North Fork Senior Connections

*Finding Solutions to Help Seniors Age in Place*

PO Box 1738
106 3rd St.
Paonia, CO 81428

## SPECIAL ANNOUNCEMENT

**WE ARE HONORED!
NORTH FORK SENIOR CONNECTIONS
2026 NON-PROFIT OF THE YEAR!**

**North Fork Valley Chamber of Commerce**
**We are incredibly grateful for this recognition and share this honor with our wonderful seniors, volunteers, donors, staff, and community supporters. Thank you for making our mission possible! This award belongs to all of us!**




SERVICE SATURDAY
THANK YOU FOR ALL THE VOLUNTEERS
THAT MADE 2026 FALL SERVICE SATURDAY
A HUGE SUCCESS

Printed by High Country Printing and Graphics
Newsletter production by Cally Gallegos

From the NFSC Board of Directors
Due to budgetary concerns, and at the request of the NFSC board, Jean has agreed to take 12 days off of work during the month of December.
Paying our dedicated staff is our single biggest expense; almost every dollar we raise from the community goes to staff. If our Fall Fundraising drive is successful, we will not have to furlough any staff in the coming year. Your support at this critical time is much appreciated.

Wanda Gofforth, President
Bonnie Eisenberg, Vice chair
Brad Thacker -Treasurer
Paula Martin
Mark Sullivant
Carol Jacques
Betsy Marston

## Fundraising Campaign

To kick off our Fall fundraising campaign, we have received generous gifts from two local foundations: West Elk Community Fund and Marston-Lehmann fund. We are grateful for this show of support from our local community to help us reach our $30,000 goal.
Through the Paonia Senior Center and our outreach programs in Crawford, North Fork Senior Connections offers older adults throughout the valley opportunities for social connection, nutritious meals, personal growth, transportation, and services that help them age with independence and dignity. We want to continue to offer senior center programs free of charge, so that everyone will feel welcome to participate. But we can only do so if we have financial support from the senior community we serve.
Your contribution, a one time gift, monthly donations, or a few dollars in the "Donations Can" when you attend a program, is essential to sustaining the Paonia Senior Center. Together, we can ensure that aging in place in the North Fork Valley means living with connection, dignity, and purpose.
To make a donation,
Send your check to NFSC, PO Box 1738, Paonia, CO 81428,
Drop off your gift next time you attend a program at the Paonia Senior Center
Visit our website at: nfseniorconnections.org to contribute via credit card.

Your participation makes our programs worthwhile;
your support makes them possible



# DECEMBER 2026

## CRAWFORD

Catered Lunches
1st and 3rd Wednesday
12:00
$10 Donation Accepted

- December 2 - Taco Hut
- December 16 - Boardwalk

For reservation call Wanda
970-216-6345 or
wgofforth@gmail.com

## PAONIA

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

- December 3 - Rio Bravo
- December 10 - Chrys Bailey
- December 17 - Sweetgrass
- December 24 - No Lunch
- December 31 - No Lunch

- Souper Tuesdays Dec. 1st, 15th & 29th

Donation: $2-3
No reservation needed for Soup

## HOTCHKISS

Home Cooked Meals
Served Every
Tuesday, Wednesday, Thursday
at Noon
970-872-3494
$4 donation,
if you can give more that's ok,
every dollar helps us serve you

## Celebrating the Generosity of Our Sponsors

**Thank You**
**We appreciate your support!**

THANK YOU, CLAUDIA KING!
A big thank-you to Claudia for organizing our library! We invite everyone to stop by, browse the shelves, and find a good book to enjoy. There's something for everyone!
Thank you, Claudia, for making our library shine!

**With Grateful Appreciation to Those Whose Generosity Makes This Newsletter Possible**

**SAIL (Stay Active & Independent for Life)**
·Crawford: M & W 9:30-10:30
Crawford Town Hall (upstairs)
·Hotchkiss: M & Th 9:30-10:30
Memorial Hall
Paonia Senior Center
·Paonia: T & F
8:45-9:45 and 10-11

·Paonia VOA Meals
Monday,Wednesday,Friday at noon
VOA, call Debbie for info
970-874-7661, ext 102

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




·Programs for December

Wednesday, Dec 2, 2-4 pm Village to Village – A Woman's Journey Through the Decades with Katja Grace: Slideshow presentation of traditional hand weavers from Indigenous villages in the Ecuadorian Andes and the Guatemalan Highlands (Fair trade textiles available for suggested donation)
· Thursday, Dec 3, 2-4 pm Deck the Senior Center with Sandra Chetnik-Norris on piano and her daughter Rebecca on violin
· Thursday, Dec 10, 1:30-2 pm North Fork School of Integrated Studies Band will play for us after lunch
· Monday, Dec 14, 2 pm Heart Meets Canvas with Ronna Webb, a fun, relaxing time of doodling or drawing with colorful markers
· No Shakespeare Club in December
· No Book Club in December

Tuesdays at 2
1st Tuesday Breathwork with Derek Udy (donation)
2nd Tuesday Song Circle with Ellen Stapenhorst
4th Tuesday Book Club
3rd Tuesday 5-6:30 Shakespeare Club

2nd Wednesday Senior Haircuts with Terbo 9-12 (call for reservation)
4th Wednesday Toenail Care with Arryha Long 9-12 (call for reservation)
Wednesdays noon Memoir Group
2nd and 4th Wednesdays Dementia Caregiver Support Group

Thursdays 9 Meditation
2nd and 4th Thursdays Mahjong 1-3 All levels welcome, Beginners come at 1

**Paonia Souper Tuesdays**

- Dec 1 Split Pea with Ham
- Dec 15 Potato Leek with chive sour cream
- Dec 29 French Onion with Swiss cheese crostini (this is an extra day)

Anthony, thank you for the wonderful soups you generously donate to our seniors! Your kindness warms more than just their hearts and bellies. We are so grateful for you and your continued generosity!

