

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

April 2024



“My Life: The Last Chapter”

Four FREE Workshops in May

Tuesdays in Basalt | Thursdays in Aspen | 5:00-6:30 p.m.



Be the author of your last chapter! Regardless of your age, health, or lifestyle, creating a practical plan of action for the end of life will bring you peace of mind and be an invaluable gift to your loved ones. In this course, we will bring light to the legal and financial tasks and compassion to the physical and emotional challenges that we all face.

In each workshop, you will complete paperwork and take actionable steps toward end of life planning.

- Session 1: Why and How We Must Plan**
May 7 in Basalt • May 9 in Aspen
- Session 2: Legal & Financial Guidance**
May 14 in Basalt • May 16 in Aspen
- Session 3: Choices for End of Life Care**
May 21 in Basalt • May 23 in Aspen
- Session 4: What it Means to Die a Good Death**
May 28 in Basalt • May 30 in Aspen

A Project of the Pitkin County Senior Services Advisory Board • 970-920-5432



FUN • PRIZES • FREE EVENT

BINGO WITH THE COPS



FRIDAY
APRIL 5
12:45PM

AT THE
PITKIN COUNTY
SENIOR CENTER

The Aspen Police Department will bring the fun & share the latest on preventing fraud and scams.

WE LOOK FORWARD TO SEEING YOU!
For more Info: 970-920-5432 • seniors@pitkincounty.com

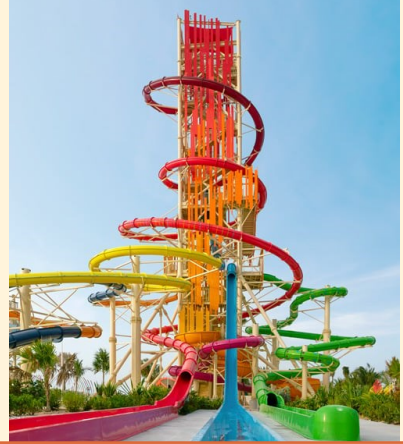


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SENIOR CENTER RENOVATIONS CONTINUE

The Senior Center will be closed on Monday, April 1 for the installation of a water slide. Get ready to swim!



CÉSAR CHÁVEZ DAY SENIOR CENTER CLOSED APRIL 1

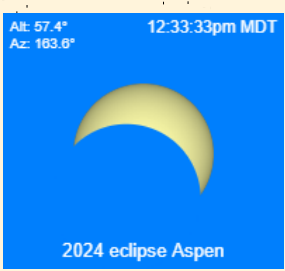
The Senior Center will be closed on Monday, April 1 in honor of César Chávez Day. César Chávez was a civil rights and labor activist. (No foolin').



ECLIPSE VIEWING

MONDAY, APRIL 8 • 12:30 PM

Aspen will experience a 70% magnitude eclipse. Come watch with us! We will have viewing glasses. To join for lunch prior, call 970-429-6161.



OFFERINGS FROM THE LIBRARIES



Visit pitcolib.org for info and sign up details for events, programs & activities.

LIBRARY CINEMA

Saturday, April 6 at 2:30 & 5:30 p.m.

Friday, April 12 at 5:30 p.m. | Saturday, April 13 at 2:30 p.m.
Join us in the Dunaway Community Room to view highly acclaimed films. Tickets are \$10, popcorn included.

LEGENDS OF ASPEN FILM SERIES

Thursday, April 11 | 4:30-6:00 p.m.

Join us for a screening of short films focusing on past Aspen Hall of Fame inductees & learn more about the history of Aspen.

LIBRARY CONCERT SERIES: Javier de los Santos, guitar

Friday, April 19 | 5:30-6:30 p.m.

Classical guitarist Javier de los Santos holds a Master of Music in Guitar Performance from the University of Denver's Lamont School of Music where he studied with Maestro Ricardo Iznaola.

BOOKBINDING

Saturday, April 20 | 3:30-5:30 p.m.

Learn beginner bookbinding skills. Each program will build on skills learned in previous sessions.

ASPEN WORDS LITERARY PRIZE ANNOUNCEMENT (Livestream)

Thursday, April 25 | 4:00 p.m.

Join us to watch the awards ceremony in real-time!



