

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

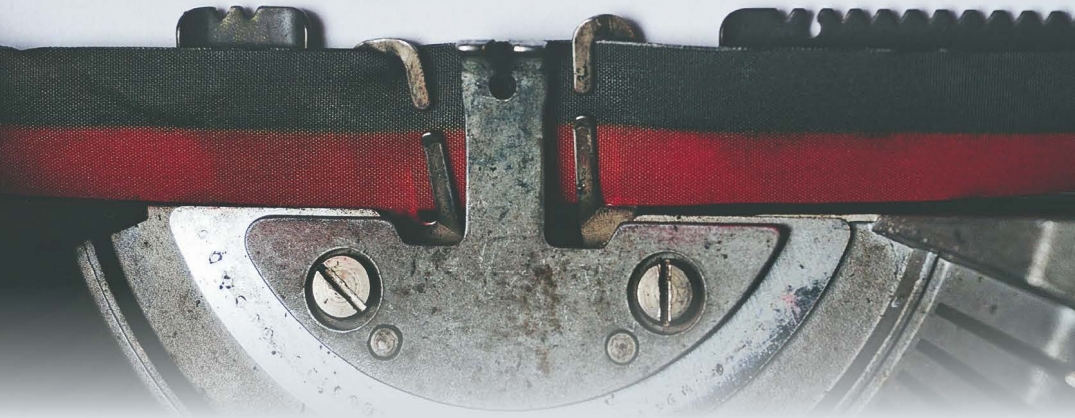
May 2024



“My Life: The Last Chapter”

Four FREE Workshops in May

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



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

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

Session 1: Why & How We Must Plan

Tuesday, May 7 at Basalt Library • Thursday, May 9 at Pitkin County Library
With Steve Ayers DO, Pitkin County Coroner & Allison Daily, Pathfinders

Session 2: Legal & Financial Guidance

Tuesday, May 14 at Basalt Library • Thursday, May 16 at Pitkin County Library
With Paul Smith & Ken Ransford PC, Estate Planner

Session 3: Choices for End of Life Care

Tuesday, May 21 at Basalt Library • Thursday, May 23 at Pitkin County Library
With William Duke MD, Hospice/Palliative Care Physician

Session 4: What it Means to Die a Good Death

Tuesday, May 21 at Basalt Library • Thursday, May 30 at Pitkin County Library
With Akaljeet Khalsa, Death Doula

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

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SENIOR CENTER CLOSED FOR MEMORIAL DAY



MONDAY, MAY 27

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.



OFFERINGS FROM THE LIBRARIES



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

CRAFT & CHAT: Watercolors

Thursday, May 2 | 5:00-6:30 p.m.

Enjoy tea and a calming craft while discussing one of the Aspen Words Literary Prize shortlist books.

BEADING BONANZA

Saturday, May 4 | 3:00-5:00 p.m.

If you've ever thought about jewelry making, but didn't know where to start, join us at this beading bonanza!

LIBRARY CONCERT SERIES: Sean Gaskell, kora

Friday, May 10 | 5:30-6:30 p.m.

Sean Gaskell will present an educational performance on the kora, a 21-stringed West African harp.

LIBRARY CONCERT SERIES: Amanda Gessler, piano

Saturday, May 18 | 5:30-6:30 p.m.

Concert will include works by Claude Debussy & Beethoven.

CRAFT & CHAT: Laser Cutter

Thursday, May 23 | 5:00-6:30 p.m.

Enjoy tea and a calming craft while discussing one of the Aspen Words Literary Prize shortlist books.

BOOKBINDING

Saturday, May 25 | 3:30-5:30 p.m.

Learn beginner bookbinding skills. Sign up online.



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

DEATH CAFE

Monday, May 6 | 5:00-6:30 p.m.

A Death Cafe offers a safe place to share your thoughts, and hear what others have to offer on the subject of death and dying. Please note this is not a bereavement or counseling session but rather an opportunity to bring comfort in talking about all things death. All are welcome and tea and cake will be provided!

MUSIC AT THE LIBRARY: Divertissement – Music of the French Baroque

Thursday, May 16 | 5:30-6:30 p.m.

