In celebration of Senior Center Awareness month, the Alpine Area Agency on Aging will be at the El Jebel site on Thursday, September 29th at 11:30 to promote their Homemaker Voucher, Caregiver Respite, and Dental/Vision Assistance programs. These programs are available to assist seniors 60 and older throughout Eagle and Pitkin Counties. Come see how AlpineAAA can help! Feel free to ask questions about the programs after the presentation.

**September Menu**

**Thursday, Sept 1**
- Grilled chicken sandwiches
- Tater tots
- 3 bean salad
- Birthday cake

**Tuesday, Sept 6**
- Vegetarian ravioli
- Caesar salad
- Garlic bread
- Cannolis

**Thursday, Sept 8**
- Sweet & Sour chicken with veggies
- Rice
- Egg rolls
- Strawberry granola bars

**Tuesday, Sept 13**
- Ribs
- Baked beans
- Coleslaw
- Bean and radish salad
- Fruit slab pie

**Thursday, Sept 15**
- Broccoli, cauliflower & veggie chicken salad
- Nutted wild rice
- Chocolate lasagna

**Tuesday, Sept 20**
- Crab cakes w/lemon roulade on salad
- Sweet potatoes
- Pound cake with fruit

**Thursday, Sept 22**
- Mustard chicken salad with potatoes and veggies
- Cucumber melon salad
- Lemon bars

**Tuesday, Sept 27**
- Polluck fish sandwiches
- French fries
- Spinach salad
- Chocolate-peanut butter cookies

**Thursday, Sept 29**
- Herbed pork loin
- Red potatoes
- Roasted veggies
- Mixed greens salad
- Cheesecake

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**September 2016**

**El Jebel Senior Programs**

0020 Eagle County Dr.

379-0020

**Coffee with a Cop**

**Wednesday, September 21th**

7:00 am – 9:00am

at STARBUCKS

(Near Whole Foods Market)

JOIN YOUR NEIGHBORS AND LOCAL LAW ENFORCEMENT

FOR COFFEE AND CONVERSATION

"Coffee with a Cop" provides a unique opportunity for community members to ask questions and learn more about Eagle County and the work of your local Law Enforcement. Stop by, have a cup of coffee on us and meet the Eagle County Sheriff’s Office, Basalt Police, and your Eagle County officials.

No agenda, No presentation, just a chance to ask questions, to voice concerns and get to know some of your local Law Enforcement and Officials.

The program aims to advance conversation through improving relationships between deputys and community members one cup of coffee at a time.

--

Luetta Whitson: September 15
Doris Faust: September 22
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<thead>
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<th>Sun</th>
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For more program information, please call 970-328-7682 or for transportation information call 309-8465. Please be sure to place a lunch reservation at 379-0020 by noon the day prior. Suggested donation is $3.00 per meal. All donations are greatly appreciated. Thank You!

Garfield County Senior newsletter: http://www.garfield-county.com/human-services/senior-services.aspx
Pitkin County Senior newsletter and lunch menu: http://www.pitkincounty.com/217/Senior-Services
Medicare is confusing!
Make an appointment to speak with an expert who ISN’T a broker trying to sell you insurance! T.J Dufresne, the local SHIP Medicare Coordinator, and Ed, a trained volunteer, will be coming to the El Jebel senior site monthly to meet with seniors on a variety of topics including Medicare, fraud, and identity theft, among other things. To make an appointment, call (970) 328-7682.

Senior Matters and its newest program, the Roaring Fork Brain Train, had its grand opening on August 27th at the Third Street Center in Carbondale. The evening included a presentation on the Brain Train, a ribbon cutting ceremony, tours of the Senior Matters space where Brain Train meets twice weekly and an art showing, benefitting RFBT.

For more information, contact Diane Darling at (970) 987-3754 or go to: www.seniorsmatter.org/braintrain.html

Mobility Medical Equipment is available for borrowing at the El Jebel senior site!
If you need to borrow a wheelchair, walker, or crutches for a short period of time, contact Christy for availability questions at 379-0020. Donations of mobility equipment in good condition are also accepted.

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Refrigerator

Find and circle all of the refrigerator items that are hidden in the grid. The remaining letters spell an additional item found in many refrigerators.

