

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

December 2023



HOLIDAY HAPPENINGS



TIME TO DECORATE!

FRIDAY, DECEMBER 1 ★ 1:00 p.m.

Help the Senior Center get its holiday look. We'll pull out the decorations, put up the tree and get in the holiday spirit.



TRADE YOUR TREASURES Gift Exchange

FRIDAY, DECEMBER 15 ★ 1:00 p.m.

Everyone has received those items we just don't find suitable. Or maybe you bought something you no longer want. Find a new home or purpose for these items, and take home a new gem!

★ Please bring new items only for trade ★



ELKS LODGE CHRISTMAS LUNCH

TUESDAY, DECEMBER 19 ★ 11:00 a.m.

Space is limited – RSVP by noon on Wednesday, December 13 to 970.920.5432



CHRISTMAS LUNCH

FRIDAY, DECEMBER 22 ★ Noon

- Space is limited – RSVP required 970.429.6161
- Special holiday meal
- With music by Julie & Tom Paxton



NEW YEAR'S LUNCH

FRIDAY, DECEMBER 29 ★ Noon

- Space is limited – RSVP required 970.429.6161
- Special lunch menu at noon
- With Magician Doc Eason

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SENIOR SERVICES CLOSED

Senior Services will be closed:

- **Christmas Day,**
Monday, December 25
- **New Year's Day,**
Monday, January 1



HOLIDAY LIGHTS EXTRAVAGANZA

MONDAY,
DECEMBER 11

Special tour of Eagle's Rise Ranch in Old Snowmass.

- Departs Senior Center at 4:00 p.m.
- Tour the lights from the charter van, enjoy hot chocolate in the horse barn
- Return to the Senior Center by 7:00 p.m.
- Pickup available from Brush Creek Intercept Lot
- Space is limited – RSVP required (970) 920-5432



EAGLE'S RISE
RANCH

OFFERINGS FROM THE LIBRARIES



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

BOOKBINDING

Saturday, December 9 | 3:30-5:30 p.m.

This session we will be continuing the softcover to hardcover rebind started in the November session.

SEWING 201 WORKSHOP: Potholders

Thursday, December 7 | 4-6 p.m.

In this slightly more advanced workshop, participants will learn how to make potholders.

PRESENTING AUTHOR JAMES MITCHELL

Wednesday, December 13 | 6:30-7:30 p.m.

Colorado Author James Mitchell presents his book *Musical Chairs* – a 76-year-old's quest to learn every instrument in the orchestra.

LITERATURE OUT LOUD: Stories from Grace Paley, O. Henry, and Pearl S. Buck

Tuesday, December 19 | 5:30 p.m.

Relax from the holiday frenzy and listen to some beautiful words read for you by great readers.

HOLIDAY CLOSURES

- Closed on December 24 & 25
- Closed on January 1 for New Years.



**BASALT
REGIONAL
LIBRARY**

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

MUSIC AT THE LIBRARY: Joyous Seasonal Celebration

Sunday, December 3 | 4:30-5:30 p.m.

Start the season with joyous holiday sounds performed by the Roaring Fork Youth Orchestra. You will have an opportunity to sing along on familiar songs and carols accompanied by a full orchestra!

BOOK TALK: Tomorrow, and Tomorrow, and Tomorrow

Tuesday, December 5 | 5:30-6:30 p.m.

This New York Times Best Seller by Gabrielle Zevin is a dazzling and intricately imagined novel that examines the multifarious nature of identity, disability, failure, the redemptive possibilities in play, and our need to connect.

BACKING UP YOUR DATA

Tuesday, December 12 | 1:30-2:30 p.m.

Don't put your files and memories at risk! Learn how to make backups of the pictures, documents and other priceless files on your computer or mobile device to help protect against loss.

HOLIDAY CLOSURES

- Early closure at 3:00 pm on December 24.
- Closed on December 25.
- Closed on January 1 for New Years.

