**MEDICATIONS: CHECK–YOURS-OUT SESSIONS** *Jackson/Josephine, Auditorium*

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/13/2011</td>
<td>THURS</td>
<td>6-9 PM</td>
<td>FREE (Call: 541-476-6613 to register in Jo. Co.) Jo. Co. 215 Ringuette St., Grants Pass</td>
</tr>
<tr>
<td>1/27/2011</td>
<td>THURS</td>
<td>6-9 PM</td>
<td>FREE Jackson Co. 569 Hanley Rd., Central Point</td>
</tr>
</tbody>
</table>

**Instructor: Sharon Johnson, OSU Extension**

Are you wondering about some of the medications you’re taking? Worried about side effects and interactions? Here is your opportunity to meet individually with a licensed pharmacist, Korin Richardson PharmD, to receive an individual medication consultation. Consultations held Thursday, January 13 in Josephine County and Thursday January 27 6-9pm in Jackson County. Pre-register for 15 minute time slots. Easy-to-understand written materials about depression, hypertension and arthritis medications also available.

**HOW TO WRITE AN ETHICAL WILL** *Jackson/Josephine, Auditorium/Classroom*

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/26/2011</td>
<td>WED</td>
<td>7-9 PM</td>
<td>$5.00 Jackson Co. 569 Hanley Rd., Central Point</td>
</tr>
</tbody>
</table>

**Instructor: Sharon Johnson, OSU Extension**

By special request, this popular session held in 2009 is making a return. In it you will learn how to pass on your values in a written document in the same way a “last will and testament” provides instruction for bequeathing valuables. Templates and illustrations will be provided.

**MASTERY OF AGING WELL** *Jackson, Auditorium/Classroom*

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>03/2-03/30/2011</td>
<td>WED ($)</td>
<td>6:30-8 PM</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

**Instructor: Sharon Johnson, OSU Extension**

A practical, research-based five-part series focuses on the most important aspects of aging well. Each week a group convenes as a video book club and uses a Mastery of Aging Well DVD ([http://outreach.oregonstate.edu/aging-well](http://outreach.oregonstate.edu/aging-well)) to explore one of five aspects of successful aging.

**Week 1:** *What if I Don’t Remember What I Forgot?* (memory loss in later life)

**Week 2:** *Let the Sad Out* (depression in later life)

**Week 3:** *Meds and Me* (medication jeopardy)

**Week 4:** *Your Plate Should Look Like a Pile of Color Crayons* (nutrition)

**Week 5:** *Walk, Don’t Run* (Exercise and physical activity in later life)

**ANCIENT GRAINS** *Jackson, Auditorium*

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jackson Co. 3/24/2011</td>
<td>THURS</td>
<td>9 AM-11:30 AM</td>
<td>$10.00 (Call: 541-776-7371 to register in Jackson Co.) 569 Hanley Rd., Central Point</td>
</tr>
<tr>
<td>Josephine Co. 3/24/2011</td>
<td>THURS</td>
<td>2-4:30 PM</td>
<td>$10.00 (Call: 541-476-6613 to register in Josephine Co.) 215 Ringuette St., Grants Pass</td>
</tr>
</tbody>
</table>

**Keynote speaker: Rebecca Wood, author of *The Splendid Grain*** and a panel of local whole grain experts will discuss growing, using and eating ancient grains. Tastings will include foods made with ancient grains that include Teff, Triticale and Kamut. A recipe book will be provided to each attendee. This symposium is an OSU Extension/Small Farms collaboration with the Ashland Food Co-op and other community partners. Register for the event in your county by contacting your local Extension office.
**HARD TIMES COOKING** *Jackson, Auditorium*

*Instructor: Marian Traina*

This is a class to appreciate and taste the real bounty in our lives; good food. Old fashion food is re-born in today's economy, as are the ways to prepare it, tasty and appealing as well as nutritious. Come join us and see how it is done - maybe even help in the preparation. Most of all, have a fun evening. We'll take a peek into the past and recall how our grandparents "made do" and enjoyed abundance at their tables. Budget-stretching hints abound, as well as ideas on bringing your family together at mealtimes. Bring your own place settings and join us for an old fashion, home-cooked dinner of meatloaf, twice-baked potatoes, Parker house rolls, dessert, and more. Bon apetit! **Class limited to 30.**

---

**SIMMERING SOUPS: PRESSURE CANNING WISELY** *Jackson, Auditorium*

*Instructors: Vickie Belknap, Family Food Education Volunteer*

Stock your pantry with soup delights, made with summer's bounty, for winter nights! This course will be an introduction for the new; a review for the experienced (and not so experienced) persons wanting more ways to pressure can. Come and learn new ways to plan and use your pressure canner. There will be a quick and easy demonstration on making whole grain artisan bread to accompany your simmering soup into a hearty and healthy meal. A small lunch of soup & bread will be included in the class. Don't forget to bring your dial gauges for their annual pre-season testing.

**Date(s)** 04/09/2011  
**Day** SATURDAY  
**Time** 10 AM-2 PM  
**Cost** $15.00  
**Pre-pay & Pre-register by** April 1st  
**Make checks payable to:** FFEV

---

**FAMILY FOOD EDUCATION VOLUNTEERS—FFEV**

**SOFT CHEESE MAKING** *Jackson, Auditorium*

*Facilitator: Jeanne Evers, OSU Extension Family Food Education Volunteer*

Demonstrations done by Family Food Education Volunteers

Are you a cheese lover? We make some of the world’s best cheese right here in the Valley. Ever wanted to make your own? This class is designed just for you. Get an up close and personal demonstration in making soft cheeses such as queso fresco, yogurt cheese, lemon cheese, and feta. Sampling will take place (yummy!). Recipes and a packet of information about cheeses of all kinds will be available. It’s guaranteed to be a delicious and interesting day.

**Date(s)** 03/12/2011  
**Day** SATURDAY  
**Time** 10 AM-1 PM  
**Cost** $10 Pre-pay & Pre-register by MARCH 1ST  
**Make checks payable to:** FFEV

---

**STRONG WOMEN (MEN)** *Jackson/Josephine, Auditorium*

*Instructors: Tufts University Volunteer Program Leaders: Sue Rode, Jane Schlacht, Yolanda Gentile, Nancy Fenton, Jackie Dwyer, Kathy Szewc, Carol Kerr, Vickie Belknap, Roz O’Rordan, Kelly Anderson, Teddie Hight, & Phyllis Schroeder*

Strength training classes through-out the week. Participate in strength training routines using free weights and leg weights, (provided). Experience improvements in endurance, balance, flexibility and overall strength. (They have fun too!) **Openings in the classes below, please call leaders directly. Talent Library_MWF 8:30 am - Roz O’Rordan 535-8042. The Grove, Ashland Parks & Rec. MWF 10:30 am - Kelly Anderson 324-4667**

---

**AARP WORKSHOP! MARCH 10, 2011**

Have you or a loved one recently been laid off or still looking for work? Are you thinking about changing careers? What are the secrets to finding a great job in a down economy? Join AARP Oregon for a free workshop in March geared toward older job seekers. We know 50+ workers have been among the hardest hit during this economic crisis and may have a more challenging time recovering from job losses, facing stereotypes that they are more difficult to train and more expensive. But we know you have a lot to offer potential employers that can give them a competitive advantage. You’ll learn strategies to make your job search more effective, how to spiff up the resume, survive the job hunt, boost interviewing skills, and more. You’ll also get a job search packet with resources and tips. **RSVP online at: www.findingworkat50plus6-19-10.eventbrite.com or by calling 877-926-8300 toll-free.**