

THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

www.pitkinseniors.com

January 2024



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SENIOR SERVICES CLOSED

Senior Services will be closed:

- **New Year's Day,**
Monday, January 1
- **Martin Luther King Day**
Monday, January 15

SENIOR DAY THURSDAY FEB 15 on Aspen Mountain

SIGN-UP BEGINS: Friday, **JANUARY 5** at 9:00 a.m.

[Calls before 9 a.m. on January 5 will not be recorded or returned]

Call (970) 920-5432

You may leave a message if staff does not answer.
Be sure to include: Your NAME & PHONE number

- 1 Do you have a ski pass**, or do you need one for the day? If you need a pass, do you want it to be:
 - a foot pass or
 - a ski pass
- 2 You may sign up one additional person** (a friend, spouse, etc.) who is over age 60 when you call.
- 3 It is first come, first served.** There are 120 spaces available and we will start a wait list when necessary.

If you have made a reservation and will be unable to attend, you must call to cancel.

You may arrive starting at 8:15 a.m. to check in with Senior Center staff at the base of the Aspen Mountain gondola. You may load the gondola beginning at 8:45 a.m.

This event is a great day of breakfast, fun, skiing and prizes!

IT'S A NEW YEAR, BABY!

FRIDAY, JANUARY 5 • 12:45 PM

- Bring in a baby or childhood photo of yourself on or before January 5
- Give the photo to Mary Barbour
- Mary will arrange all photos for display
- Participants will guess who is who
- Prize for the best guesser!



ELKS WINTERSKÖL LUNCHEON



SATURDAY, JANUARY 13

12:00-1:00 PM

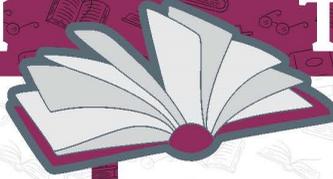
- **RSVP by January 8**
(970) 920-5432
- **Cash bar available**



Thank you to the Aspen SkiCo for hosting this day for seniors in the valley!



OFFERINGS FROM THE LIBRARIES



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

Please visit basaltlibrary.org for more events, programs and details, plus registration info.

LIBRARY CINEMA

Friday, January 5 | 5:30 p.m.
Saturday, January 6 | 2:30 p.m. & 5:30 p.m.
Friday, January 12 | 5:30 p.m.
Saturday, January 13 | 2:30 p.m. & 5:30 p.m.
Join us in the Dunaway Community Room to view highly acclaimed films. Check our website for film schedule. Tickets are \$10, popcorn is free!

BOOKBINDING

Saturday, January 20 | 2:30-5:30 p.m.
Learn beginner bookbinding skills. Each program will build on skills learned in previous sessions.

HOLIDAY CLOSURE

- Closed on January 1 for New Year's Day.
- Closed on January 15 for Martin Luther King Jr. Day

STEP WITHOUT THE STEP: Pilates & Gentle Movement

Wednesdays, January 3, 10, 17, 24, & 31
11:30 a.m. - 12:30 p.m.
Spend time in community while moving your body! Adults of all ages are welcome to join these gentle Pilates and movement sessions led by Linda Loeschen.

LET'S TALK ABOUT IT: Interfaith Dialogue

Thursday, January 18 | 5:30-6:30 p.m.
In times of increasing polarization and conflict, it is even more important to come together for meaningful conversations with those who differ from us. This dialogue is for people of all religious backgrounds, including those who are atheist and agnostic.

HOLIDAY CLOSURE

- Closed on January 1 for New Year's Day.

"SMILES FOR SENIORS" DENTAL CLINIC

THURSDAY, JANUARY 18

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.



ALPINE LEGAL SERVICES

MONTHLY ON THE 2ND MONDAY AT 2:00

NEXT SESSION: JANUARY 8

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



MASSAGE WITH JOANNE JOHNSON

WEDNESDAY, JANUARY 10 • 12:45-2:00 PM

15-MINUTE CHAIR MASSAGE

Sign up (970) 920-5432.

No charge, donations accepted.



FOOT CARE MONDAY, JANUARY 29 • 1:30-4:00 P.M.

Jolanta Weiss will provide foot care monthly. Space is limited. Sign up (970) 920-5432.

No charge, donations accepted.



FLU & COVID VACCINES at Community Health

Please call (970) 920-5420 for an appointment.



