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**OUR MISSION**

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

**ALPINE LEGAL SERVICES**

@ Pitkin County Senior Services
Tuesday, Aug. 7
● 2:00 (no July session)
Free 15-min legal consultations – call to schedule your appointment slot.
QUESTIONS OR SCHEDULING: 970-920-5432

**GUIDED MEDITATION & DEEKSHA**

First Thursday of the Month • 5:00 p.m. (July 5)
@ Pitkin County Senior Services
No cost. All are welcome; this is an all-ages activity.
MORE INFO: (970) 920-5432

**CLOSURE**

Senior Services will be closed on Wednesday, July 4th in celebration of Independence Day. There will be no meals, classes or transportation that day.

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**4th of July Elks Lodge Breakfast & Parade**

**Breakfast at 10:00 • Parade at 11:00**

One of the best events of the year!

Join the fun:
RSVP (970) 920-5432
Transportation will be available from the Senior Center. Call for more information.

**Independence Day Luncheon**

July 2 at the Senior Center
12:00 noon
All-American Menu
Patriotic songs featuring Julie Paxton & The Live Wire Choir
RSVP for lunch (970) 429-6161

**Music Festival Strings Duo**

Monday, July 16 at 1:00
A student duo from the music school will entertain with an after-lunch performance.

Coming Monday, August 6 at 1:00
Student Trio at Senior Services

For the entire Music Festival lineup, visit www.aspenmusicfestival.com/events/calendar/
Friday Flick: Darkest Hour
July 6th 1:00-3:00
Darkest Hour is a 2017 war drama film starring Gary Oldman as Winston Churchill, and is an account of his early days as Prime Minister, as Nazi Germany’s Wehrmacht swept across Western Europe, threatening to defeat the United Kingdom during World War II. The German advance leads to friction at the highest levels of government between those who would make a peace treaty with Adolf Hitler, and Churchill, who refused.

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.

Brain Fit
Regular aerobic exercise is beneficial in treating and slowing Alzheimer’s disease and dementia.
Aspen Valley Hospital now offers supervised exercise for patients with Alzheimer’s disease and dementia in our new Brain Fit program, supported by TAC Fitness.

Join our Brain Fit Class
When: Tuesday and Thursday from 10:00 - 11:00 am
Where: Cardiac Rehab at AVH
Participants must commit to twice per week for at least one month. Referral from a physician is required.

For more information, contact Julie Puchkoff, MS, at 970.544.7383.
**READY. SET. GO.**

Wildfire Preparation & Mitigation  
Thursday, July 12 • 12:45  
w/ Aspen Fire Department  
Rescheduled presentation
Learn how to prepare your home area, and how to be ready in the event of a fire where you are.  
(at the Senior Center, not AFD)

**MOUNTAIN FAMILY HEALTH CENTERS**  
Wednesday, July 25 • 12:45
Suzanne Kellay, Social Behavioral Health Advocate, will offer a brief presentation to discuss care and services available at Mountain Family Health. Questions welcome.

**MONDAY MOVIE WITH AHS**
“Little Skier’s Big Day” July 23 • 1:00-2:00 Pitkin County Senior Services
A 1959 Fred Iselin film, shot to promote Aspen as a destination resort. It features Susie Wirth traveling around town and on the mountain.

**HOLDEN/MAROLT MUSEUM TOUR**
Friday, July 27 • 1:00 (Van departs Senior Center 12:45)  
Sign up:(970) 920-5432 • Cost: $8.00
In 1891, the Holden Lixiviation Mill boasted state-of-the-art technology and industrial design. Just 14 months after the new plant opened, Congress demonetized silver and the mill went bankrupt. Mike Marolt purchased the property for a dollar in 1940 as a family ranch. This site is unique; the Holden/Marolt Mining and Ranching museum now tells the stories of both aspects of Aspen’s heritage.

**RELIGIOUS TRADITIONS SERIES:**

**DAOISM**  
Thursday, July 26 • 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 Daoism:

- What are the core beliefs?
- What similarities and differences does it have compared to other traditions?
- What foundational knowledge about Daoism would be helpful for us all to understand?

