




High Country Connections

The Grand Seniors monthly newsletter



Granby Fitness Classes

The Town of Granby Recreation Department offers wonderful fitness classes that are open to everyone! All skill levels are welcome, and lower impact modifications are offered for movements and exercises. If you have been considering a new fitness activity, now is a great time to start!

1 Hour Classes!  **Class Schedule starts 8/23!**

Granby Rec. Department's

COMPLETELY FIT WORKOUT CLASSES!

Get fit with our new & improved classes!

Mondays
 7:00 AM—Zumba with Yolanda
 5:15 PM—Never Miss a Monday with Anita

Tuesdays
 8:00 AM—SOULfusion with Anita

Wednesdays
 5:15 PM—Work It All with Anita

Thursdays
 8:00 AM—SOULfusion with Anita
 5:30 PM—Zumba with Yolanda

Virtual Options Available!

Experienced, certified instructors!

All classes held at the Granby Community Building (129 3rd St.)

New participants—your 1st class is free with purchase of a punch card!

Cost: \$45 for 8 punch card (\$5.63/class!)
 Or \$7 drop in

For more information, call the Town of Granby Rec. Dept. at 970-887-3961

In this issue:

- Granby Fitness Classes.....1
- Rx Savings.....2
- Drop Hunger.....3
- Kremmling Lunch Menu..4
- Rx for Miracles.....5
- Restaurant Vouchers.....6

Grand Seniors Team

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Community Programs Mgr

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 Kevin Jones

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

This newsletter is funded in part by Vintage, our Area Agency on Aging.
Thank you Vintage!



Birdwatching: Species of the Month

(Each month we will highlight a species that is commonly found in Grand County. See if you can spot all 12 birds throughout the year! If you capture a picture, please share!)



American Robin

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 business 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!

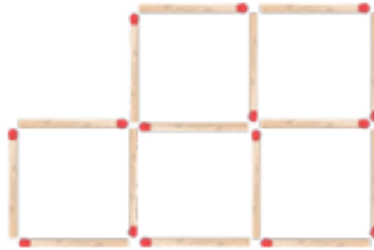


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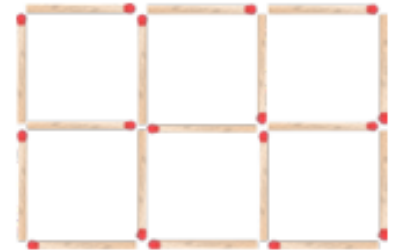
Just for Fun

Answer key page 3.

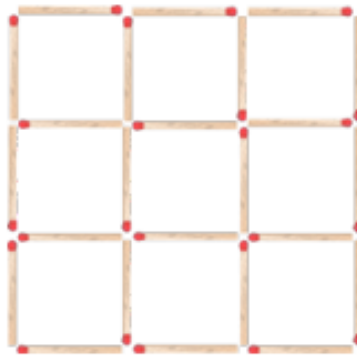
1. Leave just three squares by removing three matchsticks.



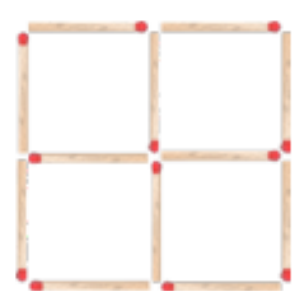
2. Leave just three squares by removing five matchsticks.



3. Leave just two squares by removing eight matchsticks.



4. Leave just two squares by removing two matchsticks.



Getting Lowest Rx Prices

Did you know there are almost always discounted prices available for your prescriptions? There are multiple websites and apps that allow you to compare prescription prices and access coupons for a lower price. If you have a smart phone, you can pull up the coupons and show them at the pharmacy, or you can pull them up on a computer and print them out. Grand Seniors can also help you compare prices and print coupons! Some of the main websites for comparing prescription prices are:



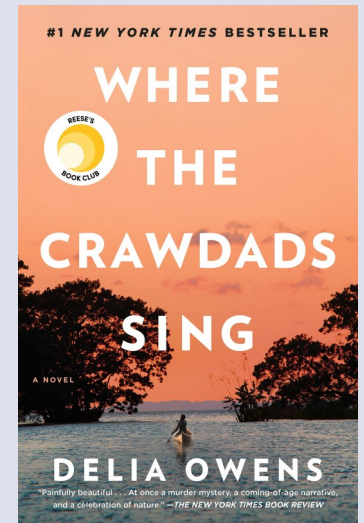
- **Good Rx:** www.goodrx.com
- **Single Care:** www.singlecare.com
- **Buzz Rx:** www.buzzrx.com

Also see the flyer on page 5 for info about “**Rx for Miracles**”! This program provides free prescription drug coupons for both Brand and Generic medications. A donation is made to Children’s Miracle Network Hospitals each time a prescription is processed through the program.

