Marty is retiring!
Since the beginning of (Senior Services’) time — Marty Ames has been at the helm. After 31 years, she will be retiring in early June. Please join us for a special lunch celebration on Wednesday, June 1 at noon. RSVP required 429-6161. Please note: there is a waitlist. If you can’t make it for the lunch, come by at 1:00 for visiting, reminiscing and dessert!

Fly Fishing and Fly Tying
Monday, June 6 at 1:00
Roaring Fork Fly Fishing Club is a group of anglers willing to help with children, beginners and experienced people needing help with the fly fishing experience. We will tie some flies for you that will catch fish. They may not be the best looking bugs but we are catching fish not anglers! Bring your questions and we will try our best to help.

I Have Reservations (reminder). . .
Since October, Senior Services requires reservations for lunch.
How? Call our reservation line 970-429-6161 or by using the “My Senior Center” touch screen (ask us how) at the Senior Center.
Why? This will help us ensure we have enough food to serve while controlling food costs.
What if it turns out I can’t make it? Please remember to call and cancel your reservation.
What happens if I don’t have a reservation? You may still come for lunch. We will put you on the waitlist, and do our best to serve you AFTER the people with reservations are served.
Note: If you have a reservation, please arrive by 12:20 or call to let us know you are coming. This will help us manage the waitlist.

Mothers Day and Fathers Day Celebration
Sunday, June 12th, 8:30-9:45 a.m.
Breakfast Courtesy of PARADISE BAKERY
All seniors are honored guests as we acknowledge their nurturing efforts. Reservations are required. Feel free to invite family & friends to join you, just let us know how many to expect. Adult children and other guests are asked to contribute $3. RSVP to 920-5432.

Volunteers wanted. If you can give about two hours to help with this event, please call. Thanks!

Mark Patterson and the generous crew from Paradise will sponsor Breakfast at the Senior Center for the 22nd year. Next time you’re in Paradise Bakery, let them know how much we enjoy their gift!

Coming in July: Monday, July 4 Elks Lodge BREAKFAST and Parade: Breakfast at 10:00, Parade at 11:00. Van will depart the Senior Center at 9:45. Please RSVP 920-5432.
Simple marinade recipe
A marinade helps to tenderize food before it hits the grill. Marinating or rubbing spices can add a variety of flavors to your meals. Use about ½ cup marinade or 1 tablespoon of spice rub for each pound of food. Always discard the marinade or rub after you have finished – never reuse marinade to baste food after raw meat has touched it.

Simple marinade recipe (for poultry, fish or vegetables):

Whisk together 3 tablespoons low sodium soy sauce, 2 teaspoons vinegar and 3 minced garlic cloves. Slowly whisk in 1 teaspoon olive oil until combined. Place in zip top plastic bag with your food and soak in the refrigerator at least 2 hours or overnight. Note: For fish, only soak in the refrigerator for up to 1 hour before cooking.

Simple rub recipe (for chicken or fish):
Mix together 2 tablespoons chili powder, 2 teaspoons garlic powder, 2 teaspoons cumin and 2 teaspoons paprika. Rub thoroughly over your food right before cooking.

Heart Healthy Grilling
Summer is coming and it’s the perfect time to enjoy the flavors of a good marinade! A marinade helps to tenderize food before it hits the grill.

If you don’t have an outdoor gas or charcoal grill, a grill pan or indoor, electric grill are less expensive options that still give delicious results. No matter how you grill, here are some tips on keeping it heart healthy.

Go Lean: Grilling foods lower in saturated and trans fat is better for your heart. Use skinless pieces of chicken. Always trim off all visible fat prior to cooking meat and poultry. Choose lean or extra-lean ground beef, ground chicken or turkey. Try out different fillets of fish (wrapped in foil.) Or cook up veggie kebabs that have been marinated. Grill portabella mushrooms for a rich, flavorful “burger.” Limit your red meat intake and choose leaner loin, round, or leg cuts when selecting beef, pork or lamb.

