THE VOICE OF EXPERIENCE

PITKIN COUNTY SENIOR NEWSLETTER

October 2026

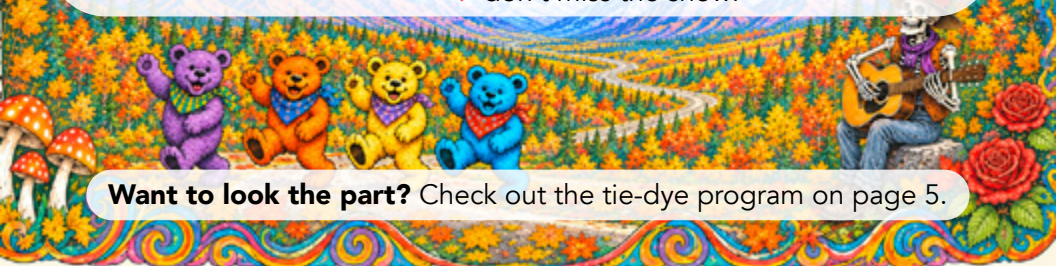
Keep on Truckin' Through Fall

A LONG, STRANGE LUNCH

WEDNESDAY, OCTOBER 14 • Noon • RSVP for lunch (970) 429-6161

Break out the tie-dye and come hungry for a Grateful Dead-inspired lunch. Great food, good vibes, and a little fun along the way!

Musical performance at 12:45 p.m. by The Dire Wolves
Featuring John Carlin and Rob Dasaro. Ripple through the afternoon with music inspired by the Grateful Dead. Come on along, or go alone… but don't miss the show!



Want to look the part? Check out the tie-dye program on page 5.

MEDICARE OPEN ENROLLMENT INFO SESSION

MONDAY, OCTOBER 12 • *With Jonnah Glassman & Patty Kravitz*

1 p.m. at Pitkin County Senior Center • 5 p.m. at Aspen Police Department

These sessions last about an hour and cover:

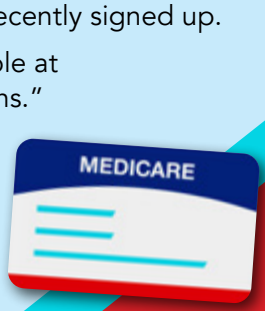
- Medicare Part D plans change from year to year. During Open Enrollment, October 15–December 7, review your prescription plan to ensure it remains the best and most affordable option. Changes take effect January 1.
- If you don't have Part D, this is the time to enroll. Delaying enrollment may result in a higher lifetime penalty.
- You can add a Medicare Advantage Plan during Open Enrollment. These plans may have low or no premiums but typically include copays and coverage restrictions.
- Basic Medicare information if you are enrolling soon or recently signed up.
- For exploring on your own, a "plan finder" tool is available at **Medicare.gov**; click the button "Find Health & Drug Plans."

FOR MORE INFORMATION:

SHIP Medicare Coordinator: Jonnah Glassman
(970) 315-1328 • For mid-valley/El Jebel appointments

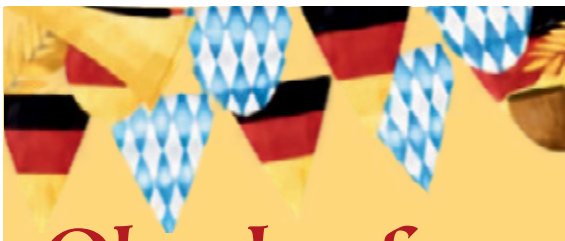
Pitkin County Senior Center: Patty Kravitz & Amy Throm
(970) 920-5432 • Virtual & in-person appointments

High Country Volunteers: (970) 896-6220
For Glenwood Springs Appointments



SENIOR CENTER IS CLOSED

Monday 10/5
For Cabrini Day



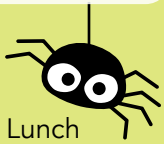
Oktoberfest

THURSDAY, OCTOBER 1 • Noon

Put a little oom-pah in your afternoon! Join us for Oktoberfest lunch featuring bratwurst, pretzel rolls, German potato salad, chocolate cake, and a festive helping of polka music. Prost!
RSVP for lunch (970) 429-6161

PARTY & COSTUME CONTEST

FRIDAY, OCTOBER 30 • Noon



Something delicious is brewing in the kitchen!
Join us for our Halloween Lunch filled with tasty treats and a few spirited surprises. Come dressed in costume and give everyone pumpkin to talk about!
RSVP for lunch (970) 429-6161

APPLY NOW FOR THE PROPERTY TAX RELIEF PROGRAM

Last day to submit your application is October 30, 2026.

