

Medford Senior Center

Wednesday / Thursday / Friday | 8:30 AM – 2:30 PM

510 E. Main Street, Medford Oregon

541-772-2273 | Info@medfordseniorcenter.org

Medford Senior Center
P.O. Box 8719
Medford, OR 97501



MEDFORD SENIOR CENTER

Fostering Fun, Food, Activities, Education and Community
with Seniors Since 1963



March and April 2025



March 21

Senior Resource Hour
10am – 11am

March 7 / 27

Essential Foot Care
More Inside

March 9

Daylight Savings Time
Spring forward 1 Hr

March 24 / April 28

Board Meeting
10am at Center

April 4 / 24

Essential Foot Care
More Inside

April 11 / 12

Pear Blossom Festival

April 12

Fraud Summit

Staffing issues may require
early closure after classes
on Wed. and Thur.

NATIONAL PUZZLE DAY SUCCESS!

Thank you for helping out the boutique by picking up puzzles from the inventory. Now we have to rebuild! Donations of 750 piece and under puzzles welcome!



GREETINGS FROM THE BOARD

Recently, the Board made the decision to close the Center for a full week due to the inches of snow we received, as is our policy. For those of you who have questioned the closing, the primary reason was the safety of our members and guests. The parking lot and our sidewalks were unpassable for several days. Juan Carlos, our landscaper, and Michael, our security plowed the snow and sanded the sidewalks to allow entry to the Center. Although inconvenient, we did not want anyone slipping and falling in the parking lot and on the sidewalks.

At the Board meeting in January, Janet presented our financials for the past six months. Total income during that time was \$88,697.83 from various sources (Bingo, Donations, City grant, Kitchen, Membership dues, Thrift store). Total Expenses to run the Center were \$51,313 covering (Insurance, Janitorial, Kitchen groceries, Landscaping, Office expenses, Outside cleaning, Pest control, Repairs & Maintenance, Security, Supplies, Utilities, and WiFi, telephone). Building improvements and new external signs totaled \$13,250 and our Net Income for the six months was \$24,135. All bills are paid and we have no debt.

We are solvent but with many additional projects to be considered. These include working to resolve issues with the adjacent classroom and it's restrooms in order to offer members additional programs.

For those of you who have donated to Center this past year we thank you. Without your support we would not be able to make improvements to the Center.

CRAFT SUPPLIES | MAKE US AN OFFER

We are CLEANING HOUSE and have lots of miscellaneous craft supplies available. NO REASONABLE \$\$ OFFER REFUSED. Cash or Check.

DAY	TIME	ACTIVITY
Tuesday & Saturday	10:00am - 3:00pm	BINGO
Wednesday	10:00am 11:30am	Stretch Exercise Line Dance – Advanced
Thursday	12:30pm	Line Dance - Beginner and Intermediate
Friday	10:00am 11:00am 11:30am 1:00pm	Stretch Exercise Free Drop in Spanish at Santo Center Lunch BUNCO/1 st Fri of Month/Call 541-608-0590 to register



The Pear Blossom Festival | April 11 and 12 | Medford

In it's 27th year the festival has something for everyone. The Pear Blossom Run (5k and 10 mile) and Mayor's Cup Fun Run (1 and 2 mile) closes down some streets. Followed by a parade and a street fair taking place in the Lithia Park Blocks in downtown Medford. The Smudge Pot Stroll is on the 11th 5p-9p and there are 350 tickets available for this walking and tasting tour around downtown. For more information phone 541-840-PEAR or visit pearblossomparade.org

LIVE ONLINE CLASSES FOR SENIORS

Free live online classes programmed for seniors. You can learn about finance, wellness, participate in interactive stretching and fitness classes including Tai Chi. Learn computer use, social media options, technology, knit, crafts, computers including password management and lots more.

Find classes by visiting seniorplanet.org

END OF LIFE PLANNING FOR ONLINE ACCOUNTS

How will your loved ones get access to online accounts to save precious data, photos and videos? How do they close accounts after you pass on? This program will help you and your loved ones take practical steps to prepare your digital legacy. No registration needed.

Medford Library \ April 7 \ 10:30am—12 Noon \ Free

CELTIC HARPS, RARE INSTRUMENTS AND STORIES

An evening of music and stories with internationally acclaimed duo Aryet Frankfurter and Lisa Lynne. An hour long performance featuring rare and beautiful instruments including Celtic harp, Swedish nyckelharpa, Ukranian bandura, cittern, Iris bouzouki, viola and more.

