



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



Volume 16, Issue 9
September, 2026

HIGH COUNTRY VOLUNTEERS

In honor of the 25th anniversary of 9/11, High Country Volunteers is hosting a packing event in partnership with Project Sunshine to assemble 911 children's activity play kits that will be delivered to hospitals around the country. They will form assembly lines to fill the bags and prepare them for delivery.

Project Sunshine activity kits deliver safe, creative play directly to children in hospitals.

The materials spark joy and provide therapeutic value for the physical and emotional healing process. The kits are complete with developmentally specific activities for pediatric patients in the hospital. Designed by child life specialists, Kits for Play not only alleviates boredom, but they also spark the imagination and create a sense of connectedness. They are also looking for a DJ and a photographer.

There are two sessions, 2:15-3:30 p.m. and 4:15-5:30 p.m. These opportunities are in Glenwood Springs.

There are many additional opportunities to volunteer.

To Sign up, contact Mary Moon at (970) 896-6210 or sign up at [High Country Volunteers website](#).



OVERHEAD ARM RAISE

1. Hold weights at your sides at shoulder height with palms facing forward.
2. Slowly raise both arms up over your head, keeping your elbows slightly bent.
3. Hold the position for one second.
4. Slowly lower your arms.
5. Repeat 10-15 times.

Tip: As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

Stay well, stay hydrated

What is hydration? Hydration is the process of replacing water in your body. We lose body fluids through sweat, breathing, urination, and bowel movements. Fluid needs to be replaced for the body to function properly.

Why does the body need to be hydrated? Staying hydrated is necessary for the heart to pump blood throughout the body. The kidneys use fluid to help the body eliminate waste. Water is necessary to pass stool and keep digestion moving smoothly.

How can I stay hydrated? Water is the best source of hydration. Foods that have a high-water content, like fruits

and vegetables, can also provide some hydration.

How much fluid do I need? Each person is different based on gender, height, weight, physical activity level, and other medical conditions. In general, the American Heart Association recommends 15.5 cups of fluid per day for men and 11.5 cups of fluid per day for women (this is measured in cups, not glasses. Drinking glasses and water bottles usually hold more than one cup).

Does what I drink really matter? Limit soda, fruit juice, and sports drinks. These are high in sugar and calories.

Caffeinated beverages act as diuretics, leading to fluid loss and decreased hydration.

Does sparkling water hydrate as well as regular water?

Sparkling water can be a source of hydration. It is a good option for people who have a hard time drinking plain water throughout the day. It can also be an alternative to soda for those trying to reduce sugar and calorie intake. However, sparkling water is more acidic than tap water and may erode tooth enamel over time.

Information from the American Heart Association

PEACH, STRAWBERRY, AND COTTAGE CHEESE PROTEIN SMOOTHIE

Ingredients

- 10 ice cubes
- 16 ounces low-fat cottage cheese (lowest sodium available)
- 10 ounces unsweetened, frozen, sliced peaches
- 10 ounces frozen strawberries or 1¼ cups fresh strawberries, sliced
- ½ cup fresh orange juice or juice from 1 medium orange
- ½ cup fat-free milk
- 1 medium banana
- 2 Tablespoons honey (optional)

Directions

1. In a food processor or blender, process all the ingredients until smooth and creamy.

Servings: 6, Serving Size: 1 cup

Nutrition facts

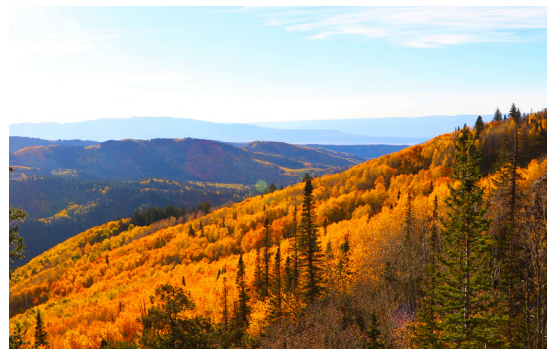
Calories 145
Total fat 1g
Saturated fat 0.5g
Cholesterol 4mg
Sodium 214mg
Total carbohydrate 24g
Dietary fiber 3g
Total sugars 17g
Added sugars 6g
Protein 11g



HOW EARLY DEMENTIA DETECTION CAN CHANGE YOUR LIFE

Identifying signs of dementia early can make a big difference. If you notice signs of memory loss or confusion in yourself or a loved one, see a doctor right away. Early detection means treatments can start sooner, which can potentially improve outcomes and quality of life.

