



## Acorns to Oaks: Crawford Gains a Senior Center!

by Laura Lee Yates for North Fork Senior Connections

“Great oaks from little acorns grow,” says the old proverb. I’d like to add that small communities offer special opportunities. The town of Crawford only recorded 403 inhabitants during the 2020 census, but it supports a robust rural population that crosses the Montrose County line. Beginning in June, North Fork Senior Connections will partner with Crawford Community Church to offer a place for elders to gather twice a month. Who knows how this endeavor will grow?

“We’re very excited to finally have a senior center in our town!” says active NFSC Board member Wanda Gofforth, formerly the mayor. “Thanks to Crawford Community Church, first and third Wednesdays will bring folks together for food, entertainment and lots of talk.” Our first event will be on June 4th starting at noon.

The addition of Gofforth to our Board has helped Senior Connections build outreach to Crawford, stimulating this joint effort with the non-denominational Community Church at 297 Dogwood Avenue. Their wonderful annex already houses a Food Pantry on Saturdays from 9-11, and the well-equipped kitchen will aid in meal preparation. NFSC plans to involve Valley restaurants and caterers to provide tasty and nutritious lunches twice a month, as well as holding occasional potlucks. Activities will include informational programs, music, and games.

Each community in the North Fork has its

own unique character, and we trust that the residents of Crawford and the surrounding countryside will make their wishes known. It’s clearly a community that values both independence and involvement. Studies prove the importance of social interaction, especially among seniors. It’s crucial that we keep our cognition sharp, our bodies active, and our hearts open. Rural communities offer delightful solitude that can easily morph into isolation. We want to represent the interests of both longtime senior residents and newcomers who haven’t yet found their place in this vibrant community.

On June 12th through the 14th Crawford will be hosting its 46th annual Pioneer Days, and we’ll be in the park on that Saturday to reintroduce ourselves and gather more input. Events at the festival include the parade, a pie baking contest, kids’ games, this year’s incarnation of the beloved melodrama—“Pillow Talk in Mattress Springs or, No Rest for the Wicked”—and culminates in spectacular fireworks over Crawford Reservoir. Don’t miss the fun!

We’re anxious to extend our Neighborly Rides initiative to more Crawford seniors in need of transportation, but this effort requires more drivers to step forward. If you’re a licensed driver with a functioning car, please consider volunteering your help. We can hook you up with RSVP through Region 10, who can cover your mileage. Lots more on that next month!

## Act Fast!

If you are a north fork senior who needs free **Service Saturday** help on 5/10 (Paonia) or 5/17 (Crawford & Hotchkiss) preparing your outdoor space for summer, or if want to volunteer, call **NFSC at 970.527.3482** ASAP.

## A Double Dose of Good Health

Mark your calendar for Thursday, May 8, when you can enjoy a nutrient-rich catered lunch at noon by the amazing Chrys Bailey (if you make your reservation in time!) followed at 1:00 by a stimulating discussion led by Liz Evans of Wellspring Vitality in Hotchkiss. Is the North Fork Valley a Blue Zone? Wikipedia defines a blue zone as “a region in the world where people are claimed to have exceptionally long lives beyond the age of 80 due to a lifestyle combining physical activity, low stress, rich social interactions, a local whole foods diet, and low disease incidence.” We’ll be brainstorming about how to increase our Health-span—join us! (No reservations required for Liz’s presentation.) All at Paonia Senior Center.



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**

## WHOOPSIE!

Last month I wrote about the resumption of our weekly River Walks along the North Fork but neglected to mention the day of the week: it’s every Wednesday, weather permitting.

We meet at 10:30 at the gazebo in the parking lot. This time of year, it’s wonderful to see the foliage



changes as the plants bud out and bloom, as well as the geese who have chosen one section of the river as their playground. Enjoy a gentle and scenic one-mile walk beside the water. Paonia River Park.

## EARTHQUAKE!

I get a kick out of Wikipedia’s description of May’s Free Senior Movie at the Paradise Theater: “a 1974 American ensemble disaster drama film.” You can be a witness on Thursday, May 8, at 10AM, when Charlton Heston, Ava Gardner, George Kennedy, Lorne Greene, Genevieve Bujold, Richard Roundtree and a cast of thousands face the Big One in Los Angeles—it will make you glad you live in Colorado... The movie is considered notable for its use of Sensurround, which had folks in theaters feeling as if they were experiencing tremors. Recover with a fabulous catered lunch by Chrys Bailey: make your reservation starting May 2 by calling 527.3435.



## May Birthdays



Jeanette Gerry 5/9  
 John Archer 5/20  
 Prema Rose 5/28  
 Rita Murphy 5/31

## Happy Birthday to:

Lindi Mereness 5/15  
 Faye Sullivan 5/23  
 Carol Wellman 5/29

## May Calendar

What's Happening in May!

Put **TUESDAYS@2** on your calendar. Something different at 2:00 each week at Paonia Senior Center. Ali Lightfoot, Director of the Blue Sage, May 6; Song Circle w/ Ellen Stappenhorst 5/13; Rebecca Hitt of Blue Dragon Apothecary on Seasonal Allergies; 5/20; Book Club reading about "Mothers," 5/27.

**RIVER WALKS RESUME** (See "Whoopsie!" 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 on hiatus awaiting instructor certification/Advanced classes continuing 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

**ASEDD, the Dementia caregivers support group**, meets in person at Hotchkiss town hall, 2nd and 4th Wednesdays at 1:30.

**Catered lunches** @ Paonia Senior Center Thursdays @ Noon 5/1 Flying Fork; 5/8 Chrys Bailey; 5/15 AP Catering; 5/22 Clemie Bouton; 5/29 Berg Harvest. Reservations required—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!

## Board of Directors



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- Laura Lee Yates, Program Manager

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## Meals on Wheels Available for Paonia!

The Meals on Wheels program has four spots for eligible Paonia residents over 60 years of age, featuring their improved menus delivered to your door. To check eligibility and sign up call Debbie at 874.7661.

Volunteers are love in motion



Are you a senior who needs help—  
or do you want to lend a hand?

## North Fork Senior Connections SERVICE SATURDAY

In Paonia: Sat. 5/10

In Hotchkiss & Crawford: Sat. 5/17

9am-1pm

In Paonia: Meet @ Apple Valley Park

Hotchkiss: Meet @ Fairgrounds Crawford: Meet @ Library parking lot

**MAKE A DIFFERENCE!** Help older adults age in place. Volunteers needed to help with seasonal chores (preparing flowerbeds, washing windows, installing swamp coolers, etc.) Lunch included! Wonderful family service activity. And

**SENIORS:** Don't hesitate—let your community neighbors help out! To volunteer, receive assistance, or for info: **970.527.3482**  
[info@seniorconnections@gmail.com](mailto:info@seniorconnections@gmail.com)

