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BLACK OAK HOME MEDICAL
 4800 Crater Lake Ave, Medford
 (541) 690-1130
 M-F: 9am-5pm | Sat/Sun: closed

SHADY COVE PHARMACY
 21195 Hwy 62, Shady Cove
 (541) 878-3151
 www.shadycovepharm.com
 M-F: 9am-6pm | Sat/Sun: closed



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5

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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 97504541-776-6222
2101 NW Hawthorne Avenue, Grants Pass, OR541-474-3110
- 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
900 SE Eighth 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 111



Travel, Leisure & Dining



Joy Community

A Home for Abandoned and Forgotten Homeless Seniors

A safe and secure tiny home community in Medford for seniors who have no family to support them. Joy Community neighbors don't have access to conventional housing but are able to pay a program fee, building their dignity and respect.

Joy Community is supported by Caring Donors, Businesses, and Foundations

PLEASE DONATE TODAY!

JoyCommunityOregon.org

Senior Housing Crisis

Submitted by Shannon Sakoman, Joy Community

The senior housing crisis is a growing number across the US with over 42,000 people over the age of 65 homeless in 2024 and that number is projected to triple by 2030. This is due to not enough affordable housing, the rising costs of housing, fixed incomes affecting older adults who often experience homelessness for the first time due to a health crisis or job loss and facing challenges like mobility issues or inadequate shelter services. These transitional shelters are designed to transition from shelter to self-sufficiency, however seniors have very limited places to transition to, they are not getting back into the working world so they have no hopes of getting out of their situation. Traditional shelter often lack age-specific services, accessible facilities (bunk beds, ramps) or support for daily living activities.

In 2025 a new program started in Medford, Oregon addressing the senior homeless crisis,

offering a much needed resource. Joy Community is a community of abandoned and forgotten seniors, widows and widowers that have very little income and no family to depend on for support. Joy Community is not just a roof over their head, but a community that offers case management, and activities such as painting or jewelry making. This is a place to call home, a home that they can be proud of and live the remainder of their life in peace. A home that allows them to be creative. A place to get their dignity back.

This community has volunteer opportunities for the outside community to get involved as well. We need more sponsors to build more tiny homes or to donate meals on our mealtrain page.

For more information on how to get involved call 541-930-7770 or for free services call 541-773-4004.

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■ **Adult Daycare**

Northridge Adult Daycare Center 541-295-8052
1150 NE 9th Street
Grants Pass, OR 97526

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

Please See Advertisement Page 80

■ **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

■ **Charitable Organizations**

Joy Community 541-930-7770
2813 Biddle Road
Medford, OR 97504

Please See Advertisement Page 6

Southern Oregon Young Marines 541-727-1668
3581 Lear Way
Medford, OR 97504

Please See Advertisement This Page

Young Marines
Strengthening the lives of America's youth

GET INVOLVED!

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The Young Marines is a national youth program for boys and girls, ages eight through high school graduation, focused on leadership, citizenship through community service, self-discipline, and living a healthy, drug-free lifestyle.

Southern Oregon Young Marines
3581 Lear Way
Medford, OR 97504
1(541)727-1668

<https://youngmarines.org/unit/southernoregon/page>

■ **Dance Clubs**

Grants Pass Dance Club 541-499-1405

Josephine County Fairgrounds
Grants Pass, OR 97526

Our seniors afternoon dance and live music events are in full swing. We have it all. Line and ballroom dance lessons. With live music by the Rogue Gold 18 piece Big Band, Jay Barley and Tim and Michelle. Always open dance. No partner necessary, we are here for you. Monday and Friday afternoons in the Josephine County DANCE HALL. See us on the web and Facebook.

■ **Elderhostel**

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

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ashlandnewplays.org



Pictured: Will Wilhelm, Rafael Untalan, and Jackie Apodaca perform ANPF 2024 winning play You are Cordially Invited to the End of the World by Keiko Green. Playing at OSF for 2026!

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A SENIOR
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<p>SUZANNE VEGA FLYING WITH ANGELS TOUR 2026</p> <p>FRIDAY, FEBRUARY 20 DOORS 7PM • CONCERT 8PM</p>	<p>G. LOVE & SPECIAL SAUCE LEMONADE 20TH ANNIVERSARY TOUR</p> <p>THURSDAY MARCH 5th DOORS 7PM CONCERT 8PM</p> <p>With Special Guest - MARIAH</p>	<p>Marvis Staples</p> <p>MARCH 12 DOORS 7PM CONCERT 8PM</p>
<p>St. Paul & The Broken Bones</p> <p>MARCH 31 THE HOLLY MEDFORD, OR</p> <p>with Special Guest Tyler Childers</p>	<p>RICHARD THOMPSON WITH ZARA PHILLIPS</p> <p>APRIL 11 DOORS 7PM • CONCERT 8PM</p>	<p>SIERRA HULL</p> <p>April 25, 2026 DOORS 7PM • CONCERT 8PM</p>
<p>The World's Didiests</p> <p>MAY 6, 2026 HOLLY THEATRE MEDFORD, OR</p> <p>DOORS 7 PM • CONCERT 8 PM</p>	<p>THE MORNIN' SIDEWINDERS</p> <p>MAY 22, 2026 DOORS AT 7PM • CONCERT AT 8PM</p>	<p>CLASSIC ALBUMS LIVE PERFORMS PINK FLOYD: DARK SIDE OF THE MOON NOTE FOR NOTE / CUT FOR CUT</p> <p>MAY 27, 2026 DOORS 7PM • CONCERT 8PM</p>
<p>BRUCE HORNSBY & THE NOISEMAKERS</p> <p>WINDUP PARTY TOUR</p> <p>JUNE 7 MEDFORD, OR HOLLY THEATRE</p> <p>DOORS 7 PM / CONCERT 8 PM</p>	<p>Season Sponsor QUALITY FENCE CO. Media Sponsor JPR Jefferson Public Radio</p> <p>HOLLY THEATRE</p> <p>For Tickets and upcoming events visit HollyTheatre.org</p>	

