

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

**News
August
2026**



Cooling Space

**NEED A PLACE TO COOL OFF?
ON EXCEPTIONALLY HOT DAYS,
CONSIDER SPENDING A FEW HOURS AT
OUR LOCAL AIR-CONDITIONED
PAONIA SENIOR CENTER
1:00PM - 4:00PM MONDAY - FRIDAY**

Our Mission

North Fork Senior Connections exists to ensure that, as we age, we do so with connection, dignity, and purpose. We support older adults in the North Fork Valley by offering opportunities for meaningful engagement, personal growth, and the ability to age in place in community.

**Neighborly Rides 970-527-1735
Volunteer to Drive or Call in Advance For a Ride**

**NFEMS Job Opening For Crawford
Paid S.A.I.L. Exercise Class Instructor.
Contact Katie 970-201-3423 or
khedley@nfems.com**

CRAWFORD SENIOR CENTER

**Catered Lunches
1st and 3rd Wednesday
of each month
Served at Noon
\$6 - \$10 Donation Accepted**

**To make a reservation call Wanda
at 970-216-6345 or
wgofforth@gmail.com**

PAONIA SENIOR CENTER

**Catered Lunches
Every Thursday at Noon**

**To make a reservation for Lunch
Call 970-527-3435 Before
Tuesday at noon.
\$6-\$10 for meal.**

HOTCHKISS SENIOR CENTER

**Home Cooked Meals
Served Every
Tuesday, Wednesday, Thursday
at Noon
For Reservations
Call 970-872-3494
\$4-\$6 Donation Accepted**



P.O Box 1738, Paonia, CO 81428

Calendar of Events

See Calendar for full
Schedule

Printed by High Country Printing and Graphics

New Programs in Paonia

- Thursday, August 13, 4:30 High Tea Book Club at Poulas Park. Bring a favorite book to share that touches on aging, caregiving, grief, spirituality, legacy, hospice, resilience, or the meaning of a well-lived life. Tea and snacks provided. Co-sponsored with Wild Sage Natural Burial
- Tuesday, August 17, 2 pm Inside Vietnam with Elaine Brett - "For me, Vietnam was a memory of the 1970s—a time of war that shaped my political and philosophical views. Join me on a journey fifty years later to discover a land of resilience, deep culture, warm hospitality, and timeless, magical beauty, where a country profoundly affected by foreign occupation has chosen to move forward."
- Thursday, August 20, 3 pm Dave Shepard: Singer/songwriter/guitarist Dave has been a solid veteran of the music scene in the North Fork Valley, playing jazz for 30 years.
- Monday, August 24, Kids Pasta Project Dinner details TBA
- Thursday, August 27, 2-3:30 pm Heart Meets Canvas with Ronna Webb - You're warmly invited to explore symbolic art as a path to relaxation, self-expression, and renewal. With gentle guidance, discover the healing power of creating freely—no artistic skill or experience needed. Donations for materials are welcome.

**Thanks to our generous sponsors:
We appreciate your support!**



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150 Gunnison River Drive,
Delta**