Senior Book Club

With the Grand County Library District's Senior Book Club on break, Grand Seniors would like to offer our own book club in the meantime! This month we are reading **"Where the Crawdads Sing"** by Delia Owens. We will meet together in the Grand Seniors room at Mountain Family Center on **Thursday, March 31st at 10:00am** to discuss! RSVP not required, but if you need help getting a copy of the book, would like a copy of the discussion questions or would like information on how to join virtually, please call 970-887-3222 or email katie@mountainfamilycenter.org.

Masks may be required for our in-person meeting.



EXTRA SAVINGS

Property Tax Relief

If you are 65 years old or older and own your home, you may qualify for a property tax exemption. For those who qualify, 50% of the first \$200,000 of actual value of the applicant's primary residence is exempted. There are a few requirements for the program:

Ownership Requirement: You are the current owner and you have owned the property for at least 10 consecutive years of the tax year for which you are seeking exemption. You do not have to be the sole owner of the property. You can own it with your spouse or someone else. You can also own a life estate in the property.

Occupancy Requirement: You occupy the property as your primary residence, and you have done so for at least 10 consecutive years prior to January 1 of the year for which you are applying.

For more information on the program, visit www.co.grand.co.us/160/Forms or call the Grand County Assessor's Office at 970-725-3060.

TAX HELP

H&R Block



It's tax season again! The deadline for most people to file taxes this year is Monday, April 18th. If you would like help filing your taxes, and need some assistance covering the cost, H&R Block in Granby has offered to prepare simple tax returns for the **discounted rate of \$69 for Grand Seniors, age 60+!** To take advantage of this service, call H&R Block at 970-887-3753 ASAP to set up an appointment, and mention the Grand Seniors rate. If you have more than a simple return, the cost will be more but you can still receive a discount. Thank you H&R Block for your generous support!

DROP HUNGER FUNDRAISER

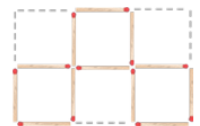
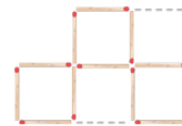
Take a Guess!



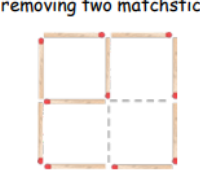
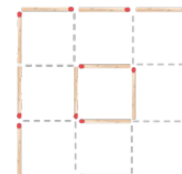
Mountain Family Center, in partnership with the Fraser River Valley Lions Club, is running our third annual DROP HUNGER fundraiser! Guesses for when the fridge will fall through the ice this spring can be purchased for \$5 at www.mountainfamilycenter.org, through March 31st! Whoever guesses closest wins half of ticket sales! The other half goes to MFC for hunger relief programs in Grand County.

Puzzle Answer Key

1. Leave just three squares by removing three matchsticks.
2. Leave just three squares by removing five matchsticks.



3. Leave just two squares by removing eight matchsticks.
4. Leave just two squares by removing two matchsticks.



Kremmling Senior Meals

Grand County is offering 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 March 2022

Tuesday	Thursday
Hamburger Stroganoff Beets Apricots/OJ Biscuit 1st	Chicken Enchilada Casserole Tossed Salad Mixed Vegetables Orange Oatmeal Raisin Cookie 3rd
Roast Beef Mashed Potatoes and Gravy Asparagus Apricot Peach Compote Chocolate Pudding 8th	Chili Dog Broccoli Peanut Salad Banana Chocolate Chip Cookie 10th
Spaghetti Squash Tossed Salad Fresh Fruit Cup OJ Whole Wheat Bread 15th	Corn Beef Parsley Buttered New Potatoes Cabbage and Carrots Banana Whole Wheat Bread 17th 
Oven Baked Chicken Mashed Potatoes Peas and Carrots Waldorf Salad 22nd	Krautburger Hot Potato Salad Scalloped Corn Pears 24th
Sloppy Joe Sweet Potato Fries Creamy Coleslaw Peach Cobbler Whole Wheat Bread 29th	Beef Broccoli Stir Fry Lo Mein Noodles Asian Blend Vegetables Apple Whole Wheat Bread 31st

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.

