

# THIS WEEK

## AT THE PITKIN COUNTY SENIOR CENTER

0275 Castle Creek Road • Aspen

May 11 - May 15, 2026

### LUNCH

- Community members and visitors age 60+ are welcome
- Suggested donation: \$4-5
- RSVP 24 hours in advance: (970) 429-6161

#### MONDAY, MAY 11

Pasta Primavera,  
Caprese Salad,  
Tiramisu

#### TUESDAY, MAY 12

White Bean, Kale &  
Sausage Cassoulet,  
House Salad, Cookies

#### WEDNESDAY, MAY 13

Ham & Gravy, Green Beans,  
Mashed Potatoes,  
House Salad, Fruit Parfait

#### THURSDAY, MAY 14

Tuna Salad with  
Spinach & Tomato,  
Lemon Bar

#### FRIDAY, MAY 15

Peruvian Chicken,  
White Rice, House Salad,  
Lava Cake

#### CONTINENTAL BREAKFAST

Items are available Monday through Friday, 8:30-10:00 a.m.

### PROGRAM HIGHLIGHTS

- Programs take place at the Senior Center unless otherwise noted
- For program details & sign-up info: PitkinSeniors.com • (970) 920-5432

#### MONDAY, MAY 11

- 10:15 HS Tech Connect
- 1:00 10 Warning Signs of Dementia

#### TUESDAY, MAY 12

- 12:45 Eye Health with Dr. Jennifer Etchandy

#### WEDNESDAY, MAY 13

- 10:00 Counselor Consults\*
- 12:45 Massage\*
- 1:00 Religious Traditions: Judaism
- 5:00 Last Chapter at Basalt Public Library\*

#### THURSDAY, MAY 14

- 9:15 Trip to Sustainable Settings\*
- 10:00 Mahjong & Muffins

#### FRIDAY, MAY 15

- 1:00 AI Superpowers w/ Sandy Herron
- 1:30 Bridge for All Levels

\*These programs require RSVP

#### FITNESS CLASSES

- Yoga: Tue. & Thur. • 11:00
- Balance: Tue. & Thur. • 10:00
- Qigong: Mon. • 11:00



**PITKIN COUNTY  
SENIOR SERVICES**  
Aging Well in Our Community

More info, programs & resources:  
**PitkinSeniors.com • (970) 920-5432**