



Senior Services Division

# Senior News

## August 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**

**REGISTER NOW!**  
**Join us for our annual**

## ICE CREAM SOCIAL

**for Seniors & Their Families**

**WED, AUGUST 9**  
**2:00 - 3:30 pm**

**In Hunter Park next to  
Ashland Senior Center**

**Music by Ashland Brass**

**FREE! Sign up at 541-488-5342**



Sponsored  
by



Senior Services Division



### Your Donations Help Local Seniors

We welcome your tax-deductible donation to Ashland Senior Center. Please visit [ashlandseniorservices.org](https://ashlandseniorservices.org) or mail a check made out to Ashland Parks Foundation to Ashland Senior Center.



Senior Services Division



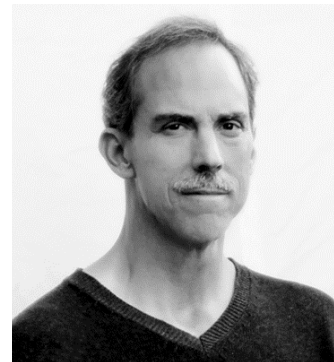
## Introduction to the World of Flamenco Guitar

**Wednesday, August 30, 1-3pm**

**Ashland Senior Center, 1699 Homes Ave**  
**FREE. Registration required: 541-488-5342**

Local performer and teacher **Grant Ruiz** will present the world of Flamenco through its passionate guitar music and song. Learn about the rhythms, history, and culture of Flamenco, along with music that it has inspired throughout the world. Co-sponsored by the Guitar Society of Southern Oregon.

Grant has studied Flamenco in Spain, participated in many productions at the Oregon Shakespeare Festival since 2002, and taught at Southern Oregon University. He is a board member of the Guitar Society of Southern Oregon and a founding member of the ensembles Dúo Flamenco and Flamenco Pacifico.



## 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](https://ashland.or.us/register). Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

### Digital Education

FREE. Registration required: 541-488-5342

#### Technology Basics Classes

**Selected Wednesdays, 2-3:30pm**

- **Aug 16:** iPhone & iPad Basics
- **Sep 20:** Windows Basics for PCs
- **Oct 25:** Mac Basics for Apple Computers
- **Nov 15:** Android Basics



#### Digital Supermarket Coupon Tutoring

**By appointment**

- 30-minute one-on-one tutoring session

#### Digital Technology Tutoring

**By appointment**

- 60-minute one-on-one tutoring session for computers, smartphones, and tablets



### Advance Directives Assistance

FREE. By appointment:  
541-488-5342

Get one-on-one assistance to understand the guidelines for Oregon advance directives, think through your choices, and fill out the required forms.



Volunteer **Debra Johnson** brings extensive experience in end-of-life planning from her work as a geriatric care manager and her current role with End of Life Choices Oregon.

### ASAC Update

At the July 10 meeting, ASAC welcomed two new members: Ashland Senior Services Volunteer Patty Winner and St. Vincent de Paul President John Engelhardt. Olivia Robinson of AGE+ presented about the Talent Senior Apartments development for low to moderate-income seniors that is opening in 2023 with a Circles of Care Program.

ASAC will meet next on **September 11, 3:30-5:00pm** in-person at **Ashland Senior Center**. All meetings are open to the public. The agenda will be posted at [ashland.or.us/APRCAgendasAndMinutes](https://ashland.or.us/APRCAgendasAndMinutes).

**ASAC welcomes public input!** Please submit comments to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342.



### Go Game Group

**Thursdays, August 3 & 17, 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.

Thank you to  
our 2023 Game  
Groups sponsor:



# SENIOR ACTIVITIES CALENDAR

## AUGUST 2023



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (Z) Zoom

All activities except F&F lunch require pre-registration: 541-488-5342.