A lively evening of French Baroque music featuring some of Basalt's favorite returning musicians. The concert will include compositions by Elizabeth Jaquet de la Guerre, Jean-Marie Leclair, and more!

POWERUP: Energize Your Savings

Thursday, May 23 | 5:00-7:00 p.m.

Join us for an exciting event focused on the local and federal rebates available for your next energy upgrade project. Also learn how to increase your home's efficiency and indoor air quality. Registration suggested.

VISIT FROM A LIBRARIAN Friday, May 31 | 12:45-2:00 p.m. | At the Pitkin County Senior Center

Pitkin County Librarian Monique Rodriguez will review online resources and teach about how to access them from home.

"SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, MAY 16

9:00 AM—4:00 PM

COMMUNITY HEALTH SERVICES

405 CASTLE CREEK RD, ASPEN

Ages 60+. Standard treatment & screenings offered for \$85.

Financial assistance may be available, please inquire when you schedule your appointment.

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



CHAT WITH A GERONTOLOGIST

Talk with Gerontologist **Chad Federwitz** in a private 30 minute consultation session. Discuss your or a loved one's aging process. A gerontologist is a professional expert on, primarily, the social aspects of aging. Session topics can include:

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

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

MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, MAY 8 • 12:45-2:00 PM

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



FOOT CARE MONDAY, MAY 13 • 1:30-4:00 PM

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

No charge, donations accepted.



ALPINE LEGAL SERVICES

MONTHLY ON THE 2ND MONDAY AT 2:00 PM

NEXT SESSION: MAY 13

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



Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

MAY 15: 1-2 p.m.

Fresh News About Soy Foods

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

Register through Zoom at:

www.tinyurl.com/24SpringConvo

Or email PattiMurphyRD@gmail.com for info & assistance



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.



IN-PERSON CLASSES

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

YOGA • MONDAY, WEDNESDAY, FRIDAY 10:15 AM —

Hatha Yoga for any level, beginner to advanced. \$5/class • **MARY ANDERSON**

BALANCE CLASS: TUESDAY & THURSDAY • 10:00 AM

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

QIGONG: THURSDAYS AT 11:00 AM (NO CLASS MAY 9 & 16)

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

WATER AEROBICS: MON & TUES • 10:00 AM @ THE ARC

Learn the benefits of water exercise! Everyone welcome to join with ARC membership or day pass. Scholarships may be available for those who qualify. Renew Active or Silver Sneakers members can take these classes for \$5.

TONE & STRETCH : FRIDAY • 9:15 AM

Strengthen your core which in turn helps your posture, balance and muscle tone. \$5/class • **CHRISTI COUCH**

VIRTUAL: STRETCH CLASS

Offered **MONDAY-THURSDAY • 9:30 AM •**

<https://meet.google.com/upz-hvcv-btt> **CHRISTI COUCH**

WORKING WITH WEEDS SHEEHAN MEAGHER

MONDAY, MAY 20 • 1:00 PM

Don't spray those invasive plants growing in your yard or garden! Learn how to use "weeds" as food and medicine. A sensory and science exploration into many "weedy" plant species we encounter here in the Roaring Fork Valley. Learn how to ID, their medicinal and nutritional benefits as well as how to incorporate them into your diet or wellness routine. Plants include dandelion, mallow, nettles, plantain, mustards, thistle, purslane, and more! Sheehan is a bioregional herbalist who teaches at CMC.



Social Spotlight

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

NEW: A CALL FOR CANASTA

WEDNESDAYS IN MAY • 1:00

Interested in Canasta? New group starting on Wednesdays. Call (970) 920-5432 for more information



BRUSH UP YOUR BRIDGE

FRIDAYS • 1:30-3:30 PM • FREE

Lessons for all levels, beginner to expert.

KNITTERS & YARN CRAFTERS

SUNDAYS • 2:30-4:30 PM

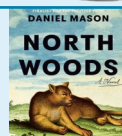
This group is open to yarn & thread crafters of many kinds. Call (970) 920-5432 for more information.



