



COMMUNITY PLAYGUIDE *what to do!*

Volunteer in the Parks

— Details p 23

FALL 2023

SEP | OCT | NOV | DEC





interim director's message

I am thrilled and honored to be serving Ashland as your new Interim Parks and Recreation Director. From the moment our family stepped foot in Ashland in the summer of 2016, we knew we had finally found our forever home. After 6 years teaching Environmental Science and Policy at SOU and raising our boys in this beautiful place, I cannot be more grateful for this opportunity to give back to the community that has brought so much to our lives.



The Oxford English Dictionary provides these synonyms for the word "recreation": pleasure, relaxation, fun, restoration, play. In my opinion, this list comprises some of the greatest gifts we can provide to our loved ones and to ourselves. Re-creation (and particularly outdoor recreation) is the spark of life that brings joy and meaning to our days. I'm proud to be a part of an organization that seeks to facilitate this for everyone, regardless of age, ability, gender, color or creed.

The return of fall brings cooler temperatures, first days of school and new schedules. Consider trying something new with APRC this year—study a foreign language for an upcoming trip, get some gardening tips, volunteer, learn to play golf at the Oak Knoll Golf Course or kick up your heels in a line dancing class. Walk, run, or bike the many parks and trails and find your "flow state". I hope you enjoy perusing the APRC and partner offerings created to bring you top notch programs and services.

Leslie Eldridge - APRC Interim Director

Ashland Parks and Recreation Commission

Fun, it's in our Nature!

what's inside...

Director's Message.....	Inside Front Cover
How to Register	2
Youth Programs (Up to 18)	3
Ashland Senior Services Division	4
Senior Programs (50 & Up)	5-6
Oak Knoll Golf Course.....	7
North Mountain Park Nature Center	8-9
Adult Programs.....	10-11
Community Opportunities.....	12,13,15,17,18,21
Ashland Rotary Centennial Ice Rink	14
Why No Dogs?	16
Facilities & Amenities	19
Get to Know Your Parks	20
How to Participate in Public Meetings	22
Volunteer in Parks.....	23
Board of Commissioners.....	24
Useful Info	25

19 Parks, Open Spaces & Trails in Ashland!

We manage over 766 acres of parkland and open space and co-manage 53 miles of trails. Are you interested in viewing a map of APRC properties? Or maybe you want to check out maps for the local trails? Visit ashland.or.us/ParksMaps.

Another great source is the Ashland Chamber of Commerce Map Guide! Pick one up at the Chamber or visit: AshlandChamber.com/Mapuide.



On The Cover | Top: Fall colors at Lithia Park by Bob Palermini

Bottom row from left to right: Bike Work Parties p 25 | Park Work Parties p 25

Senior Gentle Yoga Class p 6 | Ashland World Music Festival Middle East Dance Troupe p 11 | Oak Knoll Golf Course p 8

Special thanks to our volunteer photographer Bob Palermini. See more of his work at palermini.com



advertise with us...

We offer great exposure for your business! Your first step is to fill out our online application at ashland.or.us/AdvertiseSponsor.

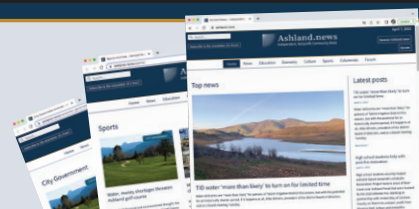
If you have questions, don't hesitate to email parksinfo@ashland.or.us or call 541-488-5340.

Have you heard the news?

There's a new local community news source focused on all things Ashland. Ashland.news is an independent, nonprofit, professional news service supported by and serving residents of Ashland and nearby areas. Find us online at Ashland.news and sign up for the free emailed newsletter and read accurate, trustworthy and timely local and useful news and information about Ashland and surrounding areas.

Ashland.news — Filling the community news cupboard with locally sourced, nutritious brain food since 2022.

Our community. Our news. Ashland.news



Ashland.news
Independent, Nonprofit Community News



how to register

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs, unless otherwise indicated

Register Online ▶

Steps for a Smooth Registration Process!

APRC programs take place indoors, outdoors and virtually. An active email address is required for registration. Email is an effective and efficient way to communicate, especially for virtual programming that requires a link for access.

The best way to register is online. Please visit ashland.or.us/Register and click on the green button, **"Register Online!"** Make sure your user profile includes a current email and emergency contact for you.

Need Help?

- Call 541.488.5340 (*Please allow one to two business days for a reply*)
- Come into an APRC facility
 - For general and Nature Center programs: The Grove, 1195 E Main. Mon, Wed, Fri, 9 a.m. - 1 p.m.
 - For senior programs: Ashland Senior Center, 1699 Homes Ave. Mon-Thurs, 8:30 a.m. - 3:30 p.m.

Information on our refund policy is online at ashland.or.us/Register.



Interested in becoming an instructor for us?

Find everything you need to know at ashland.or.us/Instructors.



youth programs (up to 18)

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs, unless otherwise indicated

FITNESS & MOVEMENT



Introduction to Lacrosse - \$50

(4 classes)

Youth will learn history originating from Native Americans and fundamentals in a supportive and inclusive environment. Players will practice techniques and gameplay for this increasingly popular sport requiring motor skills, endurance and teamwork. Equipment is provided. Please wear athletic clothing, shoes and bring a water bottle.

Saturday | Oct 21-Nov 18 (No class Nov 11) | 11am-Noon
Outdoor | Ages 6-16

Instructor: Mark Brown

To register: e-mail letsplay@rvyla.org

Try Lacrosse for Free on Saturday October 14! E-mail letsplay@rvyla.org for more information



Mark Brown Instructor Bio:

Mark was the SOU Men's Lacrosse Club Head Coach for 16 years and Director of Rogue Valley Youth Lacrosse Association. He has over 20 years experience in coaching and 35 years of Lacrosse.

