BE FRAUD-WISE!
FREE Lunch Workshop
LEARN THE LATEST TIPS AND TECHNIQUES FOR AVOIDING FRAUD IN THE DIGITAL AGE

Nov. 15, • Noon – 1:30 PM
Pitkin County Library:
120 N. Mill St, Aspen, CO 81611

FEATURING:
• The Psychology Behind Our Best Financial Wins and Greatest Fraudulent Fails
• Cybersecurity in the Fin-Tech Age

Register to attend at:
Or by calling 303-894-2878

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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, NOV 6 • 2:00
Free 15-minute legal consultations — call to schedule your appointment.

SCHEDULING & INFO
970-920-5432

MONDAY MOVIE—"EVEREST"
NOVEMBER 26 • 1:00 PM
The 1998 documentary narrated by Liam Neesan, filmed during the 1996 storm that claimed 8 lives, and was documented in the book Into Thin Air. It includes a description of the training required in order to climb the 29,029 feet to the summit of Mount Everest. Runtime: 45 minutes

Low Income Energy Assistance Program (LEAP)
LEAP assistance is not intended to cover residents’ entire heating bills but 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. The qualifying income for LEAP has increased this season to 165% of the Federal Poverty Level. 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-leap/

Thanksgiving at the Senior Center
Wednesday, November 21 at noon
Music by Dwight Ferren
Please note:
• RSVPs are required
• Call (970) 429-6161
• Guests over age 60 only
• Space is limited—sign up by 11/19

SENIOR CENTER NOVEMBER HOLIDAY CLOSURES
• MONDAY, NOVEMBER 12: CLOSED FOR VETERANS DAY
• THURSDAY & FRIDAY NOVEMBER 22 & 23: CLOSED FOR THANKSGIVING
FREE SCREENINGS
• Back Screenings with Dr. Gertzbein, OrthoAspen
• Balance Testing
• Blood Pressure
• Oral Cancer Screenings
• Orthopedic Arthritis Evaluations
• Skin Checks
• Vision Screenings
... and more!

AVAILABLE SERVICES

Flu Shot ................................................................. $30
High Dose Flu Shot ................................................ $50
Shots are FREE with Medicare Part B and certain types of insurance. Please bring your card.

Lab Profile with CBC* ........................................... $65
Includes blood sugar, liver and kidney function tests, cholesterol, HDL, LDL, triglycerides, thyroid test (TSH). The CBC measures white and red blood cells, platelets, hemoglobin and hematocrit values.

Cardio C-Reactive Protein (CRP) Blood Test ....................... $35
Predicts a person's risk of heart attack or stroke by measuring small levels of inflammation. Test results can be affected by tissue injury, infections, being overweight or smoking.

PSA (Prostate Specific Antigen) ........................................ $35
Blood Test

Vitamin D Blood Test ................................................. $45

Colorectal Cancer Kits ................................................ $25
No special diet required. This test is distributed at the fair to be completed at home.

Full test descriptions available at aspenhospital.org/health-fairs.

*You must fast 12-14 hours, but drink lots of water, prior to having blood drawn. Diabetics should contact their physician for special instructions.

Seniors 60+
Need a ride to the Health Fair?
Call the Senior Center at 970.920.5432
Doors open at 8:00 a.m.
Dress appropriately for the weather!

Cash or check only
ATM available

Park in the outdoor surface hospital lot.
Enter at main entrance.
PITKIN COUNTY MAIL BALLOT ELECTION
Election Day is Tuesday, November 6

Receiving your mail ballot:
Ballots were mailed 10/15/18 to all active registered voters. Didn’t receive your mail ballot or need a replacement ballot? Call the county clerk’s office at 970-920-5180. Please note, after October 29, a ballot can no longer be mailed to you. Instead, you can visit one of the Voter Service and Polling Centers to vote or collect a replacement mail ballot in person.

