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	