This program is open to free market (non-deed-restricted) homeowners who have experienced an increase in property taxes since 2023. Households with income up to 500% of the federal poverty level may qualify. Rebates are calculated on a sliding scale based on income.

Please note: This program is for homeowners of all ages and is separate from the springtime Senior Property Relief program. If you applied for that program, you will automatically be considered for this program and do not need to apply.

TO LEARN MORE:

PITKINCOUNTY.COM
Call (970) 429-1889
Email taxrelief@pitkincounty.com

Asistencia en español disponible: (970) 429-2865

FIELD TRIP TO SMILING GOAT RANCH

FRIDAY, OCTOBER 23 • 9:15 a.m.

Join us for a special visit to Smiling Goat Ranch, an equine and small-animal therapy ranch that helps people with PTSD, autism, anxiety, depression, and other neuropsychiatric conditions. We'll meet some of the ranch's horses and friendly animals.

Space is Limited – RSVP at (970) 920-5432.
Senior Van departs the Senior Center at 9:15 a.m. and returns before lunch.

LEARN ABOUT SUKKOT AT ASPEN JEWISH CONGREGATION

FRIDAY, OCTOBER 2 • 1:15 p.m.

We'll walk together to the Aspen Chapel, where we will join **Rabbi Elyse Seidner-Joseph** for refreshments in the sukkah, a temporary outdoor hut, as we learn about this joyful week-long festival celebrating the harvest, changing seasons, hospitality, and the ancient journey through the desert. We'll also discover how the traditions of Sukkot helped inspire our American Thanksgiving.

To RSVP please call (970) 920-5432.

TRIP TO TOKLAT

THURSDAY, OCTOBER 8 • 1:15 p.m.

Take a scenic trip up Castle Creek Valley to explore Toklat! This beautifully restored mountain retreat is filled with art, history, and stories of Aspen's past. We'll tour the property, learn about its fascinating legacy, and soak in one of the valley's most spectacular settings.

To RSVP please call (970) 920-5432.

RED BUTTE CEMETERY TOUR

FRIDAY, OCTOBER 16 • 1:15 p.m.

One of three cemeteries in Aspen, Red Butte Cemetery was founded in 1899. Join Aspen Historical Society for a stroll around the area and hear stories about some of the cemetery's "residents", why the cemetery was founded, and some of the interesting features on the property. **The tour will be about an hour and is on slightly uneven ground.**

To RSVP please call (970) 920-5432.

FREE **LEGAL SESSION**

MONDAY, OCTOBER 19 • 2:00 p.m.

Free 30-minute session with an attorney at the Senior Center. Call **(970) 920-5432** to schedule.

POWER OF ATTORNEY WORKSHOP

ALPINE LEGAL SERVICES

TUESDAY, OCTOBER 20 • 1:00 p.m.

Attorney **Sue O'Bryan** will lead a workshop focused on creating powers of attorney. Learn about the different types, consider whom you may want to appoint, and receive guidance as you begin preparing these important documents. Having a power of attorney in place helps ensure someone you trust can act on your behalf when needed.

THE LIFE WE CO-CREATE

FRIDAY, OCTOBER, 23 • 1:00 p.m.

Sustainable Settings *harvesting nature's intelligence*

Join **Brook LeVan** co-founder and executive director of Sustainable Settings for a fascinating look at biodynamic farming, healthy soil, and the many living systems that work together to grow our food. Discover how caring for the soil helps create healthier farms, communities, and ecosystems.

