

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428



October
2023

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Here and Now Meditation

Just a little testimony to the life-changing nature of meditation, and a big thank you to Meg O'Shaughnessy and Senior Connections for this gift to the senior community. For the past year, our little circle has been meeting at the Paonia Senior Center on Thursday mornings for guided and silent meditation. It is an island of serenity, a moment of chill, a journey into the depths of my soul, an opening of the heart, and an expression of love for the world and all beings on earth. You are welcome to join us, no experience necessary.



-Bonnie Eisenberg

Thanks to North Fork Senior Connections: Earlier this year, there was a spontaneous nationwide need among seniors for social interaction and physical activities. At 69, I happened to find myself part of this growing movement. We had moved into this valley and not long after found NFSC which included Paonia, Hotchkiss and Crawford. It began with senior exercise classes that have made all the difference in my mobility, then evolved into a Book Club, Meditation, Pottery and Gardening Classes. Our calendars are full as are our social connections!

I know I speak for all of us taking advantage of these services in that we are grateful for the board members and appreciate the volunteers responsible for keeping us healthy, active and therefore happy. Thank you, North Fork Senior Connections! Respectfully, Jeanette Sullivant, Hotchkiss

Autumn Walk at Erickson Springs With winter around the corner, we hope you'll join us on the trail beside Anthracite Creek at Erickson Springs on Wednesday, October 4, at 1:00. It's a good, mostly-level trail (just keep an eye out for embedded rocks and tree roots!) with great scenery, only a half-hour from Paonia in the Gunnison National Forest. Autumn leaves? Let's carpool, leaving at 12:30! Sign up by calling 527.3482.



You make Senior Connections work—your time, your

effort, your generous contributions.

DONATE TODAY!

North Fork Senior Connections 970-527-3482 info@nfseniorconnections.org

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LOOKING BOTH WAYS

As the days grow shorter and the harvest rushes in, North Fork Senior Connections is finishing up our Annual Report even while we peer ahead, planning service projects and activities for the autumn. Producing the report has made us look back at all we've accomplished in the past twelve months and raises the bar on further ways we can benefit our local communities.

What makes a community great, anyway? AARP contends that it's a place where residents of all ages can thrive, where a family can raise their children and then age in place. Maybe you were lucky enough to be born here, while others of us made the choice to emigrate; either way, AARP reminds us that it's important to feel like part of a community even after you retire. Volunteering is a wonderful way to achieve belonging and is key to Senior Connections' efforts.

Recently Outside Magazine featured: "The 15 Happiest Places to Live in the U.S." Fortunately our North Fork towns added together were too small for consideration (though not-too-distant Glenwood Springs made the cut.) And admittedly we're not a "Blue Zone," like the five small communities scattered across the planet that are each home to an unusually high concentration of people who often live a century in good health. (Though not long ago, a luncheon at the Paonia Senior Center honored nonagenarians, an age that's not too shabby...) Beyond the obvious factors of diet and exercise, the "Blue Zones" all feature networks of mutu-

al support, emphasizing that community and social connection are key to flourishing as we age. Many of our own elders are fortunate enough to have local family—but for the rest of us, there's Senior Connections.

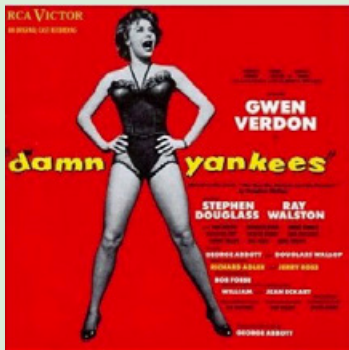
The Neighborly Rides program is now up and running, transporting seniors to medical appointments and activities. (To become a driver or schedule a ride, call Board member Bonnie Eisenberg at 970.527-1735.) Fresh organic produce from the Living Farm continues to appear at the doors of residents across the North Fork, delivered by volunteers who "love their job!" And suddenly "**Days of Service**" (aka "Service Saturday") looms just around



the corner—**October 27 and 28 in Paonia, November 4 in Hotchkiss and Crawford.** If you are a senior—or know one—who needs help preparing for the upcoming winter, call us ASAP at 970.527.3482 and we'll see what we can do. Volunteers are needed in each area—please let us know you're coming so we can order enough pizza!

