

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

July 2023

4th
of July

ELKS LODGE
BREAKFAST
& PARADE

Breakfast at 10:00 a.m. • Parade at 11:00 a.m.
Community Village 10:00 a.m. – 2:00 p.m.
with a car show, live music & dancing.

Transportation will be available from the HHS Building.

Join the fun! RSVP by June 28: (970) 920-5432



ASPEN
COMPASSION
ADVENTURES

Aspen Compassion Adventures, a non-profit affiliate of Aspen Compassion, offers weekly outings in the Roaring Fork Valley for older adults. Their mission is to promote socialization, encourage physical activity, and enhance mental stimulation for seniors to lead happier and healthier lives.

They offer a variety of fee-based activities and provide ways for their members, companions, and volunteers to connect and foster relationships within the community.

Fees will vary depending on the activity planned for that day, and will cover all costs, such as admissions and also the cost of lunch. Funding is available for low-income older adults.

Volunteers are wanted to assist with transportation, helping to keep program costs affordable.

FOR MORE INFORMATION OR EVENT DETAILS:

ACADVENTURES.ORG

970.236.6342

UPCOMING EVENTS

All events, outings, and social interactions are supervised to ensure the safety and comfort of every member.

Each event will start with a mid-morning coffee meet-up, followed by an activity and then lunch. For the full schedule of events for each day, visit ACADVENTURES.ORG.

JULY 11: Rock Bottom Ranch

JULY 18: Aspen Historical Society

JULY 25: Braille Trail

AUG. 1: Powers Art Museum

“Older adults who maintain active and social lifestyles boost their physical health, emotional well-being and ability to remain independent longer.”

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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.



OFFERINGS FROM THE LIBRARIES



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

MONTHLY CLASSICAL MUSIC STUDIO

Saturday, July 1 | 4:00-6:00 pm

This open performance studio is open to classical musicians of all levels and any instrument who are looking for an opportunity to perform & share in a friendly studio setting.

LIBRARY CINEMA: A Streetcar Named Desire (PG)

Saturday, July 1 | Doors Open 7 p.m. | Movie 7:30 p.m.

Based on the play by Tennessee Williams, this renowned drama follows troubled former schoolteacher Blanche as she leaves small-town Mississippi and moves in with her sister and husband in New Orleans. Tickets are \$10, cash only.

FRENCH CHAT

Monday, July 3 | 12:00-1:00 pm

Join us for French Chat in the Hotpick Meeting Room every Monday at noon, hosted by the library's own Nathalie Crick. If you speak French and would like to brush up on your conversational French, swing by for conversation!

COMMUNITY READ BOOK DISCUSSION

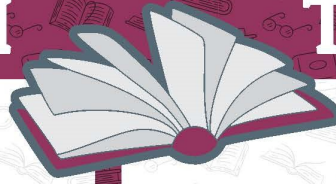
Wednesday, July 12 | 5:00-6:30 pm

Discussing *The Haunting of Hajji Hotak* by Jamil Jan Kochai. The discussion will be split into two groups – one will attend the "walk-and-talk", a meandering book discussion, and the other will attend the discussion in the Dunaway Community Room. We will meet as a large group at the end!

COMMUNITY READ AUTHOR TALK: Jamil Jan Kochai

Tuesday, July 25 | 6:00-7:00 pm

Featuring this year's Aspen Words Literary Prize winner, Jamil Jan Kochai. Light refreshments will be provided. Bring your book copy and your questions!



**BASALT
REGIONAL
LIBRARY**

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

ART OPENING AT THE LIBRARY:

Landscapes by Patrick Kikut

Friday, July 7 | 4:30-6:00 p.m.

We are delighted to present the work of Patrick Kikut in the lobby and the central room of the library. Patrick is drawn to the miles and miles of landscapes between the National Parks and Forest of the West. He will be exhibiting paintings and drawings based on the exploration of the Colorado River during the filming of "A River Out of Time", presented earlier in the spring by our partner organization, Roaring Fork Conservancy.

SUMMER PERFORMANCE: Folklórico

Thursday, July 13 | 5:30-7:00 p.m.

Nothing says All Together Now like a performance from the Aspen Santa Fe Ballet Folklórico ensemble. Folklórico transcends cultural barriers through the art of dance, while teaching artistic excellence, promoting positive youth development and encouraging the crossing of cultural boundaries with their students and families. This will be fun for the entire family!

