Our mission: To facilitate quality of life and independence for individuals over 60.

Economic Assistance Monthly Visits
3rd Thursday of the month
Next visit: April 19th 10:30-1:00
Ligia Bonilla and Sandi Centofante from the Pitkin County Economic Assistance Department will be at the Senior Center monthly to assist with questions and applications for Public Assistance, including: the Supplemental Nutrition Assistance Program (SNAP/Food Assistance), additional Medicaid services and the Old Age Pension program (OAP). They can also provide other referrals for assistance.

Live Wire Choir with Julie Paxton
Fridays, April 27-May 25 at 11:00
Dust of your rusty pipes and become a Live Wire ~ Singing improves your physical and mental health!
Learn fun songs beginning with simple rounds and end up with multi-part harmony. We will mainly sing for ourselves, but might perform for an audience when ready, or even go on the road! Reading music is not a requirement, but please bring a recording device (cell phone or voice recorder) to enable you to practice the songs on your own (since the group only rehearses once a week).

Adult Protection and Care Navigation with Joe Ramsey, MSW
Wednesday, April 11th at 12:45
What options exist if you are worried about a friend, neighbor or loved one? Perhaps you are looking for assistance for yourself. Joe will explain the systems and services available in Pitkin County to assist adults working through challenges in later life.
Referrals for adult protection and care navigation in Pitkin County are handled through the state hotline. If you would like to make a referral, please call 844-264-5437.

Energy Efficiency at Home
Thursday, April 5 at 12:45
with Mary Weiner from Holy Cross Energy
Learn ways to save money by being more efficient in your home. Mary is happy to answer any specific questions you may have on rebates, alternative payment options, lighting, insulation and more. You may also sign up for a FREE home energy visit where Mary will come to your home and help you sort it all out as well as install some LED light bulbs.

Senior Housing Planned for Independence Ghost Town
Rustic charm expected to have wide appeal – minimal upgrades proposed. Plans revealed on April 1.

Circle of Friends Tech Assistance: NOW MEETS SECOND WEDNESDAY OF THE MONTH
April 11th 2:30-4:00 p.m.
Receive 1:1 tech help from the experts: Aspen High School Students.
Bring your laptop, tablet or smart phone. Please RSVP 920-5432.
Refreshments sponsored by the Senior Services Council and Paradise Bakery.
Need help at a different time? High school students might be available to come to the Senior Center during their free periods. Call (970) 920-5432 with your request.
Hand and Foot Massage with Fred Alderfer
Monday, April 16th 1:00-3:00
Fred recently received training in hand and foot massage and would like to offer his skills at the Senior Center. Please call 920-5432 to sign up for a 30-minute slot. No charge, donations accepted.
Fred has lived in Aspen for 50 years and enjoys being of service in his community.

“Hot Picks” Library Books
The Pitkin County Library has been donating books fresh of their shelves. They are available near the large windows at the Senior Center. These popular and best-selling titles are yours to keep!

John Hatanaka: Mindful Music
Monday, April 23 at 12:45
John has been playing music since he picked up a guitar at age ten. He’s played for audiences in Australia, Japan, and Thailand and his songs have shaped the adventures that he continues to paint and lead. He hopes that the music will inspire others to explore and live gently with the world.

Religious Traditions Series: Judiasm
Thursday, April 26 at 1:00
with Chad Federwitz, MA
In and around the Valley, people from all over the world and of different faiths enjoy the awe and joy of Mother Nature. What do their faith traditions have in common? How do they differ? In this next seminar of a series on Religious Traditions, we will look at and discuss Judaism:
• What are the core beliefs?
• What similarities and differences does it have compared to other traditions?
• What foundational knowledge about Judaism would be helpful for us all to understand?

15-minute Chair Massage
with Joanne Johnson
Wednesday, April 11th 12:45-2:00
Sign up 920-5432. No charge, donations accepted.