Give It A Soak or Rub: Marinating or rubbing spices on poultry, fish, and vegetables add a variety of flavors to your meals. Use about ½ cup marinade or 1 tablespoon of spice rub for each pound of food. Always discard the marinade or rub after you have finished – never reuse marinade to baste food after raw meat has touched it.

Give It A Soak or Rub recipe (for chicken or fish):
Whisk together 3 tablespoons low sodium soy sauce, 2 teaspoons vinegar and 3 minced garlic cloves. Slowly whisk in 1 teaspoon olive oil until combined. Place in zip top plastic bag with your food and soak in the refrigerator at least 2 hours or overnight. Note: For fish, only soak in the refrigerator for up to 1 hour before cooking.

Simple rub recipe (for chicken or fish):
Mix together 2 tablespoons chili powder, 2 teaspoons garlic powder, 2 teaspoons cumin and 2 teaspoons paprika. Rub thoroughly over your food right before cooking.

Avoid the Burn: If you use charcoal, wait at least 20 minutes after lighting to cook and with a gas grill, avoid high temperatures or burning. Cut off any burnt or black bits before eating.

Lab Work
- Screening laboratory tests are available at designated times throughout the year (winter, spring, summer, and fall)
- Laboratory tests will focus on evidence-based screening (fasting blood sugar and lipid profile -- cholesterol, triglycerides, LDL, HDL)
- Other blood tests that you may have had in the past are considered to be useful for disease management purposes, but they have not been shown to be beneficial in screening the general public. Therefore, they are no longer offered as part of our health fairs or screening lab work.

- The cost is $25.00
- For more information and to make an appointment, go to "I WANT TO . . . Sign Up for Health Fair Lab Tests."
every summer the AMFS grants housing to a number of students (ages 18+) based on merit and financial need. Beyond the dormitory-style housing we provide for students in Marolt and Burlingame, we also rely on private accommodations graciously donated by many of our patrons, donors, and community friends (like you!) in Aspen. Unfortunately, due to the current state of the housing market, they are short by five housing spots for the twenty-seven students that were offered private housing this summer. If you are interested in hosting an AMFS Student, please contact Alyssa Saint, Manager of Admissions and Student Affairs, at asaint@aspenmusic.org or 970-205-5054. Hosts receive one full season pass per student housed. Students will be in Aspen from June 22nd through August 22nd.

Mythology with Bo Persiko
Wednesday, June 8 at 1:00
Bo will share some fascinating highlights from the course on World Mythology he is teaching in Carbondale. Philosophical wisdom and psychological insights have been shared in the form of myths since time immemorial. Bo will lead a discussion of some of the most useful and interesting ones and will provide handouts on these. In addition to familiar ones, like Narcissus and Sisyphus, Bo will offer lesser known but equally enlightening examples.

What's New at the Wheeler
with Gena Buhler — Friday, June 24 at 1:00
Gena Buhler, Executive Director of the Wheeler Opera House will be joining us to discuss programs at the Wheeler Opera House. The presentation will include an update on the recent renovations, local membership program, upcoming events and more.

Survey in the mail — please fill it out!
The NWCCOG (our region of Colorado) is updating the Senior Gap Analysis CASOA (Community Assessment Survey for Older Adults) to better plan for the needs of older adults in our community. Although Pitkin County completed its own assessment through the Aging Well initiative, this regional assessment will help address some of those identified needs on a broader scale. If you receive a survey in the mail, please take a few moments to complete it and mail it back. Your input is very important to understanding senior needs. The purpose of the survey is to discover where there are gaps in senior services and how we can best develop programs and supports to help people continue to age in place.

Library Grand Re-Opening & Literature Out Loud
Sunday, June 19
2:00-4:00 p.m. Re-opening celebration
3:00 Literature Out Loud
AT THE LIBRARY!!
• A free story hour for grown-ups
• Local talent reading great stories and essays with a different theme each month
• Similar to NPR’s program “Selected Shorts”
“Tasty” - the last installment in our series on the senses: Eileen Seeley will leave you salivating with “Enough” by Alice McDermott and Nina Gabianelli will have you smacking your lips with "Pity the Blind in Palate" and "The Pale Yellow Glove" by MFK Fisher. Literature never tasted this good!

