



Senior Services Division

# Senior News February 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

## **NEW!** Cute as a Button

Monday, February 9, 1pm  
Ashland Senior Center



FREE. Registration required: 541-488-5342

Join us for a fun afternoon of creativity creating art using buttons and hearts. And button up some lasting friendships! Materials provided.

Sponsored by **Visiting Angels**. Activity led by **Robyn Alleson** of Visiting Angels.



## Guitar & Ukulele for the Ageless

Mondays, February 2-23, 4:15pm  
Ashland Senior Center

**\$100/4 classes**

Registration required: 541-488-5340 or  
[ashlandoregon.gov/register](http://ashlandoregon.gov/register)

Beginning players learn a step-by-step approach to play recognizable songs with either the guitar or ukulele—it's up to you! Intended for new musicians, and no one is too old to start.

This is the perfect class for anyone who has never picked up a guitar or ukulele before, or for anyone who has struggled with traditional lessons in the past.

Free rental instruments are available. Please contact Rogue Music Academy at (541) 292-4247 if you do not already have your own instrument.

Instructor: **Rogue Music Academy**



## Ongoing Activities

Grab a seat at one of our tables to join our friendly group of card players!



**Cribbage, Tuesdays, 1 - 3:30 pm**  
**Activity Room, Ashland Senior Center**

Cribbage, a game of skill and chance, originated in the 17th century. Come learn the game or hone your skills.

**Spades, Thursdays, 1 - 3:30 pm**  
**Activity Room, Ashland Senior Center**

Join in this trick-taking card game that combines strategy, skill and luck.

Ashland Senior Center will be closed on:  
Monday, February 16 in observance of Presidents' Day

# Featured Activities, Classes and Services

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](http://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

- February 18 AI (Artificial Intelligence) Basics
- March 18 Android Basics
- April 15 iCloud 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.



## ASAC Update

At the January 12 meeting of the Ashland Senior Advisory Committee, members approved updates to the committee Bylaws to align this advisory committee with City of Ashland guidelines. Officers were elected for the 2026 calendar year. Debra Johnson was reelected as Chair and John Engelhardt as Vice Chair. There was also discussion of bringing back community partners to present on local services for older adults.

Ashland Senior Advisory Committee will meet next on **April 13, 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](http://AshlandOregon.Gov/AgendasMinutes).

**ASAC welcomes public input!** Please submit comments to [seniorinfo@ashlandoregon.gov](mailto:seniorinfo@ashlandoregon.gov) or 541-488-5342.

## Yoga for Bone Health : Gentle & Safer Practices for Osteoporosis & Osteopenia

Friday, March 27, 2-3pm  
Ashland Senior Center,  
1699 Homes Avenue

Cost: \$20

Registration required:

[ashlandoregon.gov/register](http://ashlandoregon.gov/register) or call 541-488-5342



This nurturing workshop is designed for those living with osteoporosis or osteopenia and anyone interested in supportive, mindful movement for long-term strength and well-being.

Participants will enjoy a gentle yoga practice paired with evidence-informed guidance emphasizing safety, balance, strength, and mindful alignment. All experience levels are welcome.

Register at [ashlandoregon.gov/register](http://ashlandoregon.gov/register) or call 541-488-5342.

Instructor: **Cheri Theobald**, an accredited 300+ hour yoga teacher with specialized training in Accessible Yoga, Yin Yoga, and Teaching Yoga to Seniors.

## Medical Mail-Back Program

Ashland Senior Center now offers free Stericycle mail-back boxes for sharps, from the **Inmar Consumer Drug Mail-Back Program**. This is in addition to the free mail back envelopes already available for pharmaceuticals.

Pick up free mail-back boxes or envelopes from Ashland Senior Center food bank shelf or ask at the office.

