



Senior Services Division

Senior News December 2025

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

Monday - Thursday, 8:30am - 3:30pm | 541-488-5342 | tty: 711

AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov



NEW!

Festive Cookie Decorating

Monday, December 15, 1-3pm

Ashland Senior Center

FREE. Registration required: 541-488-5342

Join us and friends from

Bristol Hospice

decorating festive

cookies that you can take home! Just bring your holiday spirit and artistic ideas! All supplies provided.



Holiday Party

Friday, December 19, 2-3:30pm

Ashland Senior Center

FREE. Registration required: 541-488-5342

Join us for a festive holiday party with refreshments, music and gifts! Our sponsors **Village at Valley View**, **Maple Ridge Senior Living**, **Bristol Hospice** and **Evergreen Federal Bank** will be providing snacks, cookies, and beverages. **Rotary Club of Ashland** will again give a gift to the first 50 people who register. Musical entertainment will be French Caroling by **Urban Kohler** and friends and Christmas Keyboard Favorites by **Alice Mallory**.

Space is limited, so please sign up soon.



Maple Ridge Holiday Treats!

Monday, December 22, 12pm

Ashland Senior Center

FREE.



Staff from **Maple Ridge Senior Living** will be handing out holiday treats at Ashland Senior Center starting at noon on Monday, December 22. Diabetic-friendly treats will also be offered. Join us for some holiday fun! Treats will be available until they run out or 1pm.

**Ashland Senior Center will be closed on
Wednesday & Thursday, December 24 & 25
(Christmas Eve & Christmas Day)**



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.
Registration required: 541-488-5342

Digital Education

FREE. Registration required: 541-488-5342

Technology Basics Classes

3rd Wednesdays, 2-3:30pm

New for 2026! Classes on how to access services digitally, such as grocery delivery, transportation, cybersecurity and more.



Digital Technology Tutoring

By appointment at Ashland Senior Center

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

Also available at Ashland Library, by appointment: 541-734-3990

Free Senior Resources Consultations



Ashland Senior Services Division offers free individual consultations with Jackson County Health and Human Services' Older Adult Behavioral Health Specialist, **Jennine Greenwell**. Make an appointment to get valuable information about available local resources and how to navigate systems of care for older adults.

Call 541-488-5342 to make an appointment.

ASAC Update

Ashland Senior Advisory Committee will meet next on **January 12, 2026, 3:30-5pm** 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.

SHIBA Medicare Open Enrollment & Support



Medicare Open Enrollment ends on December 7 this year. Call the **SHIBA** (Senior Health Insurance Benefits Assistance) office at 541-857-7780 for assistance via phone or appointments at Ashland Senior Center.

SHIBA volunteers:

Anita Piano & Linette Stevens



Congregate lunch served Monday - Friday, 11:30am - 12:30 pm, at Ashland Senior Center.

Suggested donation of \$3 for patrons age 60+ and cost of \$7 for patrons under age 60.

For questions, call: 541-488-9850.



Ashland Community Food Bank provides limited provisions to adults 50 and older at a satellite outlet located in the dining room of Ashland Senior Center. Come in to see what's available for your needs.

Advance Directives



Get help preparing or updating your advance directives. **Debra Johnson** will review the guidelines and help you fill out the required forms. She can help you think through the choices important to you at the end of life. Debra brings extensive experience in end-of-life planning from her career as a geriatric care manager.

Call 541-488-5342 to make an appointment.

DECEMBER 2025 SENIOR ACTIVITIES CALENDAR

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove (RR) Railroad Park

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 Strength & Balance \$ 9a Senior Walkabout (RR) 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$ | 2 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie | 3 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p Young at Art \$ | 4 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a SHIBA 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go | 5 CLOSED except for: 9a CardioAgility Class 11:30a F&F lunch |
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| 8 Strength & Balance \$ 9a Senior Walkabout (RR) 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$ | 9 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie 1:30p Jennine Greenwell: Resource Hour | 10 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ | 11 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a Advance Directive Assistance 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go | 12 CLOSED except for: 9a CardioAgility Class 11:30a F&F lunch |
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| 15 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$ 1p Bristol Hospice: Cookie Decorating | 16 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie | 17 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ | 18 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go | 19 CLOSED except for: 9a CardioAgility Class 11:30a F&F lunch 2p Holiday Party 🎄 |
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| 22 Strength & Balance \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 12p Maple Ridge: Holiday Treats 🎄 | 23 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie | 24 Christmas Eve CLOSED | 25 Christmas Day CLOSED | 26 CLOSED except for: 9a CardioAgility Class 11:30a F&F lunch |
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| 29 Strength & Balance \$ 11:30a F&F lunch | 30 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie | 31 11:30a F&F lunch | For questions about Food & Friends lunch service, please call 541-488-9850. | Please call 541-488-5342 to schedule an appointment for Device Tutoring or general program information. |
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Partnership Spotlight: Food & Friends

Madison Davis, Site Coordinator



Ashland Senior Services proudly partners with Rogue Valley Council of Governments' Food & Friends program, providing meals to adults 60 and older who need a nutritious meal, either delivered to their homes or served on-site, supporting connection and engagement.