NATURE & GREEN LIVING



Micro-Nature Adventure - FREE

Tuesday | Sept 12 | 3:30pm | Outdoor

Instructor: Ashland Library Children's Department

ADAPTED PROGRAMS



Adapted Socials

Participants will enjoy time to play a variety of games including Nintendo Switch, PlayStation 4, board games and food too! Players can bring their own games including video games and gaming systems. Fidgets and headphones are available. **Please provide food allergy info and register for FREE at www.ashland.or.us/register**

Friday | 5:30-7pm | Indoor

Session 1: Sep 15 | 5:30-7pm

Session 2: Oct 20 | 5:30-7pm

Session 3: Nov 17 | 5:30-7pm

Session 4: Dec 15 | 5:30-7pm

Instructor: Rhonda Smerdon, Autism Society of Southern Oregon



Adapted Aerial Arts

New Adapted Aerial Classes starting this Fall for children living with disabilities ages 7 and up! We use aerial training to build confidence in students' physical capacity and creative impulses in space where people of all races, gender expressions, abilities, religions, and national origins can engage in learning aerial arts and self-expression safely.

For levels, schedules, registration and more information visit www.AshlandAerialArts.org or e-mail Fly@AshlandAerialArts.org. See ad on Pg. 12

Thursdays 6-8 pm | Indoor

Instructor: Sonya Smith

Senior Services Division



Senior Services Division – Ashland Senior Center
1699 Homes Avenue in Ashland | Mon – Thur, 8:30 a.m. – 3:30 p.m.
541.488.5342 | ashlandseniorservices.org

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 monthly newsletter, call 541.488.5342 or email seniorinfo@ashland.or.us.

Services

The following services support seniors and families. Most services and activities are free, but classes may have a small fee. Please call to sign up.

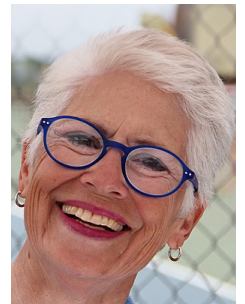
- **Information & Referral and Resource Consultations:** Referrals to resources for seniors and family caregivers, by appointment for more in-depth resource consultations
- **Education:** Seminars and workshops on topics of interest to seniors and their families
- **Recreation and Social Activities:** Weekly games, movies, discussion group, movement classes and special events
- **Advance Directives Assistance**
- **Computer, Tablet and Phone Instruction**
- **Passes for RVTD Bus or Valley Lift:** Available to eligible residents 62 and older
- **Senior Utility & Internet Discounts:** Offered by City of Ashland for low-income customers over age 65, or over age 60 with disability
- **Mike Hersh Memorial Food Pantry:** Patrons may select items from our small food pantry, restocked weekly by our partner Ashland Emergency Food Bank.
- **Free Library:** An honor system lending library of donated books, DVDs, magazines and jigsaw puzzles
- **Ashland Senior Phone Buddy:** Volunteers call buddies for regular check-ins and socializing by phone
- **Dementia Caregiver Support Group:** A monthly group for family caregivers

Services from our Partners

- **Food & Friends:** This program of Rogue Valley Council of Governments serves lunch at Ashland Senior Center on Monday – Friday, 11:30 a.m. – 12:30 p.m., by donation for seniors 60+ years. Home delivered meals are available for qualified seniors. Learn more at 541.734.9505.
- **Senior Health Insurance Benefits Assistance (SHIBA):** Free assistance with Medicare, supplemental plans and prescription plans. Call 541.857.7780 for appointment.
- **Southern Oregon Lions Sight & Hearing Assistance:** Offers low-cost eye exams, eyeglasses and OTC hearing aids. Learn more at 541.779.3653.

Meet Our Friend & Volunteer

Cori Frank was born in New Mexico and raised in Colorado. She has been a lifetime advocate of sports and enjoys playing and teaching Pickleball. She worked as a Registered Nurse and owned her own business teaching specialized nursing courses. She retired to Ashland with her husband John about four years ago. She continues her passion for volunteer work by serving with Ashland Senior Advisory Committee, Ashland Pickleball Club, OLLI and Ashland CERT. Cori says, "I volunteer because it brings me joy."



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

ASHLANDSENIORSERVICES.ORG



senior programs (50 and up)

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs

ART & CULTURE

Young at Art - \$5/class

1st Wednesdays | 2-3:30pm | Ashland Senior Center
Instructor: Shea Cathey
Call to sign up: 541.488.5342

EDUCATION & ENRICHMENT

Dementia Caregiver Support Group - FREE

3rd Wednesdays | 5:30-7pm | Zoom
Facilitators: Isleen Glatt, Becky Martin
Call to sign up: 541.488.5342



Photo by: Bob Palermi

Computer, Phone and Tablet Tutoring - FREE

By appt. | Ashland Senior Center
Tutors: Judy Blue, Phil Settles
Call to sign up: 541.488.5342

Technology Basics Classes - FREE

Selected Wednesdays | 2-3:30pm | Ashland Senior Center
Instructors: Jackson County Library Services staff
Call to sign up: 541.488.5342

NEW! Book A Librarian - FREE

3rd Mondays | 12-2pm | Ashland Senior Center
Instructor: Ken Loders (JCLS Adult Services Librarian)
Call to sign up: 541.734.3929

Social Security Planning - FREE

Wednesday | September 13 | 5:30-7pm
Ashland Senior Center
Instructor: Melissa Mlasko, Cheryl Harrison (Futurity First)
Call to sign up: 541.488.5342

Medicare 101 - FREE

Monday | September 18 | 1-3pm | Ashland Senior Center
Instructor: Becky Foster (SHIBA)
Call to sign up: 541.488.5342

