



# CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



*Garfield County*

Volume 16, Issue 6  
June, 2026

## LET'S MEET ONE OF OUR VOLUNTEERS

Bob Masias

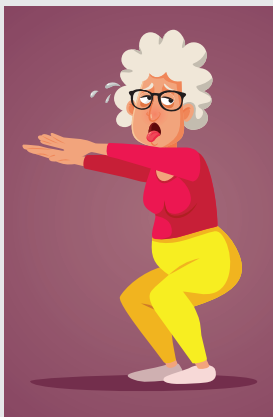


Bob grew up in Rocky Ford, Colorado — the melon capital of the world. Helping after meals comes naturally to him. His sister has owned the Mission Deli for 35 years, and Bob spent plenty of time bussing tables there long before he volunteered with us. To him, pitching in is simply what you do.

At 17, Bob joined the United States Marine Corps. And as they say, “Once a Marine, always a Marine.” The discipline, pride, and sense of service he gained

still shine through in everything he does.

Bob is also a devoted family man with four “kids” — one boy and three girls. When he’s not helping at the meal site, he enjoys woodworking, especially building benches. He also grows zinnia flowers and gladly helps others with their planting, sharing both knowledge and enthusiasm. Thank you, Bob, for your service — to your country and to our seniors. We’re grateful for you.



## SQUAT EXERCISE

Key safety guidelines

- Use a chair: Stand in front of a sturdy chair, lower your hips until your buttocks tap the seat, then stand back up.
- Protect your knees: Ensure knees do not extend over toes and avoid letting them cave inward.
- Maintain posture: Keep your back straight, chest up, and look straight ahead — never down — to avoid dizziness.
- Breathe: Inhale as you lower down, and exhale as you push up through your heels.

## MEAL SITE UPDATES

Beginning in July, Garfield County will again oversee the Glenwood Springs and Carbondale meal sites, with meals prepared by Alan Kokish. For meals in July, reservations will be required 48 business hours in advance. Please call (970) 665-0041 before you plan to attend.

To reserve a meal for July 1 in Carbondale, call by June 29 at noon for reservations.

Because our office is closed Friday, July 3, reservations for Tuesday, July 7 must be made by noon on Thursday, July 2.

The Parachute, Silt, and New Castle sites continue with the 24



hour business day reservation and cancellation policy. For Monday meals, please reserve by Friday at noon. Before any holiday closure, reservations

must be made the business day prior.

**County meal sites are closed for Independence Day, Friday, July 3, 2026.**

## JUNE 15 IS WORLD ELDER ABUSE AWARENESS DAY

June 15 is World Elder Abuse Awareness Day, a time to recognize the importance of keeping older adults safe, supported, and connected. Abuse can take many forms — physical, emotional, financial, or neglect — and it often goes unnoticed.

Awareness is our strongest tool. Checking in on neighbors, staying connected, and speaking up when something feels wrong can make a real difference. Together, we help ensure every older adult in our community is treated with dignity and respect.

### Warning signs of mistreatment

- Sudden changes in behavior, finances, or lifestyle

- Physical injuries, dehydration, or malnourishment
- Extreme withdrawal, depression, or anxiety
- Absence of basic care or necessities
- Kept away from others
- Unsanitary Living conditions
- Personal items or money missing

To report abuse or neglect of an older or disabled adult in Garfield County, call 1-844-264-5437.



WORLD  
ELDER  
ABUSE

AWARENESS DAY

15 JUNE

# JUNE BIRTHDAYS

Dee Ahlstrom  
Steven Anderson  
Don Baldwin  
Ruth Barber  
Marlene Batzel  
Bessie Burr  
Harold Carnal  
Tori Davis  
Emily Finch  
Annie Flynn  
Mary Jane Hangs  
Linda Harrison  
Alan Hayes  
Marilyn Hendrickson  
Steve Hodgen  
Carol Krabbe  
Art Litschewski  
Bertha Marquez  
Judy Martin  
Eugene McMurray  
Randall McMurray  
Patsy Medina  
Ginnie Miller  
Ruben Mytty  
Lenore O'Grady  
Jim Reed  
Teri Richards  
Lynn Richardson  
Donna Rodgers

Steven Schumacher  
Vern Scott  
Blanche Shaw  
Ted Smythe  
Sheryl Steiner  
Richard Tomlinson

Joey Trujillo  
Jan Walker  
Clyde Weaver  
Steven West  
Janet West  
Phyllis Wittet



## BIRTHDAY LIST

Our birthday list is compiled from completed 2025 consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Kappe or Jenny for a form.