Entertainment

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

Ashland New Plays Festival 541-488-7995
 ashlandnewplays.org
Please See Advertisement Page 8

Britt Festivals 541-773-6077
 P.O. Box 1124 1-800-882-7488
 Medford, OR 97501

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 21

Holly Theatre 541-772-3797
 226 West Sixth Street
 Medford, OR 97501
Please See Advertisement Page 108

Jefferson Public Radio 541-552-6301
 1250 Siskiyou Blvd
 Ashland , OR 97520
Please See Advertisement Page 2 & 104

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

TheDove Radio & TV 541-776-5368
 2070 Milligan Way
 Medford, OR 97504
Please See Advertisement Inside Back Cover

Glass Studio

The Glass Forge Gallery & Studio 541-955-0815
 501 SW "G" Street
 Grants Pass, OR 97526
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GEORGE October 1 - 25	LITTLE RED RIDING HOOD Nov. 18 - Dec. 31	CAMELOT BURLESQUE May 15-16, Nov 6-7	THE SHADOW BOX April 14, Oct 27	

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It's Cool!

Racing on the Rogue is back in 2026 at Oregon's premier racetrack, Grants Pass Downs!

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.

The Southern Oregon Horse Racing Association (SOHRA) will play host to the annual summer race meet in June and July 2026, 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.

In the fall of 2025, Grants Pass Downs ceremoniously welcomed "Speedy" and Friends to the track. "Speedy," a bronze 10 foot sculpture was designed and forged by Arizona artist Trevor O'Tool. Originally slated to greet visitors at the Flying Lark complex, he now has taken up permanent residence at the Redwood Avenue entrance to Grants Pass Downs. Backed by an eye-catching mural by local artist Crystal Pyren, the whimsical sculpture depicts a sitting "Speedy" peering through his eyeglasses, studying the Daily Racing Form.

Rod Lowe, Grants Pass Downs CEO and Director of Racing is thrilled by the new welcome awaiting patrons. "I'm very excited how so many organizations and individuals came together to make Grants Pass Downs "Speedy's" new home. It's wonderful to think "Speedy" will be welcoming Grants Pass Downs patrons to the races for many years to come."

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

■ Golf Courses

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.org
Please See Advertisement This Page

■ Library

Jackson County Library Foundation 541-774-6572
 205 South Central Avenue
 Medford, OR 97501
Please See Advertisement This Page

■ Medical Transportation

Call-A-Ride Medical Transportation 541-857-7783
 1700 East Barnett
 Medford, OR 97501
 Drivers Needed
Please See Advertisement This Page

■ Museums - Gallery

Josephine County Historical Society 541-479-7827
 508 SW 5th Street
 Grants Pass, OR 97526
Please See Advertisement Page 13

www.racingontherogue.org



**GRANTS PASS
 DOWNS**
RACING ON THE ROGUE

*Visit Speedy and
 Friends at Grants
 Pass Downs*

Photo by Chelsea E. Fine

Call-A-Ride Volunteers Needed




Help seniors get to appointments.
 Meet nice people & build friendships.
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Call us at 541-857-7783.




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TRAVEL LEISURE & DINING

MEDFORD SENIOR CENTER

The Center is an independent non-profit organization offering programs to those 50 and older since 1963. You will find activities, education and a sense of community.

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**510 E. Main Street
541-772-2273
info@medfordsenior.org
medfordseniorcenter.org**

Visit the website often as programs of interest to seniors are added throughout the year. Contact the Center you wish to discuss presenting a program or teaching a subject.

Annual membership has its rewards and non-members may participate in many programs for a donation.



ASHLAND SENIOR CENTER



Ashland Senior Services Division

The Senior Services Division of Ashland Parks and Recreation 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 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@ashlandoregon.gov

AshlandSeniorServices.org



Do you have 1 hour a week to bring the joy of reading to local students?

Sign up to volunteer: 877-598-4633
www.SMARTReading.org



Senior Centers

Ashland Senior Center 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

Travel Advisor Services

Experience Joy 1-833-874-7569
www.experience-joy.com 1-833-TRIPJOY

Volunteer Opportunities

Call-A-Ride Medical Transportation 541-857-7783
1700 East Barnett
Medford, OR 97501
Drivers Needed
Please See Advertisement Page 11

SHIBA Senior Health Insurance Benefit Assistance
Jackson County 541-857-7780
Josephine County 541-646-3461
Please See Advertisement Page 59

SMART Start Making a Reader Today 877-598-4633
670 Superior Court #108
Medford, OR 97504
Please See Advertisement This Page

Southern Oregon Young Marines 541-727-1668
3581 Lear Way
Medford, OR 97504
Please See Advertisement Page 7

Josephine County Historical Society



Research Library Schmidt House Museum

Scheduled Events for 2026

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

The Medford Senior Center is a resource for seniors 50 and older. Located in the Medford area the Center offers referral to services and on-site activities to enhance the quality of life of seniors. Established in 1963, the center is a non-profit volunteer driven organization providing lunch, educational programs, and exercise opportunities for seniors aged 50 and older.