EDUCATION & ENRICHMENT

Plan4Care: Creating Care Circles to Support One Another As We Age - FREE

Wednesday | October 11 | 1-3pm | Ashland Senior Center
Instructors: Anne Bellegia, Debra Johnson
Call to sign up: 541.488.5342



AARP Smart Driver Course - \$20-25

Wednesday-Thursday | October 18-19 | 1-4:15pm
Ashland Senior Center
Instructors: Jim Nagel, Daniel Wise
Call to sign up: 541.488.5342

AARP Smart Driver TEK - FREE

Wednesday | November 29 | 1-3pm | Ashland Senior Center
Instructor: Jim Nagel
Call to sign up: 541.488.5342

FITNESS & MOVEMENT

NEW! Personalized Strength & Balance Training - \$80/month (8 classes)

Mondays & Thursdays | 9-10am | Oct-Dec
Ashland Senior Center
Instructor: Beth Morris
Register at ashland.or.us/register or call 541.488.5342

NEW! We Keep Dancing - \$50/6 weeks

Thursday | Oct 5-Nov 9 | 11:15am-12:15pm | The Grove & Zoom
Instructor: Audrey Flint (Broadway Dance)
Register at ashland.or.us/register or call 541.488.5342



senior programs (50 and up)

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs

FITNESS & MOVEMENT

Line Dancing 1* - \$9-15/month

Mondays | 1-2:30pm | The Grove
Instructor: Lynn Roberts
Register at ashland.or.us/register or call 541.488.5342
*This class is for Line Dancing newcomers and beginners.

Line Dancing 2* - \$15-25/month

Thursdays | 1-2:30pm | The Grove
Instructor: Risa Lewellyn
Register at ashland.or.us/register or call 541.488.5342
*This class is for more experienced line dancers who want to learn and practice more advanced moves and choreography.



Gentle Yoga - \$15-25/month

Mondays | 10:30-11:30am
Wednesdays | 9:15-10:15am & 10:30-11:30am
Ashland Senior Center
Instructor: Cheri Theobald
Register at ashland.or.us/register or call 541.488.5342

Yoga Basics Workshop - FREE

Monday | October 23 | 1-2pm | Ashland Senior Center
Instructor: Cheri Theobald
Call to sign up: 541.488.5342

Tai Chi 1* - \$6-15/month

Tuesdays | 9:30-10:30am | The Grove
Instructor: Char Hersh
Register at ashland.or.us/register or call 541.488.5342
*This class is for people new to Tai Chi.

Tai Chi 2* - \$6-12/month

Thursdays | 9:30-10:45am | The Grove
Instructor: Char Hersh
Register at ashland.or.us/register or call 541.488.5342
*This class is for those continuing to learn Tai Chi forms. If you are new to Tai Chi, please enroll in Tai Chi 1.

FITNESS & MOVEMENT

Tai Chi 3* - \$6-15/month

Mondays | 9:30-10:45am | The Grove
Instructor: Char Hersh
Register at ashland.or.us/register or call 541.488.5342
*This class is for those already familiar with Tai Chi forms.

Senior Walkabouts - \$16/8 weeks

Mondays | October 2-November 20 | 10-11am
North Mountain Park
Leader: Rosalie Rybka
Register at ashland.or.us/register or call 541.488.5342

FRIENDS & FUN

Fun with Charades - FREE

Wednesday | December 13 | 1:30-3pm | Ashland Senior Center
Facilitator: Kim Rosmaier
Call to sign up: 541.488.5342

Cribbage - FREE

Tuesdays | 1-3:30pm | Ashland Senior Center
Call to sign up: 541.488.5342

American Mah Jongg - FREE

Thursdays | 1-3:30pm | Ashland Senior Center
Call to sign up: 541.488.5342

Spades - FREE

Thursdays | 1-3:30pm | Ashland Senior Center
Call to sign up: 541.488.5342

Go - FREE

1st & 3rd Thursdays | 1:15-3:30pm | Ashland Senior Center
Call to sign up: 541.488.5342

Discussion Group - FREE

Tuesdays | 9:30-11:30am | Ashland Senior Center
Call to sign up: 541.488.5342

Weekly Movie - FREE

Tuesdays | 1-3pm | Ashland Senior Center
Call to sign up: 541.488.5342

Register Today!

Oak Knoll Golf Course EST. 1927



Greens

All 9 greens at the Oak Knoll Golf Course are open for play. For the past 9 months APRC maintenance staff have completed a full rehabilitation of the greens which included heavy aerating, seeding, fertilizer and sand. Other, less damaged areas were sliced, seeded, and sanded. The rehabilitation process started in late September of 2022 and completed in July of 2023. We look forward to welcoming you back.



Community Events

The Ashland community has hosted events at Oak Knoll GC for almost 100 years. Our gorgeous setting, knowledgeable staff and competitive pricing make us a fantastic choice for your next milestone event.

New to Golf?

Oak Knoll is the perfect place to learn the game. The staff at Oak Knoll are welcoming and supportive of emerging golfers. The practice facilities, which include the driving range, putting green and chipping green make, Oak Knoll the best option for learning the game of golf.

LEARN TO PLAY GOLF THIS FALL AT OAK KNOLL GOLF COURSE!

West Coast Golf Academy is the only Top 50 Golf Coaching opportunity in Southern Oregon led by owner and PGA Professional Noah Horstman and his team of expert PGA professionals. We would love to help you learn the game and accomplish your golfing goals with over 150 different programs to choose from including golf performance (fitness) from Matt Preston, GFAA Top 100 Golf Fitness Professional. Also, Junior Golf Camps, Summer Camps for youth, Junior PGA and more. We hope you give us a try!

