



Senior Services Division

Senior News

April 2023

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

Monday - Thursday, 8:30am - 3:30pm

541-488-5342

tty: 711

AshlandSeniorCenter.org

seniorinfo@ashland.or.us

Japanese Garden Guided Walks for Seniors & Friends



**ASHLAND
JAPANESE
GARDEN**

Wed, April 5, 1-3pm (full)

Wed, April 26, 1-3pm

Free, registration required:

541-488-5342

Join us for free, guided walk of the beautiful Japanese Garden in Lithia Park. Enjoy the spring blossoms and learn about this world-class new addition to Ashland! The April 5 walk led by our own APRC Director, **Michael Black**, is full. Space is still available on the April 26 walk, led by APRC volunteer **Patty Winner**.

The walks will be held at a slow pace and stay on accessible paths, to accommodate any participants with mobility limitations. Please meet at the front entrance of the Japanese Garden, facing Winburn Way. Parking is available in lots up or down the hill.



*Special Ashland Library programs at
Ashland Senior Center in April:*

Story Sharing: Memories of the Great Outdoors



Monday, April 17, 1:30-3pm

Free, registration required: 541-488-5342

Join Ashland Library staff and connect with new friends by sharing favorite memories of the great outdoors. Light refreshments will be provided.

Make a Sun Catcher

Monday, April 24, 1:30-3pm

**Free, registration
required: 541-488-5342**

Join Ashland Library staff to make a simple suncatcher to brighten your window. All supplies provided.



Poem in Your Pocket

April 24-27, 8:30am-3:30pm

Free, no registration required

National Poem in Your Pocket Day is April 27th. Stop by Ashland Senior Center the week of April 24th to pick out a poem or two that speaks to you, courtesy of Jackson County Library Services. Find an old favorite or discover something new. Celebrate National Poetry Month by sharing a poem with others!



Featured Activities & Classes

See page 3 for our full calendar of activities and classes. We highlight a few programs in each newsletter, or you can view full details in the current Ashland Parks and Recreation Playguide at ashland.or.us/register. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**



Photo courtesy of Bob Palermini, palermini.com

Young at Art

April 5 (1st Wed of each month), 2-3:30pm

\$5, Register at 541-488-5342 or

ashland.or.us/register

Instructor: Shea Cathey

This fun monthly art class is open to all skill levels, no experience required! Come learn some art tips and have fun being creative. Each session will explore a different medium and subject. All supplies will be provided.

Thank you to our
2023 Young at
Art sponsor:



Technology Basics Classes

Selected Wednesdays, 2-3:30pm

Free, registration required: 541-488-5342



Experts from Jackson County Library Services (JCLS) host monthly classes covering the basics of phones, computers and other digital devices.

Separate registration is required for each session.

Apr 12: iPhone & iPad Basics

May 17: Windows Basics for PCs

Jun 21: Apple Computers Basics



AARP Smart Driver Course

Wednesday & Thursday, April 19 & 20, 1-4:15pm

\$20 AARP members/\$25 non-members

Registration required: 541-488-5342

Instructor: Jim Nagel, AARP Volunteer

A two-day refresher course specifically designed for drivers age 50 and older. After completion of the course, you may be eligible for a discount on your auto insurance, depending on your insurance company's policies.



Go Game Group

Thursdays, April 6 & 27, 1:15-3:30pm

FREE, but registration required: 541-488-5342.

Learn to play Go, an ancient Chinese game played with black and white stones on a square board. It has simple rules but challenging strategy. Experienced players and beginners welcome.

Note: April 27 is a make up date as April 20 is not available.

Thank you to
our 2023 Game
Groups sponsor:



SENIOR ACTIVITIES CALENDAR

APRIL 2023



All events occur at Ashland Senior Center unless otherwise noted.
 (G) The Grove (GP) Garfield Park (L) Lithia Park (Z) Zoom
 All activities except F&F lunch require pre-registration: 541-488-5342.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30a Inter Tai Chi (G) 10a Sr Walkabout (GP) 10:30a Gentle Yoga 11a Computer Tutor 11a Adv Directives 11:30a F&F lunch 1p Line Dance (G)	4 9a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	5 9:15a Gentle Yoga 10:30a Gentle Yoga 11a Adv Directives 11:30a F&F lunch 1p Japanese Garden Walk (L) 2p Young at Art	6 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p Go	7 CLOSED except for 11:30a F&F lunch
10 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11a Adv Directives 11:30a F&F lunch 1p Line Dance (G)	11 9a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	12 9:15a Gentle Yoga 10:30a Gentle Yoga 11:30a F&F lunch 2p Tech Basics: iPhone & iPad	13 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades	14 CLOSED except for 11:30a F&F lunch
17 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G) 1:30p Story Sharing	18 9a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	19 9:15a Gentle Yoga 10:30a Gentle Yoga 11a Adv Directives 11:30a F&F lunch 1p AARP Driver Safety 5:30p Dementia	20 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p AARP Driver Safety	21 CLOSED except for 11:30a F&F lunch
24 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11a Adv Directives 11:30a F&F lunch 1p Line Dance (G) 1:30p Make a Sun Catcher	25 9a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	26 9:15a Gentle Yoga 10:30a Gentle Yoga 11:30a F&F lunch 1p Japanese Garden Walk (L)	27 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p Go	28 CLOSED except for 11:30a F&F lunch

For questions about Food & Friends lunch service, please call 541-488-9850.