Returning your mail ballot:
You can mail your ballot back, or drop it off:
The Clerk’s office must receive your ballot by 7 p.m. on election day (11/6/18) for your vote to count. Postmarks do not count! After October 29, it is recommended you drop off your ballot in person to ensure that it arrives on time.
You can track your mail ballot using BallotTrax on pitkinvotes.com. This service will notify you when your ballot is received by the clerk’s office and is accepted for counting.

Mail Ballot Drop-Box Locations
Pitkin County Clerk & Recorder
530 East Main Street, Suite 104
Aspen, CO 81611
Hours: Monday to Friday 8:30 a.m. - 4:30 p.m.
Available through 7 p.m. on Election Day

24/7 drop-box locations:
Available through 7:00 p.m. on Election Day
• Pitkin County Administration & Sheriff’s Office
530 East Main Street, Aspen, CO 81611
• Town of Snowmass Village Town Hall
130 Kearns Road, Snowmass Village, CO 81615
• Basalt Town Hall
101 Midland Avenue, Basalt CO 81621
• The Church of Redstone
213 Redstone Blvd. Redstone, CO 81623
Available only on Election Day from 7:00 a.m.-7:00 p.m.
You can vote in person during Early Voting or on Election Day. Remember to bring your identification with you. You can find a full list of acceptable identification at pitkinvotes.com.

Open for Early in-person voting through November 5, and on election day Tuesday, November 6, 7:00 a.m.—7:00 p.m.

Aspen Voter Service and Polling Center:
Pitkin County Administration & Sheriff’s Office
530 East Main St, Aspen, CO 81611
Open Monday to Friday from 8:30 a.m.-4:30 p.m.
Saturdays, October 27 and November 3 from 10:00 a.m.-2:00 p.m.
Open for Election Day, Tuesday, November 6, 2018
7:00 a.m. - 7:00 p.m.
• Snowmass Village Voter Service and Polling Center:
Snowmass Village Town Hall
130 Kearns Rd., Snowmass Village, CO 81615
• Basalt Voter Service and Polling Center:
Grace Church 1776 Emma Rd., Basalt, CO 81621

During Early Voting and on Election Day eligible electors can:
• Register to vote • Update a voter registration • Vote in person
• Drop off a mail ballot • Secure a replacement mail ballot.

SOCIAL SPOTTLIGHT
"Hard Rock Mining is a Tough Business"

PRESENTATION BY LOCAL HISTORIAN
LARRY FREDRICK
THURSDAY, NOVEMBER 1ST
5:30-6:30 P.M.
PITKIN COUNTY LIBRARY
COMMUNITY ROOM
Hosted by:
Hiking into Colorado’s Past
For more info email
hikingintocopast@gmail.com

LITERATURE OUT LOUD
SUNDAY, NOVEMBER 18TH
3:00 PM
PITKIN COUNTY LIBRARY COMMUNITY MEETING ROOM

ACTIVE ART
FRIDAY, NOVEMBER 30TH • 1:30 PM
AT THE ART MUSEUM
November Active Art Includes an exhibit tour and art activity focusing on the work of David Hammons. RSVP: (970) 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.

PITKIN COUNTY SENIOR SERVICES • October 2018

Redstone Senior Days
At the Redstone Inn • Please RSVP (970) 920-5432
• 11:30AM – Yoga
• 12:30PM – Lunch ($5 suggested donation)
• 1:30PM – Program (See below details)
NOVEMBER 15: Redstone Castle Tour ($20 pp)
NOVEMBER 27: Chair massage, chess & other games
DECEMBER 11: Cookie Exchange – bring 10 packs of 5 cookies to trade. Include your recipe if you are willing to share.

WANT TO BE KEPT IN THE LOOP?
Send us your email address! (970) 920-5432 • seniors@pitkincounty.com
Vegetarianism: The Basic Facts
Reviewed by Taylor Wolfram, MS, RDN, LDN

While some meat-eaters stereotype the motivations of vegetarians, the truth is the decision to adopt a meat-free diet is a complex, multi-faceted dietary choice.