ARCDance Performance
Friday, April 6 at 3:30 p.m.
Students in Candace Sipsey’s ARCDance class ages 6-16 will perform jazz, hip hop and tap at this Senior Center performance.

Total Brain Health®: A Whole Brain Workout
Next session starting May 1 at 1:00
This course is based on decades of research and science which shows better brain health can be achieved through regular brain workouts, combined with a healthy diet and an active and social lifestyle, no matter your age.

The 6-week program focuses on the wellness spectrum of mind, body and spirit for maintaining a healthy brain. Weekly sessions on Tuesdays at 1:00 last up to 1 hour, with a different brain workout challenge assigned each week. You must enroll for the series.

Space is limited. The first group is currently in session and gives the program high praise.
Facilitated by Mary Barbour, Grace Charley and Crichelle Brice.
Call (970) 920-5432 to sign up.
Cost: $30 for the 6-week program.
Help with Medicare:
TJ Dufresne, the SHIP/SMP coordinator for Pitkin County (and several other nearby counties), makes frequent visits to the valley.

Pitkin County Senior Services
- Monday, April 23rd 10:00 a.m. – 4:00 p.m.
- Call (970) 920-5432 to schedule

All Medicare questions and enrollment assistance
Appointments are also available:
- In El Jebel at the Eagle County Building (970) 328-7862
- Patty Kravitz / Pitkin County Senior Center (970) 920-5432
- RSVP in Glenwood Springs; call (970) 947-8462 to schedule
- Or call TJ Dufresne directly at (970) 468-0295 x120

New Medicare Cards
Starting this month, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security Number so we’re removing Social Security Numbers from all Medicare cards to make them safer.

Your new card will have a new Medicare Number that’s unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverage and benefits stay the same.

And there’s more good news—Medicare will automatically mail your new card at no cost to the address you have on file with Social Security. There’s nothing you need to do! If you need to update your official mailing address, visit your online https://www.ssa.gov/myaccount/ or call 800-771-1213

Once you get your new Medicare card, take these 3 steps to make it harder for someone to steal your information and identity:
- Destroy your old Medicare card right away.
- Use your new card. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards. They are ready to accept your new card when you need care.
- Beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. Treat your Medicare Number like you treat your Social Security or credit card numbers. Remember, Medicare will never contact you uninvited to ask for your personal information.

For more information about your new Medicare card, visit go.medicare.gov/newcard. You can also visit Medicare.gov for tips to prevent Medicare fraud.

Help Prevent Cancer By Taking Control of Your Diet
Reviewed by Taylor Wolfram, MS, RDN, LDN

Chances are your life has been touched by cancer. The good news is that there are measures you can take to help prevent the disease. Your diet is one of the most important factors under your control. While there is a strong genetic component to cancer risk, lifestyle changes can prevent around one-third of all cancer deaths.

Eating well can help you prevent and beat cancer in a variety of ways. A nutritious diet can lower your risk for developing cancer. And, if you have been diagnosed, eating well can positively support treatment, and help you live well for years to come after treatment.

Here are some general guidelines to help reduce your cancer risk through eating right:

- Maintain a healthy weight to reduce your risk of cancer and other diseases. The connection between cancer and obesity varies widely for different cancer types, but is as high as 50 percent for some cancers, particularly endometrial cancer and esophageal adenocarcinoma.
- Reduce your intake of calories from solid fats and added sugars. Foods with added sugars and fats can cause weight gain and leave little room for more healthful, cancer-preventive foods.
- Eat plenty of fruits and vegetables including beans, which are linked with a lower risk of certain cancers. Fill half your plate each meal with a variety of naturally nutrient-rich fruits and vegetables.
- Limit alcohol. Evidence suggests all types of alcoholic drinks may increase your risk of a number of cancers, including mouth, throat (pharynx), voice box (larynx), esophageal, liver, breast, colon and rectal. It’s unclear exactly how alcohol affects cancer risk. It is considered more harmful when combined with smoking. If you drink at all, limit alcoholic drinks to no more than one drink daily for women and two for men.

