

Finding Solutions to Help Seniors Age in Place

## FALL = Service Saturday!

On November 6, teams of volunteers from North Fork Senior Connections will help senior community members prepare for the cold season ahead by raking leaves, cleaning gutters, washing windows, and storing swamp coolers. All tasks will take place outdoors because of the pandemic. This fall the teams will meet at Apple Valley Park on Pan American Drive in Paonia at 8:30, and after a satisfying morning of doing good, volunteers will share stories & pizza, knowing they've made their community a better place to live: truly a win-win.



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If you'd like to be part of Service Saturday—whether you're a senior who could use help winterizing your property or a volunteer of any age who'd like to donate a morning's work—please reach out to us at North Fork Senior Connections at 527-3482, or by emailing us at [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com). Families are welcome!

Interested in a simple green burial? A conventional burial with its consumption of hardwoods, embalming fluid, concrete, and metals produces 250 pounds of carbon, while a green burial sequesters 25 pounds. Learn about the local effort to make green burial an option in the North Fork Valley at a presentation held at Paonia Senior Center on Monday, November 8, at 10AM. Please wear a mask for the safety of others.

### Green Burial

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### MOVE, JIVE, FLOURISH, AND THRIVE

As part of the Aging Creatively program @ Paonia Senior Center, Liz Bucy will lead Healthy Steps, a joyful, life-affirming exercise and movement class to music on Thursday, November 4, at 10AM. Healthy Steps is a fun fusion of simple movements and physical therapy translated into dance and exercise language, launching participants toward wellness and thriving physically and emotionally.



### It's a Mad, Mad, Mad, Mad World!

As part of the Aging Creatively program, November's free Senior Movie at the Paradise Theater in Paonia is the classic film about motorists inspired by news of a crook's hidden stash of loot who race against each other across the country to snag it. Airing Thursday, November 11 at 11th at 10AM, this "comedy to end all comedies," features an all-star cast including Spencer Tracy, Mickey Rooney, Ethel Merman & Jonathan Winters. Only those 60 and older can attend. To make a reservation for a ride to the theater call All Points Transit at 970-874-7334.



### MAKING YOUR FINAL WISHES KNOWN:

Join Hotchkiss attorney Bindi Penetta and Home Funeral Guide & Death Midwife Carolyn Ringo November 17 at 6:30 in the Paonia Library Community Room for an educational program about Advance Directives and end-of-life planning. We will have Five Wishes booklets available for \$1.50 each at the workshop



November 2021



NEWS

### Board of Directors

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### November Birthdays



#### Happy Birthday to:

Sarah Bishop – 11/2	Tess Backhus – 11/5
Kathy Baes – 11/5	A. Paul Douglas – 11/5
Katie Gnauck – 11/6	Steve Smith – 11/8
Lyn Howe – 11/9	Judy Lafferty – 11/9
Randy Campbell – 11/15	Sandra York – 11/15
Jean Flotho – 11/26	Pam Archer – 11/28

### Calendar

#### What's Happening in the North Fork Valley in November

**Stay Active and Independent for Life (SAIL)** Exercise classes Tues and Fri at 10am at Paonia Senior Center

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

- Exercise – Nov 4 – Chair Yoga with Liz Bucy
- Senior Movie – Nov 11 - “It’s a Mad Mad Mad Mad World” – at the Paradise Theater (see article)
- Art Class – Nov 18 – photo collage with Mary Gndt
- No Game Day on November 25—Happy Thanksgiving!
- All Activities are followed by a catered lunch at noon– reserve your spot by calling: (970) 527-6610– limited to 20!!

“Handling the Holidays” is a grief support event hosted by HopeWest at Maloney House in Hotchkiss on November 19th from 3-5 PM. If you or someone you know is experiencing loss this season & could use support, HopeWest offers on-going grief support through groups & individual bereavement services. Call Claire Dauwe for more info or to register for the event on Nov 19th: 970-914-2047

#### NFSC Weekly River Walk

Every Wednesday at 9:00 am – Meet at the gazebo at Paonia River Park.

**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)

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