



CONNECTION

GARFIELD COUNTY OLDER ADULT PROGRAMS



Volume 16, Issue 7
July, 2026

THANK YOU, FIRE DEPARTMENTS

Garfield County Older Adult Programs would like to extend our heartfelt appreciation to the fire departments that helped make our summer meals extra special. The Colorado River Fire Rescue team generously spent time in New Castle, Silt, and Rifle grilling delicious hamburgers and hot dogs for our seniors. Their crew brought great energy, big smiles, and the kind of neighborly spirit that reminds us why our communities are

so strong.

We also want to recognize the Grand Valley Fire Protection District for firing up the grill in Parachute and serving a wonderful meal to the older adults there. Their support ensured that every site enjoyed the same warm, welcoming experience.

Our fire departments do so much for our communities every day, and their willingness to go above

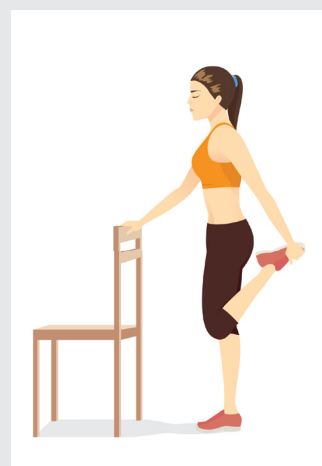


means more than we can express. We are truly grateful for their service, generosity, and dedication to Garfield County's older adults.

THIGH STRETCH

If you've had hip or back surgery, talk with your doctor before doing this stretch.

1. Stand behind a sturdy chair with your feet shoulder-width apart and knees straight but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold the position for 10-30 seconds.
6. Repeat 3-5 times for each leg



PARACHUTE AREA TRANSIT SYSTEM (PATS) BUS – ON DEMAND SERVICE

Parachute – on demand:

11 a.m.–6 p.m., Monday–Friday

Rifle – on demand:

11:30 a.m.–5:30 p.m.

Fixed route:

Operates 5:37–11:30 a.m., then resumes from 6–9:59 p.m. Check the app for scheduled times and live bus tracking or visit the website for full schedules.

[Ridepats.com/on-demand/](https://ridepats.com/on-demand/)

How to use on demand service

- If you are inside the service zone, you can request a ride when you need it.
- Download the RIDE PATS app from the App Store or Google Play.
- Enter your pick-up and drop off locations and tap to request a ride.
- The app will show your driver's estimated arrival time. Please be ready at the curb when the bus arrives.
- If you don't have a smartphone, call 970-414-5410 to schedule a ride.
- On demand service does not travel between the Parachute and Rifle zones.

GARFIELD COUNTY'S EMERGENCY NOTIFICATION SYSTEM (ENS)

The Garfield County Emergency Communications Authority has implemented a state-of-the-art emergency notification system to alert citizens about emergencies and other important community news. Garfield County can

provide essential information quickly for severe weather, fires, floods, unexpected road closures, or evacuation of buildings or neighborhoods.

The process begins when the 9-1-1 center issues a message

about a potential safety hazard. Messages will be sent to all standard voice and text communication devices, including landline phones, cell phones, email, and more

SIGNUP FOR EMERGENCY ALERTS

Residents with listed telephone numbers have already been included in the system. You can go to garco911.com/emergency-notification-system/ and sign up. All information will be kept strictly confidential.

You may also go to garfieldcounty.net to see emergency alerts and red flag warnings. It is a mobile friendly website if you have difficulty seeing websites on your phone.



FIRE SAFETY

As we grow older, our bodies change. Poor eyesight, hearing loss, arthritis, dementia, and side effects from medicine can make it harder to react quickly during a fire. These changes matter. Adults over 65 are twice as likely to die in home fires, and many of these deaths happen in homes without working smoke alarms. Test your alarms regularly to make sure everyone can hear them, even while asleep.

If you have hearing loss, consider a notification device that uses low frequency sound. For anyone who is deaf, install smoke alarms with flashing lights or vibration. Pillow or bed shakers can also activate when the alarm sounds.

If you have a sealed smoke alarm, you do not need to change

the battery each year. Replace the entire alarm every 10 years, or sooner if it does not sound during a test. Place alarms at least 10 feet from the stove or bathroom to avoid false alarms from steam or cooking smoke.