For more tips on reducing your risk or managing diseases through nutrition, consult a registered dietitian nutritionist in your area.
Source eatright.org   Reviewed January 2018

Cook Fast, Eat Slow
A Nutrition Talk with Sandy Holmes
Thursday, April 12 at 12:45

Learn tips for cooking quick healthy meals for one or two people, and discover how eating slowly and mindfully can improve your health.
Sandy Holmes provides inpatient and outpatient nutrition along with diabetes consultations. Over the years, she has taught nutrition classes for CMC and community weight loss classes. She has worked with Aspen School District and the Senior Center to assist with their health and wellness initiatives.
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<th>SUNDAY</th>
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<td>1:00 Total Brain Health</td>
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<td>12:00 Birthday Lunch</td>
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<td>2:00 Alpine Legal sign up 920-5432</td>
<td>12:00 Breakfast</td>
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<td>7:00 Alzheimer’s Support</td>
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<td>12:45 Adult Protection &amp; Care Navigation</td>
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<td>11-1 Food Pantry at Seniors 309-2064</td>
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<td>12:45-2:00 Massages</td>
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<td>2:30 Tech Help</td>
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<td>12:45 Cook Fast, Eat Slow</td>
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<td>3-5 p.m. Knitting</td>
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<td>10-4 Medicare 1:1 appts.</td>
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<td>12:00-2:00 Vets Coffee &amp; Donuts at Pitco Library</td>
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<td>12:00 Lunch</td>
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<td>12:45 John Hatanaka</td>
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<td>8:45 Yoga/10:00 Balance</td>
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<td>5:00 Deeksha Meditation</td>
<td>computer class</td>
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|--------|--------|| | | | |
| 9 & 10:00 Tai Chi/Qigong | 11:00 AIM | 12:00 Lunch | | | | |
| 3-5 p.m. Knitting Group | | | | | | |
| | | | Weekly Grocery Shopping: Mondays at 1:15 | | | |
| | | | Call 920-5432 for more info | | | |

Starting Tues., May 1
Total Brain Health
6-week series
info & sign up 920-5432
space limited

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April 2018 Activities Calendar -- Pitkin County Senior Services 0275 Castle Creek Rd Aspen, CO 81611 920-5432
### Fruit Bowl Angel: Seth Sachson

Senior Council Chairman Seth Sachson is the fruit bowl angel for April. In addition to his role as Animal Shelter Director, Seth devotes time to improving the lives of older adults in the community. If you are interested in donating funding for the fruit bowl, please call (970) 920-5432.

### Senior Center Groups & Clubs

**Knitting Group:** Sundays 3:00-5:00 Call Kathryn if you have questions 925-4249  
**Book Club:** Wednesday, at 10:45 a.m. April selection: *Pachinko* by Min Jin Lee  
**Mahjong:** Wednesdays and Fridays at 1:00  
Call Peg for more information 925-1960. All levels welcome.  
**Canasta:** Mondays at 1:00. New and learning players welcome!

### Alpine Legal Services

**Next sessions:** Tuesdays April 3 & May 1 at 2:00. Call 920-5432 for a free 15-minute consultation.

### Foot Care with Kristen Levey, RN

**Wednesday, April 4th, 1:00-4:00 p.m.**  
Schedule is full but you may join the waitlist: (970) 920-5432. Kristen Levey has been in the medical field for 15 years. She is working toward a Masters in Nursing with a focus on gerontology.

### Golf season is coming!

- The best season pass prices are available until March 31 at aspengolf.com  
- A Senior ID also allows locals age 62+ to play at the punch pass rate at certain times  
- For help purchasing your pass call (970) 429-1949

### Yoga: Tuesday (Mary Anderson) & Thursday (Betty Hoops)

8:45-9:45 Wonderful Hatha Yoga for any level—beginner to advanced. $5/class; $30/month.

