

# Winter/Spring 2024

JAN | FEB | MAR | APR













# interim director's message

Days are shorter, nights are chillier, and many of us await the first coming of snow to the Rogue Valley. Winter brings cozy time inside, but it also brings new opportunities for outdoor activity and exploration. I always look forward to when downtown Ashland transforms into a storybook village of lights and Lithia Park a bustling place with the Ashland Rotary Centennial Ice Rink at its center. It's a great time of year to enjoy winter activities, as well as to participate in indoor programming, both options you will see in this Playguide.



This season, we honor the amazing volunteers that make APRC the incredible community asset it is today. Every year, volunteers donate roughly 10,000 hours to APRC, across all our programs. Yes, you read that correctly—that's TEN THOUSAND HOURS! This includes volunteers in our Adopt a Park Program, Park Host Programs, Volunteer Instructors, Event Support, Senior Program, Park Host Programs, Committee Members, Park Commissioners, Services Volunteers, Advisory Committee Members, and Garden Volunteers, Park Docent Programs, Park Maintenance Volunteers, and Garden Volunteers, just to name a few.

These thousands of hours freely given by a veritable army of volunteers are a testament to Ashland values and its connection to place. Our magical valley is stunning, whether blanketed in snow or wildflowers, it never ceases to take one's breath away and inspire the art, literature and service that is so intrinsic to this community.

APRC has much to celebrate this season—particularly the formal recognition of four amazing parks staff, partners, and volunteers. We are so honored to recognize three Oregon Recreation and Parks Association award winners: Volunteer Service Award for Senior Services volunteer Kathy McNeal, Private Sector Partner Award for Rogue World Music, and Section for Older Adult Resources (SOAR) Award for Outstanding Management Staff to Isleen Glatt! Resources (SOAR) Award for Outstanding Management and volunteer Anne Finally, Ashland Senior Advisory Committee member and volunteer Anne Bellagia was awarded the AARP Andrus Award for Community Service. Congratulations to all our award winners and deepest gratitude for your time, service and devotion to APRC and this community.

Leslie Eldridge - APRC Interim Director

# Ashland Parks and Recreation Commission Fun, it's in our Nature!

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# 19 Parks, Open Spaces & Trails in Ashland!

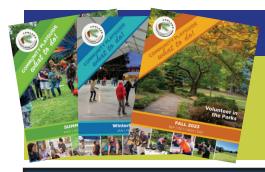
We manage over 766 acres of parkland and open space and comanage 53 miles of trails. Are you nterested in viewing a map of APRO properties? Or maybe you want to check out maps for the local trails? Visit ashland.or.us/ParksMaps.

Another great source is the Ashland Chamber of Commerce Map Guide! Pick one up at the Chamber or visit: AshlandChamber.com



## **On The Cover** | Celebrating all the volunteers that make APRC work for you!

Special thanks to our volunteer photographer Bob Palermini. See more of his work at palermini.com



## advertise with us...

We offer great exposure for your business! Your first step is to fill out our online application at **ashland.or.us/AdvertiseSponsor**.

If you have questions, don't hesitate to email **parksinfo@ashland.or.us** or call **541-488-5340**.

## Have you heard the news?

There's a new local community news source focused on all things Ashland. Ashland.news is an independent, nonprofit, professional news service supported by and serving residents of Ashland and nearby areas. Find us online at **Ashland.news** and sign up for the free emailed newsletter and read accurate, trustworthy and timely local and useful news and information about Ashland and surrounding areas.

Ashland.news — Filling the community news cupboard with locally sourced, nutritious brain food since 2022.

Our community. Our news. Ashland.news





# how to register

For full program descriptions and to register, visit **ashland.or.us/Register**Registration is required for all programs, unless otherwise indicated

# APRC is Switching to a New Registration Platform to Better Serve You

#### WHAT'S IN IT FOR YOU?



**EASE OF USE:** You can now register and pay for activities, see your and your family's schedule at-a-glance and update account information ALL on one online platform. Simply access your user account on your desktop and download the Amilia app through your app store. No more waiting in lines!

**TRANSPARENCY ALL THE WAY:** View each family member's activities, memberships and billings so that you can keep track of payments made, upcoming payments, and any balances due. Filing paper copies of invoices and receipts is a thing of the past!

**AN ACTIVITY HUB FOR YOUR FAMILY:** Explore, discover and sign up for recreation programs and facilities from one centralized hub. Updated in real-time, they are now accessible anytime, anywhere.

#### A 5-STEP GUIDE TO HELP YOU GET STARTED

- 1 Go to ashland.or.us/Register
- 2 Click on the Register button
- 3 Create your account
- 4 Once connected to your User Account, click on your email address (top right of your screen) and go to my account
- 5 Click on **Members** and add your personal information and address

#### YOU ARE ALL SET — START BROWSING PROGRAMS!

#### Need Help?

- Call 541.488.5340 (Please allow one to two business days for a reply)
- Come into an APRC facility
  - o For general and Nature Center programs: The Grove, 1195 E Main | Mon, Wed, Fri, 9 am-1 pm
  - o For senior programs: Ashland Senior Center, 1699 Homes Ave | Mon-Thurs, 8:30 am-3:30 pm

Information on our refund policy is online at ashland.or.us/Register.

## Interested in becoming an instructor for APRC?

Find everything you need to know at ashland.or.us/Instructors.



# youth programs (up to 18)

For full program descriptions and to register, visit ashland.or.us/Register Registration is required for all programs, unless otherwise indicated

#### FITNESS & MOVEMENT

## Junior Fundamentals of Golf - \$55 (3 weekly sessions)

This class will cover the FUNdamentals of golf with different elements of training each week including putting, chipping, full swing! This is perfect for both beginners and advanced players looking to improve on their fundamentals. To sign up, email: contact@westcoastga.com.

Weekly emphasis on:

• Putting • Short Game • Full Swing

Saturdays | Ongoing | 9-9:45am Oak Knoll Golf Course

Instructor: West Coast Golf Academy



## **Beginning Tennis for Youth (K-12)**

- \$60 (4 classes)

All registrants receive a free, one day pass to the club.

Pre-registration required for this class by calling the Ashland Tennis and Fitness Club @ 541-482-4073

Saturday | 5-6pm | Ashland Tennis and Fitness Club Session 1: Jan 13-Feb 3 | Session 2: Feb 10-Mar 2 Session 3: April 6-27 | Session 4: May 4-25 Instructor: Ashland Tennis and Fitness Club Tennis Pro

## **Kaleidoscope Play and Learn (KPL)**

#### - FREE

Southern Oregon Early Learning Services Hub presents KPL at North Nature Center. KPL is a free, drop-in playgroup for children 0-5 and their caregivers. Caregivers will have time to connect while children play alongside them, enjoying everything from blocks, playdough, books, and so much more. With every family receiving a free, new book every week, this entire program is funded through a State of Oregon Early Learning grant.

