



What Does “Senior Citizen” Mean —and Why Seniors Matter More Than Ever

You’ve probably heard the term senior citizen plenty of times. It usually refers to adults age 60 or 65 and better, depending on the situation. These days, many people prefer older adult—but whatever the label, one thing is clear: seniors are a big deal in our communities!

Today’s seniors are often active, involved, and full of life. Many volunteer, help care for family members, and share their wisdom through friendship, storytelling, and mentorship. They keep traditions alive, lend a helping hand, and make neighborhoods stronger just by being part of them.

Seniors also have a powerful voice. Older adults vote, advocate for what matters, and help shape policies that affect healthcare, housing, and community services. Economically, seniors contribute in important ways too—whether by continuing to work, supporting local businesses, or giving their time and talents through volunteer service.

“And now let us welcome the new year, full of things that have never been” Rainer Maria Rilke

And let’s not forget the heart part. Seniors bring warmth, humor, perspective, and a deep understanding of what truly matters in life. Communities are richer, kinder, and more connected because of them.

That’s where our Senior Centers come in!

We’re here to celebrate all of this—and to offer a place to connect, learn, laugh, enjoy good food, and belong. Whether you’re interested in games, classes, special events, volunteering, or just good conversation and coffee or tea, there’s something here for you.

If you haven’t been here in a while, or ever, we invite you to join us! Come try an activity, meet new friends, and be part of a welcoming community that values you and everything you bring. We’d love to see you at one of our North Fork Valley Senior centers soon! (Paonia, Crawford, Hotchkiss)



Donna Saunders takes the mic at a Crawford lunch



8th graders who chose seniors for their Gratitude Project

Two Winter Soup Opportunities

1) Souper Tuesdays with Anthony

Chef Anthony Reichenbach will be serving soup and bread on the 1st and 3rd Tuesdays of the month at the Paonia Senior Center. Suggested donation is \$2-3 each time. Volunteers needed to set up, break down and wash bowls - call or sign up at the Paonia Senior Center, 970-527-3435. No reservations are required, just show up.

- January 6: Cuban Black Bean Soup with chive creme fraiche (not spicy)
- January 20: French Onion Soup with parmesan crostini

2) VOLPS Winter 2026 Senior Soup Program

Do you know seniors who could benefit by having a quart of soup delivered twice monthly? We are especially trying to reach people who could use a little help with food and those who are home-bound.

Chrys Bailey and her team are offering organic, locally sourced soups and stews delivered 2nd and 4th Wednesdays, Jan-May.

Our soups are gluten-free, dairy-free, and suitable for all diets.

This is a free program especially for those needing it to be, and, donations are welcome.

For those able to pay, suggested donation is \$10/

soup. For anyone willing to sponsor another and receive soup themselves \$20/soup or \$40/month Do you want to be part of the team making this happen? Needed are:

- Kitchen help on the 2nd and 4th Tuesdays each month at the Trading Post
- Transporting jars to the Paonia Senior Center Wednesday mornings, labeling them and boxing them for drivers
- Picking up a box and delivering jars (drivers are needed for Paonia, Hotchkiss and Crawford) and bringing the empty jars back to the Paonia Senior Center
- Alternate drivers who can be called if a regular driver is indisposed

Sign up or help others sign up or volunteer by texting or calling Rylee at 303-638-6727.

Provide your name, address, phone number, email, and dietary considerations, or the job you wish to volunteer for.

January dates are:

- Tuesday 13/Wednesday 14
- Tuesday 27/Wednesday 28

Kitchen volunteers on Tuesdays:

- 9:30-12:30 or 1:30-4:30 - light lunch provided for both shifts 12:30-1:30

At the Paonia Senior Center on Wednesdays

- 9:30-11:00 to pack up
- 10:30 drivers pick up for deliveries

Do you like to play bridge?

Call or email Jeff at 303-981-2814 or

jeffbrothers@gmail.com to arrange a day and time to meet at the Paonia Senior Center.



