



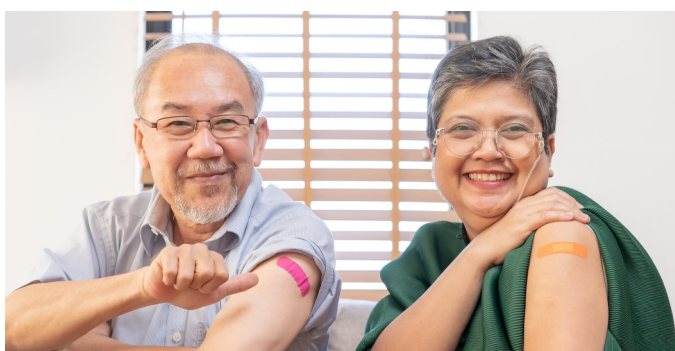
Senior Services Division

Senior News October 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



Space is limited. Sign Up Now!

Flu & COVID-19 Vaccination Clinic

Fridays, October 13 and 27

Ashland Senior Center, 1699 Homes Ave

1:00-5:00pm, by appointment: 541-488-5342

Most health insurance accepted with no co-pay*

Ashland Senior Services Division is hosting two clinics for seniors to get flu and/or COVID-19 vaccinations by licensed nurses from [Wellness 2000](#). Limited funding from [AGE+](#) is covering help for seniors without insurance and a \$25 gift card for each registered participant, while funds last. Walk-in participants accepted if space is available.

Registration is limited to Ashland and Talent residents age 50+ and their caregivers. If you want both flu and COVID-19 vaccinations, you may get both shots on the same day or one shot on each clinic day. **Register now** to reserve your space, your gift card and insurance assistance if needed!

*Wellness 2000 cannot accept United Health Care. Those with this insurance must pay and get a receipt.

Sponsored by:



Plan4Care:

**Creating Care Circles to Support
One Another As We Age**

Wednesday, October 11, 1-3 pm

Ashland Senior Center, 1699 Homes Ave

FREE. Registration required: 541-488-5342

Learn what a Care Circle is and why you might need one. The 2021 AARP Home and Community Preferences Survey shows that 77% of adults want to age-in-place. Several factors prevent *successfully* aging in place, including lack of care support and the challenges of finding and affording caregivers. With many older adults retired in the Rogue Valley at a distance from family and long-established friends, having a local support group offers peace of mind and help when you need it!

Presenters **Debra Johnson**, a retired geriatric care manager, and **Anne Bellegia**, an aging support advocate, will discuss how they formed their Care Circle several years ago, explain some of the factors that have made it successful, and provide tips for developing your own Care Circle.



*Thank you to our 2023
Education Sponsor:*



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. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Yoga Basics Workshop

Monday, Oct 23, 1-2pm

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

This is the perfect workshop if you're new to yoga or an experienced student who wants to revisit the basics. Join this free one-hour workshop to learn variations of common yoga poses so that they fit your body, your fitness level, and your range of motion, avoiding injury and frustration. Let's enjoy yoga together!

Please bring a yoga mat, notebook & pen (if you want to take notes). Props are supplied, or you are welcome to bring your own.

Taught by Senior Services Gentle Yoga instructor, **Cheri Theobald**, an accredited and registered yoga teacher through Yoga Alliance, Yin Yoga, and Yoga 4 Seniors.



NEW! We Keep Dancing!

Thursdays, Oct 5 - Nov 9, 11:15am-12:15pm

Hybrid: The Grove
(1195 E Main St) or Zoom
\$50/6 classes. Register at
ashland.or.us/register or
541-488-5342



Lift up your spirit and body with Jazz and Broadway style dances. Who says we can't learn to dance as we age? Students will learn several beginning-level, fun dances with gentle, easy and upbeat steps to some of your favorite songs from the 60's-80's. Students may opt to join in Halloween and Christmas flash dance performances. Whether you haven't danced in years, or just want to start, this is the most fun way to exercise.

Instructor **Audrey Flint** also teaches the popular Broadway Dance for Boomers classes.

