

# THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

February 2024



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## SENIOR SERVICES CLOSED

Senior Services will be closed:

- **Presidents Day**  
**Monday, February 19**

# SENIOR DAY THURSDAY FEB 15 on Aspen Mountain

**THIS  
EVENT IS  
FULL!**

If you are signed up and cannot attend, please call to cancel so that we can accommodate people from the wait list. To add your name to the wait list, call 970-920-5432

## IMPORTANT INFORMATION:

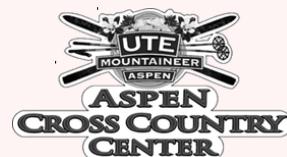
- **Check in** with Senior Services Staff at 8:45 a.m. by the base of the gondola; load the gondola by 9:15 a.m.
- **DO NOT arrive** before 8:15 a.m.
- Even if you have your own ski pass, **please check in with our staff** at the base to ensure admittance to the breakfast.
- If you have friends who did not make it on the official list, please **do not invite them to join you** in the Sundeck, even if they don't plan to eat breakfast. Extra guests cause crowding and confusion for the generous staff and servers.
- **If you are on the waitlist**, you may be called within the last 24 hours if a space becomes available. Please respond to messages promptly so that we can move through the wait list as efficiently as possible.

**THANK YOU to the Aspen SkiCo for hosting this day.**

## X-COUNTRY SKI LESSONS

**TUESDAYS, FEBRUARY 6 & MARCH 5  
AT 11:00 AM**

- **ASPEN GOLF COURSE**
- **SENIOR SERVICES**



**COVERS THE COST OF THE LESSON**

- **\$10 RENTALS AVAILABLE**  
The Aspen Cross Country Ski Center is owned and operated by the Ute Mountaineer. The shop offers dedicated rentals, lessons, equipment and clothing for Nordic skiing. This is an opportunity to take a relaxed and fun group classic ski lesson with rentals (if needed) at a much reduced rate. Nordic skiing is a great low impact sport for all age groups, as well as an excellent way to be outside and get some fresh mountain air.



## Wheeler Opera House Tour

**Wednesday, February 7  
1:30 p.m. • Wheeler Lobby**

Enjoy a **GUIDED TOUR** inside the Wheeler Opera House, the center of Aspen's arts and cultural scene since it was built in 1889. This **FREE** tour in partnership with the City of Aspen's Wheeler Opera House offers an insider's look at the iconic building, including its recent renovations and storied past.



Image: Wheeler Opera House at Mill St. & Hyman Ave. in winter 1939. Credit Aspen Historical Society.

## VALENTINE'S DAY LUNCH MUSIC BY DAVID DYER

**WEDNESDAY, FEBRUARY 14  
12:00**

*Come share the love!*

*RSVP for lunch  
(970) 429-6161*



# OFFERINGS FROM THE LIBRARIES



Visit [pitcolib.org](http://pitcolib.org) for info and sign up details for events, programs & activities.

## PAINT LIKE BOB ROSS

**Thursday, February 1 | 4:00-6:00 p.m.**

Follow along with a Bob Ross Joy of Painting video. We will use acrylics and a small canvas so you can take it home.

## SEWING 201 WORKSHOP: Fleece Mittens

**Thursday, February 1 | 4:00-6:00 p.m.**

In this slightly more advanced workshop, participants will learn how to make fleece mittens. Sign up at [pitcolib.org/reg](http://pitcolib.org/reg).

## BEADING BONANZA

**Saturday, February 3 | 3:00-5:00 p.m.**

If you've ever thought about jewelry making, but didn't know where to start, join us at this beading bonanza!

## LEGENDS OF ASPEN FILM SERIES

**Wednesday, February 14 | 4:30-6:00 p.m.**

Join us for a screening of short films focusing on past Aspen Hall of Fame inductees & learn about the history of Aspen.

## BOOK NOOK & MINIATURE CLUB: Book Nook Frame

**Thursday, February 15 | 4:30-6:00 p.m.**

This 2nd session includes a demon on creating a frame for a book nook mini scene and working with a specific scale.

**MONDAY, FEBRUARY 19: Closed for Presidents Day.**



Visit [basaltlibrary.org](http://basaltlibrary.org) for more events, programs and details, plus registration info.