The center is a barrier free facility operating with the generosity of community organizations, volunteer educators, guest speakers, and helpful members allowing the center to keep costs down. Membership and small program fees contribute to costs to sustain operations.

Located at 510 East Main Street in Medford current operating hours are Wed, Thur, Fri 9am – 2:30pm although hours and programming can change during the year. Visit www.medfordseniorcenter.org; phone 541-772-2273 or email: info@medfordseniorcenter.org to stay up to date.

Ashland Senior Center

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@ashlandoregon.gov.

Services

- Information and referrals to community services
- Free passes for the bus or Valley Lift
- Advance Directives assistance
- Tutoring for computers, phones and devices
- Mike Hersh Memorial Food Pantry for seniors
- Free Library of books, DVDs, magazines and puzzles

Activities & Events

- Broadway dance
- Gentle yoga & chair yoga
- Line dance
- Strength & balance training
- 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 RVCOC 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@ashlandoregon.gov
AshlandSeniorServices.org

■ Wineries

Del Rio Vineyard Estate 541-855-2062
52 North River Road
Gold Hill, OR 97525
Please See Advertisement Page 34

Devitt Winery 541-899-7511
11412 Hwy 238
Jacksonville, OR 97530
Please See Advertisement Page 34

Hummingbird Estate 541-930-2650
1677 Old Stage Road
Central Point, OR 97502
Please See Advertisement Page 32

Kriselle Cellars 541-830-8466
12956 Modoc Road
White City, OR 97503
Please See Advertisement Page 32

Long Walk Vineyard 541-552-0534
1800 N Valley View Road
Ashland, OR 97520
Please See Advertisement Page 34

Naumes Suncrest Winery 541-608-1755
1950 Suncrest Road
Talent, OR 97540
Please See Advertisement Page 35

Pebblestone Cellars 541-512-1655
1670 Pioneer Road
Talent, OR 97540
Please See Advertisement Page 35

Resistance Wine Company 541-708-1272
322 North Pioneer St
Ashland, OR 97520
Please See Advertisement Page 33

■ Wineries Cont.

Rosella's Vineyard & Winery 541-846-6372
184 Missouri Flat Rd
Grants Pass, OR 97527
Please See Advertisement Page 32

Schmidt Family Vineyard 541-846-9985
3330 Kubli Road
Grants Pass, OR 97526
Please See Advertisement Page 33

StoneRiver Vineyards 541-631-9583
2178 Pioneer Road
Talent, OR 97540
Please See Advertisement Page 33

The Punch House Winery 541-414-7941
9115 Blackwell Road
Central Point, OR 97502
Please See Advertisement Page 35

Valley View Winery 541-899-8468
1000 Applegate Rd
Jacksonville, OR 97530
Please See Advertisement Page 33

Vista 222 541-450-9422
222 Missouri Flat Road
Grants Pass, OR 97527
Please See Advertisement Page 32

Weisingers Family Winery 541-488-5989
3150 Siskiyou Blvd
Ashland, OR 97520
Please See Advertisement Page 342

Wooldridge Creek Winery 541-846-6364
818 Slagle Creek Road
Grants Pass, OR 97527
Please See Advertisement Page 354

SMART

Literacy Nonprofit Invites the Community to Support Young Readers

“Through all the chaos of these recent years, SMART Reading has remained one of the consistent community/school experiences for our youngest students. They look forward to coming each week to spend time reading and talking about books with their SMART Reader. They are proud to write their names on the bookplate in the front of their books that they take home for their personal library. Our SMART Readers share how much they have seen the students grow in reading confidence and conversation. There are very few school volunteer opportunities for community members that make such a powerful impact for the time invested.” - Teacher, Jackson Elementary

Reading is a critical skill for kids, unlocking opportunities in school and beyond. Right now, only 40% of Oregon third-graders are reading on grade level, which is a huge concern for our entire community. A study by the Annie E. Casey Foundation found that children who aren't reading on benchmark by third grade are four times as likely to leave school without a diploma than proficient readers.

For 34 years, children's literacy nonprofit SMART Reading has been focused on one thing: helping Oregon kids become strong, confident readers. Its research-backed model supports classroom instruction by providing two key ingredients for literacy success: shared reading time and access to books that kids pick out and keep each month. And it works! 90% of students who participate in SMART improve in comprehension, vocabulary development, motivation, enjoyment, and other key metrics.

Volunteers are the backbone of SMART, providing vital one-on-one reading time that helps kids practice the skills they learn in the classroom, build confidence, and have fun with books in a low-pressure environment. The commitment starts at one hour per week and all training is provided. This past school year, the organization reached 540 local students and gave away 6,153 books with the help of over 200 volunteers. With more community support, the organization is poised to reach even more students this school year!

To learn more, or sign up to volunteer, visit www.smartreading.org/donate or call 877-598-4633

Staying Connected Through the Library

Submitted by Jackson County Library Foundation

Adults over 60 are embracing active, engaged lives by caring for grandchildren, volunteering, reading, learning, and enjoying full social calendars. At every stage of life, staying curious and connected matters. That's where the Jackson County Library Foundation helps make a difference.

Through the local library, older adults find opportunities to keep their minds active, build meaningful connections, and remain engaged in their community. Programs supported by the Foundation—from At Home Services to community reading groups and in-person author events—are designed to meet people where they are, regardless of income or physical ability.

For residents who are homebound or have limited mobility, At Home Services delivers books and other library materials directly to their doors. More than a delivery service, it offers ongoing learning, comfort, and a sense of connection to the wider world.