Contact us at: [gcnnewsletter.org/contact](https://gcnnewsletter.org/contact)

## SUBSCRIBE

Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for an email of the newsletter by calling 970-665-0041 or contact us at [gcnnewsletter.org/contact](https://gcnnewsletter.org/contact). There is no charge for subscription.



## TIPS FOR COOKING FOR ONE OR TWO

Information from Mayo Clinic and the Academy of Nutrition and Dietetics

### Freeze foods

- Cook a batch of grains, such as rice, and freeze in individual portions using a muffin pan. Store in a freezer-safe container or plastic bag.
- Freeze extra bread, buns, and English muffins.
- Buy frozen fruits and vegetables. Thaw what you need, when you need it. Frozen fruits and veggies are pre-cut. Add to smoothies, soups, and stir-fries.
- Buy a whole package of meat or poultry and wrap individual portions in freezer-safe paper.

### Shopping

- Visit the bulk bins at your local grocery store for grains, nuts, seeds, dried beans, dried herbs, and spices. Buy the exact amount you need.
- Use the deli counter, where you can purchase only what you need.

### Pay attention to timing

- Enjoy foods with short shelf life like berries and spinach at the beginning of the week. Save heartier produce like carrots, apples, and potatoes for later in the week.

### Batch cooking

- Cook once and eat multiple times. Make a big batch of homemade soup or chili and freeze in individual portions. Muffin tins work well for this.

### Reduce recipes

- If a recipe calls for a can of beans or pumpkin, use half and refrigerate or freeze the rest.
- Remember, there are 16 tablespoons per cup, three teaspoons per tablespoon, eight fluid ounces per cup, and two tablespoons per fluid ounce.

### Kitchen equipment

- Instead of a large oven, use a toaster oven, indoor single-serving grill, or crockpot.

## BAKED COD WITH SPINACH AND TOMATOES

Recipe adapted from allrecipes.com

### Ingredients

- 1 (4-ounce) cod fillet
- Salt and ground black pepper to taste
- 1 pinch garlic powder
- ¼ cup roughly chopped spinach
- ¼ tomato, seeded and diced
- 1 Tablespoon chopped onion
- 1 Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- 1 slice mozzarella cheese, cut into cubes

### Instructions

1. Preheat oven to 400°F.
2. Place cod on a piece of aluminum foil and season with salt, black pepper, and garlic powder.
3. Top cod with spinach, tomato, and onion.
4. Drizzle olive oil and balsamic vinegar over cod and top with mozzarella cheese. Fold foil over the cod and create a packet by crimping the edges together to seal.
5. Cook in the preheated oven for 8-10 minutes, or until the fish flakes easily and reaches an internal temperature of 145°F.

### Nutrition facts

Calories 308  
Total carbohydrates 6g  
Dietary fiber 1g  
Protein 28g  
Total fat 19g  
Saturated fat 5g  
Sodium 413mg.



## DIGITAL LEARNING

“Try a thing you haven’t done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not.”

Many people feel unsure about learning new technology, and that’s completely normal. But a little digital confidence can make everyday life easier. Whether you need directions, want to check the weather, look up a recipe, or schedule a ride to the store, being able to use a smartphone or download an app opens the door to more services, more convenience, and more independence.

Digital learning is a wonderful way to explore everything from online coupons and fitness classes to art, cooking, and Medicare resources. You can learn at your own pace, in the comfort of your home, and revisit lessons as often as you like. Here are my top three virtual platforms for older adults:

1. [AARP virtual classes](#)
2. [Senior Planet](#)
3. [GetSetUp](#)

Many AARP and Senior Planet classes are free, live, and interactive, designed specifically with older adults in mind. Simply register on their websites, choose

a class from the calendar, and click the meeting link — often through Zoom — at the scheduled time. GetSetUp also offers hundreds of live sessions to keep you mentally, physically, and socially active. Some classes can be watched later, and many learning libraries let you browse topics anytime, making it easy to learn when it works best for you.



