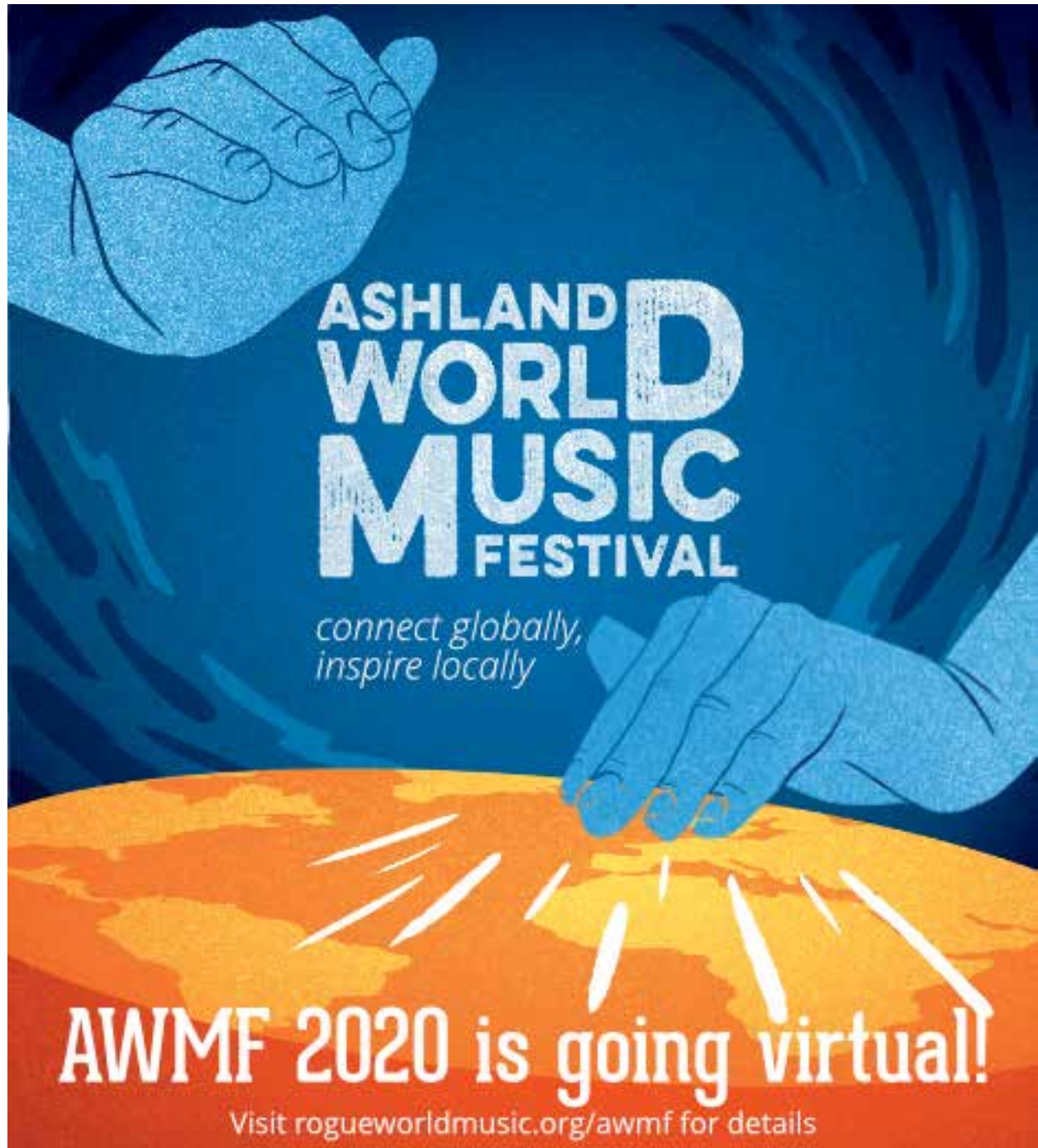


Ashland PARKS FOUNDATION

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

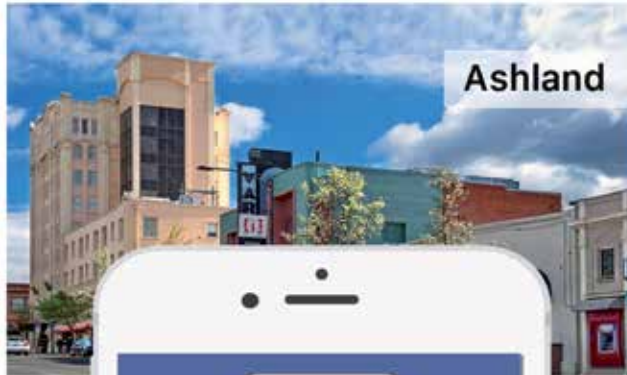
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community partners