For more information concerning Southern Oregon Early Learning Hub, please visit our website using the QR code.

Friday | Jan 12-Apr 26 | 10-11:30am North Mountain Park Nature Center Facilitator: Cassie Jensen, Certified Parent Coach







## FITNESS & MOVEMENT

#### Let's Play Lacrosse - \$50 (4 classes)

Americas First Sport and the Fastest Game on Two Feet. No experience necessary and equipment is provided. Please wear athletic shoes and bring a water bottle.

Saturday | Feb 10-Mar 2nd | 11am-Noon Location TBD | Ages 6-17 Instructor: Mark Brown Register online: rvyla.org

Try Lacrosse for Free on Saturday Feb 3, 11am-12:30pm! E-mail letsplay@rvyla.org for more information

### **Rogue Valley Youth Lacrosse League** - \$200

Come play in the 3rd Annual Rogue Valley Youth Lacrosse League! Boys and Girls teams based on age will play against kids from Medford and Central Point. Practice Tuesday and Thursdays 5:45-7pm at Ashland Middle School starting March 12th. Games on Saturdays starting in April at Lithia Driveway Fields. No experience is necessary and equipment is available for loan. The season ends with the final game on June 1st.

Mar 12-Jun 1 (no practice/games during Spring Break) Ages 6-15 | Ashland Middle School Instructor: Mark Brown

Register online: rvyla.org

### ADAPTED PROGRAMS

### **Adapted Socials - FREE**

Participants will enjoy time to play a variety of games including Nintendo Switch, PlayStation 4, board games and food too! Players can bring their own games including video games and gaming systems. Fidgets and headphones are available. Please provide food allergy info and register for FREE at www.ashland.or.us/register

Friday | 5:30-7pm | Ashland Senior Center Session 1: Jan 19 | Session 2: Feb 16 Session 3: Mar 15 | Session 4: Apr 19 Instructor: Rhonda Smerdon, Autism Society of Southern Oregon

## **NATURE & GREEN LIVING**

Winter Bird Walk - \$10



**Project FeederWatch - FREE** 



See p 11

# Senior Services Division



### Senior Services Division - Ashland Senior Center 1699 Homes Avenue in Ashland | Mon - Thur, 8:30 a.m. - 3:30 p.m. 541.488.5342 | ashlandseniorservices.org

The APRC Senior Services Division enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. The Senior Services Division offers a variety of services and activities at the Ashland Senior Center and advocates for senior needs throughout the community. For more information or to request a monthly newsletter, call 541.488.5342 or email seniorinfo@ashland.or.us.

#### **Services**

The following services support seniors and their families. Most services and activities are free, but classes may have a small fee. Please call to sign up.

- Information & Referral and Resource Consultations: Referrals to resources for seniors and family caregivers, by appointment for more in-depth resource consultations
- **Education:** Seminars and workshops on topics of interest to seniors and their families
- Recreation and Social Activities: Weekly games, movies, discussion group, movement classes and special events
- **Advance Directives Assistance**
- **Computer, Tablet and Phone Instruction**
- Passes for RVTD Bus or Valley Lift: Available to eligible residents 62 and older
- Senior Utility & Internet Discounts: Offered by City of Ashland for low-income customers over age 65, or over age 60 with disability
- Mike Hersh Memorial Food Pantry: Patrons may select items from our small food pantry, restocked weekly by our partner Ashland Community Food Bank
- Free Library: An honor system lending library of donated books, DVDs, magazines and jigsaw puzzles
- Ashland Senior Phone Buddy: Volunteers call buddies for regular check-ins and socializing by phone
- **Dementia Caregiver Support Group:** A monthly group for family caregivers

#### **Services from our Partners**

- Food & Friends: This program of Rogue Valley Council of Governments serves lunch at Ashland Senior Center on Monday - Friday, 11:30 a.m. - 12:30 p.m., by donation for seniors 60+ years. Home delivered meals are available for qualified seniors. Learn more at 541.734.9505
- Senior Health Insurance Benefits Assistance (SHIBA): Free assistance with Medicare, supplemental plans and prescription plans. Call 541.857.7780 for appointment
- **Southern Oregon Lions Sight & Hearing Assistance:** Offers low-cost eye exams, eyeglasses and OTC hearing aids. Learn more at 541,779,3653

#### **Meet Our Friend & Volunteer**

Kathy McNeal has volunteered over 700 hours over the past two years with Ashland Parks and Recreation Senior Services Division. For this amazing contribution, she was honored with the 2023 Volunteer Service Award from Oregon Recreation and Park Association. Kathy has volunteered doing outreach calls, office support work and serving on the Ashland



Senior Advisory Council. Thank you for your incredible service

to our community, Kathy!

For more information, call the Senior Services Division at 541.488.5342 or visit ASHLANDSENIORSERVICES.ORG



# Senior programs (50 and up)

For full program descriptions and to register, visit ashland.or.us/Register

### **ART & CULTURE**



#### Young at Art - \$5/class

1st Wednesdays | 2-3:30pm | Ashland Senior Center Instructor: Shea Cathey Call to sign up: 541.488.5342

### **Intro to 19th Century Guitar** Music - FREE

Wednesday | January 31 | 1-3pm | Ashland Senior Center Presenter: Matt Dorris (Guitar Society of Southern Oregon) Call to sign up: 541.488.5342

#### Write Your Memoir - FREE

Mondays | March 4-25 | 2-3:30pm | Ashland Senior Center Instructor: Judy Ticehurst Call to sign up: 541.488.5342

#### Japanese Garden Guided Walk - FREE

Monday | April 29 | 1-3pm | Lithia Park Japanese Garden Guide: Patty Winner Call to sign up: 541.488.5342

#### **EDUCATION & ENRICHMENT**

## **Dementia Caregiver Support Group - FREE**

3rd Wednesdays | 5:30-7pm | Zoom Facilitator: Becky Martin Call to sign up: 541.488.5342

## **Computer, Phone and Tablet Tutoring - FREE**

By appt. I Ashland Senior Center Tutors: Judy Blue, Phil Settles Call to sign up: 541.488.5342

#### **EDUCATION & ENRICHMENT**



hoto by: Bob Palermini

#### **Technology Basics Classes - FREE**

3rd Wednesdays | 2-3:30pm | Ashland Senior Center Instructors: Jackson County Library Services staff Call to sign up: 541.488.5342

