



Senior Services Division

# Senior News

## January 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**

### Introduction to 19<sup>th</sup> Century Guitar Music

**Wednesday, January 31, 1-3pm**

**Ashland Senior Center**

FREE. Registration required:

541-488-5342



Local performer and teacher **Matt Dorris** will perform solo guitar works on a 19<sup>th</sup> century period instrument replica. The program includes concert favorites and rare works that cover most styles of guitar composition from the early 19<sup>th</sup> century. Matt will also share insights into the composers, pieces, and the era. Co-sponsored by the Guitar Society of Southern Oregon.

Matt holds a master's degree in Guitar Performance from the University of Colorado at Boulder and a bachelor's degree in Music Performance from Southern Oregon University. He has taught guitar, music history, music appreciation and world music, among other classes at Front Range Community College and the University of Colorado.



### Seniors Celebrating Creativity New Exhibit Opens January 2!

The January through March art exhibit at Ashland Senior Center features a special group exhibit by the watercolor students of instructor Ruddy Havill (top left in photo).

Ruddy taught art in public high schools for 30 years in New York. When he retired to Ashland in 2001, he did a deep dive into making his own art. He studied watercolor technique with renowned artists and exhibited internationally. But sharing the joy of making art called him back to teaching, this time with seniors.

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**Ashland Senior Center will be closed on January 1st  
for New Years Day and January 15th for MLK Day.**

## Featured Activities & Classes

The Ashland Parks & Recreation Winter/Spring 2024 Playguide is out! For full details and to register, see online Playguide at [ashland.or.us/register](https://ashland.or.us/register). See page 3 of newsletter for our full calendar of activities and classes. We highlight a few programs in each issue. Register [online](#) or call 541-488-5342. Ask about our available scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

### **NEW!**

#### **Basic Line Dancing Steps Review**

**Monday, January 8, 12:30-12:45pm**

**The Grove, 1195 E Main St**

Free. Registration required: 541-488-5342

For newcomers to Line Dancing! Basic Line Dance steps will be reviewed prior to the Monday Line Dancing 1 class. This review session is free, but there is a monthly fee for the weekly Line Dancing 1 class. Register at [ashland.or.us/register](https://ashland.or.us/register).

This short session will cover basic movement vocabulary, to help newcomers start to build the foundation for a fun class experience. It will be repeated on the first Monday of every month, 12:30-12:45pm at the Grove. Taught by Senior Services Line Dancing instructor Lynn Roberts and Risa Lewellyn.



#### **AARP Smart Driver Course**

**Wed & Thurs, Jan 24 & 25, 1-4:15pm**

**Ashland Senior Center, 1699 Homes Ave**

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

Registration required: 541-488-5342

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. Instructors **Daniel Wise & Jim Nagel** are AARP Volunteers.

### **NEW Sections and Virtual Option!**

#### **Personalized Strength & Balance Training**

**In person sessions: Mondays & Thursdays, January 8, 11, 18, 22, 25, 29 (\$60/6classes)**

Session 1A: 8:30-9:15am at Ashland Senior Center

Session 1B: 9:15-10am at Ashland Senior Center

Session 1C: 11-11:45am at The Grove

Session 1D: 11:45am-12:30pm at The Grove

Enjoy small group personal training that helps prevent physical declines associated with aging. Each session meets twice a week for a month, excluding holidays. This program focuses on muscle, cardio, bone and brain health and body awareness. Each participant will get a customized plan and 1:1 check-ins to review goals and progress. While designed for most fitness levels, participants must be able to get up off the floor unassisted. Equipment will be provided.

**Virtual session: Mondays & Thursdays, January 8, 11, 18, 22, 25, 29 (\$39/6 classes)**

Session 1: 5-5:30pm on Zoom

The virtual session is a low-impact class that is designed for seniors who may not be able to participate in person. There will be no on-the-floor work or jumping movements. The class will focus on joint strength, mobility, and balance. Students need a camera on their computer, an exercise band, a chair, light weights, a little floor space and a wall. Class will be held over Zoom, with periodic instructor check-ins by phone. Contact instructor for details: [agesmart.fit@gmail.com](mailto:agesmart.fit@gmail.com).

