

High Country Connections

A Grand Seniors monthly newsletter



Happy Holidays!

Warm wishes from
Grand Seniors at Mountain Family Center
to you and your loved ones this season!

Reminder: We will be closed December 24th, 25th, 26th, 31st
and January 1st to spend time with our loved ones!

Grand County Gives

**Mark your calendars,
December 10th is Colorado Gives Day!**

Join one of the largest giving events this December! Each December Coloradans come together with the common goal to strengthen their communities by supporting nonprofits on Colorado Gives Day!

In order to maximize awareness and impact, 22 non-profits have come together to form Grand County Gives to collaborate and encourage donors to GIVE WHERE YOU LIVE.

By choosing to donate to Grand Seniors at Mountain Family Center you're helping us provide a lifeline to senior citizens and adults living with disabilities, through increased access to services, support, and activities to help folks live independently in Grand County.

To schedule your donation today please visit —

**[www.coloradogives.org/
GrandCountyGives/
MountainFamilyCenter](http://www.coloradogives.org/GrandCountyGives/MountainFamilyCenter)**



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Grand Seniors Team

Helen Sedlar
Executive Director

Susan Hamilton
Transportation Manager

Terry Sidell
Program Manager

Katie Stuvell
Marketing Coordinator

Client Services Drivers:

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Joanie Wojick
Stacy Maalikulmulk
Katy Gardener
Karen Pojar

Mountain Family Center

970-557-3186
970-887-3222 (Grand Seniors)
480 E. Agate St. Suite 1C
PO Box 638
Granby, CO 80446



Narcissus

GRAND SENIORS HAPPENINGS

SHOPPING TRIPS

Every Friday we take folks to City Market. Ride originates in Kremmling at Silver Spruce Senior Housing and makes stops along the way for those who have scheduled a ride. 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 Grand Seniors @ 8:30am).

TAI CHI (NEW Class)

Every 1st and 3rd Thursdays, join Board Certified Tai Chi instructor, Terry Sidell, for 45 mins of Tai Chi at Granby Community Center (129 3rd St.) from 11:00am - 11:45am.

GROW YOUNG DVD (NEW)

The 2nd and 4th Thursdays of each month, follow along with a Grow Young Fitness DVD at Grand Seniors Community Room (480 E. Agate Ave.) **Call 970-557-3186 for more info!**

HOLIDAY VOLUNTEER OPPORTUNITY

MFC TOY ROOM SET UP

Have you ever wondered what it feels like to be one of Santa's elves? Well here is your opportunity!!



December 12th from 1-4pm we are looking for volunteers to help us set up the Mountain Family Center "Last Minute" toy room. This year, the Grand Seniors Community Room will act as our toy room where families who didn't get a chance to sign up for our Holiday Gift Program can come and pick out a few last minute gifts for their children!

We will be playing a classic Christmas film from 1-3 to help us give us some added Holiday Cheer! Call 970-557-3186 if you would like to volunteer!

LUNCH & LEARN

Granby Community Center
129 3rd St.
December 17th, 2019
12:15pm - 1:00pm



ALL are welcome! If you would like to eat lunch please RSVP at 970-531-0290. If not, please just come listen and learn!

Speaker: Chief Kraker, Granby Police Department

Chief Kraker will be visiting to discuss the CodeRED Community Emergency Alert system, how to sign up, and why it is important! He will also be providing information on Senior Scams and how to avoid them or what to do if you may be targeted.

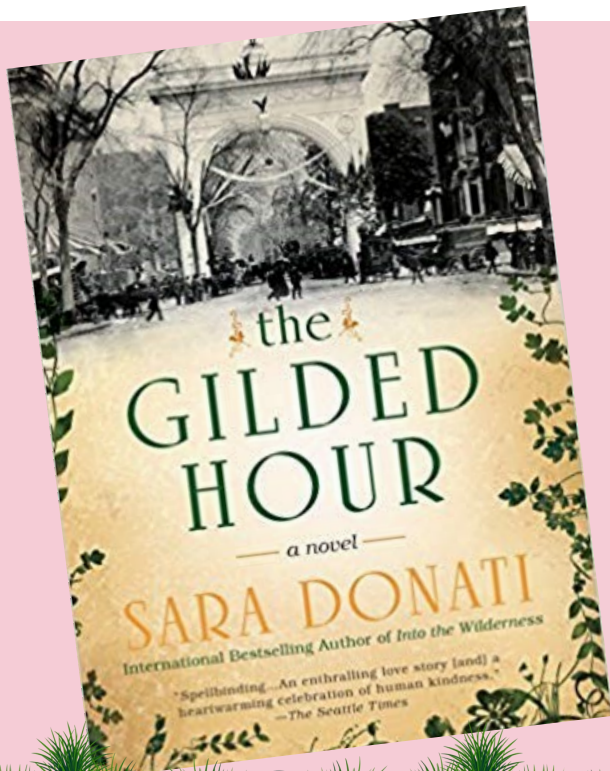
GUIDED PAINTING

Join us on Wednesday, **December 18th** from 1:00 - 3:30pm for a guided painting lesson with Colleen Beatty!

