



Senior Services Division

# Senior News May 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**

## How to be Smokewise: DIY Class for Indoor Air Quality Wednesday, May 22, choose 1-2pm or 2:30-3:30pm session

**Ashland Senior Center,  
1699 Homes Ave**

Free, registration required:  
541-488-5342



Learn health actions to prepare for summer smoke. Partners from Smokewise Ashland will provide a free filter and fan to build your own air filter, a \$50 value! Topics covered will include:

1. Building a DIY air filter
2. Local resources for AQI and smoke information
3. Emergency notifications
4. Selecting an air purifier
5. Low-cost tips for improving your indoor air quality
6. Making a clean air room

**Presenters:** **Sara Jones**, Community Engagement Coordinator for the Ashland Forest Resiliency Project and **Brian Hendrix**, Fire Adapted Communities Coordinator with Ashland Fire & Rescue's Wildfire Division



## AARP Smart DriverTEK Workshop

Wednesday, May 29,  
1-2:30pm

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



Discover how new vehicle technology can make driving safer and easier. Current and emerging technologies are being installed in an ever-increasing number of vehicle models. These new safety features can extend the number of years those over 50 are able to continue driving safely. Stay ahead of the curve when it comes to vehicle technology!

Presented by **Jim Nagel**, volunteer instructor for the AARP Smart Driver courses.

**Staffing Update:** After a thorough performance review and evaluation by the APRC leadership team, Natalie Mettler has been named the permanent Senior Services Superintendent. Interim Parks Director, Leslie Eldridge, remarked: "Natalie has been with APRC for 7 years and has proved herself well qualified for the Superintendent position. Natalie is highly regarded among her coworkers, as well as widely respected and praised by Senior Center clients."

**Ashland Senior Center will be closed on  
Monday, May 27, for Memorial Day.**



## Featured Activities & Classes

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

### Free Lithia Park Guided Walks

Join passionate and knowledgeable volunteers on free guided walks through Lithia Park and learn about the history, flora and fauna of Ashland's crown jewel! The 2024 walk season runs from May through the end of September, with walks taking place every Saturday morning at 10 a.m. Walks last between 60 to 90 minutes. Please meet at the Lithia Park sign at the entrance to the park across from the downtown plaza.

Walks will be canceled if air quality levels are in the unhealthy range. For more information and to check updates on the morning of the walks: [ashland.or.us/lithiaguidedwalks](http://ashland.or.us/lithiaguidedwalks).

### Free Britt Tickets!

The Britt Education and Engagement program is providing 50 free tickets to Ashland seniors for the Britt Festival Orchestra "Beethoven, Tchaikovsky & Geneva Lewis," on Saturday, June 15. To get free tickets, please call Ashland Senior Center at 541-488-5342 to arrange pick up. Thank you, Britt!



### Intro to Broadway Dance

Wednesdays, May 8-May 29, 11am-12pm  
The Grove (1195 E Main St)

\$35/4 classes. Register at [ashland.or.us/register](http://ashland.or.us/register) or 541-488-5342

Have you ever wished you could dance like Fred Astaire or feel like a Broadway Dancer? This is an easy, gentle-on-the-body and good-for-the-brain movement class where students will learn a fun routine to some favorite Broadway music. Taught by **Audrey Flint**.



### ASAC Update

Ashland Senior Advisory Committee will meet next on **May 13, 3:30-5:30pm**, via Zoom. 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.

### Digital Education

FREE. Registration required: 541-488-5342

### Technology Basics Classes

Selected Wednesdays, 2-3:30pm

- **May 15:** Windows Basics for PC Computers
- **June 26:** Mac Basics for Apple Computers
- **July 17:** Android Basics
- **August 21:** iPhone & iPad Basics



# SENIOR ACTIVITIES CALENDAR

## MAY 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

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



6  
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 Computer Tutor

13  
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 Computer Tutor

20  
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 Computer Tutor

27 **CLOSED**



Memorial Day

7  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
10a SHIBA  
11:30a F&F lunch  
1p Cribbage  
1p Movie

14  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
10a SHIBA  
11:30a F&F lunch  
1p Cribbage

21  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
10a SHIBA  
11:30a F&F lunch  
1p Cribbage  
1p Movie

28  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
10a SHIBA  
11:30a F&F lunch  
1p Cribbage  
1p Movie

1  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
1pm Romanian Classical Guitar Performance: Dragos Ilie

8  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11a Intro to Broadway  
11:30a F&F lunch  
2pm Young at Art

15  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11a Intro to Broadway  
11:30a F&F lunch  
2pm Tech Basics: Windows for PC

22  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11a Intro to Broadway  
11:30a F&F lunch  
1pm & 2:30pm Smokewise  
5:30p Dementia Caregiver Group (Z)

29  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11a Intro to Broadway  
11:30a F&F lunch  
1pm AARP Smart DriverTEK Workshop

2  
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

9  
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

16  
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

23  
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

30  
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

3  
**CLOSED** except for:  
11:30a F&F lunch

10  
**CLOSED** except for:  
11:30a F&F lunch

17  
**CLOSED** except for:  
11:30a F&F lunch

24  
**CLOSED** except for:  
11:30a F&F lunch

31  
**CLOSED** except for:  
11:30a F&F lunch

## Volunteer Spotlight: Kimberly Fischer

Kimberly is a passionate educator originally from San Diego, CA, who recently relocated to Ashland, Oregon. After spending several years as an elementary school teacher, she decided to take a break to immerse herself in the stunning landscapes and vibrant community of southern Oregon.

