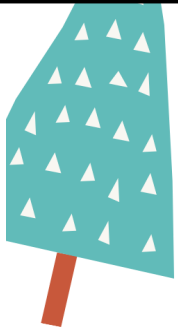




High Country Connections

The Grand Seniors monthly newsletter



You're Invited...

GRAND SENIORS HOLIDAY PARTY!



We are excited to be able to gather this year for our annual HOLIDAY PARTY! Join us for lunch, a performance by the Granby Elementary Minnesingers, gift bags and exciting raffle drawings! Attendance is free, but RSVP is required!

WEDNESDAY | DECEMBER 8 | 12-2 PM
GRANBY COMMUNITY CENTER, 129 N. 3RD ST. GRANBY

RSVP TO 970-887-3222

OR
GRANDSENIORS@MOUNTAINFAMILYCENTER.ORG



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Grand Seniors @ Mountain Family Center

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



Sagebrush BBQ & Grill in Grand Lake hosts a weekly lunch for residents age 60+. You don't have to live in Grand Lake to join- all are welcome! The lunch gatherings are Wednesdays at 11:30am. Cost is \$8.00 per person and includes an entrée from the menu and beverage. No RSVP required.

Produce of the Month



Sweet Potatoes

GRAND SENIORS TRANSPORTATION

Grand Seniors transportation services are up and running! If you are age 60+ and need a ride for a non-emergent medical appointment, grocery store visit or other essential trip, give us a call! We do require at least 48 hours advance notice for in-county trips and 72 hours or more advance notice for out-of-county trips (Denver, Summit County, Routt County).

Donations to help cover costs are appreciated, but we will never deny a ride, regardless of ability to contribute. Suggested contribution amounts are \$3-\$7 for in-county trips and \$25-\$40 for out-of-county trips.

NEED A RIDE?

CALL US!



970-887-3222

Just for Fun

(Answer Key Page 3)



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



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Colorado Gives Day

Tuesday, December 7th is Colorado Gives Day! This is a great opportunity to support Grand Seniors at Mountain Family Center. All donations trigger an additional donation from the Colorado First Foundation and First Bank! Mountain Family Center participates in "Grand County Gives", which is a collaboration of local non-profits coming together to spread the word about Colorado Gives Day and make the greatest impact. Visit www.coloradogives.org/GrandCountyGives/MountainFamilyCenter to schedule your donation today!



Grand County Gives

COMMUNITY FIRST FOUNDATION

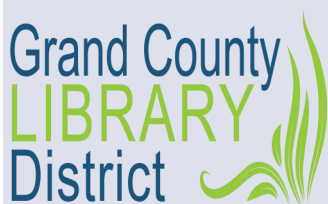
COLORADO GIVES DAY



December 7, 2021

Senior Book Club

We wish to welcome adults of all ages who would like to join this afternoon book club to escape the daily grind, participate in reading adventures, and share thoughts and ideas about the book selection of the month. If you don't have time to read the selected book, join us anyway, in-person or via Zoom, for friendly conversation. You just might be persuaded to read next month's book! For more information, or to register, contact Barbara Harris at 970-887-8992 or barbara.harris77@gmail.com



The Senior Book Club is on a break until April of 2022. They would love to hear your suggestions for the next book to discuss! Please email barbaraharris77@gmail.com if you have a suggestion and would like to join!

HANDY APP

“myColorado” App

The award-winning “myColorado” app provides a secure and convenient way to store an electronic version of your drivers license or state ID for proof of identification, age and address within the state. Within the digital Wallet, you can also store your COVID-19 vaccination record, fishing license, vehicle registrations and proof of auto insurance all in one place! You can download the app onto your cell phone using the Apple Store for iPhones or Google Play store for Android. If you need technology assistance, call Grand Seniors at 970-887-3222 or the Grand County Library District at 970-887-9411.



