



Senior Services Division

Senior News March 2025

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

NEW! Balance in Place

Wednesdays, March 5, 12, 19 & 26,
2-3pm (first class is 90 minutes to allow for
assessments)

The Grove, 1195 E Main St

\$80/session (4 classes). For more info & to
register: 541-324-8609

Balance In Place is a specialized class co-taught by
Lisa Ralston, a licensed physical therapist, and
Elizabeth Morris, a certified personal trainer, both
of whom are well-versed in OTAGO—a scientifically
proven method that can reduce fall risk by up to
40%.

This class is structured to support individuals who
have experienced falls or are concerned about their
balance. This program is particularly beneficial for
those who find traditional classes challenging due
to unsteadiness. Lisa and Elizabeth have
incorporated not only the evidence-based practices
of OTAGO but also their own professional insights
to provide a comprehensive and effective approach
to fall prevention.

The first session is 90 minutes long to allow for
comprehensive assessments, which help the team
personalize each participant's starting point,
modifications, and goals. All subsequent sessions
will be 45 minutes. Participants are encouraged to
continue practicing movements at home and will
need to use some small equipment.

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Save the Date!

Farmer's Market Walking Group

Tuesdays, April 1-29, 9-11am

Meet at The Mill Pond,
near the foot bridges

\$10/month (5 walks). Registration required:
541-488-5342

Come enjoy some fresh air, exercise, good
company and the Rogue Valley Growers & Crafters
Market!

Weekly walks on Tuesdays in April will start at Mill
Pond. The group will spend two hours walking to
and from the Growers Market, perusing the stalls,
making their purchases and enjoying each other's
company.

Please meet at the Mill Pond, near the foot bridges,
5 minutes before start time, and dress accordingly.
Plan to bring a backpack, day pack or anything to
carry your goodies around while keeping your
hands free. (Please, **NO** dogs, as leashes are a
tripping hazard.)

Walks will be led by volunteer **Rosalie Rybka**, who
also facilitates the recurring Senior Walkabouts
walking group.

Gentle Yoga with Myofascial Release Workshop

Friday, April 25, 2-3:30pm

Ashland Senior Center

\$25/class. Registration required:

541-488-5342 or register at

ashlandoregon.gov/register.

Featured Activities & Classes

See page 3 of this newsletter for our full calendar of activities and classes, or you can view full details in the current Ashland Parks and Recreation Playguide at ashlandoregon.gov/register. Register [online](#) or call 541-488-5342. Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

Balance in Place continued from page 1

The monthly fee of \$80 reflects its exceptional value given the small group format and the specialized attention each participant receives.

Space is limited. Some individuals may not qualify for the class due to certain limiting conditions, and in such cases, will be referred to their primary care physician for more appropriate options.

Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Class

Wednesday, 2-3:30pm

- **March 19:** iPhone and iPad Basics



Library Digital Resources Class

Wednesday, 2-3:30pm

- **May 21: End of Life Planning for Your Online Accounts** – This program will help you, and your loved ones, take practical steps to prepare your digital estate plan.

Join Us for Friendly Conversations with SOU Students!

Thursday, March 6, 1:40-3:10pm
Ashland Senior Center

FREE. Registration required: 541-488-5342

Looking for a fun way to share your life experiences and connect with Southern Oregon University students? Join us for an intergenerational conversation at Ashland Senior Center with students from SOU Psychology Professor Noriko Toyokawa's "Lifespan Development" class. A list of suggested conversation topics will be available in advance. However, you're welcome to talk about whatever you like with the students!

Ashland Parks and Recreation PROS Plan Survey

We want to hear from you! Ashland Parks and Recreation is kicking off a 10-year strategic plan process called the PROS plan, with a public survey. The survey is open until **March 15**. The Parks, Recreation, Open Space and Senior Services (PROS) Plan is a strategic plan that will direct the department's trajectory for the next decade.



The plan will develop levels of service goals for parks, recreation and senior services. This will allow the department to compare its performance against those goals and to other communities. The plan will be based on the community's needs and priorities for the parks and recreation programs that are provided in Ashland.