Friday Flick: The Lady in the Van
June 17, 1:00-3:00
This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who ‘temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years. Starring Maggie Smith, Alex Jennings and Jim Broadbent.

Brain Train Coming to Carbondale
Information Session: Wednesday, June 22 at 1:00
(at the Pitkin County Senior Center)
The mission of the Roaring Fork Brain Train is to provide a safe environment for people with Early Memory Loss to thrive and to provide respite time for their caregivers. The Brain Train is a program of Senior Matters
• Meeting Mondays and Wednesdays from 10:00 to 2:00
At the Third Street Center in Carbondale, Room 33
• 1st hour: Seated yoga/gentle therapeutic movement
• 2nd hour: Support group/sharing hour. Participants will discuss challenges and issues they are facing. This hour includes an “art directive” for clients to express their feelings in a non-verbal way
• 3rd hour: Bring your own lunch, socializing, cards, dominoes, reading, quiet time
• 4th hour: Senior singing group the “Zingers” on Mondays.
• Wednesdays will include cognitive stimulation work focusing on strengthening memory recall
Please attend this information session for more details, or contact Diane Darling (818) 800-1092 rfbt.sm@gmail.com
http://www.seniorsmatter.org/braintrain.html
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Aspen Recreation
For a full schedule of classes visit http://www.aspenrecreation.com/activities/fitness-wellness-classes/ or stop by the ARC, Red Brick or Senior Center to pick up a copy. Senior rate is $7.60 per day, or use your membership to take these classes.

**Pickleball in Aspen-Iselin Tennis Courts by the ARC:**
Free to the public on a first-come, first serve basis. Rental Paddles and Balls are available for $5, plus $75 deposit, at the ARC. www.aspenrecreation.com 970-544-4100

**Roaring Fork Pickleball Association**
www.facebook.com/rfpickleballassociation/ or www.rfpickleball.com

**Pickleball tournament** June 25-26, 2016 at Crown Mountain Park
Contact Bonnie Scott for information at mousegraphics@hotmail.com

The ARC & 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 Recreation Center** offers a variety of SilverSneakers classes and pickleball. Go to www.carbondalerec.com for class & pickleball schedules, or call for more info 970-510-1290.

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**Special Events & Activities**

**Jun 1—12:00** Marty’s retirement lunch-RSVP required
**Jun 2—3:30** Senior Center closes early
**Jun 3—12:45** Active Art — Art in a Bag
**Jun 4—5** Grief Recovery Method w/ J Bouchet, LCSW
**Jun 6—1:00** Fly Fishing & Fly Tying
**Jun 7—2:30-4:00** Tech Help with Aspen Science Center
**Jun 8 —1:00** Mythology with Bo Persiko
**Jun 9 & 28—11:00-1:00** Food Pantry: HHS-9th; CMC-28th
**Jun 12—8:30-9:45** Mothers and Fathers Day Breakfast
**Jun 15—1:00-3:00** Senior Services Council
**Jun 17—1:00** Friday Flick: “The Lady in the Van”
**Jun 20—12:45** Music of Dwight Ferren
**Jun 22—1:00** Carbondale Brain Train Info
**Jun 24—1:00** Wheeler Opera House/Genu Buhler
**Jun 27—12:30** Heart Health with Melaine Hendershott
**Jun 27—1:00** Newsletter Mailing—volunteers wanted!
**Jun 28—10:30** Active Art at the Art Museum

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**Senior Center Groups & Clubs**

**Knitting Group: Sundays 3-5** Call Kathryn if you have questions 925-4249 Knitting group cancelled 6/5

**Book Club: June 29 at 1:00** (Meets last Wednesday of the month.) June selection: A Constellation of Vital Phenomena by Anthony Marra.

**Mahjong: Mondays, Wednesdays and Fridays at 1:00.** Call Patricia Elias for more information 274-2611. All levels welcome.

