

Live Music ~ Food ~ Wine!



AGING WELL 55+ SPRING INTO SUMMER WELLNESS

JUNE 18 • 3-6PM • ASPEN VALLEY HOSPITAL

**Your One-Stop Event for
Summer Activities for a Physically
and Socially Active Lifestyle!**

**These groups & individuals will share their summer schedules,
volunteer opportunities and other information:**

Aspen Recreation Center
Aspen Valley Hospital
Pathfinders - Guided Meditation
Silver Sneakers
Pickle Ball
Aspen Chamber Resort Association
AARP
Windwalkers
Pitkin County Library
Basalt Regional Library
Aspen Music Festival & School
Snowmass Recreation Center
Snowmass Village
Aspen Historical Society
RFTA
Mindsprings Health

Aspen Golf Club
Red Brick Center for the Arts
Aspen Art Museum
Aspen Theatre
Aspen Santa Fe Ballet
Woody Creek Community Center
Deeksha & Meditation
Open Space & Trails / Happy Trails
National Forest Service
Aspen Film
ACES
Aspen Words / Aspen Institute
Roaring Fork Outdoor Volunteers
Community Health Services
And More!

Pitkin County Senior Services Information:

Transportation
Senior Health Fairs
Medicare
Exercise Classes
Technology Assistance
Summer Excursions



NUTRITION



**PHYSICAL FITNESS
& RECREATION**



SPIRITUALITY



**SOCIAL
INTERACTION**



BRAIN FITNESS

**QUESTIONS?
Call 970.920.5432**

 **ASPEN VALLEY
HOSPITAL**

 **PITKIN COUNTY
SENIOR SERVICES**
Aging Well in Our Community

Stay Active & Engaged this Summer!