*Add life to your years and years to your life!*

Register for all sessions at [ashland.or.us/register](https://ashland.or.us/register) or 541-488-5342

Instructor **Beth Morris** has worked as a coach since 2017, with certifications in Balance Training, Functional Aging, Tai Chi and Nutrition.



# SENIOR ACTIVITIES CALENDAR

## JANUARY 2024


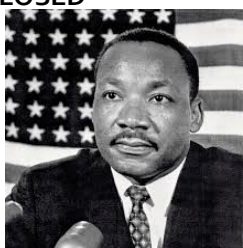



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

(Z) Zoom

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLOSED</b> 	<b>2</b> <b>9:30a</b> Discussion Group <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>3</b> <b>11:30a</b> F&F lunch	<b>4</b> <b>10a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Mah Jongg <b>1p</b> Spades <b>1p</b> Go	<b>5</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>8</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 3 (G) <b>10:30a</b> Gentle Yoga <b>11:00a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G)	<b>9</b> <b>9:30a</b> Tai Chi 1 (G) <b>9:30a</b> Discussion Group <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>10</b> <b>9:15a</b> Gentle Yoga <b>10:30a</b> Gentle Yoga <b>11:30a</b> F&F lunch	<b>11</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 2 (G) <b>10a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) <b>1p</b> Mah Jongg /Spades <b>1:15p</b> Go	<b>12</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>15</b> <b>CLOSED</b> 	<b>16</b> <b>9:30a</b> Tai Chi 1 (G) <b>9:30a</b> Discussion Group <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>17</b> <b>9:15a</b> Gentle Yoga <b>10:30a</b> Gentle Yoga <b>11:30a</b> F&F lunch <b>2p</b> Tech Basics: <b>Windows Basics</b> <b>5:30p</b> Dementia <b>Caregiver Group (Z)</b>	<b>18</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 2 (G) <b>10a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) <b>1p</b> Mah Jongg <b>1p</b> Spades <b>1p</b> Go	<b>19</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>22</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 3 (G) <b>10:30a</b> Gentle Yoga <b>11:00a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G)	<b>23</b> <b>9:30a</b> Discussion Group <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>24</b> <b>9:15a</b> Gentle Yoga <b>10a</b> Adv Directives <b>10:30a</b> Gentle Yoga <b>11:30a</b> F&F lunch <b>1p</b> AARP Driver <b>Safety</b>	<b>25</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 2 (G) <b>10a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) <b>1p</b> Mah Jongg / Spades <b>1:15p</b> Go <b>1pAARP Driver Safety</b>	<b>26</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>29</b> <b>Strength &amp; Balance–</b> <b>See Website</b> <b>9:30a</b> Tai Chi 3 (G) <b>10:30a</b> Gentle yoga <b>11:00a</b> Computer Tutor <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G)	<b>30</b> <b>9:30a</b> Discussion Group <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>31</b> <b>9:15a</b> Gentle Yoga <b>10:30a</b> Gentle Yoga <b>11:30a</b> F&F lunch <b>1pm</b> Intro to 19th <b>Century Guitar</b> <b>Music</b>		

# Patron Poem by Kathleen

## AWAKEN...

Where were you when the light of dawn chased the night away, when the first sun rays tinted the sky anew, when all creatures large and small stirred, birds sang, flew...

Did you awaken? Did you open up your heart to new possibilities, new experiences. Did you say "Thank you" for the new day, for new opportunities to be better than you were yesterday, but less than tomorrow... For tomorrow is a new day... a day to awaken...

With each new day the gifts are plenty... surprisingly, not always in a good way... some days there will be pain... Still, the dawning of a new day and all its glory is a GIFT...

Give thanks! Enjoy each opportunity to awaken. One day your dusk will come, your sun will set. There will not come a dawn to chase the night away. Have you done all you can, all you hoped for, all that matters...

