

High Country Connections

A Grand Seniors monthly newsletter



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Stepping On

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Kremmling Wellness Center

August 6, 13, 20, 27, Sept. 3, 10, 17

RSVP: terry@mountainfamilycenter.org

(for those who can't make Kremmling class, we plan to offer Granby class in Fall or Spring)

- FREE, evidence-based class proven to reduce risk of falls
 - Simple and fun balance and strength training
- Identify the role vision, medications and footwear play in helping you keep your balance
- Regain confidence if you've had a fall in the past!

Grand Seniors Team

Helen Sedlar
Executive Director

Susan Hamilton
Transportation Manager

Terry Sidell
Program Manager

Linda Crane
Program Specialist

Drivers:
Helen Brossart
Andy Cuff
Christine Fagan
Mike O'Donnell
Joanie Wojick
Stacy Maalikulmulk
Kim Long

Mountain Family Center
970-557-3186
480 E. Agate St. Suite 1C
PO Box 438
Granby, CO 80446

**Grand Seniors
Transportation Center**
970-887-3222
129 N. 3rd St
PO Box 42
Granby, CO 80446





AUGUST FLOWER

Gladiolas!

GRAND SENIORS HAPPENINGS:

SHOPPING TRIPS

Every Friday we take folks to City Market. Ride originates in Kremmling at Silver Spruce Senior Housing, stops at Granby Senior Center and then continues on to City Market. A \$3 donation is appreciated, but not required.

Please call the office if you are interested in this trip, at 970-887-3222.

AQUA FITNESS

Grand Seniors provides transportation to the Grand Park Rec Center on Mondays and Wednesdays for Senior Aqua Fitness at 9:15am (van leaves the Granby Senior Center at 8:30am).

FITNESS MATTERS

Get fit at Mountain Life Fitness. Classes are every Tuesday at 10:15am for folks 60 and over. Cost is \$5 per person, per class.

FLASH FITNESS

Join Senior Fitness Certified instructor, Terry, for a quick 45 minute workout before lunch at Granby Senior Center.

Aug 1st & 15th, 11-11:45am.

Call 970-557-3186 to register!

FUNDRAISER

ACE Fundraiser a SUCCESS!



Thank you to Country Ace Hardware, and all who supported our Grand Seniors hot dog fundraiser! The event was a success, raising over \$500 that will be used to subsidize the cost of future outings and activities. Stay tuned for upcoming fundraisers, or if you have a fundraiser idea, email terry@mountainfamilycenter.org!

SENIOR OUTING

What fun at the Rockies game!



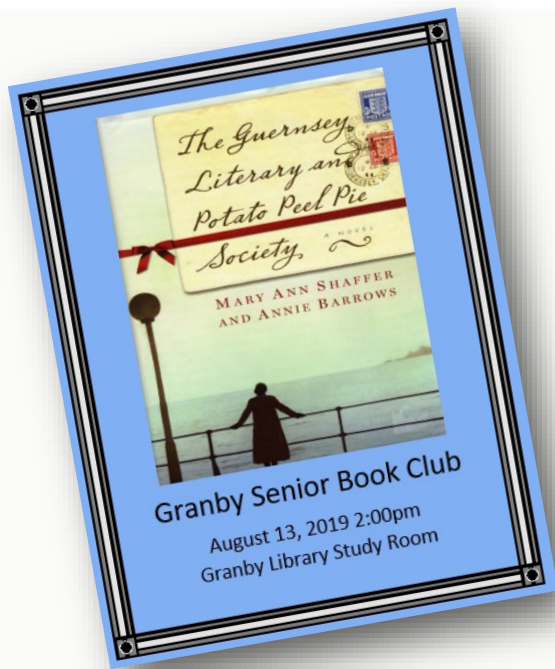
DONATION REQUEST

Coolers Needed!

If you have a 50-70 quart cooler, in good condition, that you'd be willing to donate, please let us know!

Contact Terry at 970-557-3186 or terry@mountainfamilycenter.org.