People of all ages and backgrounds are vegetarians. People who follow a vegetarian diet never eat meat, fish or poultry. Instead, they rely on a variety of plant-based foods for good health and eating enjoyment.

Types of Vegetarians
There are many types of vegetarians. Some eat dairy foods, such as cheese or eggs, while others abstain entirely from any food product that comes from an animal.

A lacto-ovo vegetarian, for example, consumes milk and dairy foods, eggs, grains, fruits, vegetables, beans, nuts and seeds, but abstains from meat, fish and poultry. A lacto-vegetarian follows a similar diet, but does not eat eggs. Meanwhile, a vegan stays away from animal-based products entirely, which, in addition to meat, also includes milk and dairy products, lard, gelatin and foods with ingredients from animal sources. Some vegans also do not eat honey.

Why Choose a Vegetarian Diet
People choose vegetarian diets for many reasons, including personal preference, health concerns, dislike for meat or other food from animals, or they believe a plant-based diet is healthier.

Some adopt a vegetarian lifestyle for ethical reasons. Many vegetarians, for example, avoid meat because they do not want animals killed or harmed. These individuals may object to the treatment of animals raised on industrial farms. The environment is an additional concern for some vegetarians. Issues have been cited concerning all aspects of the environment, such as animal waste from factory farms polluting the land and water or forests that are cut down to make room for grazing cattle.

Religious beliefs also can play an important role in vegetarianism. For instance, followers of Jainism practice nonviolence (also called ahimsa, meaning "do no harm"), and do not eat meat or certain vegetables, such as onions, potatoes and garlic. Hindus also believe in ahimsa and are the world's largest vegetarian population. They believe in the dietary customs of self-control and purity of mind and spirit. Seventh-day Adventists practice a vegetarian lifestyle, while Buddhists also support the concept of ahimsa (although some eat fish or meat).

Health Benefits
Many people make the switch to a vegetarian diet because of the potential health benefits. Vegetarian eating patterns have been associated with improved health outcomes including lower levels of obesity, a reduced risk of heart disease and lower blood pressure. Also, vegetarians tend to consume a lower proportion of calories from fat and fewer overall calories, and more fiber, potassium and vitamin C than non-vegetarians. These characteristics, plus lifestyle factors, may contribute to the health benefits among vegetarians.

Note: A healthy eating pattern is essential in order to obtain the health benefits of becoming a vegetarian. The Dietary Guidelines and MyPlate provide guidance for planning a well-balanced vegetarian or vegan diet.
Source: eatright.org

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.

ASPERN PANTRY: Tuesday, Wednesday & Thursday*
11 a.m. – 1 p.m. • Also Wednesday 4-6 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.

* 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

HOME DELIVERED MEALS are available on lunch days to qualified seniors who are unable to come to the Senior Center, due to a temporary or long-term illness or disability. The menu is the same as the meal served at the Senior Center each day and is delivered by a volunteer by 1:00 p.m. Delivery area is limited; additional resources exist for those outside the geographic area. For more information on qualifications or to sign up, call 970-920-5432.

MOBILE PANTRY FOOD ASSISTANCE
Thursday, November 8 • 11:00 a.m. – 1:00 p.m.
Location: TBD—Forest Service Office or CMC

No qualifications, forms, or fees. Please bring bags or a box. First come first served.

