

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

June 2023



BUT SENIOR SERVICES WILL CONTINUE!

SENIOR CENTER REMODEL TIMELINE:

WEDNESDAY, MAY 24:

Last day of lunch & services at the Senior Center building.

THURSDAY, MAY 25 – FRIDAY JUNE 2:

- There will be no lunch available and no programs.
- The Senior Center building will be closed. Staff will only be available to respond to urgent requests as we pack up our offices for the remodel and transition to our temporary work space at the Human Services building.

MONDAY, JUNE 5 – FRIDAY, SEPTEMBER 1:

- **Packaged hot meals** will be available at the Shultz Human Services building on Monday, Wednesday, Thursday and Friday from 12:00-12:30 p.m.
 - You may take your lunch to go or stay to eat at the Human Services building. We will have indoor seating available, and hopefully outdoor as well. Advance sign up for lunch is required (970) 429-6161.
 - The Shultz Health & Human Services Building is located at 0405 Castle Creek Rd. It is the same turn off of Castle Creek Rd. as the hospital. The building is to the left after you turn onto Doolittle Dr.
 - Parking will be limited – consider taking the bus, senior van, a bike, or walk!
- **Home delivered meals** will be available for those who are homebound.
- **Staff will be available** at the Human Services Building 8:30 a.m. to 4:30 p.m. Monday through Friday for questions and resource connections. It helps to call in advance. Our phone number will stay the same.
- **Fitness classes** will be virtual or at the ARC. The balance class will be at AVH. See page 3 for details.
- **Programs** will be held at various locations – primarily at the Pitkin County Library. Please read the newsletter carefully for details and program location info.

TUESDAY, SEPTEMBER 5:

We hope to reopen the Senior Center the day after Labor Day!

For questions & more info, call us at (970) 920-5432

Senior Services will be closed Monday, June 19 for Juneteenth

INSIDE THIS ISSUE

Library Events/CMC Classes	2
Activities & Fitness	3
Food Resources & Nutrition Education . .	4
Menu, Japanese Traditions, Redstone . .	5
Caregiving, Lawn Bash	6
Calendar	7
Vintage Programs; Alzheimer's Support .	8

AGE FRIENDLY market

Farm Fresh CSA Produce Available!

THURSDAYS

- At 11:45 p.m.
- Beginning June 15th
- At the Schultz Health & Human Services Building (0405 Castle Creek Rd.)
- Program is grant funded; there is no charge

The produce distribution program will be 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 info and sign up details for events, programs & activities.



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

COMMUNITY READ BOOK PICK UP

Thursday, June 1 | 12-1 & 4-6 p.m.

Sign up at pitcolib.org to receive a free copy of the book "The Haunting of Hajji Hotak and Other Stories" by Jamil Jan Kochai. Sponsored by Aspen Words.

MONTHLY CLASSICAL MUSIC STUDIO

Saturday, June 3 | 4:00-6:00 p.m.

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

BEETHOVEN | HERO Screening

Part 1: Tuesday, June 13 | 6:00-8:00 p.m.

Part 2: Saturday, June 17 | 6:00-8:00 pm

The documentary takes us on a journey through history, telling stories of the enduring power of Beethoven's creations.

LITERATURE OUT LOUD: Ralph Ellison & Alice Walker

Tuesday, June 20 | 5:30-6:30 p.m.

In honor of Juneteenth, Gerald DeLisser will voice the prologue to Ralph Ellison's famous book, "Invisible Man." Janice Estey will read "To Hell With Dying" by Alice Walker.

LIBRARY CONCERT SERIES: Natalie Spears with Gabrielle Louise & Ryan Dilts

Saturday, June 24 | 7:00-8:00 p.m.

Don't miss these songbirds!

SUMMER READING KICKOFF PARTY!

Saturday, June 3 | 12-3 p.m.

Celebrate the beginning of summer, and the beginning of the Summer Reading Program! Out on the library lawn, enjoy an afternoon of fun & games. Picnic fare will be provided by PJ of Backdoor Catering.

MUSIC AT THE LIBRARY: Summer is Coming

Friday, June 9 | 5:30-6:30 p.m.

Welcome summer on the library's front lawn with music from the Josefina Mendez Quintet. The sounds you will hear will be a blend of North and South American jazz style, bossa nova, and tangos. Bring your own picnic!

MOVIES IN THE MEADOW

Saturdays, June 10 & 24 | 8:30-11 p.m.

The season of outdoor movies is back! This summer join us on the lawn in front of the library for popcorn, snow-cones, and, most importantly, MOVIES! Bring chairs (or blankets) and join us for another great year of outdoor summer movies. Check the online calendar to find out which movie is playing.