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 VIA ZOOM:**

Wednesday, December 13 & 27 at 6:00 p.m.

Open Zoom & 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:

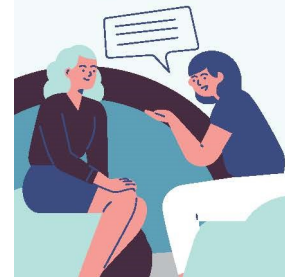
Dr. Clair Rummel • 970.236.6394

THANK YOU!

Pitkin County Senior Services would like to thank the following individuals and organization for their financial & in-kind support. We couldn't do what we do without you.

- AARP
- Alpine Legal Services
- Alzheimer's Association
- Aspen Art Museum
- Aspen Community Foundation
- Aspen Community Theatre
- Aspen Compassion
- Aspen Compassion Adventures
- Aspen Recreation Center
- Aspen Rotary Club
- Aspen Skiing Company
- Aspen Snowmass Sotheby's
- Aspen Thrift Shop
- Aspen Valley Hospital
- Basalt Regional Library
- Christmas Wish Foundation
- City of Aspen
- Community Health Services
- Don Davidson & Peter Fuchs
- Eagle County Healthy Aging
- Elks Lodge #224
- Garfield County Senior Programs
- Pitkin County Library
- Redstone Inn
- Reese Henry & Co., CPA
- Seniors Independent
- Theatre Aspen
- Town of Snowmass Village
- Valley Meals and More
- Vintage
- All our amazing volunteers!

YOU ARE OUR HEROES!



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 HAVE RESUMED AT THE SENIOR CENTER—EXCEPT WATER AEROBICS

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

BALANCE CLASS: TUESDAY • 10:00 AM

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 (NO CLASS DEC. 7)

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

WATER AEROBICS: THURSDAY • 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.

STONE & STRETCH : FRIDAY • 9:00 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/tec-xnyb-cdh> • **CHRISTI COUCH**

UNIQUE WREATHS WITH JOAN OF ART

WEDNESDAY, DECEMBER 6 • 1:00

Learn to make wreaths in non-traditional shapes. RSVP (970) 920-5432.



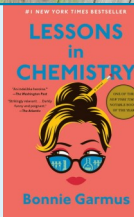
SENIOR CENTER BOOK CLUB

WEDNESDAY, DECEMBER 6

10:30 AM • @ SENIOR CENTER

November/December selection:

Lessons in Chemistry by Bonnie Garmus



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.



CANASTA PLAYERS WANTED

Seeking people interested in learning or playing. Please call (970) 920-5432.

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.



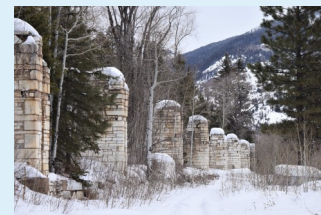
HISTORY'S MYSTERIES WITH CHRISTI COUCH

DECEMBER 14 • 1:30

THE ROARING FORK VALLEY

... AND BEYOND:

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



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

THURSDAY
DEC 21

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.

WEDNESDAY
DEC 27

1:00 p.m.

At the Senior Center

In this Active Art, we embark on a sculptural exploration inspired by John Chamberlain: THE TIGHTER THEY'RE WOUND, THE HARDER THEY UNRAVEL exhibition.

RSVP for Active Art sessions (970) 920-5432

Active Art invites seniors in the Roaring Fork Valley to engage in the 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.



Image credit: John Chamberlain, *Three-Cornered Desire*, 1979. © John Chamberlain/Artists Rights Society (ARS), New York. Photo: Bill Jacobson Studio, New York, courtesy Dia Art Foundation, New York



NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: Buttermilk Parking area
2ND & 4TH WEDNESDAY • DECEMBER 13 & 27
12:00-1:00 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.

