

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

November 2023



WE'RE MOVING BACK TO THE SENIOR CENTER

OUR TIMELINE *(subject to change)*

- **Thursday, November 9:**
Final lunch served at HHS
- **Friday, November 10:**
Senior Services closed for Veterans Day
- **Monday, November 13 & Tuesday, November 14:**
Senior Services closed for move. No lunch served.
- **Wednesday, November 15:**
Our first lunch served at the renovated Senior Center. We will continue to serve catered lunches through the end of November. Lunches prepared by our new chef, Brett Allais, will begin on Friday, December 1.

For More Info:

PitkinSeniors.com
(970) 920-5432



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SENIOR SERVICES CLOSED

Senior Services will be closed:

- **Friday, November 10** for Veterans Day
- **Monday—Tuesday, November 13 & 14** to move back to the Senior Center building
- **Thursday—Friday, November 23 & 24** for the Thanksgiving holiday

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

THANKSGIVING LUNCH WITH FRANK TODARO

WEDNESDAY,
NOVEMBER 22
At 12:00 p.m.



A catered Thanksgiving lunch will be served, while Frank Todaro entertains on piano.

Space is limited.
RSVP by Friday, November 17:
(970) 429-6161



OFFERINGS FROM THE LIBRARIES



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

MYSTERY NIGHT AT THE LIBRARY

Wednesday, November 1 | 4-6 p.m.

Join us for an evening of suspense as we solve a mystery. The event will be pirate themed, and participants are encouraged, but not required, to attend in costume. Snacks and beverages will be provided.

BOOKBINDING

Saturday, November 4 | 3:30-5:30 p.m.

Learn beginner bookbinding skills. Each program will build on skills learned in previous sessions.

TRIVIA HOUR AT THE LIBRARY

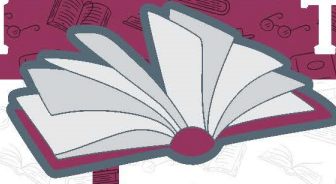
Saturday, November 18 | 4-5 p.m.

Join us for a gaming and library themed trivia hour! Correct answers earn a book-themed sticker.

LITERATURE OUT LOUD

Tuesday, November 21 | 5:30-6:30 p.m.

Literature Out Loud will bring you two stories by two great Indigenous Americans, Louise Erdrich and Sherman Alexie.



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

FIESTA: Halloween & Day of the Dead (Día de los Muertos)

Saturday, November 4 | 10:30 a.m.-12:30 p.m.

Basalt Regional Library will celebrate with Anderson Ranch Arts Center the traditional Day of the Dead by creating sugar skulls and colorful altars. Not to be missed!

BOOK TALK: Covenant of Water

Tuesday, November 14 | 5:30-6:30 p.m.

Our Book Talk this month features Abraham Verghese's *The Covenant of Water*. Please pick up a copy (while supplies last!). *The Covenant of Water* is set in Kerala, on South India's Malabar Coast, and follows three generations of a family that suffers a peculiar affliction: in every generation, at least one person dies by drowning - and in Kerala, water is everywhere.

MUSIC AT THE LIBRARY: Chopin - Poet of the Piano

Friday, November 17 | 5:30-6:30 p.m.

Please join us for an evening celebrating Frédéric Chopin's poetic, romantic, and virtuosic music for solo piano, performed by Kevin Kaukl. The program features the complete 24 Preludes, Op. 28, one written in each of the 24 keys, and his wistful Barcarolle in F Sharp Major, Op. 60.

Libraries are closed on November 23 & 24th for Thanksgiving.

active art

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

WEDNESDAY

NOV 1

1:00 p.m.

At the Health & Human Services Building

Learn about the Aspen Art Museum's exhibitions and programs with an AAM Educator. This month, we embark on a painting exploration inspired by Jeffrey Gibson: *THE SPIRITS ARE LAUGHING* exhibition.

THURSDAY

NOV 16

1:30 p.m.

At the Aspen Art Museum

Explore the Aspen Art Museum with a guided exhibition tour and engage in discussion, followed by a hands-on workshop. After the workshop, join us for a relaxed informal gathering with snacks and beverages provided by our Rooftop Café.