TALES FROM THE **WILD SIDE**

TUESDAY, OCTOBER, 27 • 1:00 p.m.

The **Pauline S. Schneegas Wildlife Foundation** will be here to tell the real-life stories of wildlife rescue, rehabilitation, and release. Learn about their work across Western Colorado & meet a special animal guest, possibly a bird or tortoise!

UTE VOICES: A CONVERSATION

WEDNESDAY, OCTOBER, 28 • 1:00 p.m.

Meet **Skyler Lomahaftewa**, a Northern Ute Tribal Member with ancestral ties to the Uncompahgre Band of Utes, whose ancestral homelands include this area. He will share Ute history, culture, language and life today, followed by time for questions. Presented in collaboration with the Aspen Historical Society.

GROUP GATHERINGS

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

BRIDGE LESSONS FOR ALL: Fridays • 1:30–3:30 p.m.
Excellent instruction provided by Courtney Keller. All levels welcome.

CANASTA: Mondays • 10:00 a.m.
Text Sandy Herron at (970) 925-4884 for info & to RSVP.

KNITTERS & YARN CRAFTERS: Sundays • 1:00–3:00 p.m.
This group is open to yarn & thread crafters of many kinds.

MAHJONG & MUFFINS: Wednesdays • 10:00 a.m.
Come enjoy some muffins, and have fun while learning this popular game. Excellent instruction provided.

BOOK CLUB: Wednesday, October 28 • 10:30 am
October Selection: *Kin* by Tayari Jones

FROM THE LIBRARIES

PITKIN COUNTY library *inspire lifelong learning*

For a list of program information and sign up details:
pitcolib.org

OCT. PROGRAM HIGHLIGHTS:

Oct. 5: Closed for Cabrini Day
- Voting 101 with Ingrid Grueter
- Partnering in Education & Aid for Kenya (PEAK)
- Community Clothing Swap

BASALT REGIONAL LIBRARY

For a list of program information and sign up details:
basaltlibrary.org

OCT. PROGRAM HIGHLIGHTS:

Oct 6: Closed for Staff Training
- Marc Berger in Concert
- Intro to iPad
- Swap It Like It's Hot

ASK A LIBRARIAN

Friday, Oct. 30 • 12:30 p.m. at PCSS
Pitkin County Librarians will review online resources and how to access them from home, as well as providing tech assistance for other issues. Bring your laptop or cell phone.

Senior Services NOVEMBER HIGHLIGHTS

Details in the November Newsletter

11/3	Author Talk: Pat and Ralph Wanner
11/6	Cooking with Cam!
11/9	Candied Spruce Tips with Sheehan
11/20	DanceAspen
11/25	Thanksgiving Lunch