NEED IT HELP?

Sign up for a half hour one-on-one computer or technology help session at basaltlibrary.org/tech-help.



**COLORADO
MOUNTAIN COLLEGE**

Aspen Classes

For Registration & Info: (970) 925-7740

Jump Into Knitting

Mondays, 6/12-7/03 | 5:30-8:30 p.m.

This course is designed for new knitters. Learn basic knit and purl stitches, yarn types, needles and gauge, reading a pattern, casting on/off, increasing and decreasing stitches.

Beginner Pickleball

Tuesdays & Thursdays 6/13-7/06 | 8-9:30 a.m.

Classes held at the Iselin courts. Limited availability of paddles available, so bring your own paddle if you can. There will be NO inclement weather make up days.

Beginning Guitar

Tuesdays 6/13-8/08 | 6-8p.m.

Learn the basics of popular vocal accompaniment and instrumental styles including single note playing, chords, strumming, flat-pick and finger-picking techniques. Brief forays into the blues and classical worlds.

Plant Walk with an Herbalist

Friday, Jun 30 | 10 a.m.-Noon

Come on a walk and build your connection with the local ecosystem using observation and interaction with plants.

255 Sage Way, Aspen

CMC FEATURED CLASSES: June

Carbondale Classes

For Registration & Info: (970) 963-2325

Wines of Tuscany

Sunday, June 4 | 6-8p.m.

Class includes a tasting of wines typical to those appellations, and a sensory analysis of each wine tasted using the deductive tasting method.

Conscious Living – Free Lecture

Friday, June 9 | 6-7 p.m.

Join True Nature's Co-founders Deva and Eaden for this free lecture at the True Nature facility in Carbondale. Learn about the aspects of yoga, lifestyle, and spirituality that will support your personal growth and deepen community connections in this sacred space. Please pre-register.

Geology of Colorado RF and Crystal Valleys

Thursday, Jun 22 | 6-9p.m.

Review the geology of the Colorado River corridor from Glenwood Canyon to South Canyon, the Roaring Fork Valley from Glenwood to Independence Pass, and the Crystal Valley from Carbondale to Marble.

690 Colorado Avenue, Carbondale

www.coloradomtn.edu

Recreation & Fitness

RECREATION CENTERS: CHECK WEBSITES FOR LATEST INFO.

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

FITNESS CLASSES—EXCEPT BALANCE—WILL BE HELD AT THE ARC WHILE THE SENIOR CENTER IS CLOSED IN JUNE, JULY AND AUGUST BEGINNING MONDAY, JUNE 5

YOGA—MONDAY (STUDIO ROOM) & WEDNESDAY (ROOM 209 BEHIND THE SNACK BAR) • 10:15 AM Hatha Yoga for any level, beginner to advanced. \$5/CLASS • MARY ANDERSON
THERE WILL BE NO FRIDAY YOGA CLASS DURING SENIOR CENTER CLOSURE

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

TONE & STRETCH CLASS:
NO IN-PERSON CLASS DURING THE SENIOR CENTER CLOSURE

Offered virtually **MONDAY-THURSDAY • 9:30 AM** meet.google.com/qhw-grwp-dvp • CHRISTI COUCH

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

WATER AEROBICS: THURSDAY • 10:00 AM @ THE ARC
A combination of deep water spinning, core strengthening, and aerobic exercise in the training pool. Offered free of charge to adults over age 60.

PITKIN COUNTY LIBRARY BOOK BIKE

@ HUMAN SERVICES
MONDAY, JUNE 26 • 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.
At 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, JUNE 28 • 10:30 AM @ PITKIN COUNTY LIBRARY
(rescheduled from May) Current Selection: The Feather Thief Kirk W. Johnson



HISTORY'S MYSTERIES WITH CHRISTI COUCH

THURSDAY, JUNE 8 • 1:30 PM @ PITKIN COUNTY LIBRARY
THE ROARING FORK VALLEY
... AND BEYOND: historical info & trivia



SENIORS AT PLAY—LIVE PLAY READINGS

MONDAY, JUNE 26 • 1:00 PM @ HUMAN SERVICES
A QUESTION OF SEX by Arnold Bennett.
Celebrate Father's Day with this one-act comedy about a frantic new dad to a bouncing baby girl, whose uncle had promised him 10,000 pounds---if his newborn is a boy.

June is the Wedding Season! And marriage is in the air for a very reluctant widow and her feuding neighbor in Anton Chekov's one-act farce, **THE BEAR**.

Monday, June 26, after lunch in the Conference Room, Schultz Heath and Human Services Building. Hope to see you there!

