



Put Your Mind at Ease with the Right Care, Right at Home.

We care for our clients with the same commitment and compassion you do. Rest assured you're doing the right thing when you choose the Right Care, Right at Home.

Right at Home of Southern Oregon
749 Golf View Dr., Suite B
Medford, OR 97504
541.414.0800
www.rahsouthernoregon.net



The Right Care, Right at Home®

Experience matters.



We provide exceptional care and state-of-the-art treatment of diseases of the retina, macula and vitreous.

Adam AufderHeide MD PhD
Rocio Diaz MD
Physicians & Surgeons
Medford, Grants Pass & Mt. Shasta

541 842 2020

retinacarecenter.org



INFORMATION & REFERRAL

ACCESS Community Action Agency	541-779-6691
3630 Aviation Way, Medford, OR 97504	
Aging and Disability Resource Connection (ADRC)	541-618-7572
2860 State Street, Medford, OR 97504	
541-776-6222	
2101 NW Hawthorne Avenue, Grants Pass, OR	
541-474-3110	
Ashland Senior Service Division	541-488-5342
1699 Homes Avenue, Ashland, OR 97520	
Columbia Care Veterans Resource Center	541-779-8564
601 North Grape Street, Medford, OR 97501	
HASL Independent Abilities Center	541-479-HASL (541-479-4275)
305 NE "E" Street, Grants Pass, OR 97526	
HELPLINE Jackson & Josephine County	541-779-HELP (541-779-4357)
Josephine County Senior Resource Center	541-660-2591
Medford Senior Center	541-772-2273
510 East Main Street, Medford, OR 97504	
Providence Home Services	541-732-6500
2033 Commerce Drive, Medford, OR 97504 .	
Rogue River Community Center	541-582-0609
132 Broadway, Rogue River, OR 97537	
Salvation Army, The	541-955-1017
1377 Redwood Ave, Grants Pass, Or 97527	
U.C.A.N. (Umpqua Community Action Network)	541-956-4050
201 NE 8th Street, Grants Pass OR 97526	
Upper Rogue Community Center, Inc.	541-878-2702
22465 Highway 62, Shady Cove, OR 97539	

For a complete list of Social Service for Seniors see page 109

TRAVEL, LEISURE & DINING

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PERFORMING ARTS

Ashland City Band541-488-5340

Ashland Contemporary Theatre ...541-646-2971

Britt Festivals541-773-6077

Camelot Theatre Company541-535-5250

Collaborative Theatre Project.....541-779-1055



Chamber Music Concerts.....541-552-6154

Concerts in the Park, Medford.....541-774-2400

Concerts in the Park, Grants Pass.541-476-7717

Craterian Ginger Rogers Theater..541-779-3000

Historic Rogue Theatre.....541-471-1316

Livia Genise Productions.....541-951-3492

Medford Civic Ballet.....541-772-1362



Oregon Cabaret Theatre541-488-2902

Oregon Center for the Arts
at Southern Oregon University541-552-6348

Oregon Shakespeare Festival

Box Office.....541-482-4331

Group Booking541-488-5406

Administrative Offices.....541-482-2111

Randall Theatre Company 541-6908810

Rogue Voices541-450-9352

Rogue Valley Symphony info & tix 541-708-6400

Southern Oregon Repertory Singers..541-552-0900





Travel, Leisure & Dining

ScienceWorks

HANDS-ON MUSEUM

Make a positive impact on
the lives of today's youth.



VOLUNTEER!
Contact:
hello@scienceworksmuseum.org

Our community is shaped by the
opportunities we give our children.
Be part of their future.

Email: info@scienceworksmuseum.org
Visit: 1500 E. Main St., Ashland OR 97520

ScienceWorks Hands-On Museum is a 501(c)(3) non-profit museum that inspires curiosity and wonder through scientific exploration and hands-on experiences.



"Being able to interact with other parents and sharing experiences was something I enjoyed most about Pathways. We really appreciate everyone helping us to get prepared for our new baby."

Call or visit us online to learn more,
volunteer, and donate.

A 501c3 non-profit and accredited medical center.



Scan this code with your
smartphone camera to donate
online. It's **easy** and **secure**!



714 SE 8th St, Grants Pass

541.479.6264

www.gppregnancy.com/give

■ Adult Daycare

Northridge Adult Daycare Center 547-295-8052
1150 NE 9th Street
Grants Pass, OR 97526

Northridge Senior Living 541-779-6943
2979 East Barnett Road
Medford, OR 97504

Please See Advertisement Page 77

■ Airlines

Alaska Airlines 1-800-252-7522

Allegiant 1-702-505-8888

American Airlines 1-800-433-7300

Delta Connection 1-800-221-1212

United Express 1-800-241-6522

■ Charity

Bikes N Brews
<https://downtownmedford.org/events/bikes-n-brews>
Please See Advertisement Page 8

Pregnancy Care Center 541-479-6264
714 SE 8th Street
Grants Pass, OR 97526
Please See Advertisement This Page

The Pregnancy Center 541-772-1921
2019 Aero Way, Suite 103
Medford, OR 97504
Please See Advertisement Page 89

Science Works Hands-On Museum 541-482-6767
1500 East Main Street
Ashland, OR 97520
Please See Advertisement Page 6



2nd Annual Bikes N Brews

RIDE FOR A CAUSE



Mark Your Calendar!

Saturday October 14, 2023

Main & Bartlett in Downtown Medford



DOWNTOWN MEDFORD

Provide inspired leadership that encourages engagement to enhance the physical, cultural, and economic vitality of our downtown so we are welcoming to locals and visitors alike.

Proceeds benefit local charities.



