THIS WEEK

AT THE PITKIN COUNTY SENIOR CENTER

0275 Castle Creek Road • Aspen

September 7 - 11, 2026

LUNCH

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

MONDAY, SEPTEMBER 7
Senior Services is closed for Labor Day

TUESDAY, SEPTEMBER 8
Jambalaya w/ Chicken & Andouille, Dirty Rice, Caesar Salad, Pecan Bars

WEDNESDAY, SEPTEMBER 9
Vegetable Ramen w/ Cardamom Pork Belly, Apple Coleslaw, Mocha Ice Cream

THURSDAY, SEPTEMBER 10
Meat Lasagna, Broccoli, Arugula Salad, Brownie

FRIDAY, SEPTEMBER 11
Senior Services is closed for staff retreat

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, SEPTEMBER 7
Senior Services is Closed for Labor Day

TUESDAY, SEPTEMBER 8
9:00 Chat with a Gerontologist*
1:30 Foot Care*
Redstone Senior Day* - 10 Warning Signs of Alzheimer's & Other Dementias with Dr. Chad Federwitz

WEDNESDAY, SEPTEMBER 9
10:00 Counselor Consults*
10:00 Mahjong & Muffins
1:00 Growing Older Doesn't Suck with Dr. Terry Bordan

THURSDAY, SEPTEMBER 10
11:30 CSA Farmer's Market
Senior Services will be closing at 1:00 PM for staff training

FRIDAY, SEPTEMBER 11
Senior Services is closed for staff retreat

**These programs require RSVP*

FITNESS CLASSES

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

PITKIN COUNTY SENIOR SERVICES
Aging Well in Our Community

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