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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

www.ntsniiorconnections.org * nfsniiorconnections@gmail.com
970-527-3435



SERVICE SATURDAY

- Paonia October 24,
- Hotchkiss & Crawford, November 7
- Call to volunteer
- If you are in need of help please call us and we will get you on the list

Neighbors Helping Neighbors Across the Valley!

- Our highly anticipated Service Saturdays are held twice a year across Paonia, Crawford, and Hotchkiss!
- This community-wide effort brings together enthusiastic teams of volunteers to assist local senior with essential seasonal property maintenance, such as raking leaves, clearing walkways, washing windows, and prepping homes for the changing seasons.
- Whether you want to roll up your sleeves and give back, or if you are an older adult who could use a helping hand around the yard, we want to hear from. Call 970-527-3435

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

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970-527-3435

OCTOBER NEWSLETTER 2026

OCTOBER MEAL SCHEDULE

CRAWFORD SENIOR CENTER

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

- October 7: Taco Hut
- October 21: Boardwalk
- To make a reservation with Wanda 970-216-6345 or wgofforth@gmail.com

PAONIA SENIOR CENTER

Catered Lunches
Every Thursday at Noon
To make a reservation for Lunch
Call before Tuesday at noon.
Call 970-527-3435
\$6-\$10 donations accepted

Oct. 1: Rio Bravo
Oct. 8: Sweetgrass
Oct. 15: Clean Kitchen
Oct. 22: Holy Smokin BBQ
Oct. 29: Clemie Bouton
Souper Tuesdays: October 6 and
20. Donation: \$2-3
No reservation needed for Soup

HOTCHKISS SENIOR CENTER

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

WHY VOLUNTEER?

Volunteering offers meaningful opportunities to connect with others, build skills, and strengthen the community. Whether contributing time occasionally or on a regular basis, volunteering benefits both those receiving help and those giving it. Key benefits of volunteering:

- Provides Purpose - Helping others can bring new meaning, especially during life transitions
- Builds Community - Encourages connection and deeper civic engagement.
- Creates Friendships - Offers opportunities to meet new people and strengthen relationships.
- Boosts Social Skills - Develops communication, teamwork, and active listening.
- Improves Confidence - Contributing to worthwhile efforts fosters pride and fulfillment.
- Teaches Skills - Provides hands-on experience and transferable abilities.
- Opens Opportunities - Expands networks and potential career pathways.
- Adds Enjoyment - Encourages exploration of interests while giving back.
- Supports Well-being - Helps reduce stress, improve mood, and lessen isolation.
- Encourages Growth - Builds resilience and problem-solving skills through new experiences. Volunteers play a vital role in helping individuals remain independent and connected, while also contributing to a stronger, more vibrant community for all!

Thanks to our generous sponsors:
We appreciate your support!



KIDS PASTA PROJECT

www.nfseniorconnections.org * nfseniorconnections@gmail.com * 970-527-3435

PROGRAMS AND ACTIVITIES

PAONIA SENIOR CENTER

MONDAY OCTOBER 12, 2:00PM HEART MEETS CANVAS

TUESDAYS 2 P.M.

- OCT. 6 - BREATHE TO SAVE YOUR LIFE WITH DEREK UDY
- OCT. 13 - SONG CIRCLE WITH ELLEN STAPENHORST
- OCT. 27 - BOOK CLUB - TOPIC: "SUSPENSE"
- OCTOBER 20 2:30PM THRESHOLD WEAVERS A CAPPELLA CHOIR

TUESDAY 5 PM

- OCT. 20 - SHAKESPEARE BOOK CLUB - RICHARD THE 2ND

THURSDAYS AT 3 P.M.

- OCT. 8: LOCAL AUTHOR BARBE CHAMBLISS, THREE STORIES OF PEACEMAKERS
- OCT. 22 & 29 DONA WILLOUGHBY, UNSCRIPTED FUN OR THE SCENE AND HEARD CIRCLE - THEATRE GAMES
- OCTOBER 28, 9 A.M.-NOON: SENIOR NAIL CARE WITH ARRHYA LONG. CALL FOR A RESERVATION.
- TUESDAY & FRIDAY, 8:45 & 10 A.M. S.A.I.L. EXERCISE
- WEDNESDAY, 9 A.M. WALK - MEET AT TEEN CENTER IN PAONIA
- 2ND WEDNESDAY, 9 A.M.-NOON SENIOR HAIRCUT DAY WITH TERBO. CALL FOR APPOINTMENT.
- WEDNESDAY, NOON MEMOIR CLASS
- THURSDAY, 9 A.M. WEEKLY MEDITATION CIRCLE
- 2ND & 4TH THURSDAY MAHJONG: BEGINNERS AT 1 P.M.; GAME AT 2 P.M.
- RONNA WEBB ARTIST FOR OCTOBER & NOVEMBER (MIGHT YOU BE NEXT?)

FOR INFORMATION ABOUT PROGRAMS, MEALS, VOLUNTEER OPPORTUNITIES, OR ASSISTANCE, CALL NORTH FORK SENIOR CONNECTIONS AT 970-527-3435. REQUEST OUR E-NEWSLETTER AT NFSeniorConnections@gmail.com

HOTCHKISS MEMORIAL HALL

- MONDAY & THURSDAY, 9:30 A.M. S.A.I.L. EXERCISE

HOTCHKISS SENIOR CENTER 970-872-3494

- 2ND & 4TH WEDNESDAY, 1:30 P.M. DEMENTIA CAREGIVERS GROUP
- 1ST TUESDAY SENIOR NAIL CARE WITH ARRHYA LONG DONATIONS ACCEPTED

CRAWFORD TOWN HALL UPSTAIRS COMMUNITY ROOM

- MONDAY & WEDNESDAY, 9:30 A.M. S.A.I.L. EXERCISE

All details regarding our meal schedule are listed on Page 1

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