Produced in association with
the 2nd Annual



**HEART OF THE
ROGUE
FESTIVAL**

FOUR DISTANCES

The Root Beer Cruiser "Family Ride" TIRE & AUTO SERVICE
7 Miles all on the Bear Creek Greenway

The Pilsner Ride
20 Miles



The IPA Ride
43 Miles



The Stout Ride
62 Miles



**Thanks
to our
2022
Gold
Sponsors**



Registration opens in June!

For more info, visit downtownmedford.org/events/bikes-n-brews

■ Elderhostel

Oregon Elderhostel 541-552-6378 Ext 3
Southern Oregon University 1-800-257-0577
Ashland, OR 97520

■ Entertainment

Ashland Independent Film Festival 541-488-3823
P.O. Box 218
Ashland, OR 97520

Boatnik www.boatnik.com
P.O. Box 961
Grants Pass, OR 97526

Britt Festivals 541-773-6077
P.O. Box 1124 1-800-882-7488
Medford, OR 97501
Please See Advertisement Page 23

Camelot Theatre Co 541- 535-5250
101 Talent Avenue
Talent, OR 97540
Please See Advertisement This Page

Craterian Performances Box Office 541-779-3000
23 South Central Avenue Admin. 541-779-8195
Medford, OR 97501
Please See Advertisement Page 24

Oregon Shakespeare Festival Box Office 541-482-4331
P.O. Box 158
Ashland, OR 97520
Please See Advertisement Page 22

■ Glass Studio

The Glass Forge Gallery & Studio 541-955-0815
501 SW "G" Street
Medford, OR 97526
Please See Advertisement This Page



CAMELOT THEATRE
Where Broadway meets Talent

**Just 5 minutes from Ashland,
Broadway meets Talent at
the Camelot Theatre.**

 May 3 - May 28	 June 14 - July 16
 Sept. 20 - Oct. 15	 Nov. 22 - Dec. 31

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gallery and studio

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501 SW G ST. GRANTS PASS, OR 97526
Hours:
M-F: 8am-4pm
Sat: 10am-4pm

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BOWLS • STEM-WARE
ONE-OF-A-KIND PIECES

*"I have not failed. I've just found
10,000 ways that won't work."
Thomas A. Edison*



January 20 through February 18

Annual Museum fundraising event

Faux Fun and 6 x 6

Sponsor: Evergreen Federal Bank



February 24 through March 31

Karen O'Brien

Elemental Dreams

BEST of the BEST



April 7 through April 27

Best of the Best

Jackson and Josephine County High School Student Art



May 3 through May 26

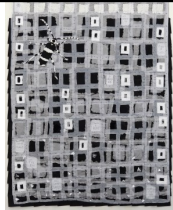
Anne Brooke

Watercolor Medley



June 1 through July 28

Gabriel Lipper



August 3 through September 22

Sandra Poteet

Grayscale in Fiber



September 28 through November 10

Ann Chadwick Reid and Natalie Niblack

On the Edge: Living the Anthropocene



November 17 through December 21

2023 Membership Exhibit

■ Golf Courses

Oak Knoll Golf Course 541-482-4311
3070 Hwy 66
Ashland, OR 97520
www.oakknollgolf.org

Quail Point Golf Course 541-857-7000
1200 Mira Mar
Medford, OR 97504

■ Horse Racing

Grants Pass Downs 541-476-1639
Josephine County Fairgrounds ~ Grants Pass Downs
For more info: www.racingontherogue.com
Please See Advertisement This Page

■ Museums - Gallery

Grants Pass Museum of Art 541-479-3290
Gallery One at the Museum
229 SW "G" Street
Grants Pass, OR 97526
Please See Advertisement This Page

Josephine County Historical Society 541-479-7827
508 SW 5th Street
Grants Pass, OR 97526
Please See Advertisement This Page



Photo by Charlotte Angin

racingontherogue.org



**Grants Pass
MUSEUM
OF ART**

Regional to
International
Art Exhibitions

229 SW G St, Downtown Grants Pass

**& Local art
by dozens
of artists**



GALLERY ONE
AT THE MUSEUM






OPEN TUESDAYS - SATURDAYS
10 AM - 5 PM, FREE ADMISSION

Visit gpmuseum.com or call 541-479-3290

Josephine County Historical Society



Research Library



Schmidt House Museum

Scheduled Events for 2023


To Be Announced

Call for Dates & Time...**541-479-7827**


www.jocohistorical.org




Become a member Today!



512 SW 5th Street, Grants Pass, OR



Medford Senior Center
Fostering fun, food, activities, education, friendships and community!



**Over 50 years of Service
in Medford Oregon .
Activities & Education, Exercise
& Stretching,
BINGO , Member Perks!
Fun Social interactions
and Community Resources,
Gift Thrift Shop, Friday Lunches
and Special Events.
We look forward to seeing
YOU there!
Located at: 510 E. Main Street ,
Medford OR,97504
Phone: 1(541) 772-2273
Email:
info@medfordseniorcenter.org
Web:
www.medfordseniorcenter.org
FaceBook:
The Medford Senior Center
Operating Hours: Wed/Thurs/Fri
8:30am—2:30pm
BINGO: Tuesday / Saturday
doors open 10:00am.**



ASHLAND SENIOR CENTER



Ashland Senior Services Division

The Senior Services Division of Ashland Parks and Recreation Commission enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families throughout Ashland. We provide:

- Information and Referral
- Assistance with Medicare and Public Benefits
- Senior Utility and Internet Discount
- Free Bus Passes/Valley Lift Vouchers
- Educational Speakers and Workshops
- Caregiver Support

Ashland Senior Center Activities

- Movement/Fitness Classes
- Game Groups
- Discussion Group
- Art Class
- Weekly Movie and Popcorn
- Special Events
- Lunch by RVCOG Food & Friends

1699 Homes Ave, Ashland, OR 97520

Mon–Thu, 8:30 a.m. to 3:30 p.m.