HOLIDAY EATING TIPS

Written by Patti Murphy, RDN, CDCES

People often worry about maintaining both healthy eating habits and their weight during the holidays. With an abundance of rich foods, family gatherings and busy schedules it can be hard to stay on track. However, there are some simple things you can do to combat unhealthy eating during the holidays. Also, celebrating a few individual days instead of thinking of the time between Thanksgiving and New Year's as a season may be helpful. Eating 3 meals a day equals 1100 meals a year. So, having a few meals that are not how you typically eat during the holidays will not derail your overall health. The important thing is getting back on track for your next meal.

Below are some tips that may help to keep you on track while still enjoying this special time of year:

- Don't ignore fruits and vegetables. They make great sides or snacks and fill you up while being lower in calories.
- Get creative and try new recipes. Play around with substitutions. Some ideas are below. This link expands on some ideas for some substitutions. <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>
- Be the life of the party! Mingle, dance and visit with friends and family who you haven't had the chance to talk to lately.
- Make sure your protein is lean. Turkey is a lower fat, lower calorie option than ham. Whatever meat you are enjoying, trim visible fat before cooking and try baking or broiling instead of frying.
- Avoid alcohol on an empty stomach. Alcohol increases your

LIFT-UP FOOD DISTRIBUTION

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



appetite and diminishes your ability to control what you eat. Also keep in mind the calorie differences between different drinks. A single glass of eggnog can have 500 calories while a light beer or glass of wine will have around 100 calories.

- And finally, remember that a few days aren't going to derail your health if you typically practice moderation.

Ronaldo's Baked Apples



Ingredients:	
3 apples, such as Fuji or Gala	1/8 tsp. ground cinnamon
2 tbsps. plus 1/2 tsp. lime juice	1/8 tsp. nutmeg
3 tbsps. almond butter	1/8 tsp. vanilla extract.
	1/8 tsp pumpkin pie spice

Instructions:

1. Preheat oven to 350°F
2. Core the apples, making sure to leave the bottoms intact. Cut off the top of each apple, about 1/4 inch from the top.
3. In a medium mixing bowl combine 2 tablespoons lime juice and 2 cups water. Soak the apples for about 5 minutes to prevent browning.
4. In another bowl, add almond butter, remaining lime juice and spices. Mix together.
5. Remove apples from water and pat dry. Stuff each apple with 1 tablespoon almond butter mixture.
6. Once all apples are stuffed, place them in a deep baking dish. Add about 1/2- inch water to the baking dish, and make sure apples are upright in the water. Bake for 1 hour.
7. Once apples are fork tender, remove from baking dish and serve.

Nutrition Information: (Per 1 Apple Serving) 200 Calories; 4 grams Protein; 30 g Carbs; 6 g Fiber; 9 g Fat; 1 g Saturated fat; 40 mg Sodium

DECEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TUESDAY ◆ NO LUNCH SERVED			1 Baked Salmon, Lemon Dill Sauce, Brown Rice, Italian Mixed Vegetables, House Salad, Peach Crisp
4 Vegetarian Bean Chili, Baked Potato, Spinach and Feta Salad, Corn Bread, Blueberry Pie		6 Chicken & Broccoli Fettuccini Alfredo, House Salad, Ice Cream	9 Mahi Mahi, Mango Salsa, Broccoli Salad, Brown Rice, Brownie	10 Beef Pot Roast, Mashed Potatoes, Gravy, Green Beans, House Salad, Lemon Cake
11 Chicken Noodle Soup, House Salad, Corn Bread, Pecan Pie		13 Cheese Ravioli, Tomato Basil Sauce, Italian Vegetables, Garlic Bread, Tiramisu	14 Beef Stew with Potatoes & Tomatoes, Mixed Vegetables, House Salad, Lemon Bar	15 Maryland Crab Cakes, Steamed Brown Rice, Carrots, House Salad, Fresh Strawberries
18 BBQ Pulled Pork Sandwich, Whole Wheat Bun, Sweet Corn, House Salad, Tater Tots, Key Lime Pie,		20 Shrimp Scampi, Linguini, House Salad, Chocolate Éclair	21 Greek Chicken, Rosemary Tossed Potatoes, Beet Salad, Italian Vegetables, Cheesecake	22 Roast Beef, Gravy, Mashed Potatoes, Green Beans, House Salad, Pumpkin Pie
25 Senior Center Closed For Christmas		27 Cheese Stuffed Chicken Breast, Mashed Potatoes, Cauliflower, Gravy House Salad, Apple Pie	28 Pork Green Chili, Baked Potato, House Salad, Corn Bread, Peach Cobbler	29 Lemon Cod, Dill Butter, Brown Rice, Broccoli Salad, Blondie

Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Suggested donation: \$4.00-\$5.00 • Juice and 2% milk are available at each meal • Please arrive by 12:20 • **All meals are now prepared by new chef Brett Allais, served at the Senior Center.**



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.

DECEMBER 12 • 12:45 PM—HOLIDAY CAROLS

Tom and Julie Paxton have been making music together in the Roaring Fork Valley for over 40 years. They have a large selection of Christmas music in their repertoire since they spent three decades spreading holiday cheer in the Dickens Carolers.



WANT TO BE KEPT IN THE LOOP?

Send an email to: seniors@pitkincounty.com

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. For a 1-person household, the gross income limit is \$3081.

For a 2-person household it is \$4030.

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.

- Arrearage Program to help with past due bills
- Water —There is no water assistance program this year
- Crisis Intervention Program for repairing or replacing broken furnaces. Call 855-469-4328 to learn more.

Once completed, LEAP applications can be emailed to:

leaphelp@goodwillcolorado.org

Or mail to:

Discover Goodwill

P.O. Box 39200

Colorado Springs, CO 80949

For assistance, contact Ligia Bonilla at (970) 319-4211



LEAP

Medicare Open Enrollment

For Part D & Medicare Advantage Plans, now thru Dec. 7

Brought to you by:



What is Open Enrollment?

Medicare Part D prescription drug plan costs can change a lot from year to year. You can review your plan during Open Enrollment between October 15 and December 7, to see if it is still the best and most affordable for you. Changes made during Open Enrollment will take effect on January 1.

This is also the time to get a Plan D if you do not have one. If you are 65+ and do not have any prescription drug coverage, you might have to pay a penalty for every year you were NOT enrolled in a drug plan. The penalty is added to your premium if you do not have qualifying prescription coverage for a period of time and then add coverage later in life. The longer you wait, the higher the penalty will be - for the rest of your life. Prescription needs can be very sudden, and very costly. **Please take advantage of this time to enroll in Part D.**

This open enrollment period may also be used to add a Medicare Advantage Plan if you don't already have one. These plans are available with low or no premium, but do charge copays and have restrictions.

A "plan finder" tool is available at www.medicare.gov; click the button "Find Health & Drug Plans." For questions or assistance, reach out to the resources listed on the right.

Reminder: City Market is no longer a preferred pharmacy for Cigna plans.

If you prefer to use a City Market pharmacy and have a Cigna plan, now is the time to switch for next year.

FOR ASSISTANCE & APPOINTMENTS:

SHIP Medicare Coordinator:

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

Pitkin County Senior Center:

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

High Country Volunteers:

(970) 947-8462
For Glenwood Springs Appointments

FLU & COVID VACCINES

Limited supplies of Flu & COVID vaccines are available at Community Health Services in Aspen. Please call (970) 920-5420 for an appointment.



"SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, DECEMBER 14 •

9:00 AM—4:00 PM

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.**

PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, DECEMBER 26 • 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

FOOT AND NAIL HEALTH

MONDAY, DECEMBER 4 • 12:45

Greg Wolf, RN-BSN, will discuss the importance of foot and toenail care and discuss future plans for foot care available through the Senior Center.



