

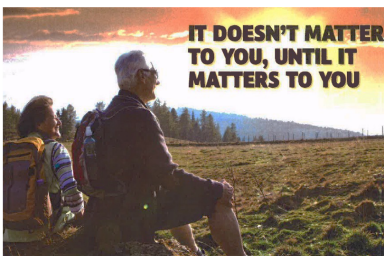
Agency on Aging



The Region 10 Area Agency on Aging is the designated regional planning and service agency for services to residents age 60 years and older and their family caregivers in Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties.

The Four-Year Planning and Service Area Aging Plan is a statement of policy and serves as a guide for the development of a comprehensive and coordinated system of supportive services based on the needs and priorities of the older adult population.

Join us to learn how your Area Agency on Aging is supporting the dignity and independence of disabled and older adults now and in the future. Share your ideas and help improve the quality of life for older adults in our community on **Wednesday, September 25th at 5:30 pm**, at the **Paonia Library, 2 Third St, Paonia**.



Movies in the Morning



The Paradise Theater is presenting Movies in the Morning beginning on Thursday, September 12th., at 10 am. Titles in the series have not yet been announced, but you'll want to join your friends and make new ones as you enjoy old favorites on the big screen. Snacks will be served and there will be a film discussion after each show. The event is free for seniors (age 60 and over). If you need transportation, call NF Senior Connections to post your request or call All-Points Transit at (970) 249-0128 to request pick-up.

BBQ in the Park



There was lots of food at the North Fork Senior Connections Volunteer/Member Appreciation Potluck Barbecue on Sunday, August 18th. The weather was perfect for a picnic in Paonia town park as friends caught up on summer adventures and engaged in lively conversations. James Schott did a masterful job of grilling, despite some equipment malfunction, and the variety of potluck selections ensured that everyone went home with a full stomach. It was an auspicious first event for the new organization – one that we hope will become a new tradition. Thank you to everyone who attended!!



September 2019



NEWS

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September Birthdays

Happy Birthday to:

Sue Maclaren - September 5th
Kristin Osmar - September 5th
Amy Williams - September 5th
Elaine Brett - September 30th

And a Very Special (Belated) Happy Birthday to
Lee Overton - August 2nd

Calendar

- **Ag & Art Tour - North Fork Valley**
Aug. 31 - Sept. 1: See northforkcreative.org for itinerary
- **Movies in the Morning**
Thu., Sept. 12 - 10 am - noon, Paradise Theater
- **Blue Sage Matinee Series: Hiroya Tsukamoto**
Sunday, Sept. 15, 3:00 pm
- **"It Doesn't Matter Until It Matters to You"**
Wed., Sept. 25, 5:30 pm, Paonia Library
- **Mountain Harvest Festival**
Thu. - Sun., Sept. 26 - 29, Paonia Town Park
- **Memoir Writing**
Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **Tech Cafe**
 - Every Wednesday, 2-3 pm, Paonia Library
 - Every Wednesday, 4-5 pm, Crawford Library
 - 1st & 3rd Mondays, 3-4 pm, Hotchkiss Library
- **Rotary Club of North Fork Valley**
Every Thursday noon, at Paonia Town Hall
- **Senior Lunch**
 - Every Mon., Wed., Fri., 11 am - 1 pm, Paonia Senior Center
 - Every Monday, Wednesday, Friday 11 am to 1 pm, Hotchkiss Senior Center
- **Valley Organic Lunch Program for Seniors**
Fridays, Sept 6th & 20th, 12:30 - 2 pm at The Trading Post, Paonia
- **Caregivers' Support Group**
 - 2nd & 4th Wednesdays, 1:30 pm, Hotchkiss Town Hall Council Chambers
 - 1st & 3rd Wednesdays, 1:30 pm, Cedaredge Civic Center
- **Knitting and Crochet groups**
 - 3rd Saturday, 12-1:30 pm, Paonia Library
 - Every other Friday, 10 am, Crawford Library
 - 2nd & 4th Thursdays, 10:30 am, Hotchkiss Library

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