



Senior Services Division

Senior News

July 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

Author Talk: Sue DeMarinis

Wednesday, July 26, 1-3pm
Ashland Senior Center,
1699 Homes Ave
Free. Registration required:
541-488-5342



Local author **Sue DeMarinis** will talk about and read from her latest novel, *Hidden in Haarlem*. Based on the true stories of a survivor of the Dutch Resistance during World War II, this novel takes the reader on an unimaginable ride through the escapades hidden in ninety-five-year-old Johan's memories.

Books will be available for purchase and signing.

Thank you to our 2023
Education Sponsor:



Drumtastic Beats for All Ages

Wednesday, July 5, 1-2pm
Ashland Senior Center Outdoor Activity
Space, 1699 Homes Ave
Free. Registration required: 541-488-5342

Come learn some fun and easy drumming techniques in beautiful Hunter Park! Taught by **Gabriel Globus-Hoenich**, a visiting percussionist with Britt, and **Bryan Jeffs**, a local percussionist.

Bring your grandkids or other youth in your life for a fun, all ages activity. Drums will be provided, or bring your own if

Co-sponsored by:



Ashland Senior Center will be closed on
Tuesday, July 4, Independence Day.



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.**

Digital Education

Free. Registration required: 541-488-5342

Technology Basics Classes by JCLS staff

Selected Wednesdays, 2-3:30pm

- **Jul 12:** Android Basics
- **Aug 16:** iPhone & iPad Basics
- **Sep 20:** Windows Basics for PCs
- **Oct 25:** Mac Basics for Apple Computers



Digital Supermarket Coupon Tutoring, By appointment

- 30-minute one-on-one tutoring session



Digital Technology Tutor By appointment

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

Discussion Group

Tuesdays, 9:30-11:30am, Free

Call to sign up: 541-488-5342

Do you enjoy company and conversation? Come check out Discussion Group! This welcoming group at the Senior Center offers informal discussion on whatever topics those present want to discuss.



AARP Smart Driver Course

Wednesday & Thursday, July 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.

Thank you to our Cookout Sponsors, Volunteers and Guests!

We had a great time at our Cookout for Seniors & their Families in Hunter Park on Saturday! Thank you to our wonderful co-sponsors Village at Valley View and Ashland Oregon Police Department, to the fabulous Audrey Flint and her Broadway Dancers and to the many, many volunteers who made this event possible!



Photos by Bob Palermini (palermini.com)

ASAC Update

ASAC will meet next on **July 10, 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.

SENIOR ACTIVITIES CALENDAR


JULY 2023



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (L) Lithia Park (Z) Zoom

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 9a Sr Walkabout (L) 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G)	4 CLOSED 	5 9:15a Gentle Yoga 10:30a Gentle Yoga 11:30a F&F lunch 1p Drumtastic Beats 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 9a Sr Walkabout (L) 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	11 9:15a 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 10a Adv Directives 11:30a F&F lunch 2p Tech Basics: Android	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 9a Sr Walkabout (L) 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11:30a F&F lunch 1p Line Dance (G)	18 9:15a 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 11:30a F&F lunch 1p AARP Driver Safety 5:30p Dementia Caregiver Group (Z)	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
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31
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1p Line Dance (G)



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

Artist Spotlight: Susan Eileen Burnes

Our July through September 2023 art exhibit at Ashland Senior Center features fiber art by professional artist Susan Burnes.

Following a career as a psychiatric nurse in Cleveland, Ohio, Susan turned her focus to her love of fiber art in 1993. She has since had over 45 exhibits and received 7 art awards. She moved to Rogue River in 2001 and has served as the Chair of the Exhibition Department at the Grants Pass Museum of Art for 18 years.

About her work, Susan says, "I am inspired by the rhythms and patterns of my environment and nature. I work to express the underlying order of life, listening intently to the artwork as it develops and informs direction. I require the quiet, empty spaces to breathe, to dream and to create. My artwork is a realization of these natural processes. I intend to convey the experience of unity and harmony through the repetition of simple geometric forms in linear patterns."



*Are you a senior artist who would like to exhibit at Ashland Senior Center?
Please contact us at 541-488-5342 or seniorinfo@ashland.or.us.*

WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, July 11: Supernova (1hr 35min) 2021 R

Sam and Tusker, partners of twenty years, are traveling across England in their old campervan visiting friends & family. Following a life-changing diagnosis, their time together has become more important than ever until secret plans test their love like never before.

Stars: Colin Firth, Stanley Tucci, Pippa Haywood, Sarah Woodward, James Dreyfus

TUESDAY, July 18: Blithe Spirit (1hr 39min) 2021 PG-13

To overcome writer's block, a novelist hires a medium to conduct a séance. But when she conjures the spirit of his dead first wife, it doesn't sit well with his current spouse.

Stars: Dan Stevens, Leslie Mann, Isla Fisher, Judy Dench, Emilia Fox

TUESDAY, July 25: Champions (2hr 3min) 2023 PG-13

After a series of missteps, a former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

Stars: Woody Harrelson, Kaitlin Olson, Ernie Hudson, Cheech Marin, Matt Cook

Closed Captioning always offered when available.

Thank you to our 2023 Weekly Movie sponsor:



Community Resources



Parkinson's Resources of Oregon (PRO)

offers counseling, support groups, education and classes, virtually and in-person.

Local Support Groups:

- Ashland General Parkinson's Support Group (in-person and Zoom), 3rd Wednesday of each month, 3pm
For details: Nia@parkinsonsresources.org
- Ashland Care Partner Support Group (Zoom), 1st & 3rd Friday, 9:30am
For details: Nia@parkinsonsresources.org
- Medford General Parkinson's Support Group (in-person), 3rd Saturday, 11am
For details: Curt, 541-601-0602
- Rogue Valley Manor Support Group (in-person), 3rd Monday, 1:30pm
For details: Meridel, 541-857-6605

Learn more at www.parkinsonsresources.org/programs or 800-426-6806.

Free Wildfire Risk Assessment for Your Home

The Ashland Volunteer Wildfire Risk Assessor (WRA) performs wildfire home risk assessments within Ashland City limits to advise property owners and residents on the wildfire risks associated with their property and how to reduce those risks. These FREE assessments provide a written report to supplement your one-on-one interaction with trained volunteers. Sign up today at FireAdaptedAshland.org, and learn more about what you can do to prepare your home for wildfire.



Emotional Support Resources

If you are experiencing stress, grief, loneliness, health problems or other challenges, it's normal to feel low sometimes. But you don't have to face it alone. Good listeners are just a phone call away.

Free local help:

- **Age Wise Age Well** peer counseling for seniors by skilled volunteers: 541-857-7780
- **OPAL** helps people 60+ find ways to feel less lonely and isolated while offering encouragement, support, and hope: 541-618-7572
- **Jackson County Mental Health** 24-hour mental health crisis support: 541-774-8201

Free helplines:

- **988 Suicide & Crisis Lifeline:** Dial 988
- **Veterans Crisis Line:** Dial 988 and press 1
- **Friendship Line** 24-hour toll-free crisis & warmline for older and disabled adults and their caregivers: 1-800-971-0016
- **Senior Loneliness Line:** 1-800-282-7035
- **SAGE National LGBTQ+ Elder Hotline:** 1-877-360-5428
- **David Romprey Oregon Warmline** (peer support): 1-800-698-2392
- **National Domestic Violence Hotline:** 1-800-799-7233



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 July sponsors!



WEATHERLY
BY FIELDS SENIOR LIVING



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