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



community partners

9

ENJOY VIRTUAL SUMMER PROGRAMS FROM BRITT EDUCATION

BRITTVIDS AND BRITTVIDS FOR KIDS:

Staying home has not stopped Britt Education from providing connections to our artists and our community! We're curating short videos from our favorite artists, including: Teddy Abrams, The Meriwethers, Page Hamilton, the BFO with Bruce Campbell and many more! Tune into the **Britt Festival YouTube channel** to see the entire playlist.

Follow us **@BrittKidsKlub** on Facebook and **@BrittFestival** on Instagram to see new videos on Tuesdays and Thursdays throughout the summer. **Exclusive sponsor - Southern Oregon Subaru**

BRITTKIDS KONCERTS:

BrittKids Konzerts are adapting to bring you new content - just as we do every summer! We are working with some of your favorite Konzert artists to create brand new 15-minute videos to share with you. These creative performances will help the next generation of artists learn about the arts in a way that is both engaging and enlightening. Learn a new song, dance a new dance, or clap a new rhythm with us every Wednesday morning in July and August! **Exclusive sponsor - Southern Oregon Subaru**

BRITTKIDS KLUB:

Scout & friends invite you to join the **FREE BrittKids Klub** to download **FREE** coloring and activity sheets throughout the summer and earn **FREE** rewards!

Visit Scout online to find out more at: BrittKidsKlub.org

*BrittVids, BrittVids for Kids
& BrittKids Konzert Videos
Exclusive Sponsor*

Southern Oregon



[f](https://www.facebook.com/brittkidsklub) [i](https://www.instagram.com/brittfestival) [y](https://www.youtube.com/brittfestival) | FIND OUT MORE AT BRITTKIDSKONCERTS.ORG | FOLLOW US ON [FACEBOOK.COM/BRITTKIDSKLUB](https://www.facebook.com/brittkidsklub)



community partners

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Keeping You Connected.



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PROTECT BABY WILDLIFE!

Summertime is a great time to get outside and a great time to see animals. As breeding and nesting season kick into full swing, you may be more likely to come across baby animals. So, what should you do if you find a wild baby alone outside? Read on to hear what our friends at Wildlife Images, an animal care and rehabilitation center in Grants Pass, say about finding wild babies...

First, make sure the baby needs help

Animal moms will often leave their babies alone so they can find food. When you see a baby alone, mom is most likely nearby, but hiding because she's seen you! Even if you watch the mama run away, it's best to give mom at least 24 hours to return for her young before acting.

Despite our good intentions, "rescuing" an animal that doesn't need to be rescued actually decreases their chance of survival. If the animal seems exposed or has fallen from the nest, your best bet is to return it to the nest or move it to the nearest cover. You may have heard that the mother will reject her young if she smells a human, but this is a myth.

Sometimes juveniles strike out on their own

When birds first leave the nest, or fledge, they spend a few days on the ground, hiding in vegetation, until they can fully fly. This is a dangerous time, but the parents are usually nearby looking out for the young one. However, if you find a fledgling in the road or a dangerous place, pick it up and move it to the nearest dense vegetation so it can hide. If you're concerned, observe from a safe distance and make sure to keep cats away - they're a major cause of injuries to wild animals.

Don't try to care for wild babies at home

If you have determined that the animal is indeed in trouble or the mother is unable to care for them, get them to a professional or call Wildlife Images at 541.476.0222 to determine next steps. Do not try to care for them at home. These babies need special, around-the-clock care and can be harmed by inexperienced caretakers.

Although wild babies can be irresistibly adorable, they can also carry diseases. Raccoons, skunks and foxes are common carriers of rabies and should always be handled with heavy gloves and protective clothing. Never try to adopt a wild animal, it is illegal and not a good idea for either of you.

