

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

October 2023



VISIT WINDWALKERS EQUINE THERAPEUTIC CENTER



Tuesday, October 3

10:00-11:30 a.m. • 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 Human Services Building at 9:15 a.m. with additional stops at the Brush Creek Intercept Lot and Eagle County Building in El Jebel.
- Lunch at the Eagle County Senior Meal program in El Jebel.
- Return to Human Services by 1:30 p.m.
- Or you may choose to meet the group at WindWalkers at 10 a.m.

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.

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SENIOR SERVICES WILL BE CLOSED MONDAY, OCTOBER 2 MOTHER CABRINI DAY.

HALLOWEEN PARTY MONDAY, OCTOBER 30

NOON Treats, costume contest & prizes!



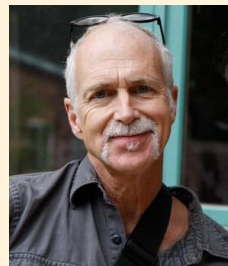
FLU SHOTS & OTHER VACCINES
See page 6 for info.



LIVE MUSIC WITH DAN SHERIDAN

FRIDAY, OCTOBER 20 12:45 PM

HHS BUILDING
Hear Dan's brilliant originals plus some favorite cover songs.



THE POWER OF PERSPECTIVE WORKSHOP

Wednesday, October 25 • 2:30-5:00 p.m. • Pitkin County Library Dunaway Room • Facilitated by Atis Spuris



The power of the words we use with ourselves - and others - helps shape our daily reality. When we choose deliberately and consciously, we can move from being victims of circumstance to engaged creators of our lives. By addressing self-limiting beliefs, we can embrace personal power.

In this writing and discussion workshop we will explore how, with the mindful use of everyday language, simple shifts in perspective can change how we remember personal experiences and how to positively shape new ones. While there is a writing exercise component of this workshop, ALL writing levels, styles, and abilities are welcome!

Please join us with an open mind, a sense of humor and creative spirit!

RSVP: (970) 920-5432



OFFERINGS FROM THE LIBRARIES



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

MONDAY, OCTOBER 2:

Library will be closed for Mother Cabrini Day

THERE'S MORE TO THE STORY

Wednesday, October 4 | 4:00-7:00 p.m.

Artist exhibition at the Aspen Chapel Gallery.

BOOKBINDING

Saturday, October 7 | 3:30 p.m.

Make your own single signature journal and learn beginner bookbinding skills. No prior experience necessary. Future events will build on skills learned in this session. Contact Jade Fiskaa at 970-429-1942 to sign up.

LITERATURE OUT LOUD: Stephen King

Tuesday, October 17 | 5:30 p.m.

Franz Alderfer will voice "Batman and Robin Have an Altercation." Lily Wymer will be presenting "Afterlife."

HALLOWEEN CLASSICS BOOK CLUB

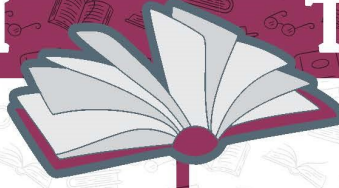
Friday, October 27 | 5:00 p.m.

This month we will read Frankenstein by Mary Shelley. Email sierra.fransen@pitkincounty.com to sign up.

LIBRARY CINEMA

Thursdays & Saturdays | Doors Open 7 p.m. | Movie 7:30 p.m.

Join us in the Dunaway Community Room to view highly acclaimed films. Popcorn is free, tickets are \$10.



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

MICROSOFT WINDOWS BASICS

Tuesday, October 3 | 4:30-5:30 p.m.

New to Windows? Learn how to work with files, find installed programs and more. Some of the new handy features introduced with Windows 11 will also be covered.

MUSIC AT THE LIBRARY: All That Jazz

Friday, October 13 | 5:30-6:30 p.m.

Please join us for an hour of traditional jazz and original compositions as performed by the nimble fingers of Lenore Raphael (piano), combined with the high-octane melodic playing of Wayne Wilkinson (guitar).

THIRD ANNUAL SWAP IT LIKE IT'S HOT

Saturday, October 21 | 10:00 a.m.-3:00 p.m.

Shop until you drop, ALL FOR FREE during Basalt Regional Library's annual clothing swap and fall community event. Donate clothing prior to October 20th, and get exclusive access to shop from 9-10AM. 10AM-3PM all members of the public are invited. Free and open to all.



BUT SENIOR SERVICES CONTINUE!

