



PITKIN COUNTY SENIOR SERVICES

— REDSTONE —

Aging Well in Our Community

Redstone Senior Days

At the Redstone Inn

Redstone programs are open to all!

RSVP: (970) 920-5432

APRIL 9 & 30

- **12:00 p.m. – Lunch (\$10)**

RSVP by noon the Friday prior – space is limited.

Plated lunch will be served.

There will be a gluten-free option.

- **12:45 p.m. – Program**

April 9: Know Your Trees

Bioregional Herbalist Sheehan Meagher will offer this program to identify and connect with the many medicinal native trees of the Aspen area.

April 30: Dental Care and Oral Health

Lisa Westhoff from Community Health's "Smiles for Seniors" program will offer dental care appointments at the Inn beginning at 9:00 a.m. Call (970) 920-5420 to schedule. She'll provide oral health education & answer questions after lunch.

WANT TO BE KEPT IN THE LOOP?

Send us your email address:

(970) 920-5432 • seniors@pitkincounty.com