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.



Jeffrey Gibson: "THE SPIRITS ARE LAUGHING," Aspen Art Museum, 2022. Photo: Simon Klein.

welcome
TO PITKIN COUNTY
SENIOR SERVICES

CHEF
BRETT
ALLAIS

Brett has worked in high-end restaurants, hotels and banquet halls all over his native South Africa, as well as in Switzerland & England. He served as executive chef at a 350-seat restaurant for 8 years. Brett moved to the US in 2016 and to the Roaring Fork Valley in 2018, where he has worked at Renew Roaring Fork, Sopris Lodge and Grand River Health Care Center.

Brett invites the local community to try out his food starting Dec. 1 at the newly renovated Senior Center. He also welcomes submissions of favorite recipes (main dishes, sides & desserts) for possible inclusion in future Senior Center menus.



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 WATER AEROBICS) WILL RETURN TO THE SENIOR CENTER ON NOVEMBER 15.

YOGA— Hatha Yoga for any level, beginner to advanced.
 Nov. 1-13 @ THE ARC • 10:30 AM
 Nov. 15-29 @ SENIOR CENTER • 10:15 AM (NO CLASS Nov. 24)
 \$5/CLASS • MARY ANDERSON

BALANCE CLASS: TUESDAY • 10:00 AM

Nov. 7 & 14 @ AVH
 Nov. 21 & 28 @ SENIOR CENTER

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

Nov. 2 & 9 @ THE ARC
 Nov. 16 & 30 @ SENIOR CENTER

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.

VIRTUAL: TONE & STRETCH CLASS

Offered MONDAY-THURSDAY • 9:30 AM
<https://meet.google.com/tec-xnyb-cdh> • CHRISTI COUCH

MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, NOVEMBER 8
 12:45-2:00 PM @ HHS BUILDING
 15-MINUTE CHAIR MASSAGE
 Sign up (970) 920-5432.
 No charge, donations accepted.



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.
 Nov. 3 @ HHS BUILDING
 NO OTHER SESSIONS IN NOVEMBER



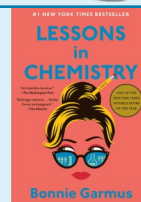
KNITTERS & CRAFTERS

SUNDAYS • 2:30-4:30 PM
 NOVEMBER 5 & 12 @ PITKIN COUNTY LIBRARY
 NOVEMBER 19 & 26 @ SENIOR CENTER
 This group is open to yarn & thread crafters of many kinds. Call (970) 920-5432 for more information.



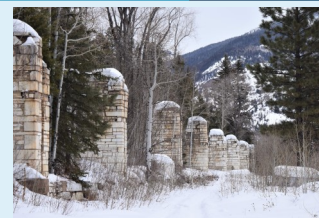
SENIOR CENTER BOOK CLUB

WEDNESDAY, DECEMBER 6
 10:30 AM • @ SENIOR CENTER
 November/December selection:
Lessons in Chemistry by Bonnie Garmus



HISTORY'S MYSTERIES WITH CHRISTI COUCH

NEXT SESSION WILL BE
 DECEMBER 14 @ SENIOR CENTER
 THE ROARING FORK VALLEY
 ... AND BEYOND:



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

ZENTANGLE ART

MONDAY, NOVEMBER 6 • 1:00 @ HHS
 WITH JOAN OF ART

Try out an easy form of art in this free class with Joan Tidwell! The Zentangle Method is an easy-to-learn, relaxing way to create images by drawing structured patterns. You create tangles with combinations of dots, lines, curves, and orbs then assemble them into mosaics. Zentangle art is non-representational and unplanned so you can focus on each stroke and not worry about the result.



SOUND HEALING MEDITATION

THURSDAY, NOVEMBER 30 • 2:00 PM
 @ SENIOR CENTER

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. Sound healing can relieve anxiety and insomnia, and supports mental clarity.





NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: Buttermilk Parking area
2ND & 4TH WEDNESDAY • NOVEMBER 8 & 22
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.