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



MANAGING CHRONIC PAIN & ARTHRITIS

THURSDAY, JUNE 22 • 1:30 P.M.
@ PITKIN COUNTY LIBRARY
Holistic Chiropractor Dr. Jennifer Drake will discuss natural approaches to pain management and answer questions.

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.





NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: JUNE 14 & 28 —
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



***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



5 FOODS FOR EYE HEALTH

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! To get these nutrients — your best sources of vitamins, minerals and antioxidants are from whole foods, since it may be a combination of nutrients within that provide these benefits.

Kale: See the Light

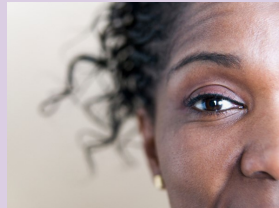
This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are

also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.



Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and

cantaloupe.

Healthy Fats: Include sources of Omega-3s

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

Source: eatright.org Contributor: Sarah Klemm, RDN, CD, LDN
Published February 18, 2021

LEARN MORE:

For more a discussion on **Food & Supplements to help with Macular Degeneration**, join Vintage registered dietitian Patti Murphy for a virtual "Fresh Conversation" on Wednesday, June 21 at 2:00 p.m. See page 8 for connection details.

JUNE 2023 MENU • AT HHS BUILDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No lunch served	2 No lunch served
5 Chicken Teriyaki, Fried Rice, Vegetable Stir-Fry, Pot Sticker, Seaweed Bibb Lettuce Salad, Cream Puff		7 Green Chili Pork Shoulder, Cheesy Polenta, Spinach Gratin, Caesar Salad, Brownie	8 BBQ Smoked Brisket, Scalloped Potatoes, Mixed Vegetables, Green Salad, Pudding Cup	9 Chef Salad, Fresh Bread, Lemon Squares
12 Herb Roasted Chicken, Rosemary Potatoes, Grilled Squash, Spinach, Feta & Strawberry Salad, Cookie		14 Grilled Kosher Hot Dog, Macaroni Salad, BBQ Potato Chips, Watermelon, Pound Cake	15 Beef Stroganoff with Egg Noodles, Sweet Corn, Green Salad, Powdered Doughnuts	16 Ham & Cheese Sandwich, Potato Salad, Green Salad, Brownie
19 Senior Services closed for Juneteenth		21 Pineapple Shrimp Curry, Brown Rice, Chick Peas & Vegetables, Mango Slaw, Coconut Pudding	22 Rigatoni & Meat Sauce Bake, Roasted Squash, Caesar Salad, Garlic Bread, Jell-O Cup	23 Chicken Salad, Baguette, Fruit Salad, Green Salad, Brownie
26 BBQ Pulled Pork, Slider Roll, Mashed Potatoes, Mixed Vegetables, Green Salad, Old Fashion Doughnut		28 Chicken and Dumplings, Biscuit, Sweet Corn, Spinach Salad, Brownie Bites	29 Shrimp Scampi, Orzo Vegetable Pasta, Baked Focaccia, Green Salad, Pound Cake	30 Cold Fried Chicken, Vegetable Macaroni Salad, Biscuit, Green Salad, Lemon Squares

TUESDAY

NO LUNCH SERVED

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.**

Japanese TRADITIONS

MONDAY, JUNE 12 • 1:30 pm
 Pitkin County Library • Dunaway Meeting Room

Although Japanese society today is seen as largely secular, the legacy of the Japanese religious traditions still plays a role in shaping Japanese culture, beliefs and behaviors. This lecture provides an introduction to the religious traditions of Japan through the study of their origins, basic beliefs, practices and values, and historical development.

The session will focus on Shinto and the various forms of Japanese Buddhism. It will also explore the ways in which these ideas have shaped Japanese culture, both in the past, and in the present day.

PRESENTED BY:
 Thomas DeZauche holds a Master of Arts in Religious Studies (focus in Buddhism, Hinduism, and Sanskrit).

He joined the Philosophy Department at Metropolitan State University of Denver in 2019. At MSU he teaches course work in Eastern Religions, including upper division courses in Buddhism, Hinduism, and Japanese Religions.



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

JUNE 13 — LEARN A LITTLE LINE DANCING

Christi Couch will teach a few older dances like Popcorn, and a few newer ones as well. No experience necessary, just a willingness to have fun!

JUNE 27 — PATRIOTIC PARTY

Tom and Julie Paxton will entertain you with songs about America and conclude with a short singalong of patriotic songs to get you excited about the Fourth of July!

WANT TO BE KEPT IN THE LOOP?