To sign up:

email contact@westcoastga.com or

visit www.westcoastga.com

Follow us on instagram @westcoastgolfacademy



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

OakKnollGolf.org



NORTH MOUNTAIN PARK NATURE CENTER



About North Mountain Park & The Nature Center

North Mountain Park Nature Center, located next to Bear Creek at **620 N Mountain Ave.**, offers a variety of programs and exhibits. All year round, from sunrise to sunset, visitors can enjoy the Demonstration Gardens, nature trails, pavilion, picnic and play areas.

**NATURE CENTER OPEN TO THE PUBLIC
TUESDAYS 9AM- 1 PM**

Late 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 North Mountain Park resident birds plus migratory birds heading south. Binoculars will be available for check-out.

INSTRUCTOR: North Mountain Park Volunteer Birders

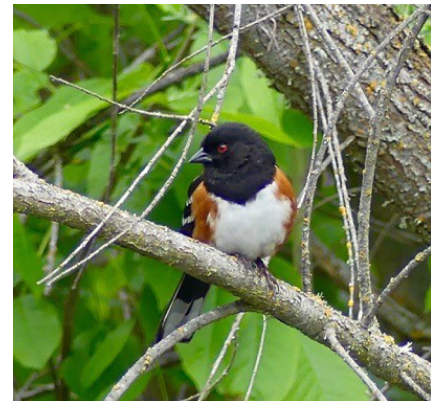
WHEN: Saturday | Sep 16 | 8-9am

WHERE: North Mountain Park

COST: \$10 (Proceeds support NMP Nature Center)

AGES: All ages (minors must be accompanied by an adult)

Register at ashland.or.us/Register, or simply visit AshlandParksandRec.org to view the Fall PlayGuide AND register for programs.



Project FeederWatch

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 the Rogue Valley Audubon Society. The program takes place alternate Saturdays, November-March. *Pre-registration is not required for this free program.*

INSTRUCTOR: Hosted by expert birding volunteers.

WHEN: Alternate Saturdays beginning Nov 18-Mar 9

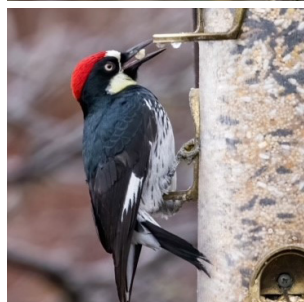
WHERE: North Mountain Park Pavilion

COST: Free (pre-registration not required)

AGES: 9 & up (minors must be accompanied by an adult)



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



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

NORTHMOUNTAINPARK.ORG

Meet Nature Center Volunteer Nancy Appling!

Nancy has been a dedicated volunteer in North Mountain Park's habitat gardens since 2014, arriving each Wednesday morning to care for the herb gardens and pollinator habitats throughout the summer. She especially loves gardening in the early mornings. "It's cool, moist, the birds are singing their morning songs, and I get to chat with early-bird humans who are curious about the lovely demonstration gardens" she says.

Her favorite part of gardening at NMP? She says it's "gardening with such an incredibly creative and fun group of women. We're a tight-knit tribe, encouraging, helping, and teaching each other."

Since 2014 Nancy has logged more than 1,000 volunteer hours caring for the culinary herb garden, pollinator garden and medicinal herbs. "After [so many] years of tending the culinary garden, I think the various sages are the most beautiful, but the chives are the most fun, as they are perky "cut and come again" plants.

We are so grateful for Nancy's commitment to caring for these gardens and offering the gift of beauty and peace to the community of Ashland.



Community Garden

Did you know that the North Mountain Park Nature Center also manages Ashland's public community gardens? Gardeners pay an annual fee and deposit to garden year-round at four different gardens throughout Ashland. These popular gardens provide community members an opportunity to get outside, be part of a small community, and learn about gardening with hands-on practice.

Although it may seem like the summer is waning, active community gardeners know that there is still time to plant for fall harvests. One great veggie to start in August is broccoli. Although it is best to start plants from seed in July, broccoli seedlings can still be planted in August and will withstand a few light frosts in fall if not yet ready to harvest.

Broccoli prefers full sun but needs adequate water to keep florets from tasting bitter. Although pests are less problematic in the fall, compared to spring, broccoli will benefit from being covered by netting or a light row cover, which will keep common pests from infesting your plants.

There are many delicious ways to enjoy broccoli. Try this delicious and easy recipe to enjoy healthy and nutritious broccoli you grew yourself. Bon appétit!



Caramelized Broccoli with Garlic

Adapted from: foodandwine.com

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 2 heads of broccoli (approx. 1 ¼ lbs.)
- 1/2 cup water
- 3 garlic cloves, thinly sliced
- Pinch of crushed red pepper
- 2 tablespoons fresh lemon juice
- Kosher salt
- Freshly ground black pepper

Directions

1. Slice broccoli heads into ¼ inch flat planks so there is a lot of surface area to caramelize.
2. In a large, deep skillet, heat 2 tablespoons of olive oil. Add the broccoli, in batches if necessary, to ensure that each piece lays flat in the pan. Cover, and cook over medium-high heat until richly browned on the bottom. Flip broccoli planks over and repeat.
3. Add the water, cover, and cook until the broccoli is just fork-tender and the water has evaporated.
4. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper; cook uncovered until the garlic is golden brown, about 3 minutes. Drizzle with the lemon juice, season the broccoli with salt and black pepper, and serve.

To learn more about Ashland's community gardens, visit <https://www.ashland.or.us/communitygardens>



adult programs

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs, unless otherwise indicated

FITNESS & MOVEMENT

DANCE CLASSES WITH CORI GRIMM

Couples and singles welcome! No experience needed for Beginning Class. Learn more or register by visiting UpAndDancing.com or calling the instructor at 541.708.1584
Pre-registration required for beginning classes.