AWAKEN...



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, January 2: The Last Black Man in San Francisco (2hr 1min) 2019 R**

Jimmie and his best friend Mont try to reclaim the house built by Jimmie's grandfather, launching them on a poignant odyssey that connects them to their past.

*Stars: Jimmie Fails, Jonathan Majors, Danny Glover, Rob Morgan*

### **TUESDAY, January 9: Worth (1hr 58min) 2021 PG-13**

In Washington, D.C., lawyer Kenneth Feinberg battles cynicism, bureaucracy, and politics to help the victims of 9/11. Based on a true story.

*Stars: Michael Keaton, Stanley Tucci, Amy Ryan*

### **TUESDAY, January 16: Kodachrome (1hr 45min) 2018 R**

Set during the final days of the admired photo development system known as Kodachrome, a father and son hit the road to reach the Kansas photo lab before it closes its doors for good.

*Stars: Ed Harris, Jason Sudekis, Elizabeth Olsen*

### **TUESDAY, January 23: The Starling (1hr 44min) 2021 PG-13**

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

*Stars: Melissa McCarthy, Chris O'Dowd, Kevin Kline*

### **TUESDAY, January 30: The Dig (1hr 52min) 2021 PG-13**

Reimagines the events of the 1939 excavation of Sutton Hoo near Woodbridge, in Suffolk, England. It is the site of two early medieval cemeteries dating back to the Dark Ages.

*Stars: Carey Mulligan, Ralph Fiennes, Lily James, Johnny Flynn*

*Closed Captioning always offered when available.*



## Featured Activities & Classes

*Art exhibit continued from page 1*

Ruddy taught through OLLI for eight years and now teaches small group watercolor classes in Ashland. His motto is, "Just have fun!" He says, "Watercolors are clean and easy, and everyone can do it with a few tips. You can have fun right away or polish your techniques for decades."

Ruddy makes his classes accessible, encouraging students work at their own pace and learn from each other. He adds, "I get as much out of it as the students do!" To inquire about taking classes, contact Ruddy at 541-631-1003.



### Digital Education

FREE. Registration required: 541-488-5342

#### Technology Basics Classes

**Third Wednesday, 2-3:30pm**

**Jan 17:** Windows Basics for PC Computers

**Feb 21:** Mac Basics for Apple Computers

**March 20:** Android Basics

**April 17:** iPhone & iPad Basics

#### Digital Technology Tutoring

**By appointment**

One-on-one tutoring session for computers, smartphones, and tablets



### ASAC Update

Ashland Senior Advisory Committee will meet next on **January 8, 3:30-5:00pm, via Zoom**. 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.

## Community Resources



### Volunteer Opportunities

Volunteering is a great way to stay connected and engaged while giving back to your community. Some opportunities are listed below. Or come visit our "Volunteer Opportunities" bulletin board at Ashland Senior Center. There is something to fit everyone's interests!

The **Office of the Oregon Long-Term Care Ombudsman** is seeking volunteer advocates to become ombudsmen or public guardians. The mission of the agency is to protect individual rights, promote independence, and ensure a high quality of life for older Oregonians living in residential facilities. Learn more at [oltco.org](https://oltco.org) or 800-522-2602.

**Community Volunteer Network** offers many volunteer roles through their Retired Senior Volunteer Program (RSVP). They also help place seniors in other volunteer positions in the community. Inquire at 541-857-7780.

**Ashland Parks and Recreation** engages volunteers in many capacities, including at Ashland Senior Center. Learn more at [ashland.or.us/volunteer](https://ashland.or.us/volunteer) or 541-552-2264.

### Need help understanding your Medicare or making changes?

Call for a free appointment with **SHIBA** (Senior Health Benefits Insurance Assistance): 541-857-7780. SHIBA is a non-biased, nonprofit organization without ties to any insurance companies.



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1699 Homes Avenue  
Ashland, OR 97520



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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.