

Finding Solutions to Help Seniors Age in Place

Creative Aging in the North Fork Valley

The Paonia Senior Center is abuzz with new activity! Through collaboration between Friends of the Paradise, Elsewhere Studios, North Fork Senior Connections, and the Senior Center, local folks will soon reap the benefits of free Thursday morning programs focused on “Creative Aging” Back in 2019, grants from the Next Fifty Initiative, the A.V. Hunter Trust, and the West Elk Community Foundation were received to fund six months of weekly events—then came the pandemic.... Rigorous health protocols allowed the popular “Movies in the Morning” to resume earlier this year at the Paradise Theater, but now exciting additional programming is scheduled to begin in September. A healthy free lunch prepared by local caterers and served at the Paonia Senior Center will follow each of the activities, available to the first twenty seniors to make reservations.

- On the first Thursday of each month, we’ll get moving when local instructors share their expertise in diverse forms of exercise designed especially for aging adults. Phyllis Swackhamer leads off on September 2 with “Gentle Therapeutic Movement.”

- Each second Thursday features a vintage film on the big screen at the Paradise. On September 9 the classic comedy “My Man Godfrey” airs, concerning a socialite who hires a derelict to be her family’s butler—and then falls in love with him.

- Art takes center-stage on the third Thursdays. Award-winning Toronto animator and Elsewhere Artist-in-Residence Barb Taylor is scheduled to provide instruction, supplies, and inspiration on September 16—presuming Covid regulations allow travel across the U.S. border. Regardless, be ready to get creative!

- Fourth Thursdays feature GAMES. Whether you love cards, dominoes, checkers, board games, Trivial Pursuits—or want to learn to play something new—come for fun and friendly competition. We’ll have lots of choices, but feel free to bring a personal favorite on September 23.

All events begin at 10:00 am and lunch is served at noon. Reservations must be in by the Friday

before and can be made by leaving a voice message to Sam at the Paradise Theater (970-527-6610) or email to: events@paradiseofpaonia.com. Transportation is available from All-Points Transit.

Lavender, Lasagna, and Rain

It’s been twelve years since Moni Slater and a group of civic-minded friends started the Kids’ Pasta Project. As part of KPP, youngsters in the North Fork Valley learn to cook and serve a fresh pasta dinner, take reservations, and wait tables as they raise funds to support local nonprofits. North Fork Senior Connections was the lucky recipient on Monday, July 26, when more than 60 local folks braved threatening weather to gather at Lamborn Mountain Farmstead, home of NFSC Board member James Schott and his wife Carol. Donations of produce from Thistle Whistle Farm, Small Potatoes Farm, and Colorado Farm & Food Alliance, artisan breads from Monica Wiittanen and Mountain Oven, beef from the Schotts, ice cream from Ollie’s plus exquisite lavender shortbread baked by Mary George all came together to create a memorable meal.



Ellen Hutto and Dave Sheppard provided beautiful music despite wind and rain. Many thanks to all who volunteered to make this event a success!

Senior Book Club

At our second meeting, participants shared books they’d discovered about “Where (or When)



I’m From,” revealing the varying backgrounds of those who’ve ended up in the North Fork Valley. Novels and nonfiction elicited personal recollections of the Depression and World War II that contrasted with 1950s memories from Ohio and 1960s California. Next month’s reading category is “Mysteries.” Join us at the Paonia Senior Center on Monday, August 16, at 1:30.

August 2021



NEWS

Board of Directors

Bruce Woodside, Chair
James Schott, Vice-Chair
Jenn Lukesh, Treasurer
Betsy Topper, Secretary
Jess Deegan, Member
Marsha Brezonick, Member
Linda McCone, Program Manager
Laura Lee Yates, Pgm Asst.

Printed by High Country Printing and Graphics

August Birthdays



Happy Birthday to:

Lee Overton - 8/2

Write your life! When Yuri Chicovsky, filmmaker, photographer, musician, poet, world traveler, outdoorsman and former golf pro teaches memoir for seniors, he declares, "I'm doing the work that was put before me."

His new memoir class starts Wednesday, August 18, at the Paonia Senior Center, gathering weekly from 1:30-3:00. "Every single life story is riveting," says Yuri, "be it epic or humble. Through the process of writing and sharing their

stories, students often experience profound healing and feelings of empowerment and self-respect. Memoir class is a way to honor others and honor yourself. The act of sharing stories is often hilarious, sometimes deeply sad, and always galvanizing and inspiring. Most of all, it provides a new source of community when it is most needed." For more information contact North Fork Senior Connections at nfseniorconnections@gmail.com, or call Laura Lee at 970.527.4914.

Calendar

Play Bridge? A new NFSC member wants to start a bridge group to meet at the Paonia Senior Center. If you're interested let us know!

NFSC Walking Club

9am Wednesdays @ Paonia River Park.

Senior Movie Thursday, August 12, 10am. Free admission for those 60+ includes popcorn and a fountain drink. For a ride to the theater call All Points Transit @ 970.249.0128.

Book Club: Monday, August 12 at 1:30, Paonia Senior Center—space limited. We'll discuss the "Mysteries" we've chosen. See article for more info or call Laura Lee @ 970.527.4914.

Memoir Writing Memoir Writing with Yuri Chicovsky: A new group at the Paonia Senior Center starts on Wednesday, August 18 @ 1:30. See article for details.

Senior Lunch – Meals are still pick-up outside the building. Eat inside if desired. Call Debbie at 970-874-7661 for more information or to sign up. Mon, Wed & Fri at noon – Paonia & Hotch kiss Sr Centers

Caregivers' Support Group Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information at 970-510-0724 or drdeeganii@gmail.com