541.488.5342 | TTY 711

SeniorInfo@ashland.or.us

AshlandSeniorServices.org



ACTIVE OLDER ADULTS

SUPPORTING PHYSICAL, INTELLECTUAL, AND SPIRITUAL HEALTH

The Grants Pass Family YMCA's Active Older Adults (AOA) Program offers activities that promote staying active and healthy living. Through AOA, participants develop a strong sense of belonging and create a network of friends who provide support for sustained health & well-being.

JOIN IN ON THE FUN AT THE
**GRANTS PASS
FAMILY YMCA!**

Contact Us:

1000 Redwood Ave, Grants Pass, OR 97527
www.grantspassymca.org
(541) 474-0001



MONTHLY TRIPS



GROUP FITNESS



WORKSHOPS

Give the gift of reading:

www.SMARTReading.org/volunteer



(541) 734-5628



*One hour a
week makes
a huge
difference in
a child's life!*

*Old age is like
everything else.*

*To make a success of it, you've
got to start young.*

Theodore Roosevelt (1858-1919)

Recreational Opportunities

Grants Pass Family YMCA 541-474-0001
1000 Redwood Avenue
Grants Pass, OR 97527

Please See Advertisement This Page

Senior Centers

Ashland Senior Service Division 541-488-5342
1699 Homes Avenue
Ashland, OR 97520

Please See Advertisement Page 12

Medford Senior Center 541 772-2273
510 East Main Street
Medford, OR 97504

Please See Advertisement Page 12

Volunteer Opportunities

SMART Start Making a Reader Today 541-734-5628
670 Superior Court #108
Medford, OR 97504

Please See Advertisement This Page

Pregnancy Care Center of Grants Pass

Give hope. Inspire life.

Our Clients Say . . .

"I am so thankful for PCC, everyone is so kind and wonderful. The best part of my experience was getting to see my baby during the ultrasound." – Patient

"I appreciate the opportunity to be taught new information about this new chapter in my life that I'm about to open. I appreciate all the staff, helpers, and teachers who helped put this together." – Pathways Participant
"Thank you for the Epic presentation. Epic reminded me why I have chosen to not be sexually active, the consequences are too high!" – SOSA High School Student

"Through Journey, I found community amongst the other women. I was reminded that I did not have to walk this alone. I now walk in forgiveness and freedom from shame." – Journey participant

Give hope. Inspire life.

Founded by a group of local people concerned by rising teen pregnancy rates and a lack of resources for those facing challenging pregnancy decisions, Pregnancy Care Center of Grants Pass (PCC) has served Josephine County since 1988. In a typical year, all of PCC's services are provided for free to around 3,000 people annually, thanks to the financial support and volunteerism of individuals, local businesses, churches, and organizations that share its mission: Providing hope in the midst of pregnancy and sexual health decisions. **Operating in Grants Pass and Cave Junction**, Pregnancy Care Center offers four key programs:

- The **Medical Center** serves as a gateway to OB care, offering early pregnancy health services and support in decision making at no cost. We come alongside each woman, as an accredited medical center, and gently give

her practical help and life-affirming hope so she can embrace motherhood and step into that role with courage and confidence.

- **Pathways** prepares and equips both single parents and couples during pregnancy and early parenthood to make healthy decisions for themselves and their families. •

Epic empowers students to use decision-making strategies to make healthy choices about sex, relationships, and abstinence. •

Journey provides a confidential opportunity for those who are hurting from a past abortion experience to walk with others toward hope and healing.

The board and staff remain committed to a loving, non-judgmental, and confidential approach to helping women, men, students, and families live successfully by being fully informed and engaged in their sexual health and pregnancy decisions. Ultimately, the goal is to empower families to remain intact, helping our community thrive.

How You Can Help

- Make a **donation** or set up a recurring monthly donation by visiting www.gppregnancy.com/give. It's easy and secure!
- Support moms and dads in need by donating **supplies** including diapers, wipes, baby clothes, maternity clothes, etc.
- Share your time and talent as a **volunteer**. Time commitments vary, including mailings, events, office work, and more.
- Leave a legacy by remembering Pregnancy Care Center of Grants Pass in your **planned giving**.

Contact Us

- Call: (541) 479-6264
- Email: help@gppregnancy.com
- Visit us online: www.gppregnancy.com

Pregnancy Care Center of Grants Pass is a 501c3 non-profit (tax ID 93-1025665).

Ashland Senior Services Division

The Senior Services Division of Ashland Parks and Recreation operates Ashland Senior Center and works on senior issues throughout Ashland. Our mission is to enhance the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families.

The Division offers support services and a variety of free or low-cost social, recreational, fitness, and educational opportunities at Ashland Senior Center and other locations.

Hours, services and activities are subject to change due to public health conditions. All activities require registration, and public health precautions such as masking and physical distancing may be required. For more information or to request a monthly newsletter, call 541-488-5342 or email seniorinfo@ashland.or.us.

Services

- Information and referrals to community services
- Senior Health Insurance Benefits Assistance (SHIBA)
- Free passes for the bus or Valley Lift
- Advance Directives assistance
- Tutoring for computers, phones and devices
- Senior utility and internet discounts
- Mike Hersch Memorial Food Pantry for seniors
- Free Library of books, DVDs, magazines and puzzles
- Ashland Senior Phone Buddy social call program
- Dementia Caregiver Support Group

Activities & Events

- Gentle yoga
- Line dance
- Broadway dance
- Tai chi
- Walking group
- Game groups (spades, cribbage and American mah jongg)
- Discussion group
- Free weekly movie with popcorn
- Monthly Young at Art classes
- Musical, cultural & social events
- Holiday celebrations
- Educational presentations

Food & Friends

The RVCOG Food & Friends program serves lunch at the Ashland Senior Center for seniors age 60 and up, by donation. Hours are normally Monday – Friday, 11:30 a.m. – 12:30 p.m., but may vary due to public health conditions. Meals on Wheels home delivery is available for qualified seniors. For more information, please call 541.734.9505.