M S C A R R O T T S S B U T T E R
U T S E C I U J E Y S N O M E L
S R S E P A R G B R O C C O L I
T A B A C O N B S S M G B A S R
A W M B S A R K S A E P U E E B
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A E S R T R E I S C S K T O H G
N S U U S E M S E L P P A F C I
A P C G H A A P U H C T E K E L
B E G C J Y R T L U O P M U C L
E E S I A N N O Y A M W A T E R

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**Health and Wellness Programs in the Mid-Roaring Fork Valley for Seniors**

<table>
<thead>
<tr>
<th>Lou Cunningham Tennis Tournament</th>
<th>Book Clubs!</th>
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<tr>
<td>Recreational double elimination non-sanctioned USTA Tennis Tournament. We will start playing at 8am, get there 15 minutes early to check-in. <strong>Date:</strong> September 10 Singles 2.5, 3.0, 3.5 ($20) September 11 Doubles 2.5, 3.0, 3.5 ($15pp) <strong>Reg. Deadline:</strong> Wednesday, September 7th 0020 Eagle County Dr. El Jebel, CO 81623 (970) 319-8041 <a href="http://www.carbondalerec.com/programs/senior-programs">www.carbondalerec.com/programs/senior-programs</a></td>
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<td><strong>First Wednesday of each month</strong> No required books, just bring what you’re reading 12:00pm – 2:00pm <strong>Cost:</strong> Free! Basalt Library (970) 927-4311 <a href="http://www.basaltlibrary.org/">www.basaltlibrary.org/</a></td>
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<th>SilverSneakers Adaptive Yoga</th>
<th>Carbondale Parks and Recreation Senior Programs</th>
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<td>Tuesdays at 11:30 a.m. Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for seniors (55 and older) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported—no need to bring a yoga mat <strong>Neuro-movement Classes</strong> Tuesdays at 5:15 p.m. Call for rates and class details 1460 E. Valley Rd. Suite 100 Basalt, CO 81621 (970) 279-5412 <a href="http://www.theaspenclinic.org">www.theaspenclinic.org</a></td>
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<td><strong>Pickleball Tournament</strong> Sep 10 – Sep 11 9:00 AM – 5:00 PM Sign up to play or just plan on stopping in to watch and see what all the fuss is about. Pickleball is a fun recreational sport similar to tennis (it’s played on a smaller court with a whiffle ball and paddle instead of a racket). <strong>Please indicate in the registration notes your division and your partner’s name.</strong> Cost: $35/individual for first division; $5/individual for 2nd division and lunch Location: Darien Pickleball &amp; Tennis Courts (The Carbondale Recreation and Community Center will be utilized in case of inclement weather) Divisions: Saturday Men’s &amp; Women’s doubles, Sunday Mixed doubles • 3.0 and lower • 3.5 • 4.0 and higher <strong>Registration Deadline:</strong> Monday, September 5 (970) 510-1292 <a href="http://carbondalerec.com/programs/senior-programs/">http://carbondalerec.com/programs/senior-programs/</a></td>
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Fall Super Foods

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights!

**Apples:** Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains heart-healthy flavonoids. Health benefits include: full of antioxidants, 4 grams of dietary fiber per serving.

**Brussels sprouts:** Made the correct way, these veggies taste divine. They have a mild, somewhat bitter taste, so combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include: 1/2 cup contains more than your DRI of vitamin K, very good source of folate, good source of iron.

**Parsnips:** Though these veggies may resemble carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces. Health benefits include rich in potassium, good source of fiber.

**Pears:** The sweet and juicy taste makes this fruit a crowd-pleaser. Cooking can really bring out their fabulous flavor, so try them baked or poached. Health benefits include good source of vitamin C and copper, 4 grams of fiber per serving. *(continued on page 4)*
Philosophers, researchers, spiritual leaders—they’ve all debated what makes life worth living. Is it a life filled with happiness or a life filled with purpose and meaning? Is there even a difference between the two?

These aren’t just academic questions. They can help us determine where we should invest our energy to lead the life we want.

Recently some researchers have explored these questions in depth, trying to tease apart the differences between a meaningful life and a happy one. Their research suggests there’s more to life than happiness—and even calls into question some previous findings from the field of positive psychology, earning it both a fair amount of press coverage and criticism.

The controversy surrounding it raises big questions about what happiness actually means: While there may be more to life than happiness, there may also be more to “happiness” than pleasure alone.

Five differences between a happy life and a meaningful one:

“A happy life and a meaningful life have some differences,” says Roy Baumeister, a Francis Eppes Professor of Psychology at Florida State University. He bases that claim on a paper he published last year in the Journal of Positive Psychology, co-authored with researchers at the University of Minnesota and Stanford.