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



EASY WAYS TO BOOST FIBER IN YOUR DAILY DIET

Fiber is an essential nutrient. However, many Americans fall short of the recommended daily amount in their diets. Women should aim for about 25 grams of fiber per day, while men should target about 38 grams, or 14 grams for every 1,000 calories.

Dietary fiber contributes to health and wellness in a number of ways. First, it aids in providing fullness after meals, which helps promote a healthy weight. Second, adequate fiber intake can help to lower cholesterol. Third, it helps prevent constipation and diverticulosis. And fourth, adequate fiber from food helps keep blood sugar levels within a healthy range.

Natural Sources of Fiber

Fiber is found in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber also is found in beans and lentils, whole grains, nuts and seeds. Typically, the more refined or processed a food is, the lower its fiber content. For example, one medium apple with the peel contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

By including certain foods, you can increase your fiber intake in no time. For breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal. At lunch, have a sandwich or wrap on a whole-grain tortilla or whole-grain bread and add veggies, such as lettuce and tomato, or serve with veggie soup. For a snack, have fresh



veggies or whole-grain crackers with hummus. With dinner, try brown rice or whole-grain noodles instead of white rice or pasta made with white flour.

Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)
- 3 cups air-popped popcorn (3.6 grams)
- 1 cup cooked pearled barley (6 grams)

When increasing fiber, be sure to do it gradually and with plenty of fluids. As dietary fiber travels through the digestive tract, is similar to a new sponge; it needs water to plump up and pass smoothly. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation.

Before you reach for the fiber supplements, consider this: fiber is found naturally in nutritious foods. Studies have found the same benefits, such as a feeling of fullness, may not result from fiber supplements or from fiber-enriched foods. If you're missing out on your daily amount of fiber, you may be trailing in other essential nutrients as well. Your fiber intake is a good gauge for overall diet quality. Try to reach your fiber goal with unrefined foods so you get all the other benefits they provide as well.

Source: eatright.org • Holly Larson, MS, RD

NOVEMBER 2023 MENU • AT HHS & SC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TUESDAY ◆ NO LUNCH SERVED	1 Chicken Fried Steak, Mashed Potatoes, Almond Green Beans, Green Salad, Cookie	2 Veggie Lasagna, Almond Green Beans, Garlic Bread, Caesar Salad, Brownie	3 BLT Sandwich, Vegetable Pasta Salad, Potato Chips, Lemon Bar
6 Cheese Tortellini with Meat Sauce, Mixed Vegetables, Fresh Roll, Iceberg/Tomato/Cucumber, Pound Cake		8 Swedish Meatballs, Orzo Pasta, Spinach Grain, Green Salad, Jell-O Cup	9 Roast Chicken, Mixed Vegetables, Brown Rice, Caesar Salad, Lemon Bar	10 Senior Services Closed for Veterans Day
13 Senior Services closed for move back to Senior Center Building		15 Flank Steak, Peppers and Onions, Steak Fries, Green Salad, Pudding Cup	16 Green Chili Chicken, Pasta, Mixed Vegetables, Green Salad, Cookie	17 Cold Fried Chicken, Veggie Pasta Salad, Green Salad, Chocolate Éclair
20 Tuna Salad on Rye with Lettuce, Tomato, Onion, Potato Salad, Grilled Vegetable Salad, Tapioca		22 Catered Thanksgiving Luncheon	23 Senior Center Closed for Thanksgiving Holiday	24 Senior Center Closed for Thanksgiving Holiday
27 Chicken Salad with Lettuce/Tomato/Onion, Baguette, Potato Salad, Corn Salad, Dessert		29 Beef and Bean Chili, Baked Potato, Peas and Carrots, Tomato/Cucumber Salad, Cookie	30 Spaghetti and Meatballs, Roasted Squash, Garlic Bread, Caesar Salad, Tiramisu Cake	

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 • **Meals will be served at HHS through Nov. 9, and at the Senior Center starting Nov. 15.** Meals (except 11/22) provided by Aspen Catering.



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

NOVEMBER 14:

BRING YOUR FAVORITE HOLIDAY DESSERT

Bring a dessert for all to sample, and the recipe if you are willing to share it.

NOVEMBER 28:

HOME CARE AND HOSPICE OF THE VALLEY

Informational presentation with Sylvia Allais, Executive Director of HCHOTV.

