



Senior Services Division

Senior News April 2024

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

Romanian Classical Guitar

Performance: Dragos Ilie

Wednesday, May 1, 1-2pm

Ashland Senior Center

FREE. Registration required:

541-488-5342

The internationally acclaimed Dragos Ilie brings an enchanting program inspired by his home of Romania. Dragos will transport you to the heart of his homeland, from lively rhythms of Romanian folk music to tender ballads that will tug at your heart strings.



Award-winning Romanian guitarist Dragos Ilie has delighted audiences across Europe, Asia, and the U.S. with his charismatic and dynamic performances. He has won awards in more than 40 international competitions, including more than 20 grand prizes. Dragos is passionate about integrating Romanian repertoire within the global guitar scene.



Co-sponsored by

Japanese Garden: Guided Walks for Seniors & Friends

Mon, April 29, 1-3pm

FREE. Registration required:

541-488-5342

Join us for a free, guided walk of the beautiful Japanese Garden in Lithia Park. Enjoy the spring blossoms and learn about this world-class attraction! This walk will be led by APRC volunteer Ken Hearnberger. Space is very limited so sign up soon!



The walks will be held at a slow pace and stay on accessible paths, to accommodate any participants with mobility limitations. Please meet at the front entrance of the Japanese Garden, facing Winburn Way. Parking is available in lots up or down the hill.



The Butterfly

By Lauren Shirk

It doesn't start
With nice big wings.
First it goes
Through many things.

An egg, a caterpillar,
A chrysalis,
Lastly a butterfly,
How amazing is this?



Featured Activities & Classes

See page 3 for our full calendar of activities and classes. Register ashland.or.us/register or call 541-488-5342. Ask about our available scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Classes

Selected Wednesdays, 2-3:30pm

- **April 17:** iPhone & iPad Basics
- **May 15:** Windows Basics for PC Computers
- **June 26:** Mac Basics for Apple Computers
- **July 17:** Android Basics



Digital Technology Tutoring

By appointment

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

Digital tutoring also offered at Ashland Library, by appointment: 541-734-3990



ASAC Update

At the March 11 meeting of the Ashland Senior Advisory Committee, Katharine Danner, Board President of Ashland At Home, presented an update about their membership services for local older adults, including transportation, personal services, household support and technical/home office support.

ASAC will meet next on **May 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.

New Sections! Personalized Strength & Balance Training

Thursdays & Saturdays, 10-10:45am or 10:45-11:30am

\$80/8 classes

Register at ashland.or.us/register or 541-488-5342

Enjoy small group personal training that helps prevent physical declines associated with aging. Each session meets twice a week for a month, excluding holidays. This program focuses on muscle, cardio, bone and brain health and body awareness. Each participant will get a customized plan and 1:1 check-ins to review goals and progress. While designed for most fitness levels, participants must be able to get up off the floor unassisted. Equipment will be provided.



Classes are also offered on Mondays & Thursdays, 7:45-8:30am.



Add life to your years and years to your life!

Instructor **Beth Morris** has worked as a coach since 2017, with certifications in Balance Training, Functional Aging, Tai Chi and Nutrition.

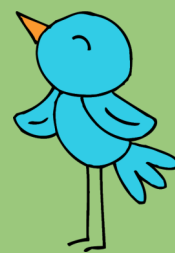
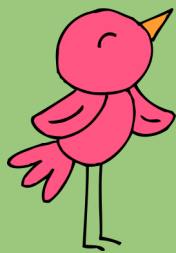
Seeking Donations

Our Free Library at Ashland Senior Center currently needs donations of **audioCD's**. Please bring donations to the office.



SENIOR ACTIVITIES CALENDAR

APRIL 2024



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

1
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
12:45p Line Dance Step Review
1p Line Dance 1 (G)

2
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

3
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2pm Young at Art

4
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg /Spades
1:15p Go

5
CLOSED except for:
11:30a F&F lunch

8
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)

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

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

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

12
CLOSED except for:
11:30a F&F lunch

15
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)

16
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

17
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
2pm Tech Basics: iPhone & iPad

18
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg /Spades
1:15p Go

19
CLOSED except for:
11:30a F&F lunch

22
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)

23
9:30a Tai Chi 1 (G)
9:30a Discussion Group
11:30a F&F lunch
1p Cribbage
1p Movie

24
9:15a Gentle Yoga
10:30a Gentle Yoga
11:30a F&F lunch
1pm AARP Driver Safety
5:30p Dementia Caregiver Group (Z)

25
Strength & Balance– See Website
9:30a Tai Chi 2 (G)
10a Computer Tutor
11:30a F&F lunch
1p Line Dance 2 (G)
1p Mah Jongg / Spades
1p AARP Driver Safety

26
CLOSED except for:
11:30a F&F lunch

29
Strength & Balance– See Website
9:30a Tai Chi 3 (G)
10:30a Gentle Yoga
11:00a Computer Tutor
11:30a F&F lunch
1p Line Dance 1 (G)
1p Japanese Garden Walk