The PROS plan relies on public input to prioritize the operations and development of the Ashland Parks and Recreation Department. There will be several opportunities throughout the process for engagement including surveys, community meetings and focus groups.

The survey is available online at surveymonkey.com/r/PROSCommunitySurvey and takes approximately 30 minutes to complete. We appreciate your time in this important endeavor!

ASAC Update

Ashland Senior Advisory Committee will meet next on **May 12**, in person at Ashland Senior Center. All meetings are open to the public. The agenda will be posted at AshlandOregon.Gov/AgendasMinutes.

ASAC welcomes public input! Please submit comments to seniorinfo@ashlandoregon.gov or 541-488-5342.



SENIOR ACTIVITIES CALENDAR

MARCH 2025



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
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3 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
11:30a
 Beg Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$
1p EngAGEMENT

4
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

5
11:30a F&F lunch
2p Young at Art \$
2p
Balance in Place (G) \$

6 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1:15p Go
1:40p Intergenerational Conversation

7
CLOSED except for:
10a Healthy Brain & Aging
11:30a F&F lunch

10 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30a
 Beg Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$
1p EngAGEMENT

11
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

12
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
5:30p Dementia Caregiver Group (Z)
2p
Balance in Place (G) \$

13 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G) \$

14
CLOSED except for:
10a Healthy Brain & Aging
11:30a F&F lunch

17 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30a
 Beg Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$
1p EngAGEMENT

18
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

19
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p
Balance in Place (G) \$

20 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G) \$
1:15p Go

21
CLOSED except for:
11:30a F&F lunch

24 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30a
 Beg Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

25
9:15a Tai Chi 1 (G) \$
9:30a Discussion Group
10a SHIBA
11:30a F&F lunch
1p Cribbage
1p Movie

26
9:15a Gentle Yoga \$
10:30a Gentle Yoga \$
11:30a F&F lunch
2p
Balance in Place (G) \$

27 Strength & Balance \$ - See Website
9:30a Tai Chi 2 (G) \$
11:30a F&F lunch
1p Mah Jongg/Spades
1p Line Dance 2 (G)

28
CLOSED except for:
11:30a F&F lunch

31 Strength & Balance \$ - See Website
9a Senior Walkabout \$
9:30a Tai Chi 3 (G) \$
10:30a Gentle Yoga \$
11:30a
 Beg Line Dance (G) \$
11:30a F&F lunch
1p Line Dance 1 (G) \$

Please call 541-488-5342 to schedule an appointment for Device Tutoring, Advance Directive Planning or for general program information.



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



Volunteer Spotlight: Brian Fisk

Brian Fisk, a friendly stalwart in the dining room & kitchen, volunteers with RVCOG's Food & Friends meal service at Ashland Senior Center. For the last 1.5 years he has served up meals along with healthy doses of kindness, smiles and humor.

He grew up in Southern Indiana, where he enlisted in the Army, beginning a life of community service. He split his adult life between Kentucky and Texas before landing in Ashland in 2018, where his volunteerism is well-known at the Ashland Community Food Bank and other community locations. His strong commitment to helping others led him to recently complete his B.Sc. in Social Sciences from Southern Oregon University, with the goal of doing social work for the U.S. Department of Veteran Affairs.

His dog, Socks, accompanies him on his camping and boating adventures. He describes himself as "GOOFY, committed and curious!" Thank you, Brian, for everything you do, but especially for caring!

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



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, March 4: Daughters (1hr 48min) 2024 PG-13 - Documentary Four girls prepare to reunite with their fathers through a special dance at a DC jail in this moving documentary about the healing power of love. (Rescheduled from February 4)

Stars: Chad Morris, Angela Patton, Aubrey Smith

TUESDAY, March 11: Sing Street (1hr 46min) 2016 PG-13 - Comedy, Drama

With the recession hitting people hard in Dublin during the 1980s, Conor is moved from his private school to a tough inner-city alternative. As he tries to adjust to a new way of life, he decides to start his own band.

