



ASHLAND SENIOR ADVISORY COMMITTEE (ASAC) MEETING AGENDA

July 13, 2026

Ashland Senior Center, 1699 Homes Ave – 3:30–5:00 PM

HELD HYBRID (In-Person or via Zoom) To attend via Zoom, contact the [Parks Department](#) no later than 10 AM the business day before the meeting.

I. CALL TO ORDER

II. ROLL CALL

III. APPROVAL OF MINUTES

Ashland Senior Advisory Committee Meeting Minutes January 12, 2026

IV. ADDITIONS OR DELETIONS TO THE AGENDA

V. PUBLIC FORUM

VI. NEW BUSINESS

- a) Housing and Human Services Advisory Committee, Community Resource Fair (Linda Reid/Montana Hauser)

VII. PRESENTATION

Ashland at Home – Barbara Talbert, President of AAH Board of Directors

VIII. BUSINESS

- a) APRC Liaison Report (Commissioner Gardiner)
- b) APRD Division Manager Report (Manager Mettler)
- c) APRD Program Coordinator Report (Coordinator Holt)
- d) Items from Committee Members

IX. NEXT MEETING

Monday, October 12, 2026, 3:30–5:00 PM at Ashland Senior Center

X. ADJOURNMENT

If you need special assistance to participate in this meeting, please contact Natalie Mettler at natalie.mettler@ashlandoregon.gov or (541) 552-2482 (TTY phone number (800) 735-2900). Notification at least three business days before the meeting will enable the City to make reasonable arrangements to ensure accessibility to the meeting in compliance with the Americans with Disabilities Act.

Participation Instructions

This meeting will be held in-person at Ashland Senior Center, 1699 Homes Ave. Those who wish to provide oral testimony must attend the meeting. Written testimony will be accepted via email sent to natalie.mettler@ashlandoregon.gov. Please include "**Public Testimony**" in the subject line. Written testimony submitted by 11:00 AM the business day before the meeting will be made available to the committee members before the meeting. All testimony will be included in the meeting minutes.



MINTUES FOR REGULAR BUSINESS MEETING
ASHLAND PARKS AND RECREATION COMMISSION (APRD)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
January 12, 2026
ASHLAND SENIOR CENTER, 1699 HOMES AVE – 3:30PM

Advisors Present: Commissioner Gardiner, Johnson (Chair), Engelhardt (Vice Chair)
Talbert, Toyokawa,
Staff Present: Deputy Director Dials, Manager Mettler, Coordinator Holt
Absent: Winner

- I. **CALL TO ORDER** – Chair Johnson called the meeting to order at 3:35pm.
- II. **Opening** – Chair Johnson welcomed everyone.
- III. **APPROVAL OF MINUTES**
 1. Chair Johnson asked for approval of minutes from October 13, 2025. Motion by Talbert, 2nd Toyokawa. Johnson –Yes, Engelhardt–Yes.
- IV. **ADDITIONS OR DELETIONS TO THE AGENDA** – None
- V. **PUBLIC FORUM**

None
- VI. **BUSINESS**
 1. **APRC Liaison – Commissioner Mike Gardiner**
 - Commissioner Gardiner reported that the Winburn Way walking trail is being assessed for safety improvements, adding 2 handicap parking spots for Japanese Garden. Vote to move forward will be held at APRC Business Meeting on Jan 14, 2026.
 - Ice Rink is on track to open next winter.
 2. **Senior Services Division Manager Report – Manager Natalie Mettler**

Mettler highlighted the following in her Manager's report:

- Continuing increase in service statistics. Demand for Senior Service resources keeps increasing.

3. **Education Report – Senior Services Coordinator Holt**

- Continuing collaboration with Rogue Community Health, Bristol Hospice, Visiting Angels, Jackson County Library Service.
- Senior Center classes are near maximum capacity.
- Spring Tea Party with Bristol Hospice on March 11.
- Jackson County Library Services to expand classes about using their services.
- Central Point Parks and Recreation reached out to Ashland Senior Services about our Mah Jongg activity group; staff are exploration opportunities for collaboration between Central Point and Ashland Senior Centers.

