



Senior News March 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

tty: 711

seniorinfo@ashland.or.us

Avoiding Frauds, Scams & Cons

Wednesday, March 11, 1-3pm

*FREE but please register at the Senior Center office,
541-488-5342 or seniorinfo@ashland.or.us*

Ron Kohl, retired detective and Crime Prevention Specialist, will teach how you can identify and protect yourself from frauds, scams and cons.



Barbershop Quartet Performance

Wednesday, March 25, 1-2pm

FREE and no need to register

Join us for a fun and nostalgic barbershop quartet performance by *Lytning*, of the Barbershop Harmony Society of the Rogue Valley Harmonizers!



Powerful Tools for Caregivers

Mondays, March 16-April 20, 3:30-5:00pm

Workshop is free, but registration is required.

Call Samantha at RVCOG: 541-423-1379

Are you caring for a family member or friend? The challenges of caregiving require new tools.

In this workshop, you will learn to reduce stress; communicate more effectively; increase self-care; and reduce guilt, anger, and depression. Practice making tough decisions, setting goals and problem-solving.



AARP Tax Aide Program

Feb 5-April 15, Wednesdays 9-3pm and Fridays 9-1pm

at The Grove, 1195 E Main St. Ashland, OR 97520

Walk-ins ONLY– No appointments, please be prepared to wait. For more info, call 1-800-227-7669.

Special Thanks!

The **Senior Volunteer Fair** on January 22 was a huge success, with over 150 seniors visiting with representatives from over 24 organizations. There were opportunities for every interest and skill, and every organization recruited new volunteers.

Thank you so much to everyone who made this event possible:

Ashland Senior Services Division and Community

Volunteer Network organized and staffed the event, and **Ashland Asante Community Hospital** provided refreshments. Thank you to all the organizations who helped get the word out and



who came to table. Special thanks to our event volunteers **Kathy McNeal, Tim Muser, Janine Clayton, and Mike Hersh** who helped all flow smoothly.



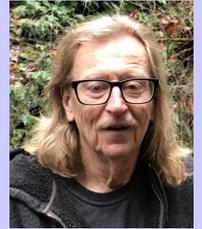
Gentle Yoga Update:

We are sad to share that our much-loved yoga teacher, Marion Moore, is having to withdraw from teaching Gentle Yoga at the Senior Center on Wednesdays and Saturdays due to health issues. We want to share our deep appreciation for all Marion has contributed to our community and our warmest support to her and her family in this difficult time. Marion has graciously recommended a team of highly qualified yoga instructors to cover her classes, so they will all continue as scheduled.



Seniors Celebrating Creativity Artist Spotlight

Mark Meissner will show oils and watercolors, contrasting his past work with recent pieces to show how his style has changed. Mark has painted for recreation in oil and watercolor his whole life, and earned degrees in computer graphics and printmaking.



Diagnosed with Parkinson's in 2013, Mark's current work reflects the changes in his brain and motor skills. "The use of space and color are more abstract, and line is more spontaneous."

Charlie Noble will show his still life watercolors and a mixed media piece. Charlie spent most of his life in the photographic and printing industry until he retired in 2014. He got interested in photography as a teen and later made it his profession.



After moving to Talent from Seattle with his wife Louise, Charlie started to take drawing and watercolor classes. At first he painted from photos he had taken, but lately he has been doing more original images and is exploring acrylic painting and sculpture as well. "The important thing with art is to have FUN," he notes.

Charlie Noble and Mark Meissner welcome the community to a free **opening reception on Friday, March 13, 3:30-5:00pm** at the Ashland Senior Center, 1699 Homes Avenue.

We encourage local senior artists to inquire about exhibiting in the future. Please contact the Ashland Senior Services Division at 541-488-5342 or seniorinfo@ashland.or.us.

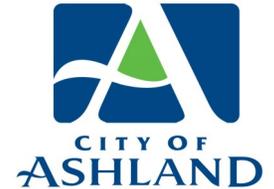
Save the Date: Sampler Painting Course for Seniors

Saturdays, April 4– May 9, 1:00-3:00pm at Ashland Senior Center

\$115 (6 class series, includes ALL supplies). Register at ashland.or.us/register or call 541.488.5342.

City of Ashland Utility Assistance

Did you know that the City of Ashland offers assistance to help low-income utility customers with their bills?



Want to help others in need?

Consider signing up for the “Round Up” program, which allows Ashland utility customers to donate monthly by rounding up their bills to the nearest dollar. Those funds are then used to give discounts to qualifying low-income customers. Learn more at ashland.or.us/utilityassistance.

Need assistance with your utility bill?

The City offers a year-round discount to very low-income customers age 65+ or qualified disabled persons age 60+. There are additional programs to help with winter heating and emergency assistance when accounts are at risk of being disconnected. Call Ashland Senior Services Division 541-488-5342 to make an appointment for application assistance.

Ashland Senior Advisory Committee (ASAC) Update

The next ASAC meeting will be on **Monday, March 9, 3:30-5pm** at Ashland Senior Center.

FRIDAY MOVIE MATINEES Showtime 12:30pm — Popcorn Provided

FRIDAY, March 6: *The Courageous Heart of Irena Sendler* (1hr 35min) 2009 NR

The story of Irena Sendler, a social worker who was part of the Polish underground during World War II and was arrested by the Nazis for saving the lives of nearly 2,500 Jewish children by smuggling them out of the Warsaw ghetto.

Stars: Anna Paquin, Marcia Gay Harden, Goran Visnjic, and more

FRIDAY, March 13: *The Biggest Little Farm* (1hr 31min) 2019 PG

Documentarian John Chester and his wife Molly work to develop a sustainable farm on 200 acres outside of Los Angeles.

Stars: John Chester, Molly Chester, Matthew Pilachowski, and more

FRIDAY, March 20: *A Street Cat Named Bob* (1hr 43min) 2016 NR

Based on the international best selling book. The true feel good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat.

Stars: Luke Treadaway, Bob the Cat, Ruta Gedmintas, and more

FRIDAY, March 27: *Same Kind of Different as Me* (1hr 59min) 2017 PG-13

International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.

Stars: Greg Kinnear, Renée Zellweger, Djimon Hounsou, and more

Closed Captioning always offered when available.

Thank you to our Friday movie sponsor:





Senior Services Division
 1699 Homes Avenue
 Ashland, OR 97520

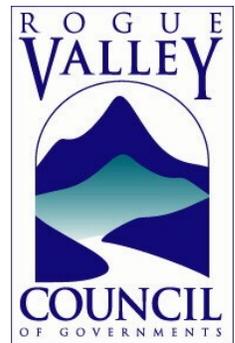
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*Thank you to our March sponsors and donors!
 Your kindness and giving brightens our lives.*



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