With a deep love for nature and a desire to explore new horizons, Kimberly fills her days with a variety of enriching activities. From hiking through scenic trails to whipping up delicious meals in the kitchen, where she finds joy in sharing her culinary creations.

Kimberly's enthusiasm for learning extends beyond the classroom, as she eagerly embraces new opportunities for personal growth and development. With a genuine passion for helping others, she is excited to share her knowledge and expertise through computer tutoring, eager to empower others on their learning journeys.

Kimberly joins our already great volunteers, Judy and Phil, offering one-on-one free computer and phone tutoring. She is here to help our patrons on Monday afternoons, by appointment.



*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, May 7: Shirley (1hr 58min) 2024 PG-13**

Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to congress.

*Stars: Regina King, Lance Reddick, Terrence Howard, Lucas Hedges*

**TUESDAY, May 14: Fried Green Tomatoes (2hr 10min) 1991 PG-13**

Evelyn an ordinary housewife, visits a nursing home and befriends an older woman, Ninny. Together they bond over old stories of two intrepid women at the Whistle Stop Cafe.

*Stars: Kathy Bates, Jessica Tandy, Mary Stuart Masterson, Mary Louise Parker*

**TUESDAY, May 21: Radical Wolfe (1hr 15min) 2023 PG-13**

Documentary: Friends and peers reflect on Tom Wolfe, the writer who reinvented American journalism with his larger-than-life portraits of insiders and outsiders.

*Stars: Tom Wolfe, Gay Talese, Micael Lewis, Jann Wenner*

**TUESDAY, May 28: Mending the Line (2hr 2min) 2022 R**

A Marine wounded in Afghanistan is sent to a V.A. facility in Montana where he meets a Vietnam Vet who teaches him how to fly fish as a way of dealing with his emotional and physical trauma.

*Stars: Brian Cox, Sinqwa Walls, Perry Mattfield*

*Closed Captioning always offered when available.*

## Community Resources

### Free On-Site Medicare Assistance Returns to the Senior Center



Need help understanding your Medicare or making changes? Call **541-857-7780** to schedule a free, in-person appointment (at Ashland Senior Center) with trained SHIBA volunteer, **Linette Stevens**. SHIBA (Senior Health Insurance Benefits Assistance) is a non-biased, nonprofit organization without ties to any insurance companies.

Linette has been a SHIBA volunteer for five years. Before retirement, she worked as an insurance agent in California. When she moved to Oregon, she worked for Providence Home Care, Hospice of Providence, the Providence business office and the Asante business office.



### Advance Directives Assistance

FREE. By appointment: 541-488-5342

Get one-on-one assistance to understand the guidelines for Oregon advance directives, think through your choices, and fill out the required forms. Volunteer **Debra Johnson** brings extensive experience in end-of-life planning from her work as a geriatric care manager and her current role with End of Life Choices Oregon.



### Seeking Donations

Our Free Library at Ashland Senior Center currently needs donations of **recent magazines, jigsaw puzzles of 100 to 300 pieces, and large print fiction books**, especially mysteries/thrillers. Please bring donations to the office.

### Ashland Fire & Rescue Open House

Friday, May 31, 2-6pm  
Fire Station 1 (455 Siskiyou Blvd)

You are invited to visit with service members at Ashland Fire & Rescue and tour Fire Station One!

- Learn how AF&R works in partnership with citizens for better disaster preparedness and community safety.
- Meet the AF&R administration and line staff serving the community.
- Take a tour of Fire Station 1 and see new equipment and apparatus.
- Sign-up for volunteer opportunities and access local resources.
- Refreshments and fun for everyone attending!



### Second COVID-19 Vaccination Recommended for People 65+

Oregon health officials urge people 65+ to get a second updated COVID-19 shot. The recommendation follows the CDC announcement making older adults eligible for additional dose of 2023–2024 updated vaccine to protect against severe illness, at least 4 months after the previous updated dose. For more information from the Oregon Health Authority:

[content.govdelivery.com/accounts/ORHA/bulletins/38ede97](https://content.govdelivery.com/accounts/ORHA/bulletins/38ede97).



### **NEW!** Electric Wheelchair Charger at Ashland Senior Center

Ashland Senior Center now has a portable electric wheelchair charger, courtesy of United Way. This pilot program is starting in Southern Oregon with the goal of reaching communities across the globe. Learn more and see other local participating locations at [wheelchairchargingoregon.com](https://wheelchairchargingoregon.com).



Senior Services Division  
1699 Homes Avenue  
Ashland, OR 97520

Senior Services Division



PRSRST STD  
U.S. POSTAGE  
**PAID**  
PERMIT #149  
MEDFORD, OR

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.