PITKIN COUNTY SENIOR SERVICES
Aging Well in Our Community

OCTOBER 2026 EVENTS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Continental Breakfast: Monday-Friday 8:30-10:00 a.m. **Lunch:** Monday–Friday 12:00 - 12:30 p.m. RSVP Required – (970)429-6161		***RSVP for these programs at (970)920-5432**	**MidValley Family Practice** provides a mental health specialist on Fridays 9:30 a.m.-1:30 p.m. Call for an appointment (970) 920-5432	**1** 10:00 Balance Class 11:00 Yoga 12:00 Oktoberfest Lunch 1:00 Touch of Tie-Dye*	**2** 9:30 Mental Health Care Appts.* 11:30 CSA Farmer's Market 1:15 Learn about Sukkot at AJC* 1:30 Bridge for All Levels	**3**
4 1:00-3:00 Knitters & Yarn Crafters	**5** Senior Center closed for Cabrini Day	**6** 9:00 Chat w/ Gerontologist* 10:00 Balance Class 11:00 Vaccine Clinic 11:00 Yoga 1:30 Foot Care*	**7** 10:00 Counselor Consults* 10:00 Mahjong & Muffins	**8** 10:00 Balance Class 11:00 Yoga 1:15 Trip to Toklat*	**9** 9:30 Mental Health Care Appts.* 11:30 CSA Farmer's Market 12:45 Nutrition w/ Patti Murphy 1:30 Bridge for All Levels	**10**
11 1:00-3:00 Knitters & Yarn Crafters	**12** 10:00 Brain Health Class* 10:00 Canasta 11:00 Qigong 1:00 Medicare 101 5:00 Medicare 101 @ Aspen Police Dept.	**13** 10:00 Balance Class 11:00 Yoga 1:30 Foot Care* **Redstone Senior Day*** **The Life We Co-Create**	**14** 10:00 Counselor Consults* 10:00 Mahjong & Muffins 12:00 Keep on Truckin' Through Fall Lunch 12:45 Music: Dire Wolves	**15** 10:00 Balance Class 11:00 Yoga 1:00 Spice Up the Season with Sheehan 1:30 Active Art @AAM	**16** 9:30 Mental Health Care Appts.* 11:30 CSA Farmer's Market 1:00 Active Art @SC 1:15 Red Butte Cemetery Tour w/ AHS* 1:30 Bridge for All Levels	**17**
18 1:00-3:00 Knitters & Yarn Crafters	**19** 10:00 Brain Health Class* 10:00 Canasta 11:00 Qigong 2:00 Alpine Legal* 4:30 Care Partner Support Group	**20** 9:00 Chat w/ Gerontologist* 10:00 Balance Class 11:00 Yoga 1:00 POA Program 1:30 Foot Care*	**21** 10:00 Counselor Consults* 10:00 Mahjong & Muffins 1:00 Senior Services Council	**22** 10:00 Balance Class 11:00 Yoga 1:30 Sound Healing	**23** 9:15 Trip to Smiling Goat Ranch* 9:30 Mental Health Care Appts.* 1:00 The Life We Co-Create 1:30 Bridge for All Levels	**24**
25 1:00-3:00 Knitters & Yarn Crafters	**26** 10:00 Brain Health Class* 10:00 Canasta 11:00 Qigong 1:30 Foot Care*	**27** 10:00 Balance Class 11:00 Yoga 1:00 PSS Wildlife Foundation **Redstone Spooktacular***	**28** Counselor Consults Canceled 10:00 Mahjong & Muffins 10:30 Book Club 1:00 Ute Voices	**29** 10:00 Balance Class 11:00 Yoga 1:00 Showtime Thursday-*Psycho*	**30** 9:30 Mental Health Care Appts.* 12:00 Halloween Lunch 12:30 Ask a Librarian 1:30 Bridge for All Levels	

OCTOBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bratwurst, Pretzel Rolls, German Potato Salad, Chocolate Cake	2 Seafood Bisque, House Salad, Sorbet
5 Senior Services for Cabrini Day	6 Kale, White Bean & Sausage Cassoulet, Coleslaw, Guava Cheesecake	7 Roast Chicken, Mashed Potatoes, Gravy, House Salad, Baked Apple	8 Pasta Puttanesca, Garlic Knots, Caprese Salad, Pecan Bar	9 Tuna Salad, Tomato, Potato & Green Beans over Spinach, Cherry Crisp
12 Vegetable Soup, Tomato Caesar Salad, Apple Pie	13 Black Cod with Shiitake, Cabbage & Bok Choy, Sunomono Salad, Baked Pears	14 Magic Mushroom Pasta, Shakedown Street Salad, Cherry Garcia Brownies	15 Curry Chicken, Rice, House Salad, Cookies	16 Baked Potato, Chili, Cornbread, House Salad, Bread Pudding
19 Stuffed Peppers, Tabbouleh, Banana Pudding	20 Korean Meatballs, Mashed Potatoes, Corn, Arugula Salad, Peach Crisp	21 East Africian Fish Stew, Broccoli Slaw, Pineapple Wedge	22 Pork Wings w/ Gravy, Rice Pilaf, House Salad, Macarons	23 Crab Cakes over Salad, Lemon Meringue Pie
26 Baked Tofu w/ Corn & Chilies, Caprese Salad, Spiced Apple	27 Tom Kha Gai Soup, Cucumber Salad, Cookies	28 Chicken with Ratatouille, House Salad, Fruit Parfait	29 Pork Tenderloin w/ Korean Spices, Roasted Potatoes, Tomato Salad, Lava Cake	30 Dinosaur Stew, Scary Cornbread, Haunted Salad, Eye Scream