For those able to attend in person, Well Re(a)d Book Clubs and author events create welcoming spaces for conversation and shared discovery. Visits from authors like Jess Walter and Shelby Van Pelt bring neighbors together around stories, ideas, and lively discussion, and those experiences are especially valuable as social circles evolve later in life.

Research continues to show that intellectually stimulating activities—such as reading, discussion, and lifelong learning—support cognitive health and emotional well-being. Just as important, they help reduce loneliness and strengthen a sense of belonging.

The Library Foundation also supports enhancements to library spaces that invite reflection and renewal, including the upcoming Phoenix Library Branch Pollinator Garden and demonstration beehive. This nature-based space will offer opportunities for quiet contemplation, environmental learning, and intergenerational connection.

Libraries are more than places to borrow books—they are places to belong.

Through its support of programs and enhanced spaces, the Jackson County Library Foundation helps ensure that older adults remain connected, curious, and engaged members of the community.

To learn more about how you can support library programs and services, contact the Jackson County Library Foundation at info@jclf.org or 541-774-6572. To learn more about the programs listed in this article go to www.jcls.org.

Wider Waists and Bigger Feet: Our Bodies Have Changed Since 1900

By Tricia Drevets, Josephine County Historical Society



“Look how tiny the waist of that dress is!”

“I can’t believe anyone ever wore shoes that small and narrow!”

These are some of the frequent comments visitors to the historic Schmidt House, operated by the Josephine County Historical Society, make when they see the early 20th century clothing and footwear we have on display.

You may have had similar reactions when you’ve gone shopping for vintage clothing or examined some clothes in your grandmother’s attic. It’s not your imagination. Clothes and shoes were much smaller in the early 1900s, and they grew in size steadily throughout the last century.

Most experts attribute the height change to better nutrition and healthcare, but a possible warning sign about our current eating and lifestyle habits is that the height numbers for both Americans have plateaued in recent decades, while some other countries have continued to see growth. For example, people in countries like the Netherlands and South Korea continue to gain in height this century.

When Claus and Hannchen Schmidt built their Grants Pass home on 5th Street in 1901, the average height for an American woman was 5 feet 2 inches, and her average weight was in the 114- to 123-pound range. Keep in mind that many women enhanced the appearance of a small waistline by wearing corsets in the early 1900s.

The average American man was also smaller in the early 1900s than he is today. The average male height back then was 5 feet 7 inches with a weight of around 140 pounds.

Today, the average height for an American woman is 5 feet 4 inches, which represents a two-inch increase, and the average male height is 5 feet 10 inches, a three-inch increase.

However, along with those extra inches came a big jump in the average American’s weight over the last 125 years. Today, the average weight for an American woman is about 170 pounds. The average American man weighs in at 199.8 pounds.

And what about our feet? As you might expect, as we have gotten taller and heavier, our feet have grown in size to support our larger frames. To put it simply, a taller and heavier body puts more pressure on the arches, leading to wider, flatter feet. When this pressure happens in childhood when the bones in the feet are soft, the change cannot be reversed.

Since the turn of the last century, shoe sizes have grown an average of four sizes for both women and men.

At the time the Schmidt family moved into their Grants Pass home, the average woman wore a size 3-1/2 or size 4 shoe. By the mid-1940s, she wore



size 5-1/2. By the 1970s, it was a 7-1/2, and now the average is closer to a size 9, according to the National Shoe Retailers Association.

Men's feet have shown a similar growth trend over the years. The average men's shoe was about a 6-1/2 in the early 20th century. Now it's a size 10.

Now, let's go back to the shoes we have on display at the Schmidt House. On the first floor, you can see tiny dress boots (see photo below) that are so narrow and small that they seem impossible for anyone to have worn.

As any modern woman who has suffered in stilettos for the sake of fashion knows, women (and men) have done some pretty crazy things to their feet for the sole purpose of being in style. In the early 1900s, the ideal look for a lady's foot was to be delicate and tiny. To achieve this look, many women forced their feet into lace-up boots that were extremely narrow and fitted.

Although Americans didn't practice the Chinese custom of foot binding (which began in the 10th century and continued in some rural areas of China well into the 20th century), American women did (and some still do) punish their feet to suit the perceived beauty of the day.

In the early 1900s, stylish American women wore ankle-high, laced or buttoned boots typically made of leather or cloth with a narrow design that added to the desired appearance of a delicate foot. However, it's important to note that Hannchen Schmidt would have only worn these boots when going out to an event. At home, she was likely to wear more comfortable footwear, especially when she was working in her beloved garden.



On the second floor of the Schmidt House in the room Hannchen's daughters, Anna and Flora Schmidt, occupied through the late 1970s, you can find a pair of brown boots (see photo above) that look much more comfortable than the tiny boots on display downstairs.

A recent visitor noted, "Now, these brown boots look more like it! I could probably wear these!"

These larger size boots may tell us two things. Anna and Flora most likely had larger feet than their mother, Hannchen, and these boots are probably decades newer than the ones downstairs.

We'll close with two other theories as food for thought on women's shoe sizes then and now.

One theory is that the leather in very old footwear may shrink somewhat over the years, causing the shoes to appear smaller than they actually were. And another thought is that the tiny boots and shoes we see in museums were saved and still are in good condition because they weren't worn as much as everyday (think more comfortable) shoes.

We invite you to come visit the Schmidt House (operated by the Josephine County Historical Society, 512 SW 5th St. Grants Pass, 541-479-7827) to see what you think!

