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Senior Center Closed
The Senior Center will be closed the following dates in November:

- Friday, November 11 for Veterans Day
- Thursday and Friday, November 24 & 25 for Thanksgiving
- Tuesday, November 29 for staff training

We apologize for any inconvenience. No lunches or fitness classes will be available on those dates.

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ELECTION DAY

Tuesday, November 8

The elections office must receive your ballot by 7 P.M. on ELECTION DAY for your vote to count. Postmarks do not count! Ballots were mailed on October 17th to all active registered voters. If you do not have your ballot by now it is recommended you visit one of the Voter Service and Polling Centers to vote or collect a replacement mail ballot in person.

Returning Your Mail Ballot:

- Track your mail ballot using BallotTrax and get notifications for when your ballot is received by our office & when it is accepted for counting.
- After October 28th: It is recommended that you use a ballot drop box (listed below) to ensure that it arrives on time, rather than mailing back your ballot.

Mail Ballot 24/7 Drop-Box Locations:

(Available until 7 p.m. on Election Day)

- Pitkin County Administration & Sheriff's Office
  530 East Main St., Aspen
- Town of Snowmass Village Town Hall
  130 Kearns Rd., Snowmass Village
- Basalt Town Hall
  101 Midland Ave., Basalt

In-Person Voting:

- Remember to bring your identification
- ADA accessible voting machines are available at all voting locations

In-Person Voting Locations:

Early Voting:

- Until November 5: Pitkin County Administration & Sheriff's Office (Please Note: there will not be a polling center at this location on Election Day)
- Monday, November 7:
  Aspen Jewish Community Center
  435 W. Main Street, Aspen

Election Day – Tuesday, November 8:

(from 7 a.m. to 7 p.m.)

- Aspen Jewish Community Center
  435 W. Main Street, Aspen
- Town of Snowmass Village Town Hall
  130 Kearns Rd., Snowmass Village
- Basalt Town Hall
  101 Midland Ave., Basalt

For election info & resources, plus a list of approved identification for in-person voting, go to PITKINVOTES.COM or call 970-429-2732

Thanksgiving Lunch with Frank Todaro

Wednesday, November 23

At 12:00 p.m.

Mike and Kelly will serve a pre-Thanksgiving feast, while Frank Todaro entertains on piano.

Space is limited.
RSVP Required:
(970) 429-6161

Special $5 Tickets Available

Friday, November 4 • 7:00 p.m.
At the District Theater
(at Aspen Elementary School)

Everyone's favorite practically perfect nanny takes the stage in this Supercalifragilisticexpialidocious musical adventure. Mary Poppins is an enchanting mixture of irresistable story, unforgettable songs, breathtaking dance numbers and astonishing stagecraft.

Tickets for additional performances at ASPENSHOWTIX.COM

Aspen Community Theatre presents

Mary Poppins
November 4 • 5 • 6 • 11 • 12 • 13

The Broadway Musical
OFFERINGS FROM THE LIBRARIES

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

WEEKLY 3D PRINTER TRAININGS
Fridays & Saturdays | 9 a.m. - 2 p.m.
Sign up for a one-hour, 1-on-1 training on how to use the Library's 3D printer. Sign up online or call 970-429-1900.

ART AT THE LIBRARY: Paint Like Bob Ross
Thursday, November 3 | 4-6 p.m.
We’ll use acrylics and follow along to a classic Bob Ross video. Tea and snacks provided.

FRIDAY, NOVEMBER 11:
Library will be closed for Veterans Day

HEALTHY MASCULINITY: The Mask You Live In
Saturdays, November 12 & 19 | 4-6 p.m.
View and discuss this documentary – share ideas surrounding masculinity in America and how to go forward with fostering healthy masculinity in our community.

LITERATURE OUT LOUD: Words by Truman Capote
Tuesday, November 1 | 5:30-6:30 p.m.
Come hear Capote’s wonderful memoir, “The Thanksgiving Visitor,” and sample a poem by the eloquent Gerard Manley Hopkins.

LUNCH N’ LEARN: Genealogy
Friday, November 18 | 12 - 1 p.m.
Join us for lunch (on us) and learn about the various digital resources Pitkin County Library has to offer. This month, explore resources to help you with genealogical research.