SENIOR CENTER BOOK CLUB

WEDNESDAY, MAY 29 • 10:30 AM

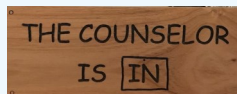
May Selection: North Woods by Daniel Mason



CONSULT WITH A COUNSELOR

WEDNESDAYS AT 11:00

Licensed Professional Counselor Dr. Terry Bordan offers complimentary weekly sessions for your mental well being. Sign-up is encouraged but not required (970) 920-5432.



RECYCLE, COMPOST, OR TRASH?

WEDNESDAY, MAY 1 • 12:45 PM

Learn the ins and outs of what goes in each bin—and score some Landfill swag!



A MINUTE OF HISTORY

THURSDAY, MAY 2 • 12:45



Aspen Historical Society's Amy Honey will provide a tidbit of Roaring Fork Valley history.



Aspen Historical Society, Aspen Illustrated News Collection

WHEELER/STALLARD MUSEUM TOUR

FRIDAY, MAY 3 • 1:00 PM

Enjoy a tour free of charge, courtesy of the Aspen Historical Society and Senior Services. The current exhibit is Decade By Decade: Aspen Revealed. It explores the stories that shaped the community's distinct identity; from mining boom to dilapidated ranching town to today's international recreational and cultural resort, Aspen forged a unique path.

SOUND HEALING MEDITATION

THURSDAY, MAY 30 • 2:00 PM

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





NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: Buttermilk Parking area
NEW DAY & TIME 2ND & 4TH TUESDAY •
MAY 14 & 28 • 2:00—3:00 PM

BASALT/EL JEBEL:

Movieland Parking Lot
 218 E. Valley Rd. El Jebel • **WEEKLY ON TUESDAY •**
11:00 AM—12:30 PM



ECONOMIC ASSISTANCE • (970) 920-5244

Information and help applying for:

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



Monthly visits *at the Senior Center now on the 2nd Monday of the month* • May 6 • 10:30-12:30 • No appointment necessary.

LIFT-UP FOOD DISTRIBUTION

ASPEN LOCATION: SCHULTZ HUMAN SERVICES BUILDING

405 CASTLE CREEK RD • SUITE 206

TUESDAYS 2:00-6:00 PM

WEDNESDAYS 10:00 AM-12:00 PM

NEW: FRIDAYS FROM 3:00-6:00 PM

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

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



NEW FOOD DISTRIBUTION SITE

SNOWMASS VILLAGE TOWN HALL

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

Visit harvestforhungerco.org



BUILDING A HEALTHY VEGETARIAN DIET: MYTHS AND FACTS

Vegetarian meals are gaining in popularity as more and more individuals reduce their meat intake. One question remains: Are vegetarian and vegan diets healthy? The answer is yes.

Academy of Nutrition and Dietetics says, "appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases."

But many myths still surround the health implications of a vegetarian diet. Learn the facts:

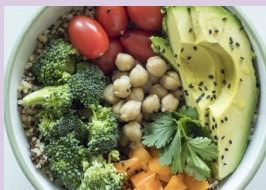
Myth #1: Vegetarians and Vegans Have a Hard Time Getting Enough Protein

As meat has become synonymous with protein, many people struggle to identify non-meat sources of this essential nutrient. Adequate protein can easily be attained without meat through a well-planned and varied diet. Plant-based protein typically contains more dietary fiber and less saturated fat than animal-based sources of protein. These two factors are cornerstones of a heart-healthy diet.

There are many versatile plant-based sources of protein that fit into a healthy eating plan: legumes (beans, lentils, peas and peanuts), soy products, whole grains, nuts and seeds. For lacto-ovo vegetarians, low-fat or fat-free dairy and eggs can also be an important protein source.

Myth #2: To Build Strong Bones, You Must Include Dairy in Your Diet

Dairy is not the only food that can help build and protect strong bones. A number of nutrients are needed for bone health, including calcium, vitamin D and protein. Calcium can be found in a variety of plant foods such as kale, broccoli, bok choy, calcium-set tofu and fortified soymilk. Include a wide variety of other leafy green vegetables throughout the day to help promote calcium absorption.