## VALENTINE'S DAY SENIOR SOCIAL

**Wednesday, February 14 | 1:00-3:00 p.m.**

Lunch will be soup graciously provided by Eagle County Healthy Aging. There will also be live music, sweet treats, fun decorations, and a Valentine-making station. Whether you are single, widowed, or plan to bring your significant other, all seniors are welcome! Dress code: Pink and/or red encouraged.

## AFTER-HOURS MURDER MYSTERY PARTY

**Friday, February 16 | 5:00-7:00 p.m.**

Love is in the air, but so is a sinister secret in this Valentine's Day themed murder mystery party. Everyone plays a character, and anyone could be the killer. Doors close at 5:10 PM so please plan to arrive before then!

## SOUND IMMERSION with Ildi Ingraham

**Thursday, February 29 | 5:30-6:30 p.m.**

Relax and unwind at the library! Using singing bowls, gongs, chimes, and her voice, Ildi will guide you through an experience of deep relaxation. Please bring a mat, pillow, blanket, and anything else you need to be comfortable. We will begin once everyone is settled, so please arrive on time.

## VISIT FROM A LIBRARIAN Friday, February 23 | 12:45-2:00 p.m. | At the Pitkin County Senior Center

**NEW Monthly Activity:** Pitkin County Librarian Monique Rodriguez will visit on the last Friday of each month to review online resources and teach about how to access them from home.

This month, she'll focus on **Libby**, **Hoopla** and downloading to your **Kindle** device.

## "SMILES FOR SENIORS" DENTAL CLINIC

**THURSDAY, FEBRUARY 15**

**9:00 AM—4:00 PM**

**COMMUNITY HEALTH SERVICES**

**405 CASTLE CREEK RD, ASPEN**

Ages 60+. Standard treatment & 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.

### DENTAL HEALTH CARE INFO AND Q&A

**THURSDAY, FEBRUARY 22 • 12:45**

Regional Oral Health Specialist Lisa

Westhoff will share some basics about

dental health, answer your questions and share resource

ideas for accessing oral health care.



## ALPINE LEGAL SERVICES

**MONTHLY ON THE 2ND MONDAY AT 2:00**

**NEXT SESSION: FEBRUARY 12**

Call to sign up for a free 15-minute consultation. (970) 920-5432.



SAVE THE DATE:

# Medicare 101

**MONDAY,  
MARCH 4**

1:00 p.m. at Pitkin County Senior Services

5:00 p.m. at Pitkin County Library

**LEARN MEDICARE BASICS**

Visit [PitkinSeniors.com](http://PitkinSeniors.com) for more information

## VINTAGE INFORMATION AND RESOURCES

**THURSDAY, FEBRUARY 29 • 12:45 PM**

Vintage is the Alpine region's aging expert – ensuring that older adults have access to needed supports, services, and resources. Vintage provides

resources to the community via grant funding to agencies and support to individuals. Come learn what it's all about!



# VINTAGE

## SOUND HEALING MEDITATION

**THURSDAY, FEBRUARY 29 • 2:00 PM**

Sound healer Megan DiSabatino offers a guided journey into the practice of using vibrations in the form of crystal singing bowls, chimes and gongs to relax physical and emotional well being.



# Recreation & Fitness

## RECREATION CENTERS:

### CHECK WEBSITES FOR LATEST INFO.

**THE ARC:** Please check [aspenrecreation.com](http://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](http://aspenrecreation.com/activities/home-based/adult)



### THE SNOWMASS VILLAGE REC CENTER:

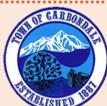
Go to [snowmassrecreation.com](http://snowmassrecreation.com) or call (970) 922-2240 for more information.



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](http://carbondalerec.com) or call (970) 510-1290 for more information.



## IN-PERSON CLASSES

FITNESS CLASSES ARE HELD AT THE SENIOR CENTER—EXCEPT WATER AEROBICS

**YOGA • MONDAY, WEDNESDAY, FRIDAY 10:15 AM —**  
Hatha Yoga for any level, beginner to advanced. \$5/class • **MARY ANDERSON**

**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**

**QIGONG: THURSDAY • 10:00 AM**  
Helps reduce joint & arthritis pain; improve balance, breathing and grace. \$5/class • **ROSS DOUGLASS**

**WATER AEROBICS: MON & TUES • 10:00 AM @ THE ARC**  
Learn the benefits of water exercise! Everyone welcome to join with ARC membership or day pass. Scholarships may be available for those who qualify. Renew Active or Silver Sneakers members can take these classes for \$5.