#### AARP Smart Driver Course - \$20-25

Wednesday-Thursday | Jan 24-25 & Apr 24-25 | 1-4:15pm **Ashland Senior Center** Instructors: Jim Nagel, Daniel Wise Call to sign up: 541.488.5342

#### **Healthy Brain & Aging - FREE**

Wednesdays | Feb 14 & 28 & Mar 13 & 27 | 12:30-2pm **Ashland Senior Center** Instructor: Jennine Greenwell (Oregon Behavioral Health Initiative) Call to sign up: 541.488.5342

### Cybersecurity Basics - FREE

Wednesday | March 6 | 2-3:30pm | Ashland Senior Center Instructor: Jackson County Library Services staff Call to sign up: 541.488.5342

### FITNESS & MOVEMENT

## **Personalized Strength & Balance Training - \$80/month (8 classes)**

Mon & Thu | 8:30-9:15am or 9:15-10am | Ashland Senior Center Mon & Thu | 11-11:45am or 11:45am-12:30pm | The Grove Instructor: Beth Morris

Register at ashland.or.us/register or call 541.488.5342

## **Virtual Personalized Strength &** Balance Training - \$52/month (8 classes)

Mondays & Thursdays | 5-5:30pm | Zoom Instructor: Beth Morris

Register at ashland.or.us/register or call 541.488.5342

Register Today



Photo by: Bob Palermini

# senior programs (50 and up)

For full program descriptions and to register, visit **ashland.or.us/Register**Registration is required for all programs

### FITNESS & MOVEMENT



### Line Dancing 1\* - \$9-15/month

Mondays | 1-2:30pm | The Grove Instructor: Lynn Roberts Register at ashland.or.us/register or call 541.488.5342 \*This ongoing class is for Line Dancing newcomers and beginners.

### Line Dancing 2\* - \$15-25/month

Thursdays | 1-2:30pm | The Grove

Instructor: Risa Lewellyn
Register at ashland.or.us/register or call 541.488.5342
\*This ongoing class is for more experienced line dancers
who want to learn and practice more advanced moves and

choreography.

### Gentle Yoga - \$10-25/month

Mondays | 10:30-11:30am Wednesdays | 9:15-10:15am & 10:30-11:30am Ashland Senior Center Instructor: Cheri Theobald Register at ashland.or.us/register or call 541.488.5342

#### Tai Chi 1\* - \$12-15/month

Tuesdays | 9:30-10:30am | The Grove Instructor: Char Hersh Register at ashland.or.us/register or call 541.488.5342 \*This class is for people new to Tai Chi.

### Tai Chi 2\* - \$12-15/month

Thursdays | 9:30-10:45am | The Grove Instructor: Char Hersh Register at ashland.or.us/register or call 541.488.5342 \*This class is for those *continuing* to learn Tai Chi forms. If you are new to Tai Chi, please enroll in Tai Chi 1.

## **Register Today!**

#### **FITNESS & MOVEMENT**

#### Tai Chi 3\* - \$9-15/month

Mondays | 9:30-10:45am | The Grove Instructor: Char Hersh

Register at ashland.or.us/register or call 541.488.5342 \*This class is for those already familiar with Tai Chi forms.

#### Senior Walkabouts - \$16/8 weeks

Mondays | March 11-April 29 | 10-11am Dog Park (950 Perozzi St) Leader: Rosalie Rybka Register at ashland.or.us/register or call 541.488.5342

### **FRIENDS & FUN**



Photo by: Autie Carlisle

### Cribbage - FREE

Tuesdays | 1-3:30pm | Ashland Senior Center Call to sign up: 541.488.5342

#### American Mah Jongg - FREE

Thursdays | 1-3:30pm | Ashland Senior Center Call to sign up: 541.488.5342

#### Spades - FREE

Thursdays | 1-3:30pm | Ashland Senior Center Call to sign up: 541.488.5342

#### Go - FREE

1st & 3rd Thursdays | 1:15-3:30pm | Ashland Senior Center Call to sign up: 541.488.5342

#### **Discussion Group - FREE**

Tuesdays | 9:30-11:30am | Ashland Senior Center Call to sign up: 541.488.5342

#### Weekly Movie - FREE

Tuesdays | 1-3pm | Ashland Senior Center Call to sign up: 541.488.5342



#### **GREENS**

All 9 greens at the Oak Knoll Golf Course are open for play! (For complete schedule & closures visit OakKnollGolf.org)

#### **COMMUNITY EVENTS**

The Ashland community has hosted events at Oak Knoll GC for almost 100 years. Our gorgeous setting, knowledgeable staff and competitive pricing make us a fantastic choice for your next milestone event.

#### **NEW TO GOLF?**

Oak Knoll is the perfect place to learn the game. The staff at Oak Knoll are welcoming and supportive of emerging golfers. The practice facilities, which include the driving range, putting green and chipping green make Oak Knoll the best option for learning the game of golf.

#### **LEARN TO PLAY GOLF AT OAK KNOLL GOLF COURSE!**

West Coast Golf Academy is the only Top 50 Golf Coaching opportunity in Southern Oregon, led by owner and PGA Professional Noah Horstman and his team of expert PGA professionals. We would love to help you learn the game and accomplish your golfing goals with over 150 different programs to choose from including golf performance (fitness) from Matt Preston, GFAA Top 100 Golf Fitness Professional. Also, Junior Golf Camps, Summer Camps for youth, Junior PGA and more. We hope you give us a try!

#### To sign up:

email contact@westcoastga.com or visit www.westcoastga.com Follow us on instagram @westcoastgolfacademy



For more information

Call 541.482.4311 or Visit OakKnollGolf.org



# **SAVE THE DATE!**

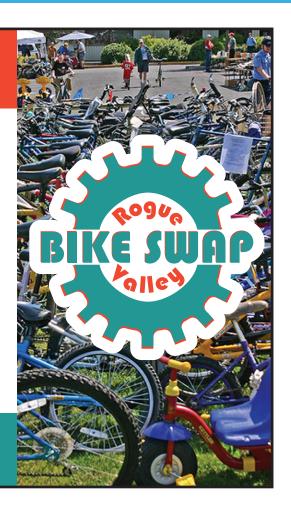
# April 27 Noon-2:30pm at The Grove

Buy, sell, or donate a bike, parts, or accessories at this festive and long-running annual event. A portion of each sale will go to fund youth bike education programs in local public schools.

in Partnership with:



Learn more and stay up to date. **Visit: RVTD.org/bikeswap** 



#### **The Bike Education Program**

The Bike Education Program, a partnership of Ashland Parks and Recreation Commission (APRC) and the Rogue Valley Transportation District (RVTD), in collaboration with Ashland Schools Foundation and Ashland Parks Foundation, is focused on bringing bike safety and lifelong bike confidence to elementary school students in the Rogue Valley. The program sends trained instructors into classrooms and gets students out for practice rides. These safe and fun classes give students the tools they need to cycle with confidence and teach them how to be responsible riders.

