

Finding Solutions to Help Seniors Age in Place

Team Effort

Our “Days of Service” in Paonia wouldn’t be the same without the great students from the Paonia Experiential Leadership Academy. Rain or shine, the PELA kids (shown in action and recuperating over pizza) supplied most of the energy that powered our efforts to help senior households prepare for winter on Friday, October 27. On Saturday, October 28, cold wet weather forced us to postpone (you can’t have folks climbing ladders in the rain) but our great volunteers plan to reconvene next Saturday, November 4. We’ll also be helping out Hotchkiss and Crawford elders as previously scheduled. Our gratitude to all.



Save These December Dates!

A special Coffee Klatch: FREE class with Lynn Mattingly @ Paonia Senior Center— Please pre-register so we can have sufficient materials

Monday, December 4 @ 9:30AM

Craft an Origami Light String



Free screening November 5, 2023
at The Paradise Theater
4 - 5:30 PM

To be followed by a brief discussion on the community effort to establish a local natural burial preserve

Sponsored by  Wild Sage Natural Burials
<http://wilsagenb.org>

Thursday, December 7, is Pearl Harbor Day—perfect for showing Frank Capra’s vintage film “It’s a Wonderful Life.” Thanks to a generous NFSC sponsor and our friends at the Paradise Theater, December’s free Senior Movie will take place the first Thursday of the month and start at an earlier time—9:30. This will be a special event, with home-made holiday cookies and hot Wassail for all. Let’s celebrate together!



November’s Free Senior Movie

“The Cowboy and the Lady” is a 1938 Western romantic comedy that’s a whole lot of East-meets-West fun, presented at 10AM on Thursday, November 9, at the Paradise Theater. Merle Oberon glows as a lonely socialite masquerading as a maid who meets an unpretentious, plain-spoken (and very scenic) cowboy—Gary Cooper—who is unaware of her true identity. If you plan ahead, you can reserve a space for the tasty \$5 lunch that follows, catered by Sweetgrass at the Paonia Senior Center. Reservations are available starting the Friday before by calling 970.527.3435.



Thanks to our generous sponsors:



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



November Birthdays

Happy Birthday to:

(Alumni) Randy Campbell 11/15
 Tess Backhus 11/5
 Katie Gnauck 11/6
 Lynn Howe 11/9
 (Alumni) Randy Campbell 11/15
 Bernie Canape 11/23

Sarah Bishop 11/2
 Paul Douglas 11/5
 Steve Smith 11/8
 Judy Lafferty 11/9
 Bonnie Eisenberg 11/21

November Calendar

What's Happening at the Senior Center in October

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.

Book Club meets at 2pm Thursday November 7 at 2pm at Paonia Senior Center. We hope to watch the film "Our Souls at Night" and choose our next group read. Some nominees include "Proof of Heaven" and "Being Mortal." Let your wishes be known!

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! Facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457

Paonia River Park Walks every Wednesday 9am. (Start time will change during winter.) Meet at the gazebo.

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.

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

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- Nov 6, Carl Smith, new North Fork Libraries Manager; Nov 13, Delta Health "Mugs for Rugs" Fall Prevention

Thursday Lunch- Catered lunches @ Paonia Senior Center; Rio Bravo on Thursday, November 2, Sweetgrass Nov 9, Zach's BBQ Nov 16, Kathy Swartz Nov 30.



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November
2023

*Printed by High Country Printing and Graphics
Print production by John Valentine on Adobe InDesign*

A Chance for Beginners to Learn Tai Chi

ARE YOU A SENIOR CONNECTIONS MEMBER?

It's recently come to our attention that we've been doing a rather poor job of enrolling new members... for the past two years! If you have begun participating with us since 2022, you are probably not yet an actual "member" of NFSC.

Membership requires only a one-time, \$25 donation, a one-page form to be completed, and a pledge to support our goal of a welcoming, sustainable community for all. Membership includes a print edition of our monthly newsletter, delivered to your mailbox (beginning Jan, 2024), so you won't miss any of the interesting programs and events being sponsored by NFSC and other local organizations. You do not have to be a member to volunteer, to attend programs, or to receive services, but we invite you to join the NFSC community to support our organizing efforts. Link to membership form: (paper forms also available)

https://nfseniorconnections.org/wp-content/uploads/2023/10/NFSC-membership_application.pdf

The Paonia Senior Center will host a new exercise class on Thursday afternoons at 2pm. This series of six classes for beginners costs \$30; additional classes will be \$20 a month. The form can even be done while seated. Resa and Tom Wells of Hotchkiss, who have been practicing for over 14 years, are instructors for the American Tai Chi Academy. The organization's mission is to help people of all ages regain and/or maintain good health through the practice of Tai Chi and other Taoist internal arts passed on by Master Moy Linshin. For additional information go to

<https://americantaichiacademy.org/>.



You make Senior Connections work—your time, your effort, your generous contributions.

DONATE TODAY!

North Fork Senior Connections 970-527-3482 nfseniorconnections@gmail.com