

# THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

September 2023



ROTARY CLUB

leaf tour

**SATURDAY  
SEPT. 23**

10 a.m. – 2 p.m.

RSVP: 920-5432

- \$15 includes a drive in the mountains and lunch at a beautiful spot
- Meet at the Human Services Building (0405 Castle Creek Rd.) at 10:00 a.m. for coffee & doughnuts
- Note: the excursion may require a 200 yard walk
- Reserve by Wednesday, Sept. 20 – space is limited!

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**SENIOR SERVICES WILL BE  
CLOSED MONDAY, SEPTEMBER  
4 FOR LABOR DAY.**

2ND ANNUAL • EAGLE, GARFIELD & PITKIN COUNTIES

# AGE FRIENDLY EXPO

**FRIDAY, SEPTEMBER 22**

9 a.m. – Noon • At the Eagle County Community Center  
0020 Eagle County Drive • El Jebel

Come learn about local resources to help “Age in our Communities.” All are welcome!

## This FREE Event Includes:

- **Informational Presentations:**  
9:30 – 10:30 a.m.  
Updating your Will & Powers of Attorney with Attorney Jamie Roth  
10:45 – 11:45 a.m.  
Medicare Basics & Updates with Jonnah Glassman
- **Live Music**  
with Ellen Stapenhorst
- **Community Resources**
- **Bake Sale**

Community partners and organizations will be here with information about their programs and services, including:

- AARP
- Alpine Legal Services
- Area Agency on Aging of Northwest Colorado
- Aspen Art Museum
- Aspen Compassion
- Aspen Compassion Adventures
- Aspen Valley Hospital Clinics
- Carbondale Age-Friendly Collaborative Initiative
- Eagle County Healthy Aging
- Economic Assistance
- Garfield County Senior Services
- High Country Volunteers
- Housing Resources
- Mountain Family Health
- Northwest Colorado Options for Long Term Care
- Pitkin County Senior Services
- RFTA
- Right At Home In Home Care & Assistance
- Roaring Fork Home Care
- Roaring Fork Senior Living
- Senior Matters
- SHIP Medicare Assistance
- Sopris Lodge
- Valley Meals and More
- Veterans Services
- Vintage
- Whitcomb Terrace
- With An Open Heart Senior Care

Brought to you by:



For More Information: (970) 920-5432

# OFFERINGS FROM THE LIBRARIES



Visit [pitcolib.org](http://pitcolib.org) or information and sign up details for events, programs & activities.

## MONTHLY CLASSICAL MUSIC STUDIO

**Saturday, September 2 | 4:00-6:00 p.m.**

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

## WONDER, WORDS AND WISDOM:

**A Writing Workshop with Wendy Videlock**

**Thursday, September 7**

**Workshop 5:15-6:30 p.m. | Open Mic 7:00-8:30 p.m.**

Everybody will create a poem or the makings of a poem and all are invited to share their poem at the Open Mic. All skill levels welcome. Advanced registration required for the workshop. The Open Mic is open to all!

## BOOKBINDING

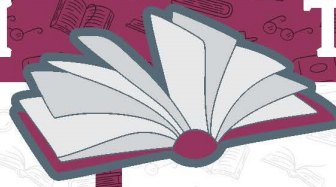
**Saturday, September 9 | 3:30-5:30 p.m.**

Make your own single signature journal and learn beginner bookbinding skills. Future events will build on skills learned in this session. For teens and adults.

## LITERATURE OUT LOUD

**Tuesday, September 19 | 5:30-6:30 p.m.**

Pat Holloran will read Graham Greene's "The Destructors," a tale of a clash between pre-war and post-war generations. Mike Monroney will voice "The Last Word", a poignant look at the future of organized religion.



Please visit [basaltlibrary.org](http://basaltlibrary.org) for more events, programs and details, plus registration info.

## INTERNET SAFETY BASICS

**Tuesday, September 5 | 4:30-5:30 p.m.**

Learn tips to help keep your computer and personal info safe as you use the internet and check your email. This class will cover basics like how to choose a good password, secure your email account, and more.