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
**9:15a** Intro Tai Chi (G)  
**9:30a** Discussion  
Group  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**2**  
**9:15a** Gentle Yoga  
**10:30a** Gentle Yoga  
**11:30a** F&F lunch  
**2p** Young at Art

**3**  
**9:30a** Beg Tai Chi (G)  
**11:30a** F&F lunch  
**1p** Mah Jongg  
**1p** Spades  
**1p** Go

**4**  
**CLOSED**  
except for:  
**11:30a** F&F lunch

**7**  
**9:30a** Inter Tai Chi (G)  
**10:30a** Gentle Yoga  
**11a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Line Dance (G)

**8**  
**9:15a** Intro Tai Chi (G)  
**9:30a** Discussion  
Group  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**9**  
**9:15a** Gentle Yoga  
**10:30a** Gentle Yoga  
**10a** Adv Directives  
**11:30a** F&F lunch  
**2p** Ice Cream Social

**10**  
**9:30a** Beg Tai Chi (G)  
**11:30a** F&F lunch  
**1p** Mah Jongg  
**1p** Spades

**11**  
**CLOSED**  
except for:  
**11:30a** F&F lunch

**14**  
**9:30a** Inter Tai Chi (G)  
**10:30a** Gentle Yoga  
**11a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Line Dance (G)  
**1:30p** Digital Coupon  
Tutor

**15**  
**9:15a** Intro Tai Chi (G)  
**9:30a** Discussion  
Group  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**16**  
**9:15a** Gentle Yoga  
**10:30a** Gentle Yoga  
**11:30a** F&F lunch  
**2p** Tech Basics:  
iPhone & iPad  
**5:30p** Dementia  
Caregiver Group (Z)

**17**  
**9:30a** Beg Tai Chi (G)  
**11:30a** F&F lunch  
**1p** Mah Jongg  
**1p** Spades  
**1p** Go

**18**  
**CLOSED**  
except for:  
**11:30a** F&F lunch

**21**  
**9:30a** Inter Tai Chi (G)  
**10:30a** Gentle Yoga  
**11a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Line Dance (G)

**22**  
**9:15a** Intro Tai Chi (G)  
**9:30a** Discussion  
Group  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**23**  
**9:15a** Gentle Yoga  
**10:30a** Gentle Yoga  
**11:30a** F&F lunch

**24**  
**9:30a** Beg Tai Chi (G)  
**10a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Mah Jongg  
**1p** Spades

**25**  
**CLOSED**  
except for:  
**11:30a** F&F lunch

**28**  
**9:30a** Inter Tai Chi (G)  
**10:30a** Gentle Yoga  
**11a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Line Dance (G)  
**1:30p** Digital Coupon  
Tutor

**29**  
**9:15a** Intro Tai Chi (G)  
**9:30a** Discussion  
Group  
**11:30a** F&F lunch  
**1p** Cribbage  
**1p** Movie

**30**  
**9:15a** Gentle Yoga  
**10:30a** Gentle Yoga  
**11:30a** F&F lunch  
**1p** Grant Ruiz  
Flamenco Guitar

**31**  
**9:30a** Beg Tai Chi (G)  
**10a** Computer Tutor  
**11:30a** F&F lunch  
**1p** Mah Jongg  
**1p** Spades

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



## Patron Spotlight: Kathleen Devitt

Kathleen Devitt was born in Palo Alto, CA. Because her father was in the military, during her childhood her family lived all over Northern California and in Illinois, Texas and Germany. She earned a B.S. in Biological Sciences from California State University in Sacramento, then did further training at the Children's Hospital in San Francisco to become a clinical laboratory scientist. She later worked as a microbiologist in research and development.

Kathleen and John, her husband of 38 years, raised their two daughters in Newcastle, CA. Starting when she was ten years old, Kathleen spent many summers in the Rogue Valley. Kathleen and John moved to Talent in 2019. They enjoy visiting their daughters and grandson in Talent and Bend and walking their very smart Australian shepherd dog, Maya. At Ashland Senior Center, Kathleen is an active participant in Line Dancing, Tai Chi and the monthly Young at Art class.



Let us feature you in the Patron Spotlight! Please contact us at 541-488-5342 or [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us).

### WEEKLY MOVIE MATINEES Showtime 1:00pm

#### **TUESDAY, August 1: Fisherman's Friends (1hr 52min) 2020 PG-13**

Ten fishermen from Cornwall are signed by Universal Records and achieve a top ten hit with their debut album, "Sea Shanties." Based on a true story.

*Stars: Daniel Mays, James Purefoy, David Hayman, Sam Swainsbury*

#### **TUESDAY, August 8: Finding Your Feet (1hr 51min) 2018 PG-13**

When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif.

*Stars: Imelda Staunton, Timothy Spall, Celia Imrie, David Hayman, Joanna Lumley*

#### **TUESDAY, August 15: Wrecking Crew (1hr 41min) 2015 PG**

This documentary is a celebration of the musical work of "The Wrecking Crew," a band who provided backup instrumental for numerous popular bands in the 1960s.

