



Senior Services Division

Senior News

June 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

Cookout for Seniors & their Families

Saturday, June 10, 11:30am-1:00pm

Ashland Senior Center Outdoor Activity

Space, 1699 Homes Ave

Free. Registration required: 541-488-5342

Remember to sign up for the Cookout!

Bring a friend or family member. Thank you to our sponsors: Village at Valley View & Ashland Police



JOIN US FOR A
FREE
COOKOUT
FOR SENIORS &
THEIR FAMILIES

SAT, JUN 10
11:30-1PM
ASHLAND SENIOR CENTER
1699 Homes Avenue, Ashland

Vegetarian option available

Sign up at 541-488-5342

Sponsored by:



Senior Services Division

Survival Prep for Seniors:

Beyond the "Go" Bag

Wednesday, June 28, 1-3pm

Ashland Senior Center, 1699 Homes Ave

Free. Registration required: 541-488-5342

Having a "Go" bag, or collection of pre-loaded supplies, is a critical part of emergency preparedness. But it is just the first step in a process to potentially save your life.

Learn what is a Go Bag and the questions that surround it: How much do they cost? What goes inside and where to get it? How many do I need and where do I keep them? You will get links and recommendations to take home. *(cont. on p. 2 —>)*

Fieldtrip to Britt Festival Orchestra

Thursday, June 29, 6:45-11pm

Britt Pavilion, Jacksonville

Free. Registration required: 541-488-5342

Join us on our annual outing to The Britt! This year we'll enjoy the Britt Festival Orchestra's performance of works by Ravel, Sibelius and Reid, among others. Thank you to Britt for providing tickets and transportation for this event. *Only 50 tickets available, so reserve your spot soon!*



Note: Bus transportation to and from Britt Pavilion in Jacksonville leaves Ashland Senior Center at 7pm, returns around 11pm. Please arrive by 6:45pm to ensure a timely bus departure. There is limited disabled access for the bus, bathrooms and event seating.

**Ashland Senior Center will be closed
on Monday, June 19 for Juneteenth.**



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.**

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 you have one.



Sponsored by Britt Music & Arts Festival.

Learn to Use Digital Supermarket Coupons

Free. By appointment: 541-488-5342

Stretch your budget with digital coupons at the supermarket! If you have a smartphone, you can save money with digital coupons. Sign up for a thirty-minute one-on-one tutoring appointment to learn how. Start saving money now!

Tutors: **Carol Huffman, Cori Frank, Jim Doyle, and John Frank**



Beyond the "Go" Bag *(cont. from p. 1)*

Learn additional preparation steps, including:

- Mental and physical preparation
- What supplies to pack and how to choose them
- The *rule of threes* relating to Air, Food & Water
- How to use emergency products
- Building your plans A, B and C to fit your personal needs
- Self-assessment of your medical, emotional and physical abilities
- Safety, security and "Going Gray"

Presenter: **Bill Bateman** produces podcasts, teaches classes locally on emergency preparation, and has real-life experience with both earthquake and fire disasters.



Thank you to our 2023
Education Sponsor:



ASAC Update

At the May 8 meeting, Lauren Kraemer of OHSU Extension presented "Disaster Preparedness for Older Adults and Caregiver." ASAC thanked two members whose final terms are ending June 30, and discussed recruitment of new members. Member recruitment information is posted at ashland.or.us/ASAC.

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

JUNE 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

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



5
9:30a Inter Tai Chi (G)
11a Computer Tutor
11:30a F&F lunch
1p Line Dance (G)

6
9:15a Intro Tai Chi (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

7
11a Adv Directives
11:30a F&F lunch
2p Young at Art

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

2
CLOSED except for:
11:30a F&F lunch
1p Outdoor Line Dancing

12
9a Sr Walkabout (L)
9:30a Inter Tai Chi (G)
10:30a Gentle Yoga
11:30a F&F lunch
1p Line Dance (G)
1:30p Digital Coupon Tutor

13
9:15a Intro Tai Chi (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

14
9:15a Gentle Yoga
10:30a Gentle Yoga
10a Adv Directives
11:30a F&F lunch

15
9:30a Beg Tai Chi (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg
1p Spades
1p Go

16
CLOSED except for:
11:30a F&F lunch
1p Outdoor Line Dancing

19 **CLOSED**



20
9:15a Intro Tai Chi (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
2p Tech Basics: Mac
5:30p Dementia Caregiver Group (Z)

22
9:30a Beg Tai Chi (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg
1p Spades

23
CLOSED except for:
11:30a F&F lunch
1p Outdoor Line Dancing

26
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

27
9:15a Intro Tai Chi (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
1p Disaster Prep for Older Adults

29
9:30a Beg Tai Chi (G)
10a Computer Tutor
11:30a F&F lunch
1p Mah Jongg
1p Spades
6:45p Britt Fieldtrip

30
CLOSED except for:
11:30a F&F lunch
1p Outdoor Line Dancing

Patron Spotlight: Lynn Roberts

Lynn was born and raised in E. Cleveland, OH. She then lived in San Francisco, where she worked as a sundries buyer for Levi Strauss & Co. She and Larry, her husband of 48 years, moved to the Rogue Valley two decades ago. Lynn started dancing to American Bandstand, and she began Line Dancing 12 years ago.

