



Senior Services Division

# Senior News

## November 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**



### Firefighters' Union Thanksgiving

**Monday, November 20,  
2-3:30pm**

**Ashland Senior Center, 1699 Homes Ave**  
FREE. Registration required: 541-488-5342

The annual Firefighters' Thanksgiving celebration for seniors is back! This year, Ashland Firefighters' Union members are providing pie and beverages for an afternoon event. Join us for a wonderful afternoon of delicious dessert and good company. Space is limited so please reserve your spot soon!

Thank you, Ashland  
Firefighters Union, for your  
generous donation to our  
community seniors!



### **Please, No Parking at Walker School**

Please respect our neighbors! Do not park in the Walker Elementary School parking lot during school hours. The school lot is available only after 3:15pm on most school days.



### AARP Smart DriverTEK Workshop

**Wednesday, November 29, 1-2:30pm**  
**Ashland Senior Center, 1699 Homes Ave**  
FREE. Registration required: 541-488-5342

Discover how new vehicle technology can make driving safer and easier. Current and emerging technologies are being installed in an ever-increasing number of vehicle models. These new safety features can extend the number of years those over 50 are able to continue driving safely. Learn how features like Smart Headlights, Blind Spot Warning Systems and Drowsy Driving Alerts can help keep you safe on the road. Stay ahead of the curve when it comes to vehicle technology!

Presented by **Jim Nagel**,  
volunteer instructor for the  
AARP Smart Driver courses.



**Ashland Senior Center will be closed on  
November 10 in observance of Veterans Day and  
November 23 and 24 for the Thanksgiving holiday.**

## Featured Activities & Classes

See page 3 of this newsletter for our full calendar of activities and classes, or you can view full details in the current Ashland Parks and Recreation Playguide at [ashland.or.us/register](http://ashland.or.us/register). Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

### Personalized Strength & Balance Training

**Mondays & Thursdays, Nov 2-30**  
(no class Nov 23), 8:30-10am  
**\$80/8 classes**

Register at [ashland.or.us/register](http://ashland.or.us/register)  
or 541-488-5342



Enjoy small group personal training that helps prevent and reverse physical declines associated with aging. This program focuses on muscle, cardio and bone health, plus it incorporates body awareness and nutrition. Beyond the small-group instruction, each participant will get a customized plan and one-on-one consultations. While designed for most fitness levels, participants must be able to get up off the floor unassisted. Please bring a water bottle and yoga mat; other equipment provided.



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

Instructor **Beth Morris** has worked as a personal trainer since 2019, with certifications in Functional Aging, Tai Chi and Nutrition.

### ASAC Update

Ashland Senior Advisory Committee will meet next on **November 13, 3:30-5:00pm, via Zoom**. All meetings are open to the public. The agenda will be posted at [ashland.or.us/APRCAgendasAndMinutes](http://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.

### Digital Education

**FREE.** Registration required: 541-488-5342

#### Technology Basics Classes

**Selected Wednesdays, 2-3:30pm**

- **Nov 15:** Android Basics
- **Dec 20:** iPhone & iPad Basics
- **Jan 17, 2024:** Windows Basics for PC Computers
- **Feb 21, 2024:** Mac Basics for Apple Computers



### Digital Technology Tutoring

#### By appointment

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

### Book A Librarian at Ashland Senior Center

**Monday, November 20, 12-2pm**

**FREE.** Drop in, no registration required.

One-on-one tutoring with **Ken Loders**, Adult Services Librarian at Ashland Library, to learn about library services such as free online research and learning tools. Learn a language, take an online course, research your family history and more. Or learn how to reserve meeting rooms, use the online catalog, place holds, access reference assistance, and find websites with helpful information for older adults.



### Your Donations Help Local Seniors

We welcome your tax-deductible donation to Ashland Senior Center. Please visit [ashlandseniorservices.org](http://ashlandseniorservices.org) or mail a check made out to Ashland Parks Foundation to Ashland Senior Center.



Senior Services Division

# SENIOR ACTIVITIES CALENDAR

## NOVEMBER 2023



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

(NMP) North Mountain 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.



**1**  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
2p Young at Art

**2**  
8:30a Strength & Balance  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:15a We Keep Dancing (G)  
11:30a F&F lunch  
1p Line Dancing 2 (G)  
1p Mah Jongg  
1p Spades  
1p Go

**3**  
**CLOSED** except for:  
11:30a F&F lunch

**6**  
8:30a Strength & Balance  
9:30a Tai Chi 3 (G)  
10a Senior Walk (NMP)  
10:30a Gentle Yoga  
11:30a F&F lunch  
1p Line Dance 1 (G)

**7**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**8**  
9:15a Gentle Yoga  
10a Adv Directives  
10:30a Gentle Yoga  
11:30a F&F lunch

**9**  
8:30a Strength & Balance  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:15a We Keep Dancing (G)  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg  
1p Spades

**10 CLOSED**



**13**  
8:30a Strength & Balance  
9:30a Tai Chi 3 (G)  
10a Senior Walk (NMP)  
10:30a Gentle Yoga  
11:30a F&F lunch  
1p Line Dance 1 (G)

**14**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

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

**16**  
8:30a Strength & Balance  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg  
1p Spades  
1p Go

**17**  
**CLOSED** except for:  
11:30a F&F lunch

**20**  
8:30a Strength & Balance  
9:30a Tai Chi 3 (G)  
10a Senior Walk (NMP)  
10:30a Gentle Yoga  
11:30a F&F lunch  
12p Book A Librarian  
1p Line Dance 1 (G)

