



## Mission

The Senior Services Division of the Ashland Parks and Recreation Commission enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families throughout Ashland.

The Division offers support services and a variety of free or low-cost recreational, fitness, social and educational opportunities at Ashland Senior Center, The Grove and other locations.

## Goals

The Senior Services Division is guided by the Ashland Senior Advisory Committee (ASAC). In 2018, the following goals were established with community input:

- ◆ Raise awareness of resources available for seniors
- ◆ Reach vulnerable older adults to connect them to services
- ◆ Build partnerships to increase resources
- ◆ Advocate for senior needs in city planning and policies
- ◆ Expand programs and services at Ashland Senior Center and beyond

**Senior Services Division &  
Ashland Senior Center  
1699 Homes Ave  
Ashland, OR 97520  
541.488.5342 | TTY 711**

seniorinfo@ashland.or.us  
ashlandseniorservices.org  
Monday-Thursday, 8:30am-3:30pm



## Ashland Senior Services Division & Ashland Senior Center



## Support Services

The Senior Services Division helps seniors and their families access resources, services and programs. Support services are free, but some have age, residency or income restrictions.

- ◆ Information and referrals to community services
- ◆ Senior Health Insurance Benefits Assistance (SHIBA)
- ◆ Free passes for the bus or Valley Lift
- ◆ Advance Directives assistance
- ◆ Senior utility and internet discount
- ◆ Mike Hersh Memorial Food Pantry for seniors
- ◆ Free Library of books, DVDs, magazines and puzzles
- ◆ Ashland Senior Phone Buddy social call program
- ◆ Dementia Caregiver Support Group
- ◆ Tutoring for computers, phones and devices



## Activities & Events

Some activities have a small fee. Scholarships available.

### Activities

- ◆ Gentle yoga
- ◆ Line dance
- ◆ Broadway dance
- ◆ Tai chi
- ◆ Walking group
- ◆ Game groups (spades, cribbage and American mah jongg)
- ◆ Discussion group
- ◆ Free weekly movie and popcorn
- ◆ Monthly Young at Art classes



### Events

- ◆ Music, cultural & social events
- ◆ Holiday celebrations
- ◆ Educational presentations
- ◆ AARP Smart Driver course

## Food & Friends Lunch

Ashland Senior Center hosts the Rogue Valley Council of Governments' Food & Friends Program, which serves a nutritious lunch from 11:30 a.m. to 12:30 p.m. There is a suggested donation of \$2.75 for adults over 60, and a charge of \$6.75 for companions under 60.

Home delivered meals are available for qualified seniors. Contact Food & Friends at 541.734.9505.



## Volunteer Opportunities

Get involved! We have volunteer opportunities for all abilities. Please contact the APRC Volunteer & Event Coordinator at 541.552.2264.