



Senior News

January 2026

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

Please see page 2 for details
about these events
and other activities.

ACCESS Energy Assistance Outreach Event



Friday, January 9, 9am-3:30pm
Ashland Senior Center

FREE. Registration required: 541-779-9020

The ACCESS Energy Assistance program provides services to help renters and homeowners manage their costs and pay their utility bills.

DRIVER SAFETY

**AARP Driver
Safety Class**

AARP Real Possibilities

Wednesday & Thursday,
January 21 & 22, 1—4:30pm
Ashland Senior Center

\$20/members or \$25/non-members
Registration required: 541-488-5342

A 2-day defensive driving refresher course for
drivers 50+.



ROGUE
COMMUNITY
HEALTH

Pharmacist Talk:

OTC Remedies for Flu Season

Monday, January 26, 1-3pm

Ashland Senior Center

FREE. Registration required: 541-488-5342

Rogue Community Health Pharmacists help
prepare you for cold and flu season.

Ongoing Activities:

Discussion Group

Tuesdays, 9:30 - 11:30 am
Activity Room, Ashland
Senior Center

Grab a coffee, a chair and
join our friendly self-guided discussion
group! Share ideas, experiences, stories,
laughs, and friendship.



Movie Matinee

Tuesdays, 1 - 3 pm
Activity Room, Ashland Senior Center

Join us in a cozy popcorn-scented
environment to watch a movie.



Ashland Senior Center will be closed on:
Thursday, January 1 for New Year's Day
Monday, January 19 in observance of Martin Luther King, Jr 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

Classes begin February 18 with AI (artificial intelligence) Basics .



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



Medicare Support

Medicare support continues throughout the 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

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.



ACCESS Energy Assistance Outreach Event

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The ACCESS Energy Assistance program provides services to help renters and homeowners manage their costs and pay their utility bills. It is designed to assist low-income households in paying for a portion of their energy costs. Various federal, state, and utility grants fund the program.

Eligible households can receive a one-time payment (typically once per program year) toward their energy bill. This is a fuel-blind program available for all energy types. There is no requirement to be at risk of disconnection, and households just need to be income eligible (at or below 60% of State Median Income by Household Size).

Make an appointment to receive in-person assistance to sign up for the ACCESS Energy Assistance Program. You will need to bring current proof of income, social security card, ID and utility bills to the appointment.



AARP Real Possibilities

AARP Smart Driver Course

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This course is a defensive driving refresher for drivers 50+, teaching safety strategies, new tech, age-related changes, and traffic laws to help you drive safer longer. The course covers hazards, distractions, vehicle safety (airbags, ABS), roundabouts, and offers both online/in-person formats, focusing on practical skills to maintain independence and confidence on the road.

Upon course completion, you may be eligible for auto insurance discount. (Check with your auto insurer.)

JANUARY 2026

SENIOR ACTIVITIES CALENDAR

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For questions about Food & Friends lunch service, please call 541-488-9850.</p>	  	<p>Please call 541-488-5342 to schedule an appointment for Device Tutoring or general program information.</p>	<p>1 New Year's Day 2026 CLOSED</p> 	<p>2 CLOSED except for: 11:30a F&F lunch</p>
<p>5 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:45 Chair Yoga \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$</p>	<p>6 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>7 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p Young at Art \$</p>	<p>8 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a Advance Directive Assistance 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>9 CLOSED except for: 9a ACCESS Energy Assistance Appointments 11:30a F&F lunch</p>
<p>12 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:45 Chair Yoga \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$</p>	<p>13 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>14 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$</p>	<p>15 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>16 CLOSED except for: 11:30a F&F lunch</p>
<p>19 Martin Luther King, Jr Day CLOSED</p> 	<p>20 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>21 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 1p AARP Driver Safety</p>	<p>22 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go 1p AARP Driver Safety</p>	<p>23 CLOSED except for: 11:30a F&F lunch</p>
<p>26 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11:30a Beginning Line Dance (G) \$ 11:45 Chair Yoga \$ 11:30a F&F lunch 1p Line Dance 1 (G) \$ 1p RCH: OTC Flu Season Remedies</p>	<p>27 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie</p>	<p>28 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$</p>	<p>29 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go</p>	<p>30 CLOSED except for: 11:30a F&F lunch</p>

Game Groups Spotlight: Tony Davis, Go Game Group



On Thursday afternoons at Ashland Senior Center, a small but intensely focused group gathers to play Go. Go is an ancient, two-player abstract strategy board game where players place black or white stones on a grid to surround the territory of their opponent. The rules are “simple and elegant, but the strategies are complex and intricate,” according to **Tony Davis**, who started the Ashland Senior Center Go group late in 2022.

