

Transportation

Eagle County and the Alpine Area Agency on Aging support transportation services for residents age 60 and over and disabled adults. The Healthy Aging Program and ECO Transit offer bus service for meal sites, medical appointments and general errands. The suggested donation is \$2.00 per ride.

Schedule

Minturn

Every other Monday

Errands

Wednesday

To/from meal site, post office, errands and grocery shopping

Friday

To/from meal site

Eagle

Every other Monday

Errands

Tuesday

To/from meal site, post office, errands

Thursday

To/from meal site, grocery shopping

El Jebel/Basalt

Tuesday

To/from meal site, post office, errands and grocery shopping

Thursday

To/from meal site

Medical transportation is available by appointment at all three sites. Call 970-328-8896.

Contact Us

Carly Rietmann

Healthy Aging Program Supervisor
Eagle 970-328-8896

Mandi Dicamillo

Healthy Aging Program Coordinator
El Jebel 970-328-7682

Pat Nolan

Healthy Aging Program Coordinator
Minturn 970-328-8831

Additional Resources

Adult Protection/Elder Abuse Reporting

1-844-264-5437

Erin Fisher

Director Alpine Area Agency on Aging
970-468-0295 ext. 107

Pat Nolan

Memory and Dementia
Caregiver Support Group
970-328-8831

eaglecounty.us/publichealth

Eagle County Public Health & Environment

Healthy Aging Program



Aging Well in
Eagle County



EAGLE COUNTY



The Healthy Aging Program is dedicated to serving the 60 and over population of Eagle County with nutrition, transportation, social activities and programs that help to maintain the independence of older adults.

Eagle County Healthy Aging Sites

For information on any of our programs, please call the respective sites below.

Minturn

Maloit Park Senior Wellness Center at Vail Ski and Snowboard Academy

1951 S. Highway 24
Minturn, CO 81645
Pat Nolan: 970-328-8831
Lunch at 12 p.m., Wednesdays and Fridays

Eagle

Golden Eagle Senior Center

715 Broadway
Eagle, CO 81631
Carly Rietmann: 970-328-8896
Lunch at 12 p.m., Tuesdays and Thursdays

El Jebel/Basalt

El Jebel Community Center

0020 Eagle County Drive, Ste. E
El Jebel, CO 81623
Mandi Dicamillo: 970-379-0020
Lunch at 12 p.m., Tuesdays and Thursdays

Nutrition

Senior Community Meals

Eagle County supports three meal sites that serve seniors. Meals at all three sites are available to those age 60 and over for the suggested donation of \$3.00 per meal. The cost for those under 60 is \$8.00 per meal. Meal reservations should be made 24 hours in advance of the scheduled meal time. Please communicate any food allergies or specific food-related needs when making your reservation so that these can be accommodated.

Family members and friends are encouraged to attend senior community meals with their senior friends.



Home-delivered Meals

Home-delivered meals are prepared and delivered two times each week to homebound adults age 60 and over.

The suggested donation for a home-delivered meal is \$3.00 per meal. Spouses or partners of homebound persons are also eligible to receive a meal at the suggested donation amount.

Health & Wellness

The Healthy Aging Program offers fitness classes throughout the county. Most of these classes are FREE to those ages 60 and older. Specific types of activities are listed below.

Nordic Walking: Fitness walking with the use of poles.

Yoga: This chair-based yoga class is open to all abilities.

Snowshoeing: The snowshoes are supplied. Bring your own poles. Typical snowshoe adventures last 45-60 minutes.

Joint relief water class (Avon Rec Center \$2/class or Gypsum Rec Center \$5/class): Exercises in the water offer less stress to the joints while providing gentle resistance.

N'Balance/Matter of Balance classes: These evidence-based balance classes develop fall-prevention skills.

General exercise classes: These classes vary over the year but focus on everything from chair-based strengthening to full body workouts focused on flexibility, strength and balance exercises.

Healthier Living Colorado classes: These classes teaches and supports participants in making better choices and practicing self-management no matter what the diagnosis.

Tai Chi for Health: Tai Chi is a great class for that includes steady poses to assist with balance and falls prevention. Class dates and locations vary throughout the year.