



Even Better Together: North Fork Senior Center & Paonia Senior Center Join Forces

For more than five decades, Paonia Senior Center has provided a gathering place for community elders. During the pandemic, the Center was forced to shut its doors for about a year and sadly lost several members to Covid during that time. Upon reopening to the public, a new generation of seniors began participating in Senior Center activities beside the longtime members.

In recent years the building has become a hub of activities for those over 60, hosting lively programs to keep the senior community engaged and informed: the popular SAIL exercise classes provided by North Fork EMS, a meditation group, a memoir writing group and Thursday lunches catered by local chefs as well as the previously-established M-W-F meals from Volunteers of America. We've recently added TUESDAYS@2, rotating fascinating guest presenters with a book club and the popular Song Circle spearheaded by singer-songwriter Ellen Stapenhorst.

For the past few years, Paonia Senior Center generously provided free office and program space to North Fork Senior Connections, the local non-profit that offers a variety of services and programs for seniors throughout the North Fork Valley. Both nonprofits share common goals and values, helping elders age gracefully in their own homes and within a supportive community.

After months of discussion, the boards of Paonia Senior Center and North Fork Senior Connections have decided that the needs of local

elders would be better served by formally joining forces. Therefore, we are pleased to announce to the community that, as of March 1, 2025, Paonia Senior Center (aka Paonia Senior Citizens Inc.) and North Fork Senior Connections have fully integrated our two boards of directors, our financial resources, including management of the senior center building at 106 3rd Street in Paonia, and our fundraising efforts.

Many locals already think these two non-profits, housed in the same building and providing services to the same demographic, are one and the same, so the announcement of this "merger" may or may not surprise you. But rest assured, all the exciting programs and activities will continue, with a bigger pool of volunteers and more staff hours.

Our unified senior service organization will need your ongoing support to thrive. We continually seek foundation grants to support our efforts, but we depend on local contributions to keep our programs going and to pay our dedicated staff. Your donations, large or small, enable us to sustain and expand our efforts. NFSC is a 501(c)(3) nonprofit, making donations tax-deductible.

Outreach efforts will continue to seniors throughout the North Fork Valley, utilizing volunteer Handy Helpers as well as drivers who provide free rides anywhere in Delta County through the Neighborly Rides initiative. Plans are afoot to offer new programming for Craw-



continued page 2

ford seniors—stay tuned! If you're a Hotchkiss or Crawford elder, we invite you to participate in programs and events at the Paonia Senior Center. It's a great place to find new friends, share a delicious meal, and get involved with our vibrant

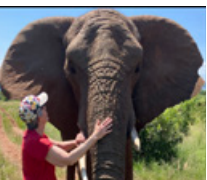
senior community.

Please join us at our celebratory **OPEN HOUSE** at the **Paonia Senior Center** on **Saturday, April 12, from 2-4**. Enjoy light refreshments, good cheer, and music by Ellen Staphenhorst and Dave Sheppard—it's a party!

Tuesdays@2 Continue!

SPRING CLEANING: As North Fork Senior Connections and the Paonia Senior Center join forces, we're making **April Fools' Day at 2pm** into an opportunity to show your love for the building at 106 3rd Street in Paonia. Help us clean the old and welcome the new. Bring your work gloves!

On **March 8th**, singer/songwriter Ellen Staphenhorst facilitates the monthly **Song Circle**. Join us to experience the joy of singing with others. No skill or talent required, lyrics provided. Always the 2nd **TUESDAY @2**. As Ellen says: "These days, any chance we get to come together in harmony is a gift."



Get a **Glimpse of Africa** when new member Jean Berman shares her recent trip to South Africa through slides and stories on **April 15th @ 2:00**.

On **April 22**, our senior **Book Club** gathers at the Paonia Senior Center to discuss great reads. This month we'll be reading **REFUGE: An Unnatural of Family and Place** by the amazing writer Terry Tempest Williams. Always the 4th **TUESDAY@2**.

