



*Finding Solutions to Help Seniors Age in Place*

## Are You Aging Artfully?

Nobody ever said aging is easy. To make things harder, a recent Australian study discovered that “ageism may be the most normalized and socially accepted form of prejudice.” In fact, in 2021 the World Health Organization’s Global Report on Ageism found that one in two people worldwide are ageist.

Not the folks at Next50. As a private national foundation based in Denver, their organization is dedicated to creating a world that values aging. Our own North Fork Creative Coalition has received a Next50 grant that will bring free arts education to our Valley for those 50+ through a series of inspiring classes beginning in March.

“We wanted to engage the over-50 population in the Valley,” explains Jess Dervin-Ackerman, “and address their desires and needs.” Dervin-Ackerman, a potter and painter with a background in community organizing, is the new executive director of the Creative Coalition.

North Fork Senior Connections helped survey over seventy older adults in the community as to preferred topics as well as best days/times, resulting in a great lineup to kickoff the initiative. Pre-registration is required as class sizes are limited, by signing up at [northforkcreative.org/artful-aging](http://northforkcreative.org/artful-aging). The four upcoming offerings:

- **Beginning Pottery**, March 5th to 28th, Tuesdays & Thursdays, 10am -12pm at Paonia Clayworks. The four-week course taught by Summer Ester Orr focuses on hand-

building techniques creating functional objects like cups, bowls, trays, and other vessels, as well as glazing. Class includes one 25 lb. bag of clay, glazes, and firing.

- **Gentle Movement & Yoga**, March 4th - 29th on Mondays 10:15 am - 11:15 am & Fridays 9 am - 10 am at Paonia Laundromat (a great space.) Mona Linehan will help participants increase and/or maintain mobility with movements that can be integrated into everyday life. Suitable for all levels, this class helps to build strength and flexibility.

- **Watercolor**, April 29th - May 22nd, Mondays & Wednesdays 10am - 12pm at The Creamery Arts Center in Hotchkiss. Students will learn the basics of watercolor painting over 4 weeks, covering foundational techniques, color mixing and brushwork. Teacher Dione Holt has traveled the world with a sketchbook and a small watercolor kit!

- **Storytelling 101**, April 4th - May 15th, Thursdays 9:30am - 12pm at Crawford Town Hall Classroom. Gifted memoir teacher Yuri Chicovsky leads this fun and relaxed course designed to bring an added level of confidence and awareness to your storytelling repertoire. Over six weeks of once-weekly classes, explore the timeless art of storytelling. Using a fun and creative selection process, students will curate several life stories for telling in both casual and formal settings, including campfires, family gatherings, local radio, and beyond!

Lots more info on the classes and presenters can be found on the North Fork Creative Coalition website. Age artfully!

## Hitchcock Returns

Beware of sweet-talking psychopaths! March's Senior Movie on March 14 is the 1951 psychological thriller "Strangers on a Train." It's a Hitchcock classic that "starts with the shriek of a train whistle." Paonia's Paradise Theater offers these classic films at 10AM on the second Thursday of each month, and it's free to seniors, along with a complementary popcorn and fountain drink. If you need transportation, consider signing up in advance with our Neighborly Rides program—call 970.527.1735.



## New Classes at Silver Threads Sewing Club

On second and fourth Tuesdays, folks have gathered at the Paonia Senior Center to work on fabric projects together. Now we've added mini-workshops with local experts, starting March 26th at 1pm, when Linda McCone leads a session in Paper Piecing. An intricate heart will come out perfectly using this technique—you can do it! Bring your own fabric or choose from our stash. For more info, call 527.3482.



## Neighborly Rides Available for Local Seniors

Who says there are no free rides? If you need transportation to a location within Delta County, call—in advance—our new Neighborly Rides number—970.527.1735. One of our wonderful volunteers will get you there with a smile.