"There is no glory in star or blossom till looked upon by a loving eye; there is no fragrance in April breezes till breathed with joy as they wander by."
 — William Cullen Bryant

Artist Spotlight: Priscila Franco

Our new art exhibit at Ashland Senior Center features watercolors by Priscila Franco during April through June.

Priscila was born in Sao Paulo, Brazil, and grew up in Southern California. In the 70's, she joined the "Back to Nature" movement and moved to Northeastern Washington. She was living in a tipi and building a log cabin when she met her husband John in 1979.

Priscila and John retired to Ashland in 2010 after living all over the West during their 35-year careers in forestry. Retirement in Ashland has allowed Priscila to continue her passion for all things forest with involvement in local forest and trail associations and walking her 3-year-old Australian Shepherd Jasper among the trees she loves so much.

Priscila found a new passion for watercolor painting when she took her first painting class in 2017. She hasn't yet settled on a style or theme for her art. For now, she is just happy to reflect nature's beauty as best she can.



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, April 4: Misbehavior (1hr 46min) 2020 NR

A sensational true story of the Women's Liberation Movement's disruption of the 1970 Miss World pageant and the crowning of the pageant's first woman of color.

Stars: Keira Knightley, Gugu Mbatha-Raw, Jessie Buckley, Greg Kinnear

TUESDAY, April 11: Paris Can Wait (1hr 32min) 2020 PG

With her daughter at college and workaholic husband absent, Anne Lockwood is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris.

Stars: Diane Lane, Arnaud Viard, Alec Baldwin

TUESDAY, April 18: The Biggest Little Farm (1hr 31min) 2019 PG

This documentary chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm.

TUESDAY, April 25: Rabbit Proof Fence (1hr 33min) 2002 PG

Australia's aboriginal integration program of the 1930s broke countless hearts -- among them, those of young Molly, Gracie & Daisy, who were torn from their families and placed in an abusive orphanage. The 3 resolve to make the 1500-mile trek home, without food or water.

Stars: Everlyn Sampi, Tianna Sansbury, Laura Monaghan, Kenneth Branagh

Closed Captioning always offered when available.

Thank you to our 2023 Weekly Movie sponsor:



Community Resources



Avoid Scams

The Social Security Administration (SSA) suggests the tips below to recognize Social Security-related scams and stop scammers from

stealing your money and personal information. Please share these tips with your loved ones.

Recognize the four P's! Scammers will:

1. **Pretend** to be from a familiar organization or agency, like SSA. They may email attachments with official-looking logos, seals, signatures, or employee credentials.
2. Mention a **problem** or a **prize**. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. **Pressure** you to act immediately. They may threaten you with arrest or legal action.
4. Tell you to **pay** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG) through ssa.gov/scam or by calling the fraud hotline at 1-800-269-027.

Tell Us About Your Internet Needs



This spring, nursing students from Oregon Health and Science University will be working with the Ashland Senior Services Division to assess the needs of local seniors related to internet access, use, and training.

Are willing to participate in an interview and/or survey? If so, please sign up at 541-488-5342 or seniorinfo@ashland.or.us, then the students will reach out to you.

Discounted tickets to SOU Concerts & Plays!

SOU's Oregon Center for the Arts is offering a special ticket price for patrons of Ashland Senior Center, age 55+.



Tickets are \$5 for concerts and \$15 for theater shows. To get the discount, mention this newsletter when purchasing via the Box Office. Call 541-552-6348 or visit 450 S. Mountain Avenue, Mon-Fri, noon-6pm. View full schedule of upcoming events at oca.sou.edu/events. (Discount is not available for online purchases.)

Enjoy the following performances in April:

- *Tutunov Piano Concert*, April 7, 7:30pm
SOU Music Recital Hall
- *SOU Dance Concert*, April 21-23, 8pm or 2pm,
SOU Main Stage Theatre
- *Terry Longshore* (percussion recital), April 28,
7:30pm, SOU Main Stage Theatre

ASAC Update

At the March 13 meeting, John Engelhardt of St. Vincent de Paul's Ashland chapter discussed the financial assistance and navigation help they provide for very low-income community members, including many over age 65. Members also discussed the APRC budget and reported on their work on several collaborative projects to support Ashland seniors.

ASAC will meet next on **May 8, 3:30-5:00pm** via Zoom. All meetings are open to the public. The agenda will be posted at ashland.or.us/APRCAgendasAndMinutes.

ASAC welcomes public input! Please submit comments to seniorinfo@ashland.or.us or 541-488-5342.



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1699 Homes Avenue
Ashland, OR 97520



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Thank you to our April sponsors!



And thank you to ALL our amazing volunteers and instructors
who do so much to support seniors every month.