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:

Jannah 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

Flu & COVID vaccines are available at Community Health Services, 0405 Castle Creek Rd. in Aspen.

Please call (970) 920-5420 for an appointment.



"SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, NOVEMBER 16 • 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.



MANAGING CHRONIC PAIN & ARTHRITIS

MONDAY, NOVEMBER 27 • 1:00 P.M.

@ SENIOR CENTER

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.



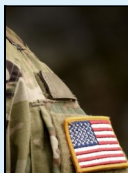
PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, NOVEMBER 28 • 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.



VETERANS DAY SALUTE

SATURDAY, NOVEMBER 11 •

11:00 AM • In front of County Admin. Building • 530 E. Main St. Aspen



Contact information: Adam Lazaro • Veterans Service Officer
Pitkin County Department of Human Services

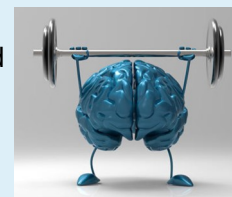
Email: adam.lazaro@pitkincounty.com

Phone: (970) 319-5169 • Available by appointment for office visits

KEEP YOUR BRAIN ALIVE AND HAVE MORE ENERGY AND MORE FUN!

WEDNESDAY, NOVEMBER 29 • 1:00 PM

Joyful" Julie Paxton and "Marvelous" Mary Barbour will lead brain activities and movements to engage both the left and right sides of the brain. This will be much more fun than boring crossword puzzles because you will be engaging your mind AND your body. So come and play with Julie and Mary and feel more alive and awake as a result.



I like nonsense! It wakes up the brain cells. Fantasy is a necessary ingredient in living. — Dr. Seuss

NOVEMBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Active Art @ HHS	2 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	3 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	4
5 2:30-4:30 Knitters & Yarn Crafters @ Library	6 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Zentagle Art w/ Joan Tidwell @HHS	7 10:00 Balance Class @ AVH conference room	8 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS 1:00 Senior Services Council @ HHS 6:00 Tatvamasi Meditation @ Library	9 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	10 10:30 Yoga @ ARC Senior Center Closed for Veterans Day	11
12 2:30-4:30 Knitters & Yarn Crafters @ Library	13 10:30 Yoga @ ARC Senior Services closed for move back to Senior Center	14 Redstone Senior Day: Favorite Desserts 9:00-11:00 Chat with a Gerontologist @ SC 10:00 Balance Class @ AVH conference room	15 Senior Center reopens 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Fresh Conversations: Fiber—What It Is & How It Can Benefit You via Zoom (see p.8)	16 10:00 Qigong @ Senior Ctr 10:00 Water Aerobics @ ARC 9:00-4:00 Smiles for Seniors—970-920-5420 12:00 Lunch @ SC 1:30 Active Art @ AAM	17 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:30 Brush Up Your Bridge canceled	18
19 2:30-4:30 Knitters & Yarn Crafters @ SC	20 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center	21 10:00 Balance Class @ Senior Center	22 10:15 Yoga @ Senior Center 12:00 Thanksgiving Luncheon with Frank Todaro @ Senior Center 6:00 Tatvamasi Meditation @ Library	23 Senior Center Closed for Thanksgiving Holiday	24 Senior Center Closed for Thanksgiving Holiday	25
26 2:30-4:30 Knitters & Yarn Crafters @ SC	27 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Dr. Jenn Drake: Pain Management	28 Redstone Senior Day: HCHOTV (Hospice) 9:00-11:00 Chat with a Gerontologist @ SC 10:00 Balance Class @ Senior Center	29 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Keep Your Brain Alive	30 10:00 Qigong @ Senior Ctr 10:00 Water Aerobics @ ARC 12:00 Lunch @ SC 2:00 Sound Healing Meditation @ Senior Center		



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

NOVEMBER 14 & 28

9-11 a.m.

At the Senior Center

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

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, Nov. 8 & 22 • 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



FRESH CONVERSATIONS

Sponsored By:



Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

NOVEMBER 15: 1-2 p.m.
Fiber: What It Is & How It Can Benefit You

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



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