Sources

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Age Wise Age Well

Supporting Purpose, Connection, and Resilience in Later Life

By Dolores Scheelen

Psychologist Eric Berne suggested that humans have two core needs: to connect positively with others and to pass time alone with satisfaction. In later life, both can become more challenging. Aging brings gifts—freedom from full-time work, more personal choice, and time to reflect—but it can also bring reduced mobility, health changes, and the loss of longtime relationships. Many older adults experience grief, loneliness, or uncertainty as they navigate these transitions.

Age Wise Age Well (AWAW) believes that aging also creates powerful opportunities. Later life often offers the clarity, insight, and lived experience needed to support others and to ask for support when needed. AWAW provides two distinct avenues for older adults: as a client or as a volunteer.

For Clients (Representative Composites)

Wayne spent his post-military years growing a small farm and orchard with his wife. After her passing and a decline in his leg strength, he can no longer keep the property going. Without children nearby, he feels alone as he weighs whether to sell, relocate, or downsize. He needs someone to help him think through next steps without pressure or judgment.

Peg, a former child care center owner, built her career around nurturing independence and creativity in young children. Now neuropathy makes small tasks difficult and driving less safe. She misses her busy, joyful home life and feels unsure how to move forward. She knows she must adapt but doesn't know where to begin.

For older adults like Wayne and Peg, Age Wise Age Well offers:

- A trained peer counselor who listens and helps clarify choices.
- Support during major life transitions, including housing decisions and organizing next steps.
- Encouragement, companionship, and guidance to reduce isolation and build confidence.

For Volunteers (Representative Composites)

Lois, a retired financial advisor, loved helping clients make informed decisions. After her husband died and her adult children moved far away, she still has energy and a strong desire to support others in meaningful ways.

Howard, once a high school math teacher and youth soccer coach, can no longer stay active on the field due to knee problems, but he still has a passion for teaching and helping others learn.

Sally, a nurse with local and international experience, no longer seeks travel but deeply values contributing to others' well-being. Guiding people who are navigating life changes brings purpose and vitality to her own life.

Volunteers with AWAW receive:

- Training in communication, peer support, and problem-solving.
- Ongoing supervision and opportunities to learn with a team.
- Meaningful engagement helping peers through transitions, choices, and life challenges.

Why Age Wise Age Well Matters

- Reduces isolation by creating intentional, supportive connections.
- Helps older adults navigate complex decisions in a grounded, compassionate environment.
- Offers meaningful roles for seniors who want to give back using their lifetime of skills and knowledge.
- Strengthens emotional well-being through purpose, confidence, and shared experience.

Get Connected

Adults 55 and older can participate as clients or volunteers. AWAW provides training, guidance, and support to ensure both roles are successful, fulfilling, and accessible.

To learn more: rsvp@retirement.org or call (541) 646-3402



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- 24 The Peking Acrobats
- 25 Dirty Dancing in Concert
- 29 The Ten Tenors
- 30 Anjelah Johnson-Reyes **SOLD OUT!**

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- 2 STOMP
- 12 Mark Hummel's Blues Harmonica Blowout
- 13 Vitamin String Quartet

MARCH

- 7-15 TMTO's Freaky Friday: The Musical
- 21 Rhythm of the Dance

APRIL

- 3 Drum TAO
- 15 Wizard of Oz On Ice

MAY

- 8 Repertory Dance Theatre
- 24 360 Allstars

JUNE

- 6-14 TMTO: Roald Dahl's James & the Giant Peach Jr.

➤ Look for our new 2026-2027 season announcement in late spring!



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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
	✓	+	*			
Bambu 541-608-7545 970 N Pacific Rd Ste 106, Medford <i>Please See Advertisement This Page</i>			x	yes	L D	\$15.95-50.00
Butterfly Club butterflyclub557.com 557 Medford Crt, Medford <i>Please See Advertisement Page 28</i>			x	yes	D	\$12.00-30.00
Carlito's Italian Cuisine 541-613-5994 691 Fair Oaks Ave, Ashland <i>Please See Advertisement Page 25</i>				yes	L D	\$10.00-20.00
Cartwright's Taprock Northwest Grill 541-955-5998 971 SW Sixth Street, Grants Pass <i>Please See Advertisement Page 23</i>				yes	B L D	\$16.00-48.00
El Molcajete Mexican Grill 541-840-9655 960 North Phoenix Road, Medford <i>Please See Advertisement Page 25</i>			x	yes	SB L D	\$10.00-30.00
El Paraiso Mexican Cuisine 545 Clover Rd, Ashland 541-488-5877 142 N Front St, Medford 541-779-9770 <i>Please See Advertisement This Page</i>				yes	L D	\$10.00-30.00

Gogi White Bean & Artichoke Hummus

- 1 1/2 C cooked white beans (or one 15 oz can store bought, drained)
- 1/2 C chopped artichoke hearts
- 1/4 C olive oil
- juice of one lemon
- 1 clove minced garlic
- 1/2 t salt
- 2-3 T water

Gogi White Bean & Artichoke Hummus

Combine all ingredients EXCEPT olive oil & water in food processor and process until smooth (2-3 minutes, pausing every 30ish seconds to scrap sides and bottom of bowl). When mixture is smooth, slowly pour in olive oil while processor is running. Add water to desired consistency & continue to process for 1 additional minute to incorporate air. Adjust salt if needed. Yield 1 1/2 C

