



CONNECTION

WELCOME VALLEY MEALS AND MORE



We would like to welcome Valley Meals and More, which is ran by Mary Kenyon and her staff Elizabeth Rodfong and April Leonard. Their team is managing the meal sites for Garfield County in Glenwood Springs and Carbondale.

There are three lunch locations; the two in Glenwood meet on Tuesdays and Fridays. One is located at Colorado Mountain College, referred to as Chat and Chew, and the other is at Sunnyside Retirement Center in the Club 60 room.

The meal site in Carbondale meets on Wednesdays at the Orchard Church. If you would like to make a reservation for a meal or need to cancel a meal at one of these locations, please call 970-404-1193. Refer to page 12 for more information on location and times of the meals.

If your interested in volunteering at one of these locations please contact Elizabeth at 970-290-7552 or elizabeth@valleymealsandmore.com.



Thigh stretch

1. Stand behind a sturdy chair with your feet shoulder width apart and knee 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 with your knee pointed to the floor. If you can't grab your ankle, loop a 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.
7. Repeat 3-5 times with your right leg.

LET'S MEET ONE OF OUR VOLUNTEERS

Nutrition Education by Emily Stanton MS, RD



Lilas Robinson

Lilas Robinson was born and raised in South Dakota. She met her husband in Wyoming and has been married for 54 years. Larry worked for the U.S. Forest Service, so with transfers they have lived in Wyoming, Nebraska, and Colorado.

After their two daughters graduated from Glenwood Springs High School, they moved to New Castle. Lilas has three grandchildren living in the Denver area. Music is her passion and the New Castle Baptist Church holds a very special place in their lives.

After retiring from 30 years of teaching, volunteering is her current vocation and she volunteers at the New Castle meal site. Lilas loves finding ways to help in this community.

Protein

Which foods contain protein?

- Beef, pork
- Poultry (chicken, turkey)
- Fish, shellfish
- Lunch meat or deli meat
- Beans, peas, lentils, or edamame
- Eggs
- Milk, cheese, yogurt, cottage cheese
- Nuts, seeds, nut butters
- Tofu, tempeh



What nutrients do protein foods provide?

Protein foods provide us with many important nutrients, such as B vitamins (niacin, thiamin, riboflavin, B6, and B12), vitamin E, iron, zinc, and magnesium. Protein acts as a building block for our bones, muscles, cartilage, skin, and blood. A lack of protein can lead to decreased muscle mass, fatigue, anemia, slow-healing injuries, getting sick or staying sick, etc.

**SENIOR HOUSING, ASSISTED LIVING AND NURSING HOMES
IN GARFIELD COUNTY****Senior housing**

New Castle Senior Housing in New Castle	970-984-0779
Lakota Ridge Senior Apartments in New Castle	970-984-0779
Crystal Meadows Senior Housing in Carbondale	970-963-9326
Sopris Lodge in Carbondale	970-340-4460
Manor One Senior Apt in Glenwood	970-945-1355
Manor Two Senior Apt in Glenwood	970-945-1355
Sunnyside Senior Housing in Glenwood	970-945-9234, ext. 1
Rifle Senior Housing	970-625-3974
Maxfield Heights Senior Apartments	970-510-6979
Silt Senior Housing	970-625-3589, ext. 106
Valley Senior Housing	970-625-3589, ext. 106

Assisted livings

Chateau at Rifle	970-625-4343
Heritage Park in Carbondale	970-963-1500
Mesa Vista in Battlement Mesa	970-285-1844
Renew Roaring Fork in Glenwood	877-205-3848
Sopris Lodge in Carbondale	970-340-4460

Nursing homes

Colorado Veterans Community Living in Rifle	970-665-1031
Grand River Health Care Center	970-625-1514
Glenwood Springs Health Care	970-945-1400
Heritage Park Care Center	970-963-1500

How much protein do I need?