STAYING HEALTHY

Vaccine Info

Free COVID-19 vaccines, booster shots and flu shots are available at various locations throughout Grand County. Grand County Public Health is offering clinics throughout December in multiple locations (**visit co.grand.co.us/vaccine** for details), and the shots are also available at health clinics and primary care practices. There will be a mobile vaccine bus on Thursday, December 9th from 9am-12pm at the MFC food pantry in Kremmling, and from 2-4pm at the MFC food pantry in Granby. No appointment needed, and all brands of vaccine will be available. If you need help scheduling a vaccine or getting to a vaccine appointment, call Grand Seniors at 970-887-3222 or Grand County Rural Health Network at 970-725-3477.

TRIP TO DENVER

Holiday Shopping Trip

On Tuesday, December 14th Grand Seniors will take a group trip to Colorado Mills mall in Denver West for anyone wanting to do some holiday shopping! We will leave Mountain Family Center in Granby at 9am, arrive at the mall around 10am, shop until noon and those who wish can do lunch in the food court before heading back up (lunch not provided). No charge for transportation, although voluntary contributions to support Grand Seniors programs always appreciated. Space is limited to 6, please sign up early by calling 970-887-3222.



Kremmling Senior Meals

Grand County has resumed Senior Meals at the Kremmling meal site at Silver Spruce, two days per week. Suggested donation is \$3.00 per meal and reservations are required. Call 970-724-9730 at least 48 hours in advance to reserve your spot for the meal.

Limited transportation is available through Grand Seniors to the meal site. If you would like to attend and need a ride, please call 970-887-3222 **at least 3 business days** in advance! We will provide rides based on availability.

GRAND COUNTY SENIOR NUTRITION Menu for Kremmling December 2021

Tuesday	Thursday
7th	2nd
Oven Baked Chicken Scalloped Potatoes Beets Strawberries Cheesecake Whole Wheat Bread	Chicken A La King & Mashed Potatoes Tossed Salad Pears Whole Wheat Bread
	9th
	Cheeseburger with Lettuce and Tomato Baked Beans Coleslaw Orange Peanut Butter Cookie
14th	16th
Chicken Noodle Soup Spinach Yellow Squash Applesauce-Topped Spice Cake Whole Wheat Bread	Shepards Pie Tossed Salad Steamed Broccoli Cinnamon Apples Whole Wheat Bread
21st	23rd
Ham Baked Sweet Potato Green Bean Casserole Tossed Salad Frog Eye Salad	Cod/Tarter Sauce Tator Tots California Vegetables Fruit Cocktail Bran Muffins
28th	30th
Porcupine Meat Balls Mashed Potatoes and Gravy California Vegetables Almond Peaches Whole Wheat Bread	Supreme Pizza Tossed Salad Garbanzo Beans and Tomatoes Banana

Meals are served with coffee, tea and milk.



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

Guests are welcome for a fee of \$14.00

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

LEAVE A MESSAGE FOR RESERVATIONS 48 HOURS IN ADVANCE

For meal reservations in Kremmling call 970-724-9730.



**GRAND
CHORALE**

Free presentation of

Christmas Favorites

Saturday, December 11th – 7:00 PM
Grand Lake Community House

Sunday, December 12th – 7:00 PM
YMCA-Snow Mountain Ranch
Chapel

Audience members are encouraged to wear masks.

Roasted Sweet Potatoes with Honey & Cinnamon

Recipe by The Food Network

Servings: 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 4 sweet potatoes, peeled and cut into 1 inch cubes
- 1/4 cup olive oil, plus more for drizzling
- 1/4 cup honey
- 2 t ground cinnamon
- Salt and freshly ground pepper

Directions:

Preheat oven to 375 degrees. Lay the sweet potatoes out in a single layer on a roasting tray or baking sheet. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes, stir to coat evenly. Roast for 25 to 30 minutes in oven or until tender. Transfer them to a serving platter, stir again. Drizzle with more extra-virgin olive oil. Serve and enjoy!



Stay Informed! Sign up for GS Emails!

Grand Seniors often uses email to communicate about programs, services, opportunities and events! Please visit our website: mountainfamilycenter.org/seniors to sign up for our email list!



Grand Seniors at Mountain Family Center

Providing resources and services for seniors and adults with disabilities in Grand County

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

OFFICE HOURS

Please contact us by phone at
970-887-3222
Monday through Friday
8:30AM to 2PM

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

Mountain Family Center is a 501c3 non-profit 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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