## LET'S PLAY BRIDGE!

**Thursdays, September 7-28 | 4:00-6:00 p.m.**

All experience levels and drop-ins are welcome. Bridge will be led by Courtney Keller, who will review the rules and opening moves and give pointers along the way.

## 9/11 ANNIVERSARY DIGITAL LEARNING EXPERIENCE

**Monday, September 11 | 5:00-6:00 p.m.**

Join us to commemorate the 22nd anniversary of 9/11. There will be an interactive live chat with the 9/11 Memorial Museum staff as well as a film highlighting first-person accounts of the attacks and their aftermath.

**Libraries are closed on Monday, September 4th for Labor Day.**



**PITKIN COUNTY  
SENIOR SERVICES**  
Aging Well in Our Community

**BUT SENIOR SERVICES  
CONTINUE!**

## EXTENDED UNTIL THANKSGIVING

(Due to a manufacturing delay)

- 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](http://PitkinSeniors.com) • (970) 920-5432

## CONCEPT OF A VISUALIST: HERBERT BAYER'S WORLD GEO-GRAPHIC ATLAS

**GUIDED TOUR: Tuesday, September 28 • 1 p.m.**  
610 Gillespie Avenue • Aspen

This exhibit examines Herbert Bayer's 1953 World Geo-Graphic Atlas, a landmark work of visual education and modernist design. Drawing on a wide range of original artworks, print media, and photographic documentation, this exhibition examines the sources, creative processes, and intellectual exchanges through

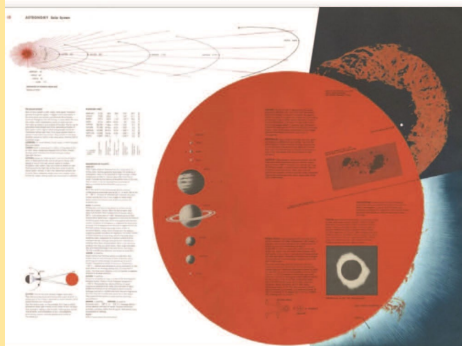


Image: Bernard Jazsar & the Graphic Designer KVD

which Bayer and his collaborators realized this fascinating work. In addition to exploring Bayer's contributions to map design and scientific illustration, Concept of a Visualist provides new insights into Herbert Bayer's larger body of artwork and highlights the atlas's continued relevance for audiences today.

resnick center for  
**herbert bayer studies**

**RSVP:**  
**(970) 920-5432**



## Recreation & Fitness

### RECREATION CENTERS:

Please note: The ARC will be closed September 9-17 for its annual cleaning and maintenance.

CHECK WEBSITES FOR LATEST INFO.

**THE ARC:** Please check [aspenrecreation.com](http://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](http://aspenrecreation.com/activities/home-based/adult)



### THE SNOWMASS VILLAGE REC CENTER:

Go to [snowmassrecreation.com](http://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](http://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**

Please note: The ARC will be closed September 9-17 for its annual cleaning and maintenance. No classes will be held then.

**YOGA—MONDAY, WEDNESDAY & FRIDAY IN ROOM 209 BEHIND THE SNACK BAR • 10:30 AM** 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](http://meet.google.com/qhw-grwp-dvp) • CHRISTI COUCH



## 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

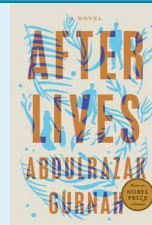
This group is open to yarn & thread crafters of many kinds.  
Call (970) 920-5342 for more information.



### SENIOR CENTER BOOK CLUB

WEDNESDAY, SEPTEMBER 27 • 10:30 AM • LOCATION TBD (LIBRARY OR HHS BLDG)

(call 970-920-5432 for location information)  
Book selection: AFTERLIVES by Abdulrazk Gurnah



### HISTORY'S MYSTERIES WITH CHRISTI COUCH

THURSDAY, SEPTEMBER 14 • 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.