## UPCOMING EVENTS

JUNE 1 Spice Up the Month with Craft Kits at Rifle Library. Every month features a new craft, and the kits are available to pick up starting on the first Monday of each month. Anyone 18 and older can participate in this free series, but you must sign up in advance to be on the list to get a kit. Sign up at the front desk or call 970-625-3471.

JUNE 2, 16 Grief Support Group at [Grand River Health](#) in Rifle 5:30-6:30 p.m. Free, ongoing, in-person grief support for adults dealing with loss of a loved one.

JUNE 3, Caregiver Conference, 9:30 a.m. hot breakfast, 10 a.m. – 3 p.m. at El Jebel Community Center, 0020 Eagle County Dr, El Jebel, CO. Register by 5/27. [2026CareConference.eventbrite.com](https://2026CareConference.eventbrite.com)

JUNE 4 High Desert Sky Band at Callahan's Venue at the Battlement Mesa Golf Club, 5-8 p.m., no tickets needed. Call for reservations if you'd like a table for the prime rib buffet. 970-285-5786.

JUNE 4, 11, 18, 25 Golden Years Social at the [Silt Library](#) 1-1:30 p.m. Enjoy ice cream on the patio! Just drop by.

JUNE 4, 11, 18, 25 weekly Carbondale Wild West Rodeo on Thursdays at the Gus Darien Arena.

JUNE 5 Cass Clayton Band, funk, soul, and jazz, powerhouse vocals and songwriting at [Ute Theater](#) in Rifle, 7-10 p.m., \$20-25.

JUNE 5 Party at the Stoney Ridge Pavillion in Silt, 648 N. 7th St, 5:45-7:45 p.m. – The Oxymorons

JUNE 6, 13 – Deer Creek Sharp Shooters at Glenwood Springs Adventure Park on the sixth, Los Cheesies on the 13th – Music on the Mountain, \$5 donation for a complimentary gondola ticket after 5 p.m. Free parking after 5 p.m. Shows are 6-9 p.m.

JUNE - Golden Years Ice Cream Social Thursdays 1-2 p.m. at [Silt Library](#). Come chill with us outside on the patio for our social gathering just for seniors. Enjoy delicious ice cream and a fun variety of toppings. No registration needed – just drop by.

JUNE 6 Rifle Senior Center Anybody 5k at 9 a.m. at 50 Ute Ave in Rifle. Advance tickets for 2k \$20, 5k \$30. Benefits Senior Center Sales and Cans Committee. All proceeds will be used to purchase new outdoor furniture for the Senior Center. 970-665-6574.

JUNE 7 Spice Up the Month with Craft Kits at the [Rifle Library](#). Sign up in advance to be on the list to get a kit. 970-625-3471.



## UPCOMING EVENTS

JUNE 7, 14, 28 Redstone Magical Moments Lineup, seventh - Riverspell at Coal Basin Ranch 4-5:30 p.m. – parking available at Elk Park, 14th – The Queen Bees at Redstone Park, 6-8 p.m., 28th – Steve Manshell at Redstone Park 6-8 p.m. Parking is available behind the coke ovens for Redstone Park events. Bring a chair and blanket.

JUNE 12 - 4th Annual Summer Block Party and Burning Mountain Park in New Castle, 5:30-9 p.m., live music, food and drinks, community booths and local businesses. Free to attend.

JUNE 16 Basic Computer Class for Adults at [Rifle Library](#) 9-10 a.m. This bilingual class is designed for beginners or those who need a refresher in computer basics. Laptops will be provided. Free. Register or get more information by calling 970-625-3471.

JUNE 2, 9, 16, 23, 30 Mah Jongg drop-in games all levels of players welcome at the [Glenwood Library](#) 1:30-3:30 p.m.

JUNE Mahjong every Friday from 1-4 p.m. at the [New Castle Community Center](#). No fee. No registration.

JUNE 7, 14, 21, 28 Hilltop Concert Series at Sunrise Art Park on 16th St & Birch Ave in Rifle – Free concert every Sunday from 6-8 p.m. Great music and ice cream!