NEW! Personalized Strength & Balance Training

Mondays & Thursdays, Oct 5 - Oct 30, 9-10am

\$80/8 classes. Register at
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.

Senior Walkabouts

Monday, Oct 2 - Nov 20, 10-11am

North Mountain Park
\$16/8 walks. Register at
ashland.or.us/register
or 541-488-5342



Come enjoy some fresh air, exercise, and good company! A volunteer guide will lead this weekly walking group in and around North Mountain Park. Walks will be held at a gentle pace and will take approximately 45 to 60 minutes. Routes will stay on accessible paths. Please meet in front of the Nature Center in North Mountain Park five minutes before start time. Walks will take place rain or shine; please dress accordingly. Led by avid walker, **Rosalie Rybka**.



SENIOR ACTIVITIES CALENDAR

OCTOBER 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
2 9:30a Tai Chi 3 (G) 10a Senior Walkabouts (NMP) 11:30a F&F lunch	3 9:30a Tai Chi 1 (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	4 11:30a F&F lunch 2p Young at Art	5 9a Strength & Balance 9:30a Tai Chi 2 (G) 10a Computer Tutor 11:15a We Keep Dancing (G/Z) 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p Go	6 CLOSED except for: 11:30a F&F lunch
9 9a Strength & Balance 9:30a Tai Chi 3 (G) 10a Senior Walkabouts (NMP) 10:30a Gentle Yoga 11:30a F&F lunch 1p Line Dance 1 (G)	10 9:30a Tai Chi 1 (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	11 9:15a Gentle Yoga 10:30a Gentle Yoga 11:30a F&F lunch 1p Plan4Care	12 9a Strength & Balance 9:30a Tai Chi 2 (G) 10a Computer Tutor 11:15a We Keep Dancing (G/Z) 11:30a F&F lunch 1p Line Dance 2 (G) 1p Mah Jongg 1p Spades 1p Go	13 CLOSED except for: 11:30a F&F lunch 1p Vaccination Clinic
16 9a Strength & Balance 9:30a Tai Chi 3 (G) 10a Senior Walkabouts (NMP) 10:30a Gentle Yoga 11:30a F&F lunch 12p Book A Librarian 1p Line Dance 1 (G)	17 9:30a Tai Chi 1 (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	18 9:15a Gentle Yoga 10a Adv Directives 10:30a Gentle Yoga 11:30a F&F lunch 1p AARP Driver Safety 5:30p Dementia Caregiver Group (Z)	19 9a Strength & Balance 9:30a Tai Chi 2 (G) 10a Computer Tutor 11:15a We Keep Dancing (G/Z) 11:30a F&F lunch 1p Line Dance 2 (G) 1p Mah Jongg 1p Spades 1p AARP Driver Safety	20 CLOSED except for: 11:30a F&F lunch
23 9a 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) 1p Yoga Basics Workshop	24 9:30a Tai Chi 1 (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	25 9:15a Gentle Yoga 10a Adv Directives 10:30a Gentle Yoga 11:30a F&F lunch 2p Tech Basics: Mac/Apple	26 9a Strength & Balance 9:30a Tai Chi 2 (G) 10a Computer Tutor 11:15a We Keep Dancing (G/Z) 11:30a F&F lunch 1p Line Dance 2 (G) 1p Mah Jongg 1p Spades	27 CLOSED except for: 11:30a F&F lunch 1p Vaccination Clinic
30 9a Strength & Balance 9:30a Tai Chi 3 (G) 10a Senior Walk (NMP) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance 1 (G)	31 9:30a Tai Chi 1 (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie			

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

Artist Spotlight: Bob Janssen

Our October through December art exhibit at Ashland Senior Center features watercolors by Bob Janssen.

Bob was born and raised in Portland. His family moved to Southern Oregon in his senior year of high school, and he has lived here ever since. He worked as a civil engineer for the City of Medford Public Works for 30 years.