Smart knobs can replace standard stove dials. They track how long a burner has been on and beep if it's left unattended. Some models can even send alerts to a caregiver's smartphone.

Stovetop fire suppressors are another safety option. These magnetic canisters mount under your range hood. If a flame ignites on the stovetop, heat triggers the canister to release a safe, fire-retardant powder that puts the fire out immediately.

They also make fire blankets you can keep in the kitchen.

Knowing what to do in a fire can save lives. Identify two ways out of every room and practice using both. Keep pathways clear of clutter. Share your escape plan with family or neighbors and contact your building manager or fire department if you need extra help. Keep eyeglasses, keys, hearing aids, and a phone next to your bed so they are easy to grab. Practice your home fire escape drill twice a year. Smoke alarms give you more time to escape. Remember that smoking is the leading cause of home fire deaths for adults 65 and older, and cooking fires are the number one cause of home fires overall.



COOKING FOOD IN THE MICROWAVE

Use microwave-safe containers

- Make sure that glass, ceramic, and plastic containers are labeled as microwave safe.
- Do not use foam trays or plastic wrap that can melt and cause harmful chemicals to get into your food.

Cook foods safely

- Cut food into the same-size pieces for even cooking.
- Use a thermometer to check when food is done. Leftovers should be reheated to 165°F.
- If you defrost meat, poultry, egg casserole, or fish in the microwave, cook immediately

because some areas of the frozen food may begin to cook during the defrosting time.

- Microwave frozen meals according to package directions.

Microwave tips to make food taste better

- Cover food in the microwave to keep it moist. Use a microwave-safe lid, wax paper, or vented plastic wrap to retain moisture.
- You may have to stir the food or turn it over halfway through cooking to get a more even temperature.
- Pierce foods like potatoes and eggs to keep them from bursting.

- Allow food to rest for 1–5 minutes after the timer goes off. Internal cooking continues during this time.

Best foods in the microwave

- Vegetables, meat, soups, and casseroles can all be cooked in the microwave. When steaming fresh vegetables in the microwave, add 2–4 tablespoons of water and cover the dish.
- The microwave cannot make food crispy.
- Placing a damp paper towel over leftovers like rice, bread, or sandwiches can prevent them from becoming hard and dry.

Information from eatright.org

MICROWAVE RISOTTO

Recipe adapted from allrecipes.com

Ingredients

- 3 Tablespoons olive oil
- 1 clove garlic, minced
- 1 onion, chopped
- 1½ cups vegetable broth
- 1 cup uncooked Arborio rice
- ¾ cup white cooking wine
- ¼ cup grated Parmesan cheese

Instructions

1. In a 3-quart, microwave-safe casserole dish, combine oil, garlic, and onion. Place the dish in the microwave and cook on high for 3 minutes.
2. Place vegetable broth in a microwave-safe dish. Heat in the microwave until the broth is hot but not boiling (approximately 2 minutes).
3. Stir the rice and broth into the casserole dish with the onion, butter, and garlic mixture. Cover the dish tightly and cook on high for 6 minutes.
4. Stir wine into the rice. Cook on high for 10 minutes more. Most of the liquid should boil off. Stir the cheese into the rice and serve.

Nutrition facts

368 calories
52g carbohydrates
3g total sugar, 2g fiber
11g fat, 7g saturated fat
7g protein, 333mg sodium



AMERICA TURNS 250 IN 2026

a milestone that invites reflection, gratitude, and community spirit.

The semiquincentennial is a chance to honor our shared history while investing in the future we're building together. Communities can celebrate neighborhood festivals, historical exhibits, and service projects that strengthen local pride. National volunteer campaigns

like Keep America Beautiful encourage residents to plant trees, clean parks, and revitalize public spaces. Whether through learning, gathering, or giving back, every act of participation helps mark this anniversary with purpose and unity.



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

JULY BIRTHDAYS

Sunny Alvarez
Priscilla Baldwin
Terry Barnard Cartner
Cynthia Barrios
Michael Bodrogi
Cynthia Bowers
Kathy Boyd
Deborah Brown
Rosella Burchfield
Janice Burns
Ruth Dick
Jeri Durnan
Ed Ellison
Mary Ann Fazzi
Ruth Fletcher
Sharon Hayes

Christine Juhnke
James King
Ken Larson
Curt Leitzinger
Laurie Loeb
Lisa Meyer
Paul Meyer
Dorothy Mitchell
Vicki Monge
Clarice Moore
Walt Moyer
Robert Nelson
Paul Probst
Della Quintana
Maria Ramirez
Lane Richardson



Charlie Snider
Dianne Spalding
Rebecca Swain Grant
Debbie Valois
Mona Walker
Denise Wilson
Janet Worthen

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: 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.