The program is funded primarily through the Rogue Valley Bike Swap, an annual event which provides an opportunity to find an affordable bike, sell a used bike, and learn about bike advocacy and alternative transportation methods. APRC and RVTD hold weekly volunteer work parties, where donated bikes are tuned up and made ready to sell at the swap or donated to local organizations for distribution to those in need.

The Bike Education Program aims to educate every student in the Rogue Valley about proper bike safety techniques. Donations support the hiring of classroom instructors and help to purchase a trailered fleet of new bikes for use in our schools.



## NORTH MOUNTAIN PARK NATURE CENTER



# About North Mountain Park & The Nature Center

North Mountain Park Nature Center, located next to Bear Creek at **620 N Mountain Ave.**, offers a variety of programs and exhibits. All year round, from sunrise to sunset, visitors can enjoy the Demonstration Gardens, nature trails, pavilion, picnic and play areas.

NATURE CENTER OPEN TO THE PUBLIC TUESDAYS & THURSDAYS 9AM-1PM



Look for this icon for programs in North Mountain Park! .....







#### **Meet North Mountain Park's Weed Warriors**

"When you are feeling concerned about the state of our planet, sometimes it helps to just get out and do something."

These folks do A LOT for North Mountain Park. From the 3rd week in March to mid-November, this group of dedicated volunteers show up every Thursday morning to work in North Mountain Park's natural habitat area. They do everything from pulling star thistle, to cutting blackberry, to planting native shrubs. Their work helps to improve the park's wildlife habitat, supports good watershed function, and offers visitors a nice experience while walking, sitting, and wildlife-watching in North Mountain Park.

"It's really a type of therapy" say some of the volunteers, who regularly show up to talk with friends and work together, caring for a park they enjoy visiting. Removing blackberries, a team favorite, has the added benefit of removing potential fire fuels and freeing native trees and shrubs for healthy growth. You may see their piles of cut blackberries near trails and roadsides, awaiting removal by hardworking APRC staff. Our parks could never look so nice without our dedicated volunteers and our community would not be the same without our beautiful parks!

For more information, call the Nature Center at 541.488.6606 or visit

## NORTHMOUNTAINPARK.ORG



# adult programs

For full program descriptions and to register, visit ashland.or.us/Register Registration is required for all programs, unless otherwise indicated

### **FITNESS & MOVEMENT**

#### DANCE CLASSES WITH CORI GRIMN

Couples and singles welcome! No experience needed for Beginning Class. Learn more or register by visiting UpAndDancing.com or calling the instructor at 541.708.1584 Pre-registration required for beginning classes.



## **Beginning Ballroom, Latin & Swing Dance**

## - \$22 (3 classes) | \$99/person for all 6 sessions

Tuesdays | 6:40-7:40pm | The Grove

Session I: Jan 2-16	.Saisa/Bachata
Session 2: Jan 23-Feb 6	Swing
Session 3: Feb 13-27	.Rumba
Session 4: Mar 5-19	.Waltz
Session 5: Mar 26-Apr 9	Tango
Session 6: Apr 23-May 7	.Cha Cha
Instructor: Cori Grimm	

### **Intermediate Ballroom, Latin & Swing**

#### - \$22 (3 classes) | \$99/person for all 6 sessions

Tuesdays | 7:45-8:45pm | The Grove Jan 2-May 7: TBA\*

\*Dance chosen by students in previous session

Instructor: Cori Grimm



#### **Cori Grimm Instructor Bio:**

Cori's goal in life is to build community and get people of all ages hooked on ballroom dancing. To that end, her teaching style is lighthearted with an emphasis on having fun.



To register: Contact instructor sophiablanton@rogueworldmusic.org



## Middle Eastern Dance Troupe - \$144 (12 classes)

Ashland World Music Festival presents Middle Eastern Troupe Choreography. Learn a full group choreography in Egyptian style with instructor Sophia Blanton. Participants will learn easy combos with musicality and a touch of theatrics. All levels are welcome. Please wear comfortable clothing and gym/dance shoes and be able to move freely without knee/ankle pain.

Thursdays | Feb 15-May 2 | 6:30-7:30pm | The Grove Instructor: Sophia Blanton

#### **Student Review:**

"I tried belly dancing a year ago and have loved every moment! Dancing has improved my coordination, mobility and confidence. I am so grateful for Sophia and her advanced knowledge of dance and culture, you couldn't ask for a better teacher! Highly recommended for people of all skill levels."—Kellie Whitefeather



# adult programs

For full program descriptions and to register, visit **ashland.or.us/Register**Registration is required for all programs, unless otherwise indicated

#### FITNESS & MOVEMENT



## **Speed Training Class | Year Round**

These classes are designed to help warm you up and teach you how to create speed in a safe, pain free method before you play with your senior Tuesday group.

#### \$20 PER SESSION

\$139 8 Week Special \$189 12 Week Special \$229 16 Week Special



To sign up with one of our five expert PGA professional coaches email contact@westcoastga.com!

Oak Knoll Golf Course Instructor: West Coast Golf Academy

## Adult Fundamentals Of Golf - \$65

#### (3 weekly sessions)

This class will cover the FUNdamentals of golf with different elements of training each week including putting, chipping, full swing! This is perfect for both beginners and advanced players looking to improve on their fundamentals. *To sign up, email: contact@westcoastga.com.* 

Weekly emphasis on:

• Putting • Short Game • Full Swing

Saturdays | Ongoing | 9-9:45am Oak Knoll Golf Course

Instructor: West Coast Golf Academy

#### **Golf 101 - \$149 (4 week sessions)**

Starting in the parking lot and ending on the course. Your professional staff will guide you through the processes that may seem intimidating and get you on the course in a fun and friendly environment (Includes Operation 36 Play Days). To sign up, email: contact@westcoastga.com.

January, February, March, April Sessions Available Oak Knoll Golf Course

Instructor: West Coast Golf Academy

#### FITNESS & MOVEMENT

# On Course Training Special! - \$199 (4 on course player lessons)

Grab three other friends and head to the course for a 9 hole training experience. We will give you a complete analysis of your game. *To sign up*, *email: contact@westcoastga.com*.