We will transition back to the Senior Center building sometime in November.

Check the November newsletter for a timeline.

- Services are currently based out of our temporary location at the Shultz Health & Human Services building at 0405 Castle Creek Road.
- 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.

PitkinSeniors.com • (970) 920-5432

active art IS BACK

With programs in the community and at the Aspen Art Museum

MONDAY
OCT 9
1:00 p.m.

At the Health & Human Services Building

Learn about the Aspen Art Museum's exhibitions and programs with an AAM Educator. Then, get hands-on with a workshop inspired by Nairy Baghramian: Jupon de Corps exhibition.

NEXT MONTH:

Active Art at AAM

Thursday,
November 16
1:30 p.m.

See November newsletter for details.



Nairy Baghramian: "Jupon de Corps," Aspen Art Museum, 2023
Photo: Daniel Pérez

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.

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

YOGA—MONDAY: FITNESS STUDIO; WEDNESDAY & FRIDAY: ROOM 209 BEHIND THE SNACK BAR • 10:30 AM (no class on Oct 13th) Hatha Yoga for any level, beginner to advanced. \$5/CLASS • MARY ANDERSON

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: 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
meet.google.com/qhw-grwp-dvp • CHRISTI COUCH

MASSAGE WITH JOANNE JOHNSON
WEDNESDAY, OCTOBER 11
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
WITH COURTNEY KELLER
Lessons for all levels, beginner to expert.
@HHS Building



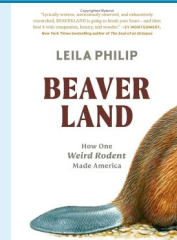
KNITTERS & CRAFTERS

SUNDAYS • 2:30-4:30 PM @ PITKIN COUNTY LIBRARY
This group is open to yarn & thread crafters of many kinds.
Call (970) 920-5342 for more information.



SENIOR CENTER BOOK CLUB

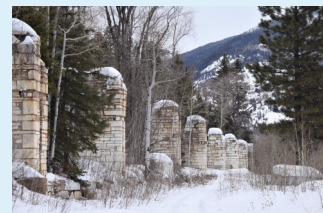
WEDNESDAY, OCTOBER 25
10:30 AM HHS BUILDING
October selection: Beaverland: How One Weird Rodent Made America
By Leila Philip



HISTORY'S MYSTERIES WITH CHRISTI COUCH

THURSDAY, OCTOBER 12 • 1:30 PM @ PITKIN COUNTY LIBRARY

THE ROARING FORK VALLEY . . . AND BEYOND: Join Christi for another fascinating slideshow featuring her latest adventures in finding Colorado's spectacular history.



WATERCOLOR PAINTING INTRODUCTION

MONDAY, OCTOBER 16 • 1:00 PM @ HHS BUILDING
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
• This session is offered free of charge.



SOUND HEALING MEDITATION

FRIDAY, OCTOBER 27 • 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. 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 • OCTOBER 11 & 25
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



UNDERSTANDING OSTEOPOROSIS

Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it. In fact, the first indication of osteoporosis often is when a bone breaks.

Although it can strike at any age, osteoporosis risk increases for people over age 50. Women, especially white and Asian women, are more likely to develop osteoporosis than men, however anyone can still be at risk of developing this condition.

Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

Bone Health and Diet

Bones may seem dry and dull, but they are far from it. They are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture.

Bone-Building Nutrients

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Bones store about 98% of the calcium in your body. Some calcium-rich foods and beverages



include milk, yogurt and cheese, and calcium-fortified soy milk. Other sources include soybeans, dark green leafy vegetables and calcium-fortified tofu. Calcium needs change at different stages of life:

- Children ages 1 to 3 need at least 700 milligrams of calcium a day.
- Children ages 4 to 8 need at least 1,000 milligrams of calcium a day.
- Children ages 9 to 18 need at least 1,300 milligrams of calcium a day.
- Adults ages 19 to 50 need at least 1,000 milligrams of calcium a day.
- Women over age 50 and men over age 71 need at least 1,200 milligrams of calcium a day.

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium and magnesium to increase bone density and strength.

Foods vs. Supplements

Supplements can't duplicate what foods offer naturally. If you don't drink milk or consume other dairy products, make sure you're eating plenty of non-dairy sources of calcium and calcium-fortified foods and beverages. Consult with your doctor about taking a calcium supplement with vitamin D, especially if you have reached menopause or post-menopause.