MUSIC AT THE LIBRARY: AMFS Chamber Music Series

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

Hear the inspiring freshness 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.

Visit the Basalt Regional Library event calendar at basaltlibrary.org for more events and activities, including Nia Dance, Movies in the Meadow, Bridge playing, Yarn Group and more!

Libraries are closed on Tuesday, July 4th for Independence Day.



**BUT SENIOR
SERVICES
CONTINUE!**

MONDAY, JUNE 5 - FRIDAY, SEPTEMBER 1

- Services have resumed from our temporary location at the Shultz Health & Human Services building at 0405 Castle Creek Rd.
- **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.

FOR QUESTIONS & MORE INFO: PitkinSeniors.com • (970) 920-5432

GET GOING ON THE SENIOR VAN

To schedule a ride, call:

(970) 384-4855

RIDE AVAILABILITY:

**Monday – Friday
8:00 a.m. – 4:30 p.m.**

- Schedule a ride up to 14 days and no later than 24 hours in advance.
- The Senior Van office is open Mon–Fri 8AM–5PM. You can leave a message at any time regarding your request.

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 • 10:15 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, JULY 24 • 12:00 PM
Come pick up a book, or three
They're yours to keep—for free!



Social Spotlight

Programs take place at the Senior Center in Aspen. 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.
@Health & Human Services Building



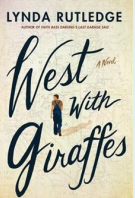
KNITTERS & CRAFTERS

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, JULY 26 • 10:30 AM @ PITKIN COUNTY LIBRARY
Current Selection: West With Giraffes by Lynda Rutledge



HISTORY'S MYSTERIES WITH CHRISTI COUCH

THURSDAY, JULY 11 • 1:30 PM @ PITKIN COUNTY LIBRARY
THE ROARING FORK VALLEY
... AND BEYOND: historical info & trivia



SENIORS AT PLAY—LIVE PLAY READINGS

MONDAY, JULY 24 • 1:00 PM @ HUMAN SERVICES
A SUNNY MORNING, by Serafin & Joaquin Alvarez Quintero • **TRIFLES** by Susan Glaspell
Separated by time and place, our cast of characters have a second chance at love in **A Sunny Morning** and a surprising and shocking twist in **Trifles**.

Seniors at Play Want You! To join the fun and participate contact Barbara at bashaw1214@gmail.com or (970) 923-0041



WATERCOLOR PAINTING INSTRUCTION

TUESDAYS, JULY 18 & AUGUST 22 • 2:00-4:00
PITKIN COUNTY LIBRARY • MEZZANINE 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: JULY 12 & 26 —
Brush Creek Intercept Lot on Hwy 82
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

FOOD BANK
OF THE ROCKIES™

***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



SODIUM: GETTING ENOUGH, BUT NOT TOO MUCH

Sodium is necessary to for body functions, such as nerve and muscle function. It is also responsible for fluid and mineral balance throughout the body. However, health can be negatively affected by consuming too much sodium. Concerns with consuming too much sodium include increased risk of high blood pressure, stroke, heart disease, dehydration, swelling and complications to existing kidney disease. Sodium attracts water; too-high of sodium levels draws extra water into the bloodstream. Over time, this increase in blood pressure can increase risk of stroke and heart disease.

The Food and Nutrition Board recommends an Adequate Intake (AI) of 1,300 milligrams of sodium per day from ages 51 to 70 and a slightly lower intake of 1,200 milligrams per day after age 70. The AI is the amount of sodium that should meet a healthy senior's nutritional requirements. The dietary Guidelines for Americans recommend adults limit sodium intake to less than 2300 mg per day—equal to about a teaspoon. There may be a benefit to decreasing intake to closer to 1500 mg for those at high risk of stroke or heart attack.

While reducing the amount of salt in your food is important, most of the salt in the average diet comes from packaged and prepared food, commonly up to three-fourths of the average person's intake of sodium. Sodium is added to canned soup, vegetables or sauces to enhance taste and texture and act as a preservative. Processed meats, and cheese are also high in sodium. Look for lower sodium options of soup or sauce. Many canned vegetables can be found in no-added sodium versions. Rinsing canned beans and vegetables can reduce sodium

content by 40%. Taking some of these steps can help to lower intake of sodium and help reduce the health risks associated with high sodium intake.