Oak Knoll Golf Course

Instructor: West Coast Golf Academy

## **Beginning Tennis for Adults**

- \$80 (4 classes)

All registrants receive a free, one day pass to the club. Pre-registration required by calling ATFC at 541.482.4073

Saturday | 5-6pm | Ashland Tennis & Fitness Club Session 1: Jan 13-Feb 3 | Session 2: Feb 10-Mar 2 Session 3: Apr 6-27 | Session 4: May 4-25

Instructor: Ashland Tennis and Fitness Club Tennis Pro

### **NATURE & GREEN LIVING**

#### Project FeederWatch - FREE NMF



Join our expert birding volunteers, to learn about local winter birds and help count them as they visit the feeders at North Mountain Park. The information collected will be submitted to Cornell University's FeederWatch project, a nationwide citizen-science bird-monitoring effort.

Alternate Saturdays through March: Jan 6, Jan 20, Feb 3, Feb 17, Mar 2, Mar 16 9-10am | North Mountain Park Nature Center Pavilion Instructors: Expert Birders from the Rogue Valley Audubon Society. Pre-registration not required

### Winter Bird Walk - \$10 NM



Stroll through North Mountain Park with local birding experts from the Rogue Valley. On this walk, you'll learn to identify birds by sight and call with other bird enthusiasts. Loaner binoculars available! *Register call* 541.488.6606 or visit ashland.or.us/register

Jan 13 | 8:30-9:30am North Mountain Park Nature Center Pavilion Instructor: Vince Zauskey

# **Register Today!**



# adult programs

For full program descriptions and to register, visit ashland.or.us/Register Registration is required for all programs, unless otherwise indicated

#### **NATURE & GREEN LIVING**

## Seed Swap - FREE NMP



Bring your vegetable and flower seeds to trade at this annual, free, seed swap. Seed should be sorted from plant material. Please bring containers or envelopes to take seed home.

Friday | Feb 16 | 2-4pm North Mountain Park Nature Center Instructor: Nature Center staff Pre-registration not required

## **North Mountain Park Garden Opening - FREE**



Celebrate spring and learn how you can be a part of the beautiful gardens at North Mountain Park. Join us for the first garden party of the season! Tools and instruction provided.

Wednesday | Mar 20 | 10am-Noon North Mountain Park Instructor: Nature Center staff Pre-registration not required



## **Arbor Day Tree Planting Work** Party - FREE



In celebration of Arbor Day, the Ashland Tree Commission will hold its annual tree planting at North Mountain Park. Equipment, instructions, and snacks provided. All ages welcome. Registering helps us plan for supplies, but dropins are also welcome. Register at ashland.or.us/register or call 541.488.6606

Friday | Apr 26 | 10am-Noon | Meet at the North Mountain Park Nature Play Area on the bike path Instructor: Pete Baughman, APRC Arborist





# 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**: ashland.or.us/Alerts! Online registration is the best way to sign up; however, you may also text "97520" (message field) to "888777" (recipient field). **Families with older children who have smart phones or watches are encouraged to create an account for each person with a device.** 

Also, be sure to follow the City on social media!

On Facebook @cityofashlandoregon

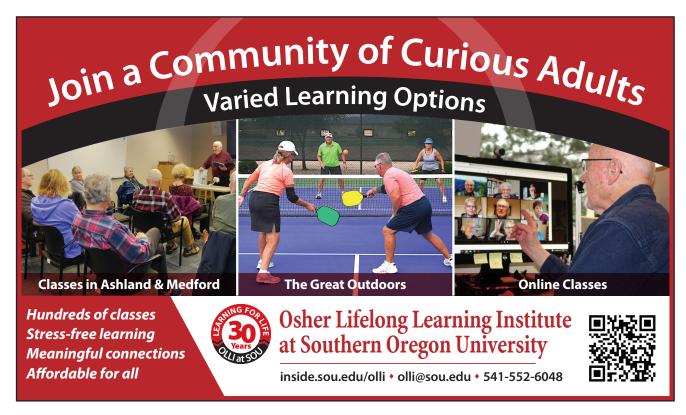
On Twitter @cityofashland

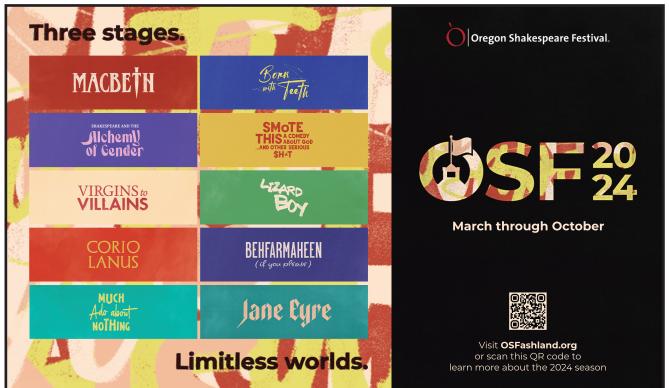
ashland.or.us

**ashland.or.us/BetterPrepared** (Emergency preparedness) **ashland.or.us/Alerts** (More information on the City alert system)

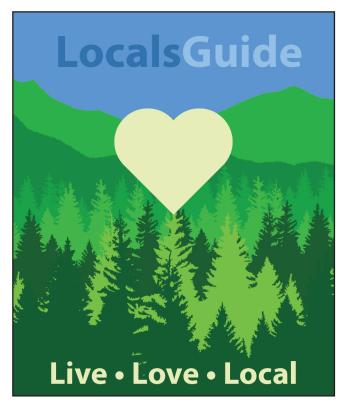
















## Building Community. Sharing Food.

"You want to help, we make it easy!"

Join a simple, powerful way to reduce hunger, right here in Ashland. Become a food donor.

Learn more at AshlandFoodProject.com



## advertise with us...

We offer great exposure for your business! Your first step is to fill out our online application at **ashland.or.us/AdvertiseSponsor**.

If you have questions, don't hesitate to email parksinfo@ashland.or.us or call **541-488-5340**.

## The Values that Guide Us

"I believe that there is a subtle magnetism in nature, which, if we unconsciously yield to it, will direct us aright." — Henry David Thoreau

The hard-working staff of the Ashland Parks & Recreation Commission are passionate about the work we do. We care deeply for the parks we maintain and the programs we offer, to provide community enjoyment and connection for all visitors. Why do we love our work so much? Let us tell you!

## **Community | Education | Pride in Work | Stewardship**

These four values are the pillars of APRC and are at the heart of everything we do. Whether you find joy on the pickleball court, in a yoga class, next to a bubbling stream, or at a busy dog park, we are dedicated to providing opportunities to get outside, learn new things, and be a part of what makes Ashland so special. Our programs are carefully curated to include all community members no matter your age, ability, or association. You belong here!

This is our commitment to YOU, and to future generations. To learn more about our parks and programs visit AshlandParksandRec.org.