### Balance Class: Tuesday and Thursday (Krista Fox & others)

10:00-11:00. The exercises and activities offered have proven to prevent falls. Taught by Occupational Therapists from AVH. Activities adaptable for any level. Free for all ages.

### Pilates Core & Balance:

(Christi Couch) Wednesday and Friday at 9:30-10:30 A core strength and balance class using the fundamentals of Pilates $5/class, $30/month.

### Special Events & Activities

 discus pachinko.  
**Apr 4—1:00-4:00 Foot Care Clinic**  
**Apr 5—12:45 Tips for Energy Efficiency at Home**  
**Apr 6—1:30 Active Art at the Aspen Art Museum**  
**Apr 6—3:30 ARCdance Performance**  
**Apr 11—12:45 Adult Protection & Care Navigation**  
**Apr 11—12:45-2:00 Massages with Joanne Johnson**  
**Apr 11—2:30-4:00 2nd Wednesday Friends Tech Help**  
**Apr 12—12:45 “Cook Fast, Eat Slow” with Sandy Holmes**  
**Apr 13—1:00 Friday Film “ACT: Jesus Christ Superstar”**  
**Apr 16—1:00 Fred Alderfer Hand and Foot Care**  
**Apr 18—1:00-3:00 Senior Services Council**  
**Apr 19—10:30-1:00 Pitco Econ. Assistance at Sr Ctr**  
**Apr 23—12:45 Acoustic Guitar Music by John Hatanaka**  
**Apr 26—1:00 Religious Traditions Series: Judaism**  
**Apr 27—11:00 Live Wire Choir Kickoff with Julie Paxton**  
**Apr 27—12:45 Newsletter Mailing—volunteers wanted!**

### Guided Meditation and Deeksha

When: Last Thursday of each month at 5:00 p.m.  
Where: Pitkin County Senior Services  
Who: All are welcome—this is an all ages activity.  
Information: (970) 920-5432. No cost.

### Recreation

For a full schedule of classes visit [www.aspenrecreation.com/fitness-wellness](http://www.aspenrecreation.com/fitness-wellness) or stop by the ARC, Red Brick to pick up a copy.  
**Senior (62+) rate is $8.00 per day, or use your membership to take classes.**  
The ARC, the Aspen Clinic in Basalt, and Carbondale Rec Center are participating SilverSneakers membership locations. To find out if your Medicare Supplement plan participates in SilverSneakers, call 866-248-5476. The Carbondale Rec Center is also a Silver & Fit site (part of some Rocky Mountain Health Plans). For listing of senior classes go to [carbondalerec.com](http://carbondalerec.com) Center Front Desk.

### Fitness Classes at the Senior Center

**Tai Chi/Qigong:** Monday classes at 9:00 (free/donations) & 10:00 (5$/class)  
(Ross Douglass) Helps reduce joint & arthritis pain; improve balance, breathing and grace. An additional class has been added due to popularity. Join for one or both.  
**Adventures in Movement (AIM):**  
**Monday** (Sana Rappaport) and **Wednesday** (Barbara Lish) 11:00-12:00 Gentle stretching, coordination, balance, and heart pumping actions; can be tailored to any level. FREE for 60+; under 60 = 5$/per class.

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Active Art with AAM
♦ Art Appreciation ♦ Museum Tours ♦ Application/Collaboration ♦

The monthly Active Art program provides older adults in the Roaring Fork Valley opportunities to access and engage with contemporary art and the wider community through art appreciation activities, museum tours, and collaborations with the museum.

Active Art at the Museum: Friday, April 6 at 1:30
Make a Psychedelic Felt Rug, inspired by Baseera Khan’s Psychedelic Prayer Rugs included in the Ritual exhibition. The group will take a tour to observe the rugs and note the symbols and multiple meanings before going to the workshop to brainstorm, then make compositions on felt that express who we are and what we care about. Refreshments will be served in the SO Café following studio time together. Meet there, or catch a ride from the Senior Center after lunch. RSVP 920-5432.