North Fork Senior Connections [www.nfseniorconnections.org](http://www.nfseniorconnections.org) 970-527-3482 [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com)

## 3/20 Hike on the Eagle Rock Road

Instead of our usual Wednesday hike at the Paonia River Park, we'll celebrate the first day of spring outside Hotchkiss with 360-degree scenic vistas. An easy stroll, slightly rolling, on the road that (eventually) leads to Eagle Rock offers views of the Grand Mesa, the Gunnison River, the West Elks—spectacular! Walk a mile or several—your choice. We'll meet in the parking lot of the new Chloe's Kitchen bakery (used to be Coal Train) at 10AM, and caravan. Call 527-3482 at 9AM if the weather looks questionable...

## Raise Your Voice

Local singer-songwriter Ellen Stapenhorst leads our first monthly Song Circle at the Paonia Senior Center on Tuesday, March 5 @2pm. No experience (or talent) required—just come and have fun singing folk songs with fellow elders, lyrics provided. Music heals the soul and stimulates the brain!

## CASA—Help a Foster Child

CASA stands for Court Appointed Special Advocates, and program manager Alison Huskie will be the Rotary Club speaker at the March 28 meeting @ Paonia United Methodist Church at 5pm. Find out how to help a youth navigate the foster care system—a desperate need here in Delta County.

Thanks to our generous sponsors:



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

## March Birthdays

Happy Birthday to:



John Zachman 3/2  
Julie Sapena 3/12  
Laura Major 3/26  
Jill Knutson 3/31

Norm Lewark 3/9  
Ron Hanna 3/22  
Mary Czech 3/28

## March Calendar

What's Happening at the Senior Center in March

**Path of Least Resistance Gardening** series with Master Gardener John Valentine on Mondays at 1:00, Paonia Senior Center: Mar 18: Watering for Raised Beds + seed distribution; Mar 25: Pests & Diseases.

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

**The Book Club** at the Paonia Senior Center is going strong! We gather at 2:00 on the third Tuesday of the month. Ongoing topics: March 19: (the equinox) Mortality; April 16: "True West" by Betsy Quammen, nonfiction; May 21: World War II (fiction or nonfiction) in honor of Memorial Day; June 18: Jodi Picoult (author of fiction-- "Small Great Things" is a thought-provoking read) Please call for more info.

**Silver Threads Sewing Club**, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. (See article) Facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457.

**Paonia River Park Walks** every Wednesday 10am except March 20 (see article) Meet at the gazebo. YakTrax/trekking pole recommended for winter.

**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 Me-

morial 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** @Paonia Senior Center- Mondays @ 9:30: March 11—Bonnie Eisenberg multimedia presentation for Women's History Month; March 18—Jessi Hastings leads NeuroMovement/Feldenkrais. MOVE TO IMPROVE--Awakening New Possibilities Around Limitations. Very slow, mindful, subtle movement with many variations appropriate for any age. First session will be seated in chairs. NeuroMovement/Feldenkrais awakens your brain to create new pathways to make movement freer, easier and with less effort.

**Catered lunches** @ Paonia Senior Center- No lunch 3/7, 3/14: Potluck—Bring a dish to share, 3/21; Chick-a-Pea; 3/28, 476 Eatery (Thai); \$5 donation. Sign up starts Friday before next lunch by calling 527.3435.

# North Fork Senior Connections

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P.O. Box 1738 Paonia, CO 81428



March 2024

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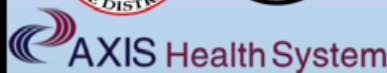
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## NORTH FORK HEALTH & WELLNESS EXPO

Saturday, March 23rd 10am - 3pm  
HERITAGE HALL IN HOTCHKISS

- SPEAKERS IN HEALTH-RELATED FIELDS
- CLASSES & DEMOS
- 30+ LOCAL BUSINESSES & ORGANIZATIONS
- FOOD TRUCKS
- GIVEAWAYS

Free & open to the public!



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