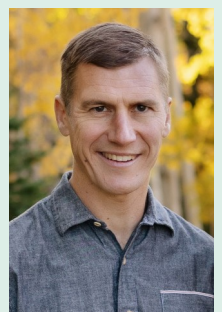
Greg currently serves as the Mental Health Programs Administrator for Pitkin County Human Services. He earned his Bachelor of Nursing Science from Colorado Mountain College in 2019, graduating with honors. He has worked in home health and long-term care settings as a CNA and Nurse for more than 15 years.



DR. JOHN HUGHES, D.O.

FRIDAY, DECEMBER 8 • 12:45

Join Dr. Hughes for an informal presentation and discussion on health, wellness and longevity in relation to sleep, diet and exercise. He's happy to answer your questions.



longevity

health sleep diet
exercise wellness

MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, DECEMBER 13 • 12:45-2:00 PM

15-MINUTE CHAIR MASSAGE

Sign up (970) 920-5432.

No charge, donations accepted.



DECEMBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Decorate the Tree 1:30 Brush Up Your Bridge	2
3 2:30-4:30 Knitters & Yarn Crafters	4 10:15 Yoga 12:00 Lunch 12:45 Foot & Toenail Health w/Greg Wolf, RN	5 10:00 Balance Class	6 10:15 Yoga 10:30 Book Club 12:00 Lunch 1:00 Joan of Art: Holiday “Wreath”- Making	7 Qigong canceled 10:00 Water Aerobics @ ARC 12:00 Lunch 3:00-6:00 Grand Reopening Party	8 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Dr. John Hughes 1:30 Brush Up Your Bridge	9
10 2:30-4:30 Knitters & Yarn Crafters	11 10:15 Yoga 12:00 Lunch 4:00 Eagle’s Rise Holiday Lights Tour	12 Redstone Senior Day: Dickens Carolers Julie & Tom Paxton 9:00-11:00 Chat with a Gerontologist 10:00 Balance Class	13 10:15 Yoga 12:00 Lunch 12:45 Massage with Joanne Johnson 6:00 Tatvamasi Meditation via Zoom	14 10:00 Qigong 10:00 Water Aerobics @ ARC 9:00-4:00 Smiles for Seniors—970-920-5420 12:00 Lunch	15 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Trade Your Treasures 1:30 Brush Up Your Bridge	16
17 2:30-4:30 Knitters & Yarn Crafters	18 10:15 Yoga 12:00 Lunch	19 10:00 Balance Class 11:00 Holiday Lunch @ Elks Lodge	20 10:15 Yoga 12:00 Lunch	21 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch 1:30 Active Art @ AAM	22 9:15 Tone & Stretch Yoga canceled 12:00 Christmas Lunch with Dickens Carolers Tom & Julie Paxton 1:30 Brush Up Your Bridge	23
24/31 2:30-4:30 Knitting Canceled	25 Senior Center closed for Christmas	26 9:00-11:00 Chat with a Gerontologist 10:00 Balance Class	27 10:15 Yoga 12:00 Lunch 1:00 Active Art @ Senior Center 6:00 Tatvamasi Meditation via Zoom	28 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch	29 9:15 Tone & Stretch Yoga canceled 12:00 New Year’s Lunch with Magician Doc Eason 1:30 Brush up your Bridge	30



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:



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:

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

**DECEMBER
12 & 26**

9-11 a.m.

At the
Senior Center

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



**FRESH
CONVERSATIONS**

Sponsored By:



Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

DECEMBER 20: 1-2 p.m.
Use it or Lose it!
Maintaining Muscle Strength

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/FallFreshConvo

Or email PattiMurphyRD@gmail.com for info & assistance



PITKIN COUNTY SENIOR CENTER

Grand Reopening

Thursday, December 7 • 3-6 p.m.



SAMPLE FOOD
FROM OUR
NEW CHEF



TOUR
THE NEW
SPACE



LEARN
ABOUT SENIOR
SERVICES

RSVP Requested by December 4: (970) 920-5432

0275 Castle Creek Road, Aspen
Parking is limited, please plan accordingly.