



Senior Services Division

Senior News May 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



**SMOKEWISE
ASHLAND**

How to be SmokeWise

Wednesday, May 31

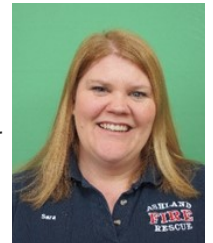
Choose 1-2pm or 2:30-3:30pm session

Ashland Senior Center, 1699 Homes Ave

Free, registration required: 541-488-5342

Learn what you can do to reduce your exposure to smoke from wildfires and controlled burns. Space is limited, so sign up soon! This course will teach:

1. Resources available for checking air quality
2. How to properly fit an N-95 mask
3. Low-cost ways to improve indoor air quality
4. Steps to prepare your home and family for smoke



There will be drawing for a free air purifier at the end of the class. Must be present to win.

Presenters: Sara Jones and Brian Hendrix of Ashland Fire and Rescue

*Thank you to our 2023
Education Sponsor:*



JOIN US FOR A
FREE
COOKOUT
FOR SENIORS &
THEIR FAMILIES

SAT, JUN 10
11:30-1PM
ASHLAND SENIOR CENTER
1699 Homes Avenue, Ashland
Vegetarian option available
Sign up at 541-488-5342

Sponsored by:

Your Donations Help Local Seniors

We welcome your tax-deductible donation to Ashland Senior Center. Please visit ashlandseniorservices.org or mail a check made out to Ashland Parks Foundation to Ashland Senior Center.



**Ashland Senior Center will be closed on
Monday, May 29, for Memorial Day.**



Featured Activities & Classes

See page 3 for our full calendar of activities and classes. We highlight a few programs in each newsletter, 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.**

NEW! Outdoor Line Dancing

Fridays, May 5 – June 23, 1-2pm
Ashland Senior Center, Outdoor Activity Space
\$24/8 week session
Register at ashland.or.us/register or 541-488-5342

We're excited to offer an 8-week session of Outdoor Line Dancing, in our Outdoor Activity Space in beautiful Hunter Park!

Line Dance is a choreographed dance in which participants line up in rows and follow a repeated



Photo by Bob Palermini

sequence of steps to music. It is a great way to keep your brain on its toes and enhances balance, provides fitness and strength and improves mental acuity through complex movement. No partner is required. Please wear sneakers for dancing on our outdoor surface.

Instructor: **Lynn Roberts.**

Join one of our ongoing activities this summer season!

Game groups: weekly cribbage, go, mah jongg, and spades

Line Dancing: weekly classes, indoor and outdoor options

Tai Chi: weekly classes, three levels

Yoga: three classes weekly

Young at Art: monthly art class

Weekly Movie

See calendar on page 3.

Registration required: 541-488-5342.

Learn more at ashlandseniorservices.org.

NEW! Learn to Use Digital Supermarket Coupons

Free, by appointment: 541-488-5342

Stretch your budget with digital coupons at the supermarket! If you have a smartphone, you can save money with digital coupons. Sign up for a thirty-minute one-on-one tutoring appointment to learn how. Start saving money now!



Tutors: **Carol Huffman, Cori Frank, Jim Doyle, and John Frank**

Technology Basics Classes

Selected Wednesdays, 2-3:30pm
Free, registration required: 541-488-5342



Experts from Jackson County Library Services (JCLS) host monthly classes covering the basics of phones, computers and other digital devices.

Separate registration is required for each session.

May 17: Windows Basics for PCs

June 21: Apple Computers Basics

July 12: Android Basics

August 16: iPhone & iPad Basics



ASAC Update

Ashland Senior Advisory Committee (ASAC) will meet next on **May 8, 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.



SENIOR ACTIVITIES CALENDAR MAY 2023



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (L) Lithia Park (Z) Zoom

All activities except F&F lunch require pre-registration: 541-488-5342.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30a Inter Tai Chi (G) 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G)	2 9:15a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	3 11:30a F&F lunch 2p Young at Art	4 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p Go	5 CLOSED except for: 11:30a F&F lunch 1p Outdoor Line Dancing
8 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G) 1:30p Digital Coupon Tutor	9 9:15a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	10 9:15a Gentle Yoga 10:30a Gentle Yoga 11a Adv Directives 11:30a F&F lunch	11 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades	12 CLOSED except for: 11:30a F&F lunch 1p Outdoor Line Dancing
15 9a Sr Walkabout (L) 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G)	16 9:15a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	17 9:15a Gentle Yoga 10:30a Gentle Yoga 11a Adv Directives 11:30a F&F lunch 2p Tech Basics: PC 5:30p Dementia Caregiver Group (Z)	18 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades 1p Go	19 CLOSED except for: 11:30a F&F lunch 1p Outdoor Line Dancing
22 9a Sr Walkabout (L) 9:30a Inter Tai Chi (G) 10:30a Gentle Yoga 11a Computer Tutor 11:30a F&F lunch 1p Line Dance (G) 1:30p Digital Coupon Tutor	23 9:15a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	24 9:15a Gentle Yoga 10:30a Gentle Yoga 11a Adv Directives 11:30a F&F lunch	25 9:30a Beg Tai Chi (G) 10a Computer Tutor 11:30a F&F lunch 1p Mah Jongg 1p Spades	26 CLOSED except for: 11:30a F&F lunch 1p Outdoor Line Dancing
29 CLOSED 	30 9:15a Intro Tai Chi (G) 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie	31 9:15a Gentle Yoga 10:30a Gentle Yoga 11:30a F&F lunch 1p Smokewise 2:30p Smokewise		<div style="border: 1px solid black; padding: 5px;"> <p>For questions about Food & Friends lunch service, please call 541-488-9850.</p> </div>

Patron Spotlight: Pat Moore

Pat was born in Natick, Massachusetts, and raised in Cleveland, Ohio, where he attended The Ohio State University. At 25, he moved with his wife and kids to Berkeley, California. He worked as an over-the-counter stock trader for a while, but eventually returned to his passion for motorcycles, opening his own store. Pat has been riding motorcycles since age 14, and now owns 5 of them! He continues to ride whenever he can.