Beginning Ballroom, Latin & Swing Dance

- \$22 (3 classes) \$65/person for all 4 sessions

Tuesdays | 6:40-7:40pm | Indoor

Sess 1: Swing Sep 12-26

Sess 2: Foxtrot Oct 3-17

Sess 3: Night Club Two-Step Oct 24, Nov 7 & 14
(No Class Oct 31)

Sess 4: Waltz Nov 28-Dec 12

Instructor: Cori Grimm

Intermediate Ballroom, Latin & Swing

- \$22 (3 classes)

Tuesdays | 7:45-8:45pm | Indoor

Sep 12-Dec 12: TBA*

**Dance chosen by students in previous session*

Instructor: Cori Grimm



Cori Grimm Instructor Bio:

Cori's goal in life is to build community and get people of all ages hooked on ballroom dancing. To that end, her teaching style is lighthearted with an emphasis on having fun.

ASHLAND WORLD MUSIC FESTIVAL

Educational Series

To register: Contact instructor
sophiablanton@rogueworldmusic.org



Middle Eastern Dance Troupe - \$140 (14 classes)

Ashland World Music Festival presents Middle Eastern Troupe Choreography. Learn a full group choreography in Egyptian style with instructor Sophia Blanton. Participants will learn easy combos with musicality and a touch of theatrics. All levels are welcome. Please wear comfortable clothing and gym/dance shoes and be able to move freely without knee/ankle pain.

Thursdays | Sep 7- Dec 14 | 6:30-7:30pm | Indoor
Instructor: Sophia Blanton

Student Review:

"I tried belly dancing a year ago and have loved every moment! Dancing has improved my coordination, mobility and confidence. I am so grateful for Sophia and her advanced knowledge of dance and culture, you couldn't ask for a better teacher! Highly recommended for people of all skill levels."— Kellie Whitefeather



adult programs

For full program descriptions and to register, visit ashland.or.us/Register
Registration is required for all programs, unless otherwise indicated

EDUCATION & ENRICHMENT



Italian for Travelers – \$120 (8 classes)

This class is ideal for people planning a trip to Italy or Italian speaking countries. Participants will learn basic Italian vocabulary and cultural aspects of Italy. Please bring a notebook and paper. Instructor will provide handouts with learning material.

Monday | Oct 2-Nov 13 | 6-7pm | Virtual Class
Instructor: Monica Rountree



Spanish for Travelers – \$120 (8 classes)

This class is ideal for people planning a trip to Spanish speaking countries or to learn the basics of communication in Spanish. Participants will learn basic Spanish vocabulary and cultural aspects of Spanish speaking countries. Please bring a notebook and paper. Instructor will provide handouts with learning material.

Monday | Oct 2-Nov 13 | 5-6pm | Virtual Class
Instructor: Monica Rountree



Monica Rountree Instructor Bio:
Monica is a native Spanish & Italian speaker with a master's degree in romance languages.

Register at
www.ashland.or.us/register



Beginning French Language – \$110 (9 classes)

Beginning French, taught by long-time French teacher Lauren Schaffer, (*for true beginners*), is a very interactive, camaraderie-developing Zoom class that will focus primarily on speaking skills, but includes some culture, language structure, music, and poetry. Lauren offers the opportunity to participants to go to language school in France every other summer; come be a part of the experience! **For information about Beginning French, or her other ongoing classes, please email her at: laurenbethschaffer@gmail.com**

Tuesday | Oct 3-Dec 5 (No class Nov 21) | 6-7pm
Virtual Class
Instructor: Lauren Schaffer
To register: Contact Instructor Lauren Schaffer
laurenbethschaffer@gmail.com

Lauren Schaffer Instructor Bio:

Lauren Schaffer holds a Master's degree in French and Literature including many years of experience teaching French in Ashland schools and SOU including the COFLT Foreign Language Teacher of the Year in Oregon in 2000.

NATURE & GREEN LIVING

Late Summer Saturday Morning Bird Walk – \$10

See p 8

Project FeederWatch – FREE

See p 8

Register Today!



community opportunities

Join a Community of Curious Adults Varied Learning Options



Classes in Ashland & Medford



The Great Outdoors



Online Classes

*Hundreds of classes
Stress-free learning
Meaningful connections
Affordable for all*



**Osher Lifelong Learning Institute
at Southern Oregon University**

inside.sou.edu/olli • olli@sou.edu • 541-552-6048



Workshops & Classes:

Aerial Silk.
Trapeze.
Hammock.
And more!

Ages 1+ Welcome!



**ASHLAND
AERIAL ARTS**

NEW! **Adaptive Aerial Class**

(A2 at A3)
For kids 7+ living
with disabilities
(See P3)

Register: AshlandAerialArts.org | **Info:** Fly@AshlandAerialArts.org | **541.708.3181**



community opportunities

Building Community. Sharing Food.

Join a simple, powerful way to reduce hunger, right here in Ashland. Become a food donor.



"You want to help, we make it easy!"

Learn more at AshlandFoodProject.com

Volunteers are a special breed!



Help us provide Shelter dogs and cats with the extra support they need while waiting for adoption.

Visit our website for details on the many ways you can help!

Help us,
help them.



**friends of the
animal shelter**

Connect with us!

fotas.org/volunteer
541.708.0090
fotas@fotas.org

Serving the Jackson County Community

SOUTHERN Oregon *family*

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



FOLLOW US

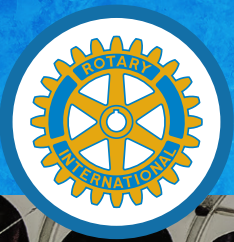
SouthernOregonFamily.com



advertise with us...

