



Senior Services Division

Senior News

February 2024

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

Healthy Brain & Aging

Wednesdays, February 14 & 28 and

March 13 & 27, 12:30-2pm

Ashland Senior Center

FREE. Registration required:

541-488-5342

This class promotes brain health and quality of life in aging. It's a free four-part class series that will provide education and skills to boost a healthy brain as you age. Be ready for active participation and home practice of skills to help you meet your personalized goals. Topics covered weekly include: Social Activity, Sleep, Physical Activity, and Cognitive Stimulation. Taught by Jennine Greenwell, Older Adult Behavior Health Specialist with Jackson County Health & Human Services.



Oregon Behavioral Health Initiative

Happy Holiday Party!

We had such a great time at our Holiday Party at Ashland Senior Center on December 22! Thank you to our sponsors, **Village at Valley View**, who provided delicious refreshments, and the **Rotary Club of Ashland**, who provided a great gift for each senior who attended. Thank you also to OLLI's French Caroling class who entertained us with their beautiful singing in French. And special thanks to our wonderful event volunteers: Bobby, Deborah, Doug, Janine, Kathy, Patty, and Hilary & Stacey from Village at Valley View.



Ashland Senior Center will be closed on Monday, February 19th for Presidents Day.

Featured Activities & Classes

See page 3 for our full calendar of activities and classes. Register ashland.or.us/register or call 541-488-5342. Ask about our available scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Dementia Caregiver Support Groups

3rd Wednesday of each month, 5:30-7pm
On Zoom

FREE. Registration required: 541-488-5342

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. Facilitated by Becky Martin.

Co-sponsored by:  **alzheimer's association**

Tuesdays, 10am-12pm

717 Siskiyou Blvd

FREE. Registration required: 541-941-2861

This group provides education and support to family members who are providing care and support to someone with dementia. Facilitated by Becky Martin.

This program is part of:



Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Classes

Selected Wednesdays, 2-3:30pm

- **Feb 21:** Mac Basics for Apple Computers
- **March 20:** Android Basics
- **April 17:** iPhone & iPad Basics
- **May 15:** Windows Basics for PC Computers



Community Resources



Community Connect

Sign up for Ashland Fire and Rescue's new free program that seeks to build a safer community through prevention, preparedness and response. This program is for Ashland residents and business owners. Create your household life safety profile today!



- 1) Create an account at communityconnect.io/info/or-ashland
- 2) Sign up for free and get started doing your part. It just takes your email, phone number and address.
- 3) Enter the info that matters most
- 4) Enter valuable information that can help 1st responders assist you more effectively during an emergency.
- 5) Help your 1st responders when seconds count
- 6) That's it. Just keep your account updated when things change over time so 1st responders can always be prepared.



ASAC Update

At the January 8 meeting of the Ashland Senior Advisory Committee, Cassie Rose, Executive Director of Community Volunteer Network, presented about their services and volunteer opportunities for adults age 55+.

ASAC will meet next on **March 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.

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

SENIOR ACTIVITIES CALENDAR

FEBRUARY 2024



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



5
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
12:45p Line Dance Step Review
1p Line Dance 1 (G)

6
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

7
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2pm Young at Art

1
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg /Spades
1p Line Dance 2 (G)
1:15p Go

2
CLOSED except for:
11:30a F&F lunch

12
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)

13
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

14
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
12:30p **Healthy Brain & Aging**

8
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg /Spades

9
CLOSED except for:
11:30a F&F lunch

15
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg /Spades
1:15p Go

16
CLOSED except for:
11:30a F&F lunch

19 **CLOSED**



20
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

21
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2pm **Tech Basics: Mac Basics**
5:30p **Dementia Caregiver Group (Z)**

22
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg / Spades

23
CLOSED except for:
11:30a F&F lunch

26
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)

27
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

28
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
12:30p **Healthy Brain & Aging**

29
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg / Spades

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

Patron Spotlight: Nancy Rhoades

Nancy Rhoades was born just outside of Sacramento, California. When she was ten, her family relocated to Minnesota, then Iowa. She played French horn and studied music education at the University of South Dakota. After graduation, Nancy taught instrumental music to middle schoolers in South Dakota, then in the Seattle area. After almost 20 years teaching, she switched to working in school administration in Washington State.