The amount of protein foods you need depends on your age, sex, height, weight, and physical activity level. Generally, older adults should consume 1-1.2 grams of protein per kilogram of body weight. Take your weight in pounds / 2.2 = weight in kg. For example, if a person weighs 160 pounds, they will do $160 \text{ lbs.} / 2.2 = 72.7$ kilograms. Calculate a range of protein by doing your weight in kilograms $\times 1 = \text{g of protein}$ and weight in kilograms $\times 1.2$ grams of protein. For example, $72.7 \text{ kg} \times 1 = 72.7$ grams of protein. $72.7 \text{ kg} \times 1.2 = 87.2$ grams of protein. This person would aim for 72-87 grams of protein a day.

The exception to the rule is chronic kidney disease, which usually requires less protein. Some other chronic diseases require more protein.

Select a variety of choices from the protein food group

Many Americans get the right amount of protein needed from meat, poultry, and eggs, but do not meet the recommendations for seafood, nuts, seeds, and soy products. Some protein food choices are high in saturated fat, such as sausage, hot dogs, bacon, and lunch meats like bologna, salami, pepperoni. This group also includes regular ground beef (75-85% lean); fatty cuts of beef, pork, and lamb; whole milk, heavy cream, and cream cheese.

Seafood provides EPA and DHA. These are omega-3 acids that help reduce the risk of heart disease. It is recommended to eat 8 oz. of seafood a week.

Strategies to optimize daily protein intake

Include protein food at every meal and snack throughout the day. Eat your protein food first so you don't fill up on other foods. Breakfast is a good opportunity to eat eggs or Greek yogurt.

Add beans, lentils, and seeds to your meals. Buy easy-to-use proteins like canned beans, cheese sticks, nut and seed packs, canned fish, or canned chicken.

WELL & WISE EXERCISE CLASSES

WELL & WISE

Garfield County Older Adult Programs offers classes to older adults **60 and over**. For those 60 and older, the recommended voluntary contribution for Well & Wise exercise classes is \$20 per 8-week series per person. Participants are encouraged to pay as they are able. Make checks payable to GCDHS and mail donation to: 195 W. 14th Street, Rifle CO. Attn: Debby Sutherland. You may also pay at one of our meal sites.

Here are some of the classes that we offer:

Matter of Balance, a class that teaches you awareness and exercises to prevent future falls.

N' Balance, a class that helps strengthen upper and lower body to prevent falls.

Geri-Fit, a class where you use weights and Thera bands to help you become stronger.

Geri-Fit classes in Parachute on Mondays at Valley Senior Center and Thursdays at the Battlement Mesa Rec Department, 9-10 a.m.

Tai Chi For Health reduce stiffness, uplifts your spirit, improve muscle strength and joint flexibility.

If you would like to sign up for one of the above classes or a future class in your area please call Debby Sutherland at 970-625-5282, ext. 3084.

If you are interested in becoming a instructor to teach seniors Tai Chi, Matter of Balance or Geri-Fit call Debby Sutherland 970-625-5282, ext. 3084, for more information.

Exercise for Parkinson's

Every Monday. 1-2 p.m. at the Glenwood Springs Community Center. Designed for those with Parkinson's Disease, MS, or any other neuromuscular conditions. Day pass/Free for members. Contact Delisa Novak dnovak@parkinsonrockies.org or call 866-718-2996. You may also contact Tiffany with any questions 970-384-6314.

Herb-roasted chicken with vegetables

Recipe from Cooking Matters

Ingredients

- 1 pound carrots
- 1 large onion
- 1 clove garlic
- 1 pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips
- 1 large lemon
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 pounds boneless, skinless chicken pieces.