UPCOMING EVENTS

JUNE 23 – September 8, [Glenwood Springs Market on 7th](#), Tuesdays 4-8 p.m.

JULY 1, 8, 15, 22, 29, [Carbondale Farmer's Market](#) every Wednesday, 10 a.m.-3 p.m., on 4th and Main St.

JULY 2, 9, 16, 23, 30, - 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.

JULY 2, 10, 17, 24, 31, [New Castle Farmer's Market](#) at Burning Mountain Park, Thursday nights. 4-7 p.m.

JULY 3-5, Meeker Range Call – Rodeos, barn dance, concerts. Richie McDonald from Lonestar, Larry Stewart of Restless Hart, Tim Rushlow from Little Texas.

JULY, early September, [Rifle Farmer's Market](#) every Friday night. Live music, local farms, food & artisan vendors, arts & crafts.

JULY, Rifle 3rd of July – Centennial Park, 300 W. 5th St., 6:30-10 p.m. Fireworks begin at dusk (around 9:30 – 9:45 p.m.). Live music includes Symphony in the Valley, A Band Called Alexis, and The Violet Pines.

JULY, 4th of July Celebration in Silt – for more information, call Town of Silt 970-876-2353.

JULY 4, 4th of July in Glenwood Springs at Two Rivers Park from 4:30 – 9 p.m. Festival entry is free. Live music from 5-6:30 p.m. Emotional Rescue plays, followed by Dance X, 7–9 p.m.

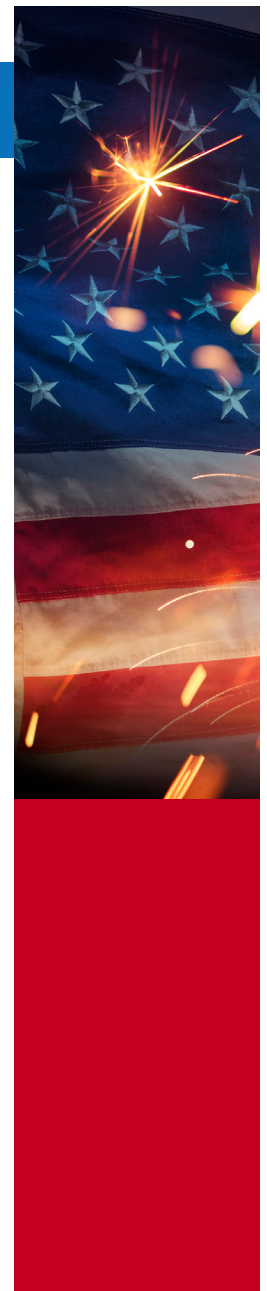
JULY 5, 12, 19, 26, Hilltop Concert Series at Sunrise Art Park on 16th St & Birch Ave. in Rifle. Free concert every Sunday from 6-8 p.m. Great music and ice cream!

JULY 6, New Castle community drum circle at 6 p.m. in Ritter Plaza – Main Street.

JULY 6, 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.

JULY 6- August 24, [Parachute Farmer's Market](#) every Monday night at 4 p.m. at the Rest Area park/ visitor's center, 400 2nd Street.

JULY 7, Grief support group at [Grand River Health](#) in Rifle 5:30-6:30 p.m. Held first Tuesday of every month. Free, ongoing, in-person grief support for adults dealing with loss of a loved one.



UPCOMING EVENTS

JULY 7, 14, 21, 28 Mah Jongg drop-in games all levels of players welcome at the [Glenwood Library](#), 1:30-3:30 p.m.

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. 970-384-6301.

JULY 10, 24, Summer Movie in the Park Series at dusk (Veteran's Park) in Silt.

JULY 16, 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 be creative, explore items from the past, and maybe learn something new.

JULY 17, Party at the Stone Ridge Pavillion in Silt – Van Zeppelin (Conaxx).

JULY 17, Third Thursday on Third: The Great Melting Pot in Rifle, live music, food trucks, and local vendors.