**STONE & STRETCH : FRIDAY • 9:15 AM**  
Strengthen your core which in turn helps your posture, balance and muscle tone. \$5/class • **CHRISTI COUCH**

**VIRTUAL: STRETCH CLASS**  
Offered **MONDAY-THURSDAY • 9:30 AM • <https://meet.google.com/upz-hvcv-btt>** **CHRISTI COUCH**



## ORGAN DONATION-THEMED BINGO!

**MONDAY, FEBRUARY 12  
12:45 PM**

Chris Klug Foundation Executive Director Jessi Rochel will bring the fun and prizes and talk about the importance of being a donor—just in time for National Organ Donation Day.



# Social Spotlight

For details and more information, call (970) 920-5432.

## BRUSH UP YOUR BRIDGE

**FRIDAYS • 1:30-3:30 PM • FREE**  
Lessons for all levels, beginner to expert.



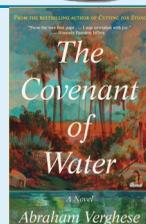
## KNITTERS & YARN CRAFTERS

**SUNDAYS • 2:30-4:30 PM**  
This group is open to yarn & thread crafters of many kinds. Call (970) 920-5432 for more information.



## SENIOR CENTER BOOK CLUB

**WEDNESDAY, FEBRUARY 28  
10:30 AM • @ SENIOR CENTER**  
February selection: The Covenant of Water by Abraham Verghese



## HISTORY'S MYSTERIES WITH CHRISTI COUCH

**FEBRUARY 8 • 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.



Bringing together art, conversation & creativity with programs in the community & at the Aspen Art Museum.

RSVP for Active Art sessions: (970) 920-5432

**THURSDAY  
FEB 15  
1:30 p.m.**

**At the Aspen Art Museum**  
Start with a guided exhibition tour and discussion. Next, get hands-on with a workshop. After the workshop, join us for a relaxed informal gathering with snacks and beverages provided by our Rooftop Café.

**WEDNESDAY  
FEB 28  
1:00 p.m.**

**At the Senior Center**  
In this Active Art, we embark on a workshop inspired by Cauleen Smith's Mines to Caves exhibition.

Active Art invites seniors in the Roaring Fork Valley to engage in social dimensions of art and art making through exhibition tours, conversation and workshops aimed to engage hand dexterity, enhance memory and encourage self-reflection brings together art, conversation, and creativity.



Installation view: Cauleen Smith, Mines to Caves, Aspen Art Museum, 2023. Photo: Daniel Pérez



# NUTRITION RESOURCES

## FOOD ASSISTANCE PROGRAMS

### MOBILE PANTRIES

**ASPEN/UPPER VALLEY:** Buttermilk Parking area  
**NEW DAY & TIME 2ND & 4TH TUESDAY •**  
**FEBRUARY 13 & 27 • 5:30-6:30 PM**

**BASALT/EL JEBEL:**

Movieland Parking Lot  
 218 E. Valley Rd. El Jebel • **WEEKLY ON TUESDAY •**  
**11:00 AM–12:30 PM**



### ECONOMIC ASSISTANCE • (970) 920-5244

Information and help applying for:

- SNAP/Food Assistance • LEAP
- Public Assistance
- Medicaid & Extra Help
- Emergency Financial Assistance



Monthly visits *at the Senior Center* on the 1st  
 Wednesday • 10:30-12:30 February 7 • Ligia Bonilla  
 offers information and help applying for benefits • No  
 appointment necessary.

### LIFT-UP FOOD DISTRIBUTION

**ASPEN LOCATION: SCHULTZ  
 HUMAN SERVICES BUILDING**

**405 CASTLE CREEK RD • SUITE 206**

**TUESDAYS 2:00-6:00 PM**

**WEDNESDAYS 10:00 AM-12:00 PM**

For updates and additional info, including additional locations and  
 hours, go to [liftup.org](http://liftup.org).

You'll need to provide basic info: Name, home address, number and  
 ages of adults and children in the home. No ID required.



### NEW FOOD DISTRIBUTION SITE

**SNOWMASS VILLAGE TOWN HALL**

Open Monday-Friday 8:30 a.m.–4:30 p.m.