SENIOR BOOK CLUB

Community members, like you, are the nucleus of this book club! It was designed to give readers a place to discuss books which make us laugh, remember, and look forward to turning another page. All adults are welcome to join this discussion group. Books can be checked out at your local libraries.

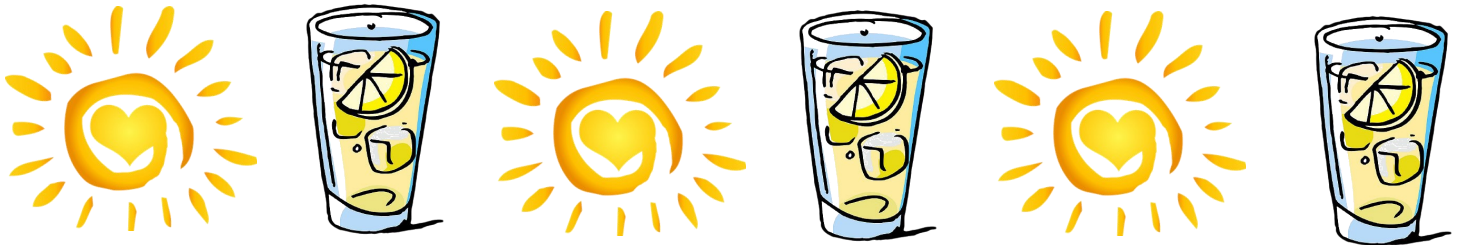
Please join us **August 13th at 2pm** in the Granby Library Study Room for a discussion of this month's endearing tale...

The Guernsey Literary and Potato Peel Pie Society

By: Mary Ann Shaffer & Annie Barrow

HEALTH AND WELLNESS CORNER

Summer Hydration



Summer provides many opportunities to enjoy the great outdoors from picnics to barbeques, outdoor concerts to beach trips. However, summer also presents an increased risk for dehydration. Older adults are especially vulnerable to dehydration and heat stroke. Taking extra steps to stay hydrated during the summer is important!

How Much Liquid Do You Need During the Summer?

The Centers for Disease Control recommends adults consume 48–64 oz of fluid each day. If you are outdoors in the heat, you should consume even more. Fluid can come in the form of juices, soup, water, and milk. While sodas and coffee are liquids, many health professionals say they shouldn't be counted in your daily total. If they contain caffeine, they can actually increase the risk for dehydration.

Warning Signs of Dehydration

It's also important to learn warning signs that could indicate the early stages of dehydration. They include: confusion, dry mouth, fatigue, headache, dizziness, and muscle weakness.

Tips for Improving Hydration

These tips can help seniors stay hydrated:

1. Drink a few glasses of water or juice with every meal.
2. Instead of taking a few sips of water with medication, drink a full glass.
3. Make water more appealing by adding lemon, lime, berries, cucumbers or sprigs of mint or rosemary.
4. Invest in several stainless steel water bottles or small thermoses to refill and reuse throughout the day.
5. Keep handy a list of water-rich fruits and vegetables to incorporate into meals and snacks. Melon, berries, cucumber, celery, bell peppers, oranges, spinach, and romaine all pump up hydration.
6. Drink a bottle or glass of water before and while you exercise.
7. Wear a hat that shields the face to keep your body temperature lower, reducing the risk for dehydration.

SUMMIT COUNTY GARAGE SALE

AUGUST 9TH, \$5.00
DEPART SENIOR CENTER @ 8:30AM
2 HOURS FOR SHOPPING
NO LARGE PURCHASES PLEASE!



Join us!

AUGUST ACTIVITIES

PONTOON BOAT RIDE

AUGUST 14TH, \$15.00
DEPART SENIOR CENTER @10AM
BOAT RIDE FROM 11:00AM-1:30PM
BEACON LANDING MARINA
INCLUDES LUNCH



CENTRAL CITY

AUGUST 21ST, \$30.00
DEPART SENIOR CENTER @ 9:00AM
3 HOURS IN CENTRAL CITY/BLACKHAWK
INCLUDES LUNCH AT CENTURY CASINO!