Madison Davis, F&F meal site coordinator, oversees volunteers who package, serve, and deliver meals. She and the volunteers share joyful enthusiasm that adds to a stimulating intergenerational environment. Food & Friends "strives to cultivate an equitable approach to improving the health, well-being, and independence of older adults and adults with disabilities through nutrition services, meaningful social connections, and opportunities for education."



Every month, F&F delivers 18,000 meals to those at home and serves another 2,000 meals at their 10 congregate senior dining sites in Jackson and Josephine Counties. Ashland Senior Center thanks Madison Davis, Food & Friends, and their big-hearted team for serving up kindness along with nutritious meals. Ashland Senior Services looks forward to continuing this healthy and vibrant partnership.



WEEKLY MOVIE MATINEES



Showtime 1:00pm

TUESDAY, December 2: Moving On (1hr 25min) 2022 R Dark Comedy, Drama

Two estranged women reunite to seek revenge against the husband of their recently deceased friend. Along the way they learn to make peace with the past and each other. (Rescheduled from November 11).

Stars: Lily Tomlin, Jane Fonda, Malcolm McDowell, Richard Roundtree

TUESDAY, December 9: A House of Dynamite (1hr 55min) 2025 R Drama, Political Thriller

They are trained to respond to the unthinkable. Today, it's not a drill. A mysterious missile is launched toward the US in this pulse-pounding thriller.

Stars: Idris Elba, Rebecca Ferguson, Gabriel Basso

TUESDAY, December 16: The New Yorker at 100 (1hr 37min) 2025 PG Documentary

Hard-hitting journalism. Era-defining fiction. Witty cartoons. The New Yorker marks its 100th anniversary with this look at its past, present and future

Director: Marshall Curry

TUESDAY, December 23: The Snow Sister (1hr 37min) 2024 PG Family, Drama, Holiday

A young boy whose grieving family has forgotten about Christmas forms an unexpected, healing bond with a bubbly girl full of holiday spirit. **Dubbed from Norwegian .**

Stars: Mudit Gupta, Celina Meyer Hovland, Ole Steinkjer Oyen

TUESDAY, December 30: Jay Kelly (2hr 11min) 2025 R Comedy, Drama

Movie star Jay Kelly confronts his past and present on a journey through Europe with his devoted manager Ron. Poignant and funny.

Stars: George Clooney, Adam Sandler, Laura Dern



**Closed Captioning always offered when available.
Selections subject to change without notice.**



CALL FOR VOLUNTEERS



Community Volunteer Network

A PRS Organization



AmeriCorps
Seniors

Call-A-Ride

If you're 55 or older and love to drive, you can make a huge difference through Call-A-Ride! We give seniors in Jackson County free rides to appointments to help keep them healthy and independent.

Call-A-Ride offers:

- Flexible hours: You decide how much time to give and when.
- Purpose: You make it possible for others who are less mobile to get what they need: healthcare appointments, counseling, groceries.
- Someone to talk with: Our drivers and clients share stories, laugh together and make lasting friendships.
- Reimbursement for mileage.

Sign up today! Call **541-857-7783**. Learn more at callaride.org.



AARP Tax Aide

Seeking volunteers to help those in our community, who need it the most, receive the income tax refunds they deserve. You can help. You do not need to be an AARP member to volunteer.

NO tax knowledge required, just a friendly, organized person with strong people and communication skills. Computer savvy a plus. We will train you!

Call and leave a message: **541-708-9346**. More info at aarp.org/taxaide.

Foster Grandparent Program

Be a classroom grandparent! Earn extra cash! You can make a difference in children's lives as a Foster Grandparent! Volunteers are paired with children in schools and non-profit settings to provide non-judgmental, caring assistance to help improve their overall well-being.

- Eligibility: You must be 55 or older
- Stipend: Earnings are not taxed and do not count against state or federal benefits.
- Hours: Hours and locations are flexible. You can work as many as 40 hours a week.

For more info and to sign up: **541-857-7786**



Community Resource



St. Vincent de Paul - Here to Help

St. Vincent De Paul meets you where you are in life. If you need help with rent, utilities, housing deposits, medical supplies, or other unexpected expenses, call to arrange a meeting with their volunteers. The better St. Vincent de Paul volunteers understand your circumstances, the more effectively they can help you through troubling times. "We are committed to helping our neighbors in Ashland and Talent find lasting solutions to the challenges of life."

Leave a message on their helpline at **541-708-5650** and a volunteer will call you back Monday - Friday between 9am and 4pm.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

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RETURN SERVICE REQUESTED

Thank you to our partners and sponsors!



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