Written by: Patricia Murphy, RD, CDCES

Check the Package for Nutrient Claims

You can also check for nutrient claims on food and beverage packages to quickly identify those that may contain less sodium. Here's a guide to common claims and what they mean:

What It Says	What it Means
Salt/Sodium Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing, but these products may not be salt/sodium-free unless stated

For nutrition questions or to set up a nutrition counseling session, reach out to Patti Murphy: pattimurphyrd@gmail.com or call 720-300-3770.

LEARN MORE:

For more a discussion on **Summer Check Up: Goal Setting for Better Health**, join Vintage registered dietitian Patti Murphy for a virtual "Fresh Conversation" on Wednesday, July 19 at 2:00 p.m. See page 8 for connection details.

JULY 2023 MENU • AT HHS BUILDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Services closed for Independence Day holiday	NO LUNCH SERVED	5 Meatball sub, Tater Tots, Mixed Vegetables, Green Salad, Chocolate Chip Cookie	6 Fajita-Style Chicken, Tortilla, Rice and Beans, Corn Salad, Tres Leches Cake	7 Tuna Salad on Rye Bread, Lettuce, Tomato & Onion, Cucumber-Tomato Salad, Brownie
10 Beef & Cheese Lasagna, Mixed Vegetables, Garlic Bread, Caesar Salad, Tiramisu		12 Pork Loin, Mushroom Gravy, Mashed Potatoes, Sweet Corn and Spinach, Green Salad, Chocolate Cake	13 Pot Roast with Roasted Potatoes, Carrots, Onions & Celery, Green Salad, Pudding	14 Chicken Salad, Baguette, Lettuce, Tomato, Onion & Pickle, BBQ Potato Chips, Tomato-Cucumber Salad, Lemon Squares
17 Baked Potato, Beef & Bean Chili with Cheese, Creamed Corn, Spinach-Feta-Strawberry Salad, Old Fashioned Doughnut		19 Veggie Lasagna, Garlic Bread, Caesar Salad, Squash Medley, Pound Cake	20 Meatloaf, Mashed Potatoes, Gravy, Roasted Carrots, Green Salad, Lemon Cake	21 Turkey & Cheese Sandwich, Potato Salad, Green Salad, Brownie
24 Sweet Soy Pork Shoulder Sweet Potato, Green Beans Almondine, Green Salad, Bread Pudding		26 Shrimp Curry, Coconut Rice, Caribbean Vegetables, Green Salad, Coconut Pudding	27 Honey Mustard Chicken, Herbed Orzo Peas and Carrots, Green Salad, Jello	28 Sausage Peppers & Onions, Hoagie Roll, Brown Rice Pilaf, Corn Salad, Cheese Cake
31 Highlands Alehouse Pizza, Green Salad, Dessert				

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

FRIDAY, JULY 28 • 1:00 • WITH SHEEHAN MEAGHER
Meet at the ARC gazebo, near the main entrance

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!

Sheehan Meagher is a bioregional herbalist of the central Colorado Rockies and front range areas. He earned his certificate from the Colorado School of Clinical Herbalism in Boulder in 2015. For over a decade he has been developing a deep bond with the Elk Mountain Range and chose 5 years ago to relocate to Carbondale CO. He currently works for Colorado Mountain College and connects various groups to the native ecology using our senses and approaching it from a place of reciprocity.



The Redstone programs are open to all!

RSVP: (970) 920-5432

12:00 PM—LUNCH

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

Plated lunch served.

There will be a gluten-free option.

12:45 PM—PROGRAM

JULY 11—RIPARIAN (RIVER-ADJACENT) PLANT WALK WITH SHEEHAN MEAGHER—

Cruise around near the Inn and learn about the local ecosystem

JULY 25—PABLO HERR, CARBONDALE FIRE

Prepare for wildfires and other emergency situations. You never know what can happen around here!

..... WANT TO BE KEPT IN THE LOOP?

Send us your email address:

seniors@pitkincounty.com

COMMUNITY ENGAGEMENT AS A WAY TO PERSONAL WELLNESS IN A POST-COVID WORLD

FRIDAY, JULY 14 • 1:00 PM @ AVH CONFERENCE ROOM

Meet Dr. Catherine Chamberlin, a new physician in the valley, for a discussion about rejuvenating our bodies and minds as we reconnect with our community after COVID isolation.