Visit basaltlibrary.org for more events, programs and details, plus registration info.

SOLAR ECLIPSE VIEWING

Monday, April 8 | 11:00 a.m.-1:00 p.m.

Join the Basalt Library and The Aspen Science Center (ASC) for a fun afternoon of eclipse-viewing activities and education. Stop by the library for free eclipse glasses and hands-on activities with the ASC. Don't miss the chance to engage with this unique solar occasion!

LIBRARY PARTY

Friday, April 19 | 6:00-8:00 p.m.

Everyone is welcome to the library for our community party! We are grateful for all you do to support library programs, collections, and events. Please celebrate with us as we bring the community together in the living room of the mid valley at the heart of Basalt. There will be music, food and activities for adults and children.

FAKE NEWS? LEARN TO TRUST YOUR SOURCES

Thursday, April 25 | 5:30-6:30 p.m.

Wondering if what you are reading can be trusted? Then join us to learn how to pick out the most trustworthy sources. This workshop will include signs that a site might not be legit, tips for finding trusted sources, and more.

VISIT FROM A LIBRARIAN Friday, April 26 | 12:45-2:00 p.m. | At the Pitkin County Senior Center
Pitkin County Librarian Monique Rodriguez will review online resources and teach about how to access them from home.

"SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, APRIL 18

9:00 AM—4:00 PM

COMMUNITY HEALTH SERVICES

405 CASTLE CREEK RD, ASPEN

Ages 60+. Standard treatment & screenings offered for \$85. Financial assistance may be available, please inquire when you schedule your appointment.

For **QUESTIONS OR SCHEDULING**, call Community Health (970) 920-5420.



MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, APRIL 10 • 12:45-2:00 PM

15-MINUTE CHAIR MASSAGE Sign up (970) 920-5432. **No charge, donations accepted.**



FOOT CARE MONDAY, APRIL 29 • 1:30-4:00 PM

Jolanta Weiss provides foot care monthly. Space is limited. Sign up (970) 920-5432.

No charge, donations accepted.



ALPINE LEGAL SERVICES

MONTHLY ON THE 2ND MONDAY AT 2:00 PM

NEXT SESSION: APRIL 8

Call to sign up for a free 15-minute consultation. (970) 920-5432.



KNEE ARTHRITIS MANAGEMENT AND ORTHOPEDIC INTERVENTIONS

FRIDAY, APRIL 12 • 1:00

Join ValleyOrtho Orthopedic Surgeon, Dr. Tomas Pevny for an informative talk related to the aging patient. Discover practical knee arthritis management strategies and intervention techniques designed to enhance knee joint health, empowering you to lead an active and fulfilling life in later years.



INSIGHTS ON CATARACTS

H. KELL YANG, MD • WEDNESDAY, APRIL 10 • 1:00 PM

Did you know that 70% of those over 80 have cataracts? Have you wondered if you need surgery? Retired Ophthalmologist Dr. Yang will discuss cataracts and what to look out for, and answer your questions.



FALLS PREVENTION

THURSDAY, APRIL 25 • 1:00 PM

Holistic chiropractor Dr. Jennifer Drake will discuss balance issues and offer screenings on fall risk. *Dr. Jenn is committed to helping people reclaim optimal health and vitality so they can live their full potential without pain. Her customized strategy uses chiropractic care, laser therapy, nutrition, postural awareness and stress relief mindset methods.*



Recreation & Fitness

RECREATION CENTERS:

CHECK WEBSITES FOR LATEST INFO.

THE ARC: Please check aspenrecreation.com or call (970) 544-4100 for more information and for updates. For at-home workouts and activities, check out aspenrecreation.com/activities/home-based/adult



RECREATION
CITY OF ASPEN

THE SNOWMASS VILLAGE REC CENTER:

Go to snowmassrecreation.com or call (970) 922-2240 for more information.



TOWN OF
SNOWMASS VILLAGE
PARKS, RECREATION & TRAILS

The Senior Center has punch passes available for you to try out ARC or Snowmass Rec. Call (970) 920-5432 for more info.

THE CARBONDALE REC CENTER:

Go to carbondalerec.com or call (970) 510-1290 for more information.