Baumeister and his colleagues surveyed 397 adults, looking for correlations between their levels of happiness, meaning, and various other aspects of their lives: their behavior, moods, relationships, health, stress levels, work lives, creative pursuits, and more.

They found that a meaningful life and a happy life often go hand-in-hand—but not always. And they were curious to learn more about the differences between the two. Their statistical analysis tried to separate out what brought meaning to one’s life but not happiness, and what brought happiness but not meaning.

Their findings suggest that meaning (separate from happiness) is not connected with whether one is healthy, has enough money, or feels comfortable in life, while happiness (separate from meaning) is. More specifically, the researchers identified five major differences between a happy life and a meaningful one.

• Happy people satisfy their wants and needs, but that seems largely irrelevant to a meaningful life. Therefore, health, wealth, and ease in life were all related to happiness, but not meaning.

• Happiness involves being focused on the present, whereas meaningfulness involves thinking more about the past, present, and future—and the relationship between them. In addition, happiness was seen as fleeting, while meaningfulness seemed to last longer. (Continued on page 3)
Meaningfulness is derived from giving to other people; happiness comes from what they give to you. Although social connections were linked to both happiness and meaning, happiness was connected more to the benefits one receives from social relationships, especially friendships, while meaningfulness was related to what one gives to others—for example, taking care of children. Along these lines, self-described “takers” were happier than self-described “givers,” and spending time with friends was linked to happiness more than meaning, whereas spending more time with loved ones was linked to meaning but not happiness.

Meaningful lives involve stress and challenges. Higher levels of worry, stress, and anxiety were linked to higher meaningfulness but lower happiness, which suggests that engaging in challenging or difficult situations that are beyond oneself or one’s pleasures promotes meaningfulness but not happiness.

Self-expression is important to meaning but not happiness. Doing things to express oneself and caring about personal and cultural identity were linked to a meaningful life but not a happy one. For example, considering oneself to be wise or creative was associated with meaning but not happiness.

One of the more surprising findings from the study was that giving to others was associated with meaning, rather than happiness, while taking from others was related to happiness and not meaning. Though many researchers have found a connection between giving and happiness, Baumeister argues that this connection is due to how one assigns meaning to the act of giving.

“If we just look at helping others, the simple effect is that people who help others are happier,” says Baumeister. But when you eliminate the effects of meaning on happiness and vice versa, he says, “then helping makes people less happy, so that all the effect of helping on happiness comes by way of increasing meaningfulness.”

Baumeister’s study raises some provocative questions about research in positive psychology that links kind, helpful—or “pro-social”—activity to happiness and well-being. Yet his research has also touched off a debate about what psychologists—and the rest of us—really mean when we talk about happiness.

To learn more about how to live a meaningful life, visit greatergood.berkeley.edu.

Interested in getting money back for property taxes, rent or heat you paid? Call the Alpine Area Agency on Aging at 970-468-0295 if you are interested in learning more about the Colorado Property/Rent/Heat Credit “PTC” Rebate for income-eligible income seniors.

**Eligibility Criteria:**

Resided in Colorado for the ENTIRE YEAR

Are NOT claimed as a dependent on someone’s tax return

Are lawfully present in the United States

Have 2015 income equal to or less than: $12,953.00 (single) or $17,460.00 (married)

AND

Are 65 years or older -OR- Are a surviving spouse and 58 years old by December 31st -OR- Were disabled for an entire year.
Move of the Month: Nordic Walking

Nordic walking is a great full body exercise that incorporates ski poles, hiking poles, or walking sticks into the mix. The poles add extra stability and help engage the muscles of your upper body as well. Start with 10 or more minutes (or whatever you are comfortable with) and add time in small increments to help increase your endurance. Questions? Pat Nolan is a Nordic walking expert and would be happy to help you get started!

Fall Super Foods (continued from page 1)

**Rutabaga:** A cross between a turnip and a cabbage, rutabagas are a popular Swedish dish. To utilize their earthy flavor, add them to casseroles, puree them with turnips and carrots to make a sweet soup, or roast them with ginger, honey, or lemon. Health benefits include good source of fiber, good source of vitamin C.

**Cauliflower:** The sweet, slightly nutty flavor of cauliflower is perfect for winter side dishes. It's wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup. Health benefits include compounds that may help to prevent cancer, phytonutrients that may lower cholesterol, and excellent source of vitamin C.

**Pomegranates:** This slightly sour fruit has gotten a lot of press as an antioxidant powerhouse. The juice provides a tangy base for marinades, and the seeds can be tossed into salads to amp up the flavor. Health benefits include: higher antioxidant levels than red wine and good source of vitamin C and folate.