Active Art programs generously offered free of charge by the Aspen Art Museum. AAM education programs are made possible by the Questrom Education Fund. Go to www.aspenartmuseum.org for information about current exhibits.

Friday Film: “Jesus Christ Superstar” 1997 ACT stage production
April 13 at 1:00
This video recording features local talent, including Jere Rood, in an Aspen Community Theater performance from 2+ decades ago.

Literature Out Loud at the Library
Sunday, April 15 at 3:00
• Local talent reading great stories and essays; a different theme each month
• Similar to NPR’s program “Selected Shorts”
• Third Sunday of the month
Called “The writer most responsible for bringing modern science fiction into the literary mainstream,” the incomparable Ray Bradbury is featured in April. We’ll be hearing four of these wonderful tales, “There Will Come Soft Rains” and “The Night,” read by Pat Holloran; “The Fog Horn” and “The Lake,” read by Ed Foran. One author’s words, two different voices.

LAST MONTH TO APPLY:
Low Income Energy Assistance Program (LEAP)
LEAP assistance will pay a portion in a one-time payment directly to the energy provider. Assistance is determined by the homeowner’s monthly income and number of members living in the home. Benefit amounts range from $100 to $1,000.
LEAP applications are accepted November 1-April 30. 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://sites.google.com/a/state.co.us/cdhs-lead/

Alzheimer’s Support Group
Monthly on the first Wednesday at 7:00-8:00 p.m. at the Senior Center (next session: April 4th)
This group is to support the caregivers of people living with Alzheimer’s and dementia. Facilitated by Rita Cohen (970) 923-2560.
• For additional support & resources, contact Teresa Black of the Alzheimer’s Association in Grand Junction at tblack@alz.org
• 24/7 Alzheimer’s Association Helpline: 800-272-3900

Lift-Up: call to arrange a ride – 920-5432
Third Thursday visits accommodate participation in CSF Program (see below).
LIFT-UP Food is available 1 time per month. Please call your local office for details.
Aspen Tuesday, Wednesday & Thursday 11am-1pm 456 N. Mill Street #12 (next to Replay Sports) (970) 544-2009
Basalt Wednesday & Thursday 11am - 1pm Basalt Community United Methodist Church 167 Holland Hills Road (970) 279-1492
Additional locations in Carbondale, Glenwood Springs, New Castle, Rifle and Parachute. Call for info on what to bring for your first visit.
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.

Commodities Supplemental Food Program (CSFP, for Seniors 60 & Over) and TEFAP
FREE additional monthly box of food to eligible individuals.
Commodity food distribution will take place at Lift-Up's pantry at 465 N. Mill St #12 from 11:00 a.m. to 1:00 p.m. on the 3rd Thursday of every month. Call 544-2009 if you have any questions.

Mobile Food Pantry Food Assistance
Thursday, April 12th, 11:00-1:00
at the Forest Service Ranger Station in Aspen
806 West Hallam Street
The USDA is an equal opportunity provider and employer. No qualifications, forms, or fees. Please bring bags or a box. First come first served.
Tax Time: Senior Exemptions, Deferrals and Relief Programs

**Local Low-Income Senior TAX RELIEF**

Pitkin County Senior Services will soon be accepting applications for the local low-income senior tax relief programs. Applications will be mailed to previous qualifiers in January. The application deadline is: **Tuesday, April 17, 2018.**

Up to five separate subsidies are available to seniors, depending upon residency in the City of Aspen, Aspen School District and Pitkin County.

- **City of Aspen** programs include a property tax rebate and a water discount.
- **Aspen School District** has a property tax rebate.
- **Pitkin County** offers a heating fuel tax rebate and a property tax rebate.