JULY 18, Experience the magic of Led Zeppelin like never before with Ten Years Gone. From the iconic hits to deep cuts, the band's electrifying performances capture the raw power, passion, and precision of the mighty Zeppelin, and deliver a quintessentially fun and powerful concert experience for audiences. Ten Years Gone transport fans straight back to the glory days of Led Zeppelin, 8 - 10:30 p.m. at Ute Theater and Events Center, 132 E. 4th St, Rifle, \$27-\$70.

JULY 22, Fashion Revue at the Event Hall, 10 a.m., Garfield County Fairgrounds, 1001 Railroad Ave., Rifle, Colorado.

JULY 26, Stone Kitchen: Catch this singer-songwriter duo performing acoustic Americana at the [Bookcliffs Arts Center](#) in Rifle.

AUGUST 1, 12 p.m., Highway 82 Band is playing at Garfield County Fairgrounds, 1001 Railroad Ave., Rifle, at the [Free stage](#).

AUGUST 1, 12 p.m., The annual [Summer of Thunder Car Show](#) returns to Rifle from noon to 4 p.m. Get up close with these vintage works of art and muscle. Garfield County Fairgrounds, 1001 Railroad Ave., Rifle.

AUGUST 1, 1 p.m., [Garfield County Fair](#) Open Class exhibit entries accepted 1-5 p.m. South Hall, Garfield County Fairgrounds 1001 Railroad Ave., Rifle, Colorado.

AUGUST 6, Older Adult Road Trip to Garfield County Fair in Rifle, Thursday, 9 a.m.-2 p.m. Offered by [Glenwood Springs Community Center](#). \$20/person. Please register by August 4, 970-384-6301.



WELL & WISE

Geri-Fit

Parachute Community Center – Parachute

Mondays and Fridays, 10-11 a.m. - ongoing

Grand Valley Rec Center – Battlement Mesa

Thursdays, 9-10 a.m. - ongoing

Carbondale Library

Thursdays, 12:30-1:30 p.m. – July 16 through September 10,
no class September 3

Tai Chi For Health

Glenwood Springs Library – Glenwood Springs

Wednesdays at 5:30 p.m. and Saturdays at 9:30 a.m.

Sunnyside Retirement Center – Glenwood Springs

Wednesdays at 5:30 p.m. and Saturdays at 9:30 a.m.

Silt Library – Silt

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

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

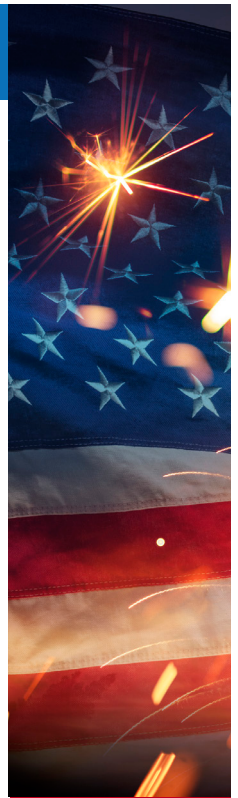
Every Monday, Wednesday and Friday, 10 - 11 a.m. at the [Glenwood Springs Community Center](#). Day pass/Free for members. Contact Tiff with any questions. 970-384-6314.

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.

Congregate meal sites

Carbondale “Roaring Fork & Spoon”

The Orchard, The Gathering Center, 110 Snowmass Drive on Wednesdays.
For reservations call (970) 665-0041. 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) 665-0041 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) 665-0041 by noon on Friday and Wednesday.

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

Mail us a note at: Older Adult Programs Feedback
Attention Jeff Lawson
195 W. 14th St., Building B
Rifle, CO 81650



UPDATES TO RESERVATIONS AT MEAL SITES

Please call (970) 665-0041, **for all meal reservations.**

Reservations are needed **48 business hours in advance for meals in Glenwood Springs and Carbondale.**

For a Tuesday meal, call by Friday at noon. For a Friday meal, call by Wednesday at noon.

If a holiday or office closure falls before your meal date, **call the business day before the closure.**

For example, reserve for Tuesday, July 7, by Thursday, July 2 at noon. This is because we are closed Friday, July 3. When in doubt, call us and we can clarify.

If you are not going to be able to make a reservation, please cancel meals as soon as possible, preferably 48 business hours in advance.

People in Rifle will continue to call (970) 665-6540, 24 business hours in advance.

People in Parachute, Silt, and New Castle will continue to call (970) 665-0041, 24 business hours in advance.



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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