**21**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**22**  
9:15a Gentle Yoga  
10a Adv Directives  
10:30a Gentle Yoga  
11:30a F&F lunch

**23 CLOSED**

**24 CLOSED**

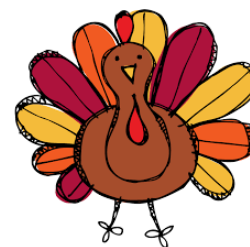


**27**  
8:30a Strength & Balance  
9:30a Tai Chi 3 (G)  
10:30a Gentle Yoga  
11a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 1 (G)

**28**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**29**  
9:15a Gentle Yoga  
10a Adv Directives  
10:30a Gentle Yoga  
11:30a F&F lunch  
1p AARP Smart DriverTEK

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



## Patron Spotlight: Anne Bellegia

Congratulations to senior Anne Bellegia for receiving the prestigious **Andrus Community Service Award from AARP Oregon** last month.

Anne works tirelessly on behalf of seniors throughout the Rogue Valley. She is a thoughtful and respected advocate for policies and education to improve lives for seniors and family caregivers. Anne is a founding member of the Ashland Senior Advisory Committee, which advises the Ashland Parks and Recreation Commission and the City Council on the needs of local seniors. She also co-chairs the Livable Ashland Alliance, which is working on "all-age-friendly" livability improvements for Ashland.

In addition, Anne is an extraordinary, long-term volunteer with Osher Lifelong Learning Institute (OLLI) at SOU. In addition to organizing and teaching courses over the years, she is instrumental in marketing efforts, organizes an annual OLLI Open House attended by over 800 seniors, and coordinates the OLLI community education series on critical topics related to aging. Anne formerly served on the regional Senior Advisory Council for Rogue Valley Council of Governments. She is currently helping form a local caregiver cooperative to support caregivers and attract more people to this critical service field.



### WEEKLY MOVIE MATINEES Showtime 1:00pm

#### **TUESDAY, November 7: The Imitation Game (1hr 54min) 2014 PG-13**

During WWII, mathematical genius Alan Turing tries to crack the German Enigma code with fellow mathematicians while attempting to come to terms with his troubled private life.

*Stars: Benedict Cumberbatch, Keira Knightly, Matthew Goode, Hugh Alexander*

#### **TUESDAY, November 14: The Age of Adaline (1hr 52min) 2015 PG-13**

A young woman, born at the turn of the 20<sup>th</sup> century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she's used to.

*Stars: Blake Lively, Michiel Huisman, Harrison Ford, Ellen Burstyn*

#### **TUESDAY, November 21: Happiness For Beginners (1hr 43min) 2023 PG-13**

Helen signs up for a wilderness survival course. A year after her divorce, she discovers sometimes you have to get really lost to find yourself.

*Stars: Ellie Kemper, Luke Grimes, Nico Santos, Blythe Danner, Ben Cook*

#### **TUESDAY, November 28: Mudbound (2hr 14min) 2017 R**

Two men return home from World War II to work on a farm in Mississippi, where they struggle to deal with racism and adjusting to life after war.

*Stars: Jason Mitchell, Carey Mulligan, Jason Clarke, Mary J Blige*

*Closed Captioning always offered when available.*

*Thank you to our 2023 Weekly Movie sponsor:*





## October Clinics Provide over 450 Vaccines to Seniors!

**Thank you** to everyone who made our Flu and COVID-19 vaccination clinics a huge success at Ashland Senior Center. We are grateful to our partners, sponsors and volunteers:

- **AGE+** for funding the clinic event, including the refreshments and the generous gift card incentive prizes.



Communities + Generations + Innovations

- **Mountain Meadows Community Foundation** and **Ashland Community Health Foundation** for subsidizing uninsured and underinsured community members



- **Wellness 2000**, our medical provider
- **Shop'n Kart** for a generous bulk discount on the gift cards
- **And all of our fantastic event volunteers:**  
Anne, Barb, Bob, Bobby, Cat, Cori, Deborah, Doug, Esther, Janine, Jennifer, Joan, John, Karin, Kim, Kristen, Linda, MaryBeth, Merry, Mike, Patricia, Patty, Ron, Sandy, Scott, Susan, Tracy and Wendy!



## Community Resources



### Stay informed! Sign up for Alerts with the City of Ashland!

The City of Ashland uses Everbridge Citizen Alert (formerly Nixle) to notify folks in real-time for localized emergency situations, plus relevant community advisories like power outages and smoke advisories.

Register today at  
[member.everbridge.net/1332612387832182/login](https://member.everbridge.net/1332612387832182/login).



Online registration is the best way to sign up. However, you may also text "97520" (message field) to "888777" (recipient field).



### Ashland Fire & Rescue Smoke Detector Program

Did you know that smoke detectors should be installed on every level of your home including the basement, inside each bedroom, and in the hallway outside each bedroom? Test the alarm on your smoke detector once a month by pushing the "test" button. If your detector is chirping, it is time to replace the battery or the detector.

Ashland Fire & Rescue is offering free smoke detectors with installation, or free smoke detector testing. Sign up at the Ashland Senior Center office or call 541-488-5342. Please allow up to 8 weeks for Ashland Fire & Rescue to contact you for an appointment.





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1699 Homes Avenue  
Ashland, OR 97520



PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT #149  
MEDFORD, OR

RETURN SERVICE REQUESTED

Thank you to our November sponsors!



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