- **RESERVATIONS REQUIRED:** Call (970) 429-6161 at least 24 hours in advance to sign up for meals.
- Whole grain bread, juice and 2% milk are available at each meal, unless other bread is indicated.
- Suggested donation: $4.00-$5.00. Lunch is served at noon. Please arrive by 12:20 p.m.
- **CONTINENTAL BREAKFAST items are available Monday through Friday, 8:30-10:00 a.m.**

active art

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

THURSDAY OCT 15 1:30 p.m.

At the Aspen Art Museum
Join us for a relaxing afternoon of **CANDLE MAKING**! Participants will create their own custom candle to take home using essential oils, dyes, silicone molds, and wax. Light snacks and beverages will be available, including one complimentary alcoholic beverage per participant.

FRIDAY OCT 16 1:00 p.m.

At the Senior Center
Join us for an engaging, hands-on **SCRAPBOOKING WORKSHOP** where you can unleash your creativity and preserve your favorite memories. Please bring any special journals, cherished photos, or personal mementos you'd like to include to make your project uniquely your own!

ALL SUPPLIES ARE PROVIDED. FIRST COME, FIRST SERVE.

For more information: (970) 925-8050 x132

Active Art invites seniors to engage in social dimensions of art and art making through exhibition tours, conversation & workshops. *Photo courtesy of Veloure Studios.*

A TOUCH OF **TIE-DYE**

THURSDAY, OCTOBER 1 • 1:00 p.m.

Get ready to add a little color to the Keep on Truckin' Through Fall shindig! Alison Viola will lead us in creating one-of-a-kind tie-dye bandanas to wear at our Grateful Dead-inspired celebration. All supplies are provided, so come ready to get creative and make something groovy!

SHOWTIME THURSDAY: PSYCHO

THURSDAY, OCTOBER 29 • 1:00 p.m.

Secretary Marion Crane steals $40,000 to run off with her boyfriend Sam Loomis. Exhausted during a rainstorm and dodging police, she stops at the run-down Bates Motel, run by polite but jittery Norman Bates - a taxidermy enthusiast with an overbearing Mother.

SPICE UP THE SEASON
WITH SHEEHAN MEAGHER

THURSDAY, OCTOBER 15 • 1:00 p.m.

Nourish the soul as winter approaches with some winter warming herbs to use in fun fall recipes! Learn some essential herbs to stay healthy in winter (osha, chaga, cinnamon, licorice, cardamom, clove, ginger, black pepper) and how to incorporate them into a chai tea or cider for a warming winter treat. Attendees will get the chance to mix their own spice blend to take home.

FOOD ASSISTANCE PROGRAMS

MOBILE PANTRIES

Aspen: Thursdays • 3:00–5:00 p.m.
Forest Svc Ranger Station, 806 W. Hallam St.
Carbondale: Tuesdays • 11:00 a.m.–Noon
The Orchard, 110 Snowmass Dr.

FOOD BANK OF THE ROCKIES

FOOD DISTRIBUTION

Monday–Friday • 8:00 a.m.–5:00 p.m.
Snowmass Village Locations:
- Schultz Human Services, 0405 Castle Creek Rd.
- Snowmass Village Town Hall, 130 Kearns Rd.

Visitors may take whatever they wish as often as they wish.

HARVEST FOR HUNGER

PITKIN COUNTY
ECONOMIC ASSISTANCE

(970) 920-5244
Information and help applying for:
- SNAP/Food Assistance
- Public Assistance
- Medicaid & Extra Help
- Emergency Financial Assistance

0405 Castle Creek Rd. 2nd floor.

Economic Assistance
PITKIN COUNTY CARES

FATS IN FOODS:
CHOOSING HEART-HEALTHY FATS

Written by Patti Murphy, RDN, CDCES

Fat is an important part of a healthy diet. It provides energy, helps the body absorb certain vitamins, and supplies essential fatty acids that the body cannot make on its own. However, the type of fat you eat matters. Choosing more heart-healthy fats and limiting unhealthy fats can help improve cholesterol levels and support heart health.