Stars: Ferdia Walsh-Peelo, Aidan Gillen, Maria Doyle Kennedy

TUESDAY, March 18: Norman's Rare Guitars (1hr 38min) 2024 TV-MA - Documentary

At his world-famous LA guitar shop, founder Norman Harris reflects on his legacy as legendary musicians sing his praises in this heartfelt documentary.

Stars: Various guitarists

TUESDAY, March 25: Number 24 (1hr 52min) 2024 TV-MA - Drama, WWII (Dubbed in English with closed captions.)

A young Norwegian risks his life to fight the Nazi occupation, becoming the nation's most decorated war hero. Based on the true story of Gunnar Sonsteby.

Stars: Sjur Vatne Brean, Erik Hivju, Philip Helgar



Closed Captioning always offered when available.



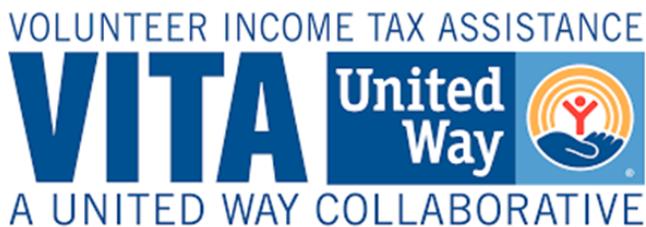
Community Resources

Provide Feedback on RVCOG Area Agency on Aging 2025-2029 Area Plan

The Rogue Valley Council of Governments (RVCOG) Area Agency on Aging is seeking public feedback or recommendations on their 2025-2029 Area Plan. The public comment period is open until **March 10, 2025**. A copy of the draft version of the 2025-2029 Area Plan may be obtained at RVCOG's office by request or by visiting rvcog.org/home/sds-2/areaplan. Please send any comments via email to lturnbull@rvcog.org or via mail to: Rogue Valley Council of Governments, 155 N. First Street, Central Point, Oregon 97502.

During the March 3, 2025 meeting of the Senior Advisory Council of the Rogue Valley Council of Governments (RVCOG), the Senior Advisory Council will conduct an online public hearing to introduce the 2025-2029 Area Plan and receive public feedback and recommendations. To receive an access link to participate, provide your email at: 541-664-6674 or email lturnbull@rvcog.org.

Public comments for consideration by the Senior Advisory Council may also be emailed prior to the meeting to lturnbull@rvcog.org.



Now available year-round!

Teresa McCormick Center,
2600 S. Pacific Hwy, Medford

Appointment required:

unitedwayofjacksoncounty.org/vita

For questions, call: Katherine Gamble at

541-864-5092

Language support available for Spanish speakers.



Fall Prevention

Wednesday, March 12, 12-1pm
Ashland Family YMCA, 540 YMCA Way
FREE. Registration required:
541-482-9622 x 310
or jami@ashlandymca.org



Most falls are preventable. And you can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Learn steps you can take to stay safe.

Program highlights include:

- Risk factors for falls
- Shoes, medications and more
- Exercise and lifestyle changes
- Strength, range of motion, balance and gait activities
- Nutrition as we age
- Screening for fall risk
- Tools & resources

Co-sponsored by Ashland Family YMCA, Ashland Fire & Rescue, and Amber Cross Physical Therapy.



February 5 – April 11

Wednesdays 9-3pm and Fridays 9-1pm

Lower Level Stevenson Union

SOU, 1250 Siskiyou Blvd

Call for an appointment: 541-708-9346

Talent Senior Center

Interested in helping start a Senior Center in Talent? Want to stay updated? This is a community-led effort.

Follow on Facebook at

"[Talent Senior Center – Talent, Oregon](https://www.facebook.com/TalentSeniorCenter)" or

email to talentseniorcenter@gmail.com.



Senior Services Division

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1699 Homes Avenue
Ashland, OR 97520



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Oregon Behavioral Health Initiative



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