TECHNOLOGY CLASSES FOR NOVEMBER
This month we’ll be offering Microsoft Word Basics & Mac Computer Basics. Register in advance.

LET’S TALK ABOUT IT: Real Estate in the Roaring Fork Valley
Tuesday, November 1 | 4:30 - 6 p.m.
We’ll review the do’s and don’ts to best prepare yourself to thrive in the real estate game in our unique community.

BRIDGE CLUB
Wednesday, November 2 & 16 | 4 - 6 p.m.
Newcomers & regular players welcome. Led by Courtney Keller, who will review the rules, opening moves & give pointers along the way. Registration requested, drop-ins welcome.

TAKE & CREATE: Paper Quilling
Tuesday, November 8 | 10 a.m. - 7 p.m.
Kit will come with everything you will need, while supplies last.

MUSIC AT THE LIBRARY: The French Violin
Friday, November 18 | 5:30 - 6:30 p.m.
Emily Acir and Kevin Kauki will perform three distinct sonatas. The program will include compositions by Joseph Bologne, Chevalier de Saint-Georges, Franck & Debussy.

ART FOR ALL AGES
Saturday, November 19 | 2 - 3 p.m.
A program to encourage adults and kids to spend time doing art projects together. Enjoy painting, drawing and quality time with others. All ages welcome.

Libraries are closed on Thursday & Friday 11/24 & 11/25 for Thanksgiving.

FEATURED CLASSES: November/December

Aspen Classes

For Registration & Info: (970) 925-7740

Nourishing Ourselves for Winter
Thursday, 11/3 | 6-8 p.m. | Fee: $29
Learn how to make delicious and nourishing foods to feed your soul through the winter months. Participants will learn how to add tasty medicinal additions to bone-broths and stews, how to spic up a cider for extra warmth and cold beating actions as well as make and take home their own fire cider to stay vital and stave off the cold and flu this season. Cost includes materials. Class will take place at the CMC Aspen campus.

Leading Yourself Through Change – Livestream
Tuesday 12/6 - Wednesday 12/7 | 2-6 p.m. | Fee: $49
Do you struggle with change? Change is inevitable and affects everyone differently. The distinction lies on how equipped you are to manage life’s alterations. One who doesn’t know how to utilize the tools adequately, experiences unnecessary difficulties and loses valuable time causing anxiety. In this program you will learn how to retake control of yourself so you can be in command of yourself. This class is taught livestream and a link will be emailed to students shortly before the first class.

Carbondale Classes

For Registration & Info: (970) 963-2325

Therapeutic Yoga
Tuesdays, 11/1-12/6 | 6-7:30 p.m.
“Overcome” is a 8-week yoga therapy program where students learn self-regulation tools and yogic techniques to build resiliency, and manage anxiety, stress, depression, PTSD and more. Course includes videos, text book, and online program in addition to the physical practice of traditional yoga asanas, breathwork and meditation.

Seed Saving
Thursday, 11/17 | 6-8 p.m.
Save money by buying seeds from your heirloom flowers and vegetables. Hands-on exercises teach you the techniques that have been used by humans for thousands of years, but forgotten in the last century. Sue Gray has lived in the Roaring Fork Valley for twenty-four years and has been teaching gardening classes for the past ten. She is a professional landscaper, former CSU Master Gardener, and creator and volunteer curator of the Carbondale Historical Society Heritage Gardens.

255 Sage Way, Aspen
social Spotlight

RECREATION CENTERS:
CHECK WEBSITES FOR LATEST INFO

The ARC: Please check aspenrecreation.com or call (970) 544-4100 for more information and for updates. For at-home workouts and activities, check out aspenrecreation.com/activities/home-based/adult

The Snowmass Village Rec Center:
Reservations are required, at least for certain areas. Go to snowmassrecreation.com for more information and to make reservations, or call (970) 922-2240.
The Senior Center has punch passes available for you to try out ARC or Snowmass Rec. Call 970-920-5432 for more info.