4. **Draft Bylaws**

- Bylaws in line with City of Ashland policy for advisory committees.
- Vice Chair Engelhardt motion to approve, Talbert 2nd. All voted yes. Bylaws are approved.

5. **2026 Plan for ASAC**

- Approval to bring back community partner presentations to ASAC meetings.

6. **Items from Committee Members**

- Commissioner Gardiner suggests election of officers at today's meeting.
- Chair Johnson continues, Vice Chair Engelhardt continues. Motion by Talbert, 2nd Toyokawa.

VII. **Next meeting** – Monday, April, 3:30–5:00pm in person

VIII. **Adjournment** – 4:57pm

Respectfully submitted by Shannon Holt, Senior Services Coordinator, Ashland Parks and Recreation Department



ASHLAND SENIOR ADVISORY COMMITTEE (ASAC) MEETING

AGENDA BRIEF

July 6, 2026

Agenda Item	VI.b. Senior Services Division Report	
Presenter	Natalie Mettler	Division Manager – Senior Services
Item Type	Action ☐ Information ☒	

PROGRAMMING & SERVICES

- Special events, presentations and services since last report (1/7/2026):
 - Hosted the ACCESS Energy Assistance Program on 1/9/2026 and 1/23/2026, to offer in-person assistance to eligible community members.
 - Rogue Community Health Pharmacy presentations:
 - OTC Remedies for Flu Season, 1/26/2026
 - Staying Comfortable & Confident: Tips for Better Bowel and Bladder Health, presented by Guy Havice, Pharmacy Manager with Rogue Community Health, 4/27/2026
 - AARP Driver Safety classes, 1/21 & 22/2026; 4/22 & 23/2026; 6/24 & 25/2026.
 - Cute as a Button, new craft activity sponsored by Visting Angels on 2/9/2026.
 - Alice in Wonderland-themed Spring Tea Party,



co-sponsored by Bristol Hospice and Fountain Plaza, on 3/11/2026 was a new event that was well-attended and enjoyed by all.

- SSD Gentle Yoga instructor, Cheri Theobald, taught a special workshop on Yoga for Bone Health: Gentle and Safer Practices for Osteoporosis & Osteopenia on 3/27/2026.

- Hospice Philosophy & Practical Skills, presented by Brandi Hoffman, Hospice Volunteer Coordinator with Providence, 4/8/2026.



- Japanese Garden Guided Walk for Seniors & Friends, led by Patty Winner, APRD volunteer, 4/29/2026.

- "End of Life Planning for Online Accounts," presented by JCLS staff on 5/20/2026.

- Two screenings of Autie Carlisle's short documentaries, "Out of Place" and "Field Advantage," on 5/1/2026. "Out of Place" features Ashland resident and Senior Center participant, Mitzi Loftus, who experienced

internment in Tule Lake as a Japanese American during WWII. Loftus and Carlisle were present at the screenings to engage in discussion with audience members. About 100 people attended both screenings. Maple Ridge Senior Living sponsored refreshments.



- AARP Oregon & Our Bold Voices author panel discussion of *Crossing Paths: Queer Moments that Changed Everything* on 6/10/2026.



- We enjoyed another fun and successful annual Cookout for Seniors & Their Families, co-sponsored by Ashland Police Department, in Hunter Park on 6/13/2026.



- CoA Emergency Management Coordinator Kelly Burns presented "Emergency Preparedness Tips for Seniors" on 6/15/2026.

- The *Seniors Celebrating Creativity* rotating art show is back! July and August will feature art by former Senior Services Superintendent Isleen Glatt. She is donating 30% of art sale proceeds to the Senior Services Division. Drop by during our public hours to view Isleen's art (Mon-Thur, 8:30am-3:30pm)



- Programming changes and updates:
 - Chair Yoga with Cheri Theobald will no longer be offered after January 2026 due to lack of consistent interest/enrollment and scheduling issues.
 - As of 2/23/2026, all three Tai Chi classes at The Grove are on hold until 9/1/2026 due to an instructor health issue.
 - April was the last month of the Senior Center hosting Beth Morris's popular "Strength and Balance" class at Ashland Senior Center. This program has grown too big for Senior Center to accommodate so Beth will be teaching independently out of her own studio. We will remain connected so staff can refer community members to these classes and possibly collaborate in future on developing new programs for older adults. Mettler attended Beth's Open House on 4/22/2026.