## **APRC Values**



# We value the cultural, social and ecological diversity of our community.

That's why APRC is committed to the health of our team, our public and our environment, every day. We are responsive to our community by public processes that build trust through transparency and equity. Our tool-kit includes kindness, fairness and a heaping serving of fun!



# We believe that learning improves our quality of life.

That's why APRC works collaboratively with partners to cultivate curiosity in our community. We provide accessible opportunities to all, stimulating life-long learning through internal trainings, youth education, recreational programs, publications and events that both inspire and connect.

# We are inspired to do better and be better.

That's why APRC is committed to excellence through teamwork, innovation and integrity. We hold ourselves professionally accountable to our customers, to our partners, to one another and to ourselves. We love our work, so every day we show up with creativity, compassion and a sense of humor.



**Education** 

**Stewardship** 

#### We are grateful to be entrusted with public lands.

That's why APRC undertakes careful planning to protect both our natural resources and our fiscal sustainability. As stewards, we take a long view of our responsibility, and we work together with our community and volunteers striving to enhance the beauty, diversity and ecological integrity of our parks.



## **Ashland Rotary Centennial Ice Rink**

95 Winburn Way | ashland.or.us/IceRink







# FOR MORE INFORMATION ON ALL OF OUR PROGRAMMING, DAILY SCHEDULES AND EVENTS:

Visit: ashland.or.us/IceRink | Call: 541.552.2258

Watch for info on Instagram and Facebook @AshlandParksndRec and use hashtags: #AshlandIceRink #AshlandRotaryCentennialIceRink #LithiaPark



**FAMILY-FRIENDLY SKATING** 







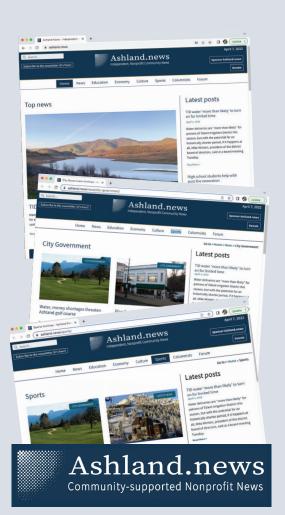
# BASIC AND FIGURE SKATING LESSONS

- SCHOOL GROUP FIELD TRIP PROGRAMS ARE BACK! Youth and Education focused groups will enjoy skating sessions during the school day on Thursday or Fridays. Groups are limited to 60 skaters per session.
- SENSORY FRIENDLY SKATING SESSIONS are now available for those needing a quieter experience at the rink.



# The 5W's

# (and a How and a You)



Ashland.news is an independent, professional nonprofit news service supported by and serving residents of Ashland and nearby areas.

What: Ashland.news gathers, verifies and distributes reliable, trustworthy and timely Ashland community news and information via its website and email newsletters.

**When:** Ashland.news is a website available 24 hours a day, 365 days a year, updated regularly with local news and information. Ashland.news also sends out an email newsletter three times a week with links to stories posted on the website.

Where: Ashland.news is available on your desktop computer, tablet and mobile device. Ashland.news strives to cover the entire Ashland community and nearby areas.

Ashland.news exists to inform the civic dialogue and promote cultural engagement in the hope that will help make it possible for residents of Ashland and adjacent communities to engage in informed conversations and effective collaboration, representing diverse points of view while seeking a common way forward.

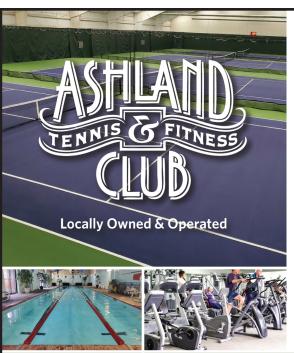
How: Ashland.news is a community-supported, nonprofit organization sustained by donors and sponsors.

Ashland.news exists to serve the community, and will only exist if the community supports it. We believe quality news and current information should be accessible to everyone. We can only continue to provide this service if those who can support us, do support us. You can go to Ashland.news and make a one-time or ongoing donation, whether of \$15 or \$20 or \$25 per month, that will keep this piece of civic infrastructure a sustainable, ongoing part of the community. That will be up to you.

Our community. Our news. Ashland.news







Experience an affordable membership that makes you feel like part of a community and not just another face in the crowd! Choice of Tennis, Fitness or Swim memberships - or combine all three.

#### Featuring:

- Indoor Tennis Courts
- Indoor Lap Pool (Private Lanes)
- Fitness Center
- Sauna

- Spa
- Massage
- Tennis Lessons & Clinics
- Fitness Classes
- Personal Training



Tennis Classes: Youth Page 3 | Adult Page 11

**FREE ONE-DAY PASS** Locals please come in and speak with our friendly staff about getting your free one day pass to try out our great facility!

Hours: Mon-Fri 7am-9pm | Sat-Sun 8am-5pm

541-482-4073 | ashlandtfc.org | 735 Jefferson Ave | Ashland, OR









## Keeping you connected.

Since 1969, Jefferson Public Radio has provided a connection to the people, events and ideas that shape Ashland, our region and our world. We've covered the news with a belief that informed people make better citizens. We've approached music as a vital connection to the human spirit. JPR is here for you ... always. Learn more at www.ijpr.org.

## In Ashland

News & Information 102.3 FM · 1230 AM

Classics & News 88.3 FM · 90.1 FM

Rhythm & News 89.1 FM



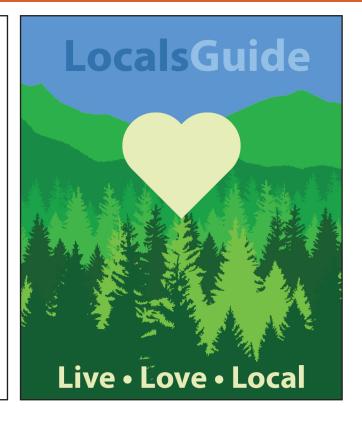


# PLAY BALL with RVSA

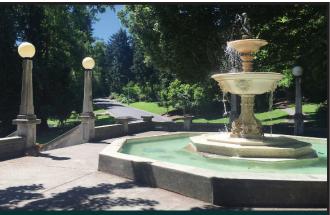
The Rogue Valley Softball Association is an all-abilities, co-ed senior softball league for men age 48+ and women 30+. We offer, fun, friendship and exercise with a doubleheader every Wednesday morning from mid-March to the end of September at Lithia & Driveway fields in Medford.

You say you haven't played in a long time? Not a problem! RVSA is a great way to get back in the swing. In addition to games, we also offer open practices every Tuesday and Thursday morning.

For more information and to learn how to register, visit our web site: RVSoftball.org.







The Ashland Parks Foundation is raising funds to restore the Butler-Perozzi Fountain.