*Stars: Brian Wilson, Cher, Dick Clark, Glen Campbell, Lou Adler, Nancy Sinatra*

#### **TUESDAY, August 22: The Farewell (1hr 38min) 2019 PG**

After learning that her family's matriarch, Nai Nai, has been given weeks to live, Chinese-born, U.S.-raised Billi returns to Changchun to find that her family is keeping the news from Nai Nai.

*Stars: Awkwafina, Tzi Ma, Diana Lin, Zhao Shuzhen, Lu Hong, Jiang Yongbo, Ines Laimins*

#### **TUESDAY, August 29: Harriet (2hr 5min) 2019 PG-13**

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet Tubman.

*Stars: Cynthia Erivo, Leslie Odom Jr., Janelle Monáe, Joe Alwyn*

*Closed Captioning always offered when available.*

*Thank you to our 2023 Weekly Movie sponsor:*



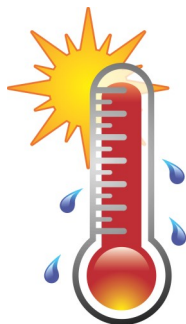
## Community Resources

### Resources for Extreme Heat

Summer weather sometimes brings extreme heat or smoke conditions to the Rogue Valley.

#### Respite from the Heat

When temperatures exceed safety thresholds, the City of Ashland usually opens a daytime cooling shelter. The City may open a full-time shelter under smoke conditions. Check for announcements at [ashland.or.us](http://ashland.or.us).



Ashland Library, 410 Siskiyou Blvd, 541-774-6980, always welcomes visitors during their open hours: M-Th 10am-7pm, F 10am-6pm, Sa-Su, 12-5pm

Or find a shady respite in one of 19 parks in the City of Ashland, including:

- Lithia Park swim reservoir and the wading area near the children's playground
- Garfield Park splash pad, open daily 10am-8pm
- Daniel Meyer Memorial Pool is open Tu-Sun (See details and fees at [ashland.or.us/Swim](http://ashland.or.us/Swim).)

#### Staying Safe at Home

Do you live in an older home without a cooling system? We may be able to connect you with resources to help. Call Ashland Senior Services Division at 541-488-5342 to learn more.



### Get Extra Food at the Rogue Valley Growers' Market

If you are a SNAP/Oregon Trail card participant, you are eligible for Double-Up Food Bucks program that provides \$20 of matching funds to boost your purchasing power. Get your EBT or Oregon Trail card swiped at the Info Booth at the Market and receive tokens for purchasing fresh fruit and vegetables. This is available at both the Tuesday and Saturday markets in Ashland. Learn more at [doubleuporegon.org](http://doubleuporegon.org).

### Dementia Caregiver Support Groups in Ashland

Are you caring for a loved one with dementia? You don't need to do it alone. A support 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.

There are now two support group options available in Ashland:



#### Monthly Dementia Caregiver Support Group 3rd Wednesday of each month, 5:30-7pm On Zoom

Facilitators: Isleen Glatt & Becky Martin  
FREE. For more info and registration:

541-488-5342

Co-sponsored by Ashland Senior Services Division and the Alzheimer's Association



#### Weekly Caregiver Support Group Tuesdays, 1-3pm

First Congregational United Church of Christ  
717 Siskiyou Blvd, Ashland

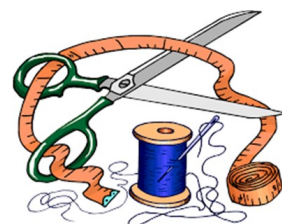
Facilitators: Becky Martin & Diane Toth  
FREE, drop-in group

For more information: 541-941-2861

Sponsored by Hope Caregiver Services

### Free Sewing Repair

August 28, 9:30am-12pm  
The Bellview Grange,  
1050 Tolman Creek Road



Repair SO (Southern Oregon) offers sewing repair free to the community. Bring your clean clothes that need repair. This service is offered on the 4<sup>th</sup> Monday of every month, from 9:30am-12pm.



Senior Services Division

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1699 Homes Avenue  
Ashland, OR 97520



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RETURN SERVICE REQUESTED

Thank you to our August sponsors!



**Ashland  
Brass**



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