# Senior Activities February 2026

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
<b>2</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 3 (G) \$ <b>10:30a</b> Gentle Yoga \$ <b>11a</b> Standing Steady (G) \$ <b>11:30a</b> Beginning Line Dance (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G) \$	<b>3</b> <b>9:30a</b> Tai Chi 1 (G)\$ <b>9:30a</b> Discussion Group <b>10a</b> SHIBA <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>4</b> <b>10:30a</b> Gentle Yoga \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) \$ <b>2p</b> Young at Art \$	<b>5</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 2 (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Mah Jongg/Spades <b>1p</b> Go	<b>6</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>9</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 3 (G) \$ <b>11a</b> Standing Steady (G) \$ <b>10:30a</b> Gentle Yoga \$ <b>11:30a</b> Beginning Line Dance (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G) \$ <b>1p</b> Cute as a Button Craft –Visiting Angels	<b>10</b> <b>9:30a</b> Tai Chi 1 (G)\$ <b>9:30a</b> Discussion Group <b>10a</b> SHIBA <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>11</b> <b>10:30a</b> Gentle Yoga \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) \$	<b>12</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 2 (G) \$ <b>10a</b> Advance Directive Assistance <b>11:30a</b> F&F lunch <b>1p</b> Mah Jongg/Spades <b>1p</b> Go	<b>13</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>16</b> <b>CLOSED</b> <b>Presidents Day</b> 	<b>17</b> <b>9:30a</b> Tai Chi 1 (G)\$ <b>9:30a</b> Discussion Group <b>10a</b> SHIBA <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>18</b> <b>10:30a</b> Gentle Yoga \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) \$ <b>2p</b> JCLS: AI Basics	<b>19</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 2 (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Mah Jongg/Spades <b>1p</b> Go	<b>20</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch
<b>23</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 3 (G) \$ <b>11a</b> Standing Steady (G) \$ <b>11:30a</b> Beginning Line Dance (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 1 (G) \$	<b>24</b> <b>9:30a</b> Tai Chi 1 (G)\$ <b>9:30a</b> Discussion Group <b>10a</b> SHIBA <b>11:30a</b> F&F lunch <b>1p</b> Cribbage <b>1p</b> Movie	<b>25</b> <b>11:30a</b> F&F lunch <b>1p</b> Line Dance 2 (G) \$	<b>26</b> Strength & Balance \$ <b>9:30a</b> Tai Chi 2 (G) \$ <b>11:30a</b> F&F lunch <b>1p</b> Mah Jongg/Spades <b>1p</b> Go	<b>27</b> <b>CLOSED</b> except for: <b>11:30a</b> F&F lunch



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



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

## Instructor Spotlight: Lisa Ralston, Standing Steady

Lisa Ralston is the instructor for Standing Steady, a small, tailored class for individuals who have experienced falls or are concerned about their balance, particularly those who may find other exercise classes difficult due to unsteadiness. The Standing Steady class is a response to the need for safe exercise options after an injury or fall in a supportive community outside of a clinical setting. The class structure includes a combination of seated and standing exercises (with support) and weekly home exercises that include a walking routine.



Lisa is a licensed physical therapist with over 30 years of experience in orthopedics and sports medicine. She graduated from California State University, Long Beach in 1990. She owned All Sports Physical Therapy in Colorado for 16 years before moving to the Rogue Valley 2 years ago. She had the great honor of being the physical therapist for Team USA figure skating during the 2022 Winter Olympics in Beijing.

She specializes in treating hips, feet, and connective tissue damage, but she passionately believes in taking care of the whole person. Her special interests include Pilates, attention to the nervous system, breathing, restorative movement, biomechanical alignment, and stabilization. When not teaching or working with clients, Lisa enjoys camping, hiking, skating, yoga, classic cars, and spending time with her family. All her clients agree that she is friendly, passionate and hardworking. Thank you for sharing your passion with all of us!

Standing Steady is every Monday from 11 am - 12 pm at the Grove, 1175 E. Main St. Call 541-488-5342 for space availability. Check our newsletter for the addition of more classes.

