

Is Seventy the New Fifty?

by Laura Lee Yates

When I was little in 1950s Ohio, my sisters and I would pretend to be the Lennon Sisters, singing along as they warbled “Born Too Late” on our b&w TV. Then, as a tie-dyed teenager in Marin County, California, I was picked up hitchhiking to my summer college drama rehearsal by Jerry Garcia & Co on motorcycles. I joke that nowadays being a senior is as much about the Grateful Dead as Lawrence Welk.

Who we are: Methodists and Catholics, Mormons and Buddhists and pagans plus everything in between. Some—financially savvy and/or lucky—are retired, which is fortunate, since volunteers make the North Fork Valley more livable and exciting for those who struggle to get by working part-time or full-time. Some work because they love what they do too much to retire: a 72-year-old friend is planning a music CD; I’m finishing the second volume of a historical trilogy. Some, like James and Carol Schott on Lamborn Mesa, still ranch and farm.

These days the Paonia Senior Center is receiving a makeover, with handyman Jay Simon giving the bathrooms a facelift and replacing the harsh fluorescent lights with LEDs. But the changes are more than cosmetic. Drive by the parking lot some sunny Monday morning, when Paonia Players’ Merrily Talbott leads a group of “mature” women in a 1950s dance routine in preparation for the upcoming “Senior Follies.” Thursday mornings might find a group huddled over their collage projects inspired by Montrose artist Mary Gndt. (You can see the finished projects on March 31st, when an Open House celebrating the Aging

Creatively program will take place from 2-4, complete with dessert and live music.) Tuesday and Friday mornings Lindi Mereness leads SAIL classes (Stay Active and Independent for Life) sponsored by our local ambulance service—some participants exercise standing, some seated, embracing senior diversity and a lot of laughter.



We’re the seniors. We don’t always agree—just attend a town council meeting—but we all share a common landscape.

Aging Creatively!

March marks the last month of the Aging Creatively collaboration between the Paradise Theater, Elsewhere Studios, the Paonia Senior Center and North Fork Senior Connections. *On 3/3 enjoy a fun exercise program to a 50s soundtrack, led by Merrily Talbott. *March’s free Senior Movie at the Paradise on 3/10 is “On Golden Pond” starring Katherine Hepburn and Fondas, Henry and Jane. *If you haven’t had a chance to try collage with Mary Gndt, don’t miss the new one-day project on March 17. *On March 24, laugh and play board games, cards, or charades. Activities begin at 10:00, followed by a catered lunch for the first twenty folks to sign up at 970.527.3482 before noon the Wednesday before. Those attending

continued back page --->



Changes at NFSC

We want to thank Board members James Schott and Jess Deegan for all their generous service to North Fork Senior Connections, wishing them well, and welcome Bonnie Eisenberg and Brad Thacker to our Board of Directors.

We also thank Linda McCone for her invaluable contributions as Program Manager. She will be missed.

Printed by High Country Printing and Graphics

March Birthdays



Happy Birthday to:

John Zachman - 3/2

Julie Sapena - 3/12

Ron Hanna - 3/22

Laura Major - 3/26

Jill Knutson - 3/31

--->continued from page 1 the activities get priority for the great meal. To make your St. Patrick's Day special, the lunch on 3/17 will feature Irish music by Lindi Mereness and Fran Stein! Aging Creatively culminates on March 31 with a

final gourmet lunch at noon for the lucky twenty, followed by a lively open house/reception/art show at the Senior Center from 2-4, featuring live music and desserts. It's open to all—come help us celebrate this successful collaboration.

Calendar

What's Happening in the North Fork Valley in March

Garden Talk Paonia Senior Center will host master gardener John Valentine to talk about plant varieties. Solve many of your gardening problems by choosing the right variety and how to determine that. Bolt-resistant, heat tolerant, short season, etc. Also time for question and answer on ANY gardening topics. Tues, 3/22, 2:00

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS:

Paonia Senior Center - Tues & Fri at 10-11 am
Hotchkiss Memorial Hall - Mon & Thur, 9:30 am
Crawford Town Hall (Advanced) Tues & Thurs 5:30-6:30 pm

Aging Creatively! See article for Thursday programs
Paonia Walkers will explore dry level ground above Eagle Rock in Hotchkiss, Wednesdays @ noon. Call

527-3482 for details

Book Club for Seniors - 3/21 @ 1:30 pm Paonia Senior Center. This month's topic is "Incredible Journeys": fiction or nonfiction, whether it's about Polar explorations, traveling the West by Conestoga or canoe, or seeking enlightenment—use your imagination.

Write Your Life- Memoir for Seniors will resume every Wednesday at 1:30 beginning on March 9, facilitated by Yuri Chicovsky.

Senior Meal - Senior Centers open for Lunch (also Available for Pick-up) M,W & F: Call Debbie at (970) 874 - 7661 for more info or to sign up.

Caregivers' Support Group Thursdays, 1 - 3 pm via Zoom. Contact Gayla Michaud for information at 970.825.6288 or email GAMich76@outlook.com

Want to try "Zumba for Seniors?" Merrily Talbott teaches an ongoing fun dance class for seniors (resembling gentle Zumba) using 50s classics—at the Paonia Senior Center, outside when weather permits. For info email happilymerrily@gmail.com