**LITERATURE OUT LOUD**

Sunday, July 15th • 1:00 p.m.  
(note summer time change)  
Pitkin County Library
Local talent reading great stories and essays, similar to NPR’s program “Selected Shorts”

**THIS MONTH’S THEME:** Known for “prodigious research, sharp black humor and small telling detail”, Annie Proulx is Literature Out Loud’s featured author for this month. On Sunday, July 15th AT ONE PM in the meeting room of the Aspen library, Cathy Markle will read “Electric Arrows” and Jeannie Walla will read “The Hellhole”. Hear one author’s words read by two different voices in time for you to go to the Festival concert.

**VOLUNTEER AT THEATRE ASPEN**

USHERS WANTED! Do you love theatre and wish to see shows free of charge? Please email Joann Bull at joann@theatreaspen.org or call 970.279.7045 to sign up.

Shows:
- Ragtime
- Godspell
- Our Town
- Mary Poppins

Additional information: Tickets for “preview” performances are $45. For a limited time, you may also purchase 3 tickets and get the 4th at 50%.

**SOCIAL SPOTLIGHT**

**15-minute Chair Massage**  
with Joanne Johnson  
Wednesday, July 11 • 12:45-2:00  
Sign up 920-5432. No charge, donations accepted.
Eat Right for Life
Reviewed by Taylor Wolfram, MS, RDN, LDN
Published April 23, 2018

Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs when you're 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

20s: Bone Building
In your 20s, you're still building up bone density, so this is the decade to help your bones grow strong and healthy. The more you start off with, the better, as your bones will lose density over the years.

Enter calcium, which not only builds strong bones but is also important for healthy muscles, nerves and heart. You need 1,000 milligrams per day, so enjoy dairy products, opt for calcium-fortified soy milk, orange juice and cereals, and load up on beans, leafy greens, almonds and canned salmon with bones.

30s: Baby on Board
These days, women are having babies well into their 30s, which makes folic acid an important nutrient during this decade. Folic acid helps prevent neural tube birth defects such as spina bifida. Unfortunately, many women don't get enough.

For women who plan on becoming pregnant, the 2015-2020 Dietary Guidelines for Americans recommend consuming 400 micrograms per day of folic acid from fortified foods and/or supplements, in addition to foods high in folate. Many breads, cereals and grain products are fortified with folic acid; fruits and vegetables are good sources of folate. If you're trying to get pregnant, your doctor may recommend a folic acid supplement.

This also is a time to start thinking about how to prevent chronic diseases that become more prevalent as we age. Eating a diet based mostly on whole plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds helps prevent chronic diseases such as Type 2 diabetes, coronary heart disease and certain types of cancer.

Avoid dieting, which can lead to weight cycling. A history of dieting and weight cycling (when your weight goes up and down repeatedly) has been linked with increased risk of cardiovascular issues and osteoporosis.

40s: Keeping Score
If you haven't been treating your body right, the 40s is where this will start showing up.

The 40s are a good time to be vigilant about eating plenty of fruits and vegetables, which contain health-promoting vitamins, minerals and antioxidants. Adults need at least 2 cups of fruit and 2½ cups of vegetables a day. Explore new tastes by trying a new fruit or vegetable a couple of times a month.

Try snacking on fruit including apples, bananas and clementines, opt for vegetable-packed, broth-based soups, salads piled with greens and smoothies with berries. If you don't like the taste of vegetables raw, try roasting them which makes them sweeter.

Another important nutrient for the 40-and-over set is fiber, which can help protect against heart disease and some types of cancer. Women under 50 need 25 grams per day, but most adults get only about half that amount. Luckily, the fruits and veggies you're eating for the vitamins and minerals are also rich in fiber, and whole grains and beans are other good sources.