PARTNERSHIPS & SPONSORS

- Holt and Mettler met with the new Executive Director at Ashland Community Food Bank (ACFB), Catie Mahoney, on 2/6/2026. Staff gave a tour of Ashland Senior Center to Mahoney and explained operations, so as to strengthen the partnership between Senior Services and ACFB. Staff signed Partnership Agreement to formalize terms of collaboration; document submitted to CoA Legal.
- Mettler precepted two OHSU nursing students during April – June. This entailed monthly meetings with the students and their instructor to offer resources, connections and feedback. The students presented on their findings “Social Connection for a Healthier Life” at Ashland Senior Center on 6/3/2026.
- Holt and Mettler met with Grace Anne Michel, ACCESS Food Programs Manager, on 5/5/2026 to discuss Ashland Senior Center hosting ACCESS senior food box program, hoping for implementation at end of summer.
- Holt and Mettler met with Sudhir Gautam, founder and CEO of The Care Steward, to discuss possible future sponsorship.
- Holt and Mettler met with Olivia Robinson, Community Outreach and Engagement Manager for Age+, on 5/22/2026, to discuss partnering on statewide network of senior centers and community hubs for mutual support (AGE+ and Oregon Age Positive Network).
- Mettler met with Bandana Shrestha, State Director for AARP Oregon, on 7/1/2026, to discuss options at the local level related to the State’s new membership in the AARP Network of Age-Friendly States and Communities.
- Attendance at the Food & Friends lunches has been good and it is heartening to watch new friendships flourish.



VOLUNTEERS & DONATIONS

- Appreciation event with refreshments for Senior Services instructors and volunteers, in Hunter Park on 5/8/2026.
- Audrey Flint's We Keep Dancing students and the Line Dancing classes through Senior Services performed two fundraising showcases, on 5/21/2026 (Lithia Bandshell) and 5/22/2026 (Grove Gym). \$287 in donations were received.
- The kids from Camp Kindness from Ashland Congregational UCC brought delicious homemade muffins and the sweetest cards for our patrons at Ashland Senior Center on 6/18/2026. They brightened up the afternoon for our Cribbage, Mah Jongg and Go players.



STAFF/TRAINING

- Mettler was invited and attended a small group conversation on 4/20/2026, convened by Pam Marsh, to discuss strategies to ensure Ashland's future as a thriving community, with a focus on the challenges facing many foundational institutions, such as SOU, School District, City, Hospital and OSF.
- Mettler attended the RVCOG Budget Committee meeting on 4/22/2026, as a community partner representative of the RVCOG Senior Advisory Council.

PUBLIC AWARENESS

- Mettler presented about offerings for older adults through Ashland Senior Services to Skylark Senior Living residents on 2/24/2026. Holt offered a second presentation on 5/26/2026.
- Mettler staffed an info table about Senior Services at the City's *Spring into Safety* public safety fair on 4/18/2026.
- **Senior News:** The February, March, April, May and June [Senior News](#) issues featured information about special events and highlighted selected ongoing activities. All issues also offered information about relevant resources and services.

Senior News
February 2026

Ashland Senior Center, 1899 Homes Avenue, Ashland OR 97520
Monday - Thursday, 8:30am - 3:30pm | 541-488-5343 | 1Ry 754
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

NEW! Cute as a Button
Monday, February 9, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

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

Sponsored by: Wilting Angels. Activity led by: Robyn Messer of Wilting Angels.