Join us in supporting Ashland Parks! **AshlandParksFoundation.org** 

Ponate Today!





# facilities & amenities







Nature Center



Ashland Rotary Centennial Ice Rink

## **FACILITIES**

THE GROVE — Open Mon, Wed, Fri from 9 a.m. to 1 p.m. The Grove houses our Recreation Division and is located at 1195 E Main St in Ashland. You can register for a program, get a map or gift certificate, apply for a scholarship, reserve a facility or just stop by to say, 'hello!'

ASHLAND SENIOR CENTER — Open Mon - Thu, 8:30 a.m. to 3:30 p.m. Ashland Senior Center is located at 1699 Homes Ave in Ashland. Learn more about the center and about our Senior Services Division on p 4.

NORTH MOUNTAIN PARK NATURE CENTER — Open Tuesdays & Thursdays from 9am to 1pm. The North Mountain Park Nature Center is at 620 N Mountain Ave in Ashland, adjacent to Bear Creek. The park offers a Nature Center, Demonstration Gardens, a nature playground, sports fields, wildlife friendly open space and trails. Learn more about this park on p 9.

ASHLAND ROTARY CENTENNIAL ICE RINK — The outdoor rink is located at 95 Winburn Way, across from the Lithia Park playground, around the corner from the Plaza, and at the corner of Nutley Street and Winburn Way. Bring the whole family! Season starts in November. Learn more on p 18.

ASHLAND JAPANESE GARDEN — The Garden is open from 7:30am to dusk 7 days per week. Located in the heart of Lithia Park, above the Butler Memorial Bandshell, across from the Pickleball Courts.

## **Park Site Rentals**

We offer many outdoor sites for rentals, from the Butler Memorial Bandshell in Lithia Park to pavilions to picnic areas.

## **Sports Fields**

We offer field rentals to local youth & adult sports organizations.

## Planning an Event for the Public?

Visit ashland.or.us/SpecialEventApplication to complete our online Special Event Application.

## **AMENITIES**

We offer sports courts, a Splash Pad in the summer, Skate Park, Dog Park, outdoor seasonal pool and ice rink, playgrounds, picnic shelters and more!

**VISIT OUR WEBSITE FOR MORE INFO!** 









Do you have a bike in need of a new home? Bike donations are needed in preparation for the Rogue Valley Bike Swap. Donated bikes will be fixed up and sold at the Bike Swap to support local youth bike education or distributed to aid organizations.

Donations are welcome at the Grove, 1195 E Main St, Ashland on Monday, Wednesday and Friday from 9am to 1p.m. Bikes should be in working order, but those in need of some repairs are welcome.

To donate at another time, or with questions and concerns please contact Sulaiman Shelton, Volunteer and Special Event Coordinator for APRC, 541.552.2264, Sulaiman.shelton@ashland.or.us.

See Event ad on p 8







Medford Parks, Recreation & Facilities is the primary regional service provider for year-round adult sports leagues and affordable youth sports programs.

# Youth Sports Camps / Programs

Flag Football
Little Hoopsters
Golf
Youth Indoor Soccer
Lacrosse



## **Adult Sports Leagues**

Basketball Soccer Softball Volleyball



#### For more information:

541.774.2400 playmedford.com sportsmedford.com



# get to know your parks

# why no dogs?

#### Why aren't dogs allowed in two (2) of our city parks?

Lithia Park and North Mountain Park do not allow dogs. Protecting wildlife in both parks is a priority. Dogs can have an impact on wildlife, historical elements and the landscape.

#### What if I keep my dog on a leash?

Wildlife have acute senses and dogs can scare wildlife, even if it is only the scent of a dog.

#### Where are dogs allowed?

Dogs are allowed **ON LEASH** in 14 parks in Ashland and **ON LEASH** within the Ashland Trails System. Dogs are allowed off leash at The Dog Park.

#### Where can I get more info?

Complete info, including ADA compliant service dog guidelines and who to call if you see a dog that is non-compliant, at **ashland.or.us/DogFriendly.** 

#### THANK YOU FOR YOUR COOPERATION!





# The ABCs of Forest Ecology for Oredson-Todd Woods (the Woods)

Have you seen the StoryMap for Oredson-Todd Woods? This wonderful resource was the inspiration of the Southern Oregon Land Conservancy (*SOLC*), who partnered with us, and solicited the expertise of City of Ashland GIS Analyst, Lea Light Richards-GISP, who created the web app.

A StoryMap was on SOLC's wish list for some time before the pandemic arrived. With field trips to the Woods canceled, they recognized the opportunity to bring a StoryMap to life while also supporting local students, teachers and families with a free, place-based science education resource. Although the intended audience for this StoryMap is elementary and middle school students and their adults, our hope is that everyone who comes to the Woods – locals and visitors, hikers of all ages, folks who have walked these trails a hundred times and those exploring for the first time – will open up the StoryMap, take the trails a little slower, and engage with this special place in a new way. To delve into this woodsy experience, visit ashland.or.us/WebApps and click on The ABCs of Forest Ecology for Oredson-Todd Woods. (Available in English or ver en español)

Wondering what a StoryMap is? A StoryMap is a beautiful integration of maps, legends, photos and storytelling (text) that allows the user to explore! Keep in mind, they are web based, so if you are going out to an area with little to no service, download them to your device (or print) before heading out.

hoto courtesy Jeffrey McFarland



# volunteer in parks

Apply and learn more at ashland.or.us/Volunteer









#### Ice Rink Volunteers

Volunteer at the Ashland Rotary Centennial Ice Rink and enjoy the festive season. Volunteers are a critical part of the rink team, and shifts are available on evenings and weekends. No skating experience required. Volunteers should enjoy working outside and interacting with the public.

# Invasive Species Removal Taskforce

Volunteers are needed to help eradicate invasive plants from our parkland. You can make a difference in restoring our parks and protecting our native plants and animals by lending a hand. Join the Invasive Species Task Force and help us remove Scotch broom, Himalayan blackberry and more. No experience necessary, and training and tools provided. Please contact for schedule of work parties which run throughout the winter and into early spring.

#### **Bike Maintenance Volunteers**

Come volunteer to fix up bikes at the Grove, 1195 E Main St, every Thursday morning, 9:30am-noon. All experience levels welcome, and some training provided. Bikes are being distributed to local aid organizations, and low-income residents of the area, as well as being sold at the Bike Swap to help raise funds for bike education in the Rogue Valley.

## Rogue Valley Bike Swap: Saturday, April 27

The Rogue Valley Bike Swap will take place on April 27th and volunteers are needed to support this community fundraiser for bike education in local public schools. Volunteer shifts include bike intake and set up on the Friday before, and day of event support. Volunteers get first pick of the great selection of bikes and accessories for sale.