October Potluck & "Damn Yankees!"

In a partnership with the Paonia Senior Center, join North Fork Senior Connections on Thursday, October 26 at noon for a tasty free potluck, followed by the fun 1955 musical comedy "Damn Yankees" on the big-screen TV (in honor of the upcoming World Series.). Bring a Crock-Pot of soup, a salad, or a dessert. As soon as we get cleaned up—1:00 or so—we'll start the show, which features Ray Walston as the smooth-talking devil "Mr. Applegate," a young Tab Hunter, and Gwen Verdon as Lola.



Thanks to our generous sponsors:



Thanks to our generous coffee sponsor: Both Senior Connections and the Paonia Senior Center appreciate their support!

SPONSOR "It's a Wonderful Life!"

We're planning a special morning on DECEMBER 14, when we hope to show the 1946 classic holiday film starring Jimmy Stewart and Donna Reed as the free senior movie at the Paradise Theater. It's more expensive to screen than the usual vintage film, so we're seeking a sponsor at \$150 (the Paradise generously pays the rest.) Please call ASAP to Senior Connections at 527-3482 if you can help us create some Holiday Magic!



Hitchcock and Halloween!

A little suspense seems seasonal, so the next free Senior Movie at the Paradise Theater will be the 1958 award-winning thriller Vertigo on Thursday, October 12, at 10AM. The film stars Jimmy Stewart as a

former policeman who has developed a crippling fear of heights, hired to investigate the strange behavior of Kim Novak. Director Alfred Hitchcock chose scenic locations that include San Francisco, Mission San Juan Bautista, Cypress Point and Big Basin Redwoods State Park. Free popcorn and a drink are provided. If you need a ride, plan ahead: you can contact All Points Transit at 874.7334 or Neighborly Rides, our new service, at 527.1735.



October Birthdays

Happy Birthday to:

Tom Backhus 10/1
 Alfredo Gonzales 10/15
 Zinnia Bender 10/16
 Jess Deegan 10/19
 Marsha Brezonick 10/23
 Walter Czech 10/25
 Diana Yourell 10/27

Bob Sapena 10/2
 Robyn Johnson 10/15
 Jenn Lukesh 10/16
 Walter Wright 10/21
 Liz Lilien 10/25
 Linda McCone 10/26



October Calendar

What's Happening at the Senior Center in October

Autumn Walk at Erickson Springs on Wednesday, October 4, @ 1:00. (See article for details.)

October Potluck & movie "Damn Yankees" at the Paonia Senior Center on Thursday, October 26 @noon. (See article)

Here & Now MEDITATION—Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings at a **new time: 9:00-10:00**. All are welcome. See article.

Ongoing Book Club "Women Rowing North" continues for those already enrolled in Hotchkiss at 10AM on October 10 and Paonia at 2PM on October 17.

Let's Get Together & SEW! Silver Threads Sewing Club, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. All levels/works-in-progress—we're working on a great project! MENDING accepted second Tuesday each month. Facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457

Paonia River Park Walks every Wednesday 9am. (Start will change in November.) Meet at the gazebo.

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center Tues & Fri 8:45-9:45 or 10-11; Hotchkiss Memorial Hall – Mon & Thurs @9:30;

Crawford Town Hall 10-11 Wednesdays plus Advanced classes Tues & Thurs 5:30-6:30 pm

Write Your Life- Memoir for Seniors at Paonia Senior Center on Wednesdays at 1:30. For more info/to join please call the facilitator, Yuri Chicovsky, at 970-314-0303.

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

Hotchkiss Senior Center serves hot full meals cooked on the premises Tues and Thurs and a soup lunch on Wed, all at noon. 872.3494

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

Coffee Klatch- Oct 9, Stephen Wynn, Paonia Town Administrator; October 16, Dave Knutson, Fertile Edge Community Land Trust

Thursday Lunch- Catered lunches @ Paonia Senior Center Chick-a-Pea on Thursday, October 12