### LEARN TO DRAW A PET PORTRAIT

MONDAY, SEPTEMBER 11 • 1:00 PM  
PITKIN COUNTY LIBRARY

Joan Tidwell will share tips from what she calls "one of the best classes I've ever taken. You'll see anyone can draw with a little assistance."  
If you have a special pet you want to draw please email a picture of it to [joantidwell@gmail.com](mailto:joantidwell@gmail.com) a couple of days before class, or let her know what type of pet you would like to draw. Sign up at 970-920-5432



### PITKIN COUNTY LIBRARY BOOK BIKE

@ HHS BUILDING

MONDAY, SEPTEMBER 25 • 12:00 PM

Come pick up a book, or three  
They're yours to keep—for free!



### MUSIC WITH MARK & ROBIN GOODMAN

FRIDAY, SEPTEMBER 29 • 12:30 PM • HHS BUILDING

Mark & Robin had such a good time performing in August, they're coming back for more! Their musical repertoire encompasses a wide range of genres and eras—from the British Invasion to traditional Americana.





## NUTRITION RESOURCES

### FOOD ASSISTANCE PROGRAMS

#### MOBILE PANTRIES

**ASPEN/UPPER VALLEY: SEPTEMBER 13 & 27 —**

Buttermilk Parking area

**2ND & 4TH WEDNESDAY • 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](http://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



### HEALTHFUL EATING WITH DIABETES

Millions of Americans live with diabetes, both diagnosed and undiagnosed. Changing eating habits can be the most challenging aspect of diabetes self-management, but diabetes is manageable.

Managing diabetes means maintaining healthy blood sugar levels. Along with proper medication and physical activity, this also requires balancing the foods you eat.



- Eat a variety of foods. Choose foods from each food group every day, and don't be afraid to try new foods.
- Make half your plate fruits and vegetables. Fruit contains fiber, vitamins and minerals and can satisfy your sweet tooth. Include more non-starchy vegetables including leafy greens, asparagus, carrots and broccoli each day. Also, choose whole fruit more often and juice less often.
- Choose healthy carbohydrates. Increase the amount of fiber you consume by eating at least half of all grains as whole-grain foods each day. Brown rice, buckwheat, oatmeal, whole-wheat breads and cereals are good sources of fiber.
- Eat less fat. Choose lean meats, poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products. Enjoy meatless meals by swapping out meat for lentils or tofu.
- Cut the salt. Use less salt and more pepper, herbs and seasoning. Eating less salt helps control high blood pressure.
- Avoid skipping meals. Skipping meals can make you more hungry, moody and unable to focus. Learn what works best

for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy for you and stick with it.

- Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think.
- Watch portions. You don't need to cut out carbohydrate-rich foods but it is important to eat a balance of them spread evenly throughout the day. Read food labels and pay attention to portion sizes and carbohydrate content.

A registered dietitian nutritionist can help you develop a personalized eating plan to manage your diabetes, ensuring you're getting the proper amount of carbohydrates, proteins and fats in your diet.

Source: eatright.org • Esther Ellis, MS, RDN, LDN

#### BLOOD SUGAR CONTROL IN DIABETES, PRE-DIABETES AND FOR OVERALL HEALTH

**THURSDAY, SEPTEMBER 7 • 12:45 PM • HHS BLDG**

Learn about diabetes prevention, diabetes management, and how controlling blood sugar levels can improve overall health for everyone.

*Patti Murphy is a Registered Dietitian and Certified Diabetes Educator. She has worked in group education as well as 1:1 nutrition counseling on many nutrition and health topics, such as healthy aging, diabetes and pre-diabetes, heart disease, and weight management.*

To arrange 1:1 nutrition counseling session with Patti, call (970) 920-5432. This service is offered free of charge (You may make a donation to Vintage if you wish).