50s: Mindful Eating
The 50s are a time of big changes thanks to perimenopause and menopause. Hormone fluctuations during this time of life cause changes in metabolism and body weight. Rather than dieting to maintain your premenopausal shape, work on accepting your changing body and focusing on mindful eating and regular physical activity.

Also essential: Vitamin D. It's essential for bone health and researchers believe it may reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food — the best sources are fortified milk, orange juice and cereals, as well as fish such as salmon and tuna.

The recommended daily amount of vitamin D is 600 IU per day for women ages 19 to 70, but the majority of adults don't get enough. Consult your doctor or registered dietitian nutritionist about your need for a supplement.

60s and Beyond: Protein Power

Protein, along with regular strength building exercise, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein also may be linked with bone health.

The average woman needs about 5 to 6 ounces of protein foods each day. Good sources include meat such as beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

Vitamin B12 — which helps your body make red blood cells and keep the brain and nervous system healthy — is another vital nutrient for women over 60. You can get B12 through any food that comes from an animal: meat, fish, dairy products and eggs. However, as people get older they can develop a reduced ability to absorb vitamin B12. Talk to your doctor to see if you need a supplement.

Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age and you'll sail through the decades feeling great.

Reviewed March 2018 Source: eatright.org
## JULY MENU

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<th>THURSDAY</th>
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<td><strong>2</strong></td>
<td><strong>4</strong> Senior Center Closed for Independence Day</td>
<td><strong>5</strong> Greek Chicken</td>
<td><strong>6</strong> Trout Almondine</td>
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<td>Pulled Pork Sandwich</td>
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<td>Rosemary Potatoes</td>
<td>Creamy Cole Slaw</td>
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<td>BBQ Sauce</td>
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<td>Mixed Veggies</td>
<td>Wild Rice Pilaf</td>
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<td>Baked Beans</td>
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<td>Small Orange</td>
<td>Zucchini &amp; Tomatoes</td>
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<td>Macaroni Salad</td>
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<td>Chocolate Cream Pie</td>
<td>Lemon Bar</td>
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<td>Apple Pie</td>
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<td><strong>9</strong></td>
<td><strong>11</strong> Open Faced Reuben</td>
<td><strong>12</strong> Roasted Pork Loin</td>
<td><strong>13</strong> Crab Salad</td>
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<td>Chicken Breast, Wild Mushrooms</td>
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<td>Baked Potato</td>
<td>Lemon Basil Dressing</td>
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<td>Rosemary Roasted Potatoes, Mixed</td>
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<td>California Mixed Veggies</td>
<td>Spinach, Sliced Tomatoes</td>
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<td>Greens, Chocolate Chunk Brownies</td>
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<td>Mixed Fruit Parfait</td>
<td>Broccoli</td>
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<td><strong>16</strong></td>
<td><strong>18</strong> Chicken Salad Sandwich</td>
<td><strong>19</strong> Baked Potato</td>
<td><strong>20</strong> Shrimp Étouffée</td>
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<td>Beef Pot Roast</td>
<td>Whole Wheat Bun</td>
<td>Broccoli &amp; Cauliflower</td>
<td>Long Grain Rice</td>
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<td>Brown Gravy</td>
<td>Minestron Soup</td>
<td>Cheese Sauce</td>
<td>Tossed Salad</td>
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<td>Mashed Potatoes</td>
<td>Coffee Ice Cream</td>
<td>Tossed Salad</td>
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<td>Green Beans</td>
<td>Sugar Cookie, Pear</td>
<td>Carrot Cake</td>
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<td>Apple Crisp</td>
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<td><strong>23</strong></td>
<td><strong>25</strong> Grilled Steak Salad</td>
<td><strong>26</strong> Cheese Tortellini</td>
<td><strong>27</strong> Baked Cod</td>
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<td>Chicken Picatta</td>
<td>Spinach &amp; Romaine</td>
<td>Alfredo Sauce, Tossed Salads</td>
<td>Lemon Caper Sauce</td>
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<td>Mashed Potatoes</td>
<td>Asparagus</td>
<td>Salad, Mixed Veggies</td>
<td>Mushrooms, Butternut Squash</td>
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<td>Broccoli</td>
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<td>Breadsticks, Banana</td>
<td>Spinach Salad</td>
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<td>Garlic Bread, Apple</td>
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<td>Cheesecake</td>
<td>Coconut Salad</td>
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Whole grain bread and 2% milk are available at each meal unless otherwise indicated. Reservations are required. Call (970) 429-6161, 24-hours in advance. Please arrive by 12:20 p.m.