PITKIN COUNTY VETERANS COFFEE & DONUTS

4TH TUESDAY OF THE MONTH

PITKIN COUNTY LIBRARY

TUESDAY, JANUARY 23 • 9:00 – 11:00 AM

The Pitkin County Veterans Coffee events are open to all veterans. The monthly veterans coffee is an opportunity for our local veterans to meet, share stories, and receive information on resources and benefits.

Contact information: Adam Lazaro
Pitkin County Veterans Service Officer
Email: adam.lazaro@pitkincounty.com
Phone: (970) 319-5169 • Available by appointment for office visits



TRIP TO POWERS ART CENTER

TUESDAY, JANUARY 30 • 1:00-4:00 PM

- Depart Senior Center by Senior Van at 1:00 p.m.
- Tour the "Study of Fabric" exhibit featuring works by Issey Miyake and Christo & Jean Claude, led by a docent
- Depart Powers at 3:00 p.m.
- Return to the Senior Center by 4:00 p.m.
- Space is limited. RSVP (970) 920-5432



GUITAR MUSIC WITH SHAEFER WELCH

WEDNESDAY, JANUARY 31 • 12:30 PM

Shaefer Welch made his way to Colorado in 2011 after 4 years performing and writing music in Nashville, TN. Playing a blend of acoustic originals and folk covers, he focuses on harmony driven melodies and lyrics that tell a story.



Recreation & Fitness

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



RECREATION
CITY OF ASPEN

THE SNOWMASS VILLAGE REC CENTER:

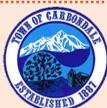
Go to snowmassrecreation.com or call (970) 922-2240 for more information.



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 or call (970) 510-1290 for more information.



IN-PERSON CLASSES

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

YOGA • 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: THURSDAY • 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/tec-xnyb-cdh> • **CHRISTI COUCH**

FRAUD & ABUSE PREVENTION

FRIDAY, JANUARY 12 • 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 Aspen Police Officer Micah Samuelsen.



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.



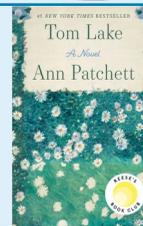
SENIOR CENTER BOOK CLUB

WEDNESDAY, JANUARY 31

10:30 AM • @ SENIOR CENTER

January selection:

Tom Lake by Ann Patchett



HISTORY'S MYSTERIES WITH CHRISTI COUCH

JANUARY 11 • 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
JAN 18
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
JAN 24
1:00 p.m.

At the Senior Center

In this Active Art, we embark on a workshop inspired by Cauleen Smith's Mine 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.

Image Credits: Cauleen Smith, Mine, 2022. Cloth, acrylic, satin, paper, sequins, velvet, synthetic suede, fringe, and gold anodized aluminum rod, 60 1/2 by 54 in (153.7 by 137.2 cm).



NUTRITION RESOURCES

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

ASPEN/UPPER VALLEY: Buttermilk Parking area
NEW DAY & TIME 2ND & 4TH TUESDAY •
JANUARY 9 & 23 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
- Public Assistance
- Medicaid & Extra Help
- Emergency Financial Assistance

Monthly visits resume: Wednesday, January 10 •
 10:30-12:30 • LEAP presentation at 12:45 p.m.

Ligia Bonilla offers information and help applying for benefits • At the Senior Center • 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.

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



ECONOMIC ASSISTANCE • (970) 920-5244

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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



EAT RIGHT FOR LIFE

Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

Teens to 20s: Bone Building

The more you start off with, the better, as your bones will lose density over the years. Calcium builds strong bones and is important for healthy muscles, nerves and heart. Try for 1,000 milligrams per day from the age of 19 until 50.

20s to 30s: Disease Prevention

Chronic diseases that become more prevalent as we age. A well-planned eating pattern based on whole plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the future risk of chronic diseases such as Type 2 diabetes, coronary heart disease and certain types of cancer for both men and women.

30s to 40s: Keeping Score

Your 30s and 40s are a good time to be vigilant about eating plenty of fruits and vegetables, which contain health-promoting vitamins, minerals and antioxidants. Another important nutrient is dietary fiber, which may help protect against heart disease and some types of cancer. Women and men ages 31 to 50 need about 25 and 31 grams per day, respectively.

40s to 50s: Mindful Eating

These two decades are a time of big changes for women thanks to perimenopause and menopause. Hormone fluctuations during this time of life cause changes in metabolism and body weight. Rather than dieting to maintain your premenopausal shape, work on accepting your changing body and focusing on mindful eating and regular physical activity.