We must have a minimum of 3 people sign up for the event to take place! If you are interested signing up please call Terry by December 5th at 970-557-3186.



Cost is \$15 per person, partial scholarships may be available!



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 Grand County Public Libraries!

Please join us **December 10th at 2pm** in the Granby Library Study Room 2 for a discussion of this month's epic tale....

The Gilded Hour

by: Sara Donati



BABY IT'S COLD OUTSIDE

Need Heating Assistance?

Colorado LEAP Enrollment is available NOW!

If you need help heating your home this winter, Colorado LEAP may be able to help!

• What is LEAP?

LEAP (Low-income Energy Assistance Program) is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. LEAP is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months.

• How do I apply?

Pick up a LEAP application at Mountain Family Center or online at the Colorado Dept. of Human Services.

If you have any questions, call Linda at MFC at 970-557-3186.

HOLIDAY SHOW

Carolers Come to Lunch

Tuesday, December 10th

**Granby Community Center
129 3rd St. Granby | 12:00pm**

Join us for a delicious lunch meal and Holiday show!! The caroling will begin around 12pm during Grand County Public Health's regularly scheduled lunch at the Granby Community Center.

If you would like to join us for lunch, please RSVP with Tracy at 970-531-0290. If you would just like to come for the entertainment, please feel free to join us anytime after 11:45am.

DONATION NEEDS

Clean Out Those Craft Closets

We are still looking for some yarn, crochet hooks and knitting needles for our craft nook at Grand Seniors! We graciously thank those who've donated items thus far, we received everything on our list last month!

FOOD ASSISTANCE

Help Yourself Shelf

Don't forget about Grand Seniors' "Help Yourself Shelf" this holiday season!

Whether you need that one last ingredient for your pie, a whole pre-made pie itself, Christmas and other festive cards, nutrition supplements and more; the Help Yourself Shelf is available to you!

As always, if you are in need of additional food assistance for yourself or family this Holiday season, Mountain Family Center's food bank is sure to have what you need!





25TH ANNUAL

Senior Holiday Party

DECEMBER 15TH, 2019

12PM - 2 PM

GRANBY COMMUNITY CENTER

129 N 3RD ST.

GRANBY, CO 80446

Doors open @ 11:45am

Holiday Meal served @ 12:00pm

Granby Elementary Mineesingers Concert @ 12:30pm

Holiday Gift Drawing throughout the day!

We are looking for support in celebrating this wonderful event! If you are interested in volunteering please call Katie at 970-557-3186 or email at Katie@mountainfamilycenter.org

If you are interested in donating to provide a meal or gift for a senior, please send donations to Mountain Family Center PO Box 638 Granby, CO 80446



GRAND COUNTY SENIOR NUTRITION

Menu for Granby and Kremmling

December 2019

Monday	Tuesday	Thursday
2th Chicken a la King Mashed Potatoes Tossed Salad Pears Whole Wheat Bread	3th Cod/Tarter Sauce Tater Tots California Blend Vegetables Fruit Cocktail Bran Muffins	5th Supreme Pizza Tossed Salad with Garbanzo bean and Tomatoes Banana
9th Oven Baked Chicken Scalloped Potatoes Beets Strawberries Cheesecake Whole Wheat Bread	10th Salmon Loaf Creamed Peas Tossed Salad Tropical Fruit Whole Wheat Bread	12th Cheeseburger on a Bun Lettuce and Tomato Baked Beans Coleslaw Orange Peanut Butter Cookie
16th Pork Roast/Gravy Roasted Sweet Potatoes Tarragon Asparagus Ambrosia Salad Whole Wheat Bread	17th Chicken Noodle Soup Spinach Yellow Squash Applesauce Topped Spiced Cake Whole Wheat Bread	19st Shepherd Pie Tossed Salad Steamed Broccoli Cinnamon Apples Whole Wheat Bread
23rd Ham Baked Sweet Potato Green Bean Casserole Tossed Salad Frog Eye Salad	24th NO MEALS SERVED 	26th White Bean Chicken Chili Sweet Potato Fries Creamy Coleslaw Peach Crisp Corn Bread
30th Porcupine Meat Balls Mashed Potatoes/Gravy California Vegetable Almond Peaches Whole Wheat Bread	31st Denver Scramble Egg Potato O'Brien Zucchini/Orange Wedges Mixed Nuts Cinnamon Rolls	

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 **\$14.00**.