## RECREATION CENTER

For a full schedule of classes visit aspenrecreation.com/fitness-wellness or stop by the ARC or Red Brick to pick up a copy. Senior (62+) rate is $8/day, or use your membership to take classes.

**Pickleball:** The ARC offers Pickleball drop-in, season passes, instruction, equipment rentals, tournaments and more. For information go to https://apr.vaesite.com/activities/pickleball or call 970-544-4100.

## CARBONDALE RECREATION PICKLEBALL

Meadowood Drive • Carbondale, CO 81623

To get here: Hwy 82 to Hwy 133. Go south toward Redstone. Turn left at the stoplight by the Fire Station (Meadowood Drive). Follow to the end of the road. Courts are on your right.

Summer Drop-In Pickleball Schedule (June-September)

- Monday, Friday and Saturday 9am-12pm, Wednesday 5pm-8pm.

**Upcoming excursions w/ Carbondale Recreation:**

- July 20—Twin Lakes/Interlaken Boat Tour
- August 24—Palisade Fruit and Wine Tour
- September 21—McClure Pass/Paonia Orchards/Vinyards

For more senior programs and to sign up, go to carbondalerec.com or call (970) 510-1290.

## FITNESS CLASSES

**AT THE SENIOR CENTER**

**TAI CHI/QIGONG:** Helps reduce joint & arthritis pain; improve balance, breathing and grace. **Ross Douglass.**

- **Mondays • 9:00 a.m. (free/donations) & 10:00 ($5/class)**

**ADVENTURES IN MOVEMENT (AIM):** Gentle stretching, coordination, balance, and heart pumping actions; can be tailored to any level. $5/class; FREE for 60+

- **Mondays • 11:00 – Noon • Sana Rappaport**
- **Wednesdays • 11:00 – Noon • Christi Couch**

**YOGA:** Wonderful Hatha Yoga for any level, beginner to advanced. $5/class; $30/month

- **Tuesdays • 8:45 – 9:45 a.m. • Mary Anderson/Colleen Collins**
- **Thursday • 8:45 – 9:45 a.m. • Betty Hoops**

**BALANCE CLASS:** The exercises and activities offered have proven to prevent falls. Taught by Krista Fox and other Occupational Therapists from AVH. Activities adaptable for any level. Free for all ages.

- **Tuesdays & Thursdays • 10:00 – 11:00 a.m.**

**PILATES CORE & BALANCE:** A core strength and balance class using the fundamentals of Pilates. $5/class, $30/month.

- **Wednesdays & Fridays • 9:30 – 10:30 a.m. Christi Couch**
**NEW MEDICARE CARDS**

New Medicare cards are being mailed to everyone with Medicare. Keep using your current card until your new one arrives.

Find out when your new card is in the mail.

Go to [MyMedicare.gov](https://www.medicare.gov/mymedicare).


**HELP WITH MEDICARE**

**Monday, July 30 • 10:00 a.m. – 4:00 p.m.**

@ Pitkin County Senior Services, Aspen

With TJ Dufresne, SHIP/SMP coordinator for Pitkin County.

Call 970.920-5432 to schedule your appointment.