Myth #3: Eating Soy Increases Risk of Breast Cancer

For vegans and vegetarians, incorporating fortified soy products in the diet is an easy way to meet both protein and calcium requirements. Despite news reports to the contrary, there is no proof soy causes cancer. Actually, there is evidence that consuming soy in childhood and adolescence produces a lower lifetime risk for breast cancer.

Myth #4: Vegetarian Diets Are Not Appropriate for Pregnancy, Childhood or Athletics

A well-planned vegetarian or vegan diet can meet the nutrient needs of people from all stages of life, including those going through pregnancy and lactation, childhood and participating in competitive sports. Fortified foods and beverages can help to increase the intake of certain nutrients. For others a supplement may be needed.

For infants, children and adolescents, a well-planned vegetarian diet can promote normal growth. As with adults, vegan children may have slightly higher protein needs because of how the body digests plant protein.

Myth #5: Just Because Something Is Vegetarian Means It Is Healthy

The "vegetarian" or "vegan" label doesn't automatically equal good health. While some cookies, chips and sweetened cereal might be vegetarian foods, they also can be high in added sugars or sodium.

So what is the best way to ensure a food is a good choice? Load up on veggies, fruits, whole grains and lean protein foods. Also, read the Nutrition Facts Label. Look for low levels of saturated fat, added sugars and sodium. These are better indicators of a food's health than whether or not it's vegetarian.

Source: eatright.org • Alexandra Caspero, MA, RD and Sarah Klemm, RDN, CD, LDN • Published: October 04, 2021

MAY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO LUNCH SERVED	1 Pork Shank with Apple Cream Sauce, Mashed Potatoes, Italian Vegetables, House Salad, Birthday Cake	2 Baked Vegetarian Rigatoni, House Salad, Garlic Bread, Mixed Berry Cobbler	3 Beef Bobotie*, Yellow Rice, Sweet Peas, Pico de Gallo, Cucumber Raita, House Salad, Vanilla Ice Cream
6 Teriyaki Chicken, Fried Rice, Vegetable Stir-Fry, House Salad, Lemon Bar		8 Pulled Pork Sandwich, Steak Fries, Confetti Corn Salad, House Salad, Chocolate Chip Cookies	9 Beef Pot Roast with Carrot, Celery & Onion, Mashed Potato, House Salad, Carrot Cake	10 Smoked Salmon Quiche, Spinach & Feta Salad, Tomato Garbanzo Salad, Strawberries & Whipped Cream
13 Turkey Pot Pie, Brussel Sprouts, House Salad, Red Velvet Cake		15 Beef Chili, Baked Potato, Corn Bread, House Salad, Chocolate Ice Cream	16 Chicken Parmesan with Marinara, Spaghetti, Roasted Vegetables, House Salad, Tiramisu	17 Baked Sea Bass with Lemon Butter, Asparagus, Herbed Couscous, House Salad, Éclair
20 Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, House Salad, Cheesecake		22 Crab Cake, Saffron Rice, Island Vegetables, House Salad, Fruit Parfait	23 Chicken & Broccoli Fettuccini Alfredo, House Salad, Chocolate Cake	24 Cheeseburger on Whole Wheat Bun, Lettuce & Tomato, Potato Salad, House Salad, Blueberry Pie
27 Senior Center Closed for Memorial Day		29 Spinach Manicotti w/ Marinara, Cauliflower, House Salad, Garlic Bread, Sugar Cookie	30 Beef Moussaka*, Brown Rice, Roasted Zucchini, House Salad, Apple Cobbler	31 Grilled Chicken Caesar Salad, Cauliflower, Sliced Tomato, Parmesan Croutons, Caramel Brownie

Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Suggested donation: \$4.00-\$5.00 • Whole grain bread, juice and 2% milk are available at each meal • Please arrive by 12:20 p.m.
 *Bobotie is a South African curried meatloaf baked in an egg custard. Moussaka is a Greek beef & eggplant casserole.



The Redstone programs are open to all!
RSVP: (970) 920-5432

12:00 PM—LUNCH (\$10)
 (RSVP by noon the Friday prior)
 Plated lunch served.
 There will be a gluten-free option.