Acting at the first signs of dementia means you can be a part of building a care team, getting support, and making important decisions. talkaboutdementia.org



Holiday closure, no meals on Monday, September 7, for Labor Day

SEPTEMBER BIRTHDAYS

Michael Arnett
ClarAlee Bartels
Meter Blaul
Sabina Bodrogi
Connie Boe
Julze Butzen
Ron Carr
Connie Castine
Laurie Chase
Patricia Cline
Joy Davis
Judy Deluca
Dollie Downey
Katrine Fabian
Mary Ann Fauls
Mary Ann Fazzi
Florent Gallicchio
Maria Gonzalez

Ellan Hamilton
Marlene Hawkins
Cliff Herrington
Lee Hodgen
Barbara Johnson
Michael Keller
Sharon Kivisto
James Leonard
Meeker Mildred
Ginnie Miller
Ed Monge
Don Opfer
Jeannie Peckat
Barbara Ramirez
Dale Reed
Marie Schroeder
Randy Schroeder
Ed Schumacher

Evelynn Scott
Sharon Sharp
Lindel Silvertooth
Jim Smith
Verne Soucie
Tami Sours
Glynda Stanford
Darrell Stanley
Bonnie Strong-Grimm
Debbie Thomas
Sylvia Tunstall
Krista Tunstall
Perry Urban
Carl West
Paula Willhouse
Bruce Wood
James Wright



BIRTHDAY LIST

Our birthday list is compiled from completed 2026 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: gcnewsletter.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 gcnewsletter.org/contact. There is no charge for subscription.



FALL PREVENTION

Garfield County Joins Colorado's statewide movement to prevent falls — and we need YOU!

Garfield County Older Adult Programs is thrilled to announce that we have officially partnered with the **CU Anschutz STEP (scaling trusted evidence-based programs)** initiative — a statewide effort to expand access to proven fall prevention programs for older adults. This partnership places our community on the map alongside leading organizations across Colorado working to keep seniors safe, confident, and independent.

Why this partnership matters

Falls are one of the most common and most preventable causes of injury for older adults. Through STEP, Garfield County will be able to continue offering **A Matter of Balance** — an evidence based program that reduces fall risk, builds strength, and empowers participants with practical tools for everyday safety.

We need community members to step in

To make this initiative successful, we need two types of local heroes:

1. Class participants

If you or someone you know is 60+ and wants to stay strong, steady, and confident, these classes are for you. They're fun, social, and designed for all ability levels. No prior experience needed — just a willingness to learn and move.

2. Volunteer instructors

We're building a team of compassionate, community minded instructors to lead A Matter of Balance workshops. Training is provided; schedules are flexible, and you'll be directly improving the lives of older adults in Garfield County.

Become a fall prevention instructor — help strengthen Garfield County!

Your leadership can directly improve the safety, confidence, and independence of older adults across our county.

Why volunteer as an instructor?

- You'll empower older adults to stay active and independent
- You'll receive free, evidence based training
- You'll lead small, friendly groups with a structured curriculum
- You'll make a meaningful impact on community health
- You'll join a statewide movement to reduce falls and injuries

No teaching or fitness background required — just reliability, kindness, and a desire to help.



What instructors do

- Lead 2-hour classes once a week for 8 weeks or twice a week for 4 weeks
- Guide participants through discussions and gentle exercises
- Build confidence and connection within the group
- Help us deliver high quality, state supported programming

All materials, training, and ongoing support are provided.

For more information, contact Program Coordinator Jenny Roberson (970) 625-5282, ext. 3275, or [email us at gcnewsletter.org/contact](mailto:gcnewsletter.org/contact)

UPCOMING EVENTS

SEPTEMBER 1, 15 - 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.

