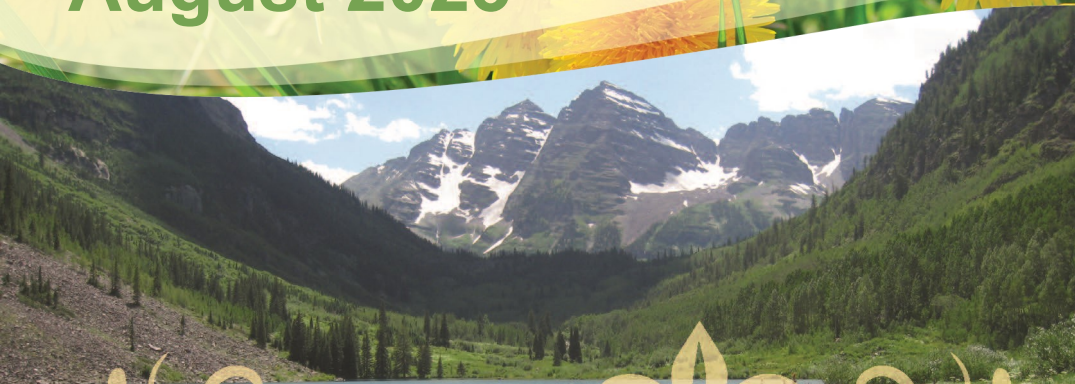


THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

August 2023



VISIT Maroon Bells

Thursday, August 31 • 1:00 p.m.

- Departs from the HHS Building by RFTA bus
- An ACES naturalist will accompany the trip
- Explore the area around the lake and the visitor center
- Bus will return to the HHS Building by 3:30 p.m.
- No charge
- Age 60+
- Space is limited -- RSVP strongly recommended!

Join the fun! RSVP: (970) 920-5432

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AGE FRIENDLY market

Farm Fresh CSA Produce Available!

THURSDAYS

- At 11:45 a.m.
- At the Schultz Health & Human Services Building (0405 Castle Creek Rd.)
- Program is grant funded; there is no charge

The produce distribution program is run like a farm stand so that you may take what you wish, with limits. Please bring a bag. Produce will be offered on a first-come, first-served basis. This program is funded by a grant to increase access to fresh vegetables to lower-income older adults.



.....| 2ND ANNUAL |.....

EAGLE, GARFIELD & PITKIN COUNTIES AGE FRIENDLY EXPO

You are invited!

Friday, September 22
9 a.m. – Noon

Eagle County Community Center
(0020 Eagle County Dr.) El Jebel

Come learn about local resources to help "Age in our Communities." All are welcome!

This Event Includes:

- | | |
|-----------------------------------|---|
| • Medicare Information | • Community partners and organizations will be here with information about their programs and services. |
| • How to Write a Will (tentative) | |
| • Live Music | |
| • Community Resources | |

FREE EVENT

For More Information: (970) 920-5432

OFFERINGS FROM THE LIBRARIES



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

CHAMBER MUSIC IN THE AFTERNOON

Fridays, August 4, 11 & 18 | 2:30-4:00 p.m.

This series of performances features students from the top music schools and conservatories in the nation. These musicians have gathered at AMFS for enhanced study of music performance.

LITERATURE OUT LOUD: Words from Elizabeth McCracken

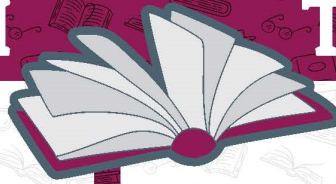
Tuesday, August 15 | 5:30-6:30 p.m.

Eileen Seeley will bring you "Something Amazing" in which a mother, grieving for her dead child, gives maternal care to another child. Janice Estey will read "The Get-Go", exploring daughter/mother relations.

SUPREME COURT CASES EXPLAINED

Thursday, August 31 | 5:30-6:30 p.m.

Local retired attorney and educator Liz Siegel will present on notable Supreme Court Cases of the last term. Learn about federal and state court systems, how cases make their way to the Supreme Court, and the opinions that informed the Court's decisions this year. Additionally, Liz will give a preview of important cases that have been accepted for the next term. Attendees are welcome to ask questions throughout.



**BASALT
REGIONAL
LIBRARY**

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

MUSIC AT THE LIBRARY: AMFS Chamber Music Series

Thursdays, July 20-August 17 | 5:15-6:15 p.m.