Pat and his family moved to the Rogue Valley in 1988, where he worked in real estate for 27 years. For the past 12 years, he has volunteered with Food & Friends at Ashland Senior Center and been the caretaker for the neighborhood park at the historic Mill Pond in Ashland. He enjoys staying busy with volunteering and motorcycle-riding.



Let us feature you in the Patron Spotlight! Please contact us at 541-488-5342 or seniorinfo@ashland.or.us.

WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, May 2: Gifted (1hr 41min) 2017 PG-13

Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.

Stars: Chris Evans, Mckenna Grace, Lindsay Duncan, Jenny Slate

TUESDAY, May 9: Where the Crawdads Sing (2hr 5min) 2022 PG-13

A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.

Stars: Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson, Michael Hyatt, Sterling Macer Jr.

TUESDAY, May 16: The Way (2hr 1min) 2010 PG-13

A father heads overseas to recover the body of his estranged son who died while traveling the "El Camino de Santiago," and decides to take the pilgrimage himself.

Stars: Martin Sheen, Emilio Estevez, Deborah Kara Unger, Yorick van Wageningen

TUESDAY, May 23: Still Mine (1hr 43min) 2013 PG-13

An elderly couple fight against local authorities in rural New Brunswick to build their final home.

Stars: James Cromwell, Geneviève Bujold, Campbell Scott, Julie Stewart

TUESDAY, May 30: Get Low (1hr 40 min) 2009 PG-13

A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party...while he was still alive.

Stars: Robert Duvall, Sissy Spacek, Bill Murray, Lucas Black

Closed Captioning always offered when available.

Thank you to our 2023 Weekly Movie sponsor:



WEATHERLY
BY FIELDS SENIOR LIVING

Community Resources

Be Prepared for Wildfire Emergencies

May 6 is Wildfire Community Preparedness Day. It's a good time to check your preparations. See below for steps to take and helpful resources:



- ✓ Prepare a disaster supplies kit and "go" bag. Pick up a list at Ashland Senior Center or learn more at [ready.gov/kit](https://www.ready.gov/kit) and [jacksoncountyor.org/emergency/Preparedness/Emergency-Kit](https://www.jacksoncountyor.org/emergency/Preparedness/Emergency-Kit).
- ✓ Make a plan. Learn more at [ready.gov/plan](https://www.ready.gov/plan). This might include signing up with the Disaster Registry, if you would need help to evacuate or shelter-in-place, at [rvcog.org/home/sds-2/emergency-preparedness/disaster-registry](https://www.rvcog.org/home/sds-2/emergency-preparedness/disaster-registry) or 541-664-6674.
- ✓ Stay informed. Sign up for emergency alerts: City of Ashland Nixle (text 97520 to 888777) and County Citizen Alert ([rvem.org](https://www.rvem.org)). Get updated information by calling the Wildfire Hotline (541-552-2490), listening to 1700 AM radio, and checking [ashland.or.us/smokewise](https://www.ashland.or.us/smokewise).

Save the Date for a special presentation by Bill Bateman, Disaster Survival Prep: Beyond the "Go" Bag, at Ashland Senior Center on June 28, 1:00pm. Free, registration required: 541-488-5342.



Tell Us About Your Internet Needs

Nursing students from Oregon Health and Science University are assessing the needs of local seniors related to internet access, use, and training.

Are you willing to participate in an interview and/or survey? If so, please sign up at 541-488-5342 or seniorinfo@ashland.or.us. The students will call you.

Changes to Insurance Coverage for COVID-19

On May 11, the federal COVID-19 public health emergency will end. Vaccines remain free while federally-purchased supplies last; after that there will likely be a charge. See below for details on how this will affect access to COVID-19 tests and treatment, depending on insurance. It is best to check directly with your insurance provider.

Original Medicare: No more free at-home test kits. Possible cost-sharing for PCR/rapid tests and pharmaceutical treatments.

Medicare Advantage and Private Insurance: Possible cost-sharing for at home test kits, PCR/rapid tests, and pharmaceutical treatments.

Medicaid: At-home, PCR/rapid tests and pharmaceutical treatments remain free through September 2024 with possible cost-sharing after that date.

OSHER LIFELONG LEARNING INSTITUTE

SPOTLIGHT

ON SOU MUSIC FACULTY

OLLI Spring 2023
Community Lecture Series
Fridays, 1:30-3:00pm
SOU Music Recital Hall, 450 S. Mountain FREE, Open to the Public
Registration required for each program:
inside.sou.edu/olli or 541-552-6048

April 14	Dr. Peggy Evans
May 5	Dr. Terry Longshore
May 12	Dr. Jerron Jorgenson
May 19	Dr. Cindy Hutton
May 26	Dr. David Humphrey
June 2	Dr. Derek Keller



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 1699 Homes Avenue
 Ashland, OR 97520

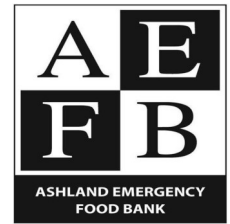
Senior Services Division



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Thank you to our May sponsors!



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