JUNE 9 Death Café at [Parachute Library](#) 5-6 p.m. You're invited to join a relaxed, judgment-free conversation about death as a way to gain a deeper appreciation of life.

JUNE 18 Memory Café at [New Castle Library](#) 10:30 a.m.-12 p.m. This gathering is for those with mild to moderate symptoms of memory loss and their caregivers. Come, get creative, explore items from the past, and maybe learn something new.

JUNE 18 Third Thursday on Third in Rifle, live music, food trucks, and local vendors.

JUNE 18 Berry Sweet Game Day! 1-3 p.m. at the [Glenwood Springs Community Center](#). Day pass/free for members. Contact Tiff with any questions. 970-384-6314. Guaranteed to be a berry good time!

JUNE 19-21 129th Annual Strawberry Days in Glenwood Springs at Two Rivers Park, free to attend, June 20, parade at 10 a.m. Free strawberries and ice cream, and live entertainment.

JUNE 26 Summer Movie in the Park series at Dusk in Veteran's Park in Silt

JULY 9 Summer Luau Dance! 6-7:30 p.m. at the [Glenwood Springs Community Center](#). \$10/person. Please register by July 3. Contact Tiff if you are interested in participating. 970-384-6314



# WELL & WISE

## Geri-Fit

### **Parachute Community Center – Parachute**

Mondays and Fridays, 10-11 a.m.

### **Grand Valley Rec Center – Battlement Mesa**

Thursdays, 9-10 a.m.

### **Carbondale Library**

Thursdays, 12:30-1:30 p.m. – through June 25

### **Crystal Meadows – Carbondale**

Tuesdays, 11 a.m.-12 p.m.

## Tai Chi For Health

### **Glenwood Springs Library – Glenwood Springs**

Wednesdays 5:30 p.m. and Saturdays 9:30 a.m. - June 3, 6, 10, 13, 20

### **Silt Library – Silt**

Tuesdays & Fridays, 9-10 a.m. - June 2 to July 24

If you would like to sign up for one of the above classes or a future class in your area please call Jenny at 970-625-5282, ext. 3275, for more information.

Garfield County Older Adult Programs offers classes for adults 60 and older. The recommended voluntary contribution for each Well & Wise 8-week series class is \$20 per person. Participants are encouraged to pay as they are able.

#### How to contribute:

- Make checks payable to GCDHS
- Mail to: 195 W. 14th Street, Rifle, CO 81650. Attn: Jenny Roberson.
- You may also place your donation in the secure box at any of our meal sites.

## Grief in Motion

Every Monday. 9 -10 a.m. at the [Glenwood Springs Community Center](#). For those who have lost a loved one. Find comfort and connection during our outside (weather permitting) walks. Facilitated by Cath Adams, a certified grief coach. Free. It is recommended to wait six weeks following the passing of your loved one before joining the group. 970-384-6314.

## Fall prevention class

Every Wednesday. 9:45-10:30 a.m. at the [Glenwood Springs Community Center](#). Day pass/free for members. Contact Tiff with any questions. 970-384-6314.

## Aqua Fit

Every Monday, Wednesday and Friday, 10 - 11 a.m. at the [Glenwood Springs Community Center](#). Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

## Exercise for Parkinson's

Every Monday. 1-1:45 p.m. at the [Glenwood Springs Community Center](#). Designed for those with Parkinson's Disease, MS, or any other neuromuscular conditions. Contact Tiff if you are interested in participating. 970-384-6314.

## NeuroPong

For those with neuromuscular challenges. This class is specifically designed to help individuals with Parkinson's disease, MS, or other neuromuscular conditions. This is at the [Glenwood Springs Community Center](#) on Thursdays from 2-3:30 p.m.



# OLDER ADULT NUTRITION PROGRAM

Congregate meals are offered at seven locations across Garfield County. Lunch is served at 12 p.m. and ends at 12:15 p.m. Reservations help us plan accurate meal counts. New participants are welcome. Please call the site number by noon at least one weekday in advance and cancel as early as possible if your plans change.

Monthly menus are available at all meal sites, in the Connection newsletter, and on the Garfield County website. Enjoy a meal with friends — adults 60+ and their spouses may give a voluntary \$3 contribution (no obligation). Guests under 60 pay \$12 per meal.