IN-PERSON CLASSES

FITNESS CLASSES ARE HELD AT THE SENIOR CENTER—EXCEPT WATER AEROBICS

YOGA • MONDAY, WEDNESDAY, FRIDAY 10:15 AM —
Hatha Yoga for any level, beginner to advanced. \$5/class • **MARY ANDERSON**

BALANCE CLASS: TUESDAY & THURSDAY • 10:00 AM
The exercises and activities offered have proven to prevent falls. Adaptable for any level. Free for all ages

QIGONG: ON HIATUS
Helps reduce joint & arthritis pain; improve balance, breathing and grace. \$5/class • **ROSS DOUGLASS**

WATER AEROBICS: MON & TUES • 10:00 AM @ THE ARC
Learn the benefits of water exercise! Everyone welcome to join with ARC membership or day pass. Scholarships may be available for those who qualify. Renew Active or Silver Sneakers members can take these classes for \$5.

TONE & STRETCH : FRIDAY • 9:15 AM
Strengthen your core which in turn helps your posture, balance and muscle tone. \$5/class • **CHRISTI COUCH**

VIRTUAL: STRETCH CLASS
Offered **MONDAY-THURSDAY • 9:30 AM • <https://meet.google.com/upz-hvcv-btt>** **CHRISTI COUCH**

KNOW YOUR TREES W/ SHEEHAN MEAGHER MONDAY, APRIL 15 • 1:00 PM

In honor of Arbor Day, Sheehan, a bioregional herbalist, will lead participants through a sensory experience to connect with the many medicinal native trees of the Aspen area. Learn how to tell the difference between a pine, spruce, and fir tree, and learn the ecological importance of our native trees species: how to identify, as well as how to incorporate tree medicine into your life for health and vitality.



Social Spotlight

For details and more information, call (970) 920-5432.

BRUSH UP YOUR BRIDGE

FRIDAYS • 1:30-3:30 PM • FREE
Lessons for all levels, beginner to expert.



KNITTERS & YARN CRAFTERS

SUNDAYS • 2:30-4:30 PM
This group is open to yarn & thread crafters of many kinds. Call (970) 920-5432 for more information.



SENIOR CENTER BOOK CLUB

WEDNESDAY, APRIL 24 • 10:30 AM
April selection: The Last Ranger by Peter Heller



CONSULT WITH A COUNSELOR

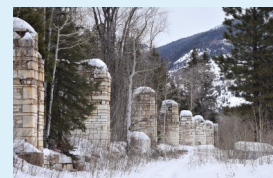
WEDNESDAYS AT 11:00
Licensed Professional Counselor Dr. Terry Bordan offers complimentary weekly sessions for your mental well being. Sign-up is encouraged but not required (970) 920-5432. *Terry Bordan is a licensed professional counselor & professor. She has extensive clinical experience as a mental health practitioner. She is the author of "Being Neurotic: A Children's Book for Adults".*



HISTORY'S MYSTERIES WITH CHRISTI COUCH

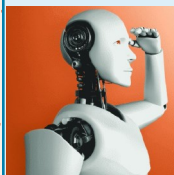
THE ROARING FORK VALLEY . . . AND BEYOND:

THURSDAY, APRIL 11 • 1:30 PM
Join Christi for another fascinating slideshow featuring her latest adventures in finding Colorado's spectacular history.



ARTIFICIAL INTELLIGENCE SEMINAR

MARK GOODMAN • WEDNESDAY, APRIL 3 • 1:00 PM



Learn about practical AI uses. All levels of knowledge welcome. Mark is a tech enthusiast and he invites you to bring your curiosity, laptop, and a problem to explore and solve using AI. Limited to 8 participants. RSVP (970) 920-5432.

GUITAR MUSIC WITH MARK GOODMAN

MONDAY, APRIL 8 • 12:45 PM
Mark's taste in music is eclectic, encompassing a wide range of genres and eras. He'll perform right after the eclipse viewing.



JOAN OF ART: GET READY FOR MAY FLOWERS

JOAN TIDWELL • FRIDAY, APRIL 26 • 1:00 PM

When April showers bring May flowers, you'll be ready—after Joan guides you to create a beautiful flower pot. RSVP (970) 920-5432.





NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: Buttermilk Parking area
NEW DAY & TIME 2ND & 4TH TUESDAY •
9 & 23 • 4:45-5:45 PM

BASALT/EL JEBEL:
 Movieland Parking Lot
 218 E. Valley Rd. El Jebel • **WEEKLY ON TUESDAY •**
11:00 AM-12:30 PM



ECONOMIC ASSISTANCE • (970) 920-5244

Information and help applying for:

- SNAP/Food Assistance • LEAP
- Public Assistance
- Medicaid & Extra Help
- Emergency Financial Assistance



Monthly visits *at the Senior Center now on the 2nd Monday of the month* • April 8 • 10:30-12:30 • Ligia Bonilla offers information and help applying for benefits • No appointment necessary.

LIFT-UP FOOD DISTRIBUTION

ASPEN LOCATION: SCHULTZ HUMAN SERVICES BUILDING
405 CASTLE CREEK RD • SUITE 206
TUESDAYS 2:00-6:00 PM

WEDNESDAYS 10:00 AM-12:00 PM

For updates and additional info, including additional locations and hours, go to liftup.org.

You'll need to provide basic info: Name, home address, number and ages of adults and children in the home. No ID required.



NEW FOOD DISTRIBUTION SITE

SNOWMASS VILLAGE TOWN HALL

Open Monday-Friday 8:30 a.m.–4:30 p.m.

Harvest for Hunger of Colorado, located in Snowmass Village, is a charitable foundation dedicated to reducing food waste in the Roaring Fork Valley and helping those in need. Visit harvestforhungerco.org



SPRINGTIME VEGGIES IN COLORADO

Spring officially started March 19th; as we know in Colorado this doesn't mean an end to the snow and cold. However, along with spring comes some in-season produce. Research has shown that the seasonality of produce affects the nutritional profile, meaning that eating in season produce can provide more health benefits. It often tastes better in terms of freshness and is also typically less expensive.

Vegetables also house a plethora of antioxidants. These valuable phytochemical compounds serve several purposes. Firstly, they shield the human body from oxidative stress, diseases, and cancers. Secondly, they bolster the body's immunity, enabling it to combat these health challenges effectively.

So, what is in season in springtime in Colorado? Beginning in April, chard, chives, sprouts and watercress are in season. Beginning in May, asparagus, arugula, collard greens, kale, chives, sprouts, lettuces, peas, potatoes, radishes and turnips are in season. Cucumbers, mushrooms, herbs, and tomatoes are considered in season all year long.

Asparagus is one of the vegetables that comes to mind when thinking about spring produce. Asparagus is a good source of Vitamin K, which is used in bone formation and blood clotting. Here is a link to a recipe for roasted asparagus:

<https://healthyrecipesblogs.com/roasted-asparagus/>

This interactive seasonal food guide can let you know what produce is at its best at any time of the year, or check the chart to the right.

<https://seasonalfoodguide.org/state/colorado>

By Patti Murphy, RDN, CDCES



MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
				apples (storage to early March)		
		apricots				
arugula, collards, kale, lettuce (leaf, head, salad mix), mustard, turnips						
asparagus						
				beets		
				bell peppers		
				broccoli, cauliflower		
				cabbage		
				cantaloupe		
				carrots (storage to April)		
				celery		
				chard		
	cherries					
				chile peppers		
				cucumbers (all year)		
				eggplant		
				green beans		
				herbs (all year)		
				honeydew		
				mushrooms (all year)		
				onions (to mid-March, storage included)		
				peaches		
				pears		
				plums		
				potatoes (all year)		
				pumpkins		
				raspberries		
				spinach		
				strawberries		
				summer squash		
				sweet corn		
				tomatoes (all year)		
				watermelon		
					winter squash (to February)	