SEPTEMBER 3, 10, 17, 24 - 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.

SEPTEMBER 1, 8, 15, 22, 29 - Mah Jongg drop-in games all levels of players welcome at the [Glenwood Library](#) 1:30-3:30 p.m.

SEPTEMBER 8 - Spice Up the Month with Craft Kits at Rifle Library Every month will feature a new craft, and the kits will be 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.

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

SEPTEMBER 8 - 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.

SEPTEMBER 11-12 - Burning Mountain Festival

Friday:

4-10 p.m. Food, craft vendors

5-9:30 p.m. Beer garden

5 p.m. Citizen awards

5:30-7:30 p.m. The Queen Bees

8-10 p.m. Whiskey Stomp

Saturday:

7:15 a.m. 5K

9 a.m. Food & craft all day

10 a.m. Parade down Main St.

11:30 a.m. Strider race at park

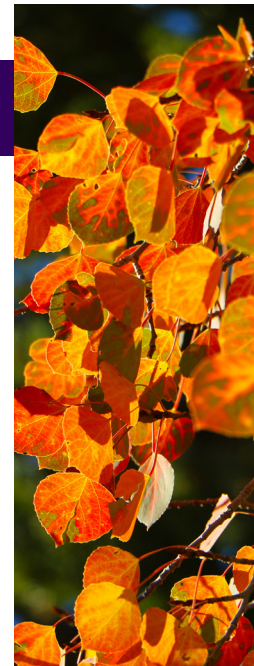
12:30 p.m. Pie-eating contest

2 p.m. Log-splitting contest

3:30 p.m. Community drummers

4:30 p.m. The Goodman Band

7:30-10 p.m., Mitt Spicy & the Blues Bandits



UPCOMING EVENTS

SEPTEMBER 11 – The Jacob Jolliff Band, premier contemporary mandolinist is playing at the Ute Theater and Events Center in Rifle from 7-10:30 p.m., \$20-60.

SEPTEMBER 11 – Chat with Parkinson's Pro: Glenwood Springs Community Center, 100 Wulfsohn Road. Speaker: Dr. Tyler Orem. Learn basic concepts and treatment options for pain management as well as causes for direct and indirect pain. Event is free, but registration is required. Go to ParkinsonRockies.org/CWP/Glenwood for information, contact Phyllis at (720) 328-9917.

SEPTEMBER 17 – [Third Thursday on Third](#): Oktoberfest in Rifle, live music, food trucks, and local vendors, 5-8 p.m.

SEPTEMBER 17 – 5:30-6:30 p.m., Learn how to plan, prep, and make healthy, quick lunches with Shannon Bison, founder of Nourished by Nature. Offered by Glenwood Springs Community Center. \$10/person. Register by September 15. Call 970-384-6301.

SEPTEMBER 19 – Dueling Pianos Official Road Show at the Ute Theater and Events Center in Rifle, 8-10:30 p.m., \$35-90.

SEPTEMBER 19 – Murder in Them There Hills Murder Myster Dinner 6 p.m. at Rifle Elks Lodge. [Tickets](#) from \$33.85.

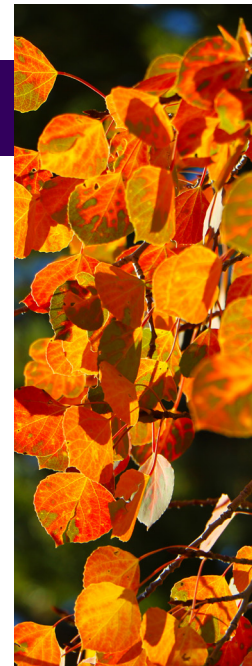
SEPTEMBER 24 – Thursday 9 a.m.-4 p.m., Older Adult Road Trip to Big B's Orchard in Hotchkiss. Offered by Glenwood Springs Community Center. \$20/person. Purchase lunch at Big B's. Register by September 22. Call 970-384-6301.

SEPTEMBER 23 – Dikki Du & The Zydeco Krewe will be playing rhythm and blues and traditional Creole music at the Ute Theater and Events Center, \$25-30.