Medford Library \ April 17 \ 5:00pm—6:00pm \ Free

WINDOWS IN TIME

Each month the Medford Library features well known writers and historians bringing alive the events and people that shaped southern Oregon's heritage. FREE. No registration is required.

Revisiting Oregon's 1934 Diamond Jubilee

March 5 \ 12noon—1:00pm

18 years - Restoration of the 1930 Holly Theater

April 2 \ 12noon—1:00pm

Programs are available in person and online via Zoom. Recordings are available via the JCLS Beyond YouTube channel.

FRIDAY LUNCH

\$5 Members
\$7 Non-Members

While Quantities Last
Beverage Included

Subject to change. Call the morning of lunch if you want to verify entrée.

MARCH	DATE	ACTIVITY
	7	Penne Pasta w Meatballs, Caesar Salad, Garlic Bread
	14	Horton Plaza Hosting Lunch and Dessert
	21	Enchiladas, Mexican Rice, Refried Beans, Tortilla Chips
	28	Chili, Salad, Cornbread
APRIL	DATE	ACTIVITY
	4	Sloppy Joes, French Fries, Cole Slaw
	11	Lasagna, Salad, Garlic Bread
	18	Bratwurst w/Peppers and Onions, Potato Salad, Mix Veg
	25	Beefy Mac N Cheese, Vegetable, Wedge Salad

Welcome Kitchen Volunteers: With over 25 years as a professional Chef, Paul Ratkovich was also a Corporate Chef and owner of Maui Dessert and Catering in Southern California. Joining him will be Barbara Ratkovich with over 12 years of managing commercial kitchens in California and Medford. They are volunteers at their church café and have enjoyed managing senior dinners and outings. They have two labradors and enjoy boating and fishing, gardening, crafting, fiber arts, golf and woodworking.

FOOT CARE BY APPOINTMENT

RN Denise Bennefield, Essential FootCare, continues offering appointments at the Center for the reduced cost of \$35 to members. She donates part of her proceeds to the Center.

March 7/27 and April 4/2 with various times available. Phone 541-821-5347 to schedule.

AARP DRIVER SAFETY | APRIL 23/24

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Your insurance company may give you a discount. Call for more information:

Ashland Senior Center | 541-488-5342

SOUTHERN OREGON HOME

AND GARDEN SHOW | March 21, 22, 23

Over 175 home & garden exhibitors will be in attendance for the largest event of its kind in our region. Community Works, CASA and others will be onsite to learn about how they support those less fortunate in the Rogue Valley. Times Vary - \$5 Entry for 3 days! Jackson County Expo...More Info: buildso.com

BOOKS..BOOKS..BOOKS

The Center has a lot of donated paperback and hardcover books. Many can be found in our **FREE Pantry** during operating hours Wed, Thur, Fri. and any time the Center is open no matter the day or month. We always have some books available for FREE.



SENIOR FAIR / VISIT OUR BOOTH

April 8 | 9:00am—4:00pm

Rogue X | 901 Rossanley Drive, Medford OR

The ACCESS Senior Fair is an annual event dedicated to connecting community members with essential resources tailored to seniors. The fair brings together a diverse range of exhibitors such as healthcare providers, assisted living facilities, senior-focused social service agencies, financial planning and legal professionals, local hospitals, and art organizations showcasing creative programs for seniors. This is the third year the Center has participated...look for our booth and have a chocolate.

SENIOR RESOURCE HOUR | March 21 | 10-11 is a discussion on programs offered by the Jackson County Health and Human Services Department. Jennine Greenwell is a Older Adult Specialist. No appointment necessary however you can consult with her via 541-774-3063.

PHOTO USE: On occasion, Center staff or contractors may photograph participants in programs, events or those on Center property. Photos may be used for illustrative and promotional purposes.



Fraud Fighter Summit & Expo

Gain tools to help fight fraud

Learn valuable tips to fight fraud and protect yourself and your family. Visit the expo and engage with partners who can answer your questions and provide resources for you and those you care for.

Don't miss this opportunity to empower yourself with knowledge and connect with experts in the field.

This is a free event, but registration is required.

Register: <https://events.aarp.org/FraudFightSOR> or Phone 1-877-926-8300

Saturday, April 12, 2025

9:30 a.m. – 1:30 p.m.

Smullin Health Education Center
2825 E. Barnett Road, Medford,
OR

You do not need to be an AARP member.

Lunch will be provided.