Thank You to Our Donors:

Colorado Gives donors and others: David Inouye, Elena Goldstein, Lawrence Ribnik, Anne Pulley, Marsha Brezonik, Paula Martin, Brad Thacker, Lori Armstrong, Lindsay Cusack, Sue Lombard, Meg O'Shaughnessey, Nancy Knight, Linda Laks, Robert Norway, Judy Laferty, Sally Zeman and Anthony Reichenbach.

Neighborly Rides

Free transportation for seniors, within Delta county, for medical appointments, grocery shopping and other errands. Call 970-527-1735, several days in advance, to schedule a ride, or to request a driver application.

Thank You to Our Donors:

Major donors Western Colorado Community Foundation, Trish Meyer and the Delta Messianic Assembly,



**Western
Colorado
Community
Foundation**

January Calendar

Dementia Caregivers Support Group - 2nd & 4th Wednesdays at 1:30 Hotchkiss Town Hall (sponsored by ASEDD - Awareness, Support, and Education about Dementia for Delta County)

Meditation - Thursdays 9-10 am. Meg O'Shaughnessy facilitates the Weekly Meditation Circle. All are welcome! Paonia

Riverwalks - Thursdays at 9 am. Meet at the Gazebo in the Paonia River Park parking lot

Stay Active & Independent for Life (SAIL)

- Mon & Thurs 9:30-10:30 Hotchkiss Memorial Hall

- Monday 10-11 Crawford Town Hall

- Tues & Thurs 5:30-6:30 - Advanced Classes - Crawford Town Hall

- Tues & Fri 8:45-9:45 & 10-11 Paonia Senior Center

Senior Meals at Noon

- Mon, Wed & Fri - Volunteers of America Lunch (dine in or pick up) - for info call Debbie at 970-874-7661 Paonia

- Tues, Wed & Thurs - Hot meals cooked and served at the Hotchkiss Senior Center - no reservation required; to go orders available. 970-872-3494

- 1st & 3rd Tuesdays - Souper Tuesday in Paonia with Anthony Reichenbach \$2-3 donation (no reservations needed)

- January 6 - Cuban black bean with chive creme fraiche (not spicy!)

- January 20th - French onion with parmesan crostini

- 1st & 3rd Wednesdays - Crawford Senior Center - for reservations contact Wanda at 970-216-6345 or wgofforth@gmail.com \$6 donation

- January 7 - potluck (come even without a dish!), program TBA

- January 21 - AP Catering, program TBA

Thursdays catered lunches in Paonia - sign up between Friday - Monday by noon, in person, or call 970-527-3435, \$6 donation - correct change appreciated (if you need to cancel, please call)

- January 8 - AP Catering

- January 15 - TBD

- January 22 - Clemie Bouton

- January 29 - Sweetgrass

Shakespeare Discussion Group - Tuesday January 20 at 6 pm: "The Tempest", an island fantasy about loss, revenge, love and forgiveness. Read the play or watch a film, then come talk about it! 3rd Tuesday of each month. Paonia

Tuesdays at 2 Paonia

- January 6 - Breathe to Save your Life with Derek Udy, by donation

- January 13 - Song Circle with Ellen Stapenhorst

- January 20 - Jill & Dave's Fabulous Alaskan Adventure - Last June, Jill, Dave, and their dog Maya embarked on a 9,200 mile meander through British Columbia, Alaska, the Yukon and the Canadian Rockies. They will share photos and maps of their travels, and you can guess in advance their favorite towns and parks.

- January 27 - Book Club - "Your Favorite Book of 2025"

Write Your Life - Memoirs - Wednesdays at 1:30 Please call for information or to join Paonia

North Fork Senior Connections Board Meeting - Tuesday, January 13 at 11:30 Paonia

Thanks to our generous sponsors:



We appreciate your support!

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428

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Friends from Paonia K-8.

Above: 8th graders helping Michael Hall with a challenging puzzle,

Right: Jodi Simpson's kindergarteners making cards for seniors