While growing up in Washington, DC and New Mexico, Tony’s father introduced him to chess and told him about Go. He played rarely during his adulthood, being busy earning his B.A. in Linguistics & Math from UC San Diego and then his PhD in Linguistics from Stanford University. He worked on various computational linguistics and information retrieval projects in the DC area, and taught these subjects at Georgetown University.

In addition to his intellectual pursuits, he enjoys hiking, backpacking, traveling, listening to classical music, and teaching at OLLI. Thank you, Tony, for sharing your story with us.



WEEKLY MOVIE MATINEES

Showtime 1:00pm

TUESDAY, January 6: Lilly (1hr 33min) 2024 PG-13 Docu-Drama

After learning she’s paid significantly less than her peers, a brave factory worker takes her employer to court in a landmark battle for equal rights. Based on the true story of Lilly Ledbetter.

Stars: Patricia Clarkson, Deirdre Lovejoy, Thomas Sadoski

TUESDAY, January 13: The Last Word (1hr 47min) 2017 R Comedy

Harriet, a controlling, unloved business retiree, hires a young journalist to write her obituary—and then enlists her help in reshaping her legacy.

Stars: Shirley MacLaine, Amanda Seyfried, Anne Heche

TUESDAY, January 20: Moulin Rouge (2hr 7min) 2001 PG-13 Musical, Drama

A writer finds love with a cabaret star who is engaged to an envious duke. Their risky romance unfolds beneath the glittering pop-filled world of Paris in the 1890’s.

Stars: Nicole Kidman, Ewan McGregor, John Leguizmo

TUESDAY, January 27: Pangolin: Kulu’s Journey (1hr 29min) 2025 PG Documentary, Family

An endangered baby pangolin and his human foster dad bond in this wildlife documentary the NYT calls “so sweet and soothing” and “beautiful to look at.”

Director: Pippa Ehrlich

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



Looking Ahead

February

Cute as a Button



Valentine craft activity offered by Visiting Angels of Medford.

Monday, February 9, 2-3:30pm

FREE. Registration required: 541-488-5342.

Be Prepared for tax season

AARP Tax Aide

Watch this space for notification of AARP Tax Aide dates & locations. If you would like to volunteer, call and leave a message: 541-708-9346. More info at aarp.org/taxaide.

The Volunteer Income Tax Assistance (VITA) and Facilitated Self Assistance (FSA) programs through United Way are available year-round! Appointments are scheduled at the Teresa McCormick Center (on the Harry & David campus), 2600 S. Pacific Hwy, Medford. For information and appointments: unitedwayofjacksoncounty.org/vita. For questions, call: Jonelle Thorpe at 541-864-5092.



March

Spring Tea Party

Free tea party provided by Bristol Hospice

Wednesday, March 11, 2-3:30pm



FREE. Registration required: 541-488-5342

Yoga for Bone Health Workshop

In this workshop with Cheri Theobald, learn safer practice for osteoporosis & osteopenia.

Friday, March 27, 2-3pm



\$20. Registration required: 541-488-5342.

April

Hospice Philosophy

Presentation by Brandi Hoffman, M.Ed. of

Providence St Joseph Health



Wednesday, April 8, 1-3pm

FREE. Registration required: 541-488-5342

Pharmacist Talk

Presentation by Rogue Community Health

(Topic TBD.)

Monday, April 27, 1-3pm



FREE. Registration required: 541-488-5342.

Special Interest: Preventing Injuries During Dynamic-Balance Activities

Whether you love hiking, tennis, pickleball, dancing or gardening, you've probably noticed how often you have to react quickly—changing direction, reaching, stepping around obstacles, or pivoting in an instant. You may have slipped, stumbled, or worried about taking a hard fall. That concern is justified, especially for older adults. Many activity-related injuries in this age group stem from challenges to dynamic (moving) balance, which means that building stability and strength is essential.

So how can you stay steady, agile, and confident while you move? Start with a proper warm-up. Dynamic movements such as marches, calf raises, shoulder circles, and light cardio will wake up your muscles, elevate your heart rate, and prepare your joints for quick directional changes—whether they come from a winding trail, a fast volley, or a spin on the dance floor.

Equally important is training off the court, trail, or studio. To keep your fast-twitch muscles responsive, incorporate exercises that challenge you in multiple planes of motion: agility drills, step-ups, lateral movements, squats, and similar functional exercises. Strength training supports muscle power and also protects your bones by reducing your risk of osteoporosis, which can make fall-related injuries more severe. And don't skip balance training; both static and dynamic work help you maintain control, recover from missteps, and move more safely across all your favorite activities.

These activities are too fun, invigorating, and social to miss out on. Let's keep you moving, exploring, and standing tall.

Elizabeth Morris is a Certified Personal Trainer specializing in Functional Aging and Balance. She teaches Strength & Balance classes at the Ashland Senior Center.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520



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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.