Be mindful

Sometimes the best thing we can do for our tiny, wild friends is just keep an eye out for them. As they chase each other and send newborns into the world, be aware that they may be out where pets, cars and landscaping equipment can harm them. By providing them space to forage and protecting them from human harm, we can better keep all babies out of harm's way.





useful info

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Follow us!

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

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 stop by The Grove at 1195 E Main St.

"Fun, it's in our Nature!"



ASHLAND TUESDAY MARKET
Ashland Armory, 1420 E. Main St.
8:30AM-1:30PM Mar 3 - Nov 24

ASHLAND SATURDAY MARKET
Downtown Ashland, Oak St.
8:30AM-1:00PM May 2 - Oct 31

MEDFORD THURSDAY MARKET
Hawthorne Park, 99 Hawthorne St.
8:30AM-1:30PM March 5 - Nov 19

INDOOR WINTER TUESDAY MARKET
Phoenix Civic Center, 220 N. Main St.
10:00AM-2:00PM Dec 1 - Feb 23

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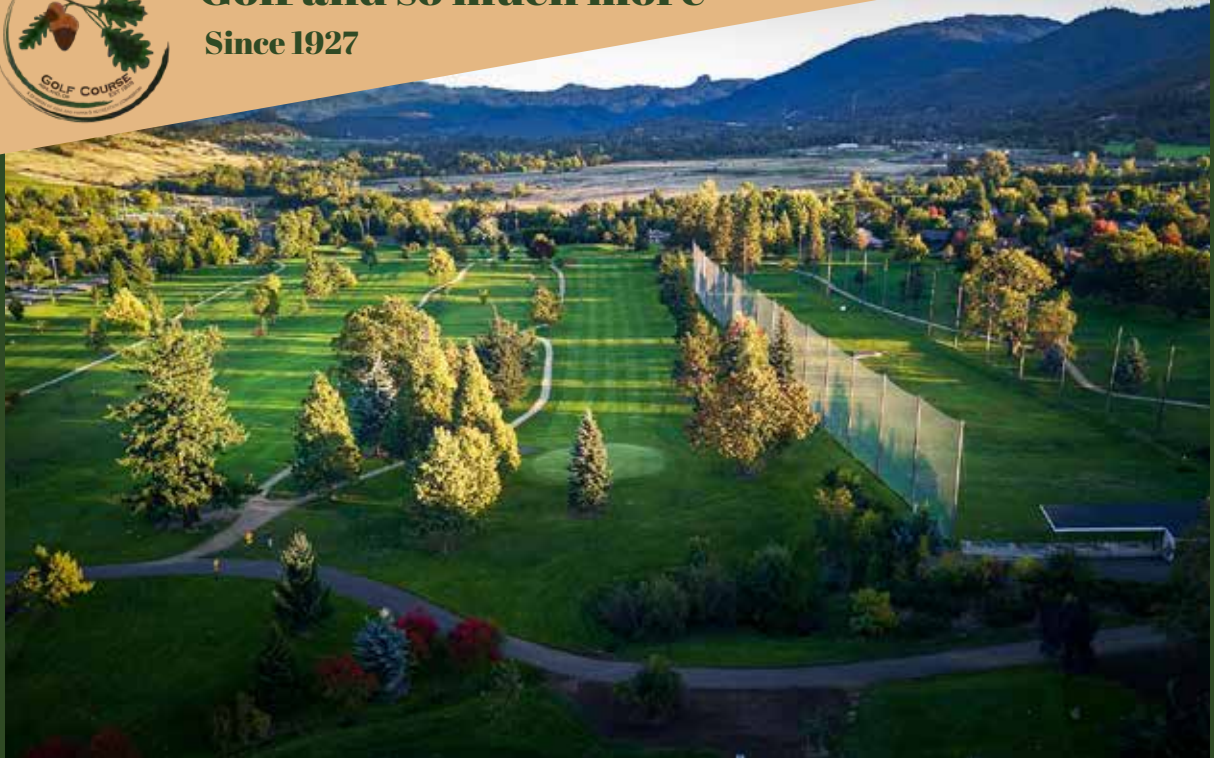
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