



# High Country Connections

The Grand Seniors monthly newsletter



## June Activities through Grand Seniors



Grand Seniors is excited to offer several group outings and activities over the summer for Grand County residents age 60+! Most activities are free. If there is a charge for a specific event or activity, it will be noted. Assistance is available to cover the cost when needed. Transportation is available. See below for a list of activities and outings coming up in June! RSVP when required by calling 970-887-3222. We hope you will join us!

- **YMCA buffet lunches:** Thursdays at 11:30am at Schlessman Commons building, \$10 voluntary contribution (*no RSVP required*)
- **BINGO at Granby Community Center:** June 7<sup>th</sup> and 21<sup>st</sup> at 10am. Cards and daubers provided. (*no RSVP required*)
- **Coffee and Chat at Grand Seniors:** June 8<sup>th</sup> and 15<sup>th</sup> from 10:30am-noon. Come work a puzzle, play some cards or chat with friends! Coffee and tea available. (*no RSVP required*)
- **Rocky Mountain National Park:** June 14<sup>th</sup>, 10:00am-2:00pm. Join us on the bus for a drive through the west side of the park and visit to the Holzwarth Historic Site, where we'll have a picnic lunch (weather pending). See page 2 for more info! (**RSVP required**)
- **Greeting Card Making at Grand Seniors:** June 20<sup>th</sup>, 1:00-3:00pm. Materials and instructions will be provided to make beautiful greeting cards! See page 3 for more info. (**RSVP required**)
- **Monarch Casino:** June 22<sup>nd</sup>, 10:00am-3:00pm. No cost for transportation. Buffet lunch is \$28.99, or \$18.99 for those age 50+ who sign up for a Monarch Casino player's card. Come to eat, play or just take a drive and a walk through town! See page 2 for more info. (**RSVP required**)

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### 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!



*Osprey*

## 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?**

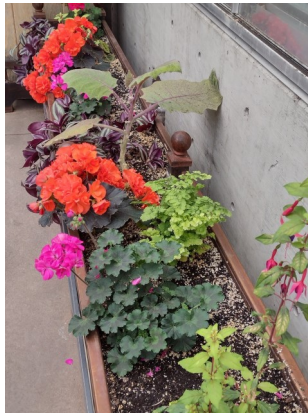
**CALL US!**



970-887-3222

## Fun Outing to Botanic Gardens

Thank you to everyone who joined us for our trip to the Denver Botanic Gardens on May 24<sup>th</sup>! We had a cool, pleasant day for our self-guided walking tour and lunch. Thank you Linda Crane for the beautiful photos!



## Rocky Mountain National Park Trip



Grand Seniors will head to Rocky Mountain National Park on Tuesday, June 14<sup>th</sup> for a drive into the park and picnic at the Holzwarth Historic Site. The Historic Site is a close walk from the parking lot by way of a mostly-level dirt path. Wheelchair access is possible. There is no cost for this trip

and lunch will be provided. Bus will leave Mountain Family Center at 10:00am and return by 2:00pm. Space is limited! RSVP to 970-887-3222 by June 8<sup>th</sup> to sign up! Visit <https://www.nps.gov/romo/playourvisit/holzwarth-historic-site.htm> to learn more about the Holzwarth family and the historic site.

## Monarch Casino Trip



Take a trip with us to Blackhawk and the Monarch Casino on Wednesday, June 22<sup>nd</sup>! Bus will leave Mountain Family Center at 10:00am and return by 3:00pm. There is no cost for transportation to the casino. For those who would like to do the buffet lunch, cost is \$28.99 per person, or \$18.99

per person if you have a Monarch Casino players card. Other lunch options are available at the Monarch Casino and in Blackhawk. Come to play, eat or just to socialize and walk through town! Space is limited. RSVP to 970-887-3222 by June 15<sup>th</sup>.

# Lunch Bunch Book Club

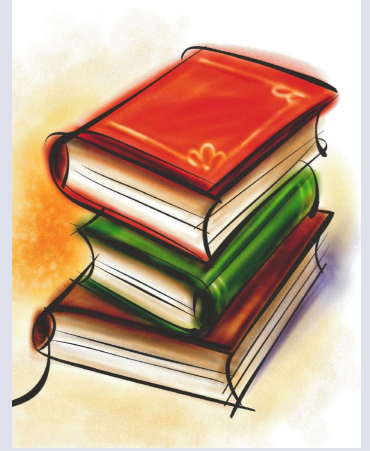
*From the Grand County Library District:*

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. June's genre will be **Murder Mysteries**. Visit your local branch or [www.gclid.org](http://www.gclid.org) for book recommendations.

Meeting Date and Time: Tuesday, June 14<sup>th</sup> at 12:00 noon

Meeting Location: Granby Library Fireplace Area

Contact: Chris Newell, [cnewell@gclid.org](mailto:cnewell@gclid.org) or 970-887-9411 ext. 107



## MARK YOUR CALENDAR

### AARP Safe Drivers

Grand Seniors will once again be hosting the AARP Safe Drivers course for adults age 60+. The course will take place Wednesday, August 17<sup>th</sup> at the Granby Community Center, from 10:00am-2:30pm. Cost is \$20 for AARP members and \$25 for non-members. Lunch provided. Many insurance companies give a discount on your car insurance if you take this course- check with your insurance provider to see if they offer this benefit! Call Grand Seniors at 970-887-3222 for more information or to register!