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TRAVEL LEISURE & DINING

Senior Dining Guide

TRAVEL LEISURE & DINING

	Cuisine	Senior Discount			Handicapped Accessible	Meals Served B=Breakfast L=Lunch D=Dinner SB=Sunday Branch	Price
		✓	+	*			
Gogi's Restaurant 541-899-8699 235 West Main Street, Jacksonville <i>Please See Advertisement Page 27</i>	International Fine Dining		x		yes	D	\$14.00-49.00
Greenleaf Restaurant 541-482-2808 49 N Main, Ashland <i>Please See Advertisement This Page</i>	Pacific NW		x		yes	B L D	\$10.00-30.00
Kobé Modern Japanese 541-488-8058 96 North Main St, Ashland <i>Please See Advertisement This Page</i>	Modern Japanese		x		yes	D	\$15.00-60.00
Omar's Restaurant 541-482-1281 1380 Siskiyou Blvd, Ashland <i>Please See Advertisement Page 27</i>	Steak & Seafood		x		yes	L D	\$10.00-50.00
Paisano's Italian Kitchen 541-582-5990 510 East Main St, Rogue River <i>Please See Advertisement Page 27</i>	Italian				yes	L D	\$8.00-25.00

El Molcajete Mexican Grill Guacamole

- 3 Avocados
- 1 tomato
- 1/2 onion
- 1/2 bunch of cilantro
- Salt and pepper to taste
- 1 lime

Add all 3 avocados and mash all together. Add chopped tomatoes, onions, and cilantro. Squeeze 1 lime. Add salt and pepper to taste. Mix all together and enjoy with your favorite chips.



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Senior Dining Guide

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Peerless Restaurant & Bar 541-488-6067 265 Fourth St, Ashland <i>Please See Advertisement Page 29</i>	Seasonally Focused Fine Dining		yes	D	\$45.00-65.00 Avg per person for whole meal
Punky's Diner and Pies 541-494-1957 953 Medford Center, Medford <i>Please See Advertisement Page 29</i>	50's Diner	X	yes	B L	\$5.50-16.25
Tap and Vine 541-500-1632 559 Medford Center, Medford <i>Please See Advertisement This Page</i>	Gastro Pub	X *	yes	L D	\$8.00-32.00
The Beatrice Wine Bar & Kitchen 541-500-1063 406 E Main St, Lower Level, Medford <i>Please See Advertisement This Page</i>	Elevated Comfort Food		yes	L D	\$4.00-18.00

Peerless Restaurant Watermelon Gazpacho

- 2 C Ripe Heirloom Tomato, cubed
- 1 C Red Bell Pepper
seeded & roughly chopped
- 1 Serrano chili
seeded and roughly chopped
- 1 C English Cucumber
peeled & sliced
- 1 medium Red Onion
roughly diced
- 4 C Seedless Watermelon, cubed
- 1/2 cup good quality olive oil

For the best results, use peak-season tomatoes, bell peppers (Hungarian sweet red peppers work best), and watermelon. We like to use peppers, tomatoes, and melons from Ella Bella Farm in Talent. Chop the first six ingredients and toss together in a large bowl.

Peerless Restaurant Watermelon Gazpacho Cont.

Don't fret about your knife work; this will all be blended. Combine the vinegar and oil in a separate vessel that you can pour from. Working in four batches, combine 1/4 of the chopped produce and 1/4 of the liquid mix in a blender. Blend on medium-high (Vitamix speed 7) for 15-20 seconds. It does not need to be perfectly smooth, and there is no need to strain. Experiment to find the speed and duration of blending for a final texture you like best. Once everything is blended and poured into a large storage container or serving vessel, salt to taste. To do this, add a little at a time and keep seasoning and tasting until the bright acidity of the vinegar is balanced with salt. Refrigerate for a few hours to cool and let the flavors marry. This recipe keeps for a couple of days. Enjoy.

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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
The Point Pub and Grill 1045 Center Drive, Mdf 541-816-4395 311 East Pine Street, CP 541-665-9015 <i>Please See Advertisement Page 31</i>	Upscale Pub Food with Full Service Bar	✕	yes	L D Sat & Sun Brunch 10-2	\$10.00-19.00	
The Vine 541-479-8463 1610 Allen Creek Rd #111, Grants Pass	Italian	✕	yes	D	\$15.00-28.00	
Twisted Cork 541-295-3094 210 SW Sixth St, Grants Pass <i>Please See Advertisement Page 31</i>	French Influence	✕	yes	L D	\$15.00-35.00	
Wild River Brewing & Pizza Co. 595 NE "E" St, Grants Pass 541-471-7487 249 N Redwood, Cave Junct 541-592-3556 16279 Hwy 101 S, Brooking 541-469-7454 533 NE "F", Grants Pass 541-474-4456 2684 N Pacific Hwy, Med 541-773-7487 <i>Please See Advertisement This Page</i>	Homemade Pasta, Pizza Sandwiches, Burger Calzones Soup & Salads Beer & Wine	✕	yes	L D	\$10.00-30.00	

Cartwright's Tap Rock Meatloaf

- 5 lbs Cartwrights Ground beef
- 2 lbs Cartwrights ground sausage
- 3/4 C diced onion
- 3/4 C diced celery
- 1 T minced Garlic
- 4 eggs
- 1/4 C ketchup
- 1/4 C milk
- 2 T oil
- 2 T worcestershire
- 1 t thyme
- 1 t garlic granulated
- 1 t onion powder
- 1 t oregano
- 1T dry parsley

Tap Rock Meatloaf Cont.

- 1 t salt
- 1 t pepper
- 5 C panko bread crumbs
- Glaze- 1/2 C ketchup, 1 T brown sugar, 1 t worcestershire, 1 t salt and pepper.

Saute off celery and onions with the dry spices and garlic. Set aside to cool. In a large mixing bowl mix all other ingredients until combined then add the cooled celery and carrot mixture Form into a 9x11 baking dish. Set the oven to 350 degrees. Bake covered for 25 minutes or until 120 degrees Fahrenheit. Uncover, add glaze and bake until the internal temperature reaches 165 degrees.