Hear the inspiring freshness and joy of tomorrow's stars perform chamber music in the intimate atmosphere of Basalt Library Community Room. Each week will feature different talented Aspen Music Festival and School students.

BOOK TALK: Lonesome Dove

Tuesday, August 8 | 5:30-6:30 p.m.

Mary Fox will lead a discussion on Larry McMurtry's classic, Lonesome Dove. For over thirty years, this exceptional novel has delighted readers with an epic cattle drive from Texas to Montana and a bunch of unlikely cowboys. Join in the discussion of this beloved classic.

DATE NIGHT: Dinner and a Play

Friday, August 18 | 5:30-8:30 p.m.

Enjoy dinner while the Hudson Reed Ensemble presents Subterra - Episode 1: Below the Ocean, a pilot for a sci-fi TV series by local writer Todd Hartley. This Date Night will be held outside under the tent on the Patio as a dinner theater. Seating is limited and registration is required.



BUT SENIOR SERVICES CONTINUE!

EXTENDED THROUGH TO OCTOBER 1

(to allow for possible construction delays)

- **Services have resumed** from our temporary location at the Shultz Health & Human Services building at 0405 Castle Creek Road.
- **Packaged hot meals** are available Monday, Wednesday, Thursday and Friday from 12:00-12:30 p.m. Advance sign up for lunch is required at (970) 429-6161.
- **Home Delivered Meals** are available for those who qualify.
- **Staff is available** at the Human Services Building 8:30 a.m. to 4:30 p.m. Monday thru Friday. Please call before stopping by.
- **Fitness classes and programs** are being held at various locations. Please check out our newsletter or visit our website for details.

PitkinSeniors.com • (970) 920-5432

BE PREPARED!

With Jacque Whitsitt • American Red Cross

WILDFIRE & EMERGENCY PREPAREDNESS

WEDNESDAY, AUG. 2 • 12:45 p.m.
At the HHS Building

SURVIVAL KITS: Learn what to include in a survival or evacuation kit.

EVACUATION PLANS: Where will you go and how will you get there? Discuss how to make a plan.

EMERGENCY ALERTS: How will you know when an emergency happens or learn about a developing situation? Get help signing up for local alert systems.



American Red Cross
Colorado & Wyoming Region

RSVP for lunch:
970-429-6161

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



THE SNOWMASS VILLAGE REC CENTER:

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

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—EXCEPT BALANCE— ARE BEING HELD AT THE ARC WHILE THE SENIOR CENTER IS CLOSED IN JUNE, JULY AND AUGUST

YOGA—MONDAY, WEDNESDAY & FRIDAY IN ROOM 209 BEHIND THE SNACK BAR • 10:30 AM Hatha Yoga for any level, beginner to advanced. \$5/CLASS • MARY ANDERSON
FRIDAY CLASSES HAVE RESUMED

BALANCE CLASS @ AVH: TUESDAY • 10:00 AM
BALANCE CLASS WILL BE HELD AT AVH IN THE DOWNSTAIRS CONFERENCE ROOM DURING THE SENIOR CENTER CLOSURE

The exercises and activities offered have proven to prevent falls. Adaptable for any level. Free for all ages • KRISTA FOX

QIGONG: THURSDAY • 10:00 AM • @ THE ARC
Helps reduce joint & arthritis pain; improve balance, breathing and grace. \$5/class • ROSS DOUGLASS

WATER AEROBICS: TUESDAY-FRIDAY • 10:00 AM @ THE ARC • TUESDAY CLASS IS GENTLE/BEGINNER LEVEL
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.

VIRTUAL: TONE & STRETCH CLASS
Offered **MONDAY-THURSDAY • 9:30 AM**
meet.google.com/qhw-grwp-dvp • CHRISTI COUCH

PITKIN COUNTY LIBRARY BOOK BIKE

@ HUMAN SERVICES
MONDAY, AUGUST 28 • 12:00 PM
Come pick up a book, or three
They're yours to keep—for free!



Social Spotlight

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

BRUSH UP YOUR BRIDGE

FRIDAYS • 1:30-3:30 PM • FREE

WITH COURTNEY KELLER

Lessons for all levels, beginner to expert.

@HHS Building



KNITTERS & CRAFTERS

SUNDAYS • 1:00-3:00 PM

@ PITKIN COUNTY LIBRARY

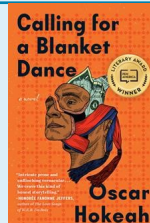
This group is open to yarn & thread crafters of many kinds.