The Carbondale Rec Center:
Go to carbondalerec.com or call (970) 510-1290 for more information.

IN-PERSON CLASSES @ THE SENIOR CENTER

QIGONG: MONDAY • 10:00 AM
Helps reduce joint & arthritis pain; improve balance, breathing and grace. $5/class • Ross Douglas

BALANCE CLASS: TUESDAY • 10:00 AM
The exercises and activities offered have proven to prevent falls. Adaptable for any level. Free for all ages • Krista Fox

TONE & STRETCH CLASS: FRIDAY • 9:00 AM
Strengthen your core which in turn helps your posture, balance and muscle tone. $5/class • Christi Couch

YOGA: WEDNESDAY & FRIDAY • 10:15 AM
Hatha Yoga for any level, beginner to advanced. $5/class • Mary Anderson
(please note: class has been on hiatus and will hopefully resume in November. Please call to confirm before coming (970) 920-5432.)

FRAUD & ABUSE PREVENTION
THURSDAY, NOVEMBER 17 • 12:45 PM
Elder fraud/abuse can come by US mail, email, text, phone and more. They can occur in many different forms, including:
• Romance scams
• Grandparent scams
• Government impersonation schemes
• Investment scams
• Caregiver financial fraud
Learn what to watch out for, and how to identify when you or those around you may be targets these schemes. With Detective Jeremy Johnson & Officer John Woltjer of the Aspen Police Department.

GAME DAY AFTERNOONS
WEDNESDAYS • 1:30-4:30 PM
Dominoes, Rummikub, Cribbage, Bananagrams and more!

BRUSH UP YOUR BRIDGE
FRIDAYS • 1:30-3:30 PM • FREE WITH COURTNEY KELLER
Lessons for all levels, beginner to expert.

KNITTERS & CRAFTERS
SUNDAYS • 2:30—4:30 PM
This group is open to yarn & thread crafters of many kinds.

HISTORY’S MYSTERIES WITH CHRISTI COUCH
THURSDAY, NOVEMBER 10 • 1:30 PM
The Roaring Fork Valley . . . . and Beyond
Join Christi for another fascinating slideshow featuring her latest adventures in finding Colorado’s spectacular history.

SENIOR CENTER BOOK CLUB
WEDNESDAY, DECEMBER 7 • 10:45 AM
November/December selection: One Writer’s Beginnings by Eudora Welty.

KEEPING YOUR BRAIN ALIVE
MONDAY, NOVEMBER 21 • 1:00
Mary Barbour and Julie Paxton will share Open Focus practices to develop attention and awareness for optimal well-being. Neurobics is a unique brain exercise program based on the latest neuroscience research. It uses the five senses in unexpected ways and shakes up everyday routines. The result of Neurobics exercises: a mind fit to meet any challenge!

SENIORS AT PLAY—LIVE PLAY READINGS
WEDNESDAY, NOVEMBER 9 • 1:00 PM
WHILE THE AUTO WAITS by O. Henry
This is a masterful story about mistaken identity in a conversation between a man and a woman. The identity claimed by both individuals in their talk is exposed after they part ways.

THE TWELVE-POUND LOOK by J.M. Barrie
The Twelve-Pound Look is a hilarious, satirical look at wealth, labor, and finding one’s own joy.
Seniors at Play Want You!! To participate as a reader contact Barbara at bashaw1214@gmail.com or (970) 923-0041.
**MOBILE PANTRIES**

**Aspen/Upper Valley:**
**November 19 & 23 — Snowmass Town Park**
**2nd & 4th Wednesday • 12:00-2:00 PM**

**Basalt/El Jebel:**
**Crown Mountain Park**
**Weekly on Tuesday • 12:00-2:00 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 current distribution pantries 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.

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**LIFT-UP Food distribution**

You will be asked for basic info: Name, home address, number and ages of adults and children in the home. No ID required.

**Aspen Hours**
**Tuesdays 2:00-6:00 PM**
465 N. Mill St. #18

For updates and additional info, including additional locations and hours, go to liftpup.org and click “Distribution” and then “Schedule.”

