Transportation
Eagle County and the Alpine Area Agency on Aging support transportation services for residents age 60 and over and disabled adults. The Healthy Aging Program and ECO Transit offer bus service for meal sites, medical appointments and general errands. The suggested donation is $2.00 per ride.

Schedule

**Minturn**

*Every other Monday*
- Errands

*Wednesday*
- To/from meal site, post office, errands and grocery shopping

*Friday*
- To/from meal site

**Eagle**

*Every other Monday*
- Errands

*Tuesday*
- To/from meal site, post office, errands

*Thursday*
- To/from meal site, grocery shopping

**El Jebel/Basalt**

*Tuesday*
- To/from meal site, post office, errands and grocery shopping

*Thursday*
- To/from meal site

Medical transportation is available by appointment at all three sites. Call 970-328-8896.

Contact Us

Carly Rietmann
Healthy Aging Program Supervisor
Eagle 970-328-8896

Mandi Dicamillo
Healthy Aging Program Coordinator
El Jebel 970-328-7682

Pat Nolan
Healthy Aging Program Coordinator
Minturn 970-328-8831

Additional Resources

Adult Protection/Elder Abuse Reporting
1-844-264-5437

Erin Fisher
Director Alpine Area Agency on Aging
970-468-0295 ext. 107

Pat Nolan
Memory and Dementia Caregiver Support Group
970-328-8831

eaglecounty.us/publichealth
The Healthy Aging Program is dedicated to serving the 60 and over population of Eagle County with nutrition, transportation, social activities and programs that help to maintain the independence of older adults.

**Nutrition**

**Senior Community Meals**
Eagle County supports three meal sites that serve seniors. Meals at all three sites are available to those age 60 and over for the suggested donation of $3.00 per meal. The cost for those under 60 is $8.00 per meal. Meal reservations should be made 24 hours in advance of the scheduled meal time. Please communicate any food allergies or specific food-related needs when making your reservation so that these can be accommodated.

Family members and friends are encouraged to attend senior community meals with their senior friends.

**Home-delivered Meals**
Home-delivered meals are prepared and delivered two times each week to homebound adults age 60 and over.

The suggested donation for a home-delivered meal is $3.00 per meal. Spouses or partners of homebound persons are also eligible to receive a meal at the suggested donation amount.

**Health & Wellness**

The Healthy Aging Program offers fitness classes throughout the county. Most of these classes are FREE to those ages 60 and older. Specific types of activities are listed below.

**Nordic Walking:** Fitness walking with the use of poles.

**Yoga:** This chair-based yoga class is open to all abilities.

**Snowshoeing:** The snowshoes are supplied. Bring your own poles. Typical snowshoe adventures last 45-60 minutes.

**Joint relief water class** (Avon Rec Center $2/class or Gypsum Rec Center $5/class): Exercises in the water offer less stress to the joints while providing gentle resistance.

**N'Balance/Matter of Balance classes:** These evidence-based balance classes develop fall-prevention skills.

**General exercise classes:** These classes vary over the year but focus on everything from chair-based strengthening to full body workouts focused on flexibility, strength and balance exercises.

**Healthier Living Colorado classes:** These classes teaches and supports participants in making better choices and practicing self-management no matter what the diagnosis.

**Tai Chi for Health:** Tai Chi is a great class for that includes steady poses to assist with balance and falls prevention. Class dates and locations vary throughout the year.

### Eagle County Healthy Aging Sites

For information on any of our programs, please call the respective sites below.

**Minturn**

**Maloit Park Senior Wellness Center at Vail Ski and Snowboard Academy**
1951 S. Highway 24
Minturn, CO 81645
Pat Nolan: 970-328-8831
Lunch at 12 p.m., Wednesdays and Fridays

**Eagle**

**Golden Eagle Senior Center**
715 Broadway
Eagle, CO 81631
Carly Rietmann: 970-328-8896
Lunch at 12 p.m., Tuesdays and Thursdays

**El Jebel/Basalt**

**El Jebel Community Center**
0020 Eagle County Drive, Ste. E
El Jebel, CO 81623
Mandi Dicamillo: 970-379-0020
Lunch at 12 p.m., Tuesdays and Thursdays

[Visit eaglecounty.us/publichealth for more information.]