



Onward Undaunted!

by Laura Lee Yates for North Fork Senior Connections

If you're feeling your age, take inspiration from Lynne Bear, the 2025 Grand Marshal of the Cherry Days Parade on the Fourth of July. Delivered by a Paonia midwife on July 24, 1927, Lynne will be 98 years old when she rides down Grand Avenue. Though she's also lived in Utah, Missouri (during the Depression) and Alaska, Lynne is a bone-deep local with heartfelt appreciation of her hometown.

Lynn's first husband sought a railroad job in the 49th state, but the lure of Paonia was too strong and Lynne returned without him. She struggled to find a job until she heard the Purple Cow Café needed a dishwasher; in typical Lynne style, she took over when the business came up for lease and divorced her absent husband.

One of the customers took to drinking a LOT of coffee and following Lynne around the Purple Cow. Charley Bear was a Somerset native who'd opened Bear Coal Company with his dad in 1930. Lynne and Charley married, and I suspect he was a fitting partner for such a dynamo. One day in 1967 he appeared at the restaurant and said he wanted to buy Paonia's movie theater.

"Don't you dare!" Lynne warned.

But the next day he announced it was a done deal. If you go online, you can view an old playbill for Bear's Theater, advertising films like "Tom Sawyer" and "The Man Who loved Cat Dancing," with adult admission at one dollar and twenty-five cents. When the couple sold the theater, it was renamed The Paradise and Lynne attended beauty school, preparing for her next enterprise as Grand Avenue Hair Designs de-

spite a return to Alaska and a commercial salmon fishing boat.

Don't think it's all been easy. Lynne Bear is a cancer survivor, has dealt with hereditary eye problems since birth, broke both elbows, and then a femur: "I wondered if that might be the end..." But Lynne describes herself as stubborn (and all who know her would certainly agree) and just "keeps looking forward. You have to think positive."

When she turned 60 Lynne got involved with the Paonia Senior Center, where she and Charley were regular attendees of the lunches. After Charley declined, Lynne became his caregiver until Paonia Care and Rehab took over and Lynne began to volunteer at the Senior Center. At age 87 she became the president: "Okay, I'll do it for three years!" She continued in that role until last year (then age 97) and still volunteers, helping serve our catered Thursday lunches.

Lynne grew up in the Church of Jesus Christ of Latter Day Saints and says: "three-quarter of what keeps me going is the Church—and the rest is that plain old stubbornness." She's proudest of her son Jeff and has three grandchildren and six great-grands. Lynne still drives locally and is grateful for her sharp mind—"though I wasn't that good in school..."

Watch for Lynne in the Cherry Days Parade—she'll be the one in Judy Anderson's red convertible, wearing a big smile, white curls, and a star-studded blouse. And don't forget her advice: "Make every day important, don't worry about the little things—and think positive!"

See photos on page 4!

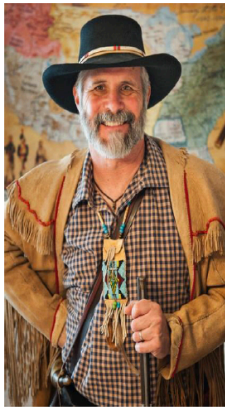


Wednesday July 2
Crawford Senior Center
presents



The History of Zebulon Pike in Colorado

Known for the mountain peak that bears his name, the story of Zebulon M. Pike is a little-known part of Colorado history. Follow Pike and his band of 'Rascals' as they travel the southwest through Colorado, into New Spain, and back to the United States on an expedition full of adventure, international intrigue, and hardship.

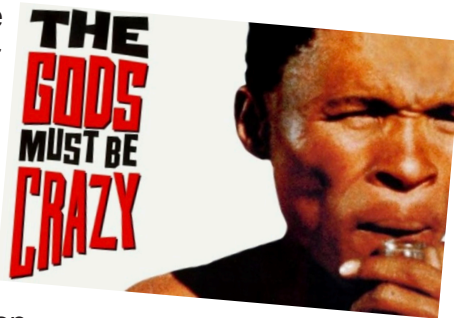


Presenter Todd Weber brings Western history to life—don't miss this exciting free opportunity at 1:00 on 7/2 at Crawford Community Church. Lunch at noon available by reservation to seniors—call Wanda at [\(970\) 399-7617](tel:9703997617) no later than Monday, 6/30. \$6 donation



Don't Miss This Show!

Maybe it doesn't sound funny, but trust me, it's great. "The Gods Must Be Crazy" is a 1980 comedy film set in Southern Africa, starring a hunter-gatherer who tries to return a Coca-Cola bottle to the gods. The Paradise Theater will be screening this wonderful free Senior Movie on Thursday, July 10, at 10AM, thanks to the sponsorship of Mike & Patty Cannon. Have a film you'd like to see presented on the big screen? Call Jay Canode, the Interim Executive Director, at 970-799-8918, and maybe he can make it happen!



Let's Keep Our Brains Sharp!

Brian Peters and former NFSC Board member Jess Deegan will educate us about Dementia and how it can affect YOU on Tuesday @2, July 1. Cognitive decline is a growing concern—take action!



**Awareness
Support
Education
Dementia
Delta**

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

July Birthdays



Lee Pruett 7/2
Betsy Marston 7/6
Lynn Wetherell 7/18
Nancy David 7/22

Happy Birthday to:

Larry Ribnick 7/4
Mary Bachran 7/18
Lynn Mattingly 7/21

July Calendar

What's Happening in July

Put TUESDAYS @2 on your calendar. 2pm each week at Paonia Senior Center. 7/1 Dementia (see article pg. 2); 7/8 Song Circle w/ Ellen Stapenhorst; 7/15 Breathe to Save Your Life (see article pg 4); 7/22 Book Club will discuss novel "Remarkably Bright Creatures"; 7/29 Kelly Jones NL-EP on Equine-Assisted Therapy.

RIVER WALKS now on Thursdays at 9AM led by a volunteer. Meet at the Gazebo in River Park parking lot and enjoy congenial company. 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, 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/

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. 7/3 Flying Fork; 7/10 Berg Harvest; 7/17 Chrys Bailey; 7/24 Clemie Bouton; 7/31 AP Catering. Reservations for catered meals 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

CRAWFORD SENIOR CENTER meets 1st and 3rd Wednesdays at noon at Crawford Community Church. For lunch reservations (required) call Wanda Gofforth 970.399.7617. See poster on pg 2 for July 2 Program. July 16 features singer/songwriter favorite Ellen Stapenhorst.

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



July
2025

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

2025 Paonia Cherry Days Grand Marshal
Lynne Bear and great-granddaughter
Armanda Branning



A favorite example of Lynne Bear's many paintings.



Back by Popular Demand!

As requested by many who attended his first offering, Derek Udy will present three more sessions here at the Paonia Senior Center of his "Breathing to Save Your Life" classes. He will be on hand for 3 Tuesdays @2: July 15, August 5, and August 19. Derek will be teaching basic breathing mechanics, the how, what, when and where of breathing and how to apply to daily life for maximum benefits. Class will only last 45 minutes, so be ready to start by 2pm! By donation.



BLUE RAVEN
WELLNESS