We offer great exposure for your business! Your first step is to fill out our online application at ashland.or.us/AdvertiseSponsor.

If you have questions, don't hesitate to email parksinfo@ashland.or.us or call 541-488-5340.



Ashland Rotary Centennial Ice Rink

95 Winburn Way | 2021/2022 Season | ashland.or.us/IceRink | 541.488.9189




**Information coming soon on
the 2023/2024 season and our
annual First Frost gala event!**


FIRST FROST

**OPENING CELEBRATION
DEC 16, 4-9pm**

Live Music | Figure Skate Performance
Family Discount Specials!

For complete details visit: ashland.or.us/IceRink



**OUR SCHEDULE INCLUDING BASIC, FIGURE
& HOCKEY SKATING INSTRUCTION & OUR
POLICIES WILL BE AVAILABLE ONLINE**

Visit: ashland.or.us/IceRink | Email: ParksInfo@ashland.or.us

Watch for info on Instagram and Facebook @AshlandParksndRec and use hashtags:
#AshlandIceRink #AshlandRotaryCentennialIceRink #LithiaPark

.....



community opportunities

The 5W's (and a How and a You)



Who: Ashland.news is an independent, professional nonprofit news service supported by and serving residents of Ashland and nearby areas.

What: Ashland.news gathers, verifies and distributes reliable, trustworthy and timely Ashland community news and information via its website and email newsletters.

When: Ashland.news is a website available 24 hours a day, 365 days a year, updated regularly with local news and information. Ashland.news also sends out an email newsletter three times a week with links to stories posted on the website.

Where: Ashland.news is available on your desktop computer, tablet and mobile device. Ashland.news strives to cover the entire Ashland community and nearby areas.

Why: Ashland.news exists to inform the civic dialogue and promote cultural engagement in the hope that will help make it possible for residents of Ashland and adjacent communities to engage in informed conversations and effective collaboration, representing diverse points of view while seeking a common way forward.

How: Ashland.news is a community-supported, nonprofit organization sustained by donors and sponsors.

You: Ashland.news exists to serve the community, and will only exist if the community supports it. We believe quality news and current information should be accessible to everyone. We can only continue to provide this service if those who can support us, do support us. You can go to Ashland.news and make a one-time or ongoing donation, whether of \$5 or \$10 or \$15 per month, that will keep this piece of civic infrastructure a sustainable, ongoing part of the community. That will be up to you.

Our community. Our news. Ashland.news

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!



2023-24 AFTERSCHOOL
REGISTRATION

NOW OPEN



Ashland Family YMCA
541-482-9622
info@ashlandymca.org
ashlandymca.org



WHERE KIDS PLAY AND EXCEL AFTER THE SCHOOL BELL!

ONSITE AT THE ASHLAND FAMILY Y, BELLVIEW, HELMAN & WALKER





community opportunities

Get Drawn In!

Over 40 Galleries, Studios, Artists,
and Local Businesses



[instagram.com/ashlandgalleries](https://www.instagram.com/ashlandgalleries)



www.ashlandgalleries.com



[facebook.com/ashlandgalleries](https://www.facebook.com/ashlandgalleries)

The Ashland Gallery Association is a membership organization that represents the Visual Arts in Southern Oregon.

First Friday Art Walk Year Round

Ashland Open Studio Tour

A Taste of Ashland

Complimentary Gallery Guides are at participating organizations sponsored by the Ashland Gallery Association.



JPR | Jefferson
Public Radio



WORTH EVERY MINUTE

Don Matthews

Danielle Kelly

Angela Decker

Keeping you connected.

Since 1969, Jefferson Public Radio has provided a connection to the people, events and ideas that shape Ashland, our region and our world. We've covered the news with a belief that informed people make better citizens. We've approached music as a vital connection to the human spirit. JPR is here for you ... always. Learn more at www.ijpr.org.

In Ashland

News & Information
102.3 FM • 1230 AM

Classics & News
88.3 FM • 90.1 FM

Rhythm & News
89.1 FM



community opportunities

WINTER DREAMS



SUMMER GARDENS

**Dates: Fridays, October 27 and November 3 and
Saturdays, October 28 and November 4, 2023**
9:00 a.m. – 4:30 p.m.

Enjoy 14 exciting and relevant presentations
from the comfort of your own home via Zoom.

Cost: \$30

All presentations will be recorded.

Make it a reunion and invite your family, friends
and garden enthusiast.

For more information scan the
QR Code below or visit:

[https://jacksoncountymga.org/
winter-dreams-summer-gardens-symposium/](https://jacksoncountymga.org/winter-dreams-summer-gardens-symposium/)



JACKSON COUNTY
master gardener
ASSOCIATION
Your Rogue Valley Gardening Resource

In cooperation with and support of



Oregon State University
Extension Service
Master Gardener™

Ashland PARKS FOUNDATION



The Ashland Parks Foundation is raising funds to restore the
Butler-Perozzi Fountain.

Join us in supporting Ashland Parks!
AshlandParksFoundation.org

Donate
Today!





facilities & amenities



The Grove



Senior Center



Nature Center



Ashland Rotary Centennial Ice Rink

FACILITIES

THE GROVE—*Open Mon, Wed, Fri from 9 a.m. to 1 p.m.* The Grove houses our Recreation Division and is located at 1195 E Main St in Ashland. You can register for a program, get a map or gift certificate, apply for a scholarship, reserve a facility or just stop by to say, 'hello!'

ASHLAND SENIOR CENTER— *Open Mon - Thu, 8:30 a.m. to 3:30 p.m.* Ashland Senior Center is located at 1699 Homes Ave in Ashland. Learn more about the center and about our Senior Services Division on p 4.