Instructions

1. Preheat oven to 375°F.
2. Rinse and peel carrots and onion. Peel garlic. Rinse and peel root veggies (if using potatoes, leave the skin on).
3. Cut onion into quarters. Cut each quarter in half. Chop garlic. Dice carrots and other root veggies into $\frac{1}{2}$ -inch pieces.
4. Rinse lemon and cut in half. In a large bowl, squeeze juice. Discard seeds.
5. Add vegetables, water, oil, oregano, basil, salt, and pepper to bowl. Toss to combine.
6. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave marinade in the bowl. Place baking sheet in oven. Bake for 10 minutes.
7. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature about 10 minutes.
8. Remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
9. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables about every 15 minutes. Baste by pouring juices from the baking sheet over the chicken.
10. Serve immediately.

Contacts for High Country Volunteers, Senior Centers, Legal Services and Center for Independence

High Country Volunteers Director Mary Moon

970-896-6218

Year-round tax issues, general information and Medicare counseling

970-896-6210

Rifle Senior Center activities Monday through Friday, Pinochle first and third Fridays, tournament at 6 p.m. Call Jan at 970-274-6864 if your interested in playing. Bingo and Dinner in the Valley, call Tami for more information at 970-665-6540.

www.rifleco.org/596/Rifle-Senior-Events-Center

Valley Senior Center in Parachute 970-285-7216 Library is open on Monday and Wednesday, 10:30 a.m. to 1:30 p.m. Pinochle is on Wednesdays 12:30 to 4 p.m. Meet and Greet, Thursday 10:30 a.m. to noon. Happy Hookers knitting group 1-3 p.m. To reserve the building call Don Olsen at 970-285-5639, and medical equipment Sandy Nolan at 620-450-5777.

Alpine Legal Services in Glenwood 110 8th Street, 970-945-8858

Center of Independence 823 Blake Ave., Ste. 102, in Glenwood Springs, 970-718-5155. Disability services and support organization.

Home bound services for the Garfield County Libraries. Garfield County Libraries can deliver books, movies, audiobooks and music, board games and more to those who are unable to visit the library due to health or mobility issues. You must live within Garfield County, have a library card in good standing with the library, be unable to visit the library on your own because you can't drive or walk to the Library, or you are temporarily homebound while recovering from surgery. Call your local libraries: Carbondale 970-963-2889, Glenwood Springs 970-945-5958, New Castle 970-984-2346, Silt 970-876-5500, Rifle 970-625-3471, Parachute 970-285-9870, or visit www.gcpld.org.

Mountain Family Health Center – Medical, dental, and behavioral health, 970-945-2840

SENIOR FLU SHOT SCHEDULE

“Autum carries more gold in its pocket than all the other seasons.”

Jim Bishop



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, Debby, or Jenny for a form.

**Contact us at
DHSOlderAdult
programs@**



Flu shots for Rifle and New Castle were done in September at the meal sites.

Crystal Meadows Senior Housing: Wednesday - Oct. 1, 11 a.m. - 12 p.m.
1250 Hendrick Drive, Carbondale, CO.

Parachute Senior Center: Wednesday – Oct. 1, 11:30 a.m. - 12 p.m.
540 N. Parachute, Parachute, CO.

Glenwood Chat & Chew: Friday – Oct. 3, 11:30 a.m. - 12 p.m.
1402 Blake Avenue, Glenwood Springs, CO.

Sunnyside Senior Housing: Tuesday – Oct. 7, 10:30 a.m. - 12 p.m.
601 21st Street, Glenwood Springs, CO 81601

Silt Senior Center: Wednesday – Oct. 8, 11:30 a.m. - 12 p.m.
600 Home Avenue, Silt, CO.

Please bring your insurance card (including Medicare card) . Cost depends on the vaccine type, if we are not billing insurance: Regular flu - \$25, High Dose flu - \$85, and might have COVID - \$165.