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**ECONOMIC ASSISTANCE**

**CALL (970) 920-5244**

Information and help applying for:
- SNAP/Food Assistance
- Public Assistance
- Medicaid & Extra Help
- LEAP
- Emergency Financial Assistance

**1st Wednesday Visits • 10:30 AM – 12:30 PM (Nov 2.)**

Ligia Bonilla offers information and help applying for benefits • At the Senior Center • No appointment necessary.

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**WHAT IS POTASSIUM? WHAT IS MAGNESIUM?**

**What Is Potassium?**

According to the 2020-2025 Dietary Guidelines for Americans, potassium is an under-consumed nutrient, and because there are health concerns associated with low intakes of potassium, it is considered a nutrient of public health concern. Food manufacturers are required to include potassium content on the new Nutrition Facts Label.

Potassium is a mineral that, among other things, helps muscles contract, helps regulate fluid and mineral balance in and out of body cells, and helps maintain normal blood pressure by limiting the effect of sodium. Potassium also may reduce the risk of kidney stones and bone loss as we age.

Guidelines issued by the National Academies of Sciences, Engineering and Medicine were recently updated to recommend males 19 and older consume 3,400 milligrams (mg) of potassium per day and females of that same age group consume 2,600 mg daily. Obtaining potassium from foods is preferred, so be sure to discuss dietary supplements with a health care provider before taking any.

Potassium is found in a wide range of foods, such as leafy greens, tomatoes, eggplant, pumpkins, potatoes, carrots and beans. It’s also in dairy products, meat, poultry, fish and nuts.

To meet your daily potassium goal, consider adding some of these foods to your menu on a regular basis:
- 1 medium baked potato with skin: 930 milligrams
- 1 cup cooked spinach: 840 milligrams
- ½ cup raisins: 618 milligrams
- 1 cup cooked broccoli: 460 milligrams
- 1 cup cubed cantaloupe: 430 milligrams
- 1 cup chopped tomatoes: 430 milligrams
- 1 medium banana: 420 milligrams
- 1 cup raw carrot slices: 390 milligrams
- 1 cup low-fat milk: 350 to 380 milligrams
- ½ cup cooked lentils: 365 milligrams
- 1 cup cooked quinoa: 320 milligrams

**What Is Magnesium?**

Magnesium is an important part of the more than 300 enzymes found in your body. These enzymes help to regulate many bodily functions, including the production of energy, body protein and muscle contractions. Magnesium also plays a role in maintaining healthy bones and a healthy heart.

Magnesium is a major mineral, meaning higher amounts are needed compared to trace minerals, like zinc or iron. The amount of magnesium required daily depends on a person's age and gender. For example, females who are 19 years and older (and not pregnant) need 310 to 320 milligrams (mg) daily; whereas males of the same age should strive for 400 to 420 mg per day.

Foods rich in magnesium include green leafy vegetables, whole grains, beans and nuts. Milk and yogurt also provide magnesium, as do fortified foods, such as some breakfast cereals.

Because magnesium supplements can interact with some medications, it's important to discuss the need for a dietary supplement with a health care provider before taking one.

People with certain health conditions, like celiac disease or type 2 diabetes, may have lower levels of magnesium in their diets. Working with a registered dietitian nutritionist (RDN) can help with the management of those conditions. Plus, an RDN can develop a personalized eating plan that meets your nutrient needs.