SEPTEMBER 26 – Linger, The Cranberries Tribute is playing at Ute Theater and Events Center 8-11 p.m., \$30-35.

SEPTEMBER 29 – Learn to Garden: Garden Winterization and Seed Saving, 6-7:30 p.m. at Glenwood Community Center, \$25.

OCTOBER 15 – Older Adult Road Trip to Palisade. Wine Tour. 9 a.m.-4 p.m., Thursday, \$20/person. Bring a sack lunch or money for buying food and other purchases. Register by October 13. Call 970-384-6301.



WELL & WISE

Geri-Fit

Parachute Community Center – Parachute

Mondays and Wednesdays 10-11 a.m.

Grand Valley Rec Center – Battlement Mesa

Thursdays, 9-10 a.m.

Carbondale Library

Thursdays, 12:30-1:30 p.m. – September 17 – November 5

Tai Chi For Health

Sunnyside Retirement – Glenwood Springs

Mondays 1-2 p.m., September 14 - November 2

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

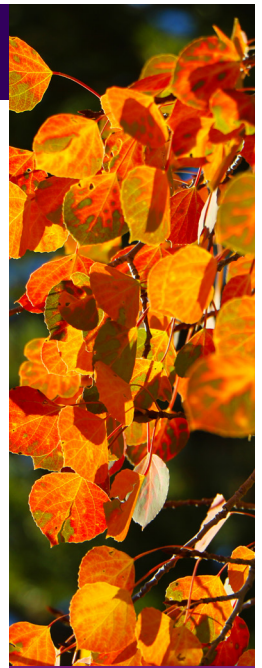
Every Monday, Wednesday and Friday, 10 - 11 a.m. at the [Glenwood Springs Community Center](#). Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

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. 970-384-6314.



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 24 business hours in advance for Parachute, Rifle, Silt, and New Castle. Reservations for Glenwood Springs and Carbondale must be 48 business hours in advance. Please 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-plus 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 at gcnewsletter.org/contact](mailto:email@gcnewsletter.org/contact).

Congregate meal sites

Carbondale “Roaring Fork & Spoon”

The Orchard, 110 Snowmass Drive on Wednesdays.

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

Glenwood Springs “Chat n’ Chew”

Colorado Mountain College, 1402 Blake Avenue, on Tuesdays and Fridays.

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

Glenwood Springs “Sunnyside Senior Meal”

Sunnyside Retirement Center, 601 21st Street, Tuesdays and Fridays. For reservations, call (970) 665-0041 by noon on Friday for Tuesday reservations and call by Wednesday at noon for Friday reservations.

New Castle “The Gathering”

New Castle Valley Senior Housing, 201 Castle Valley Blvd. on Mondays. For reservations call (970) 665-0041 before noon on Friday.

Silt “Meet ‘n Eat”

Silt at Silt Town Center, 600 Home Avenue, 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, 24 hours in advance.

Parachute at the Valley Senior Center

540 N. Parachute Ave., 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

Mail us a note at: Older Adult Programs feedback

Attention Jeff Lawson

195 W. 14th St., Building B

Rifle, CO 81650



HIGH COUNTRY VOLUNTEERS

It's time for Medicare open enrollment!

Call High Country Volunteers at 970-896-6210 for a free appointment with a certified Medicare counselor to review your prescription drug plan and make sure you've got the best coverage for 2027.

Enroll October 15 through December 7

Coverage begins January 1



Enroll Oct. 15 - Dec. 7



Coverage
begins
Jan. 1

THE TRAVELER

Who is the Traveler for?

The Garfield County Traveler is for people who cannot drive or take public transportation because of permanent or temporary disability. For those who are 70 years of age and older, a disability is not required.

Service covers a 2-mile radius of Highway 82 and I-70 between the communities of Battlement Mesa, Rifle, Silt, New Castle, Glenwood Springs, and Carbondale.

Operating Monday – Friday, 8 a.m. – 5 p.m.

Contact us

Find out if you are eligible to take the bus and how to apply for service.

(970) 384-4855

email: paratransit@rfta.com

Riders no longer have to make reservations two days in advance. Now, you can make reservations by 3 p.m. the previous business day.



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

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

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

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