GRAND COUNTY SENIOR NUTRITION

Menu for Granby and Kremmling

August 2019

Monday	Tuesday	Thursday
		1st Chili Dog Broccoli Peanut Salad Orange Chocolate Chip Cookie
5th Beef & Broccoli Stir Fry Lo Mein Noodles Asian Blend Vegetables Apple Whole Wheat Bread	6th Spaghetti Squash Meat Sauce Tossed Salad Fresh Fruit Cup Dirt Pudding Whole Wheat Bread	8th Supreme Pizza Tossed Salad w/Tomatoes Garbanzos & Sunflower Seeds Applesauce
12th Porcupine Meatballs Mashed Potatoes & Gravy California Blend Vegetables Almond Peaches Whole Wheat Bread	13th Oven Baked Chicken Mashed Potatoes & Gravy Peas, Carrots & Pearl Onions Waldorf Salad Whole Wheat Bread OJ	15th Hot Chicken Salad Seven Layer Salad Ambrosia Raisin Nut Cup Whole Wheat Bread
19th Fish Veracruz Cilantro Lime Rice Broccoli Slaw Steamed Carrots Grapes Whole Wheat Bread	20th Chicken Cobb Salad Cornbread Apple Crisp Peaches Wheat Crackers	22nd Roast Beef w/Gravy Carrots & Potatoes Mixed Vegetables Watermelon Whole Wheat Bread
26th Enchilada Pie Pinto Beans Lettuce & Tomato MexiCorn Mixed Fruit	27th Tuna Pasta Salad Creamy Cucumber Salad Banana & Mandarin Oranges Bran Muffin	29th Stuffed Peppers with Beef and Rice Mixed Vegetables Melon Raisin Nut Cup

Meals are served with coffee, tea and milk.

Suggested donation for meal is \$3.00 for seniors over 60.

Visitors under 60 are welcome for a price per meal of \$11.00.

RESERVATIONS NEED TO BE CALLED IN 24 HOURS IN ADVANCE

All donations directly support this meal site and enable the continuation of this nutrition program.

For meal reservations in Granby call 970-531-0290

For meal reservations in Kremmling call 970-724-9730

Strange but True: Colorado Facts

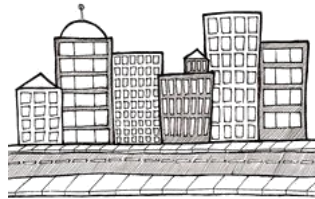
FACT: The first “Teddy Bear” was invented in Colorado when the maids at The Hotel Colorado in Glenwood Springs crafted it to give to a famous visitor – Theodore Roosevelt.



FACT: Frank J. Wisner invented a treat once called “the Black Cow” in Colorado in 1893. It’s now known as the “root beer float”.



FACT: Denver’s Colfax Avenue is the longest continuous street in the United States.



FACT: Roughly 75% of all U.S. land over 10,000 ft. can be found in CO.



Source: OutThere Colorado Magazine

**Winding River
Hay Ride
September 4th**



**Mountain Family Center
Ribbon Cutting/Open House
October 3rd**



DRIVING CLASS

AARP Safe Driver Training for Seniors



August 28th

10:30am-3:30pm

**Participants may qualify
for a discount on their
auto insurance!**

- \$15.00 (cash or check only please)
- Lunch provided
- Contact Terry at 970-557-3186 to sign up!



