



High Country Connections

The Grand Seniors monthly newsletter



Museum Discounts for SNAP Enrollees



If you are enrolled in SNAP (Supplemental Nutrition Assistance Program) in Colorado, you can receive discounted admission to many museums, art galleries, gardens, attractions and more! This program is designed to encourage learning, engagement and cultural exploration for Colorado residents of all ages and income levels. Admission at most participating locations is only \$1.00 per person, for up to 10 people, when you show your SNAP/EBT card at the ticket counter! Participating locations include:

- Butterfly Pavilion (\$2.00 admission)
- Children's Museum of Denver at Marisco Campus
- Denver Art Museum
- Denver Botanic Gardens (York Street and Chatfield Farms)
- Denver Museum of Nature and Science
- Denver Zoo
- History Colorado Center
- Molly Brown House (\$2.00 admission)
- Wings Over the Rockies

For more information, you can visit each attraction's website. If you would like more information about SNAP and whether or not you qualify, call Mountain Family Center at **970-557-3186** and ask for DeeAnna or email admin@mountainfamilycenter.org.

In this issue:

Museum Discounts.....	1
Grand Seniors Outing.....	2
Library Book Club.....	3
Kremmling Lunch Menu....	4
MFC Mobile Food Pantry...	5
YMCA Lunches.....	6

Grand Seniors Team

Helen Sedlar
Executive Director

Missy Posey
Transportation Coordinator

Katie Stuvell
Community Programs Mgr.

Client Services Drivers:
Karen Pojar
Tom Williams
Kim Long
Kevin Jones
Hap Wood

Grand Seniors
970-557-3186 (MFC)
970-887-3222 (Seniors)
480 E. Agate St.
PO Box 42
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!



Stellar's Jay

**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!



970-887-3222

Just for Fun: Sudoku

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. (Answer key page 3)

	6		4		8	7		
		8					1	
5		1		9				
7					6		2	
					5	9	7	1
1						8	5	
				7		2	4	
6	4			5				

Denver Botanic Gardens

Join Us! Grand Seniors will be headed to the Denver Botanic Gardens on Tuesday, May 24th! Cost is \$20 per person and includes admission to the Gardens and transportation (lunch not included). We will plan to have a picnic lunch at the Gardens- feel free to bring your own lunch, or purchase food at the onsite café. You can visit www.botanicgardens.org/york-street/dining for café information and menu.



The Grand Seniors van will depart Mountain Family Center in Granby at 9:30am and plan to return by 3:00pm. If you would like to join but need a ride from your home, let us know. We will do our best to accommodate ride requests. Assistance is also available to help cover the cost of the trip, if needed.

Space is limited, sign up today by calling 970-887-3222. RSVP required by Wednesday, May 18th.

Lunch Bunch Book Club

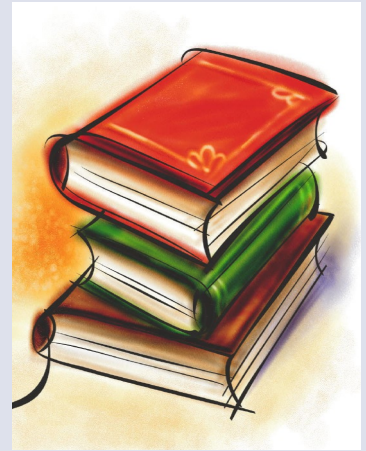
From the Grand County Library District:

Bring a lunch, and share your love for reading during this monthly genre study and book club. Select a title of choice from the month's genre focus, and come prepared to share a personal review and recommendation. We are looking forward to lively discussion and friendly comradery. May's genre will be **Nonfiction: Science Focus**. Visit your local branch or www.gcl.d.org for book recommendations.

Meeting Date and Time: Tuesday, May 10th at 12:00 noon

Meeting Location: Granby Library Fireplace Area

Contact: Chris Newell, cnewell@gcl.d.org



CHANGE IN HOURS

City Market Pharmacy

The City Market pharmacy in Granby has recently changed their hours to include a 30-minute closure from 1:00pm-1:30pm each day. Keep this in mind if you are planning to pick up your prescriptions or schedule a ride to pick up prescriptions at this pharmacy during the lunch hour!

