



Senior Services Division

# Senior News September 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**

## Social Security Planning

**Wednesday, September 13, 5:30-7pm**  
**Ashland Senior Center, 1699 Homes Ave**  
**FREE.** Registration required: 541-488-5342

This workshop will help you make sound financial choices about your retirement income. Learn how Social Security is taxed and consider the right time to start Social Security payments to maximize your benefits.



**Presenters**  
**Melissa Mlasko**  
**& Cheryl**  
**Harrison** are insurance agents with Futurity First and are not affiliated with any government agency.



**FUTURITY FIRST**  
Retirement | Life | Health

## Medicare 101

**Monday, September 18**  
**1-3pm**  
**Ashland Senior Center,**  
**1699 Homes Ave**

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

Medicare Open Enrollment runs from October 15 – December 7 this year. This is the time when you can make changes to your plan(s). Come learn more about your options and the free services available to help guide you.

Presented by **Becky Foster** of SHIBA (Senior Health Insurance Benefits Assistance), a nonprofit, unbiased program offering Medicare counseling.



**Save the Date!**

**Flu and COVID-19 Vaccine Clinic**  
**Fridays, October 13 and 27**  
**1:00-5:00pm**  
**Ashland Senior Center**



Watch for details and sign-up information in our October newsletter. Most health insurance will be accepted with no co-pay. Funding from AGE+ will support assistance for people without insurance.



**Ashland Senior Center will**  
**be closed on Monday,**  
**September 4 for Labor Day.**

## Featured Activities & Classes

The Ashland Parks & Recreation **Fall 2023 Playguide** is out! For full details and to register, see the online Playguide at [ashland.or.us/register](https://ashland.or.us/register). See page 3 of this newsletter for our full calendar of activities and classes. We highlight a few programs in each newsletter. Ask about our scholarships.

**NEW! Book A Librarian  
at Ashland Senior Center**  
3rd Mondays, by appointment  
Free. Registration required:  
541-488-5342



One-on-one tutoring 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.



### Weekly Movie Update

We are transitioning from DVDs to streaming for our weekly movies. Please bear with us as we adjust to this new procedure. See movie schedule on page 4. Thank you to our movie sponsor: **Weatherly Senior Communities!**



### Digital Education

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

### Technology Basics Classes

Selected Wednesdays, 2-3:30pm

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



### Digital Technology Tutoring By appointment

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



### NEW! Line Dancing 2

Thursdays, September 7-28, 1-2:30pm  
The Grove, 1195 E Main St  
\$20/4 classes. Register at  
[ashland.or.us/register](https://ashland.or.us/register) or 541-488-5342

This new Line Dancing class is for more experienced line dancers who want to learn and practice more advanced moves and choreography. Taught by **Risa Lewellyn**, who enjoys all types of movement and is looking forward to bringing a new repertoire of line dancing to Ashland.

Line Dancing 1, taught by Lynn Roberts, will continue to be offered on Mondays, 1-2:30pm at the Grove.



### Advance Registration for October Programs

#### NEW! We Keep Dancing

Thursdays, Oct 5-Nov 9  
11:15am-12:15pm  
Hybrid: Zoom or at  
The Grove, 1195 E Main St  
\$50/6 classes  
Instructor: Audrey Flynn



#### NEW! Personalized Strength & Balance Training

Mondays & Thursdays, Oct 5-30, 9-10am  
Ashland Senior Center, 1699 Homes Ave  
\$80/8 classes  
Instructor: Beth Morris

Learn more and register at  
[ashland.or.us/register](https://ashland.or.us/register) or 541-488-5342



# SENIOR ACTIVITIES CALENDAR

## SEPTEMBER 2023



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (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.



4 CLOSED



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

18  
9:30a Tai Chi 3 (G)  
10:30a Gentle Yoga  
11a Computer Tutor  
11:30a F&F lunch  
12p Book A Librarian  
1p Line Dance 1 (G)  
1p Medicare 101

25  
9:30a Tai Chi 3 (G)  
10:30a Gentle Yoga  
11a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 1 (G)

5  
9:30a Tai Chi 1 (G)  
9:30a Discussion  
Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

12  
9:30a Tai Chi 1 (G)  
9:30a Discussion  
Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

19  
9:30a Tai Chi 1 (G)  
9:30a Discussion  
Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

26  
9:30a Tai Chi 1 (G)  
9:30a Discussion  
Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

6  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
2p Young at Art

13  
9:15a Gentle Yoga  
10a Adv Directives  
10:30a Gentle Yoga  
11:30a F&F lunch  
5:30p Social Security  
Planning

20  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
2p Tech Basics:  
Windows/PC  
5:30p Dementia  
Caregiver Group (Z)

27  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch

7  
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

14  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg  
1p Spades

21  
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

28  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg  
1p Spades

1  
CLOSED except for:  
11:30a F&F lunch

8  
CLOSED except for:  
11:30a F&F lunch

15  
CLOSED except for:  
11:30a F&F lunch

22  
CLOSED except for:  
11:30a F&F lunch

29  
CLOSED except for:  
11:30a F&F lunch

## Patron Spotlight: Verl "Rowdy" Yates

Verl "Rowdy" Yates was born 1937 in Reno, Nevada. Throughout his life, he has lived all over Northern California and Southern Oregon. His family came to Ashland in 1947, and he graduated from Ashland High School in 1955. His senior year, he won first place in a singing competition at school.