*Harvest for Hunger of Colorado, located in Snowmass  
 Village, is a charitable foundation dedicated to reducing  
 food waste in the Roaring Fork Valley and helping those  
 in need. Visit [harvestforhungerco.org](http://harvestforhungerco.org)*



## AVOCADOS

*Written by Patti Murphy, RDN, CDCES*

Avocados are best known for being the main  
 ingredient in guacamole, however this nutrition  
 powerhouse can be used in many ways. They are  
 a great source of fiber, a good source of healthy  
 fat, and are low in carbohydrates. A medium  
 avocado has about 240 calories, 13 grams of  
 carbohydrate, 22 grams of fat (15 grams  
 monounsaturated, 4 grams polyunsaturated, 3 grams  
 saturated), 10 grams of fiber, 11 mg sodium and no  
 cholesterol.



### Buying avocados and avocado oil

Avocados may be round or pear-shaped and green or  
 black. When ripe the flesh is smooth and buttery. The fruit  
 continues to ripen after harvesting. If you are planning to use  
 an avocado immediately after purchase, choose a ripe one  
 with dark green or almost black skin. It should yield to  
 pressure when squeezed. Avocados are often sold with hard,  
 unripe flesh, which will ripen in 2-3 days. You can leave the  
 fruit at room temperature, or place in direct sunlight to speed  
 ripening. You can also place the avocado sealed in a paper  
 bag with a banana; the ethylene gases in the banana will  
 speed ripening. Avocados brown quickly, however the brown  
 flesh is edible. To reduce browning after cutting you can put  
 lemon or lime juice on the flesh, wrap tightly with plastic wrap,  
 or store with some sliced onions in a sealed airtight container.

Avocado oil is extracted from the flesh of pressed  
 avocados. It can replace other liquid cooking oils and has a  
 very high smoke point of nearly 500°F. Avocado oil is often  
 compared with olive oil because they are both rich in oleic  
 acid, but avocado oil has a more neutral flavor.

### Health benefits of avocados on various health conditions

#### Cardiovascular disease

Some studies show a reduction in LDL cholesterol when  
 replacing other types of fat in the diet with avocados. As with  
 all plant foods, avocados are cholesterol-free. However, they  
 contain phytosterols, or plant sterols, that have a similar  
 chemical structure to cholesterol but are poorly absorbed in  
 the intestines and therefore may interfere with cholesterol  
 absorption. According to the American Heart Association,  
 phytosterols reduce total and LDL cholesterol levels in the  
 body by lowering cholesterol absorption. Avocados are high in  
 potassium, which regulates blood pressure and heartbeat.

#### Type-2 Diabetes

Avocados are a good source of fiber, low in total  
 carbohydrates and rich in monounsaturated fats. Studies have  
 shown that replacing saturated fats, such as those from full fat  
 dairy, and processed meats, can improve insulin sensitivity  
 and reduce the risk of type 2 diabetes.

#### Ideas for using Avocados and Avocado Oil:

- Avocado oil salad dressing - whisk or blend ¼ cup avocado  
 oil, 2 tablespoons Dijon mustard, and 4 teaspoons balsamic  
 or apple cider vinegar; add additional low-sodium spices like  
 black pepper or garlic powder as desired.
- Substitute pureed avocado for butter or oil in baking recipes,  
 using a 1:1 ratio (1 cup butter = 1 cup avocado).
- Diced and sprinkle into salads, soups, tacos, whole grains
- Blend into smoothies to thicken and add richness
- Mash as a spread on sandwiches and crackers
- Mash onto whole grain breakfast toast, sprinkled with  
 blueberries and ground flaxseeds or hemp seeds
- Slice and roll into maki sushi
- Cut in half, drizzle with a squeeze of lemon or lime juice,  
 and eat with a spoon as a snack