12:45 PM—PROGRAM

MAY 14 — CELEBRATE OLDER AMERICANS MONTH AND OUR LOCAL VOLUNTEERS
 With Chad Federwitz & Mary Kenyon

MAY 28 — AWAKE, ALIVE & AWARE: EXERCISES FOR THE BRAIN, BREATH AND BODY
 Learn exercises to maximize brain energy & efficiency using memory, imagination & movement. With Julie Paxton and Mary Barbour.

Join the Redstone mailing list. Send an email to: seniors@pitkincounty.com



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

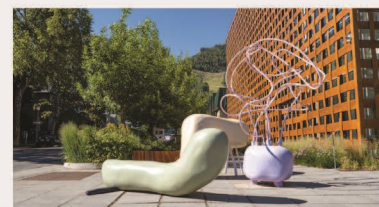
RSVP for Active Art sessions: (970) 920-5432

**THURSDAY
MAY 16**
1:30 p.m.

At the Aspen Art Museum
 The museum will be closed to the public during this time but this workshop will take place onsite, taking inspiration from the Nairy Baghramian installation outside the museum.

**WEDNESDAY
MAY 22**
1:00 p.m.

At the Senior Center
 In this Active Art to learn Japanese origami and create cranes, butterflies, bunnies, and more!



Installation view of Nairy Baghramian, *Jupon de Corps*, 2023. Courtesy the Artist & Aspen Art Museum. Photo by Michel Ziegler.



Sunday, May 5
12-4 p.m. • At the Aspen Art Museum
 Celebrate the Roaring Fork Valley's Hispanic heritage with FREE family activities, including bilingual workshops, a special exhibit, lunch & dancing! Learn more at aspenartmuseum.org

Active Art invites seniors in the Roaring Fork Valley to engage in social dimensions of art and art making through exhibition tours, conversation and workshops.

VISIT WINDWALKERS EQUINE THERAPEUTIC CENTER

Tuesday, May 21



10:15-11:30AM • 1030 Co Rd 102 • Carbondale (Missouri Heights)



Tour the facility, get some hands-on experience grooming horses, and interact, learn, and communicate through horse obstacles & other challenges.

- Transportation available departing the Senior Center at 9:15AM with a stop at the Brush Creek Intercept lot if requested. (Separate transportation will be available from the El Jebel Community Center.)
- Or you may choose to meet the group at WindWalkers at 10:15AM

Please RSVP: (970) 920-5432

WindWalkers is an equine assisted learning and therapy center with a family centered approach. Our mission is to provide a variety of equine assisted therapies to aid in the development and growth of those with challenges, be they physical, neurological, emotional, behavioral or psychological.

HOMECARE AND HOSPICE OF THE VALLEY

FRIDAY, MAY 17 • 12:45 • SYLVIA ALLAIS, EXEC DIR.

Hospice of the Valley is the only non-profit licensed and certified hospice agency serving Pitkin, Eagle, and Garfield Counties.

Their mission is to provide compassionate and dignified palliative and end of life care to patients and their families. Learn more about the organization and how it impacts the community.

There will be an opportunity to ask questions about hospice and palliative care, and how you can support the organization, and how they can support you and your loved ones.



Spring HEALTH FAIR

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

June 7 & 8

ASPEN

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

June 9

EL JEBEL

Eagle County Community Center
20 Eagle County Drive

Book your appointment today

Online [aspenhospital.org/health-fair](https://www.aspenhospital.org/health-fair), or by phone
1.800.217.5866, Monday-Friday, 9:00 am-4:00 pm



ASPEN VALLEY HOSPITAL

Celebrate Connections!

Friday, May 24 • 11AM – 1PM

The Basalt Regional Library is hosting a celebration of **OLDER AMERICANS MONTH**

Celebrate seniors and connection with:

- Lunch (provided at no charge)
- Book, DVD & audiobook giveaway
- Free prize drawing featuring art made by teens at the library
- Registration is required

Please RSVP:

Go to **BasaltLibrary.org**

Click on the events calendar & navigate to May 24.

Or call 970-927-4311

This event is in collaboration with
Pitkin County Senior Services & Eagle County Healthy Aging.