UNSATURATED FATS – Choose More Often

Unsaturated fats include monounsaturated and polyunsaturated fats. They can help lower LDL ("bad") cholesterol when they replace saturated fats in the diet, which may reduce the risk of heart disease and stroke.

Polyunsaturated fats also provide essential omega-3 and omega-6 fatty acids, which the body needs but cannot produce on its own.

Good sources include:
- Olive oil and avocado oil
- Fatty fish
- Nuts and seeds
- Avocados

FAT:
FRIEND OR FOE?

FRIDAY, OCTOBER 9
12:30 p.m.

Join Patti Murphy, RDN, CDCES for a discussion on how to navigate the different types of fat and how to incorporate them into your diet.

SATURATED FAT – Limit

Saturated fat can raise LDL cholesterol. The American Heart Association recommends getting less than 6% of daily calories from saturated fat. For someone eating about 2,000 calories per day, this is approximately 13 grams or less of saturated fat daily.

Common sources include:
- Fatty cuts of beef, pork and poultry
- Butter, cream and full-fat dairy products
- Lard and other solid animal fats
- Coconut, palm and palm-kernel oils

Try replacing these foods with foods containing unsaturated fats rather than simply adding more fat to your diet.

TRANS FAT – Avoid

Trans fats are considered harmful to heart health. They can raise LDL cholesterol and lower HDL ("good") cholesterol and are associated with increased cardiovascular risk.

LIFESTYLE TIPS

Following a Mediterranean-style diet can help to lower cholesterol (or, keep it from getting too high.)

Lowering triglycerides- eating less sugar and simple carbs such as pastries, white bread, white pasta and cereals.

If HDL level (your good cholesterol) is low, adding in more fatty fish is the best way to bring this up. Fish oil or algae supplements can also be beneficial; but check with your healthcare provider first.

A heart-healthy eating pattern should also emphasize vegetables, fruits, whole grains, beans and legumes, lean or plant-based proteins, and minimally processed foods.

SENIOR CENTER **FITNESS CLASSES**

QIGONG: Mondays • 11:00 a.m.
With Ross Douglass • $5/class
Helps reduce joint & arthritis pain; improve balance, breathing and grace

BALANCE CLASS: Tuesday & Thursday • 10:00 a.m.
With AVH OT/PT Staff • Free for all ages
The exercises and activities offered have proven to prevent falls. Activities adaptable for any level

YOGA: Tuesdays & Thursdays • 11:00 a.m.
With Coco Rojas • $5/class
Yoga for any level. Increases balance, strength, flexibility, range of motion.

VIRTUAL: STRETCH CLASS
Mondays–Thursdays • 9:30 am
With Christi Couch
https://meet.google.com/tpq-fcbu-bxj

CHECK OUT THE **REC CENTERS**

The Senior Center has punch passes available so that you may try out the **ARC** or **Snowmass Rec Center** before deciding to buy your own pass.
Call (970) 920-5432 for more info.

RECREATION CITY OF ASPEN
TOWN OF SNOWMASS VILLAGE

FOOT CARE

TUESDAYS, OCTOBER 6, 13 & 20
MONDAY, OCTOBER 26
From 1:30-4:30 p.m.

Provided by Jolanta Weiss. No charge, donations accepted. **Sign up required at (970) 920-5432.**

CARE PARTNER SUPPORT GROUP

MONDAY, OCTOBER 19 • 4:30 p.m.

Conducted by trained facilitators, this support group is a safe place for care partners to develop a support system, exchange practical info on challenges, share resources, and more. **For more information: (970) 920-5432**

CHAT WITH A **GERONTOLOGIST**

TUESDAYS, OCTOBER 6 & 20 • 9-11 a.m.