# FEBRUARY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>NO LUNCH SERVED</b>		<b>1</b> Beef Shepherd's Pie, Mashed Potatoes, Mixed Vegetables, House Salad, Pecan Pie	<b>2</b> Salmon, Ratatouille, Parsley Potatoes, Garbanzo Bean Salad, Carrot Cake
<b>5</b> Beef Stew with Potatoes, Tomatoes & Carrots, House Salad, Caramel Brownie		<b>7</b> Roasted Pork Loin, Citrus Sauce, Lyonnaise Potatoes, Brussels Sprouts, House Salad, Birthday Cake	<b>8</b> Turkey Tetrizzini, Linguine, Roasted Zucchini, House Salad, Tiramisu	<b>9</b> Maryland Crab Cake, Brown Rice, Island Vegetables, Strawberries, Caesar Salad, Blueberry Parfait
<b>12</b> Pork Ribs, Steak Fries, Baked Beans, Coleslaw, Apple Pie		<b>14</b> Chicken Piccata, Spaghetti, Roasted Italian Vegetables, House Salad, Peanut Butter Cookies	<b>15</b> Shrimp Scampi, Brown Rice, Broccoli, House Salad, Blondie Brownie	<b>16</b> Baked Vegetarian Rigatoni with Spinach, Caesar Salad, Garlic Bread, Chocolate Lava Cake
<b>19</b> <b>Senior Center Closed for Presidents Day</b>		<b>21</b> Chicken Stir-Fry, Brown Rice, House Salad, Lemon Bar	<b>22</b> Swedish Meatballs, Egg Noodles, Green Beans, House Salad, Mixed Berry Cobbler	<b>23</b> Cod Florentine, Spinach & Mushrooms, Brown Rice Pilaf, House Salad, Red Velvet Cake
<b>26</b> Thai Chicken Curry, Fried Brown Rice, Broccoli, House Salad, Key Lime Pie		<b>28</b> Baked Pork Chop, Gravy, Roasted Potatoes, Sweet Corn House Salad, Cheesecake	<b>29</b> Bobotie*, Yellow Rice, Peas, Cucumber Raita, Pico de Gallo, House Salad, Malva Cake	

**Reservations required** • Call (970) 429-6161 at least 24 hours in advance to sign up for meals • Suggested donation: \$4.00-\$5.00 • Juice and 2% milk are available at each meal • Please arrive by 12:20 • \*Bobotie is a South African dish and one of Chef Brett's specialties. It is a meatloaf baked in an egg custard.



The Redstone programs are open to all! **RSVP: (970) 920-5432**

### 12:00 PM—LUNCH (\$10)

(RSVP by noon the Friday prior)  
Plated lunch served.  
There will be a gluten-free option.

### 12:45 PM—PROGRAM

#### FEBRUARY 13

#### VALENTINE'S CELEBRATION

with guitar music by Shaefer Welch

#### FEBRUARY 27

#### PITKIN COUNTY PROPERTY TAX RELIEF

& other resources

### WANT TO BE KEPT IN THE LOOP?

Send an email to:  
[seniors@pitkincounty.com](mailto:seniors@pitkincounty.com)

## JOAN OF ART : COOKIE DECORATING

**MONDAY, FEBRUARY 5 • 1:00 PM**

Join Joan Tidwell to learn some basic cookie decorating skills using various tips for different designs. RSVP to (970) 920-5432. Cookies and icing will be provided.



## HOW TO KEEP YOUR BRAIN ALIVE

**FRIDAY, FEBRUARY 9 • 1:00 PM**

Julie Paxton and Mary Barbour lead this fun & engaging session. Learn helpful tips for staying sharp while having a good time. End the class with some (optional) line dancing. RSVP (970) 920-5432 for this hour long program, and bring a water bottle—hydration is key for brain performance.



## MASSAGE WITH JOANNE JOHNSON

**WEDNESDAY, FEBRUARY 14 • 12:45-2:00 PM**

**15-MINUTE CHAIR MASSAGE** Sign up (970) 920-5432. **No charge, donations accepted.**



## FOOT CARE MONDAY, FEBRUARY 26 • 1:30-4:00 P.M.

Jolanta Weiss provides foot care monthly. Space is limited. Sign up (970) 920-5432. **No charge, donations accepted.**





# Local Senior Tax & Utility RELIEF PROGRAMS

FOR LOW & MIDDLE-INCOME OLDER ADULTS

APPLY ONLINE AT: [bit.ly/2023pitkintax](https://bit.ly/2023pitkintax) • OR FOR MORE INFORMATION CALL: (970) 920-5432

(Accommodations available for homebound seniors.)

Pitkin County Senior Services is accepting applications for the **local** low- and middle-income senior tax relief programs. **You must apply for this program every year.** Applications will be mailed to previous qualifiers in late January. New applicants may call for a form or apply online.