NEW! MUSIC NEW!
Guitar & Ukulele
for the Ageless

Monday, February 23, 4:15pm
Ashland Senior Center
band, classes
Registration required: 541-488-5343 or
ashlandoregon.gov/register

Beginning players learn a step-by-step approach to playing recognizable songs with either the guitar or ukulele—45 up to your interest for new musicians, and no one is too old to learn!

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) 759-4347 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 16th 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:
Monday, February 16 in observance of Presidents' Day

Senior News
March 2026

Ashland Senior Center, 1899 Homes Avenue, Ashland OR 97520
Monday - Thursday, 8:30am - 3:30pm | 541-488-5343 | 1Ry 754
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

Bridal Hospice
Wednesday, March 11, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us to celebrate the coming of spring! Wear your most festive spring hat and feisty. There will be prizes for best hat and ensemble.

Enjoy a "taste" along with sensory experiences and a raffle drawing for a lovely Floral Plant. Limited seating. Register soon!

Yoga for Bone Health: Gentle & Safe Practices for Osteoporosis & Osteopenia
Friday, March 27, 9:30am
Ashland Senior Center | 01811.1204
Cost: \$20
Registration required: 541-488-5343 or
ashlandoregon.gov/register

Designed for anyone interested in mindful movement for long-term strength and confidence, including those living with osteoporosis and osteopenia. Explore a gentle yoga practice paired with evidence-informed guidance that supports bone health and wellbeing.

Instructor: Chen Theohard, an accredited yoga-therapist with specialized training in Ashtanga Yoga, Yin Yoga, and Teaching Yoga to Seniors.

Special Event! Spring Tea Party

Hospice Philosophy & Practical Skills
Wednesday, April 8, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative and healthy conversation about finding your spiritual and primary systems ready to go. We'll discuss common issues like constipation, diarrhea, and incontinence, what to do when you feel these symptoms, and how to find the right resources to help you. You'll have plenty of time to ask questions in a relaxed, judgment-free setting.

Instructor: Brad Hoffman, Hospice Volunteer Coordinator with Providence.

Looking ahead to April
Hospice Philosophy
Presentation by: Brad Hoffman, M.Ed. of Providence St. Joseph Health
Wednesday, April 8, 1pm
JCL's: Cloud Bands
Learn the basics of Cloud
Wednesday, April 8, 1:30pm

Pharmacist Talk
Presentation by: Rogue Community Health (Pharmacist)
Monday, April 25, 9:30am

Japanese Garden Walk
Guided walk with Patty Brown, volunteer.
Wednesday, April 8, 1:15 pm
These events are FREE. Registration required: 541-488-5343

Senior News April 2026

Ashland Senior Center, 1899 Homes Avenue, Ashland OR 97520
Monday - Thursday, 8:30am - 3:30pm | 541-488-5343 | 1Ry 754
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

Hospice Philosophy & Practical Skills
Wednesday, April 8, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative and healthy conversation about finding your spiritual and primary systems ready to go. We'll discuss common issues like constipation, diarrhea, and incontinence, what to do when you feel these symptoms, and how to find the right resources to help you. You'll have plenty of time to ask questions in a relaxed, judgment-free setting.

Instructor: Brad Hoffman, Hospice Volunteer Coordinator with Providence.

Japanese Garden: Guided Walk for Seniors & Friends
Wednesday, April 29, 1pm
FREE. Registration required: 541-488-5343

Join us for a free, guided walk of the beautiful Japanese Garden at the Ashland Senior Center. Enjoy the garden and learn about this world-class garden in Ashland. This walk will be led by a professional guide. Space is limited to sign-up only.

The walk will be held in a large open area and is accessible to all. The walk will be held in a large open area and is accessible to all. The walk will be held in a large open area and is accessible to all.

Staying Comfortable & Confident: Tips for Better Bowel and Bladder Health
Monday, April 27, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative and healthy conversation about finding your spiritual and primary systems ready to go. We'll discuss common issues like constipation, diarrhea, and incontinence, what to do when you feel these symptoms, and how to find the right resources to help you. You'll have plenty of time to ask questions in a relaxed, judgment-free setting.