Volunteer Opportunities:

Get involved! Ashland Parks and Recreation has volunteer opportunities for all ages and abilities, including remote roles. Please contact the Volunteer & Event Coordinator at 541.552.2264.

Ashland Senior Services Division & Ashland Senior Center

1699 Homes Avenue, Ashland, OR 97520
Monday – Thursday, 8:30 a.m. to 3:30 p.m.
541.488.5342 | SeniorInfo@ashland.or.us
AshlandSeniorServices.org

Senior Dining Guide

	Cuisine	Senior Discount ✓ + * Special Menu Items Early Bird Special			Handicapped Accessible	Meals Served B=Breakfast L=Lunch D=Dinner SB=Sunday Brunch	Price
		✓	+	*			
Chico's Food Truck 458-658-4345 2233 South Pacific Hwy, Medford <i>Please See Advertisement This Page</i>	Mexican Food Truck		X		yes	B L D	\$2.50-12.00
Gogi's Restaurant 541-899-8699 235 West Main Street, Jacksonville <i>Please See Advertisement Page 17</i>	International Fine Dining		X		yes	D	\$12.00-39.00
Kobé Modern Japanese 541-488-8058 96 North Main St, Ashland <i>Please See Advertisement Page 17</i>	Modern Japanese				yes	D	\$8.00-35.00

Wild River® Brewing Lasagna

Step #1

24 oz. box spinach
 1 bunch green onion minced
 1 T garlic minced
 1/2 T olive oil
 Sauté

Step #2

4 lbs Ricotta cheese. (1.5 tubs)
 5 eggs
 1 C shredded parmesan
 1 C mozzarella
 1 T dry basil crushed
 1 t white pepper
 1/2 T ground nutmeg
 Mix in large silver bowl

Wild River® Brewing Lasagna Cont.

Other Ingredients

2.5 lb cooked sausage crumbled drained well
 1 batch lasagna noodles
 2 lb shredded mozzarella
 8 C marinara

Assembly

Using a 4" deep hotel pan layer as follows:
 Layer #1: 2 cups marinara on bottom of pan
 Layer #2: 3 lasagna noodles to cover bottom
 Layer #3: Ricotta cheese mixture
 Layer #4: Spinach mixture
 Layer #5: Sausage
 Layer #6: Mozzarella
 Layer #7: Repeat layers 1-6
 Layer #8: 2 cups marinara
 Layer #9: 3 lasagna noodles to cover
 Layer #10: 2 cups marinara
 Layer #11: Cover with Mozzarella

Cover with foil. Bake at 300 for 50 min. Remove foil and bake for 10 min.

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Door Dash

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458-658-4345
2233 S Pacific Hwy, Medford, OR
Front of Habitat for Humanity

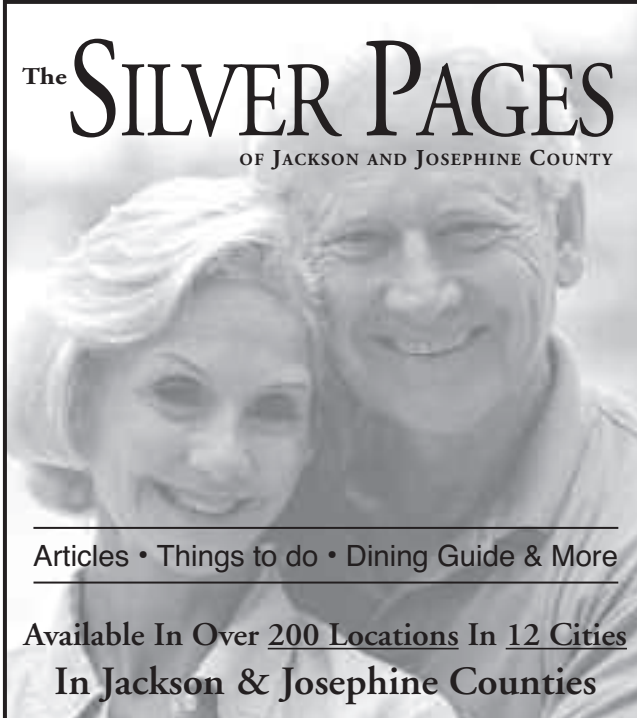
KOBE

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Articles • Things to do • Dining Guide & More

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A SENIOR
INFORMATION
PUBLICATION

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235 W. Main St., Jacksonville
www.gogisrestaurant.com

*When you wholeheartedly
adapt a "with all your heart"
attitude and go all out with
the positive principle, you
can do incredible things.*

Senior Dining Guide

Senior Dining Guide

	Cuisine	✓ + * Senior Discount Special Menu Items Early Bird Special	Handicapped Accessible	Meals Served B=Breakfast L=Lunch D=Dinner SB=Sunday Brunch	Price
Chico's Food Truck 458-658-4345 2233 South Pacific Hwy, Medford <i>Please See Advertisement Page 17</i>	Mexican Food Truck	x	yes	B L D	\$2.50-12.00
Gogi's Restaurant 541-899-8699 235 West Main Street, Jacksonville <i>Please See Advertisement Page 17</i>	International Fine Dining	x	yes	D	\$12.00-39.00
Kobé Modern Japanese 541-488-8058 96 North Main St, Ashland <i>Please See Advertisement Page 17</i>	Modern Japanese		yes	D	\$8.00-35.00

Wild River® Brewing Lasagna

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24 oz. box spinach
 1 bunch green onion minced
 1 T garlic minced
 1/2 T olive oil
 Sauté

Step #2

4 lbs Ricotta cheese. (1.5 tubs)
 5 eggs
 1 C shredded parmesan
 1 C mozzarella
 1 T dry basil crushed
 1 t white pepper
 1/2 T ground nutmeg
 Mix in large silver bowl

Wild River® Brewing Lasagna Cont.