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WILD RIVER MEDFORD
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Cartwrights Tap Rock Porter Gravy

- 1 qt beef stock
- 1/4 onion small diced
- 2 whole cloves garlic
- 3 T roux (see tips for recipe)
- 2 bay leaves
- 1 T granulated garlic
- 1/2 t onion powder
- 1/2 t italian seasoning
- 1 t salt
- 1 t course pepper
- 1/4 C porter beer
- 1/2 C red wine'
- 2 T tomato paste
- 1 t oil

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Tap Rock Porter Gravy Cont.

Saute onions and whole garlic cloves until translucent. Deglaze with Red wine and simmer for 1 minutes. Add beef stock, tomato paste and all other seasonings except beer and roux. Cook on low simmer for 10 minutes. Slowly add roux at a time until the proper consistency. String with a whisk to incorporate the rough . Let simmer on low for 5 minutes. Add beer cool on low for 5 minutes. Strain through fine strainer. Cook your roux ahead of time. Use equal parts flour and butter cook on low heat for about 16 minutes or until it smells like popcorn.



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Friday and Saturday | 12-5 PM

“Such an incredible vineyard!...This was the perfect venue and couldn't ask for better service!”
- Zandra B. / Zola.com



KRISELLE
cellars

Exquisite Wines
Genuine Hospitality
Picturesque Setting



WE LOOK FORWARD TO YOUR VISIT!

www.krisellecellars.com • 541.830.VINO (8466)

“Scenic, super friendly staff, delightful wine tasting and great food” “Wonderful place to relax and either sample or drink their fine wines.”



weisinger

FAMILY WINERY

See website for tasting hours.
Reservations Recommended
weisingers.com
541-488-5989

“Beautiful facility, knowledgeable & caring staff, awesome views - highly recommended!”



Since 1998

Rex, Sandi & Rowdy Garoutte

Open Daily 11-5
184 Missouri Flats Road
Grants Pass, OR 97527

(541) 846-6372

fax: (541) 846-1052

rosellasvineyard.com
rosellaswinery@gmail.com



Yelp 4.9 Stars
(30 reviews)



Google 4.9 Stars
(67 reviews)



Tasting Room
Event Space
Historic Inn



1677 Old Stage Road
541-930-2650

HummingbirdEstate.com

“We always have an excellent time! The wines are good, service excellent and venue unparalleled.”



IT'S TIME TO JOIN THE RESISTANCE!
 LOW INTERVENTION WINE | ROGUE VALLEY, OREGON



TASTING ROOM HOURS!
 THURSDAY THRU SUNDAY 2PM- 7PM

541-708-1272 | @RESISTANCEWINECO
 322 PIONEER STREET, ASHLAND, OR | WWW.RESISTANCEWINECO.COM

“Holy cow, this place is better than some of the spots in Mendocino County that have top awards. Delightful spot. Great vibe. Wonderfully drinkable, with great subtle complexity.”




OUR LEGACY, IN YOUR GLASS

VALLEY VIEW WINERY
Domaine Rogue



1000 Upper Applegate Road Jacksonville, OR
 www.valleyviewwinery.com

“Had an absolutely lovely Saturday afternoon here! fantastic wines, grounds are beautiful, peaceful and serene.”



Award Winning Wines ~ Live Music

Sustainable Farming Practices
 Family Owned & Operated
 Tasting Room Open Wed-Sun 1-7pm

2178 Pioneer Rd, Talent **541-631-9583**

“Stoneriver is one of my favorite wineries and a local treasure! Fantastic wine, service, and events.”
 -Bryan Wenzel Google Reviews



WINE GUIDE

SCHMIDT FAMILY VINEYARDS

AWARD WINNING WINE - WOOD FIRED PIZZA - BEAUTIFUL GROUNDS



Tuesday - Saturday 12-5 Extended hours on Fridays 5-8
 (541) 846-9985, 330 KUBLI RD, GRANTS PASS, OR 97527
 WWW.SFVINEYARDS.COM

“Awesome wine, pizza, salad & atmosphere. We love the huge lawn & patio. Everyone is so nice here. Plus dogs are welcome.”



DEL RIO

VINEYARD ESTATE

Come visit our Historic Tasting Room.

We're open daily!
Summer hours: 11 a.m. - 6 p.m.
Winter hours: 11 a.m. - 5 p.m.
Holiday hours may vary.

52 N. River Rd., Gold Hill, OR 97525
Exit 43 on I-5 | 541.855.2062

"This is classy, yet casual and comfortable environment to drink some wine. Right off I-5!"

 Find us on Facebook

DEVITT

11412 Hwy 238, Jacksonville

(541) 899-7511

Open Fri, Sat & Sun or by appointment

"Comfortable atmosphere. Awesome wines. Great people. We stop in every time we drive the west coast. Never disappoints."





Wooldridge Creek VINEYARD

541-846-6364 · www.wcwinery.com
818 Slagle Creek Rd. - Grants Pass, OR 97527

Oregon's first winery and creamery combination.
Enjoy estate wines, artisan cheeses, and stunning views.
Linger awhile, take a walk in the vineyard, and experience all that is Wooldridge Creek.
Open daily from 11am to 5pm.



CRUSHPAD
creamery
at Wooldridge Creek

"Absolutely idyllic--the stellar reviews are well deserved. The service, the view, the charcuterie, the ambiance--all top grade. As was the wine!"
- Marjorie W.