Source: eatright.org • Contributor: Sarah Klemm, RDN, CD, LDN • Reviewed February 2021 • Published March 2021
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<th>MONDAY</th>
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<tr>
<td></td>
<td>NO LUNCH SERVED</td>
<td>2 Roasted Pork Loin, Gravy, Rosemary Potatoes, Broccoli &amp; Cauliflower, House Salad, Birthday Cake</td>
<td>3 Baked Chicken Parmesan over Pasta, Marinara Sauce, Sautéed Spinach, House Salad, Apple Pie</td>
<td>4 Shepherd’s Pie, Mashed Potatoes, Mixed Veggie, House Salad, Key Lime Pie</td>
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<td>7 Macaroni and Cheese, Broccoli and Carrots, Orange and Spinach Salad, Pecan Pie</td>
<td>9 Chicken and Sausage Jambalaya, Steamed Brown Rice, House Salad, Vanilla Ice Cream</td>
<td>10 Baked Salmon, Dill Butter, Brown &amp; Wild Rice, Pilaf, Italian Mixed Vegetables, House Salad, Cheesecake</td>
<td>11 Senior Center Closed for Veterans Day</td>
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<td>14 Fish &amp; Shrimp Chowder Zucchini Three Bean Salad House Salad *Chocolate Chip Cookies</td>
<td>16 Sloppy Joe, Whole Wheat Bun, Tater Tots, Three Bean Salad, House Salad, Chocolate</td>
<td>17 Tuna and Egg Salad on Baby Spinach, Tomato Rice Soup, Peach Crisp</td>
<td>18 Chicken Piccata, Sautéed Mushrooms, Mashed Potatoes, Italian Mixed Vegetables, House Salad, Blueberries &amp; Yogurt</td>
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<td>21 Chicken Cacciatore, Linguine, House Salad, Carrot Cake</td>
<td>23 Roast Turkey, Mashed Potatoes, Gravy, Green Beans, House Salad, Pumpkin Pie</td>
<td>24 Senior Center Closed for Thanksgiving</td>
<td>25 Senior Center Closed for Thanksgiving</td>
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<td>28 Maryland Crab Cake, Brown Rice, Island Mixed Vegetables, House Salad, Strawberries, Chocolate Ice Cream</td>
<td>30 Chili con Carne, House Salad, Pineapple Chunks, Chocolate Éclair</td>
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Reservations required • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Whole grain bread and 2% milk are available at each meal • Please arrive by 12:20 p.m.

**Aspen Art Museum**

**Tuesday, November 15 • 1:30 pm**

Aspen Art Museum will offer an exclusive exhibition tour of "Herve Telemaque: A Hopscotch of the Mind" and "Jeffrey Gibson: THE SPIRITS ARE LAUGHING" accompanied by an art-making workshop on exhibition themes and refreshments at Rooftop Café.

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

![Image of Hervé Télémaque, Inventaire, un homme d’intérieur (Inventory, an Interior Man), 1966. Acrylic on canvas, Private Collection. Courtesy of Paul Coulon.]

Programs for older adults generously offered free of charge by the Aspen Art Museum. AAM education programs are made possible by the Questrom Education Fund.

**CREATE FALL TABLE DECOR**

**With Joan of Art**

**Friday, November 18 • 1:00 PM**

Crafts person Joan Tidwell will bring supplies and teach how to create beautiful table art.

**WANT TO BE KEPT IN THE LOOP?**

Send us your email address:

seniors@pitkincounty.com
## Wellness & Resources

### SMILES FOR SENIORS DENTAL CLINIC
**November date TBD • 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.**

### ALZHEIMER’S SUPPORT GROUP
**Group is currently on hiatus**
Please contact Chad Federwitz at (970) 920-5432 if you need assistance. For additional support & resources, contact Ralph Patrick of the Alzheimer’s Association of Colorado at rpatrick@alz.org. **24-HR HELPLINE (800) 272-3900.**

### ALPINE LEGAL SERVICES
**Monthly on the 2nd Monday at 2:00**
**Next session: November 14**
Call to sign up for a free 15-minute consultation. (970) 920-5432.

### FOOT CARE MONDAYS
**November 7 & 28 12:45-3:00 PM**
Nurse Karen Kashnig will provide foot & toenail care. Space is limited. Sign up at (970) 920-5432. **No charge, donations accepted.**

### MASSAGE WITH JOANNE JOHNSON
**Wednesday, November 30 • 12:45-2:00 PM**
**15-minute Chair Massage**
Joanne is a long-time massage therapist in the Roaring Fork Valley. Sign up (970) 920-5432. **No charge, donations accepted.**

### LOW INCOME ENERGY ASSISTANCE PROGRAM
**APPLICATIONS ACCEPTED NOVEMBER 1 THROUGH APRIL 30**
LEAP assistance will pay a portion of home heating costs in a one-time payment directly to the energy provider. The qualifying income for LEAP is now up to 60% of the state median income. For a 1-person household, the gross income limit is $2880. For a 2-person household it is $3766. Benefit amounts range from $250 to $1,000.