**ALL MEDICARE QUESTIONS AND ENROLLMENT ASSISTANCE:**

- Patty Kravitz • Pitkin County Senior Center (970) 920-5432
- El Jebel, Eagle County Building (970) 328-7862
- High Country RSVP in Glenwood Springs (970) 947-8462
- Or contact TJ Dufresne directly (970) 468-0295 x120

**SMILES FOR SENIORS**

**MOBILE DENTAL CLINIC**

**Friday, July 20 • 9:00 a.m. – 4:00 p.m.**

Health and Human Services

405 Castle Creek Rd, Aspen

**QUESTIONS OR SCHEDULING:**

Kelly, 970-309-2064

**PITKIN COUNTY LIBRARY BOOK BIKE**

at the Senior Center 2nd Monday of the month

Next visit—July 9 at 12:45

**SENIOR PROPERTY TAX EXEMPTION**

If you have never received this exemption and would like to participate you must take action by July 15, 2018

- Payable for 2018 taxes due in 2019
- For those who qualify, 50 percent of the first $200,000 in actual value of the primary residence is exempted from property tax
- You must be age 65 as of January 1 of this year
- Must have owned & lived in the home as your primary residence for 10 years as of January 1 of this year
- Once an exemption application is filed and approved by the assessor, the exemption remains in effect until a disqualifying event occurs. **If you received this exemption in the past you DO NOT need to re-apply**

Please contact the assessor’s office to apply:

Pitkin County Assessor 506 East Main Street #202, Aspen, CO

Call: 970-920-5160 Email: assessormail@pitkincounty.com

**ALZHEIMER’S SUPPORT GROUP**

First Wednesday of the Month • 7:00 – 8:00 p.m. (July 11—date changed to accommodate 4th of July holiday)

@ Pitkin County Senior Center

This group is to support the caregivers of people living with Alzheimer’s and dementia.

Facilitated by Rita Cohen 970-923-2560.

**24/7 ALZHEIMER’S ASSOCIATION HELPLINE:**

800-272-3900

**FOOT CARE W/ KRISTEN LEVEY, RN**

**Wednesday, August 1 • 1:00-4:00 p.m.**

Schedule is filling fast! (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.

**NUTRITION RESOURCES**

**LIFT-UP**

Food distribution once per month. Please call your local office for more information and what to bring for your first visit.

**ASPEN PANTRY:** Tuesday, Wednesday & Thursday *

11 a.m. – 1 p.m. • 456 N. Mill St. #12 • 970-544-2009

**BASALT PANTRY:** Wednesday & Thursday

11 a.m. – 1 p.m. • 167 Holland Hills Rd. • 970-279-1492

**ADDITIONAL LOCATIONS:** Carbondale, Glenwood Springs, New Castle, Rifle & Parachute.

**LIFT-UP INCOME ELIGIBILITY:**

To be eligible for LIFT-UP food assistance, you must meet the following income guidelines:

- **200% of Federal Poverty Level:** 180% of the Federal Poverty Level is the maximum income allowed for a single person, and is $18,090 in 2018.

**LIFT-UP 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 distribution will take place at LIFT-UP’s Aspen Pantry on the 3rd Thursday of every month. Call 970-544-2009 for more info.

**REQUEST TRANSPORTATION:** 970-920-5432

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.