APRIL 2024 MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Senior Center closed for César Chávez Day	NO LUNCH SERVED	3	BBQ Chicken Breast, Steak Fries, Corn on the Cob, House Salad, Birthday Cake	4	Ukrainian Stuffed Pepper, Creamed Spinach, House Salad, Mixed Berry Cobbler	5	Bratwurst w/ Onion, Mashed Potatoes, Gravy, Red Cabbage, House Salad, Chocolate Chip Cookie	
8	Roasted Chicken w/ Red Wine Gravy, Peppadew Orzo, Brussels Sprouts, House Salad, Éclair		10	Beef Curry, Brown Rice, Broccoli, House Salad, Lemon Bar	11	Cheese Ravioli, Tomato Basil Sauce, Italian Vegetables, House Salad, Tiramisu	12	Oven Roasted Salmon, Honey Mustard & Dill Sauce, Asparagus, Polenta, House Salad, Carrot Cake	
15	Chicken Philly on a Hoagie Roll, Sweet Potato Fries, Broccoli Slaw, House Salad, Vanilla Ice Cream		17	Beef Lasagna, Italian vegetables, House Salad, Garlic Bread, Blueberry Pie	18	Cajun Tilapia with Chimichurri Sauce, Cauliflower, Couscous, House Salad, Caramel Brownie	19	Porcini Risotto with Lemon Thyme Cream Sauce, Sweet Peas, House Salad, Apple Cobbler	
22	Pork Schnitzel with Mushroom Sauce, Penne Pasta, Green Beans, House Salad, Cheesecake		24	Roast Beef Sandwich, Tater Tots, Beet Salad, House Salad, Key Lime Pie	25	Chicken Pot Pie, Broccoli, Cheese Bread, House Salad, Sugar Cookie	26	Shrimp in a Thai Coconut Sauce, Fried Rice, Stir-Fry Vegetables, House Salad, Fresh Berries	
29	Greek Chicken, Lyonnaise Potatoes, Zucchini, House Salad, Lemon Cake								

Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Suggested donation: \$4.00-\$5.00 • Whole grain bread, juice and 2% milk are available at each meal • Please arrive by 12:20 p.m.



PITKIN COUNTY SENIOR SERVICES
— REDSTONE —
Aging Well in Our Community

Redstone Senior Days
At the Redstone Inn

The Redstone programs are open to all!

RSVP: (970) 920-5432

12:00 PM—LUNCH (\$10)

(RSVP by noon the Friday prior)

Plated lunch served.

There will be a gluten-free option.

12:45 PM—PROGRAM

APRIL 9 — KNOW YOUR TREES

Sheehan Meagher will offer this program, similar to the one described on page 3.

APRIL 30 — DENTAL CARE AND ORAL HEALTH

Lisa Westhoff from Community Health's "Smiles for Seniors" program will offer dental care appointments at the Inn beginning at 9:00 a.m. (see "Smiles for Seniors" details on page 2). She'll provide oral health education and answer your questions following lunch.

WANT TO BE KEPT IN THE LOOP?

Send an email to: seniors@pitkincounty.com



Bringing together art, conversation & creativity with programs in the community & at the Aspen Art Museum.

RSVP for Active Art sessions: (970) 920-5432

THURSDAY

APR 18

1:30 p.m.

At the Aspen Art Museum

Start with a guided exhibition tour and discussion. Next, get hands-on with a workshop. After the workshop, join us for a relaxed informal gathering with snacks and beverages provided by our Rooftop Café.

MONDAY

APR 22

1:00 p.m.

At the Senior Center

In this Active Art, we embark on a workshop inspired by Lena Henke's exhibition: *You and your vim.*

Active Art invites seniors in the Roaring Fork Valley to engage in social dimensions of art and art making through exhibition tours, conversation and workshops aimed to engage hand dexterity, enhance memory and encourage self-reflection brings together art, conversation, and creativity.



Installation view: Lena Henke, *You and your vim*, Aspen Art Museum, 2023. Photo: Daniel Pérez



Local Senior Tax & Utility RELIEF PROGRAMS

FOR LOW & MIDDLE-INCOME OLDER ADULTS

APPLY ONLINE AT: bit.ly/2023pitkintax • OR FOR MORE INFORMATION CALL: (970) 920-5432
(Accommodations available for homebound seniors.)

Pitkin County Senior Services is accepting applications for the **local** low- and middle-income senior tax relief programs. **You must apply for this program every year.** Applications will be mailed to previous qualifiers in late January. New applicants may call for a form or apply online.

The application deadline is:
MONDAY, APRIL 15, 2024

Up to five separate subsidies are available to seniors, depending upon residency in the City of Aspen, Aspen School District and Pitkin County.