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://cdhs.colorado.gov/leap](https://cdhs.colorado.gov/leap)

You may also apply at [https://coloradopeak.secure.force.com/](https://coloradopeak.secure.force.com/)

Pick up an application at the Senior Center or HHS building.
- Arrearage Program to help with past due bills
- Water Program—expands benefits to assist with water bills in certain circumstances
- Crisis Intervention Program for repairing or replacing broken furnaces. Call 855-469-4328 to learn more.

Once completed, LEAP applications can be emailed to: leaphelp@goodwillcolorado.org

Or mail to:
**Discover Goodwill**
P.O. Box 39200
Colorado Springs, CO 80949
If you need application assistance, contact Ligia Bonilla at (970) 319-4211.

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## Health Fair

**November 10, 11, 12 & 13 in Aspen and Basalt**

We are pleased to offer you, our community, a selection of low-cost blood tests so you can take charge of your health! By appointment only.

**Aspen Valley Hospital**
0401 Castle Creek Road
Thursday, Friday & Saturday
November 10, 11 & 12

**El Jebel Community Center**
20 Eagle County Dr, El Jebel
Sunday, November 13

All appointments 8:00 - 11:30 am

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<th>Lab Tests Offered</th>
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<tr>
<td>HealthScreen w/CBC - $70 (Fasting Required)</td>
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<td>hsCardio CRP - $35</td>
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<td>Hemoglobin A1C &amp; EAG - $35</td>
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<td>PSA, Total - $40</td>
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<td>Vitamin D - $45</td>
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Follow this link to book online: [aspenhospital.org/health-fair](http://aspenhospital.org/health-fair), or by phone 1.800.217.5866. Monday – Friday, 9:00 am – 4:00 pm.
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<td>10:00 Balance Class</td>
<td>4:30 Medicare Basics and Open Enrollment Info @ Library</td>
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<td>10:15 Yoga 10:30-12:30 Economic Assist. 12:00 Lunch 1:30 Game Day Afternoon</td>
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<td>10:00 Qigong 12:00 Lunch 12:45 Foot Care</td>
<td>10:00 Balance Class</td>
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<td>10:00 Balance Class 12:00 Lunch 1:30 Game Day Afternoon</td>
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<td>10:00 Qigong 12:00 Lunch 1:30 Game Day Afternoon 1:30 History’s Mysteries with Christi Couch</td>
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<td>10:00 Qigong 12:00 Lunch 2:00 Alpine Legal</td>
<td>10:00 Balance Class Redstone Senior Day 1:30 Aspen Art Museum</td>
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<td>10:15 Yoga 12:00 Lunch 1:00 Senior Council 1:30 Game Day Afternoon</td>
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<td>9:00 Tone &amp; Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge 1:00 Fall Centerpieces</td>
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<td>10:15 Yoga 12:00 Lunch 12:45 Massage with Joanne Johnson 1:30 Game Day Afternoon</td>
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PITKIN COUNTY
SENIOR SERVICES
0275 Castle Creek Road
Aspen, CO 81611

RETURN SERVICE REQUESTED

Pitkin County is an Age-Friendly Community
pitkinseniors.com • 970-920-5432
Open Monday - Friday • 8:30 a.m. - 4:30 p.m.

THE VOICE OF EXPERIENCE
PITKIN COUNTY SENIOR SERVICES

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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:

VINTAGE

Medicare Open Enrollment
OCTOBER 15-DECEMBER 7

TUESDAY, NOV. 1 • 4:30
Pitkin County Library

MEDICARE BASICS & OPEN ENROLLMENT INFO

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. 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. Medicare Advantage plans are heavily advertised on TV, but the ads provide some misleading information. Be sure you have a clear understanding before choosing to enroll.

A “plan finder” tool is available at www.medicare.gov; click the button “Find Health & Drug Plans.” For questions or assistance, reach out to the resources listed on the right.

FOR MORE INFO:

SHIP Medicare Coordinator:
Jonnah Glassman
(970) 315-1328
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
Glenwood Springs Appointments