Property owner must be a permanent resident, at least age 60, with gross income from all sources of less than $29,700 for a single or $40,050 for a couple. Additional requirements apply. Renters are also eligible to apply. Application forms for the local programs are available only through Senior Services. Call 920-5432 for more information or to have an application mailed to you. Home visits are available for homebound seniors.

**Colorado Senior Property Tax Exemption**

This program is based on your 2017 taxes, which are billed and **paid in 2018.** The deadline was July 15, 2017 to get your exemption on this year’s bill. **You only have to qualify one time, not every year — your name will remain on the list while you own your present home. You must be 65 and have owned and lived in your primary residence for 10 years.** If you are eligible and have never signed up, apply by July 2018 for your 2018 property taxes. A form is available at the County Assessor’s office in the Court House.

**Property Tax Deferral for Seniors:**

At age 65, Colorado seniors can opt to “defer” property taxes against the value of their home. Call the Treasurer 920-5170 for details and forms.

**CO Property Tax/Rent/Heat Rebate (104 PTC)**

Rebate for a portion of property tax and heating expenses paid. Must be 65 yrs. of age or be a surviving spouse at least 58 yrs, or disabled entire year. Single income in 2016 under $13,234 or a couple income below $17,839 annually (2017 income limits are not yet published). Contact CO Dept. of Revenue (303) 238-7378. [https://www.colorado.gov/pacific/tax/property-tax-heat-credit-104-pte-rebate-forms](https://www.colorado.gov/pacific/tax/property-tax-heat-credit-104-pte-rebate-forms)

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**Veterans Coffee & Donuts**

4th Tuesday of the month, 12:00-2:00 (Apr 24)

Pitkin County Library-mezzanine meeting room
Sponsored by Alpine Bank-Aspen

The Pitkin County Veterans Coffee events are open to all veterans. Meet, share stories, and receive information on resources and benefits available to veterans. Organizations who provide support for veterans will be invited to attend the events to share information about their programs. For more information, contact Janine Barth, Pitkin County Veterans Service Officer by phone (970) 429-6115 or (970) 987-4855, or email janine.barth@pitkincounty.com

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**Smiles for Seniors Mobile Dental Clinic**

Clinic hours 9:00 a.m. to 4:00 p.m.

**Upcoming Aspen Dates**

- April 13 at Health and Human Services
- April 18 at 405 Castle Creek Rd, Aspen

Includes professional cleaning, oral evaluations, screenings for dental decay, oral cancer or suspicious lesions, gingivitis (gum tissue infection), periodontitis (jaw bone infection), dental infection. Consultations and referrals provided.

If you have been unable to access routine cleanings and screenings, this is a great opportunity for professional care. For questions or scheduling, please leave a message for Kelly at 309-2064. Ages 60+.

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**Free Computer Class for the Pre-Tech Generation**

Based on the “Go2Work” Computer Job Skills Workshops

Saturdays 3:00 to 5:00 p.m. at CMC Aspen 255 Sage Way in the ABC

- Class includes basic computer, tablet and phone skills
- Microsoft Office — Word & Excel
- Gmail, Google Drive, Google Docs and Google Sheets
- Power Point, Slides, pictures and graphics
- Social Media — Facebook, Twitter and Instagram
- Instruction on additional topics available upon request

**Free—call Gina at (970) 424-9767 to reserve a space.** Transportation available upon request (970) 920-5432.

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**Free Tax Return Preparation—Basic Returns Only**

- Appointment required
- This service is provided by volunteer retired business and income tax professionals
- Available to low- and moderate-income persons of all ages
- Appointments will be held at the Pitkin County Library
- Continues through April 5 (Thursday afternoons)
- Call Don Davidson at 925-3118 for an appointment

**Also available:** Tax Return assistance through the Retired Senior Volunteer Program (RSVP) in Glenwood Springs. An AARP Tax-aide Program serving clients from Aspen to Craig. Call 970-945-1596 for details and appointments.