### THANK YOU TO OUR ADOPT-A-PARK & TRAIL SPONSORS

- Ashland Creek Park | Ashland Christian Fellowship
- Ashland Skate Park | Pickled Planet & True South Solar
- Bluebird Park | Recology Ashland
- Calle Guanajuato | Lithia Artisans Market
- Clay Street Park | The Siskiyou School
- Dirt Jump Park | Rogue Valley Mountain Bike Association
- Dog Park | Friends of the Ashland Dog Park
- Garden Way Park | The Soroptimists
- · Garfield Park | CrossFit Iron Haven, Ashland
- Glenwood Park | Glenwood Park Stewards
- Heirloom Garden at Nature Center | Ashland Garden Club

- Hunter Park | Ashland Tennis & Fitness Club
- Lower Lithia Park | Neuman Hotel Group
- Middle Lithia Park | Peerless Hotel
- North Mountain Park | Ashland Food Coop
- Upper Lithia Park | Jovick Construction
- Oredson-Todd Woods | TRAILS & The Zaffaroni Family
- Railroad Park | Work Sharp
- Scenic Park | AHS National Honors Society
- Siskiyou MT Park | The Zaffaroni Family

## If you would like to "Adopt" please visit AshlandParksandRec.org







































Sulaiman Shelton, Volunteer & Event Coordinator 541.552.2264—sulaiman.shelton@ashland.or.us





# board of commissioners

## **Meet the Parks and Recreation Commissioners**



**RICK LANDT** rick@ashland.or.us CHAIR



**JIM LEWIS** jim@ashland.or.us VICE CHAIR



**JUSTIN ADAMS** justin@ashland.or.us

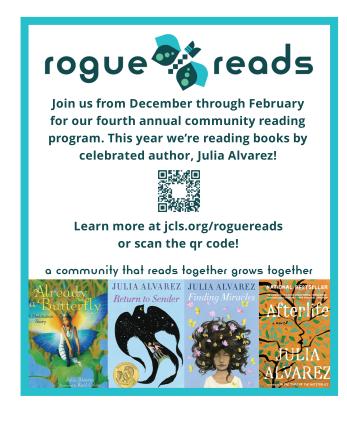


JIM BACHMAN bachman@ashland.or.us



**STEF SEFFINGER** stef@ashland.or.us

Since 1908, APRC has been overseen by an elected Commission, when the City of Ashland set aside property for parkland, authorized a permanent tax levy to fund Parks & established the first Commission. These actions were part of a City Charter amendment, overwhelmingly adopted by Ashland voters.







# useful info

# "Fun, it's in our Nature!"

### **Self-Register for a Program**

Register online at ashland.or.us/Register

#### **Follow Us!**

Follow us on social media @AshlandParksandRec on Instagram and Facebook, #AshlandParksandRec #APRC #AshlandWhatToDo #FunItsInOurNature #APRCstayConnected #APRCplayGuide

#### **Mission Statement**

The mission of APRC is to provide and promote recreational opportunities and to preserve and maintain public lands.

Our values are: COMMUNITY, EDUCATION, PRIDE in WORK, STEWARDSHIP

#### **Photo Usage**

On occasion, APRC photographs participants enrolled in recreation programs, at events or on APRC properties. The photos are used for APRC purposes only and may be included in APRC media.

### **Special Event Application**

If you are planning a public event or outdoor activity in a park, please complete our online application at ashland.or.us/SpecialEventApplication

### **Facility & Park Rentals**

APRC facilities and specified park locations can be rented for private events such as weddings, receptions, meetings, picnics and family gatherings. Complete info at ashland.or.us/Facility

## Contact us...

**Phone:** 541.488.5340

Email: ParksInfo@ashland.or.us

**Website:** AshlandParksandRec.org

#### **Administrative Office**

340 S Pioneer St • 541.488.5340 By appointment only

#### The Grove—Main Office

1195 E Main St • 541.488.5340

#### **Ashland Senior Center**

1699 Homes Ave • 541.488.5342 • SeniorInfo@ashland.or.us AshlandSeniorServices.org

#### **North Mountain Park Nature Center**

620 N Mountain Ave • 541.488.5340 NorthMountainPark.org

#### Oak Knoll Golf Course

3070 Hwy 66 • 541.482.4311 • OakKnollinfo@ashland.or.us OakKnollGolf.org @OakKnollAshland #OakKnollGolf

**SEASONAL FACILITIES** (after hours call 541.488.5340)

#### **Ashland Rotary Centennial Ice Rink**

Open Nov—Feb 95 Winburn Way in Lithia Park • 541.552.2258 ashland.or.us/IceRink #AshlandIceRink

#### **Daniel Meyer Memorial Pool**

Open Jun—Sep 1705 Homes Ave in Hunter Park • 541.488.0313 ashland.or.us/Swim #DanielMeyerMemorialPool

#### **MAIL MY GUIDE**

If you live outside of Ashland and would like to receive a hardcopy of our PlayGuide, complete the online form at ashland.or.us/MailMyGuide.

#### **Interim APRC Director**

Leslie Eldridge 541.552.2251 leslie.eldridge@ashland.or.us

#### **APRC Deputy Director**

Rachel Dials 541.552.2260 rachel.dials@ashland.or.us

#### **APRC Parks Superintendent**

Kevin Caldwell 541.552.2265 kevin.caldwell@ashland.or.us

#### **Interim APRC Senior Services** Superintendent

Natalie Mettler 541.552.2482 natalie.mettler@ashland.or.us

## ASHLAND PARKS & RECREATION COMMISSION

1195 E Main St, Ashland, OR 97520 541.488.5340 | ParksInfo@ashland.or.us AshlandParksandRec.org

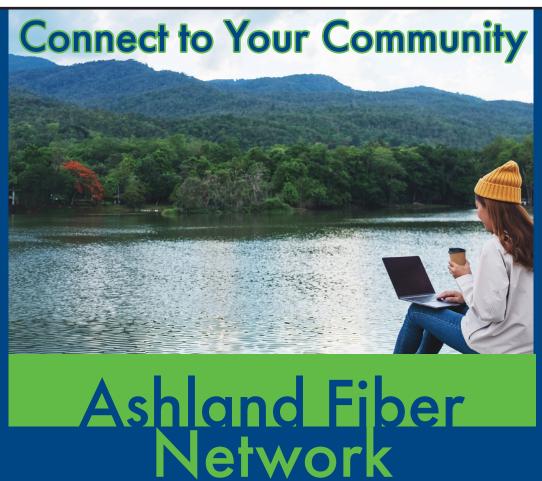
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## Winter/Spring 2024

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