**Dates:** This Middle Eastern favorite is a sweet fruit that is perfect braised in stews, chopped up in desserts, or stuffed with cream cheese or almonds. Health benefits include low in fat, a good source of fiber and potassium.

September 22nd is Falls Prevention Awareness Day

The 9th annual Falls Prevention Awareness Day will be observed on September 22, 2016—the first day of fall. The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year’s event is Ready, Steady, Balance: Prevent Falls in 2016. Eagle County (and surrounding counties) offer many options to help you work on your balance. Classes such as Matter of Balance, N’Balance and Tai Chi are all wonderful, evidence-based falls prevention classes. For a current list of balance classes happening in your community, contact your local senior service provider, senior center, or rec center today!
Our Mission: *Healthy Aging is dedicated to serving the over 60 population of Eagle County with nutrition, transportation, social activities and programs that help to maintain the independence of older adults.*

**Coordination:**
Carly Rietmann  
Healthy Aging Program  
Supervisor—Eagle  
970.328.8896  
carly.rietmann@eaglecounty.us

Christy Doyon  
Healthy Aging Program  
Coordinator—El Jebel  
970.328.7682  
christy.doyon@eaglecounty.us

Pat Nolan  
Healthy Aging Program  
Coordinator—Minturn  
970.328.8831  
pat.nolan@eaglecounty.us

**Transportation:**
Bob Anderson  
El Jebel Bus Driver  
970.309.8465

Mikey Colley  
Eagle & Minturn Bus Driver  
970.343.9565

**Culinary:**
Claudia Chacon  
Eagle & Minturn Culinary Specialist  
970.328.1483

Nikki Reckles  
El Jebel Culinary Specialist  
970.328.7680

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**Meal Reservation Information**

Reservations are requested for lunch by 12:00 pm the day BEFORE the meal is served  
(24 hour advance notice is requested please).

**Eagle:** Please call 328-8896. Lunches are served at noon on Tuesday and Thursday at the Golden Eagle Senior Center, 715 Broadway in Eagle. We deliver meals to homebound seniors in the mid and lower Eagle Valley (Eagle, Gypsum).

**El Jebel:** Please call 379-0020. Lunches are served at noon on Tuesday and Thursday at the Eagle County Annex Building, 0020 Eagle County Dr. in El Jebel (just off Hwy 82 at Crown Mountain Park). We deliver meals to homebound seniors in the Roaring Fork Mid-Valley.

**Minturn-Vail:** Please call 328-8831 or 328-2812. Lunches are served at 11:30 a.m. on Wednesday and Friday at Maloit Park Senior Center inside Vail Ski and Snowboard Academy in Minturn, 1951 Hwy. 24 in Minturn. We deliver meals to homebound seniors in the upper Eagle Valley (Edwards to Vail).

All meals are funded by the Older Americans Act and Eagle County Govt. Anyone over 60 or regular volunteers under 60: suggested anonymous donation of $3.00 All Guests under 60 must pay $8.00.
Volunteer Opportunities

Alpine Area Retired and Senior Volunteer Program (RSVP) is a volunteering program specifically for people 55 or better. Contact them today to learn about fun and exciting volunteer opportunities in Eagle County. Contact CJ Grove, Alpine Area RSVP Coordinator at (970) 468-0295 ext. 122 or volunteers@nwccog.org

Medicare Information and Counseling

Northwest Colorado Councils of Government (NWCCOG) offers a State Health Insurance Assistance Program (SHIP) for Medicare beneficiaries. Contact TJ Dufresne at 970.468.0295 x120 or tjdufresne@nwccog.org

Alpine Area Agency on Aging

The Alpine Area Agency on Aging is a program of NWCCOG is the designated regional planning and service agency for senior services in Eagle, Grand, Jackson, Pitkin, and Summit Counties. Contact Erin Fisher, AAAA Director at 970.468.0295 x107 or aaa12@nwccog.org

Home Delivered Meals

Home delivered meals are offered to home-bound older adults two days per week through the Healthy Aging meal program. El Jebel/Basalt: 970-328-7682, Gypsum/Eagle/Wolcott: 970-328-8896, Edwards/Avon/Minturn/Vail: 970-328-8831

In Home Caregiving Assistance

There are currently three organizations in Eagle County who offer in-home assistance:
Caring 4 You Homecare: 970-390-2889 (medical and non-medical), Homecare and Hospice of the Valley: 970-569-7455 (medical only), Visiting Angels: 970-328-5526 (non-medical only)

Dietary Guidance & Consultation

Free dietary guidance and consultation is a service provided through our meal program in Eagle County. For information, answers, or to set up a consultation contact Melaine Hendershott, RD at 303-503-2622

Eagle Valley Senior Life

Eagle Valley Senior Life operates an adult day program for those with dementia, offers support to family caregivers and are an all around great resource for information. 970-977-0188.