The application deadline is:  
**MONDAY, APRIL 15, 2024**

Up to five separate subsidies are available to seniors, depending upon residency in the City of Aspen, Aspen School District and Pitkin County.

- City of Aspen programs include a property tax rebate and a utility discount.
- Aspen School District has a property tax rebate.
- Pitkin County offers a heating fuel tax rebate and a property tax rebate.

Property owner must be a permanent resident, at least age 60, with gross income from all sources of less than \$58,320 for a single or \$78,880 for a couple. Additional requirements apply. Renters are also eligible to apply.

## OTHER OPTIONS FOR TAX RELIEF IN COLORADO

### COLORADO SENIOR PROPERTY TAX EXEMPTION:

Based on your 2023 taxes, which are billed and paid in 2024. The deadline was July 15, 2023 to get your exemption on this year's bill. You only have to qualify one time, not every year – your name will remain on the list while you own your present home. You must be 65 and have lived in your primary residence for 10 years. If you are eligible and have never signed up, apply by July 15, 2024 for your 2024 property taxes. The form is available at the County Assessor's office in the county building. Call (970) 920-5160 or email [assessormail@pitkincounty.com](mailto:assessormail@pitkincounty.com) to arrange to get a form.

### PROPERTY TAX DEFERRAL FOR SENIORS:

At age 65, Colorado seniors can opt to their defer property taxes against the value of their home. Call the Treasurer (970) 920-5170 for details and forms.

### CO PROPERTY TAX/RENT/HEAT REBATE (104 PTC):

Rebate for a portion of property tax and heating expenses paid. Must be 65 years of age or be a surviving spouse at least 58 years or disabled entire year. Single income in 2022 under \$16,925 or a couple income below \$22,858 annually. (2023 income limits not yet published). Contact CO Dept. of Revenue (303) 238-7378.

## FREE TAX RETURN PREPARATION FOR BASIC RETURNS

- Appointment required
- This service is provided by volunteer retired business and income tax professionals
- Available to low- and mid-income persons of all ages
- Appointments will be scheduled beginning early February and continuing through early April.
- Call Don Davidson at (970) 925-3118 for an appointment

**Also available:** Tax Return assistance through the High Country Volunteers (formerly RSVP) in [Glenwood Springs](#). An AARP Tax-aid program serving clients from Aspen to Craig. all [970-384-8740](tel:970-384-8740) before April 5, 2024, for details and appointments.

## TAX ASSISTANCE AT REESE HENRY

Reese Henry & Co is generously donating expertise for tax preparation assistance. This program is to assist seniors on a limited budget and with limited resources.

- Registration is through the  Senior Center **REESE HENRY & CO.**
- Your appointment may take place at a Reese Henry office, or virtually
- Space is limited and certain qualifications apply
- Sign up at (970) 920-5432
- Do not call the accounting offices directly

## LOW INCOME ENERGY ASSISTANCE PROGRAM

### APPLICATIONS ACCEPTED 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 \$3081. For a 2-person household it is \$4030.

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>

You may also apply at <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 —There is no water assistance program this year
- 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](mailto:leaphelp@goodwillcolorado.org)

Or mail to:

**Discover Goodwill**  
**P.O. Box 39200**  
**Colorado Springs, CO**  
**80949**

Ligia Bonilla, from Pitkin County Economic Assistance, can help with LEAP applications. She will be at the Senior Center on the first Wednesday of the month, from 10:30-12:30.



