

Finding Solutions to Help Seniors Age in Place

## AGING CREATIVELY is underway!

The first four Thursdays of each month feature great senior activities starting at 10AM, each followed by a healthy gourmet meal and all free of charge. Join the fun! All events except the movie take place at the Paonia Senior Center.

**October 7th:** Get moving when Phyllis Swackhamer leads GENTLE THERAPEUTIC MOVEMENT. Even if you have challenges with knees, hips, or flexibility, these movements can help rebalance muscles through strengthening and stretching. Most movements are done seated in chairs, while some standing postures use the chair for support.



**October 14th:** Senior Movie featuring Robert Taylor and Julie London in the classic 1958 western "Saddle the Wind." The film is free at the Paradise Theater for those 60+. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.



**October 21st:** Explore ART with Photo



Collage led by Mary Gndt & Elsewhere Studios. You don't need to think of yourself as an artist: folks had a great time at the first class!

**October 28th:** Mark your calendar for GAME DAY. UNO, Rummikub, Scrabble, Bananagrams, and Quirkle were big hits in September, but we have lots of other fun options, including Trivial Pursuits and Balderdash. Or bring an old favorite to share!



To reserve a healthy gourmet lunch served at the Paonia Senior Center following the activities, call (970) 527-6610 by the Friday before - meals are limited to the first 20 signups! (If you can't get through, reach out to us at NFSC.)

**Save the Date! November 6th is Service Saturday** North Fork Senior Connections volunteers, along with service groups in the community, team together to help members prepare for the change in seasons. Do you need help with raking leaves, washing windows, storing the swamp cooler or cleaning gutters? Or do you want to join the team to help members with these chores? Call us at 970-526-3482 or email us at: nfseniorconnections@gmail.com to sign up! Spend the morning helping your neighbors and we'll treat you to a pizza lunch afterwards.

**SAIL: Stay Active and Independent for Life** Isn't independence and mobility what all seniors want? The new evidence-based SAIL exercise program in the North Fork Valley can improve your strength, balance and fitness—and it's free to those over 65! Each class features warm-ups, aerobics, balance and strength exercises, stretching and education. SAIL accommodates individuals with a mild level of mobility difficulties (such as occasional use of a cane) and the exercises can be done sitting or standing (CO COVID guideline compliant).  
Hotchkiss- Mo. & Th., 10-11 am-Memorial Hall  
Paonia- Tu. & Fr., 10-11- Senior Center  
Crawford- Tu & Th., 5:30-6:30, Town Hall  
(advanced level class)

October 2021



NEWS

## Board of Directors

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## October Birthdays



### Happy Birthday to:

Tom Backhus – 10/1	Bob Sapena – 10/2
Linda Wright – 10/4	Rob O'Donnell – 10/12
Alfredo Gonzales – 10/15	Robyn Johnson – 10/15
Jenn Lukesh – 10/16	Zinnia Bender – 10/16
Jess Deegan – 10/19	Walt Wright – 10/21
Marsha Brezonick – 10/23	Judy Smith – 10/24
Cheryl Irwin – 10/25	Linda McCone – 10/26
Diana Yourell – 10/27	

**NFSC has an office!** Beginning October 4th, North Fork Senior Connections will no longer crowd Linda McCone's sewing room or Laura Lee Yates' living room. Instead you'll find one of our staff sharing the office at the Paonia Senior Center Monday through Friday from 10AM to 3PM.

Please stop by and visit the new "sitting room," borrow a book from the freshly-stocked library, or view the Friendship Quilt crafted by Connie Hodges, Linda McCone, Cyndi Landes, Janet Oja, and Laura Lee Yates.

## Calendar

**Aging Creatively!** Thursdays 10 am – Paonia Senior Center, 106 3rd St (See article for more information)

- Exercise – Oct 7 – Chair Yoga with Phyllis Swackhamer
- Senior Movie – Oct 14 - "Saddle the Wind" – at the Paradise Theater
- Art Class – Oct 21 – photo collage with Mary Gnant
- Game Day – Oct 28 – Join the fun!!
- All Activities are followed by a catered lunch at noon– reserve your spot by calling: (970) 527-6610– limited to 20!!

### NFSC Weekly River Walk

Every Wednesday at 9:00 am – first walk on June 9th at Paonia River Park. Meet at the gazebo. The new trail is open, so you can walk one mile or two while enjoying autumn weather and good company.

**Write Your Life-Memoir Writing** Wednesdays at 1:30. Contact Yuri Chicovsky at [yurichicovsky@gmail.com](mailto:yurichicovsky@gmail.com) for more information

**Senior Lunch** – call Debbie at 970-874-7661 for more information or to sign up. Mon, Wed & Fri pick-up at noon – Paonia & Hotchkiss 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](mailto:drdeeganii@gmail.com)  
 To make a reservation for a ride, call All Points Transit at 970-874-7334