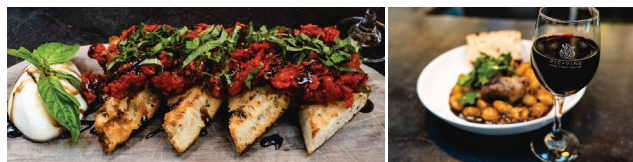
Other Ingredients

2.5 lb cooked sausage crumbled drained well
 1 batch lasagna noodles
 2 lb shredded mozzarella
 8 C marinara

Assembly

Using a 4" deep hotel pan layer as follows:
 Layer #1: 2 cups marinara on bottom of pan
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 Layer #4: Spinach mixture
 Layer #5: Sausage
 Layer #6: Mozzarella
 Layer #7: Repeat layers 1-6
 Layer #8: 2 cups marinara
 Layer #9: 3 lasagna noodles to cover
 Layer #10: 2 cups marinara
 Layer #11: Cover with Mozzarella

Cover with foil. Bake at 300 for 50 min. Remove foil and bake for 10 min.



INFLUENCED BY REGIONAL TRADITIONS OF
ITALY AND THE FLAVORS OF THE WEST COAST

PIE + VINE *Italian Restaurant*

OPEN 7 DAYS A WEEK FOR LUNCH AND DINNER!
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60 Draft Taps
Northwest Pub Food
Indoor/Outdoor Dining
Dog Friendly
Open 7 Days a Week
Gluten-free Options

21 Winburn Way, Ashland, OR
Across from Lithia Park
www.skoutashland.com



The Longest continuously operating
Restaurant from Portland to Redding
(541) 482-1281

1380 Siskiyou Blvd Ashland, Oregon 97520

Established in 1946, Ashland's oldest restaurant and first public cocktail lounge, we began our tradition of serving consistently high quality steaks & seafood. Our goal, along with a quality meal, is to provide our guests with a warm, comfortable, and relaxing environment. Great for an outing with friends, a business dinner, or a romantic evening on the town.

Omar's caters to those looking for outstanding food & service complemented by a fun & upbeat atmosphere.

Punkie's Come on home to
DINER and Pies



Open
MONDAY - SATURDAY 7am - 2pm
Closed on Sundays
Connie Ronda - Owner
953 Medford Center ♥ Medford, OR 97504
(541) 494-1957

The **SILVER PAGES**
OF JACKSON AND JOSEPHINE COUNTIES



A SENIOR
INFORMATION
PUBLICATION

541-779-4839

Senior Dining Guide

Senior Dining Guide

		Cuisine	✓ Senior Discount + Special Menu Items ★ Early Bird Special	Handicapped Accessible	Meals Served B=Breakfast L=Lunch D=Dinner SB=Sunday Brunch	Price
Skout Taphouse & Provisions 21 Winburn Way, Ashland <i>Please See Advertisement Page 18</i>	541-482-0119	Pacific NW Pub Food	x	yes	L D	\$7.00-18.00
Tap and Vine 559 Medford Center, Medford <i>Please See Advertisement Page 21</i>	541-500-1632	Gastro Pub	x ★	yes	L D	\$8.00-32.00
The Point Pub and Grill 1045 Center Drive, Mdf 311 East Pine Street, CP <i>Please See Advertisement This Page</i>	541-816-4395 541-665-9015	Upscale Pub Food with Full Service Bar	x	yes	L D	\$8.00-17.00
Wild River Brewing & Pizza Co. 595 NE “E” St, Grants Pass 249 N Redwood, Cave Junct 16279 Hwy 101 S, Brookling 533 NE “F”, Grants Pass 2684 Hwy 99, Medford <i>Please See Advertisement Page 21</i>	541-471-7487 541-592-3556 541-469-7454 541-474-4456 541-773-7487	Homemade Pasta, Pizza Sandwiches, Burger Calzones Soup & Salads Beer & Wine	x	yes	L D	\$7.50-25.00



*Life is a journey;
Plan it carefully,
take it slowly,
and savor every moment*

Tap and Vine Curry Bowl

Curry Sauce:

4 Cans Coconut Milk
¼ C. Mae Ploy Yellow Curry Paste
Oil

Method:

Heat Oil and bloom curry paste in oil, add coconut milk and mix well to combine. Let simmer for about 10 minutes. You can use immediately or cool down and use for a later date.



Tap and Vine Curry Bowl Cont.

Curry Bowl Assembly:

- 2 Cups of your favorite vegetable blend. We use carrots, broccolini, caulini and baby red potatoes (potatoes are pre-roasted)
- 3 Potatoes Cut in Half
- 1 C White or Brown Rice
- 6 oz Yellow curry Sauce
- ¼ C Canola Oil
- 1 tsp Chopped Garlic
- 1 tsp Chopped Shallots (optional)

You can fool some of the people some of the time and all of the people some of the time, but you can't fool all of the people all of the time.

Abraham Lincoln (1809-1865)



Tap and Vine Curry Bowl Cont.

Method:

In a saute pan heat oil until shimmering, add potatoes cut side down and sear, once the potatoes are a gold brown add your vegetables, garlic, and shallots, saute until all vegetables are heated through. Add curry sauce and let simmer for 1 ½ to 2 minutes. Serve over the rice or serve the rice on the side. Garnish with sesame seeds and chili oil.

Chili Sauce:

- 1 Cup Canola Oil
- 4 Chilis (ancho, pasilla, or favorite chili of choice)

Method:

Steep chilis if using dried in hot water and covered for 5 minutes or until soft. Place chilis in a blender with oil and blend on high until smooth. Strain oil through cheesecloth or coffee filter. Place in a squeeze bottle or container and spoon onto your favorite dishes.