- City of Aspen programs include a property tax rebate and a utility discount.
- Aspen School District has a property tax rebate.
- Pitkin County offers a heating fuel tax rebate and a property tax rebate.

Property owner must be a permanent resident, at least age 60, with gross income from all sources of less than \$58,320 for a single or \$78,880 for a couple. Additional requirements apply. Renters are also eligible to apply.

OTHER OPTIONS FOR TAX RELIEF IN COLORADO

COLORADO SENIOR PROPERTY TAX EXEMPTION:

Based on your 2023 taxes, which are billed and paid in 2024. The deadline was July 15, 2023 to get your exemption on this year's bill. You only have to qualify one time, not every year – your name will remain on the list while you own your present home. You must be 65 and have lived in your primary residence for 10 years. If you are eligible and have never signed up, apply by July 15, 2024 for your 2024 property taxes. The form is available at the County Assessor's office in the county building. Call (970) 920-5160 or email assessormail@pitkincounty.com to arrange to get a form.

PROPERTY TAX DEFERRAL FOR SENIORS:

At age 65, Colorado seniors can opt to their defer property taxes against the value of their home. Call the Treasurer (970) 920-5170 for details and forms.

CO PROPERTY TAX/RENT/HEAT REBATE (104 PTC):

Rebate for a portion of property tax and heating expenses paid. Must be 65 years of age or be a surviving spouse at least 58 years or disabled entire year. Single income in 2022 under \$16,925 or a couple income below \$22,858 annually. (2023 income limits not yet published). Contact CO Dept. of Revenue (303) 238-7378.

FREE TAX RETURN PREPARATION FOR BASIC RETURNS

- Appointment required
- This service is provided by volunteer retired business and income tax professionals
- Available to low- and mid-income persons of all ages
- Appointments will be scheduled beginning early February and continuing through early April.
- Call Don Davidson at (970) 925-3118 for an appointment

LAST MONTH FOR LEAP: LOW INCOME ENERGY ASSISTANCE PROGRAM APPLICATIONS ACCEPTED THROUGH APRIL 30

LEAP assistance will pay a portion of home heating costs in a one-time payment directly to the energy provider. The qualifying income for LEAP is now up to 60% of the state median income. Benefit amounts range from \$250 to \$1,000.

To request an application by mail or for more information on LEAP and other available resources, call Discover Goodwill at 1-888-775-5327 or Heat Help at 1-866-432-8435.

Download an application at: <https://cdhs.colorado.gov/leap>
You may also apply at <https://coloradopeak.secure.force.com/>
Pick up an application at the Senior Center or HHS building. Once completed, LEAP applications can be emailed to:

leaphelp@goodwillcolorado.org
Or mail to:
Discover Goodwill
P.O. Box 39200
Colorado Springs, CO 80949

LEAP application assistance will be available at the Senior Center on the Monday, April 8, from 10:30-12:30.



Spring HEALTH FAIR

Save the date!

Take advantage of **low-cost blood tests**. By Appointment Only.

June 7 & 8

ASPEN

Aspen Valley Hospital Campus
Hosted at Aspen Ambulance
0403 Castle Creek Road

June 9

EL JEBEL

Eagle County Community Center
20 Eagle County Drive

Visit aspenhospital.org/health-fair or scan the code for complete details.

MAKE YOUR APPOINTMENT STARTING APRIL 17.



ASPEN VALLEY HOSPITAL

SOUND HEALING MEDITATION

THURSDAY, APRIL 4 • 2:00 PM

Sound healer Megan DiSabatino offers a guided journey into the practice of using vibrations in the form of crystal singing bowls, chimes and gongs to relax physical and emotional well being.