Instructor: Guy Hovick, Pharmacy Manager with Rogue Community Health.

Sneak peek at June!
Author Panel Discussion
Wednesday, June 24, 1pm
FREE. Registration required: 541-488-5343

AARP & Our Bold Voices present an author panel and discussion of *Craving Paths: Queer Moments That Changed Everything*, a collection of stories celebrating love and connection between LGBTQ+ people, sharing experiences that show the power of relationships.

Senior News
May 2026

Ashland Senior Center, 1899 Homes Avenue, Ashland OR 97520
Monday - Thursday, 8:30am - 3:30pm | 541-488-5343 | 1Ry 754
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

Screening added at 1pm
Friday, May 1, 1pm and 3pm
FREE. Registration required: 541-488-5343

Ashland Senior Services Division and Ashland Senior Center are pleased to offer a FREE on-site screening of two highly mobile and accessible, part of the Whole Body Screeners by the provider: Katie Carline.

Limited seating. Reserve your seat NOW!

Northridge Senior Living: Adult Daycare Presentation
Monday, May 18, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Come and learn about the Adult Day Care program offered by Northridge Senior Living. Northridge believes that for a retiree who is faced with people who understand and participate are encouraged to build friendships to increasing social skills in a more relaxed and fun setting. Northridge Senior Living provides a safe, comfortable space for participants to socialize and share their experiences. Donations are welcome and appreciated.

Presented by: Cassandra Keston Dowl, Community Relations for Northridge Senior Living LLC.

JCL's: End of Life Planning for Online Accounts
Wednesday, May 19, 10am
Ashland Senior Center
FREE. Registration required: 541-488-5343

How do you or your loved one's wishes to be carried out after death? Do you have your accounts in order? Do you have your accounts in order? Do you have your accounts in order?

This program will help you, and your loved ones, take practical steps to prepare your digital estate plan.

Presented by: Nicki Valovick, Jackson County Technology Education Services staff.

City of Ashland Strategic Plan
Wednesday, May 19, 10am
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative workshop designed to help seniors prepare for emergencies. Presentations by: Kelly Burns, City of Ashland Emergency Manager.

Senior News
June 2026

Ashland Senior Center, 1899 Homes Avenue, Ashland OR 97520
Monday - Thursday, 8:30am - 3:30pm | 541-488-5343 | 1Ry 754
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

AARP Oregon & Our Bold Voices present an author panel and discussion of Craving Paths: Queer Moments That Changed Everything
Wednesday, June 24, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative and healthy conversation about finding your spiritual and primary systems ready to go. We'll discuss common issues like constipation, diarrhea, and incontinence, what to do when you feel these symptoms, and how to find the right resources to help you. You'll have plenty of time to ask questions in a relaxed, judgment-free setting.

Instructor: Guy Hovick, Pharmacy Manager with Rogue Community Health.

ONSU Nursing Students Present: Social Connection for a Healthier Life
Wednesday, June 2, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

ONSU nursing students present their research on the importance of social connection for a healthier life. This program will help you, and your loved ones, take practical steps to prepare your digital estate plan.

Presented by: Nicki Valovick, Jackson County Technology Education Services staff.

Emergency Preparedness Tips for Seniors
Monday, June 15, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Join us for an informative workshop designed to help seniors prepare for emergencies. Presentations by: Kelly Burns, City of Ashland Emergency Manager.

COOKOUT Celebrating Seniors & their families
Saturday, June 13, 10am
Ashland Senior Center
FREE. Registration required: 541-488-5343

Come enjoy the first Barbecue of summer with family and friends at the outdoor grill. Sponsored by: Ashland Police Department and Ashland Senior Services. *Registration required.

The Library Catalog Changed My Life: A Surprisingly Fun How-To
Wednesday, June 24, 1pm
Ashland Senior Center
FREE. Registration required: 541-488-5343

Take a guided tour of the JCL catalog, and see what you've been missing!

Presented by: Nicki Valovick, Jackson County Technology Education Services staff.

PREPARED BY: Natalie Mettler