Mayor of Paonia **Paige Smith** will join us on **Tuesday, April 29 at 2:00**—bring your questions!

NFSC volunteers provide free transportation for seniors within Delta County. Plan ahead and call

NEIGHBORLY RIDES!

Do you need help with a small household task? Call **HANDY HELPERS** for volunteer assistance.

(970) 527-1735

RIVER WALKS RESUME!



Spring has sprung, and it's time again to walk at Paonia River Park. We'll meet at 10:30 at the gazebo and walk the mile on the mostly-level trail beside the water in congenial company. Weather permitting.

MARK YOUR CALENDAR: SPRING SERVICE SATURDAYS!

Need assistance getting your yard ready for summer—or want to volunteer a morning helping seniors in the North Fork? Service Saturdays will be held on May 10 in Paonia & May 17 in Crawford & Hotchkiss. Call us!

Escape with a Musical!

Here's a film you might have missed: **Moonlight in Hawaii**. You can catch the 1941 American musical comedy at the **Paradise Theater** on **April 10 @ 10AM** free through the Philip Salembier senior movie series.



When a singer becomes a tour guide he leads a wealthy woman and three nieces on a tropical vacation, complete with stowaways—three members of his former band. Aloha!

April Birthdays

Happy Birthday to:

- 4/10 Bruce Woodside
- 4/21 Lynn Mattingly
- 4/27 Marilyn Wyatt
- 4/28 Kathy Thompson



- 4/17 Deborah Meyersen
- 4/25 Deborah Spiegel
- 4/28 Linda Collar
- 4/29 Ethel Short

April Calendar

What's Happening in April

IT'S A PARTY! Join us April 12 from 2-4 to celebrate the unification of the Paonia Senior Center & North Fork Senior Connections! (See lead article pg 1)

Put **TUESDAYS@2** on your calendar. Something different at 2:00 each week at Paonia Senior Center. (see article pg 2)

RIVER WALKS Resume (See pg 2)

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

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 Mondays and 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. Please call for more info/to join.

Senior Meals— Paonia Senior Center 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, Wed and Thurs, all at noon. No reservation required, to-go orders available. 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

Catered lunches @ Paonia Senior Center Thursdays @ Noon. 4/3, Rio Bravo; 4/10 Chicka-Pea; 4/17 Sweetgrass; 4/24 POTLUCK Sign up starts Friday before next Thursday's lunch by calling 527.3435, or signing up in person at the Senior Center. \$5-6 per person

Thanks to our generous sponsors:



Thanks to our generous coffee sponsor:
We appreciate your support!



North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428

Board of Directors



April
2025

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

FREE PUBLIC EVENT FOR ALL AGES!



**THIRD ANNUAL
NORTH FORK
HEALTH &
WELLNESS EXPO**

**SATURDAY, APRIL 19TH
9AM-2PM**

HERITAGE HALL IN HOTCHKISS



**NORTH FORK
EMS**



**DELTA
HEALTH**

EVENT SCHEDULE

<p>9:30am: Cindy Owen, NF EMS Paramedic, <i>Parents: What to Do During the Unexpected</i></p> <p>10:30am: Marla True-Carlson, OTR at Delta Health, <i>Functional Nutrition followed by Postural Awareness & Strengthening</i></p> <p>11:30am: Sam Traubel, Delta County Public Health, <i>West Nile Virus Prevention</i></p> <p>12:30pm: Dr. Ryan Marlin, <i>Strategies for Resilient Aging</i></p>	<p>10:00am: Samantha Thompson, <i>Keep Moving Forward Fitness, Bootcamp Class</i></p> <p>11:30am: Kids Egg Hunt</p> <p>12:00pm: Derek Udy, <i>Yoga Tree, Breathwork Class</i></p> <p>1:00pm: Liz Evans, Wellspring Vitality, <i>Imagineering Powerful Longevity in the NFV: Happy & Healthy Life to 100</i></p>
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