

MEDFORD SENIOR CENTER

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



May and June 2026



Essential Foot Care INSIDE

May 9/10
Art In Bloom

May 10
Mother's Day

May 25
Memorial Day

May 25
General Board
Meeting
10am | Center

June 14
Flag Day

June 19 | 12:30
Annual Member
Meeting

June 19/20
Medford Cruise

June 21
Fathers Day

Staffing issues may
require early closure after
class on Wed. or Thur.
Call after 9:00 to check.

GREETINGS FROM THE BOARD

Enclosed is an application for members to further their involvement and join the Medford Senior Center Governing Board of Directors. Your ideas, helpfulness, enthusiasm, and experiences qualify you to be a great asset to the Center.

The Board of Directors is responsible to implement programs, facility maintenance and financial obligations of the Center.

With our membership growing, so should our board as diversity and common sense is key. Applicants will be interviewed by two current board members and all your questions answered. Directors are then elected by the Members at the June 19 meeting.

All members are welcome to attend our Board meetings held the fourth Monday of the month, 10 am at the Center.

Please make plans to attend our annual state of affairs meeting June 19 at 12:30. Let's start the new year full of supporters with opinions, ideas and solutions.

GOOD NEWS: Membership dues will remain at \$60 annually, July 1 – June 30 fiscal year. As costs for everything increases so too the expense of Friday lunch however, thanks to a designated donation, lunches will remain at \$5 for our members.

MAY IS SKIN CANCER AWARENESS MONTH

The world's most common cancer strikes one in five people by age 70. The good news is that most cases are curable if they are diagnosed and treated early enough. In May the Center will have a limited supply of single use sun block packets available.

Early detection saves lives. Learn what to look for at:
www.cancer.org/cancer/risk-prevention

JUNE 12th.... BRING A FRIEND TO LUNCH

Bring a non-member friend to Friday lunch on June 12th and they will get a free lunch that day. It's easy. When you both arrive check in at the Front Desk to pick up their free ticket. Say Happy Birthday to Marge!

FRIDAY MENU

\$5 Members
\$7 Non-Members

11:30am – 12:15pm
While Quantities Last
Beverage Included

MAY

1st Chili Dogs, Chips
8th Taco Salad, Chips
15th Chicken Pot Pie, Veg
22nd BBQ Pulled Pork, Cole Slaw
29th Baked Chicken, Mac and Cheese

JUNE

5th Chili Bowl, Cheddar Biscuits
12th Spaghetti and Meatballs
19th Chicken Enchiladas, Rice
26th Chef Salad, Garlic Bread

ART IN BLOOM | May 9 and 10

The Pear Blossom Parks in Medford host the 21st Art In Bloom. A spectacular springtime festival showcasing art, flowers, vendors, entertainment and food. Visit Art-In-Bloom.com

MEDFORD CRUISE | June 19 & 20

Held at Fichtner Mainwaring Park visit medfordcruise.org to view daily schedules and other event information. Lots of food, cars and vendors.

THURSDAY MORNING AT THE CENTER | 9:30am – 10:30am | FREE

THURSDAY, May 7: Ducks in a Row Photo Solutions (Laurie LeBlanc) specializes in organizing and preserving printed photos and offers many services including: organizing, preservation, sorting, scanning, enhancing, photo books and converting VHS tapes. Learn to have fun and preserve precious memories.

THURSDAY, May 14: Aetna is hosting a Coffee, Cookies and Creativity Social. They will provide all that is needed to decorate cookies, you bring the conversation. NOT A SALES PITCH! Please sign up with the Center Front Desk by phone, email or in person to ensure enough supplies will be on hand.

WINDOWS IN TIME | Medford Library | Wed July 1 | 12 Noon – 1pm | FREE

Independence Day Celebrations 1976 Back to 1876

In honor of our nation's 250th birthday, this talk will review the events, personalities, and context of Jackson County's past American Independence celebrations. Some surprises are in store. Presented by Jeff LaLande who had a 30-year career with the U.S. Forest Service as an archaeologist and historian.

FREE SHRED DAYS | 11am-1pm

Destroy your documents and paper files securely and FREE!

People's Bank is hosting free shred events. Bring up to 3 boxes per person or business. Planned as a drive up and drop off service so you don't have to lug those boxes any distance.

May 15: Medford: 1528 Biddle Road
May 22: Central Point: 1017 E. Pine Street

BOTTLE DROP GIVE!

The Center is now set up with Bottle Drop Give! If you would like to support the Center by donating your refundable plastic soda bottles or cans, pick up a blue bag with a Center sticker at the front desk. Simply fill the bag and drop it at either of the Medford locations or bring to the Center on Fridays

Bottle Drop Redemption Center: 1179 Stowe Avenue
Medford Senior Center: 510 E Main Street (Fridays)

WEATHER RELATED CLOSURES: The Center is closed when the parking lot is iced over and/or when the Medford School District is closed due to weather; usually broadcast on radio and television.

DAY	TIME	ACTIVITY
Tuesday & Saturday	10:00am - 3:00pm	BINGO
Wednesday	10:00am 11:30am-12:15pm	Stretch Exercise, Members FREE; Non Members \$1.50 Line Dance – Advanced; Donation
Thursday	10:45am 1:00-2:00pm	Chair Yoga; \$5 to Instructor Line Dance: Beginner and Intermediate; Donation
2 nd Thursday Month	4:00pm	BINGO
Friday	10:00am 11:00am 11:30am-12:15pm 1:00pm	Stretch Exercise, Members FREE; Non Members \$1.50 Drop In Spanish; \$1 to Instructor Lunch BUNCO/1 st Fri of Month/Call 541-608-0590 to register

PRICE INCREASE BEGINNING July 1st stretch exercise class on Wed and Fri will cost \$3 for non-members.

The Center has coffee and tea available as early as 9:15am and as late as 2:15pm for those wanting to work on the community puzzle, play cards or meet up with others.

QUILTING CLUB AT THE CENTER | 1st and 2nd Wednesdays | 9am – 1pm

Please text Beverly 541-821-0718 if you are interested in joining in on the fun!

CHESS PLAY AT THE CENTER

Contact Jacqueline if you are interested in playing chess on Fridays. 541-460-1509

MEDFORD COUNCIL TOWN HALL MEETING

Medford residents are invited to attend a town hall meeting focused on the City's parks, streets, and neighborhood safety. These events provide an opportunity to hear from City leaders, learn about projects and developments and ask questions.

Thurs May 21: Hosted by Ward 2 and 4 Councilors and the Mayor.

5:30pm-6:00pm Meet and Greet
6:00pm – 7:30pm Panel Discussion and moderated Q and A
Medford Police Headquarters, Prescott Room, 219 S. Ivy Street

Meeting locations are subject to change call 541-774-2000 or visit www.cityofmedford.org and search Medford Town Halls where you can also listen to past community meetings.

These Wards encompass many areas including downtown, Medford Senior Center and those of recent discussion in terms of consideration for development and a Baseball Stadium.

BOOK CLUB

The club meets at the Center the 4th Wed of each month 9am-10am.

A new book begins each meeting after review of the previous one.

The book is provided. Registration is not required.

ESSENTIAL FOOT CARE

Denise Benefield, RN is a long-time supporter and offers appointments at the Center. Members receive a reduced rate.

Schedule: 541-821-5357

THANK YOU HORTON PLAZA for your continued support.

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.

Medford Senior Center

Wednesday / Thursday / Friday | 9:00 AM – 2:30 PM

510 E. Main Street in Medford Oregon

541-772-2273 | Info@medfordseniorcenter.org

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