SENIOR CENTER BOOK CLUB

WEDNESDAY, AUGUST 30 • 10:30 AM @ PITKIN COUNTY LIBRARY

Current Selection: Calling for a Blanket Dance - Oscar Hokeah



HISTORY'S MYSTERIES WITH CHRISTI COUCH

THURSDAY, AUGUST 10 • 1:30 PM @ PITKIN COUNTY LIBRARY

THE ROARING FORK VALLEY

... AND BEYOND: Join Christi for another fascinating slideshow featuring her latest adventures in finding Colorado's spectacular history.



WHEN YOUR TABLE LOOKS GOOD, YOU FEEL GOOD!

MONDAY, AUGUST 7 • 1:00 • JOAN TIDWELL
PITKIN COUNTY LIBRARY

Beautify your dinner table—learn to create tablescapes for 1 person or 2 (or more)!

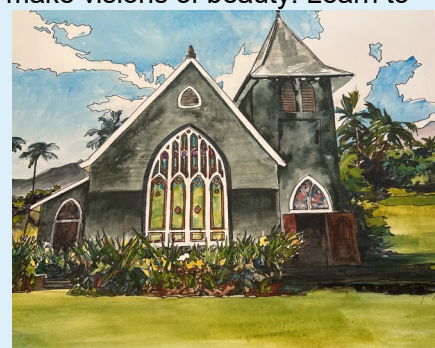


WATERCOLOR PAINTING INSTRUCTION

UPDATED: TUESDAYS, AUGUST 1 & 22 • 2:00-4:00
PITKIN COUNTY LIBRARY • DUNAWAY MEETING ROOM

Long-time local and talented artist Macey Morris demonstrates the "wet on wet" process to make visions of beauty. Learn to paint local scenes to put onto holiday or greeting cards.

- All levels welcome
- Materials provided
- Sign up required at (970) 920-5432
- These sessions are offered at no charge





NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: AUGUST 9 & 23 —
Buttermilk Parking area
2ND & 4TH WEDNESDAY • 12:00-2:00 PM

BASALT/EL JEBEL:

MOVIELAND PARKING LOT

218 E. Valley Rd. El Jebel • **WEEKLY ON TUESDAY • 11:00 AM–12:30 PM**



***COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP):** CSFP (for Seniors 60 & Over) and TEFAP provides a FREE additional monthly box of food to eligible individuals. Commodity food boxes are available at the distribution dates listed above. Call (970) 464-1138 to register in advance.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. USDA is an equal opportunity provider and employer.

LIFT-UP FOOD DISTRIBUTION

NEW ASPEN LOCATION:

SCHULTZ HUMAN SERVICES BUILDING

405 CASTLE CREEK Rd • SUITE 206

Do not use main building entrance. Take the ramp between the HHS and ambulance buildings to the first door on the left.

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.



ECONOMIC ASSISTANCE • (970) 920-5244

Information and help applying for:

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



PREVENTING FOOD POISONING

Food poisoning or foodborne illness can affect anyone who eats food contaminated by bacteria, viruses, parasites, toxins, or other substances, but certain people are more likely to get sick or to have a serious illness.

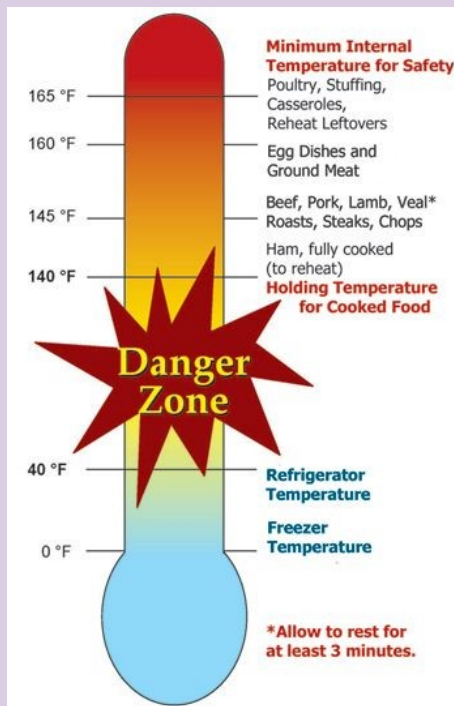
People at risk include:

- Adults age 65 and older
- Children younger than 5 years
- People whose immune systems are weakened due to illness or medical treatment
- Pregnant women

To help prevent food poisoning, follow our four basic steps to food safety and the additional tips included below.