# SEPTEMBER 2023 MENU • AT HHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO LUNCH SERVED			<b>1</b> BLT, Vegetable Pasta Salad, Potato Chips, Brownie, Watermelon
<b>4</b> Senior Services closed for Labor Day		<b>6</b> Beef and Cheese Taco, Sweet Corn, Rice, Beans, Salsa, Southwest Salad, Lemon Squares	<b>7</b> Grilled Salmon, Caper Cream, Mixed Vegetables, Brown Rice, Green Salad, Tapioca Pudding	<b>8</b> Cold Fried Chicken, Potato Salad, Grilled Vegetable Salad, Pound Cake
<b>11</b> Chicken Marsala, Mushroom Pasta, Vegetable Medley, Caesar Salad, Tiramisu Cake		<b>13</b> Burgers and Fixings, Green Pea Salad, Steak Fries, Red Leaf Olive Feta, Brownies	<b>14</b> Swedish Meatballs, Peppers, Onions & Carrots, Herbed Orzo, Caprese and Greens, Doughnut	<b>15</b> Tuna Salad, Rye Bread, Tomato, Lettuce & Onion, Green Salad, Chocolate Éclair
<b>18</b> Rigatoni & Meat Sauce Squash Medley, Garlic Bread, Caesar Salad, Doughnut		<b>20</b> Philly Cheese Steak, Peppers & Onions, Roasted Potatoes, Iceberg & Bleu Cheese Cream Puffs	<b>21</b> Chicken Parmesan, Roasted Eggplant, Pasta, Garlic Bread, Caesar Salad, Cookie	<b>22</b> Chicken Salad, Baguette, Fruit Salad, Green Salad, Brownie
<b>25</b> Meatballs Marinara, Pasta, Mixed Vegetables, Green Salad, Brownie		<b>27</b> Steak and Eggs, Breakfast Potatoes, Roasted Red Peppers & Onions, Spinach Gratin, Sweet Pastry	<b>28</b> Chicken Teriyaki, Brown Rice, Veg Stir-fry & Asian Dumpling, Asian Green Salad, Chocolate Cake	<b>29</b> Turkey Sandwich with Avocado & Tomato, Vegetable Pasta Salad, Potato Chips, Brownie

**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.**



**Save the date!**

## Fall HEALTH FAIR

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

**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

All appointments 8:00 - 11:30 am

### Lab Tests Offered

- HealthScreen w/CBC - \$75 (Fasting Required)
- hsCardio CRP - \$40
- Hemoglobin A1C & EAG - \$40
- PSA, Total - \$45


- Vitamin D - \$50
- T3, Free - \$30 **(New!)**
- T4, Free - \$30 **(New!)**
- CBC (Complete Blood Count) - \$30 **(New!)**

MAKE YOUR APPOINTMENT ONLINE OR BY PHONE  
STARTING SEPTEMBER 13.

Check our ads in the newspaper closer to the date.  
Visit [aspenhospital.org/health-fair](http://aspenhospital.org/health-fair) or scan the code for complete details.



 ASPEN VALLEY HOSPITAL



**PITKIN COUNTY SENIOR SERVICES**  
— REDSTONE — **Redstone Senior Days**  
Aging Well in Our Community At the Redstone Inn

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**

**SEPTEMBER 12:**  
**Veterans Services and Economic Assistance** program information. The representatives are from Pitkin County but the information is generally applicable wherever you reside.

**SEPTEMBER 26:**  
**Tour of Redstone** with Becky Trembley from the Redstone Historical society

WANT TO BE KEPT IN THE LOOP?

Send an email to: [seniors@pitkincounty.com](mailto:seniors@pitkincounty.com)

# Medicare Open Enrollment



## OCTOBER 15 - DECEMBER 7

### 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](http://www.medicare.gov); click the button "Find Health & Drug Plans." For questions or assistance, reach out to the resources listed on the right.

Pitkin County, Eagle County and Vintage will be hosting informational presentations this fall. Stay tuned for more details.

### FOR MORE INFORMATION

#### 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



### JOINT PAIN PREVENTION AND TREATMENT MONDAY, SEPTEMBER 18 • 2:00 PM PITKIN COUNTY LIBRARY

With years of experience and specialized training, Dr. Pevny is recognized for his orthopedic expertise, who specializes in knee and shoulder injuries, sports medicine, trauma, total joint replacement, and joint preservation. He teaches seminars throughout the world and is involved in the training of orthopedic fellows and residents. Dr. Pevny is an accomplished athlete with a passion for returning patients to their sporting pursuits.

