

August Potluck Picnic



Help us celebrate our wonderful members and volunteers as we kick off our new, local neighborhood help organization. Come to our summer get-together

in the Paonia Town Park on Sunday afternoon, August 18th, from noon to 2 pm. Bring the family, perhaps some chairs, and a picnic dish and join your friends and neighbors in the shade.

We'll provide the barbecued vegetarian sausage and cool drinks and maybe a joke or two. So we have an idea of how much food to provide, please R.S.V.P. by phone (970-527-3482) or email (nfseniorconnections@gmail.com). We hope to see you there!

Shifting to the Positive

There was a shift in the room at the Paonia library on July 19th when Reiki Master and End of Life Specialist Ronna Webb guided workshop participants to recognize the energy flowing through each of us and to direct that energy towards healing.

With guided imagery and breathing exercises, Ronna demonstrated techniques that can help us to open up to calm and peace and shift towards the positive and away from the negative. Attendees left the workshop with less stress and a more peaceful attitude.

For additional information, visit Ronna's website at www.lovingshift.com.

Thank you Ronna!

Serving Seniors



The newly formed North Fork Senior Connections came together to manage some maintenance tasks at the Paonia Senior Center on June 22nd.

The group of 16 volunteers was able to clean the gutters, rake up debris from around the center (and cart it to the transfer station), paint the main room inside and get the swamp cooler functioning. Earlier in the week, Dave Knutson helped Chris Johnson and crew trim the trees and clean off the roof. Participants worked hard all morning and were able to complete all we set out to do. Paonia Senior Center Board president, Lynne Bear, was delighted with the results.

Come by to check out the changes and stay for lunch (Monday, Wednesday, or Friday) at the spruced-up center at 106 3rd Street in Paonia. You might be interested in Yuri Chicovsky's Memoir Writing class that meets at the center on Wednesdays at 1:30, or the watercolor painting group that Gary leads on Wednesday mornings at 10:30. Look for additional activities to start up later this year. For more information about the Senior Center, call their office at 970-527-3435.

August 2019



NEWS

Board of Directors

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Newsletter

SAVE PAPER: Would you rather get the newsletter as a PDF in your email? Send an email to Linda at nfseniorconnections@gmail.com, or call 970-527-3482 to request change.

Calendar

August Potluck Picnic in the Park

- Sunday, August 18, noon to 2 pm
Paonia Town Park

Memoir Writing

- Every Wednesday, 1:30 - 3 pm
Paonia Senior Center

Senior Lunch

- Every Monday, Wednesday, Friday
11 am to 1 pm, Paonia Senior Center
- Every Monday, Wednesday, Friday
11 am to 1 pm, Delta Senior Center
- Every Tuesday, Wednesday, Thursday
11 am to 1 pm, Cedaredge Senior Center
- Every Monday, Wednesday, Friday
11 am to 1 pm, Hotchkiss Senior Center

Valley Organic Lunch Program for Seniors

- Fridays at 12:30 pm at The Trading Post, Paonia

Tech Cafe´

- Every Wednesday, 2-3 pm, Paonia Library
- 1st & 3rd Mondays (Aug. 5 & 19), 3-4 pm
Hotchkiss Library

Caregivers' Support Group

- 2nd & 4th Wednesdays (Aug. 14 & 28)
1:30 pm, Hotchkiss Town Hall Council Chambers
- 1st & 3rd Wednesdays (Aug. 7 & 21)
1:30 pm, Cedaredge Civic Center

Knitting and Crochet groups

- Saturday, August 17th, 12-1:30 pm,
Paonia Library
- Every other Friday, 10 am, Crawford Library
- 2nd & 4th Thursdays, 10:30 am, Hotchkiss Library

Rotary Club of North Fork Valley

- Every Thursday noon, at Paonia Town Hall