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Grants Pass Downs

By Charlotte L. Angin, Grants Pass Downs

Racing on the Rogue is back in 2023 at Oregon's premier racetrack, Grants Pass Downs. The Southern Oregon Horse Racing Association (SOHRA) will play host to the annual summer race meet in June and July 2023, a popular, decades-old tradition in historic Grants Pass, Oregon.

The history of Southern Oregon is steeped in the heritage of horse-human relationships. From pioneers who carved a new life in the wilderness alongside their horses, to the proud heritage of racing horses on a dirt oval, Grants Pass has had a lasting love affair with horses. Boasting a superb mountain backdrop, the region is known for its lush valleys, a perfect landscape for nurturing, raising and training horses. The "Wild and Scenic" Rogue River pleasingly segments the town and surrounding community, making the region a magnet for tourists, outdoorsmen and equestrians alike.

The Grants Pass Downs story began in 1934, when we held our first race meet during the annual county fair. In the 1950's, visionary Don Jackson formed the Southern Oregon Horse Racing Association. Hosting pari-mutuel racing since 1968, Grants Pass Downs ("The Don Jackson Racing Facility") is located at the Josephine County Fairgrounds on Redwood Interstate Highway 199.

In 1969, Jackson acquired a colt named Flying Lark, who would become his prized horse and the inspiration for improvements to the half-mile track and its surrounding land. In the 1980s, the talented Flying Lark piqued the curiosity of the horse racing world, leading the nation in wins for two years and putting Grants Pass Downs on the map.

After his racing days were over, Jackson brought Flying Lark to his ranch in Grants Pass. The horse ultimately would become one of Oregon's most famous stallions. Jackson's undying commitment to cultivating a racing legacy in Southern Oregon created the foundation for Grants Pass Downs' present and future success.

Inspired by the passion and generosity of Jackson, SOHRA members continue to be dedicated to the growth of horse racing in our region and throughout the state.

Following the permanent closure of Portland Meadows in 2019, Grants Pass Downs has become the epicenter of Oregon horse racing. We have played host to many of the top-ranked thoroughbreds and quarter horses in the Pacific Northwest. Our racetrack family includes generations of local horsemen and horsewomen who call Grants Pass Downs home, year after year.

Throughout the decades, Grants Pass Downs has served as a hub for our local community, as families, casual fans and tourists gather to take in the heart-pounding action on the half-mile oval each summer. Known for our welcoming atmosphere and unique up-close-and-personal fan experience, Grants Pass Downs continues to set itself apart as a prime family-friendly entertainment venue in Southern Oregon.

For more information about SOHRA and upcoming race dates, please visit
<http://racingontherogue.org>.

Bikes n Brews

After several postponements in 2020 and 2021 due to COVID-19, Downtown Medford Association's (DMA) First Annual fundraising cycling event, Bikes n Brews, was held on Saturday October 15, 2022!!!

As part of Travel Medford's 1st Annual "Heart of the Rogue" Festival, DMA's annual signature fundraising event drew 140 riders of all ages from all over Oregon and northern California to participate in this family fun event.

Ride For A Cause

Along with providing much needed funding for the DMA's efforts in its continuing efforts to revitalize Downtown Medford, Bikes n Brews has an impact on our local economy, is good for the environment, and it's a great healthy activity for the whole family. Plus, a portion of the funds were distributed to BnB's local community non-profit partners for staffing the ride rest stops. Organizations receiving funding were the Family Nurturing Center, Compass House, ROC Recovery Center and Family Solutions.

Mark Your Calendar

Bikes n Brews 2023 scheduled for Sat. Oct. 14th features four (4) different distances from the Root Beer Cruiser Family Ride of

approximately 7 miles, all on the Bear Creek Greenway to the Bird Watching Gazebo in Central Point and back, to the 62-mile Stout Ride that goes to Gold Hill, around the Table Rocks, crosses the Rogue River twice and returns to Downtown Medford. The Pilsner Ride is just over 20-miles with a rest stop at the little-known historic Willow Springs School House. The I.P.A Ride of approx. 44 miles, also goes to Gold Hill and between the Table Rocks and over the Rogue twice. Bikes n Brews thanks the 2022 Title Sponsor, Valley Immediate Care, the Platinum Sponsor, Northwest Community Credit Union and the Gold Level Ride sponsors, Coldwell Banker Pro West, Ed's Point S Tires, Southern Oregon Subaru, and Travel Medford.

Plans call for Bikes n Brews to start and end in the Coldwell Banker Pro West parking lot at Main and Bartlett in downtown with music, food, bike corral, and a beer garden after the rides – and it's all part of Travel Medford's "Heart of the Rogue Festival" – Friday Oct. 13th and Saturday Oct. 14th.

There's a Bikes n Brews ride distance that's just right for you – hope you can join in the family fun - registration begins June 2023!

*For additional information go to:
downtownmedford.org/events/bikes-n-brews/*

Focusing on Physical, Intellectual, and Spiritual Health at the Grants Pass Family YMCA

Submitted by Grants Pass Family YMCA

Studies have shown that the key to maintaining physical, intellectual, and spiritual health in seniors is a combination of physical activity, social interaction, and mental stimulation. The Grants Pass Family YMCA created programs and resources to do just that, meet the physical, intellectual, and spiritual needs of seniors in our community.

Healthy living is one of the core values of the Y. At the Grants Pass Family YMCA, we ensure that fitness is accessible for all, regardless of mobility or abilities. At the Y, fitness professionals offer group fitness classes aimed to meet the needs of seniors who face limited mobility. Classes offered are Chair Works (for people who like to exercise from the comfort of a chair or wheelchair), Movement Improvement (retraining your movement patterns for maximum performance, recovery, and health), Moovin' n Groovin' (a mixture of Zumba-like dance), Pilates, Tai Chi, and Vitality Fitness (easy-to-learn movements aimed to help those with arthritis). In our weight room, you can find high quality equipment that are adjustable to meet the needs of all. Across the hall from the weight room, you can find the cardio room, containing a variety of machines – treadmills, ellipticals, rowing machines, stationary bicycles, rowing machines, and hand pedal exercisers – there is truly something for everyone!