Dr. Pevny will discuss joint pain prevention and treatment along with new advances in technology. There will be plenty of time for a Q&A session as well.



### "SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, SEPTEMBER 14 • 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, SEPTEMBER 26 • 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](mailto:adam.lazaro@pitkincounty.com)  
Phone: (970) 319-5169 • Available by appointment for office visits

### ALPINE LEGAL SERVICES

Call (970) 945-8858 for consultations and referrals.



### MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, SEPTEMBER 13  
12:45-2:00 PM @ HHS BUILDING  
15-MINUTE CHAIR MASSAGE

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



# SEPTEMBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					<b>1</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	<b>2</b>
<b>3</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>4</b> <b>Senior Center Closed for Labor Day</b>	<b>5</b> 10:00 Balance Class @ AVH conference room	<b>6</b> Yoga class canceled 12:00 Lunch @ HHS	<b>7</b> 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS <b>12:45 Nutrition Talk: Blood Sugar Control</b>	<b>8</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	<b>9</b>
<b>10</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>11</b> Aspen Rec Center Closed • No Yoga 12:00 Lunch @ HHS <b>1:00 Pet Portraits w/ Joan Tidwell @ Library</b>	<b>12</b> Aspen Rec Center Closed 10:00 Balance Class @ AVH conference room <b>Redstone Senior Day: Veterans services and Economic Assistance</b>	<b>13</b> Aspen Rec Center Closed • No Yoga 12:00 Lunch @ HHS <b>12:45 Massage with Joanne Johnson @ HHS</b> <b>1:00 "Fresh Conversation: Cancer: Preventable, Not Inevitable"</b>	<b>14</b> <b>9:00-4:00 Smiles for Seniors</b> Aspen Rec Center Closed • No Yoga 12:00 Lunch @ HHS <b>1:30 History's Mysteries @ Library</b>	<b>15</b> Aspen Rec Center Closed • No Yoga 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge	<b>16</b>
<b>17</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>18</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>2:00 Joint Pain Prevention &amp; Treatment @ Library</b>	<b>19</b> 10:00 Balance Class @ AVH conference room	<b>20</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS	<b>21</b> 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	<b>22</b> <b>9:00-12:00 Age Friendly Expo @ Eagle County Bldg—El Jebel</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	<b>23</b>
<b>24</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>25</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>12:00 Book Bike @ HHS</b>	<b>26</b> 10:00 Balance Class @ AVH conference room <b>Redstone Senior Day: Historical Tour of Redstone</b>	<b>27</b> <b>10:30 Book Club @ HHS or Library</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>6:00 Tatvamasi Meditation @ Library</b>	<b>28</b> 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS <b>1:00 Bayer Exhibit Tour</b>	<b>29</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>12:30 Mark &amp; Robin Goodman Music</b> 1:30 Brush Up Your Bridge @ HHS	<b>30</b>



## PITKIN COUNTY SENIOR SERVICES

0275 Castle Creek Road  
Aspen, CO 81611

RETURN SERVICE REQUESTED

**Pitkin County is an Age-Friendly Community**

[pitkinseniors.com](http://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](mailto:seniors@pitkincounty.com)

There is no charge for subscription.

Donations are welcome!

#### OUR MISSION:

To facilitate quality of life and independence for individuals over age 60.

Programs take place at the Pitkin County Senior Center unless otherwise indicated.

FUNDING PROVIDED IN PART BY:



## Nutrition Education Online Series

Join Registered Dietitian  
Patti Murphy and learn:

### Summer 2023

**July 19: 1pm - 2pm**

Summer Check Up: Goal  
Setting for Better Health

**August 16: 1pm - 2pm**

Fresh Herbs: Don't Miss Out  
on Summer Flavor

**September 13: 1pm - 2pm**

Cancer: Preventable, Not  
Inevitable

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

Register for one or all topics in the series through Zoom @:

[www.tinyurl.com/SummerFreshConvo](http://www.tinyurl.com/SummerFreshConvo)

Or email Patti

[pattimurphyrd@gmail.com](mailto:pattimurphyrd@gmail.com) for more information/assistance

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## 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, Sept. 27 • 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