We are so grateful to have Lynn as our volunteer Line Dancing instructor. About volunteering, she says: "I get back so much more than I put in, and it makes me feel good and happy!"

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, June 6: Minari (1hr 55min) 2020 PG-13

A Korean American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home.

Stars: Steven Yeun, Ye-ri Han, Alan Kim, Noel Kate Cho, Yeo-jung Yoon, Will Patton

TUESDAY, June 13: The Public (1hr 59min) 2019 PG-13

As Cincinnati endures a blast of Arctic cold, the public library serves as a refuge for all. But as closing time nears, with emergency shelters already full, a group of homeless patrons refuses to leave, leading to a clash with authorities.

Stars: Alec Baldwin, Emilio Estevez, Jena Malone, Taylor Schilling, Christian Slater

TUESDAY, June 20: Echo in the Canyon (1hr 22min) 2019 PG-13

This documentary examines the roots of the historic music scene in L.A.'s Laurel Canyon featuring the music of iconic groups such as The Byrds, The Beach Boys, Buffalo Springfield, and The Mamas and the Papas.

Stars: Tom Petty, Brian Wilson, Ringo Starr, Eric Clapton, Stephen Stills

TUESDAY, June 27: The Bucket List (1hr 37min) 2007 PG-13

When a corporate mogul and a mechanic wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

Stars: Jack Nicholson, Morgan Freeman, Sean Hayes, Beverly Todd

Closed Captioning always offered when available.

Thank you to our 2023 Weekly Movie sponsor:



Community Resources



Elder Abuse Prevention Summit

Thursday, June 15, 10am-2pm
Health and Human Services
140 S. Holly St, Medford
Free, registration required: 541-423-1373 or ltturnbull@rvcog.org

Rogue Valley Council of Government's Senior & Disability Services is hosting this summit on elder abuse prevention. The day will focus on two underserved populations, LGBTQIA2S+ older adults and tribal elders.

Guest speakers are **Reynaldo Mireles, Jr**, Director of Coalition Building at SAGE and **Wilson Wewa**, member of the Tribal Council of Confederated Tribes of Warm Springs Reservation of Oregon.

You may choose between attending in person or virtually; please specify your preference when registering. Lunch will be provided to in-person attendees.

New RVTD Bus Route to Serve Ashland



Rogue Valley Transportation District is starting a new fixed-route bus line in Ashland on June 26. Route 17 will run hourly from Asante Ashland Community Hospital to Albertsons supermarket, along Maple, Hersey, North Mountain, East Main and Wightman. It will also circulate up Helman and Oak and on Clay and Tolman Creek and connect to Routes 10 and 1x. It will initially operate Monday-Friday, 9am-4pm.

It is unlikely that RVTD will bring back the Ashland Connector micro-transit service during 2023. RVTD states that staffing enough drivers continues to hamper a return of the Connector.

For more details and route map:
rvtd.org/news/new-ashland-circulator-route-17-coming-on-june-26th

COVID-19 Booster Update

Federal authorities are now recommending a booster shot for the *bivalent* COVID-19 vaccine for certain at-risk populations. People ages 65 and older who have already received a single bivalent booster dose may receive another one *at least four months later*. Immunocompromised people may continue to receive additional bivalent doses at intervals decided by their health care providers.

Ask your medical provider if the booster is right for you. In Ashland, check availability at Rite Aid (riteaid.com/pharmacy/scheduler) or check with your provider.

The original (monovalent) mRNA vaccines from Moderna and Pfizer have been discontinued. COVID-19 mRNA primary series now consists of one bivalent dose for most people and multiple doses for younger children.

If needed, request your COVID-19 vaccination records at 800-980-9431 or alertiis@state.or.us.



Jackson & Josephine Counties' Community Health Survey

Jackson and Josephine Counties' Health and Human Services wants your input! Take their community health survey to help them create a healthier community for everyone and be entered into a raffle for a chance to win a \$100 gift card or air purifier. The survey is open to Jackson and Josephine County residents age 18 and up and available in English and Spanish. It is available through July 16. For more info and to access the survey: jacksoncountyor.org/hhs/Public-Health/All-in-for-Health



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Thank you to our June 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.