OCTOBER BIRTHDAYS

Bruce Amato
Sharon Anderson
Jean Buchan
Debbie Chirrick
Louise Dillow
Jerelyn Duran
Joe Erickson
Brenda Grange
Lacey Howell
Richard Jennings
Virginia Loomis
Linda Luke
Diane Nelson
Tami McDaniel
Carl Meitler
Frances Meraz
James Middleton
Alicia Kay Murra

Larry Nelson
Melissa Nelson
Kathy Ortega
Martha Rabe
Lana Rings
Marie Roth
Grace Schick
Sarah Schipper
Cinda Lou Schwindt
Natasha Seedorf
Kathy Shaw
Frank Shove
Mary Jo Spain
Kathy Spink
Nancy Stover
Karen Stowe
Debby Sutherland
Donna Sutherland

Joanne Teeple
Helen Westrick
Walter Wiegner



**Halloween
Friday, October 31**

**Columbus day
Monday, October 13**

Subscribe today to the Garfield County Older Adults Program Connection! If you don't already receive this newsletter regularly, subscribe for email by calling 970-665-0041 or email via at DHSOlderAdultprograms@garfieldcountycogov There is no charge for subscription. Donations are welcome!

UPCOMING EVENTS

September 29 - October 10, Silt Clean Up, 8 a.m. - 4:30 p.m. (Town Shop, 612 N. 7th St.).

October 1, 4, 8, 11, 15, 18, 22, 25, 28, Free Tai Chi at the Glenwood Springs Library, 5:30-6:30 p.m., on Wednesdays and 9:30 - 10:30 a.m. on Saturdays.

October 2, 9, 16, 23, 30, Golden Years Social, 1-2 p.m., at the Silt Library. Come chill with us outside on the patio and enjoy delicious ice cream and catch up with friends.

October 3, First Friday in Carbondale, 5-8 p.m., stroll Main Street. Games, activities, live music and a wide range of local arts.

October 3, Ghost Walk at Historic Linwood Cemetery 6:30-8:30 p.m. For tickets go to glenwoodhistory.org/ghostwalk/.

October 3, Your Story, Your Life at the Glenwood Springs Library 10 a.m. Are you interested in journaling, writing poetry? Join us in a welcoming setting to support your unique expression.

October 3, Glitter in the Air: The Ultimate Pink Experience, 8-10 p.m., at the Ute Theater in Rifle. Tickets \$30-\$35. go to utetheater.com for tickets.

October 3, 4, 5, at Cottonwood Park In Parachute, live music, Family Fun, great food. 5:30-9 p.m. For tickets go to [Eventbrite.com](https://www.eventbrite.com) for tickets.

October 4, The Wild & Scenic Film Festival, 7-9 p.m., at the Ute Theater in Rifle. Tickets \$25-\$35 go to utetheater.com.

October 4, 11, Oktoberfest at the Glenwood Caverns. Music by the Alpine Echo Band, German-inspired food.

October 6, 13, 20, In Stitches Knitting Club 1:30 – 3 p.m. at the Carbondale Library. Bring whatever project your working on. All abilities welcome.

October 9, 23, Gentle Yoga & Mindfulness at the Rifle Library 10:30 a.m. - 12 p.m.

UPCOMING EVENTS

October 10, Town of New Castle fall clean-up, 8 a.m. - 3 p.m. This event is for New Castle residents only. Please bring proof of residency such as driver's license or utility bill. We will accept appliances: refrigerators must be empty; tires - four per household; furniture; electronics, including TVs, laptops, computers, etc.; branches/landscape material. New state rules will not let us accept paint, stains, or chemicals.

October 10, Zikr Ritual at the Ute Theater in Rifle, 7:30-9:30 p.m.

October 11, Life after 70, 10:30 a.m. - 12 p.m. at the Carbondale Library. Join this group for a friendly open environment where you can explore all aspects of aging.

October 16, Memory Care at New Castle Library, 10:30 a.m. - 12 p.m. This social gathering is for those with mild to moderate symptoms of memory loss and their caregivers. Free but space is limited. Visit www.gcpld.org and search memory care to sign up.

October 16, Ricky Bobby & the Hellcat Fury at the Ute Theater in Rifle, 8:30-11:30 p.m.
Tickets \$20-\$25 available at utetheater.com

October 18, Fall Crafternoon at the Parachute Library, 2-4 p.m. Enjoy our seasonal adult craft workshops. Beaded wire jewelry. Free but space is limited. Call 970-285-970.