The USDA is an equal opportunity provider and employer.
### NOVEMBER MENU

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<td>5 Chicken Caesar Salad, Sliced Tomatoes, Mixed Fruit, Apple Crisp</td>
<td>7 Meatloaf, Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Greens, Cantaloupe, Birthday Cake</td>
<td>1 Vegetarian Chili, Cornbread, Spinach &amp; Feta Salad, Apple, Mocha Brownie</td>
<td>2 Cod Florentine, Spinach &amp; Mushrooms, Brown Rice Pilaf, Key Lime Pie</td>
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<td>12 Senior Center Closed for Veterans Day</td>
<td>14 Chicken alla King, Green Peas, Mashed Potatoes, Tossed Salad, Orange, Chocolate Cake</td>
<td>8 German Sausage Peppers and Onions Oven Roasted Potatoes Coleslaw, Tossed Salad Chocolate Pudding</td>
<td>9 Seafood Chowder, Sweet Corn, Broccoli &amp; Cauliflower Salad, Lemon Custard, Chocolate Chip Cookie</td>
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<td>26 Spaghetti &amp; Meatballs, Marinara Sauce, Zucchini, Caesar Salad Pear Half, Blondie</td>
<td>28 Chicken Marsala, Brown Rice, Spinach, Mixed Greens, Strawberry Cheesecake</td>
<td>22 Senior Center Closed for Thanksgiving Holiday</td>
<td>23 Senior Center Closed for Thanksgiving Holiday</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

**ASPEN 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.

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.

### RECREATION

### UPCOMING EXCURSIONS W/ CARBONDALE REC:

- December 8—Fruita Holiday Arts & Crafts Fair
- December 21—Grand Junction Mall Trip

For more senior programs & 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 & Wednesdays • 11:00 – Noon • Sana Rappaport**

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

**Tuesdays • 8:45 – 9:45 a.m.** | Taught by Betty Hoops, Sana

**Thursday • 8:45 – 9:45 a.m.** | Rappaport & Colleen Collins

**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**

Reminder: The Senior Center will be closed on November 12, 22 and 23 for holidays. Fitness Classes are also cancelled on November 21.

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**NOVEMBER MENU**

**FITNESS CLASSES**

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Reminder: The Senior Center will be closed on November 12, 22 and 23 for holidays. Fitness Classes are also cancelled on November 21.
Wellness & Resources

HELP WITH MEDICARE

WEDNESDAY, NOVEMBER 14 • 10:00 AM – 4:00 PM
@ PITKIN COUNTY SENIOR SERVICES
With TJ Dufresne, SHIP/SMP coordinator for Pitkin County. Call 970-920-5432 to schedule your appointment.

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

Part D Open Enrollment October 15–December 7
What Does That Mean?
Every year, the Part D Prescription Drug Plans (PDPs) can change their formularies, premiums and co-pays. The plan you have may not be the best for you next year. It depends on what medications you take, what pharmacy you use, and what changes your plan has made. It is best to do a personalized search each year during open enrollment to determine which plan will provide coverage at the lowest out of pocket costs to you.

How do I find out which plan is best for me?
Go to www.medicare.gov and click the button “Find Health & Drug Plans.” Then go to the Personalized Search on the Plan Finder page. Enter the information requested, including your medications and dosages, and then your choice of pharmacy. At the end, you will see which plan will be the least expensive for you on a total annual cost basis – including premiums, deductibles and co-pays.

Please note: changes made during open enrollment will take effect on January 1, 2019.

I don’t have a Part D plan
Some people choose not to have a Part D prescription plan because they don’t take any prescribed medications. This may save money in the short term, but it can be a very costly choice in the future. If you are suddenly prescribed an expensive medication, you will be responsible for the full cost until you can add a Part D plan for the following year. Also, if you choose to add a plan later, you will pay a premium penalty for the rest of your life and the penalty will increase over time.

SMILES FOR SENIORS

MOBILE DENTAL CLINIC
FRIDAY, NOVEMBER 16 • 9:00 AM–4:00 PM
Health and Human Services
405 Castle Creek Rd, Aspen

QUESTIONS OR SCHEDULING: Kelly, 970-309-2064

ECONOMIC ASSISTANCE & VSO
3RD THURSDAY VISITS

NOVEMBER 15 • 10:30-12:30 • SENIOR CENTER
Ligia Bonilla and Sandi Centofante offer information and help applying for: Public Assistance, SNAP/Food Assistance, Medicaid and more.
Veterans Service Officer Janine Barth helps untangle VA bureaucracy and connects veterans with resources.