Food Safety Steps

- **Clean** hands and surfaces often
- **Separate** raw meat and poultry from ready-to-eat food
- **Cook** food to the right temperature
- **Chill** raw meat and poultry, as well as cooked leftovers, promptly (within 2 hours)



Shop Safely

- Do not buy or use damaged, swollen, rusted, or dented cans
- Choose unbruised fruits and vegetables
- Do not buy or use cracked or unrefrigerated eggs
- Pick up frozen and refrigerated items just before you check out at the grocery store
- Refrigerate groceries right away, and never leave perishable foods out for more than 2 hours
- Put raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart, so that its juices will not drip on and contaminate other foods

Store Your Leftovers Safely

- Discard any food left out at room temperature for more than 2 hours—1 hour if the outside temperature is above 90°F.
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling
- Use cooked leftovers within 4 days
- Reheat leftovers to 165°F

Source: foodsafety.gov

FOOD SAFETY AT HOME

THURSDAY, AUGUST 24 • 12:45 • HHS BUILDING

BRYAN DAUGHERTY • PITKIN COUNTY PUBLIC HEALTH

- Safe cooking and reheating temperatures
- How to cool foods properly
- How cold your fridge should be and how long you can keep food before you need to throw it out

Take home a free thermometer to check your own fridge temperatures and cooking temperatures.

AUGUST 2023 MENU • AT HHS BUILDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TUESDAY ◆ NO LUNCH SERVED	2 Herb Roasted Chicken, Carrots, Onion & Celery, Brown Rice, Caesar Salad, Pudding	3 BBQ Pulled Pork, Mixed Vegetables, Biscuit, Coleslaw, Cookie	4 Ham and Cheese Sandwich with Lettuce/ Tomato, Vegetable Pasta Salad, Potato Chips, Brownie
7 Beet Stroganoff, Pasta, Peas and Carrots, Green Salad, Beignet		9 Chicken Cacciatore, Roasted Potatoes, Broccoli, Spinach Beets, Feta Salad, Lemon Squares	10 Meatloaf, Mashed Potatoes, Mixed Vegetables, Green Salad, Brownie	11 Cold Fried Chicken, Potato Salad, Grilled Vegetable Salad, Pound Cake
14 Biscuit & Sausage w/ Gravy, Spinach, Breakfast Potato, Spinach Feta Salad, Sweet Pastry		16 Orange Chicken, Vegetable Stir-Fry, Brown Rice, Asian Dumplings, Asian Slaw, Pudding	17 Roasted Pork Loin w/ Gravy, Mixed Veg, Cheesy Garlic Polenta, Iceberg/Tomato/ Cucumber, Pound Cake	18 Chef Salad, Fresh Bread, Cookie
21 Rigatoni Bake with Meat Sauce, Squash Medley, Garlic Bread, Caesar Salad, Doughnut		23 Fajita Style Chicken, Peppers and Onions, Rice, Beans, Tortilla, Southwest Green Salad, Peanut Butter Bar	24 Salmon Salad, Bagel, Tomato, Onions, Capers, Vegetable Macaroni, Cookie	25 Chicken Salad, Baguette, Fruit Salad, Green Salad, Brownie
28 Mustard Chicken, Rosemary Potatoes, Roasted Carrots, Green Salad, Brownie		30 Potato/Vegetable/Beef Stew, Bread Bowl, Roasted Red Peppers and Onions, Spinach Salad, Lemon Squares	31 Hot Dog & Fixings, Potato Chips, Sweet Corn, Cucumber & Tomatoes, Watermelon Wedge, Cookie	

Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • A suggested donation of \$4.00-\$5.00 is welcome • Juice and 2% milk are available at each meal • Please arrive by 12:20 • **All meals in June, July & August will be served at the HHS Building, 0405 Castle Creek Rd. Meals provided by Aspen Catering.**