Bob took up painting after his partial retirement in 2008. "Drawing and drafting had always been the favorite part of my career life," he says. "Watercolors had always intrigued me. I took classes first through Ashland Parks and Recreation, then privately, and finally through OLLI. For several years I have enjoyed a weekly group with other watercolorists, as much a social time as a painting event."

This exhibit features landscapes in watercolor. Bob hopes you have fun recognizing these local places.



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, October 3: Guernsey Literary & Potato Peel Society (2hr 3min) 2008 PG

In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their lives during the war.

Stars: Jessica Brown Findlay, Tom Courtenay, Michael Huisman, Katherine Parkinson

TUESDAY, October 10: The Swimmers (2hr 14min) 2022 PG-13

From war torn Syria to the 2016 Rio Olympics, two sisters embark on a harrowing journey as refugees, putting both their hearts and champion swimming skills to heroic use.

Stars: Matthias Schweighofer, Ali Suliman, Manal Issa, Ahmed Malek

TUESDAY, October 17: Ma Rainey's Black Bottom (1hr 34min) 2020 R

Tensions rise when trailblazing blues singer Ma Rainey and her band gather at a recording studio in Chicago in 1927. *Stars: Viola Davis, Chadwick Boseman, Glynn Thurman, Colman Domingo*

TUESDAY, October 24: Our Souls at Night (1hr 43min) 2017 PG-13

After widowed neighbors Addie and Louis begin sleeping together platonically to ease their loneliness, a real romance begins to blossom.

Stars: Robert Redford, Jane Fonda, Bruce Dern, Judy Greer

TUESDAY, October 31: LaLa Land (2hr 8min) 2016 PG-13

While navigating their careers in Los Angeles, a pianist and an actress fall in love and attempt to reconcile their aspirations for the future.

Stars: Ryan Gosling, Emma Stone, Rosemarie Dewitt, Aimee Conn

Closed Captioning always offered when available.

Thank you to our 2023 Weekly Movie sponsor:



Technology Basics Classes

Selected Wednesdays, 2-3:30pm

Ashland Senior Center, 1699 Homes Ave

FREE. Registration required: 541-488-5342



- **Oct 25:** Mac Basics for Apple Computers
- **Nov 15:** Android Basics
- **Dec 20:** iPhone & iPad Basics

DRIVER SAFETY

AARP Real Possibilities

AARP Smart Driver Course

Wed & Thurs, Oct 18 & 19, 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.

ASAC Update

At the September 11 meeting of the Ashland Senior Advisory Committee, OHRA Board President Dennis Slattery and Executive Director Cass Sinclair described the OHRA Center's services and the many seniors they serve. Ashland Senior Services Division also collaborates with multiple agencies to meet the needs of very vulnerable seniors who are unhoused, housing insecure, and/or suffer from major mental illness or dementia.

ASAC 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.

ASAC welcomes public input! Please submit comments to seniorinfo@ashland.or.us or 541-488-5342.

Community Programs



OLLI Fall Community Lecture Series

Wednesdays, 7-8pm, Zoom

FREE. Registration required for each lecture:

inside.sou.edu/olli/outreach/lectures.html

or 541-552-6048

- Oct 4** Yasmin Maldonado, MD: Rheumatology Pearls
- Oct 11** Matthew Hiesterman, DO: Understanding Chronic Wounds and Treatment Strategies
- Oct 18** Oscar Sanchez, MD: Updates on Treatment Options for Acute Stroke
- Oct 25** Christina Godwin, MD: Management of the Urological Changes of Aging Adults



Virtual Class: Moving With Ease

Tuesdays, 12-1pm, Zoom

FREE. Registration required:

laclinica.activehosted.com/f/13

Join Certified Yoga Therapist Laura Winslow to learn tools and techniques for improving mobility and enhancing self-care in this relaxing online class. Learn breathing and meditation practices, qigong, and chair yoga movements that you can incorporate into your life.

This ongoing class is offered by The Learning Well at La Clinica. For more details, call 541-494-4796 or go to thelearningwell.org/class-workshop/moving-with-ease.



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1699 Homes Avenue
Ashland, OR 97520



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Thank you to our October sponsors!



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