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



Patron Spotlight: Ruddy Havill

Ruddy taught art in New York public high schools for thirty years. When he retired to Ashland in 2001, he did a deep dive into making his own art. He studied watercolor technique with renowned artists and exhibited internationally. But sharing the joy of making art called him back to teaching, this time with seniors. Ruddy taught through OLLI for eight years and now teaches private small group watercolor classes in Ashland. His motto is, "Just have fun!" He says, "Watercolors are clean and easy, and everyone can do it with a few tips. You can have fun right away or polish your techniques for decades." Ruddy is currently painting pet portraits, which reflects his love of dogs and cats. It is also a way to express his gratitude to these companion animals. He likes to get to know his animal subjects before painting them, to be able to convey their unique personalities.



Ruddy's private classes are \$100 for each seven-class session. Scholarships are available. To inquire, please contact Ruddy at 541-631-1003.

WEEKLY MOVIE MATINEES

Showtime 1:00pm

TUESDAY, April 2: The Vow (1hr 44min) 2012 PG-13

When a recently married young woman awakens with amnesia following a car accident, her devoted husband must help her recover and win back her love. Based on a true story.

Stars: Rachel McAdams, Channing Tatum, Jessica Lange

TUESDAY, April 9: The Great Debaters (2hr 3min) 2007 PG-13

The true story of Melvin B. Tolson, a professor at Wiley College Texas. In 1935, he inspired students to form the school's first debate team.

Stars: Denzel Washington, Forest Whitaker, Nate Parker, Hugh Jurnee Smollett

TUESDAY, April 16: Falling for Figaro (1hr 44min) 2023 R

A fund manager trades her cushy life in London for a tiny Scottish village, where she chases her singing dreams, coached by a crotchety former opera star.

Stars: Danielle MacDonal, Joanna Lumley, Hugh Skinner, Gary Lewis

TUESDAY April 23: Everything, Everywhere All at Once (2hr 19min) 2022 R

A middle-aged Chinese immigrant is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led.

Stars: Michelle Yeoh, Ke Huy Quan, Stephanie Hsu, Jamie Lee Curtis

TUESDAY, April 30: Hallelujah: Leonard Cohen (1hr 57min) 2022 PG-13

This biographical documentary examines the life and influence of singer-songwriter Leonard Cohen through the lens of his most famous song: *Hallelujah*.

Stars: Leonard Cohen, Judy Collins, Bob Dylan, Brandie Carlisle

Closed Captioning always offered when available.

Community Resources



AARP Tax-Aide

February 2 – April 15

Wednesdays 9-3pm and Fridays 9-1pm*

*alternate hours (12-4pm) during Feb 16-Apr 5

Lower Level Stevenson Union

SOU, 1250 Siskiyou Blvd

Call for an appointment: **541-708-9346**.



Parkinson's Resources of Oregon (PRO) Events

Lift for Family Caregivers

Friday, April 19, 11am

Higgs Performance Academy, 2744 Taylor Road, Central Point

Learn proper and safe techniques to transfer your loved one who has mobility issues due to Parkinson's. This program is for family care partners only and limited to 10 participants.

Parkinson's Disease:

More than Motor Symptoms

Tuesday, April 16, 1:30pm

Virtual

This is an in-person event at PRO's Beaverton office that you can join online. Presented by PRO annual sponsor, Acadia, Dr. Jason Kellogg, MD will speak about hallucinations and delusions. He will describe the symptoms most often associated with Parkinson's related hallucinations and delusions and establishing an effective treatment plan.

Registration is required for all events. Please go to pro.eventbrite.com to learn more and register for these and other upcoming talks. Or call their main number: 800-426-6806.



Free Climate-Related Devices for Eligible Oregon Health Plan (OHP) Members

OHP members with a medical need and who are facing certain life changes may now qualify for new climate-related benefits. These devices help keep people safe during climate events and include:

- Air conditioners, heaters, and air filters to provide clean air and healthy temperatures
- Mini fridges to keep medication cold during a power outage
- Portable power supplies to operate medical devices like ventilators during a power outage

OHP members interested in receiving climate devices should contact their coordinated care organization (CCO) to learn more. If you are not sure which CCO you are in, call the OHA Client Services Unit at 1-800-273-0557.

To learn more about OHA's new climate-related resources, visit <https://ow.ly/WyNo5oQP6UC>.



Get Help Signing up for Community Connect

Ashland Fire and Rescue's free new Community Connect program seeks to build a safer community through prevention, preparedness and response. By providing information specific to your residence, you create your household life safety profile. AFR will be more informed should it need to respond to an emergency in your area. An email is required to sign up, so if you don't have email, get help at Ashland Senior Center. Volunteer **Kim Rosmaier** is available to enroll you. Call to set an appointment: 541-488-5342. You can also enroll at communityconnect.io/info/or-ashland



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RETURN SERVICE REQUESTED

Thank you to our partner and sponsors!



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