Dr. Catherine Chamberlin, DO, is a family medicine doctor who joined the team at Aspen Valley Hospital in 2023. She provides primary care at Aspen Valley Primary Care's offices in Aspen and in Basalt. Her experience as a family practitioner runs from newborns to centenarians. Because her mother died at a too-young age, Dr. Chamberlin has a special place in her heart for helping older women stay healthy and active. Prior to becoming a physician, Dr. Chamberlin taught mountaineering, climbing, ice climbing and survival skills. She is a longstanding member of the Wilderness Medical Society.

Dr. Chamberlin is accepting new patients, including those with Medicare.

SENIOR PROPERTY TAX EXEMPTION

If you have never received this exemption and would like to participate you must take action by July 15, 2023.



- Payable for 2023 taxes due in 2024
- For those who qualify, 50 percent of the first \$200,000 in actual value of the primary residence is exempted from property tax
- You must be age 65 as of January 1 of this year
- Must have owned & lived in the home as your primary residence for 10 years as of January 1 of this year
- Once an exemption application is filed and approved by the assessor, the exemption remains in effect until a disqualifying event occurs.
- If you received this exemption in the past you DO NOT need to re-apply
- Please contact the assessor's office to apply: 970-920-5160 or assessormail@pitkincounty.com

DISCOVER HIDDEN TREASURES: SHOP THE MOTHERLODE

WEDNESDAY, JULY 19 • 10:30–NOON

Pitkin County's Motherlode Mercantile offers used merchandise at extremely affordable prices. This field trip will leave from the HHS building and return in time for lunch. The Motherlode Mercantile is like a thrift shop for home furnishings.

RSVP required (970) 920-5432



SOUND HEALING MEDITATION



FRIDAY, JULY 21 • 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.

PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, JULY 25 • 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**

"SMILES FOR SENIORS" IS BACK! DENTAL CLINIC

FRIDAY, JULY 21 • 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.**

Lisa Westhoff is the new Regional Oral Health Specialist from Aspen to Parachute filling the vacancy left by Kelly Keffe's retirement earlier this year. She has a strong focus on preventive oral healthcare services, increasing access to dental care in rural areas and bringing the best and most innovative dental care and procedures to the area. Lisa grew up in rural southeast CO, graduated from the School of Dental Hygiene at CNCC in 2007 and gained her Masters of Science in 2019. The western slope has been her home for over 15 years.

ALPINE LEGAL SERVICES

Call (970) 945-8858 if you need assistance.



MESSAGE WITH JOANNE JOHNSON

WEDNESDAY, JULY 12

12:45-2:00 PM @ HHS BUILDING

15-MINUTE CHAIR MASSAGE

Sign up (970) 920-5432. **No charge, donations accepted.**



JULY 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2 1:00-3:00 Knitters & Yarn Crafters @ Library	3 Senior Services Closed for Independence Day	4 10:00 Elks Lodge Breakfast & Parade Senior Services Closed for Independence Day	5 10:15 Yoga @ ARC 12:00 Lunch @ HHS	6 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	7 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	8
9 1:00-3:00 Knitters & Yarn Crafters @ Library	10 10:15 Yoga @ ARC 12:00 Lunch @ HHS	11 10:00 Balance Class @ AVH conference room Redstone Senior Day: Riparian Plant Walk with Sheehan Meagher	12 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	13 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries @ Library	14 12:00 Lunch @ HHS 1:00 Wellness Talk w/Dr. Chamberlin @ AVH 1:30 Brush Up Your Bridge @ HHS	15
16 1:00-3:00 Knitters & Yarn Crafters @ Library	17 10:15 Yoga @ ARC 12:00 Lunch @ HHS	18 10:00 Balance Class @ AVH conference room	19 10:15 Yoga @ ARC 10:00 Motherlode Mercantile 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Summer Health, via Zoom	20 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	21 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	22
23 1:00-3:00 Knitters & Yarn Crafters @ Library	24 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:00 Book Bike @ HHS 1:00 Seniors At Play @ HHS	25 10:00 Balance Class @ AVH conference room Redstone Senior Day: Preparing for Emergencies with Pablo Herr (Carbondale Fire)	26 10:15 Yoga @ ARC 10:00 Book Club @ Library 12:00 Lunch @ HHS 6:00 Tatvamasi Meditation @ Library	27 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	28 12:00 Lunch @ HHS 1:00 Maroon Creek Plant Walk @ ARC 1:30 Brush Up Your Bridge @ HHS	29
30 1-3 Knit	31 10:15 Yoga @ ARC 12:00 Lunch @ HHS					



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, July 26 • 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



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