A registered dietitian nutritionist can help you choose the best supplement for your bones and talk with your health care provider to determine if you may be at risk for osteoporosis.

Source: eatright.org

Contributors: Esther Ellis, MS, RDN, LDN

OCTOBER 2023 MENU • AT HHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Services closed for Mother Cabrini Day	TUESDAY ◆ NO LUNCH SERVED	4 BBQ Pulled Pork, Almond Green Beans, Garlic Polenta, Dinner Roll, Green Salad, Brownie	5 Herb Roasted Chicken, Broccoli, Roasted Potatoes, Caesar Salad, Pound Cake and Whipped Cream	6 BLT, Vegetable Pasta Salad, Potato Chips, Watermelon, Brownie
9 Chicken, Rice and Vegetable Stew, Bread Bowl, Fresh Orange, Green Salad, Granola Bar		11 Shrimp Curry Veggie Stir-fry, Coconut Rice, Asian Slaw, Brownie	12 Sloppy Joes, Creamed Spinach, Steak Fries, Green Salad, Chocolate Chip Cookie	13 Cold Fried Chicken, Potato Salad, Grilled Vegetable Salad, Pound Cake with Strawberries
16 Beef Stroganoff, Pasta, Mixed Vegetables, Green Salad, Peanut Butter Cookie		18 Beef and Broccoli, Brown Rice, Vegetable Stir Fry, Egg Roll, Bibb Lettuce w/Seaweed, Chocolate Mousse	19 Veggie Lasagna, Roasted Squash, Garlic Bread Caesar Salad	20 Tuna Salad on Rye, Tomato, Lettuce & Onion, Potato Chips, Green Salad, Chocolate Éclair
23 Rigatoni & Meat Sauce, Squash Medley, Garlic Bread, Caesar Salad, Doughnut		25 Chicken Alfredo, Mixed Vegetables, Penne Pasta, Spinach Strawberry Feta Salad, Jello Cup	26 Green Chili Pork Hominy, Mixed Vegetables, Brown Rice, Green Salad, Lemon Bars	27 Chicken Salad, Baguette, Fruit Salad, Green Salad, Brownie
30 Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Green Salad, Chocolate Chip Cookie				

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 September & October will be served at the HHS Building, 0405 Castle Creek Rd. Meals provided by Aspen Catering.**



Redstone Senior Days

At the Redstone Inn

Redstone programs open to all!

RSVP: (970) 920-5432

OCTOBER 17

12:00 p.m. – Lunch (\$10)

RSVP by the Thursday prior as space is limited. Plated lunch will be served. There will be a gluten-free option.

12:45 p.m. – Program

History's Mysteries
With Christi Couch
featuring Marble's History.

WANT TO BE KEPT IN THE LOOP?

Send us your email address:
seniors@pitkincounty.com

Senior Spooktacular

TUESDAY, OCTOBER 31st
at the Redstone Inn



BLIZZARD BOXES 9:00AM - 2:00PM

- 3-day supply of shelf-stable food to have on hand in winter
- For Pitkin County seniors in rural areas, at no cost to you
- Order your Blizzard Box by calling (970) 920-5432

FLU SHOTS 9:00AM - 11:30AM

All ages welcome!

- Regular – \$30
- High-dose – \$75 (recommended for age 65+)
- Covered by Medicaid, Medicare and some insurance; bring your card
- New COVID boosters also available

SMILES FOR SENIORS 9:00AM - 4:00PM

- Call for an appointment (970) 920-5420
- Cleaning & Screening – \$85 (financial assistance available)

ADDITIONAL SERVICES 9:00AM - 2:00PM

- Consultations on Care Navigation, Economic Assistance, Veterans Services, and Medicare

LUNCH 12:00PM

- Please RSVP by noon the Friday prior: (970) 920-5432
- \$10 – followed by dessert and Halloween treats

MEDICARE PRESENTATION 12:45PM

- Medicare Open Enrollment Info
- Individual assistance also available



Costumes Encouraged!

Medicare Open Enrollment

INFORMATION SESSIONS

Brought to you by:



THURSDAY, OCT. 5 • 1:00
Human Services Building

TUESDAY, OCT. 31 • 12:45
Redstone Inn

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.

FOR MORE INFORMATION

SHIP Medicare Coordinator:

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

Pitkin County Senior Center:

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

High Country Volunteers:

(970) 947-8462
For Glenwood Springs Appointments

FLU & COVID VACCINES

AVAILABLE OCTOBER 16, 17 & 18 • 11:00 AM—1:00 PM

(timing is flexible, please call (970) 920-5432 to arrange if needed)
Register for same-day service or set a time for later in the week.