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**Walk Well — Fridays at 11:00**
Walk for fitness this spring & summer on the trails near the Senior Center, returning in time for lunch. Walks might follow a close-by loop, or hop on the senior van to ride away, then walk back! RSVP 920-5432. Don’t forget: good shoes, sunscreen, hat and water.

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**Fitness Classes at the Senior Center**

**Qigong:** Monday 10:00 (Ross Douglass). Helps reduce joint & arthritis pain; improve balance, breathing and grace. FREE/ donations.

**Adventures in Movement (AIM):**
Monday and Wednesday (Cathy Crum)
11:00-12:00 Gentle stretching, coordination, balance, and heart pumping actions; can be tailored to any level. FREE for 60+; under 60 = $5/class.

**Yoga:** Tuesday (Julie Nemeroff & Mary Anderson) & Thursday (Betty Hoops) at 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.

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**ALPINE LEGAL SERVICES**
First Tuesday of the month at 2:00
**Next sessions: June 7, July 5**
Call 920-5432 for a free 15-minute consultation.

**15-minute Chair Massage with Joanne Johnson**
Friday, June 10, 1:00-2:30
Sign up 920-5432. No charge, donations accepted.

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**Pilates Core & Balance:** (Christi Couch)
Wednesday and Friday at 9:15-10:15 This core strength balance class uses the fundamentals of Pilates, the balanced development of the deep and superficial muscles that stabilize, align and move the trunk of the body, especially the abdominals and muscles of the back, to achieve a strong spine. $5/class, $30/month.

**Tai Chi for Health:** Evidence-based program. Health benefits of Tai Chi include greater balance, increased flexibility, and stress reduction.
Next series starts September 9. $20 for 8-weeks.

**N’Balance™:** This evidence-based program is designed from kinetic principles. It uses progressive techniques for older adults to prevent and improve balance issues. You must start this course from the beginning, not mid-series. Next series in late fall.

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**Monday**
10:00 Qigong
11:00 AIM

**Tuesday**
8:45 Yoga
10:00 Balance

**Wednesday**
9:15 Pilates Core & Balance
11:00 AIM

**Thursday**
8:45 Yoga
10:00 Balance

**Friday**
9:15 Pilates Core & Balance
11:00 Walk Well
Active Art with AAM
♦ Art Appreciation ♦ Museum Tours ♦ Application/Collaboration ♦

Aspen Art Museum

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.

Friday, June 3 at 12:45 — “Art Project in a Bag” at the Senior Center. Museum staff will give an update on current exhibits and provide an art project for you to complete — either at your lunch table or at home — based on one of the museum’s current exhibits. June’s program features Open Studio, based on Adam Pendleton: Reading in no Particular Order.

Open studio makes contemporary art accessible around the world by offering a collection of activities created by notable international artists. The Open Studio project was originally conceived by Los Angeles-based artist Mark Bradford for the J. Paul Getty Museum and has since expanded to the Aspen Art Museum and the San Francisco Museum of Modern Art.

Starting Tuesday, June 28, Active Art will be at the Museum on the 4th Tuesday of the month this summer at 10:30. This month will feature a sketching activity on the roof, followed by a light lunch. RSVP 920-5432.

These 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.

Smiles for Seniors Mobile Dental Clinic
Thursday, June 9 9:00-4:00
Eagle County Building
20 Eagle County Rd, El Jebel

Friday, June 10 9:00-4:00
Pitkin County HHS Building
0405 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+.

Dwight Ferren
Monday, June 20 at 12:45

Featuring acoustic guitar and some excellent solo instrumental arrangements of many classics from the ’50s through the ’80s.

Get a Ride to Lift Up
Thursday, June 16

Call to arrange a pickup time. Third Thursday visits also accommodate participation in CSF Program (see below).

LIFT-UP Food Pantries
LIFT-UP Food is available 1 time per month. Please call your local office for details.

Aspen Tuesday & 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
Please bring a form of address verification (utility bill, phone bill etc.) from the past 3 months. Clients usually receive a week’s worth of groceries. Bring your own bags.
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.

Now available at Lift-Up:
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 LiftUp’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 about how to qualify.