August Community Activities

Bold events are Grand Seniors sponsored or affiliated events.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 High Note Thursday "Allman Bros Tribute" Hideaway Park 6pm Flash Fitness w/ Terry @ Granby Community Center	2 Bingo in Grand Lake Town Square 7:30pm (Fri & Sat)	3 Shining Stars 5k & Half Marathon High Country Stampede Rodeo in Fraser 7pm East Grand Fire 50th Birthday 11am-2pm
4 Arts and Crafts Show in Grand Lake Town Square 10am-4pm	5 Aqua Fitness @ Fraser Rec 9:15am	6 Ageless Fitness @ Mntlifefitness 10:15am Senior Fitness @ Grand Lake Town Center 9am	7 Aqua Fitness @ Fraser Rec 9:15am	8	9 Bingo in Grand Lake Town Square 7:30pm (Fri & Sat) Summit County Garage Sale Trip, 8:30am	10 Classic Car Cruise for a Cause, Granby 10am-2pm Flying Heels Rodeo in Fraser, 7pm
11	12 Aqua Fitness @ Fraser Rec 9:15am	13 Ageless Fitness @ Mntlifefitness 10:15am Senior Fitness @ Grand Lake Town Center 9am	14 Aqua Fitness @ Fraser Rec 9:15am Seniors Pontoon Boat Ride, 10am	15 Flash Fitness w/ Terry @ Granby Community Center 11-11:45am	16 Bingo in Grand Lake Town Square 7:30pm (Fri & Sat)	17 GCHA Taste of History Headwaters Center 11am-1pm Middle Park Fair & Demolition Derby Kremmling, 5pm
18 Communion Service on the Colorado River Hosted by St. Johns 10am-1pm	19 Aqua Fitness @ Fraser Rec 9:15am	20 Ageless Fitness @ Mntlifefitness 10:15am Senior Fitness @ Grand Lake Town Center 9am	21 Aqua Fitness @ Fraser Rec 9:15am Seniors trip to Central City, 9am	22 Aqua Fitness @ Fraser Rec 9:15am	23 Bingo in Grand Lake Town Square 7:30pm (Fri & Sat)	24 Winter Park Wine Festival Hideaway Park 2pm
25	26 Aqua Fitness @ Fraser Rec 9:15am	27 Ageless Fitness @ Mntlifefitness 10:15am Senior Fitness @ Grand Lake Town Center 9am	28 Aqua Fitness @ Fraser Rec 9:15am AARP Senior Safe Driving Course 10:30am-3:30pm	29	30 "Always...Patsy Cline" Rocky Mtn Rep. Theatre 8pm	31

HEALTH CHECKS

Nurse visits for blood pressure checks are conducted at each lunch location once a month:

Granby |
Grand Lake | (please call Terry at 970-557-3186 for dates)
Kremmling |
WP/Fraser | August 22nd

CAREGIVER SUPPORT

If you are caring for someone who is elderly, ill, living with a disability or experiencing dementia, please visit our group. We meet the **2nd Thursday of each month at 2pm** at Mountain Family Center. There is no cost or commitment and the group provides a safe and caring environment to share experiences. Call Amanda @ 970-846-3668 for more information.

EATS & GREETINGS

...have some lunch and catch up with friends!

Granby - provided by Grand County Public Health

Lunch Contact: Tracy @ 970-531-0290

- Lunches are at noon on Mondays, Tuesdays and Thursdays at the Granby Senior Center.

Kremmling - provided by Grand County Public Health

Lunch Contact: Shelly @ 970-724-9730

- Lunches are at noon on Mondays, Tuesdays and Thursdays at Silver Spruce Housing.

Winter Park/Fraser

Lunch Contact: Richard @ 303-882-0108

8/8: Eat out at Pearl Dragon (if open)

8/22: Potluck @ Fraser Historic Church

Grand Lake

Lunch Contact: Judy @ 970-509-9698

- Lunches are Wednesdays at 11:00am at the Sagebrush Grill. Cost is \$8.00 per person.



Grand Seniors at Mountain Family Center

Making life easier for seniors and adults with disabilities in Grand County

PO Box 42
129 Third Street
Granby, CO 80446

OFFICE HOURS

Monday through Friday*
8AM to 2PM

*No out of county trips scheduled on Fridays.
(Local trips only).

Transportation Services must be scheduled with our office 48 hours in advance of your appointment.

Contact us by phone at
970-887-3222

Mountain Family Center is a 501c3 dedicated to building self-reliance for individuals and families through responsive and collaborative services. It is the goal of the Grand Seniors department to meet the needs of Grand County seniors 60 or older to maintain their independence.

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