Mental Health and Wellness

Healthy Aging Resources in Eagle County

Medical Transportation Services

If you are in need of a ride to a medical appointment, there’s help!
Mountain Ride - medical rides for Medicaid beneficiaries: 1-844-686-7433 or mtnride.org,
Eagle County Healthy Aging - medical rides for anyone in need no matter of age: Eagle River Valley - 970-328-8896 or Basalt/Roaring Fork - 970-328-7682

Public Transit Opportunities

Eagle River Valley:  Eco Transit - 970-328-3250, Paratransit is also a service offered by Eco Transit for those who are medically unable to drive. Must be accepted into the program via an application and doctor’s signature.
Roaring Fork Valley:  Roaring Fork Transportation Authority (RFTA) - 970-925-8484

Veteran’s Services

Veteran Services Officers can assist Veterans and their family file for benefits including Health Care, Pensions, Training and Education, Home Loans, Life Insurance, Burial and Memorial Benefits, Transportation, Transition Assistance, Appeals of VA Claims Decisions, and more. Contact Eagle County Veteran’s Services Officer Pat Hammon at 970-328-9674 or pat.hammon@eaglecounty.us

Senior Specific Housing

Eagle County’s Housing Department operates two senior-specific independent living complexes in Eagle - Golden Eagle Apartments and Seniors on Broadway. Contact Leona Perkins, Property Manager at 328-8897 or leona.perkins@eaglecounty.us. The Carbondale Housing Authority operates Crystal Meadows Senior Housing in the Roaring Fork Valley. Contact them at 970-963-9326. If you are in need of assisted living or skilled nursing in the Eagle River Valley, Castle Peak Senior Life and Rehabilitation will open its doors in Fall of 2016. Contact Matt Scherr at (970) 989-2500 or mcsherr@augustanacare.org

Helping hands

Helping Hands is a project of Alpine RSVP and can provide you with a volunteer to help with household chores or minor home repair. Learn more at (970) 468-0295 ext. 122 or volunteers@nwccog.org.

Libraries & Eagle Valley Senior Life

Did you know if you call your local library with a question about information and resources in your area that they either have the answer or will help you find it? All of our local libraries offer a wealth of information. Avon Library: 970-949-6797, Basalt Library: 970-927-4311, Eagle Library: 970-328-8800, Gypsum Library: 970-524-5080, Vail Library: 970-479-2184.
Cook’s Corner: Easy Apple Chips

**Ingredients:**
- 2 apples (variety of your choice), cored and thinly sliced
- 1 1/2 teaspoons white sugar
- 1/2 teaspoon ground cinnamon

**Directions:**
- Preheat oven to 225 degrees
- Arrange apples slices on a metal baking sheet.
- Mix sugar and cinnamon together in a bowl; sprinkle over apple slices.
- Bake in the preheated until apples are dried and edges curl up, 45 minutes to 1 hour.
- Transfer apple chips, using a metal spatula, to a wire rack until cooled and crispy.

*(allrecipes.com)*
En celebración del Mes de la concientización sobre los centros para adultos mayores, representantes de la agencia de recursos para el envejecimiento del área de las montañas (AlpineAAA, sigla de Alpine Area Agency on Aging) estarán en El Jebel el jueves 29 de septiembre a las 11:30 a.m. para promover sus programas del cupón para amas de casa; descanso para los cuidadores y los de ayuda dental y para la visión. Estos programas están disponibles para ayudar a adultos mayores de 60 años y más en los condados de Eagle y Pitkin. ¡Venga y entérese cómo AlpineAAA puede ayudarle!

¡Venga y entérese cómo AlpineAAA puede ayudarle!