**MOBILE PANTRY FOOD ASSISTANCE**

**Thursday, July 12 • 11:00 a.m. – 1:00 p.m.**

**Note Location:** CMC Aspen Campus at ABC 255 Sage Way

No qualifications, forms, or fees. Please bring bags or a box. First come first served. The USDA is an equal opportunity provider and employer.
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<th>Date</th>
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<tr>
<td>1</td>
<td>9:00-10:00 AM</td>
<td>Tai Chi/Qigong</td>
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<td>11:00 AM</td>
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<td>Independence Day Party</td>
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<td>3:00-5:00 PM</td>
<td>&quot;Pre-Tech&quot; computer class at CMC</td>
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<td>12:45 PM</td>
<td>Book Bike Visit</td>
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<td>1:00 PM</td>
<td>Tech Help with Aspen Science Center</td>
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<td>12:45-1:15 PM</td>
<td>Massage with Joanne Johnson</td>
</tr>
<tr>
<td>20</td>
<td>9:30 AM</td>
<td>Pilates</td>
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<tr>
<td></td>
<td>10:00 AM</td>
<td>Lunch</td>
</tr>
<tr>
<td>21</td>
<td>3:00-5:00 PM</td>
<td>&quot;Pre-Tech&quot; computer class at CMC</td>
</tr>
<tr>
<td>22</td>
<td>9:00-10:00 AM</td>
<td>Tai Chi/Qigong</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Tai Chi/Qigong</td>
</tr>
<tr>
<td>23</td>
<td>12:45 PM</td>
<td>Book Bike Visit</td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Tech Help with Aspen Science Center</td>
</tr>
<tr>
<td>24</td>
<td>8:45 AM</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>10:00 AM</td>
<td>Balance Class</td>
</tr>
<tr>
<td>25</td>
<td>8:45 AM</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>10:00 AM</td>
<td>Balance Class</td>
</tr>
<tr>
<td>26</td>
<td>1:00 PM</td>
<td>Religious Traditions: Daoism</td>
</tr>
<tr>
<td>27</td>
<td>9:30 AM</td>
<td>Plate Lunch with Senior Services Council</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>28</td>
<td>9:30 AM</td>
<td>Plate Lunch with Senior Services Council</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>29</td>
<td>3:00-5:00 PM</td>
<td>&quot;Pre-Tech&quot; computer class at CMC</td>
</tr>
<tr>
<td>30</td>
<td>9:00-10:00 AM</td>
<td>Tai Chi/Qigong</td>
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<tr>
<td></td>
<td>11:00 AM</td>
<td>Tai Chi/Qigong</td>
</tr>
<tr>
<td>31</td>
<td>8:45 AM</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>10:00 AM</td>
<td>Balance Class</td>
</tr>
</tbody>
</table>

**WEEKLY GROCERY SHOPPING**
- Mondays at 1:15
- Call (970) 920-5432 for more info

**紧急医疗求助**
- Knitting Group: For information call Kathryn (970) 925-4249
- Independence Day: call Katrion (970) 424-9767
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!

SENIOR CENTER GROUPS & CLUBS

KNITTING GROUP:
Sundays • 3:00 – 5:00 p.m.
Kathryn, 970-925-4249

BOOK CLUB:
Last Wednesday of the month • 10:45 a.m. (July 25)
July selection: LaRose by Louise Erdrich

MAHJONG:
Wednesdays & Fridays • 1:00 p.m.
All levels welcome • Peg, 970-925-1960

CANASTA: Mondays • 1:00 p.m.
New and learning players welcome!

OTHER GAMES AVAILABLE: Aspenopoly, Bridge, Chess, Backgammon, Trivial Pursuit, Rummy Double, Puzzles, etc.
New! Corn Hole / Bean Bag Toss

JULY AT A GLANCE:
SPECIAL EVENTS & ACTIVITIES
July 2—Noon: Independence Day Lunch & Celebration
July 4—10:00 Breakfast and 4th of July Parade at Elks Lodge
July 6—1:00-3:00 Friday Flick: Darkest Hour
July 9—1:00 Summer Tech Help w/ Aspen Science Center
July 11—12:45-2:00 Massages with Joanne Johnson
July 12—12:45 Ready. Set. Go. Wildfire Preparation
July 16—1:00 Music Festival String Duo
July 18—1:00-3:00 Senior Services Council
July 20—1:00 Jewelry Design w/Lynn Dunlop
July 23—1:00-3:00 Monday Movie w/ Aspen Historical Society
July 25—10:45 Book Club
July 25—12:45 Mountain Family Presentation
July 26—1:00 Religious Traditions: Daosim
July 27—1:00 Holden/Marolt Ranching & Mining Museum Tour

TECHNICAL ASSISTANCE

Monday, July 9 • 1:00
Summer Tech Help is provided by Aspen Science Center interns. Sessions will be on the 2nd Monday at 1:00

JEWELRY DESIGN

Friday, July 20 • 1:00
with Lynn Dunlop
Huge variety of beads and other materials available to create something beautiful.