City Market pharmacy hours:

Mon-Fri 9:00am-7:00pm

Saturday 9:00am-5:00pm

Sunday 10:00am-5:00pm

(closed each day 1:00pm-1:30pm)

Phone: 970-887-7150

Safeway (Fraser) pharmacy hours:

Mon-Fri 9:00am-7:00pm

Saturday 9:00am-6:00pm

Sunday 10:00am-6:00pm

Phone: 970-726-6920



FREE LEGAL ASSISTANCE

Call-In Legal Clinic



Colorado Legal Services offers a free call-in legal advice clinic each month, available to seniors and low-income persons. Callers can receive free one-on-one attorney advice in family law, landlord/tenant law, consumer/collections, protection orders and more. This service is available the **FIRST THURSDAY OF EVERY MONTH**, from 4:30pm-6:00pm. The toll free clinic number is

1-800-521-6968. Upcoming clinic dates are May 5th and June 2nd, continuing on the first Thursday of every month. For questions ABOUT the service call Colorado Legal Services at 970-668-9612.

GETTING TOGETHER

Card Games

As restrictions due to COVID continue to lessen (at least for the time being) Grand Seniors at Mountain Family Center would like to offer a space for Grand County older adults to gather and socialize! Some community members have expressed an interest in getting together for card games in the Grand Seniors space. Days and times will depend on interest. If you would like to join in some card-playing fun, let us know! Call us at 970-887-3222 or email grandseniors@mountainfamilycenter.org. Whether you'd like to teach a game, learn one or just play, we'd love to see you!

Puzzle Answer Key

2	6	3	4	1	8	7	9	5
4	9	8	5	6	7	3	1	2
5	7	1	2	9	3	6	8	4
7	5	9	1	8	6	4	2	3
8	2	6	3	4	5	9	7	1
1	3	4	7	2	9	8	5	6
3	8	5	6	7	1	2	4	9
6	4	7	9	5	2	1	3	8
9	1	2	8	3	4	5	6	7

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 May 2022

Tuesday	Thursday
Tuna Noodle Casserole Mixed Vegetables Tropical Fruit Chocolate Pudding Whole Wheat Bread 3rd	Porcupine Meatballs Mashed Potatoes/Gravy California Vegetables Almond Peaches Whole Wheat Bread 5th
Fettuccine Alfredo with Ham Bits Seven Layer Salad Spinach Spice Cake/Applesauce 10th	Oven Baked Chicken Scalloped Potatoes Broccoli Cheesecake/Blueberries Whole Wheat Bread 12th
Corned Beef Parsley Buttered New Potatoes Cabbage and Carrots Orange Whole Wheat Bread 17th	Meatloaf Mac and Cheese Harvard Beets Pear OJ Whole Wheat Bread 19th
Tater Tot Casserole Spinach & Romaine Salad Asparagus Whole Wheat Bread Strawberry Shortcake 24th	Baked Teriyaki Steak Mashed Potatoes Green Beans Kiwi Whole Wheat Bread 26th
Chicken Ceasar Salad Sliced Yellow Squash OJ Banana 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.

MOUNTAIN FAMILY CENTER'S
MOBILE FOOD PANTRY

RUNNING EVERY WEDNESDAY



DATES, LOCATIONS, & TIMES*

FIRST WEDNESDAY OF THE MONTH!

FRASER

10:00am-12:00pm Fraser Historic Church

SECOND WEDNESDAY OF THE MONTH!

KREMMLING

10:00am-11:00am: Silver Spruce
12:00pm-1:00pm: MFC Kremmling
Food Pantry

THIRD WEDNESDAY OF THE MONTH!

GRANBY/GRAND LAKE

10:00am-11:00am: Granby Jones
11:30am-12:30pm: Granby Senior Housing
1:30pm-2:30pm: Grand Lake Center

FOURTH WEDNESDAY OF THE MONTH!

HOT SULPHUR/WALDEN

10:30am-11:30am: Town Hall
2:00pm-3:00pm: Delivery to Walden

**Dates, locations, and times are subject to change and are weather permitting. If the weather is bad, you can pick up on Wednesdays at the Food Pantry in Granby or Thursdays at the Food Pantry in Kremmling.*

For more information visit mountainfamilycenter.org or call 970-557-3186

Grand Seniors Lunches at the YMCA

Thank you to everyone who joined us at **YMCA of the Rockies: Snow Mountain Ranch** in April for Thursday lunches! We will continue these lunches in May, every Thursday at 11:30am in the Schlessman Commons at the YMCA.



Lunches are paid for with help from a grant from Vintage (thank you Vintage!) but voluntary contributions to help cover the cost are always gratefully accepted. Transportation is available. Please call 970-887-3222 at least 2 business days ahead if you need a ride.

Weather permitting, we continue to look for opportunities to get outside and do some short trails walks after lunch! We will try again in May! Hope to see you there!

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 42
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.

Standard Mail
U.S. Postage
PAID
Permit #20