The Y realized the need for social interaction among seniors, thus the Active Older Adults (AOA) Program was created. Through the AOA program, the Y offers trips and workshops aimed to encourage social interaction and mental stimulation. These trips vary by month, but previous trips have included lunch outings,

overnight trips at the coast, Shakespeare Festival, Crater Lake, and so much more. Transportation is provided from the Y to the destination via a new wheelchair accessible shuttle bus purchased in 2022 with a grant from the JTMF Foundation. The bus provides maximum safety and comfort while on outings. In addition to trips, the Y also offers crafting workshops, such as Christmas wreath making. These workshops are offered by Y staff seasonally throughout the year.

The Y offers a space for seniors to interact and create a network of friends who provide support for sustained health and overall well-being. In the mornings, you can find the lobby of the Y full of individuals who enjoy the complementary coffee and each other's company. Many seniors spend their mornings with a workout in the fitness areas, a group class, or the pool, followed by hours of leisure in the lobby with good company.

Accessibility is important to the Y, we provide an elevator to allow guests of all mobilities to access every part of the building, including the upstairs weight and cardio rooms. In the pool, you can find an ADA lift to provide pool access for those who need extra assistance. And finally, for those who need a lift to the front door, we have a covered golf cart, ready to brave all weather, to pick you up from your vehicle in the parking lot. Just give us a ring and we will pick you up from your parking spot!

If you have any questions regarding programs and resources offered for seniors, reach out! We would love to help. Stop by and visit the Grants Pass Family YMCA for a complementary tour; I promise you won't be disappointed!

For more information call 541-474-0001.

Arithmetic

By Joan Momsen, Josephine County Historical Society

I do not hear the word "Arithmetic" very often. Math has replaced that term, even in some of the lower grades. At the Josephine County Historical Society's Research Library, we have a few old pages of the May 1927, State of Oregon, Questions for Eighth Grade Diplomas. I don't do much math in my head, thanks to calculators and computers. I took pencil and paper in hand and worked on some of these. I had to look up what some of the terms are since I have not used them for years. There is no answer key, so am not sure how well I did. Now it is your turn. Some of you may even have to look up what the words in the "story problem" mean before you attempt an answer.

At the top of each page it says: TO THE APPLICANT: Select any ten of the following questions. TO THE EXAMINER: Grade the first ten answers only.

Each page has 12 questions. I will not repeat the 60 questions on the five pages, but give just a few to get your mind working. I will try to help by giving some additional information (or not). Enjoy.

Arithmetic

- (a) Add: 5.06; 19.2; 2538.264; 972; 357.25.
(b) Subtract: .16 from 7.1 and multiply the result by 5. (Showing your work will really help. Be sure you have an eraser on your pencil.)
- (a) What is the sum of $2\frac{3}{8}$ and $9\frac{5}{6}$?
(b) Divide 8.072 by .8.
- Write a negotiable promissory note.
- The perimeter of a square field is 320 rods. How many acres does it contain?
- A street 40 feet wide and 40 rods long is to be graded down on an average $1\frac{1}{2}$ feet. How much will the excavating cost at 27 cents a cubic yard?
- Find the interest on \$600 at 5 per cent for 3 years, 4 months, 12 days. Find the amount.
- How many tons will a block of stone 4 feet wide, 6 feet long and 3 feet thick weight, if

one cubic foot weighs 180 pounds?

- A farmer had a herd of 12 cows, averaging 8 quarts of milk a day each. He received $6\frac{3}{5}$ cents a quart for his milk. What was his income for the month of June?
- At \$1.50 a yard, how much does it cost to carpet a room 12 feet wide and 21 feet long with a carpet 1 yard wide laid lengthwise?
- The premium on 8,000 bushels of corn, valued at \$1.25 per bushel, and insured for $\frac{4}{5}$ of its value is \$57.60 Find the rate of insurance.
- Mr. Bell's property has an actual valuation of \$4,800. If he pays 17 mills city tax and $3\frac{1}{2}$ mills county tax on a $\frac{2}{3}$ valuation, in a certain year, find the amount of his tax for that year.
- A man bought for \$4,000 cash a farm valued at \$5,000. What per cent of the value of the farm did he save by paying cash?

A mill is equal to .001 of a dollar. Does that help? A rod is $16\frac{1}{2}$ feet. An acre is $\frac{1}{640}$ of a square mile or 43,560 Square Feet. You can look up what you think you need to know to correctly work the problems. Here are a few more:

- A loan for \$3,420 was made May 4, and was paid September 9. What was the interest at 6%?
- A grocer buys apples at \$3.19 per barrel of $2\frac{2}{3}$ bushels. At what price per peck must he sell them to gain 20% of the cost?
- A surveyor finds that a rectangular field is 2,460 ft. long and 1,680 ft. wide. How many acres does it contain?
- How long is the diagonal of a room which is 32 ft. long and 24 ft. wide.
- Find the area of the largest circle that can be drawn in a 4 inch square.
- What is a real estate tax? An income tax? A personal property tax?
- A lawyer took out an accident insurance policy for \$7,500, at an annual cost of \$25



per year. After carrying the policy for 5 ½ years he was accidently killed. How much more did the insurance company pay than it had received in premiums?