APRIL 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Senior Center closed for César Chávez Day	2 10:00 Water Aerobics @ ARC 10:00 Balance Class	3 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 1:00 Artificial Intelligence Seminar*	4 10:00 Balance Class 12:00 Lunch 2:00 Sound Healing Meditation	5 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Bingo with the Cops 1:30 Brush Up Your Bridge	6
7 2:30-4:30 Knitters & Yarn Craft	8 10:30-12:30 Economic Assistance 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 12:30 Eclipse Viewing 12:45 Mark Goodman Music 2:00 Alpine Legal*	9 9:00-11:00 Chat with a Gerontologist 10:00 Water Aerobics @ ARC 10:00 Balance Class Redstone Senior Day: Know your Trees with Sheehan Meagher*	10 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 12:45 Massage with Joanne Johnson*	11 10:00 Balance Class 12:00 Lunch 1:30 History's Mysteries	12 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Knee Arthritis Management / Dr. Pevny 1:30 Brush Up Your Bridge	13
14 2:30-4:30 Knitters & Yarn Craft	15 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Know your Trees with Sheehan Meagher	16 10:00 Water Aerobics @ ARC 10:00 Balance Class	17 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 1:00 Senior Services Council	18 10:00 Balance Class 9:00-4:00 Smiles for Seniors (970) 920-5420 12:00 Lunch 1:30 Active Art @ AAM*	19 9:15 Tone & Stretch 10:15 Yoga 1:30 Brush Up Your Bridge	20
21 2:30-4:30 Knitters & Yarn Craft	22 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Active Art @ Senior Center*	23 9:00-11:00 Chat with a Gerontologist 10:00 Balance Class 10:00 Water Aerobics @ ARC	24 10:15 Yoga 10:30 Book Club 11:00 Counselor Consults 12:00 Lunch	25 10:00 Balance Class 12:00 Lunch 1:00 Falls Prevention with Dr. Jenn Drake	26 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Library Resources 1:00 Joan of Art*	27
28 2:30-4:30 Knitters & Yarn Craft	29 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care*	30 Redstone Senior Day: Dental Care & Oral Health 10:00 Water Aerobics @ ARC 10:00 Balance Class			*RSVP for these programs at (970) 920-5432 RSVP for Senior Center lunches at (970) 429-6161	



PITKIN COUNTY SENIOR SERVICES

0275 Castle Creek Road
Aspen, CO 81611

RETURN SERVICE REQUESTED

Pitkin County is an Age-Friendly Community

pitkinseniors.com • 970-920-5432

Open Monday - Friday • 8:30 a.m. - 4:30 p.m.

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR SERVICES

Subscribe today!

If you don't already receive this newsletter regularly, subscribe for email or U.S. Mail delivery by calling 970-920-5432 or email seniors@pitkincounty.com

There is no charge for subscription.

Donations are welcome!

OUR MISSION:

To facilitate quality of life and independence for individuals over age 60.

Programs take place at the Pitkin County Senior Center unless otherwise indicated.

FUNDING PROVIDED IN PART BY:



PITKIN COUNTY VETERANS COFFEE & DONUTS

4th TUESDAY | **April 23 • 9-11 a.m.**
of the month | At the Pitkin County Library

This monthly event is open to all veterans and offers an opportunity for our local veterans to meet, share stories, and receive information on resources and benefits.

Pitkin County Veterans Service Officer:

Adam Lazaro • Available by appointment for office visits
adam.lazaro@pitkincounty.com • (970) 319-5169



ROARING FORK
PSYCHOLOGY

FUNDING PROVIDED IN PART BY:



Alzheimer's & Dementia Caregiver Support Group

led by Dr. Clair Rummel, PhD

Date: 3rd Thursday of each month
Time: 10:30am - 12:00pm
Location: Basalt Public Library
Cost: Free

For Info or Questions:
Dr. Clair Rummel • 970.236.6394



CHAT WITH A GERONTOLOGIST

Talk with Gerontologist **Chad Federwitz** about your or a loved one's aging process. A Gerontologist is a professional expert on primarily the social aspects of aging. Topics can include:

APRIL 9 & 23

9-11 a.m.
At the Senior Center

- Life Planning
- Driving
- Nutrition
- Socialization
- Activities of Daily Living
- Resources
- Alzheimer's Disease
- & Other Dementias

For Questions or to Book an Appointment:
(970) 920-5432 • Walk-ins Welcome



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Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

APRIL 17: 1-2 p.m.
The Battle of Carbohydrates

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education.

Register through Zoom at:

www.tinyurl.com/24SpringConvo

Or email PattiMurphyRD@gmail.com for info & assistance