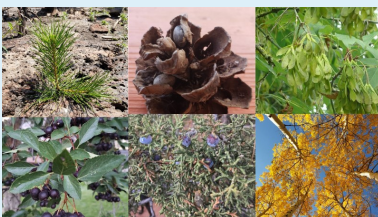
MAROON CREEK TRAIL PLANT WALK • PART II

FRIDAY, AUGUST 18 • 1:00

MEET AT THE ARC GAZEBO, NEAR THE MAIN ENTRANCE • SHEEHAN MEAGHER

This will be a continuation of the July walk, different direction

Cultivate a relationship of reciprocity with our plant relatives along Maroon Creek's ecosystems. Walk along Maroon Creek trail learning about the various medicinal and edible trees, shrubs, and plants that coexist with us in the Aspen community. Learn how to correctly identify the species, how to ethically harvest, the ecosystem role of the plant, medicinal actions, and how to make medicine or prepare to eat. Bring comfortable and sturdy walking shoes, prepare for class rain or shine. Species may include: Engelmann Spruce, Aspen, Serviceberry, Chokecherry, Hollyhock, Nettles,



Dandelion, Wild Rose, Yellow Dock, Grindelia, Mullein, Raspberry, Yarrow, Artemisia species and more!



Redstone Senior Days
At the Redstone Inn

The Redstone programs are open to all!

RSVP: (970) 920-5432

*** THURSDAY, August 3: Special Marble Program ***

11:30: Lunch at Slow Groovin' Barbecue.

After lunch, the group will tour the MARBLE/marble symposium with local artists Rex & Vickie Branson. PLEASE RSVP



AUGUST 22 AT THE REDSTONE INN

12:00 PM—LUNCH

(RSVP by noon the Friday prior, \$10)

Plated lunch served. There will be a gluten-free option.

12:45 PM—PLANT WALK WITH SHEEHAN MEAGHER—

Cultivate a relationship of reciprocity with our plant relatives along Main Street in Redstone to East Creek. Learn how to identify the species, how to ethically harvest, the ecosystem role of the plant, medicinal actions, and how to make medicine or prepare to eat.

WANT TO BE KEPT IN THE LOOP?

Send an email to: seniors@pitkincounty.com

Medicare 101

**WEDNESDAY,
AUGUST 30 • 1:30 p.m.**
Pitkin County Library
Dunaway Meeting Room

LEARN MEDICARE BASICS

- What to do if you are turning 65 this year
- How to decide between Medicare and your employer's insurance
- What is Part A, Part B and Part D?
- What is a Supplement Plan or Medigap?
- What is a Medicare Advantage Plan?
- How can you get help?
- What is Open Enrollment and what do you need to do?

FOR MORE INFO:

SHIP Medicare Coordinator:

Jonah Glassman
(970) 315-1328
For mid-valley/El Jebel
Appointments

PCSS:

Patty Kravitz & Amy Throm
(970) 920-5432
Virtual & In-person
Appointments

High Country Volunteers:

(970) 947-8462
For Glenwood Springs
Appointments

Presented By



GUITAR MUSIC WITH MARK GOODMAN

FRIDAY, AUGUST 4 • 12:30 PM • HHS BUILDING

Mark's taste in music is eclectic, encompassing a wide range of genres and eras. He holds a deep appreciation for all forms of contemporary music, especially the Beatles and the influential British Invasion. Additionally, Mark has a profound love for traditional American music, appreciating its rich heritage and captivating storytelling.



SOUND HEALING MEDITATION



FRIDAY, AUGUST 25 • 1:00 PM

@PITKIN COUNTY LIBRARY

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. The vibrations and tones of the singing bowls slow down breathing, brain waves and heart rates, producing a deep sense of calm and well-being. Sound healing can relieve anxiety, insomnia and supports mental clarity. Bring a yoga mat if you wish, or you may sit in a chair.

PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, AUGUST 22 • 9:00 – 11:00 AM

The Pitkin County Veterans Coffee events are open to all veterans. The monthly veterans coffee is an opportunity for our local veterans to meet, share stories, and receive information on resources and benefits available to them.



**Contact information: Adam Lazaro • Veterans Service Officer
Pitkin County Department of Human Services
Email: adam.lazaro@pitkincounty.com
Phone: (970) 319-5169 • Available by appointment for office visits**

Death café

Join Amy Maron in a thought provoking discussion to increase awareness of death with a view in helping people make the most of their (finite) lives.

A Death Café is a safe and relaxed space to gather with community members to discuss topics related to death and dying – the idea is to engage in interesting and insightful conversation. It is a discussion group rather than a grief support or counseling session.