Send us your email address:

seniors@pitkincounty.com

Understanding & Responding to Dementia-Related Behaviors

THURSDAY, JUNE 15 • 1:30 p.m.

At the Pitkin County Library • Dunaway Meeting Rm



An informative talk to help you decode behavioral messages, identify common behavior triggers, and learn strategies to intervene with some of the most common behavioral challenges of those living with dementia.

Presented by Chad Federwitz, MA, MA

FOR MORE INFORMATION:
(970) 920-5432

Aspen
PUBLIC RADIO
91.5 FM | 88.9 FM

ANNUAL

LAWN BASH

WEDNESDAY, JUNE 28 • 3-6 p.m. • FREE
Red Brick Center for the Arts • 110 E. Hallam St.

- **PANEL/CONVERSATION** in partnership with Aspen Film, featuring the film "Food and Country" (2023) which debuted at Sundance this year and will be screened free-of-charge at the Isis Theatre later in the evening
- **COMPLIMENTARY DONUTS & COFFEE** from Aspen Mini Donuts
- **ENTERTAINMENT**, tour the Red Brick gallery exhibition, make art, and enjoy a special performance (you'll have to be surprised!)
- **VOLUNTEER FAIR** with amazing opportunities to help out in the community - be sure to stop by the Senior Center tent

Guests are encouraged to walk, bike and bring their picnic blanket or lawn chairs!

PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, JUNE 27 • 12:00 – 2:00 PM

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. Various organizations that provide support for veterans will be invited to attend the events to share information about their programs.



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

CAREGIVERS

FREE

Seminar With Guest Speaker **KIM MOONEY**

In this presentation, through stories, discussion and exercises, we'll look at how some of the funniest, hardest and most serious things we've gone through can fuel our passion for living out loud.

WHEN: JUNE 15TH @ 9am-12pm

WHERE: Glenwood Springs Community & Rec Center
100 Wulfsohn Rd, Glenwood Springs

Free Grab and Go Lunch & Goodie Bag included!

Registration Required by June 1st for lunch:

www.tinyurl.com/2023caregiverseminar

Questions or to register by phone, 970-665-0041

Need ASL Interpretation? Let us know by June 1st.

Email: efisher@nwccog.org

SPONSORED BY:



SOUND HEALING MEDITATION



FRIDAY, JUNE 30 • 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.

ALPINE LEGAL SERVICES

NO SESSION IN JUNE

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



MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, JUNE 14

12:45-2:00 PM @ HHS BUILDING

15-MINUTE CHAIR MASSAGE

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



FOOT CARE

We hope to resume foot care at the senior center when we reopen in the fall.



JUNE 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Senior Services Closed for relocation	2 Senior Services Closed for relocation	3
4 1:00-3:00 Knitters & Yarn Crafters @ Library	5 10:15 Yoga @ ARC 12:00 Lunch @ HHS	6 10:00 Balance Class @ AVH conference room	7 10:15 Yoga @ ARC 12:00 Lunch @ HHS	8 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries with Christi Couch @ Library	9 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	10
11 1:00-3:00 Knitters & Yarn Crafters @ Library	12 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:20 Japanese Traditions @ Library	13 10:00 Balance Class @ AVH conference room Redstone Senior Day: Line Dancing Lesson with Christi Couch	14 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	15 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 Dementia-Related Behaviors @ Library	16 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	17
18 1:00-3:00 Knitters & Yarn Crafters @ Library	19 Senior Services closed for Juneteenth	20 10:00 Balance Class @ AVH conference room	21 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Macular Degeneration & Glaucoma, via Zoom	22 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 1:30 Managing Chronic Pain & Arthritis @ Library	23 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	24
25 1:00-3:00 Knitters & Yarn Crafters @ Library	26 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Seniors At Play @ HHS	27 10:00 Balance Class @ AVH conference room Redstone Senior Day: Patriotic Party	28 Yoga canceled 10:00 Book Club @ Library 12:00 Lunch @ HHS Lawn Bash @ Red Brick Library & Zoom 6:00 Tatvamasi @ Pitco Library & Zoom	29 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	30 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ 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.

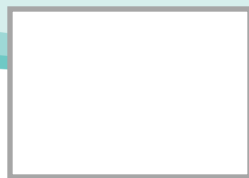
Donations are welcome!

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:

Spring 2023

April 19: 1pm - 2pm

Eggs are Good for You -
Breaking Down the Research

May 17: 1pm - 2pm

How Much is Too Much?
A Discussion on Alcohol

June 21: 1pm - 2pm

Macular Degeneration -
A Discussion on Supplements
& Food that May Help

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 @:
<https://tinyurl.com/Spring23Fresh>
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, June 28 • 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



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