NORTH MOUNTAIN PARK NATURE CENTER—The North Mountain Park Nature Center is at 620 N Mountain Ave in Ashland, adjacent to Bear Creek. The park offers a Nature Center, Demonstration Gardens, a nature playground, sports fields, wildlife friendly open space and trails. *The Nature Center is open Tuesdays from 9am to 1pm.* Learn more about this park on p 8-9.

ASHLAND ROTARY CENTENNIAL ICE RINK—The outdoor rink is located at 95 Winburn Way, across from the Lithia Park playground, around the corner from the Plaza, and at the corner of Nutley Street and Winburn Way. Bring the whole family! *Season starts in November.* Learn more on p 14.

ASHLAND JAPANESE GARDEN—Located in the heart of Lithia Park, above the Butler Memorial Bandshell, across from the Pickleball Courts. *The Garden is open from 7:30am to dusk 7 days per week.*

Park Site Rentals

We offer many outdoor sites for rentals, from the Butler Memorial Bandshell in Lithia Park to pavilions to picnic areas.

Sports Fields

We offer field rentals to local youth & adult sports organizations!

Planning an Event for the Public?

Complete our online Special Event Application.

AMENITIES

We offer sports courts, a Splash Pad in the summer, Skate Park, Dog Park, outdoor seasonal pool and ice rink, playgrounds, picnic shelters and more!

VISIT OUR WEBSITE FOR MORE INFO!



get to know your parks

PROTECTING THE ENVIRONMENT, ONE MOWER AT A TIME.



Recently APRC purchased three all electric mowers along with electric backpack blowers, chainsaws and string trimmers that are being used around the entire parks system. The equipment itself can really start to make a difference in the quality of the environment around neighborhoods parks and commercial areas.

Lithium-ion battery technology has improved to the point where it is now possible to get hours of operation on one charge on some mowers. The performance is comparable to gas and better for the environment. Compared with gas engines, which emit carbon monoxide and unburned hydrocarbons, electrics offer a lot of public-health benefits.

Did you know?

- Currently, a new gas-powered mower running for 1 hour produces similar emissions to the average car driving for 100 miles.
- Converting to electric equipment can eliminate the emissions from lawn and garden equipment and improve both local and regional air quality.

While APRC has not been able to go “all electric” with the maintenance fleet, we do have an eye on Ashland’s Climate Energy Action Plan (CEAP) goals. These goals serve as a framework to reduce our community’s climate pollution and prepare for unavoidable impacts. We are excited to debut this new equipment and hope it will inspire community members to see what is possible for their own yards and gardens.



community opportunities

Central Point PARKS & RECREATION UPCOMING EVENTS

MADE IN SOUTHERN OREGON

Sept. 9th | 9:00am - 4:00pm | Pine Street
Featuring local artists of all mediums. Discover what our Southern Oregon makers have to offer. Admission is free for the whole family.

BATTLE OF THE FOOD TRUCKS

Sept. 30th | 11:00am - 4:00pm | Pfaff Park
FREE admission! Come see the best food trucks our valley has to offer in our 2nd annual Battle of the Food Trucks event!

LIAM'S TRUNK OR TREAT

Oct. 21st | 4:00pm - 6:00pm | Twin Creeks Park
Join us in honoring the life of little Liam with our FREE Trunk or Treat Event! Donations appreciated!

COMMUNITY CHRISTMAS

Dec. 2nd | 5:00pm | Pine Street & City Hall
A community tradition! Join us for our annual Christmas Lights Parade and Tree Lighting ceremony. FREE fun for the whole family!



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.

Youth Sports Camps / Programs

Little Hoopsters

Jr. Sluggers

Golf

Youth Indoor Soccer

Lacrosse



Adult Sports Leagues

Basketball

Soccer

Softball

Volleyball



For more information:
541.774.2400
playmedford.com
sportsmedford.com



how to participate in public meetings



We encourage your participation...

The Ashland Parks and Recreation Commission holds Regular Business Meetings on the second Wednesday of each month, in-person at the Council Chambers. Study Sessions are typically held the first Wednesday of each month electronically. The meeting agendas include more information.

We currently have the following Subcommittees:

Bee City USA

Current Parks Conservation and Maintenance

Golf Course

Ashland Senior Advisory Committee (ASAC)

Recreation Division Advisory Committee (RDAC)

Instructions for taking part in a public meeting are always included in the agendas. Options for participation include: submitting written comments before the meeting, watching or attending the meeting or providing oral testimony during the meeting.

Learn more about the Commission on p 24.
More information in general at AshlandParksandRec.org



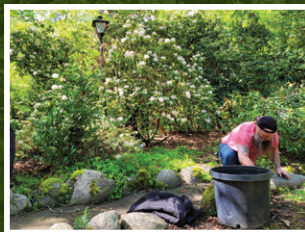
volunteer in parks

Apply and learn more at ashland.or.us/Volunteer



Lithia Park Guides

If you love Lithia Park and are interested in sharing this love with others, consider becoming a Lithia Park Walk Guide. Guided walks have been taking place in Lithia for over 30 years, and we are looking for new volunteers to join this program. For more info visit Ashland.or.us/lithiaguidedwalks.



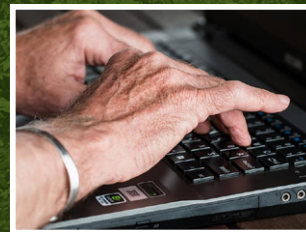
Park Work Parties

Join the fun of taking care of your Ashland parks! Join us every week at North Mountain Park on Thursday mornings, or sign up for our volunteer email list to hear about events happening at your neighborhood park!



Bike Work Parties

Come volunteer to fix up bikes at the Grove, 1195 E Main St, every Thursday morning, 9:30 to noon. All experience levels welcome. Bikes are being distributed to local aid organizations, and low-income residents of the area, as well as being sold at the Bike Swap to help raise funds for bike education in the Rogue Valley.