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**Newsletter via email—Did you know:**

- 1/3 of newsletter recipients get it via email?
- Email subscribers get the newsletter faster & in color?
- Don’t miss a thing—to start your electronic subscription, email patty.kravitz@pitkincounty.com
# MENU
## APRIL 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Italian Sausage</td>
<td>Chicken Piccata</td>
<td>Meatloaf</td>
<td>Lemon Parmesan</td>
</tr>
<tr>
<td>Spaghetti &amp; Marinara Sauce</td>
<td>Long Grain Rice</td>
<td>Mashed Potatoes</td>
<td>Baked Salmon</td>
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<tr>
<td>Spinach &amp; Mushrooms</td>
<td>Broccoli Florets</td>
<td>Brown Gravy</td>
<td>Wild Rice Pilaf</td>
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<tr>
<td>Baked Apples &amp; Raisins</td>
<td>Caesar Salad</td>
<td>Mixed Veggies</td>
<td>Mixed Greens</td>
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<tr>
<td>Strawberry Sorbet Berries &amp; Banana</td>
<td>Birthday Cake</td>
<td>Field Green Salad</td>
<td>Banana Cream Pie</td>
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<tr>
<td>9</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Bacon &amp; Swiss Quiche</td>
<td>Swedish Meatballs</td>
<td>Grilled Chicken</td>
<td>Maryland Shrimp</td>
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<tr>
<td>Coucous Salad</td>
<td>Egg Noodles</td>
<td>Breast Sandwich</td>
<td>Salad &amp; Spinach</td>
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<tr>
<td>Green Beans</td>
<td>Cauliflower &amp; Broccoli</td>
<td>Lettuce &amp; Tomato</td>
<td>Tomato Basil Soup</td>
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<tr>
<td>Mixed Greens</td>
<td>Oatmeal &amp; Choc Chip Cookies</td>
<td>Whole Wheat Bun Tater Tots</td>
<td>Sweet Corn</td>
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<td>16</td>
<td>18</td>
<td>19</td>
<td>20</td>
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<tr>
<td>Mushroom Ravioli</td>
<td>Chicken Caesar Salad</td>
<td>Apple Butter Glazed Ham</td>
<td>Maryland Crab Cake</td>
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<tr>
<td>Alfredo Sauce</td>
<td>Mixed Fruit</td>
<td>Black Eyed Peas Island Mixed Vegetables</td>
<td>Brown Rice</td>
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<tr>
<td>Seasoned Spinach Tomato &amp; Mozzarella Salad</td>
<td>Sliced Tomatoes</td>
<td>Key Lime Pie</td>
<td>Mixed Veggies</td>
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<tr>
<td>Strawberries Delight</td>
<td>Apple Crisp</td>
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<td>Waldorf Salad</td>
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<td>25</td>
<td>26</td>
<td>27</td>
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<tr>
<td>Spinach Stuffed Chicken Breast</td>
<td>Roast Beef</td>
<td>German Sausage Peppers &amp; Onions</td>
<td>Tuna Salad Wrap</td>
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<tr>
<td>Brown Rice</td>
<td>Mashed Potatoes</td>
<td>Oven Browned Potatoes</td>
<td>Whole Wheat Tortilla</td>
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<tr>
<td>Asparagus</td>
<td>Brown Gravy</td>
<td>Cole Slaw</td>
<td>Potato Salad</td>
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<tr>
<td>Melon &amp; Strawberries Cheesecake</td>
<td>Green Beans</td>
<td>Tossed Salad</td>
<td>Tossed Salad</td>
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<td>Garlic Bread</td>
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<tr>
<td>Mixed Fruit</td>
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<tr>
<td>Vanilla Ice Cream</td>
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</table>

Whole grain bread and 2% milk are available at each meal unless otherwise indicated.

Reservations required. Call (970) 429-6161, 24-hours in advance.

Please arrive by 12:20