LONG WALK VINEYARD



Visit the Long Walk Vineyard Tasting House

Discover a family owned and operated wine Tasting House, featuring estate grown wines from certified organic grapes. Enjoy stunning views of Ashland and custom, locally sourced food boards.

longwalkvineyard.com 541.552.0534 1800 N. Valley View Rd.

"Organic wines are great, as well as the organic fruit and preserves. Their farming practices are of the utmost integrity, true stewards of the land. The results are extraordinary" -- Gerlinde S.

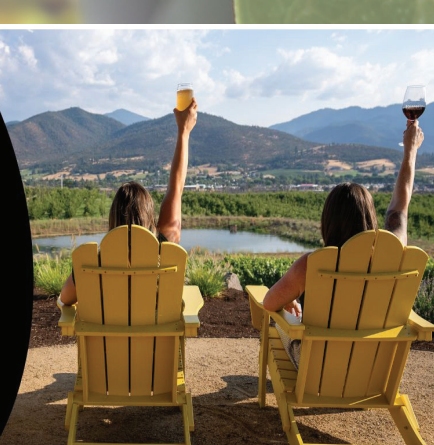
OR WINE SUNCREST

Looking for the perfect summer spot? Join us at Naumes Suncrest Winery for live music, wine crafted by our team, local beer, seasonal food, and more!

Scan the QR code to see our summer event schedule



1950 Suncrest Rd, Talent OR
www.naumesuncrestwinery.com



"Love Suncrest! Fabulous reds, delicious food, super nice staff and one of the best views around. Everytime we visit there is something new or a fun event happening. Highly recommend!"

wine taste. relax. experience.



Hand-Crafted, Award-Winning Wines, in a magical setting. Open all year round. Thurs, Fri, Sat, Sun.
9115 Blackwell Road in Central Point, OR.
www.punchhousewine.com (541)414-7941



"I had some other things to do today, but I just want to stay here the rest of the day."

PEBBLESTONE CELLARS

BEAUTIFUL 27-ACRE VINEYARD ESTATE

Stunning mountain & pastoral views
Minutes away from Medford, Ashland & Jacksonville

1670 Pioneer Road
Talent, OR 97540
541-512-1655

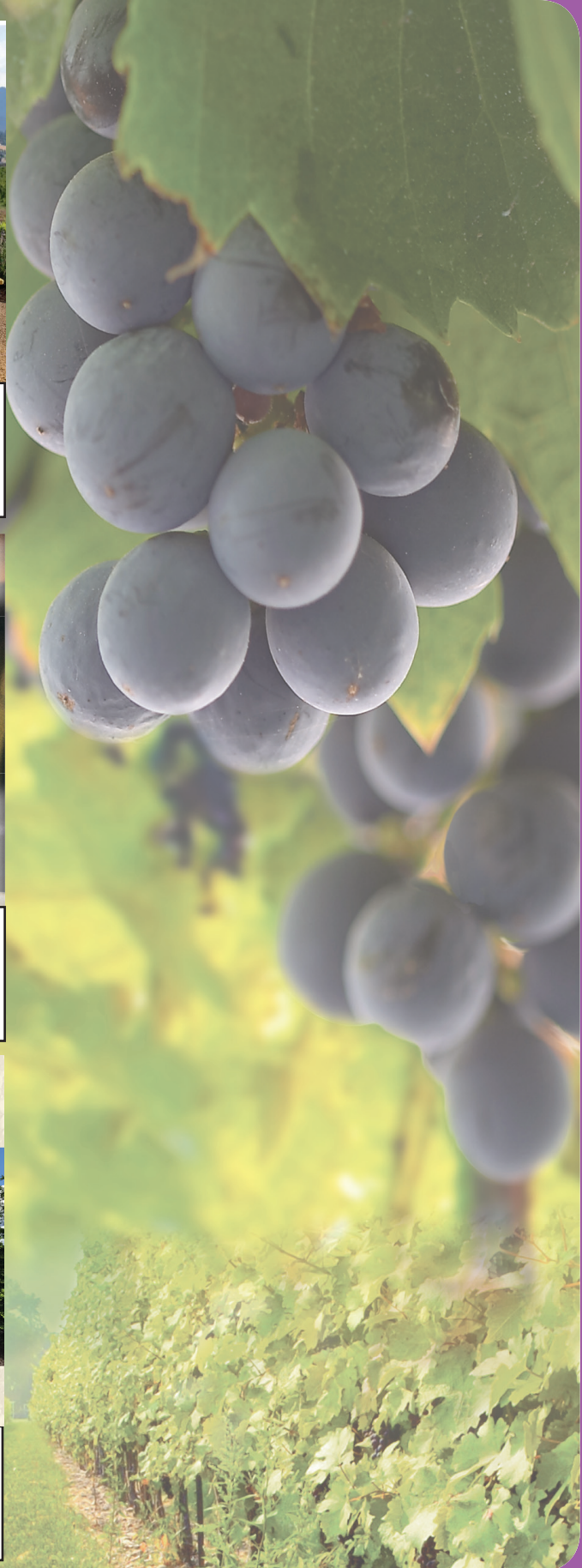


Visit our Spacious Tasting Room

Visit pebblestonecellars.wine for hours and directions

Fine Wines From Estate Vines Since 2004

"Wow! Ok... I love wine and I've tasted some fabulous wine. Beautiful Vineyard with mountain views, live music, and very friendly staff/ owners! We had a lovely time!"



WINE GUIDE



MAP NOT TO SCALE

Scan here for our complete winery listing

TRAVELMEDFORD.ORG