October 21, Basic computer classes for adults 9-10 a.m. at the Rifle Library.

October 23, Circle of Friends at the New Castle Library, 10:30 a.m. - 12 p.m. Enrichment activities for adults and caregivers.

October 29, Ghost Walk indoors at the Glenwood Vaudeville Revue 6 p.m. For tickets go to ghostwalk2025/yaposdy.com/event/book.

October 30, Main Street Trick or Treat & Family Fall Fest in Silt. For more information call 970-876-2353, ext. 110.

November 19, AARP Smart Driver Course from 1-5 p.m. at Colorado Mountain College, 1402 Blake Street, Glenwood Springs, room 209. Refresh your driving skills and explore rules of the road in this classroom-only course. Call Tom at 970-319-0137 to register.

FOOD RESOURCE & LIFT-UP FOOD PANTRIES IN GARFIELD COUNTY

Carbondale

Monday, 10:30 a.m. - 1:30 p.m.
Wednesday, 2 - 6 p.m.
Third Street Center
520 S. 3rd St.

Parachute

Monday, 3 – 6 p.m.
Thursday, 11 a.m. - 2 p.m.
Lift-Up Warehouse
201 E. 1st Street

New Castle

Wednesday, 9 a.m. - 1 p.m.
Friday, 9 a.m. - 1 p.m.
River Center
126 N. 4th Street

Glenwood Springs

Tuesday, 1 – 4 p.m.
Thursday, 10:30 a.m. – 12:30 p.m.
Catholic Charities
1004 Grand Ave.

Rifle

Tuesday, 11 a.m. - 2 p.m.
Friday, 1-4 p.m.
800 Railroad Ave.

Silt

Friday, 2-6 p.m.
Silt Baseball Fields
648 N. 7th St.

Valley Meals and More for Glenwood Springs and Carbondale area home-delivered meals.
970-404-1193 www.valleymealsandmore.com

Meals on Wheels - For homebound residents that live in New Castle, Silt, Rifle, Battlement Mesa and Parachute. The food is prepared by kitchen staff at the Grand River Hospital District. For more information call (970) 625-6215.

Extended Table - Soup Kitchen

Lift-Up Extended Table is to help feed the people who can't afford to buy food. For more information www.LiftUp.org

Rifle Tuesday & Thursday, 5-6 p.m.

United Methodist Presbyterian Church, Lovell Building, 200 E. 4th St.

Glenwood, Monday-Friday 5-6 p.m. First United Methodist Church, 824 Cooper Ave.

River Center Network Luncheon noon Wednesdays at 126 N. Fourth Street in New Castle, \$3 donation suggested. RSVP by Tuesday 3 p.m. 984-2334 or 987-3565

SNAP - Apply for food assistance at Garfield County in Rifle at 195 W. 14th Street or Glenwood 108 8th Street. There are some basic rules for SNAP program and a list of verifications you may need to provide to determine your eligibility.

Coffee and Donuts **every Thursday 10 a.m. to 12 p.m. at the Veterans Resource Center** located at 108 Pitkin Ave. in Glenwood. Every other Friday at CMC in Rifle from 10 a.m. to 12 p.m. Coffee will be served.

- **Drive-thru food distributions:** Discontinued. Food will now be available at all LIFT-UP pantry locations, allowing visitors to select items based on their needs. Food Bank of the Rockies will continue mobile distribution.

- **72-hour food bags, senior boxes, and Wee Cycle diaper program:** Available exclusively for pickup by community partners at LIFT-UP's Pantry of Choice locations. liftup.org/calendar/

- **Pantry visits:** Visits to LIFT-UP food pantries will be limited to one visit per family per week. [Does not include Food Bank of the Rockies Mobile Distributions.] These changes will enable LIFT-UP to extend the pantry hours and improve accessibility. The new Pantry of Choice schedule offers 39 total hours of food access per week, with each location open at least six hours weekly.