### WEEKLY MOVIE MATINEES

Showtime 1:00pm



**TUESDAY, February 3, The Last Word (1hr 47min) 2017 R Comedy**  
(rescheduled from January 13)

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, February 10, The Unlikely Pilgrimage of Harold Fry (1hr 48min) 2023 TV-MA Drama**

When a man learns that an old friend is seriously ill, he resolves to walk the length of England to see her, and inspires the nation along the way.

*Stars: Jim Broadbent, Penelope Wilton, Earl Cave, Linda Bassett*

**TUESDAY, February 17, Respect (2hr 24min) 2021 PG-13 Musical, Docu-drama**

Chosen by the Queen of Soul herself, Oscar winner Jennifer Hudson stars as Aretha Franklin. The film follows her meteoric rise from her gospel roots to global stardom.

*Stars: Jennifer Hudson, Forest Whitaker, Marlon Wayans*

**TUESDAY, February 24, The Pieces I Am (2hr) 2019 PG-13 Documentary, Historical**

Toni Morrison talks about life and writing in this documentary exploring the themes of race in America and the human condition in her work.

*Stars: Toni Morrison, Hilton Als, Oprah Winfrey*



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

## Free Home Energy Scores for Ashland Residents

The City of Ashland is launching a pilot Home Energy Score program to help residents find and prioritize opportunities to save money on their energy bills and reduce emissions.

From January through May 7, 2026, Ashland Electric customers will be eligible to receive a free Home Energy Score for their homes (while funding lasts). Getting a Home Energy Score is a simple way to better understand how your home uses energy so you can make informed decisions that help you lower energy costs and improve efficiency and comfort in your home.

**How it Works:** An assessor will come to your home to evaluate its energy systems and structure and provide you with your score report. The report includes:

- Your home's current score, along with estimated energy costs and emissions.
- A list of recommendations for improvements you can make to increase your score in the future, which will help you save money on your utility bills.
- Information about locally available incentives that can help make the cost of improvements or upgrades recommended in your Home Energy Score report more affordable.

**Eligibility:** All single-family homes, including side-by-side townhomes, are eligible to receive a Home Energy Score. Stacked duplexes, triplexes and smaller multi-unit homes are eligible if the property owner and residents grant permission for the entire structure to be scored. Alternative assessment methods may be available for multifamily buildings.

For questions about program eligibility, please contact Chad Woodward, Climate & Energy Analyst at [chad.woodward@ashlandoregon.gov](mailto:chad.woodward@ashlandoregon.gov) or 541.552.2085.

Full info at: [ashlandoregon.gov/985/Home-Energy-Score](https://ashlandoregon.gov/985/Home-Energy-Score)

Be Prepared for tax season

## AARP Tax Aide



Wednesdays 9am-3pm and  
Fridays 9am-1pm  
Lower Level Stevenson Union,  
SOU campus, 1118 Siskiyou Blvd.  
Call for appointment: 541-708-9346

Free Income Tax preparation and electronic filing for low or moderate income taxpayers of all ages is offered by AARP Foundation Tax-Aide. Another option is to prepare your own return for free on the Tax Aide software on site.

You must bring picture ID, all Social Security cards, your 2025 tax returns and 2025 W-2, 1099s, and all other income and expense records that will be used in filing the tax return. For joint filing, both spouses should be present. You also need any IRS letters you might have received and information on Health Insurance Coverage and income earned by any of your dependents.

Other locations for assistance are in Talent, Medford, and White City. Call 888-227-7669 for site schedules and more information.

Parking is available for a small fee on campus or free on nearby public streets.



The **Volunteer Income Tax Assistance (VITA)** and **Facilitated Self Assistance (FSA)** programs through United Way will be scheduling appointments beginning February 3 and continue through April 9. Call 541-864-0448 for appointments for the 2025 tax season. 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](https://unitedwayofjacksoncounty.org/vita). If you have questions, please call 541-864-5092.



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.