Men also need to consider the changes that occur as they age. Around age 40, calorie needs to start to decrease. Of course, regular physical activity can help with weight



maintenance and provide other benefits, too. A minimum of 150 minutes of moderate-intensity physical activity is recommended weekly for adults.

Vitamin D is essential for bone health, and researchers believe it may reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food — the best sources are fatty fish, like salmon and trout, fortified foods and beverages, including milk and 100% fruit juices and cereals, as well as eggs.

The recommended daily amount of vitamin D is 600 IU per day for both women and men ages 19 to 70, but the majority of adults don't get enough. Consult your doctor or registered dietitian nutritionist about your need for a supplement.

60s and Beyond: Protein Power

Protein, along with regular strength building activities, is essential for maintaining muscle. Consuming enough protein also may be linked with bone health.

Women and men in their sixties need 5 to 5 1/2 ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

Vitamin B12, which helps your body make red blood cells and keep the brain and nervous system healthy, is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B12. You can get B12 through any food that comes from an animal: meat, fish, dairy products and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.

Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age to help you sail through the decades feeling great.

source: eatright.org • Sarah Klemm, RDN, CD, LDN • January 2023

JANUARY 2024 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------------------|--|---|--|
| 1 Senior Center Closed for New Year's Day | TUESDAY ◆ NO LUNCH SERVED | 3 Chicken Cordon Bleu, Roasted Vegetables, Brown Rice, House Salad, Birthday Cake | 4 Meatloaf, Mashed Potatoes, Gravy, Green Beans, House Salad, Peach Cobbler | 5 Shrimp Scampi, Linguine, Mixed Vegetables, House Salad, Cheese Cake |
| 8 Philly Cheesesteak Sandwich, Steak Fries, Coleslaw, Chocolate Chip Cookie | | 10 Baked Potato, Vegetable Chili, Corn Bread, House Salad, Chocolate Éclair | 11 Baked Pork Chop, Roasted Sweet Potato, Sage Gravy, Brussels Sprouts, House Salad, Lemon Bar | 12 Baked Cod, Couscous, Peppadew Cream, Mixed Vegetables, House Salad, Carrot Cake |
| 15 Senior Center Closed for Martin Luther King Day | | 17 Vegetarian Lasagna, Mashed Sweet Potatoes, House Salad, Sugar Cookies | 18 Hungarian Goulash, Polenta, Roasted Carrots, House Salad, Strawberries | 19 Baked Salmon, Lemon Butter, Seasoned Spinach, Brown Rice, House Salad, Red Velvet Cake |
| 22 Chicken Parmesan, Spaghetti, Roasted Zucchini, House Salad, Apple Cobbler | | 24 BBQ Beef Brisket, Baked Beans, Broccoli Slaw, Mixed Berry Parfait | 25 Tuna & Egg Salad, Spinach Sliced Tomato, Minestrone Soup, Blueberry Pie | 26 Sweet and Sour Pork, Brown Rice, Broccoli, House Salad, Blondie |
| 29 Vegetable Quiche, Roasted Beets, House Salad, Caramel Brownie | | 31 Chicken ala King, Sweet Peas, Mashed Potato, House Salad, Chocolate Ice Cream | | |

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 • **All meals are now prepared by new chef Brett Allais, served at the Senior Center.**



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

JANUARY 9—STAY SAFE, STAY WARM

Pablo Herr, Carbondale & Rural Fire Protection District. Information on emergency services, home safety and more.

JANUARY 23—LEARN ABOUT THE LIBRARY

Monique Rodriguez from Pitkin County Library will share information on library services, databases, and using the Libby & Hoopla apps.

WANT TO BE KEPT IN THE LOOP?

Send an email to: seniors@pitkincounty.com

Religion & Science Fiction

with Patrick J. D'Silva, PhD

MONDAY
JAN 22

1:00 p.m.

Who are we? Why are we here? What happens when we die? How do we define what it means to be human?

These are some of the questions that humans have explored through philosophy and theology. Science fiction and fantasy represent a massive amount of cultural production (TV, film, literature), creating a space in which we collectively explore many of these same questions. This presentation will examine several of the most popular science fiction franchises in order to understand how they factor into meaning-making and modern-day mythology.