AWAKE, ALIVE & AWARE

WEDNESDAY, MAY 8 • 1:00 PM

JULIE PAXTON

This engaging session will introduce tools for how to:

- Balance both sides of the brain to make it work more efficiently
- Breathe correctly to give you more energy
- Use memory, imagination and movement to make you feel more alive, awake and aware

Join Julie to wake up your brain, breath and body!



PITKIN COUNTY VETERANS

May 23 • 12:45 p.m.
At Pitkin County Senior Services

May 28 • 9-11 a.m.
At Pitkin County Library

Veterans Service Officer

Adam Lazaro connects veterans with each other and with information on resources and benefits.

Coffee & Donuts

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

For More Information:

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

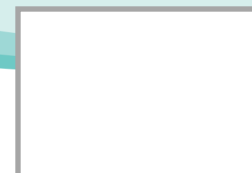
MAY 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>*RSVP for these programs at (970) 920-5432</p> <p>RSVP for Senior Center lunches at (970) 429-6161</p>		<p>1</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 12:45 Recycle, Compost or Trash?</p>	<p>2</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch 12:45 A Minute of History</p>	<p>3</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Wheeler/Stallard Tour** 1:30 Brush Up Your Bridge</p>	4
<p>5</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>6</p> <p>10:30-12:30 Economic Assistance 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch</p>	<p>7</p> <p>10:00 Water Aerobics @ ARC 10:00 Balance Class 5:00 Last Chapter: Basalt</p>	<p>8</p> <p>9:00-11:00 Chat with a Gerontologist* 10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 12:45 Massage* 1:00 Awake, Alive & Aware</p>	<p>9</p> <p>10:00 Balance Class Qigong Canceled 12:00 Lunch 5:00 Last Chapter: Aspen</p>	<p>10</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge</p>	11
<p>12</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>13</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30 Foot Care* 2:00 Alpine Legal*</p>	<p>14</p> <p>10:00 Water Aerobics @ ARC 10:00 Balance Class Redstone Senior Day: Volunteer Recognition Celebration* 5:00 Last Chapter: Basalt</p>	<p>15</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 1:00 Senior Services Council</p>	<p>16</p> <p>10:00 Balance Class Qigong canceled 9:00-4:00 Smiles for Srs* 12:00 Lunch 1:30 Active Art @ AAM* 5:00 Last Chapter: Aspen</p>	<p>17</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Hospice of the Valley 1:30 Brush Up Your Bridge</p>	18
<p>19</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>20</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Working With Weeds</p>	<p>21</p> <p>10:00 Balance Class 10:00 Water Aerobics @ ARC 10:15 WindWalkers* 5:00 Last Chapter: Basalt</p>	<p>22</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 1:00 Active Art @ Senior Center**</p>	<p>23</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch 5:00 Last Chapter: Aspen</p>	<p>24</p> <p>9:15 Tone & Stretch 10:15 Yoga 11:00 Celebrate Connections: Basalt Library* 12:00 Lunch 1:30 Brush Up Your Bridge</p>	25
<p>26</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>27</p> <p>Senior Center closed for Memorial Day</p>	<p>28</p> <p>9:00-11:00 Chat with a Gerontologist* Redstone Senior Day: Awake, Alive & Aware* 10:00 Water Aerobics @ ARC 10:00 Balance Class 5:00 Last Chapter: Basalt</p>	<p>29</p> <p>10:15 Yoga 10:30 Book Club 11:00 Counselor Consults* 12:00 Lunch</p>	<p>30</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch 2:00 Sound Healing Meditation 5:00 Last Chapter: Aspen</p>	<p>31</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Library Resources 1:30 Brush Up Your Bridge</p>	



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:



SPRING INTO SUMMER fun

**TUESDAY
JUNE 4**

**10AM
TO
2PM**

At the Pitkin County Senior Center
0275 Castle Creek Road • Aspen

THIS OPEN HOUSE EVENT IS **FREE** AND INCLUDES:

Refreshments, including samples from our kitchen • Live music
Info on Senior Services' events, fitness classes, programs & resources

Community groups & organizations will share their plans & events for a **SUMMER OF FUN.**

FOR MORE INFORMATION:

PitkinSeniors.com • 970.920.5432



**PITKIN COUNTY
SENIOR SERVICES**