LEAP

# FEBRUARY 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				<b>1</b> 10:00 Qigong 12:00 Lunch	<b>2</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	<b>3</b>
<b>4</b> 2:30-4:30 Knitters & Yarn Crafters	<b>5</b> 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch <b>1:00 Joan of Art*</b>	<b>6</b> 10:00 Water Aerobics @ ARC 10:00 Balance Class <b>11:00 XC Ski Aspen Golf Course*</b>	<b>7</b> 10:15 Yoga <b>10:30-12:30 Economic Assistance</b> 12:00 Lunch <b>1:30 Wheeler Opera House Tour*</b>	<b>8</b> 10:00 Qigong 12:00 Lunch <b>1:30 History's Mysteries</b>	<b>9</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch <b>1:00 Keep Your Brain Alive*</b> 1:30 Brush Up Your Bridge	<b>10</b>
<b>11</b> 2:30-4:30 Knitters & Yarn Crafters	<b>12</b> 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch <b>12:45 Organ Donation Bingo</b> <b>2:00 Alpine Legal*</b>	<b>13</b> <b>Redstone Senior Day: Valentine's with Shaefer Welch</b> 10:00 Water Aerobics @ ARC 10:00 Balance Class	<b>14</b> 10:15 Yoga <b>12:00 Valentine's Lunch with David Dyer</b> <b>12:45 Massage with Joanne Johnson*</b>	<b>15</b> <b>8:30 Senior Day on Aspen Mountain</b> 10:00 Qigong <b>9:00-4:00 Smiles for Seniors</b> 12:00 Lunch <b>1:30 Active Art @ AAM*</b>	<b>16</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	<b>17</b>
<b>18</b> 2:30-4:30 Knitters & Yarn Crafters	<b>19</b> <b>Senior Services closed for Presidents Day</b>	<b>20</b> 10:00 Balance Class 10:00 Water Aerobics @ ARC	<b>21</b> 10:15 Yoga 12:00 Lunch <b>1:00 Senior Services Council</b>	<b>22</b> 10:00 Qigong 12:00 Lunch <b>12:45 Oral Health</b>	<b>23</b> 9:15 Tone & Stretch 10:15 Yoga <b>12:45 Library Apps &amp; Info</b> 1:30 Brush Up Your Bridge	<b>24</b>
<b>25</b> 2:30-4:30 Knitting Canceled	<b>26</b> 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch <b>1:30-4:00 Foot Care*</b>	<b>27</b> <b>Redstone Senior Day: Property Tax Relief &amp; Other Resources</b> 10:00 Water Aerobics @ ARC 10:00 Balance Class	<b>28</b> 10:15 Yoga <b>10:30 Book Club</b> 12:00 Lunch <b>1:00 Active Art @ Senior Center*</b>	<b>29</b> 10:00 Qigong 12:00 Lunch <b>12:45 Vintage Programs</b> <b>2:00 Sound Healing Meditation</b>	<b>*RSVP for these programs at (970) 920-5432</b>	



## PITKIN COUNTY SENIOR SERVICES

0275 Castle Creek Road  
Aspen, CO 81611

RETURN SERVICE REQUESTED

*Pitkin County is an Age-Friendly Community*

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#### 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:



## PITKIN COUNTY VETERANS COFFEE & DONUTS

**4<sup>th</sup> TUESDAY** | **February 27 • 9-11 a.m.**  
of the month | At the Pitkin County Library

This monthly event is open to all veterans and offers an opportunity for our local veterans to meet, share stories, and receive information on resources and benefits.

#### Pitkin County Veterans Service Officer:

Adam Lazaro • Available by appointment for office visits  
[adam.lazaro@pitkincounty.com](mailto:adam.lazaro@pitkincounty.com) • (970) 319-5169



## CHAT WITH A GERONTOLOGIST

Talk with Gerontologist **Chad Federwitz** about your or a loved one's aging process. A Gerontologist is a professional expert on primarily the social aspects of aging. Topics can include:

Scheduled sessions will resume in **MARCH**

- Life Planning
- Activities of Daily Living
- Driving
- Resources
- Nutrition
- Alzheimer's Disease
- Socialization
- & Other Dementias

**For Questions or to Book an Appointment:**  
**(970) 920-5432 • Walk-ins Welcome**



ROARING FORK  
PSYCHOLOGY

FUNDING PROVIDED IN PART BY:



## Alzheimer's & Dementia Caregiver Support Group

led by Dr. Clair Rummel, PhD

**Date:** 3rd Thursday of each month  
**Time:** 10:30am - 12:00pm  
**Location:** Basalt Public Library  
**Cost:** Free

**For Info or Questions:**  
Dr. Clair Rummel • 970.236.6394



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## Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

**FEBRUARY 28: 1-2 p.m.**  
**Paint Your Plate With Color**

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education.

Register through Zoom at:

[www.tinyurl.com/WinterFreshConvo](http://www.tinyurl.com/WinterFreshConvo)  
Or email [PattiMurphyRD@gmail.com](mailto:PattiMurphyRD@gmail.com) for info & assistance