Talk with Gerontologist Dr. Chad Federwitz, PhD in a private 30 minute consultation session. Discuss your or a loved one's aging process. Session topics can include life planning, driving, nutrition, socialization, Alzheimer's Disease & other dementias. **For Questions or to book an appointment: (970) 920-5432**

CONSULTS WITH A **COUNSELOR**

WEDNESDAYS • 10:00 a.m. – Noon

Licensed Professional Counselor **Dr. Terry Bordan, EdD** offers complimentary sessions for your mental well-being.
Sign up for a 30-minute spot: (970) 920-5432

FLU & COVID VACCINES

TUESDAY, OCTOBER 6 • 11 a.m.–1 p.m.

October is usually the "sweet spot" for flu vaccination in Aspen because it will generally provide protection through the height of flu season and well into spring. If you get the vaccine too soon, your immunity to the flu virus may lessen when we are still in our busy season.

- Standard dose & High dose (recommended for 65+) flu vaccines available
- Fees are covered by Medicare, Medicaid and certain insurance. Please bring your Medicare card if you have one, or bring your Medicaid card, insurance card.
- Assistance programs are available for the uninsured
- COVID vaccines subject to availability
- Walk-ins are available

COMMUNITY HEALTH SERVICES

To sign up, scan QR code or go to:
tinyurl.com/seniorvax26

FREE **MENTAL HEALTH CARE**

Fridays at Pitkin County Senior Services

Provided by: MIDVALLEY FAMILY PRACTICE

MENTAL HEALTH SUPPORT
9:30 a.m. – 1:30 p.m.
Appointment preferred

Meet one-on-one with Michelle Skagen, LCSW, for compassionate counseling and support. Whether you're navigating life's changes, coping with loss, managing stress or anxiety, or need someone to talk to, help is here.

Appointments also available with Jacque Whitsitt, Counselor Intern/ Masters Student

For questions and to sign-up, please reach out to Midvalley Family Practice at (970)927-4666.

SOUND HEALING MEDITATION

THURSDAY, OCTOBER 22 • 1:30 p.m.

Sound Healer **Megan DiSabatino** offers a guided journey into the practice of using vibrations in the form of crystal singing bowls, chimes and gongs. Sound healing can relieve anxiety, insomnia and supports mental clarity.

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.

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
Subscription is free – 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: VINTAGE

PITKIN COUNTY SENIOR SERVICES
REDSTONE
Aging Well in Our Community

Redstone Senior Days

At the Redstone Inn

Redstone programs open to all!

RSVP: (970) 920-5432

OCTOBER 13

12:00 p.m. – Lunch ($10)
RSVP by the Friday prior

1:00 p.m. – Program
The Life We Co-Create

Join Brook LeVan co-founder and executive director of Sustainable Settings for a fascinating look at biodynamic farming, healthy soil, and the many living systems that work together to grow our food. Discover how caring for the soil helps create healthier farms, communities, and ecosystems.

Senior Spooktacular

TUESDAY, OCTOBER 27st at the Redstone Inn

BLIZZARD BOXES
9:00 a.m. - 2:00 p.m.
- 3-day supply of shelf-stable food to have on hand in winter
- For Pitkin County seniors in rural areas, at no cost to you
- Order your Blizzard Box by calling (970) 920-5432

FLU & COVID SHOTS
9:00 a.m.–12:00 p.m.
- All ages welcome
- High Dose Flu Available (65+)
- Flu vaccines are covered by Medicaid, Medicare and private insurance – bring your card with you
- COVID vaccines offered if possible

SMILES FOR SENIORS
9:00 a.m. - 4:00 p.m.
- Call for an appointment (970) 920-5420
- Cleaning & Screening – $85 *(financial assistance available)*

ADDITIONAL SERVICES
9:00 a.m. - 2:00 p.m.
Consultations on Care Navigation, Economic Assistance, Veterans Services, Vintage, & Medicare

MEDICARE OPEN ENROLLMENT
12:45 p.m.
- Medicare Open Enrollment information
- Individual assistance available 9AM-2PM

LUNCH 12:00 p.m.
- Please RSVP by noon the Friday prior: (970) 920-5432
- $10 – followed by dessert and Halloween treats