RESERVATIONS NEED TO BE CALLED IN 24 HOURS IN ADVANCE

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

For meal reservations call 970-724-9730 (Kremmling) or 970-531-0290 (Granby).

GRAND SENIORS' COMMUNITY ROOM

EVENTS, ACTIVITIES, MEETINGS, AND MORE!

Tuesday Game Days

Every Tuesday we will be playing or learning different games in the Community Room if there are no other events taking place!

December 10th: Majong from 1:00 - 3:00pm

Wednesday Crafting

Every Wednesday we will have open craft time from 1:00pm - 3:00pm. Feel free to bring a craft or art project from home you would like to work on, or use one of our 2 sewing machines and yarn to make items for yourself or to sell at our MFC Thrift Store for Grand Seniors programming!



December 4th: open crafting 1:00 - 3:00pm

December 18th: Guided painting with Colleen Beatty (Cost \$15, RSVP by 12/5 at 970-557-3186)

Thursday Fitness

Every Thursday Grand Seniors will host a fitness activity either in the Community Room or off site at the Granby Community Center (129 3rd st.). 1st and 3rd Thursdays will be Tai Chi at Granby Community Center and 2nd and 4th Thursdays we will show a Growing Young Fitness DVD in the GS Community Room. More information on page 2 "Grand Seniors' Happenings".

December 5th: Tai Chi for Fall Prevention and Arthritis 11:00 - 11:45am (129 3rd St.)

December 12th: Growing Young DVD 11:00 - 11:45am (480 E. Agate Ave.)

December 19th: Tai Chi for Fall Prevention and Arthritis 11:00 - 11:45am (129 3rd St.)

December 26th: NO CLASS

Movie Theater Thursdays

Every Thursday we will be playing a Classic Holiday Film in the Community Room. Grab a friend and come on down for a cup of coffee and some Holiday Cheer!

December 5th, 12th, and 19th: Classic Holiday Film from 1:00 - 3:00pm

Senior Committee Meeting

Tuesday December 10th: Senior Committee Meeting to discuss upcoming events, trips, and shared needs of our Grand Seniors Community!

Tower Garden Pruning Party

Wednesday December 11th: We will be pruning the herbs off our flourishing indoor tower garden on December 11th. If you would like to come help or pick up a bag of fresh herbs stop by at 10am!

Mountain Family Center "Last Minute" Toy Room set up

Thursday December 12th: If you would like to volunteer to help us turn the Grand Seniors Community Room into a toy wonderland please call 970-557-3186 or email Katie@mountainfamilycenter.org.

5 Tips

To Connect with Your Family for Family Stories Month

1



Share your best adventure.

Ask a loved one about the best adventure they have ever been on! Maybe it will be a road trip with some interesting twists or turns or a vacation you've never heard about.

3



Share a story from your childhood.

Everyone loves hearing stories from younger years and it can ignite curiosity about your life and lead to more stories!

5



Write it down.

Take a story that is important to you and have a loved one record it or write it down to preserve it in history.

2



Create a new tradition.

With your family of course! By creating new traditions and spending time together, you are creating new memories that can be celebrated for years in the future.

4



Volunteer.

Listen to the stories of others by volunteering in your community. It will help you meet new people and open you up to friendships and interesting stories alike!

12

November is Family Stories Month

HEALTH CHECKS

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

Granby | Dec. 10th
Grand Lake | Dec. 11th
Kremmling | Dec. 12th
Winter Park | Dec. 26th

CAREGIVER SUPPORT

If you are caring for someone who is elderly, ill, disabled 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/Community 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.

Grand Lake

Lunch Contact: Judy @ 970-509-9698

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

Winter Park/Fraser

Lunch Contact: Richard @ 303-882-0108

- Thurs. Dec. 5th 11:30am: Potluck @ Historic Church
- Thurs. Dec. 19th Christmas Party TBA
- Thurs. Jan. 9th Potluck @ Historic Church



Grand Seniors at Mountain Family Center

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

PO Box 638
480 E. Agate, Suite 1C
Granby, CO 80446

OFFICE HOURS

Monday through Friday*
8AM to 2PM

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

CLOSED December 24th, 25th, 26th, 31st and January 1st

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+ and adults with disabilities maintain their independence.

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