PITKIN COUNTY
SENIOR SERVICES
REDSTONE
Aging Well in Our Community

# Redstone Senior Days

At the Redstone Inn | **RSVP: (970)920-5432**

## SEPTEMBER 8 & 22

**11:00 a.m. – Yoga ($5)**
With Anna Raphael. Open to all ages and abilities.

**12:00 p.m. – Lunch ($10)**
RSVP by noon the Friday prior – space is limited. Plated lunch served. Gluten-free option available.

**12:45 p.m. – Program**

- **Tuesday, September 8:** Warning Signs of Alzheimer's & Other Dementias
  Join Dr. Chad Federwitz, PhD to learn about 10 common warning signs and to watch for in yourself and others.
- **Tuesday, September 22:** AI Workshop
  Discover how AI can help you brainstorm, create, learn, solve problems, and explore new ideas. No experience required, just curiosity!

## WANT TO BE KEPT IN THE LOOP?

**Send us your email address:**
(970) 920-5432 • seniors@pitkincounty.com