Mobile Food Pantry Food Assistance
Usually 2nd Thursday and 4th Tuesday
Thursday, June 9 11:00-1:00
Schultz Health & Human Services Building
0405 Castle Creek Road
Call at 920-5235 for questions to volunteer.

Tuesday, June 28, 11:00-1:00 at CMC in Aspen
225 Sage Way

VOLUNTEERS WANTED: Call Jill or Emilie 970-464-1138
The USDA is an equal opportunity provider and employer.
No qualifications, forms, or fees. Please bring bags or a box. First come first served.
8th ANNUAL CAREGIVER CONFERENCE
Planning For Your Future, Planning For Yourself, Planning With Your Loved Ones
Tuesday, June 14, 2016
9:00 a.m. to 3:30 p.m.
Glenwood Springs Community Center
REGISTRATION REQUIRED TO ATTEND

Conference Agenda
9:00-9:30 Registration & Resource Fair
9:30-10:15 Legal Planning for the Future
Charles Willman, P.C.
10:15-10:45 Break & Resource Fair
10:45-11:30 Maintaining, Recreating or Recovering a Sense of Self During & After Caregiving
Sean Jeung
11:30-12:15 Estate Planning & Trusts
Frank Danzo III, Esq

Lunch & Resource Fair
12:15-1:15
1:15-2:00
Panel Discussion / Q&A
Charles Willman, Sean Jeung, Frank Danzo, Molly Kehoe & Patty Coombs

2:00-3:30 Pampering
Special Thanks to the Pampering Crew
Hilda Sykes & Sunny Dunn Linn, Pathways to Health / Cinda Erickson, Shirlene Davis, Mary Lynn Wilson, Abigail Notch, & Kimberly Henrie

2016 Senior Golf Program

TICKETS AT THESE LOCATIONS ONLY:
Aspen Recreation Center
0861 Maroon Creek Rd, (970) 544-4100
or Red Brick Recreation Center
110 E. Hallam St., Suite 135 (970) 920-5140

Every Day Golf Pricing w/ Senior ID card
• $36.00 for each 9 hole pass
• $69.50 for each 18 hole pass
• Prices do not include cart or range balls
• Cart price—$22.00
• Tee times are REQUIRED except for standby play as described below
• 9 hole regular rate is for tee times after 3 pm and early morning back nine play when available as a standby. 9 holes may be played on a standby (walk-in) basis anytime there is availability. Note: Senior ID cards do not include pass benefits that are offered with golf season passes.

Senior Identification Card
If you qualified for and received a senior ID in the past, your pass is still good for 2016. Local seniors age 62+ may obtain a Senior ID at the Red Brick or the ARC. This pass allows golfers the “Pay As You Go” option. When pass is shown at golf course, qualified seniors may purchase individual rounds at the punch pass rate.
• All pass holder rules apply to the Senior ID player. For rules, see www.aspengolf.com
• “Seniors” are age 62 or older
• Must prove Pitkin County residency
• Card must be shown to get senior rate
• Good for card holder ONLY (non-transferable)
• Tee times can be made after 5 on Monday for Friday play, on Tuesday for Saturday play, and so on.
• The online system allows tee times to be made one day EARLIER than this schedule (after 5 Monday for Saturday tee time) using your pass number at www.aspengolf.com
• The golf shop number: 429-1949

*Register at www.caregiver-conference.eventbrite.com or call 970-963-9191 x3061 RSVP by May 30 to be included in the lunch count.

Free event for individuals who provide care for adults

For vendor information contact:
Barbara Peterson 970-963-9191 x3005
Or bpeterson@garfield-county.com

Sponsored by: NWCCOG: Alpine Area Agency on Aging, Garfield County Department of Human Services, Northwest Colorado Options for Long Term Care

Garfield County
Northwest Colorado
Return Service Requested

Subscribe!
If you don’t already receive this newsletter regularly, subscribe for email or U.S. Mail delivery by calling 920-5432 or email patty.kravitz@pitkincounty.com. There is no charge for subscription. Donations are welcome.

2-1-1 is a free, confidential information referral service connecting people in need to local community resources via the phone, web or app.