Patrick J. D'Silva is a faculty member of the Department of Religious Studies at the University of Denver. His current research projects include analyzing the intersection of race, religion, and cultural appropriation in contemporary science fiction, as well as the history of how Jews, Christians, and Muslims have engaged with yoga. His previous research examines the circulation of esoteric breathing practices between Hindus and Muslims in South Asia during the early-modern period. He is the co-author (with Carl Ernst) of the forthcoming *Breathtaking Revelations: The Science of Breath from the Fifty Kamarupa Verses to Hazrat Inayat Khan*. He lives in Boulder, CO with his family.



Local Senior Tax & Utility RELIEF PROGRAMS

FOR LOW & MIDDLE-INCOME OLDER ADULTS

APPLY ONLINE AT: 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 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

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 can be reached at (970) 319-4211. She will be at the Senior Center on January 10 from 10:30-12:30.



LEAP

JANUARY 2024 EVENTS CALENDAR

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|--|---|---|---|---|--|
| | 1 Senior Services closed for New Years Day | 2 10:00 Balance Class | 3 10:15 Yoga 12:00 Lunch | 4 10:00 Qigoong 10:00 Water Aerobics @ ARC 12:00 Lunch | 5 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 New Year, Baby! 1:30 Brush Up Your Bridge | 6 |
| 7 2:30-4:30 Knitters & Yarn Crafters | 8 10:15 Yoga 12:00 Lunch 2:00 Alpine Legal Services | 9 Redstone Senior Day: Pablo Herr, Carbondale Fire 10:00 Balance Class 9:00-11:00 Chat with a Gerontologist | 10 10:15 Yoga 10:30-12:30 Economic Assistance 12:00 Lunch 12:30 Learn about LEAP 12:45 Massage with Joanne Johnson 6:00 Tatvamasi Meditation via Zoom | 11 10:00 Qigoong 10:00 Water Aerobics @ ARC 12:00 Lunch 1:30 History's Mysteries | 12 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Fraud Prevention with Aspen Police Dept. 1:30 Brush Up Your Bridge | 13 12:00 Elks Lodge Winter-sköl Lunch |
| 14 2:30-4:30 Knitters & Yarn Crafters | 15 Senior Services closed for Martin Luther King Day | 16 10:00 Balance Class | 17 10:15 Yoga 12:00 Lunch 1:00 Senior Services Council | 18 10:00 Qigong 10:00 Water Aerobics @ ARC 9:00—4:00 Smiles for Seniors 12:00 Lunch 1:30 Active Art @ AAM | 19 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge | 20 |
| 21 2:30-4:30 Knitters & Yarn Crafters | 22 10:15 Yoga 12:00 Lunch 1:00 Religion & Science Fiction | 23 Redstone Senior Day: Monique Rodriguez, Pitkin County Library 10:00 Balance Class 9:00-11:00 Chat with a Gerontologist | 24 10:15 Yoga 12:00 Lunch 1:00 Active Art @ Senior Center 6:00 Tatvamasi Meditation via Zoom | 25 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch | 26 9:15 Tone & Stretch 10:15 Yoga 1:30 Brush Up Your Bridge | 27 |
| 28 2:30-4:30 Knitting Canceled | 29 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care | 30 10:00 Balance Class 1:00-4:00 Powers Art Center | 31 10:15 Yoga 10:30 Book Club 12:00 Lunch 12:30 Music with Shaefer Welch | | | |



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

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!

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:



TATVAMASI MEDITATION CHAMBER

By Inner Freedom Academy
Co-led by: John Hatanaka & Niki Kapoor (via Zoom from Bali)

All levels welcome. No prior experience necessary.

Please join us for this unique, fully guided meditation experience. It is simple and fun to follow, leaving you more energized and calmer than when you started.

JOIN VIA ZOOM : Wednesday, January 10 & 24
at 6:00 p.m.

Open Zoom and click: "Join a Meeting"
Enter Meeting ID: 8308 3380 107 • Passcode: love

RSVP & More Information: (970) 920-5432



ROARING FORK
PSYCHOLOGY



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



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:

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

**JANUARY
9 & 23**
9-11 a.m.
At the
Senior Center

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



FRESH
CONVERSATIONS

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Nutrition Education ONLINE SERIES

Join Registered Dietitian Patti Murphy

JANUARY 17: 1-2 p.m.
Cooking for 1 or 2

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

Or email PattiMurphyRD@gmail.com for info & assistance