VETERANS COFFEE & DONUTS
4TH TUESDAY OF THE MONTH
NOON – 2:00 PM • NEXT MEETING NOVEMBER 27
Pitkin County Library Mezzanine Meeting Room • MORE INFO: Janine Barth, Pitkin County Veterans Service Officer 970-429-6115 • janine.barth@pitkincounty.com

HEALING FROM GMOs

PRESENTED BY JOANNE JOHNSON
MONDAY, NOVEMBER 19 • 1:00 PM
Joanne will share an interview of Dr. Lee Cowden about how damage builds up as a result of eating GMOs and being exposed to Roundup®. There are recommendations for cleaning the lymph system, re-mineralizing, using antioxidants and protecting against the pesticides and pharmaceuticals in the water system.

From the Senior Council Chair: Vote “YES on 1A”

Many of you know me as the director of the Aspen Animal Shelter. I love dogs and cats, but I also care about the older people in our community. As the chair of the Pitkin County Senior Services Council, I know the value the Healthy Community Fund provides throughout Pitkin County and beyond. This funding allows our Senior Center to offer a wide variety of programs, including exercise and education, as well as all kinds of outings and activities. Delicious lunches are served 4 days per week - and delivered to home bound individuals. The friendly, knowledgeable staff members coordinate transportation and offer connections to resources to help older adults age well in our community. Some programs are coordinated with partner agencies in the mid-valley and in Glenwood Springs, and Senior Services is now offering programming in Redstone a few times a month.

In addition to Pitkin County Senior Services, the Healthy Community Fund generates vital funding for more than 70 local non-profits. These grant recipients include physical and mental health agencies, as well as family, cultural, environmental, and recreational entities which all play a part in keeping our community healthy.

Young or old, rich or poor, we all benefit from the Healthy Community Fund. Whether you’re helping yourself, or helping your neighbor, vote “YES” on Ballot Question 1A.

Seth Sachson
Chair, Pitkin County Senior Services Council
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Aging Well in Our Community
pittkenseniors.com • 970-920-5432

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:
Wednesday, December 5 (Note date change due to holiday season. This will be the last meeting for the year)
Book Selection: Rules of Civility by Amor Towles

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

OTHER GAMES AVAILABLE: Aspenopoly, Bridge, Chess, Backgammon, Trivial Pursuit, Rummy Double, Puzzles, etc.

NOVEMBER AT A GLANCE:
Nov 1 — 5:30-6:30 “Hard Rock Mining” at the Pitco Library
Nov 2—8:00-11:00 Senior Health Fair at AVH
Nov 6—1-2:00 Alpine Legal 1:1 appointments (970) 920-5432
Nov 9—1:00 Jewelry Design with Lynn Dunlop
Nov 12—Senior Services Closed for Veterans Day
Nov 14—10:00-4:00 Medicare 1:1 w/TJ. Sign up 920-5432
Nov 14—1:00-3:00 Senior Services Council
Nov 15—10:30-12:30 Economic Assistance & VSO
Nov 16—9:00-4:00 Smiles for Seniors at HHS. Appts: 309-2064
Nov 19—1:00 “Healing from GMOs” with Joanne Johnson
Nov 21—Thanksgiving Luncheon w/ Dwight Ferren 429-6161
Nov 26—1:00-3:00 Monday Movie
Nov 30—1:30 Active Art at Aspen Art Museum

CIRCLE OF FRIENDS TECH ASSISTANCE:
SECOND WEDNESDAY OF THE MONTH
NOVEMBER 14 • 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
- Refreshments sponsored by the Senior Services Council and Paradise Bakery.
- Please RSVP 920-5432

Need help at a different time? High school students may be available to come to the Senior Center during their free periods. Call (970) 920-5432 with your request.

25 YEARS WITH MOUNTAIN RESCUE
CARLA WHEELER • MONDAY, NOVEMBER 5 • 1:00 PM

Carla is a 25-year veteran K-9 handler specializing in avalanche search and rescue, wilderness search, water search and human remains detection. She’ll share tales from the field and more. Mountain Rescue Aspen is on call 24/7, every day of the year.