Help us reduce use of paper. Subscribe to our monthly newsletter and our monthly menu or read them online. Please visit www.garfieldcountyco.gov and choose Older Adult Programs.

GARFIELD COUNTY OLDER ADULT NUTRITION PROGRAM



Congregate meals are held at seven locations throughout Garfield County. **All meals are served at 12 p.m. and serving ends at 12:15 p.m.** Reservations are very important to our program to obtain accurate food count for meal preparation. New participants are welcome. Anyone attending a meal site should make a reservation by noon at least 24 hours (weekdays) advance of the meal by calling the phone numbers listed below, *if possible cancel as soon as possible.*

Carbondale “Roaring Fork & Spoon” at 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” at 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” at 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” at the Castle Valley 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” at Silt Town Center, 600 Home Avenue, Silt on Wednesdays. For reservations call (970) 665-0041. Call by noon on Tuesday.

Rifle “Senior Delight” at the Rifle Senior Center, 50 Ute Avenue, Rifle on Tuesdays, Thursdays and Fridays. For reservations please call (970) 665-6540.

Parachute at the Valley Senior Center, 540 N. Parachute Ave., Parachute on Mondays and Wednesdays. For reservations call (970) 665-0041 by noon on Friday and Tuesday.

Menus for all locations are provided monthly and are available at the nutrition sites from Older Adult Programs, in our Connection Newsletter and available on the Garfield County website. Come see what you have been missing and have lunch with friends. *For those 60 and older and their spouse, the recommended voluntary contribution for each meal is \$3 per person. No obligation to pay the donation.*

Guest fees for those under 60 is \$10.25 per meal.

Questions: please call 970-665-0041 or email at DHSolderadultprograms@garfieldcountyco.gov

Garfield County Older Adult Program Staff

Sheila Strouse, Division Manager,
970-625-5282, extension 3117

Linda Byers, Program Manager
970-945-9191, extension 3033

Jeff Lawson, Unit Manager
970-625-5282, extension 3196



Kappe Stutsman, Older Adult
Nutrition Program Coordinator
970-625-5282, extension 3263

Debby Sutherland, Older Adult
Well & Wise Program Coordinator
970-625-5282, extension 3084

Jenny Roberson, Older Adult
Program Case Aide
970-625-5282, extension 3275

Emily Stanton, RDN, Registered Dietician, (970) 625-5200, extension 2036, to schedule nutrition counseling or to discuss your dietary concerns.

Our mission The mission of the Older Adult Program is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

Email any Older Adult Program staff for information at:

DHSolderadultprograms@garfieldcountyco.gov or leave message on the food line for all of us at (970) 665-0041.

Traveler - Applications available on RFTA.com for Traveler and Paratransit services. Call 384-4855

Nutrition program (970) 665-0041 for questions and make reservations and cancellations.

Volunteers who will not be able to volunteer at the meal site should call the food line (970) 665-0041 or if your interested in volunteering for a meal site contact staff at
DHSolderadultprograms@garfieldcountyco.gov

Adult Protection services call 1-844-264-5437 www.garfieldcountyco.gov

Other county emails:

Eagle County www.eaglecounty.us/publichealth

Pitkin County Senior Newsletter and lunch menu www.pitkinseniors.com



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 2026.



Enroll Oct. 15 - Dec. 7



Coverage begins Jan. 1



Safer Driving May Save You Money

Take the AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs!*

- Refresh your driving skills and explore the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get the know-how to help reduce traffic violations, collisions and risk of injury.

Sign up today!

To find additional courses

Visit www.aarp.org/driving36 or call 1-888-773-7160

There's a course near you!

Date:

Wed., November 19
1:00 PM to 5:00 PM

Location:

Room209
CMC 1402 Blake St.
Glenwood Springs, CO

To Register:

Call Tom
970-319-0137

Additional Details:

This is a classroom only course.