Senior Computer Tutors

Ashland Senior Services Division is seeking a volunteer to assist with computer tutorials for older adults. Volunteer should be tech savvy and the ideal volunteer will be able to demo both PC/Android devices and Mac. Volunteer position is in person, with the possibility of doing some tutoring remotely.

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*
- Calle Guanajuato | *Lithia Artisans Market*
- Clay Street Park | *The Siskiyou School*
- Dirt Jump Park | *Rogue Valley Mountain Bike Association*
- Dog Park | *Friends of the Ashland Dog Park*
- Garden Way Park | *The Soroptimists*
- Glenwood Park | *Glenwood Park Stewards*
- Heirloom Garden at Nature Center | *Ashland Garden Club*
- Hunter Park | *Ashland Tennis & Fitness Club & TKE Iota-Delta, Southern Oregon*
- Lower Lithia Park | *Neuman Hotel Group*
- Middle Lithia Park | *CrossFit Iron Haven, Ashland*
- Upper Lithia Park | *Jovick Construction*
- Oredson-Todd Woods | *TRAILS & The Zaffaroni Family*
- Railroad Park | *Work Sharp*
- Scenic Park | *AHS National Honors Society*
- Siskiyou MT Park | *The Zaffaroni Family*

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



NEUMAN
HOTEL GROUP



CONTACT

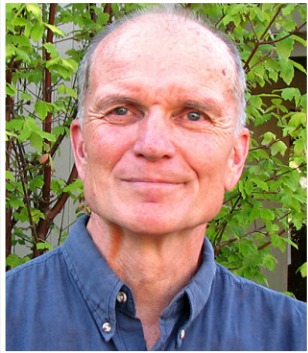
Sulaiman Shelton, Volunteer & Event Coordinator
541.552.2264—sulaiman.shelton@ashland.or.us





board of commissioners

Meet the Parks and Recreation Commissioners



RICK LANDT
rick@ashland.or.us
CHAIR



JIM LEWIS
jim@ashland.or.us
VICE CHAIR



JUSTIN ADAMS
justin@ashland.or.us



JIM BACHMAN
bachman@ashland.or.us

Since 1908, APRC has been overseen by an elected Commission, when the City of Ashland set aside property for parkland, authorized a permanent tax levy to fund Parks & established the first Commission. These actions were part of a City Charter amendment, overwhelmingly adopted by Ashland voters. *See p 22 to learn how to participate in public meetings or provide public comment*

**Commissioner Position #1
is currently vacant and
will be filled by September 29**

**faLL iNto
adVeNtuRe**

WITH YOUR LIBRARY CARD



JACKSON COUNTY LIBRARY SERVICES
jcls.org



REUSABLE CONTAINER PROGRAM
for take-out food

1 BUY IN

Purchase a container or token for a **one-time cost of \$10** at any participating eatery.

2 ORDER FOOD

Take away your order or your leftovers in a Rogue To Go container.

3 SWAP OUT

Exchange used and rinsed container for another Rogue To Go meal or token.

Easy as 1-2-3!



Visit our website for more info and list of participating eateries:
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@roguetogo





useful info

"Fun, it's in our Nature!"

Self-Register for a Program

Register online at ashland.or.us/Register.

Follow Us!

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

Mission Statement

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

Our values are: COMMUNITY, EDUCATION, PRIDE in WORK, STEWARDSHIP

Photo Usage

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

Special Event Application

If you are planning a public event or outdoor activity in a park, please complete our online application at ashland.or.us/SpecialEventApplication.

Facility & Park Rentals

APRC facilities and specified park locations can be rented for private events such as weddings, receptions, meetings, picnics and family gatherings. Complete info at ashland.or.us/Facility.

Contact us...



Phone: 541.488.5340



Email: ParksInfo@ashland.or.us



Website: AshlandParksandRec.org

Administrative Office

340 S Pioneer St • 541.488.5340
By appointment only

The Grove—Main Office

1195 E Main St • 541.488.5340

Ashland Senior Center

1699 Homes Ave • 541.488.5342 • SeniorInfo@ashland.or.us
AshlandSeniorServices.org

North Mountain Park Nature Center

620 N Mountain Ave • 541.488.5340
NorthMountainPark.org

Oak Knoll Golf Course

3070 Hwy 66 • 541.482.4311 • OakKnollinfo@ashland.or.us
OakKnollGolf.org @OakKnollAshland #OakKnollGolf

SEASONAL FACILITIES (after hours call 541.488.5340)

Ashland Rotary Centennial Ice Rink

Open Nov—Feb
95 Winburn Way in Lithia Park • 541.552.2258
ashland.or.us/IceRink #AshlandIceRink

Daniel Meyer Memorial Pool

Open Jun—Sep
1705 Homes Ave in Hunter Park • 541.488.0313
ashland.or.us/Swim #DanielMeyerMemorialPool

MAIL MY GUIDE

If you live outside of Ashland and would like to receive a hardcopy of our PlayGuide, complete the online form at ashland.or.us/MailMyGuide.

Interim APCR Director

Leslie Eldridge
541.552.2251
leslie.eldridge@ashland.or.us

APRC Deputy Director

Rachel Dials
541.552.2260
rachel.dials@ashland.or.us

APRC Senior Services Superintendent

Isleen Glatt
541.552.2481
isleen.glatt@ashland.or.us

**ASHLAND PARKS &
RECREATION COMMISSION**

1195 E Main St, Ashland, OR 97520
541.488.5340 | ParksInfo@ashland.or.us
AshlandParksandRec.org

Fall 2023

SEP | OCT | NOV | DEC

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