Questions? Call 970-665-0041 or email [DHSolderadultprograms@garfieldcountyco.gov](mailto:DHSolderadultprograms@garfieldcountyco.gov).

Congregate meal sites

## **Carbondale “Roaring Fork & Spoon”**

The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays.

For reservations call (970) 404-1193. Call by noon on Monday.

## **Glenwood Springs “Chat n’ Chew”**

Colorado Mountain College, Lucy Huntley Senior Center,  
1402 Blake Avenue, Glenwood Springs on Tuesdays and Fridays.

For reservations please call (970) 404-1193 by noon on Monday and Thursday.

## **Glenwood Springs “Sunnyside Senior Meal”**

Sunnyside Retirement Center, 601 21st Street, Glenwood Springs on Tuesdays and Fridays. For reservations call (970) 404-1193 by noon on Monday and Thursday.

## **New Castle “The Gathering”**

New Castle Senior Housing, 201 Castle Valley Blvd. in New Castle on Mondays.

For reservations call (970) 665-0041 before noon on Friday.

## **Silt “Meet ‘n Eat”**

Silt Town Center, 600 Home Avenue, Silt on Wednesdays.

For reservations call (970) 665-0041. Call by noon on Tuesday.

## **Rifle “Senior Delight”**

Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays and Fridays.

For reservations please call (970) 665-6540.

## **Parachute at the Parachute Community Center**

540 N. Parachute Ave., Parachute on Mondays and Wednesdays.

For reservations call (970) 665-0041 by noon on Friday and Tuesday.

## Meals Feedback

Your experience matters. If you have feedback about our meals, we would be grateful to hear from you. Leave a message at 970-625-5282, ext. 4045.

Email us at [garfieldcountyco.gov/human-services/meals-feedback](mailto:garfieldcountyco.gov/human-services/meals-feedback)

Mail us a note at: Older Adult Programs Feedback

Attention Jeff Lawson

195 W. 14th St., Building B

Rifle, CO 81650



# CAREGIVER CONFERENCE

June 3, 2026 10 a.m. - 3 p.m.

Hot Breakfast @ 9:30 a.m.

El Jebel Community Center  
0020 Eagle County Dr. El Jebel, CO

FREE

We created a free caregiver conference for YOU with local resources, aging experts and caregiver presentations. Includes hot breakfast and lunch, giveaways, keynote speakers, practical tools and new connections.



Kay Adams  
LCSW

Stacey James  
MSPT, CMC

Renita Henson  
RN, BSN

Local resource  
experts

REGISTER BY MAY 27

For additional details, to register & agenda scan the qr code or visit:

[2026CareConference.eventbrite.com](https://2026CareConference.eventbrite.com)



## GARFIELD COUNTY OLDER ADULT PROGRAMS

Older Adult Programs  
Nutrition staff  
970-625-5282, ext. 3263

Older Adult Programs  
Well and Wise staff  
970-625-5282, ext. 3275

Nutritionist  
970-625-5200, ext. 2036

Online Newsletter  
[gcnewsletter.org](http://gcnewsletter.org)

Garfield County Older Adult Program

970-665-0041 for questions, reservations, cancellations or to volunteer for Rifle, Parachute, New Castle and Silt.

[gcnewsletter.org/contact](http://gcnewsletter.org/contact)

For meals reservations, cancellations and volunteer opportunities in Glenwood Springs or Carbondale, please call Valley Meals & More at 970-404-1193.

Older Adult Program Connection is a publication of Garfield County, Colorado, and is an open record for purposes of the Colorado Open Records Act., § 24-72-201 C.R.S., et seq. All content is expressly for communications, and is for informational purposes only. Garfield County assumes no responsibility of any kind or type for errors contained herein. Connection is not to be construed at any time as the official statement of Garfield County, Colorado, with respect to the resolutions, motions, policies, or decisions of the Garfield County Board of County Commissioners. © 2026, all rights reserved. This newsletter may not be redistributed or reprinted, in whole or in part, without the express, prior, and written permission of Garfield County, Colorado. For permission, please contact the Garfield County Communications Department at 970.945.1377, ext.1466.