Rowdy got his nickname from a boss who called him "a rowdy S.O.B.", and he also identified with Clint Eastwood's character, Rowdy Yates, in *Rawhide*. Rowdy worked for many years as a sawyer for McGrew Bros. Sawmill. He also served as a reserve officer for the Ashland Police, in many positions with the Ashland School District, country music DJ at KWIN and landscaper. After retiring at age 55, Rowdy built sets for local theaters. Rowdy has two sons, who live with their families in Oregon. He enjoys their visits with his grandchildren and great-grandchildren.



Rowdy comes to Ashland Senior Center for the Food & Friends lunch every weekday and participates in the weekly Discussion Group. He enjoys the friendly and warm conversations and peoples' positive attitudes at the Senior Center. He says "it picks him up" to come here.

*Let us feature you in the Patron Spotlight! Please contact us at 541-488-5342 or [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us).*

### WEEKLY MOVIE MATINEES Showtime 1:00pm

#### **Tuesday, September 5: The Upside (2hr 6min) 2019 PG-13**

From worlds apart, Dell and Philip form an unlikely bond. Bridging their differences and gaining invaluable wisdom in the process, both men find a renewed passion for all of life's possibilities.

*Stars: Kevin Hart, Bryan Cranston, Nicole Kidman, Julianna Margulies, Tate Donovan*

#### **TUESDAY, September 12: Puzzle (1hr 43min) 2019 R**

While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it.

*Stars: Kelly Macdonald, Irrfan Khan, David Denman, Bubba Weiler, Austin Abrams*

#### **TUESDAY, September 19: The Boy Who Harnessed the Wind (1hr 53min) 2019 PG-13**

A 13-year-old boy must leave the school he loves when his family can no longer afford the fees. He sneaks into the library and learns how to build a windmill to save his village from a famine.

*Stars: Aïssa Maïga, Beatus Ble Msamange, Chiwetel Ejiofor, Felix Lemburo*

#### **TUESDAY, September 26: A Man Called Otto (2hr 6min) 2022 PG-13**

Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol.

*Stars: Tom Hanks, Mariana Treviño, Rachel Keller, Manuel Garcia-Rulfo*

*Closed Captioning always offered when available.*

*Thank you to our 2023 Weekly Movie sponsor:*





## Thank You to our Sponsors, Volunteers, and Guests!

We had so much fun at our Ice Cream Social on **August 9!** We had the biggest turnout ever for this annual event! Thank you to all who helped make this event so awesome: Village at Valley View, Ashland Brass, and our volunteers Cori, Esther, Janine, Jim, John E, John F, Kathy, Patty and Scott.



### ASAC Update

ASAC will meet next on **September 11, 3:30-5:00pm** **in-person** this month at **Ashland Senior Center**. 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.

## Community Programs

### Help with Medicare Drug Costs

Thanks to a new federal law, many people with Medicare will qualify for additional savings on Medicare Part D drug coverage starting in 2024.

If you make less than \$22,000/year (\$30,000 for married couples), you may qualify for Medicare "Extra Help." You can cut your Medicare Part D premium to \$0 and greatly reduce your prescription drug co-payments. Go to [Medicare.gov/ExtraHelp](http://Medicare.gov/ExtraHelp) to see if you qualify.



### Virtual Parkinson's Education

#### Preparing for the Unexpected Thursday, September 14, 11am

Learn about ways to prepare for the future with Parkinson's Disease. From unexpected absences of a care partner to the logistics of paperwork, this program gives you concrete ways to prepare.

#### End of Life Choices

##### Wednesday, September 20, 11am

Ani Sinclair, a volunteer with End of Life Choices Oregon, will explain several paths towards a peaceful death, including using Medical Aid in Dying (MAID or Death with Dignity) and Voluntary Stopping Eating and Drinking (VSED), as well as answer your questions.

Registration required: [pro.eventbrite.com](http://pro.eventbrite.com)  
or 800-426-6806. Learn more at  
[www.parkinsonsresources.org/programs](http://www.parkinsonsresources.org/programs).



Senior Services Division

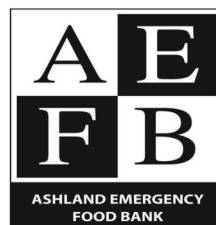
Senior Services Division  
1699 Homes Avenue  
Ashland, OR 97520



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Thank you to our September sponsors!



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