Amy Maron is a hospice volunteer, and after the death of her own mother in 2019 she really started to question life and death with new eyes, asking questions and learning more about how to live a loving, fulfilling and peaceful life.

FRIDAY, AUGUST 11 • 1:00 p.m.

Pitkin County Library • Mezzanine Meeting Room

FINANCIAL EKG

TUESDAY, AUGUST 15 • 11:00 AM

PITKIN COUNTY LIBRARY

Paula Petersen of Legacy Unlimited Financial Services will answer questions on topics ranging from How the TCJA of 2017 (Tax Cut And Jobs Act) impacted RMDs (Required Minimum Distributions) and inherited IRAs — to Social Security and Fixed Income & Tax Savings strategies.



“SMILES FOR SENIORS” IS BACK! DENTAL CLINIC

**THURSDAY, AUGUST 17 • 9:00 AM—4:00 PM
(UPDATED DATE)**

**COMMUNITY HEALTH SERVICES
405 CASTLE CREEK RD, ASPEN**

Ages 60+. Standard treatment and 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.**



ALPINE LEGAL SERVICES

Call (970) 945-8858 for assistance.



MESSAGE WITH JOANNE JOHNSON

WEDNESDAY, AUGUST 9

12:45-2:00 PM @ HHS BUILDING

15-MINUTE CHAIR MASSAGE

Sign up (970) 920-5432.

No charge, donations accepted.



AUGUST 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 10:00 Balance Class @ AVH conference room 2:00 Watercolor Instruction at Library	2 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Wildfire Preparation @ HHS	3 Marble excursion: Slow Groovin' & MARBLE/Marble 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	4 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:30 Mark Goodman Guitar Music 1:30 Brush Up Your Bridge @ HHS	5
6 1:00-3:00 Knitters & Yarn Crafters @ Library	7 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Beautify Your Meals @ Library	8 10:00 Balance Class @ AVH conference room	9 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	10 10:00 Qigong @ ARC 10:Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries @ Library	11 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Death Café @ Library 1:30 Brush Up Your Bridge @ HHS	12
13 1:00-3:00 Knitters & Yarn Crafters @ Library	14 10:30 Yoga @ ARC 12:00 Lunch @ HHS	15 11:00 Financial EKG @ Library 10:00 Balance Class @ AVH conference room	16 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Fresh Herbs	17 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	18 9:00-4:00 Smiles for Seniors 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge 1:00 Maroon Creek Plant Walk @ ARC	19
20 1:00-3:00 Knitters & Yarn Crafters @ Library	21 10:30 Yoga @ ARC 12:00 Lunch @ HHS	22 10:00 Balance Class @ AVH conference room Redstone Senior Day: Sheehan Meagher 2:00 Watercolor Instruction at Library	23 10:30 Yoga @ ARC 12:00 Lunch @ HHS 6:00 Tatvamasi Meditation @ Library	24 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 12:45 Food Safety at Home @HHS	25 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	26
27 1:00-3:00 Knitters & Yarn Crafters @ Library	28 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:00 Book Bike @ HHS	29 10:00 Balance Class @ AVH conference room	30 10:00 Book Club @ Library 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Medicare Basics @ Library	31 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 1:00 Maroon Bells Outing		



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:



Nutrition Education Online Series

Join Registered Dietitian
Patti Murphy and learn:

Summer 2023

July 19: 1pm - 2pm

Summer Check Up: Goal
Setting for Better Health

August 16: 1pm - 2pm

Fresh Herbs: Don't Miss Out
on Summer Flavor

September 13: 1pm - 2pm

Cancer: Preventable, Not
Inevitable

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

Register for one or all topics in the series through Zoom @:

www.tinyurl.com/SummerFreshConvo

Or email Patti

pattimurphyrd@gmail.com for more information/assistance

SPONSORED BY:



TATVAMASI MEDITATION CHAMBER

By Inner Freedom Academy
Co-led by: John Hatanaka &
Niki Kapoor (via Zoom from Bali)

All levels welcome. No prior experience necessary.

Please join us for this unique, fully guided meditation experience. It is simple and fun to follow, leaving you more energized and calmer than when you started.

JOIN IN PERSON OR VIA ZOOM: **Wednesday, August 23 • 6:00 p.m.**
At the Pitkin County Library • Dunaway Room
Open Zoom and click: "Join a Meeting"
Enter Meeting ID: 8308 3380 107 • Passcode: love

RSVP & More Information: (970) 920-5432



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