Flu Shots

Out of pocket cost - Standard dose - \$30
High dose - \$75 (recommended for 65+)
Fees are covered by Medicare, Medicaid and certain insurance. Please bring your Medicare card if you have one, or bring your Medicaid card, insurance card or other form of payment.

COVID

Covered by Medicare. Inquire about out of pocket costs for those with other insurance.

RSV vaccines are covered by Medicare Part D. Please contact your pharmacy for an RSV vaccine.



"SMILES FOR SENIORS" DENTAL CLINIC



THURSDAY, OCTOBER 19 • 9:00 AM—4:00 PM
COMMUNITY HEALTH SERVICES
405 CASTLE CREEK RD, ASPEN

Ages 60+. Standard treatment and screenings offered for \$85. Financial assistance may be available, please inquire when you schedule your appointment.

FOR QUESTIONS OR SCHEDULING, CALL COMMUNITY HEALTH (970) 920-5420.

PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH • PITKIN COUNTY LIBRARY

TUESDAY, OCTOBER 24 • 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

Fall[!] HEALTH FAIR

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

Book your appointment today

Online aspenhospital.org/health-fair,
or by phone **1.800.217.5866**
Monday - Friday, 9:00 am - 4:00 pm

October 20 & 21

ASPEN
Aspen Valley Hospital
0401 Castle Creek Road

October 22

EL JEBEL
Eagle County Community Center
20 Eagle County Dr, El Jebel



OCTOBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 2:30-4:30 Knitters & Yarn Crafters @ Library	2 Senior Center Closed Mother Cabrini Day	3 10:00 Balance Class @ AVH conference room 10:00 WindWalkers visit	4 10:30 Yoga @ ARC 12:00 Lunch @ HHS	5 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:00 Medicare Open Enrollment info @ HHS	6 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	7
8 2:30-4:30 Knitters & Yarn Crafters @ Library	9 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Active Art @ HHS	10 10:00 Balance Class @ AVH conference room	11 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS 6:00 Tatvamasi Meditation @ Library	12 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries @ Library	13 Yoga class canceled 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	14
15 2:30-4:30 Knitters & Yarn Crafters @ Library	16 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Watercolor Painting Intro @ HHS	17 9:00-11:00 Chat with a Gerontologist @ HHS Redstone Senior Day: History's Mysteries 10:00 Balance Class @ AVH conference room	18 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Fresh Conversations: "Keeping Your Bones Healthy" 1:00 Senior Services Council @ HHS	19 9:00-4:00 Smiles for Seniors—to schedule, call 970-920-5420 12:00 Lunch @ HHS	20 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Music with Dan Sheridan 1:30 Brush Up Your Bridge @ HHS	21
22 2:30-4:30 Knitters & Yarn Crafters @ Library	23 10:30 Yoga @ ARC 12:00 Lunch @ HHS	24 10:00 Balance Class @ AVH conference room	25 10:30 Book Club @ HHS 10:30 Yoga @ ARC 12:00 Lunch @ HHS 2:30 Power of Perspective @ Library 6:00 Tatvamasi Meditation @ Library	26 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	27 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	28
29 2:30-4:30 Knitters & Yarn Crafters @ Library	30 10:30 Yoga @ ARC 12:00 Lunch @ HHS Halloween Party	31 Redstone Senior Day: Senior Spooktacular 9:00-11:00 Chat with a Gerontologist @ HHS 10:00 Balance Class @ AVH conference room				



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

OCTOBER 17 & 31
9-11 a.m.

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



FRESH CONVERSATIONS

Sponsored By:



Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

OCTOBER 18: 1-2 p.m.
Keeping Your Bones Healthy

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

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, Oct. 11 & 25 • 6 p.m.**
At the Pitkin County Library
Open Zoom and click: "Join a Meeting"
Enter Meeting ID: 8308 3380 107 • Passcode: love

RSVP & More Information: (970) 920-5432



ROARING FORK PSYCHOLOGY

FUNDING PROVIDED IN PART BY:



Alzheimer's & Dementia Caregiver Support Group

led by Dr. Clair Rummel, PhD

Date: 3rd Thursday of each month
Time: 10:30am - 12:00pm
Location: Basalt Public Library
Cost: Free

For Info or Questions:
Dr. Clair Rummel • 970.236.6394

