



## TOWN OF ESTES PARK

Town of Estes Park - Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter)

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News - For immediate release

### **Aspen Club to repeat popular memory fitness teasers program**

The Town of Estes Park's Senior Services Division will host the University of Colorado Health's Aspen Club in June as they repeat the popular April program, Memory Fitness Teasers. The free program will be offered on Tuesday, June 30 from 1:00 to 2:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. Call or stop by the Senior Center to sign up.

Learn how you can improve your memory and sharpen your skills in a few easy steps. The Aspen Club has ventured into teaching an evidenced-based program developed by Dr. Gary Small of the UCLA Longevity Center. Introduction to this successful program will be taught by Kim Ferro and Patti Welfare of the Aspen Club. Come and test your skills and learn how you can impress your family and friends!

This program is co-sponsored by the Aspen Club of the University of Colorado Health, the Town of Estes Park's Senior Services Division and Estes Park Senior Citizens Center, Inc. The Aspen Club was established in 1989 to provide a wide range of health education, screenings, hospital discounts and social opportunities to residents in Larimer County. For more information on the Aspen Club, please visit their website at [www.pvhs.org](http://www.pvhs.org) or call (970) 495-8560 in Fort Collins or (970) 624-1860 in Loveland.

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Center website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org).

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