Rx for Miracles

A PRESCRIPTION FOR MIRACLES!



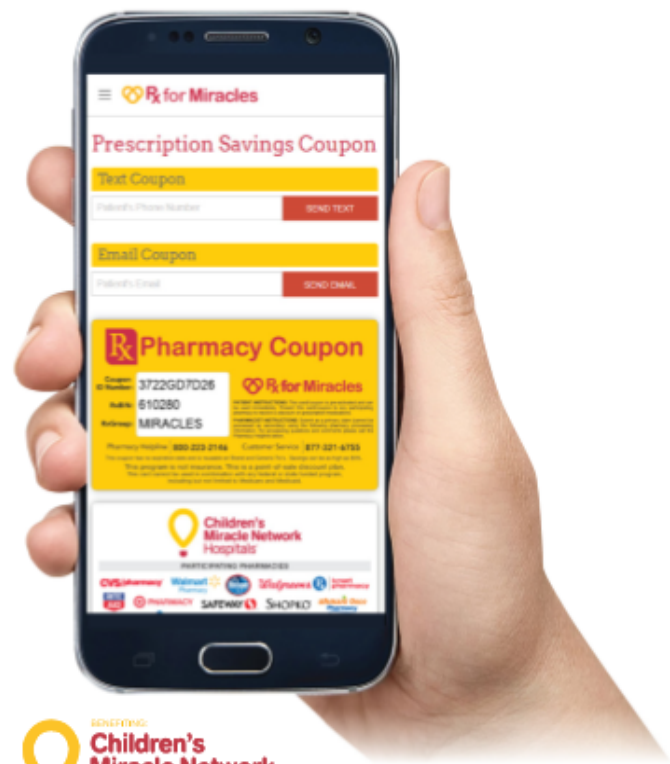
Help your patients save money and help your local Children's Miracle Network Hospital!

This program provides free Rx savings coupons for both Brand and Generic medications, requires no enrollment, and is open to everyone. A donation will be made to your area Children's Miracle Network Hospital each time a prescription is processed through the program. These donations provide charitable care, child life programs, research, technology and equipment that help kids get better.

1 out of every 10 children in America are treated by a Children's Miracle Network Hospital each year!

Children's hospitals are special because they offer care and equipment designed just for kids. And, as great as these hospitals are, they need our help to ensure that every child has a fighting chance. We are counting on you, the healthcare professionals to lead the way!

Participating Pharmacies:



Help your patients save money and help your local Children's Miracle Network Hospital!

Have the free RxForMiracles App conveniently on your mobile device. Simply download the free app and create prescription savings coupons for your patients!

Download For Free

Scan For App



FOR MORE INFORMATION PLEASE CONTACT:

Email: info@rx4miracles.org | Call: 770.313.7261
Learn More: rx4miracles.org

Meal Vouchers Available

Grand County Senior Nutrition is offering a new program aimed at encouraging seniors to find a friend and go out to lunch! Each week, \$15 vouchers for a rotating list of local restaurants will be available for pickup at Mountain Family Center in Granby. This program is for those most in need, who might not otherwise be able to afford to go to lunch. One voucher is offered per person, per week, and participants must be at least 60 years old and fill out an assessment. Individuals may only pick up their own voucher, spouses excepted.



To use, simply visit the restaurant during the assigned dates and present the voucher. You may order from the menu, either dine in or carry out. Your host will add tax and tip. No cash balance will be given. No alcohol purchases. Any purchase over \$15 must be paid by you, from your own funds. Vouchers are not transferable.

This program will continue until the funds are depleted. Only 15 vouchers are available for distribution each week, and are distributed on a first-come, first-served basis. For more information or to request a voucher, call Grand Seniors at 970-887-3222 or stop by our office in the Mountain Family Center building at 480 E. Agate in Granby, M-Th 9:00am-3:00pm.

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 Thursday
9:00AM to 3PM

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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