Nancy and her husband Greg began visiting Ashland around 2000 and fell in love with the area. They retired to Ashland in 2018. Nancy takes Tai Chi through the Senior Services Division and is an active pickleball player. She also volunteers with the Ashland Senior Phone Buddy program, which felt like a natural fit for her as she also regularly checks in with her 99-year-old mother in Minnesota and understands the importance of social connection. Thanks for all you do, Nancy!



Let us feature you in the Patron Spotlight! Please contact us at 541-488-5342 or seniorinfo@ashland.or.us.

WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, February 6: Maestro (2hr 9min) 2023 R

Maestro is a New biographical drama film that centers on the relationship between American composer Leonard Bernstein and his wife Felicia Montealegre.

Stars: Bradley Cooper, Carey Mulligan, Matt Bowmer, Sarah Silverman

TUESDAY, February 13: Quincy (2hr 4min) 2018 TV-MA

This documentary is an intimate look into the life of icon Quincy Jones, a unique force in music and popular culture for 70 years.

Stars: Quincy Jones, Rashida Jones, Kareem Abdul-Jabar

TUESDAY, February 20: The Secret: Dare to Dream (1hr 47min) 2020 PG

As she endures a storm of struggle, a widow meets an uplifting professor who hesitates to deliver a message that could change her life. Based on the self-help book, "The Secret"

Stars: Josh Lucas, Katie Holmes, Celia Weston, Jerry O'Connell, Sarah Hoffmeister

TUESDAY, February 27: Living (1hr 42min) 2022 PG-13

A civil servant's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. He continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation.

Stars: Bill Nighy, Aimee Lou Wood, Alex Sharp

Closed Captioning always offered when available.

Community Resources

RVCOG Area Agency on Aging 2024 Older Adult and Adults with Disabilities Needs Assessment Survey

The Rogue Valley Council of Governments (RVCOG) is our local Area Agency on Aging and is asking for your input to guide their planning for the future needs of older adults and adults with disabilities.



Please complete their survey at surveymonkey.com/r/PXTFYg8.

This survey should take approximately 15 minutes to complete. No identifying information is being collected and your responses are confidential. All who complete the survey are eligible to participate in a drawing for a \$50 VISA gift card. The survey closes on March 1, 2024.

If you are unable to complete the survey online, paper copies of the survey are available at the Ashland Senior Center office.

For questions regarding this survey, please contact LeAnne Turnbull at RVCOG: 541-423-1373 or lturnbull@rvcog.org.

Buried in Treasures Workshop Tuesdays, February 13-May 28, 2-4pm Central Point Senior Resource Center, 123 N. 2nd St, Central Point

FREE. Registration required: 541-423-1392

Have your things taken over your house, life and social calendar? Join this 16-week program, created by and for people who are ready to live a less-cluttered life!

Weekly meetings will include discussing skills from the book *Buried in Treasures*, completing challenging and rewarding exercises, and checking-in on individual progress, challenges, successes and goals.

This group offers a judgement-free environment for people ready to make a change in their life. Offered by Rogue Valley of Councils Senior and Disability Services and taught by Ellen Denninger, Behavioral Health Specialist.



February 2 – April 15

Wednesdays 9-3pm and Fridays 9-1pm*

*alternate hours (12-4pm) during Feb 16-Apr 5

Lower Level Stevenson Union

SOU, 1250 Siskiyou Blvd

Call for an appointment: **541-708-9346**.

Free tax preparation assistance for all, no AARP membership required. Walk-ins only available on Wednesdays, 9am-12pm, and Fridays until full, but no guarantee of service.

An option to prepare your own return for free on Tax Aide software is also available at this site.

You must bring picture ID, all Social Security cards, your 2022 tax returns and 2022 W-2s, 1099s, and all other income and expense records that will be used in filing the tax return. For joint filing, both spouses should be present. You also need any IRS letters you might have received and information on Health Insurance Coverage and income earned by any of your dependents. For more information call 1-888-227-7669.

Parking is available for a small fee on campus or free on nearby public streets.



Oregon VITA (Volunteer Income Tax Assistance)

Free virtual tax preparation by IRS-certified volunteers to families and individuals earning under \$64,000 a year. Assistance with federal and Oregon tax returns only. You will need to complete online forms, download and upload documents, and participate in two phone calls with volunteer tax preparers to complete filing your return(s). Full instructions and forms available at cashoregon.org/get-tax-help/virtual-tax-preparation.



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Thank you to our January sponsors!



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