## ARTS AND CRAFTS

### Card Making



One of our wonderful Grand Seniors members will be teaching a greeting card-making class on Monday, June 20<sup>th</sup> from 1:00-3:00pm! Materials and instructions will be provided to make beautiful, unique greeting cards. There is no charge for this class. Registration open to adults age 60+ until June 15<sup>th</sup>, then open to all ages until full. Class will be held in the Grand Seniors room at Mountain Family Center. There is a 10 participant maximum, be sure to RSVP early! Call us at 970-887-3222 to sign up.

## SAVE THE DATE

### Rockies Game

Mark your calendar for a trip to the Rockies game on Thursday, July 14<sup>th</sup>! Game time is 1:10pm and the Rockies will be playing the San Diego Padres. Handicap accessible seats will be available, and seats will be in the shade to protect from the hot July afternoon sun! More details to come in next month's newsletter.



### Spirit Polar Plunge

Taking Steps for Cancer and Mountain Family Center are hosting the 5<sup>th</sup> annual Spirit Polar Plunge into Grand Lake on Sunday, June 26<sup>th</sup>! All proceeds benefit Grand County residents battling cancer. Visit [www.mountainfamilycenter.org/events](http://www.mountainfamilycenter.org/events) to register! Plungers and "Big Chickens" welcome!

# 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 June 2022

Tuesday	Thursday
	2nd
	Lemon Baked Salmon Rice Pilaf Oriental Blend Vegetables Tossed Salad Cheesy Garlic Biscuit
7th	9th
Pork Chops Broccoli Rice Casserole Seven Layer Salad Baked Apples with Raisins OJ Whole Wheat Bread	Chicken Cobb Salad Pears Peach Crisp OJ Dinner Roll
14th	16th
Pizza Tossed Salad Garbanzo Bean/Tomato Salad Banana	Stuffed Peppers (with beef & rice) Mixed Vegetables Honeydew/Cantaloupe Raisin Nut Cup Whole Wheat Bread
21st	23rd
Hot Dog Pasta Vegetable Salad Baked Beans Watermelon	Dijon Chicken Rice Pilaf Broccoli Pineapple Mandarin Compote Chocolate Chip Cookie
28th	30th
Hot Turkey Sandwich Mashed Potatoes/Gravy Asparagus Amandine Banana	Chicken Fajitas Black Beans with Cilantro Mexicali Corn Grapes/Banana Vanilla Ice Cream

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.



# OCEANS OF POSSIBILITIES

## Summer Reading Bingo: Adults

Complete all activities in a horizontal, vertical, or diagonal line before July 31 (except all FREE SPACE!), and you complete the program! Find great title suggestions and book lists at [gclid.marmot.org](http://gclid.marmot.org) in the Adult Summer Reading 2022 category. All "Reads" can be "Listen."

<p>Watch a scientific or environmental water documentary DVD or stream it on KANOPY or hoopla</p>	<p>Read a "Sea Stories" FICTION/ NONFICTION book (i.e., shipwrecks, treasure, adventure, survival, terror!)</p>	<p>Use ACCESS GRAND to visit somewhere to play in water or learn something about water</p>	<p>Use CREATIVEBUG to explore creative possibilities</p>	
<p>Read a water-related FICTION/ NONFICTION book</p>	<p>Use AtoZ Databases to research a travel destination and a recipe</p>	<p>Watch a family favorite ocean DVD, or stream it on Kanopy or hoopla</p>		<p>READ by the water &amp; relax</p>
<p>Go for a HIKE by the water OR do a WATER ACTIVITY and tell us about it</p>	<p>Participate in a LIBRARY PROGRAM or complete a library activity</p>		<p>Read a Pirates &amp; Mermaids FICTION/ NONFICTION book</p>	<p>Explore NOVELIST for a read-alike of a favorite book or author!</p>
<p>Use UNIVERSAL CLASS to explore learning possibilities</p>		<p>Read a "By the Sea" FICTION book (story setting is near water)</p>	<p>Learn about a LOCAL ORGANIZATION that takes care of our local water sources</p>	<p>Watch a binge-worthy ocean DVD, or stream it on Kanopy or hoopla</p>
	<p>Read a NONFICTION book to explore a desired possibility</p>	<p>Research the Colorado River using one of GCLD's NEWS databases</p>	<p>Take a PHOTO by water and email it to the library to share on Facebook</p>	<p>Read a Sci-Fi Fantasy or Sea Monsters FICTION or NONFICTION book</p>

## Grand Seniors Lunches at the YMCA

Thank you to everyone who has been joining us at the YMCA for Thursday lunches! We will continue these lunches in June, 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! Hope to see you there this month!

**NOTE:** The Sagebrush Senior Lunch, which takes place every Wednesday at Sagebrush BBQ & Grill in Grand Lake, will move to 11:00am during the summer (instead of 11:30am). Entrée and non-alcoholic beverage is \$8.00 per person. Come join us!

## 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](http://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.

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