Menú de septiembre

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<tr>
<th>Jueves, 1 de sept</th>
<th>Jueves, 22 de sept</th>
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<td>sándwiches de pollo a la parrilla</td>
<td>Lomo de cerdo con hierbas</td>
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<td>bebés del tater</td>
<td>Papas rojas</td>
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<td>Pastel de cumpleaños</td>
<td>Ensalada de verduras mixtas</td>
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<td>barras de granola de la fresa</td>
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<td>Ensalada de pollo con brócoli, coliflor, y de vegetales</td>
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<td>Arroz salvaje</td>
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<td>Ensalada de repollo</td>
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<td>Ensalada de frijoles y rábano</td>
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<td>Pastel de fruta</td>
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<td>Barras de limón</td>
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<td>Pasteles de cangrejo w/ limón roscón en lechuga</td>
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<td>Papas dulces</td>
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<td>Emprendedos de pescado</td>
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<td>Papas fritas</td>
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<td>Galletas de manteca de maní y chocolate</td>
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<td>Ensalada de verduras mixtas</td>
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Miércoles, 21 de septiembre
7:00 am – 9:00am
en STARBUCKS
(Cerca del Whole Foods Market)
TÓMASE UN CAFÉ Y COMPARTA CON SUS VECINOS Y POLICÍAS LOCALES
El programa de “tomarse un café con un policía” ofrece la oportunidad única para los miembros de la comunidad de hacer preguntas y aprender sobre el condado de Eagle y el trabajo de la policía local. Venga, tómese un café con nosotros y conozca oficiales de la Oficina del Sheriff del condado de Eagle, la policía de Basalt y los del condado de Eagle.
No hay programa o presentación, es solo la oportunidad de hacer preguntas, expresar inquietudes y conocer a algunos de los policías y oficiales locales.
El programa fomenta la comunicación, mejorando las relaciones entre los oficiales y los miembros de la comunidad en la tranquilidad del ambiente de un café.

Luetta Whitson: Septiembre 15
Doris Faust: Septiembre 22
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**Boletín de ancianos del Condado de Garfield:** http://www.garfield-county.com/human-services/senior-services.aspx

**Boletín de ancianos del Condado de Pitkin y menú de almuerzo:** http://www.pitkincounty.com/217/Senior-Services
¡Medicare es confuso!
¡Haga una cita para hablar con un experto que NO ES un vendedor tratando de venderle seguros! T.J Dufresne, el coordinador local del programa de ayuda del estado para seguros de salud (SHIP, sigla de State Health Insurance Assistance) y Ed, quien es un voluntario capacitado en el tema, vendrán a El Jebel mensualmente a reunirse con mayores adultos mayores para hablar sobre una variedad de temas, incluyendo Medicare, fraude y robo de identidad entre otros.
Para hacer una cita, llame al (970) 328-7682.

Senior Matters y su programa más nuevo, el de Roaring Fork Brain Train tiene su gran inauguración el 27 de agosto en el centro comunitario Third Street Center de Carbondale. El evento incluirá una presentación sobre Brain Train, una ceremonia inaugural con corte de cinta, visitas guiadas al espacio de Senior Matters, en donde el personas en el programa Brain Train se reúnen dos veces por semana, así como una exhibición de arte a beneficio de RFBT. Para obtener más información comuníquese con Diane Darling al (970) 987-3754 o visite: www.seniorsmatter.org/braintrain.html
**Torneo de tenis recreativo de dobles Lou Cunningham**
(Sin clasificación según la Asociación de Tenis de los Estados Unidos) El juego empieza a las 8:00 a.m., llegue 15 minutos antes para registrarse.
**Fecha:** Septiembre 10 sencillos 2, 3.0, 3.5 ($20) Septiembre 11 dobles 2.5, 3.0, 3.5 ($15 por persona) regular.
**Fecha limite:** Miércoles, 7 de septiembre
0200 Eagle County Dr.
El Jebel, CO 81623
(970) 319-8041
www.crownmtn.org

**¡Club de lectura!**
El primer miércoles de cada mes. No se requieren libros, solo lleve lo que está leyendo.
12:00pm – 2:00pm
Costo: ¡Gratis!
Biblioteca de Basalt
(970) 927-4311

**Yoga adaptable de SilverSneakers**
Martes a las 11:30 a.m.
Mejore su fuerza, flexibilidad y movilidad a través de poses de yoga de pie o sentado, especialmente adaptadas para adultos mayores (55 años y mayores) con cualquier nivel de salud y estado físico. Los asientos y los accesorios se brindan para mantener a los participantes seguros y con apoyo. No necesita llevar colchoneta para yoga.

**Clases de movimiento Nuero**
Martes a las 5:15 p.m.
Llame para averiguar detalles sobre la clase y precios.
1460 E. Valley Rd.
Suite 100
Basalt, CO 81621
(970) 279-5412
www.theaspenclinic.org