7. On July 1, 1931, Walter Bloom of Newark , New Jersey, borrowed \$2,500 from Max Greenfield. Write a demand note covering this transaction with interest at 6%, payable annually.
8. The cost of running a school for one year was made of the following items: Teachers' salaries \$29,750; books \$1,847.68; supplies \$890.60, repairs \$2,306.47; heat, light and care of building \$10,469.33. There were 537 pupils. Find to the nearest cent the cost per pupil.
9. Allowing 7 ½ gallons to 1 cu. Ft. find the number of gallons a rectangular tank 5 ft. x 8 ft. x 6 ft. 6 in, can hold,. How many pounds of water will the tank hold if 1 cu. ft. of water weighs 62 ½ pounds?
10. Each of a herd of 10 dairy cows averaged 21 pounds of milk daily. The milk

contained 3.9% butter fat. If the butter fat sold at an average price of \$.34 per pound, what were the weekly receipts from the herd?

Standard four-year high schools began to develop in Oregon at the turn into the 20th Century. Tests for the 8th Grade diploma granted the student the right to continue on to high school. Eighth Grade graduates from Grants Pass in 1904. Anna Schmidt, who was the daughter of Claus Schmidt who built the house that serves as the Josephine County Historical Society museum is the second from the right in the second row from the top. Anna owned and operated Schmidt Grocery on the corner of 6th and I Streets where the U.S. Bank now stands, until she retired in the 1960s. She must have learned her math well to be a business woman for 40 years in Grants Pass, taking over her father's store with her brother and running it by herself for a couple of decades after brother Herman passed away.

SMART

Reading Helps Kids Become Strong Readers

For 31 years, children's literacy nonprofit SMART Reading has been focused on one thing: helping Oregon kids become strong, confident readers. Its research-backed model provides two key ingredients for literacy success: shared reading time and access to books that kids pick out and keep each month.

After two years of primarily virtual reading support, SMART Reading volunteers are back in the classroom, offering one-on-one and whole group reading sessions to over 1,100 PreK to third-grade students in the Rogue Valley.

With data showing the devastating effects of the pandemic on learning, this work is more urgent than ever. The Oregon Department of Education recently released statewide assessment scores showing that over half of students aren't meeting reading standards (a 10% decrease from the last time the test was administered in 2019).

This announcement came on the heels of a report by the National Assessment of Educational Progress, which revealed that last year, scores in reading fell by the largest margin in more than 30 years. Black and Latinx children experienced far more negative impact than their white peers, widening existing education gaps.

The importance of reading is hard to overstate. It's an early gateway skill that paves the pathway for future success. The good news is that the research-backed strategies SMART employs—access to books and shared reading time—emerge again and again as key factors in children's literacy development.

The whole community has a role to play in helping ensure all children can realize their full potential through reading. Here are three ways you can get involved in this important work:

- 1. Volunteer:** SMART is currently seeking volunteer Readers and Site Coordinators. Learn more and apply at www.SMARTReading.org/volunteer.
- 2. Make a gift:** SMART Reading's work is powered by community members like you. Your gift of any amount will help provide books and reading support to kids in the Rogue Valley. Visit www.SMARTReading.org/donate to make a contribution.
- 3. Spread the word:** Tell your friends and family about SMART Reading and encourage them to get involved!

To learn more, or sign up to volunteer, visit www.smartreading.org/donate or call 541-734-5628.

Inspiring the Next Generation

Volunteering at ScienceWorks Hands-On Museum

At ScienceWorks, our goal is to give children the building blocks to make our collective future a brighter place – to serve as a launchpad for the next generations of creative thinkers and problem solvers. ScienceWorks was founded in 2002 as a 501(c)(3) to provide Southern Oregon families the opportunities to access science and technology learning opportunities usually associated with major urban city centers. Last year, the museum reached over 9,000 students through outreach and field trip programs, and brought another 15,000 visitors through its doors.

By giving children the chance to experience novel concepts through scientific exploration, technological investigation, hands-on learning, and access to mentorship, we help them forge new interests and hobbies that foster exploration of the world around them. With the right mentors, young generations begin to take part in their community at an earlier age. From science to business to the arts, no matter where their passions lead, we all benefit from an inspired youth demographic. The key to this is the mentorship children are given along the way.

There is a gap today in the intergenerational flow of experience. To put children and seniors together, both benefit. Children are exposed to brand new ideas and ways of thinking about their world, and their mentors get to be kids again, experiencing the world through the eyes of their mentees. Kids benefit greatly from the chance to interact with older adults. Making connections between generations has been shown to help children develop social and emotional skills that make them more engaged and empathetic adults. Participating in intergenerational activities has many perks for seniors too, including a happier and more active lifestyle that's invigorating, fulfilling, and rewarding.

Volunteering at ScienceWorks brings countless benefits and takes on many forms. Volunteers guide activities spanning from operating the microscopes and flight simulator, to cutting out paper planes for the wind tunnel tubes. Other volunteers take part in building or maintaining exhibits. Nineteen-year veteran volunteer Mike Hersh facilitated the beloved painting pendulum for over a decade! As a non-profit science center built by the community, most of the exhibits on our 17,000 sq ft campus came to life through the vision and work of volunteers so that Southern Oregon would have a state-of-the-art science center rivaling those of big cities.

In summer, we host some of the highest quality summer camps in the west. Spanning topics including space, candy science, and the awesome ecosystems of the Siskiyou biozone, our educators enthrall attendees with hands-on exploration. But they can't do it alone. We need you!

Last but certainly not least, non-profit leadership plays an important role in guiding critical change today. If you have experience in the many facets that make up the world of non-profit businesses, we want you on our advising and governing boards.

Volunteers of all ages derive deep personal satisfaction from their connection to the museum and being part of educating the next generation gives us a stronger sense of purpose and helps expand our social networks.

Please consider volunteering at ScienceWorks. To learn more, you can email volunteers@scienceworksmuseum.org or call us at 541-482-6767 today.



After the City of Grants Pass was incorporated in 1887, despite the ordinances of the new City Council, saloons, bars or taverns remained a prominent use along the street.