



High Country Connections

The Grand Seniors monthly newsletter



Get your “daub” on! Grand Seniors has begun playing Bingo together **every other Tuesday** at the Granby Community Center! All community members age 60+ (and caregivers) are welcome, and there is no charge! We start at

10:00am, every other Tuesday, and play for about an hour (5 games). Bingo cards and daubers are provided! We mostly play for fun, but prizes are also awarded, including gift cards to local shops and businesses and more! Thank you to Vintage, our Area Agency on Aging, for providing Bingo supplies and to the Granby Community Center for giving us space to play!

Join us in July! We will play on the following dates:

Tuesday, July 5th at 10:00am

Tuesday, July 26th at 10:00am

Granby Community Center located at 129 N. 3rd Street.
Transportation available by calling 970-887-3222 at least 1 day in advance.

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Grand Seniors

970-557-3186 (MFC)
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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!



Bald Eagle

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 (answer key page 3)

4th OF JULY CROSSWORD PUZZLE

Look at the numbers on the pictures and write the 4th of July vocabulary in the crossword puzzle

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Colorado Rockies Game



Grand Seniors is headed to a Rockies game on Thursday, July 14th! Game time is 1:10pm and the Rockies will be playing the San Diego Padres. Handicap accessible seats are available, and all seats will be in the shade to protect from the July afternoon sun! Cost is \$20 per person and includes transportation from Mountain Family Center, game ticket and a hot dog/snack and non-alcoholic beverage at the game! Scholarships to cover cost available if needed. We will leave MFC at 10:00am. Space is limited, call 970-887-3222 to reserve your spot today!

Lunch Bunch Book Club

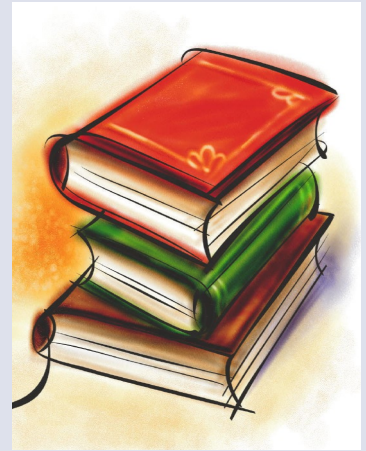
From the Grand County Library District:

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. July's genre will be **Non-Fiction Humor**. Visit your local branch or www.gclld.org for book recommendations.

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

Meeting Location: Granby Library Fireplace Area

Contact: Chris Newell, cnewell@gclld.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 17th 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!



WELLNESS

Foot Care



Foot care is returning to Grand Seniors! Laura Armstrong, RN, will be offering this wonderful service for adults age 60+ on

Wednesday, July 20th at Grand Seniors in Granby. Cost is \$30 for a 30 minute session. Services include palpitation of pedal pulses, monofilament test (i.e. screening for loss of protective sensation), trimming, filing nails, filing of calluses, lotion, blood pressure checks, and medication review. Appointments are available from 9:00am-1:30pm. This is a popular service and fills up fast! Call Grand Seniors at 970-887-3222 to sign up!

MOBILITY SUPPLIES

Wheelchairs Needed

Grand Seniors keeps an inventory of durable medical equipment such as wheelchairs, walkers, toilet seat risers, shower chairs and canes that can be loaned out to community members free of charge. We are running a little low on wheelchairs at this time. If you have a wheelchair in good condition that you would be willing to donate, please call us at 970-887-3222 and we can coordinate a time for drop off!

Puzzle Answer Key

ACROSS

4. fireworks
7. stars
12. cannon
14. statue of liberty
18. barbeque
19. cupcake
20. balloons

DOWN

1. parade
2. firecracker
3. USA
5. patriot
6. patriotic hat
8. rocket
9. fourth of july
10. American flag
11. Liberty bell
13. sparkler
15. eagle
16. cake
17. picnic

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 July 2022

Tuesday	Thursday
5th	7th
Roast Beef and Gravy Mashed Potatoes OJ Brownies/Ice Cream Whole Wheat Bread	Sloppy Joes Sweet Potato Fries Creamy Coleslaw Watermelon
12th	14th
Minnesota Chicken Wild Rice Asparagus Peach Cobbler Whole Wheat Bread	Combination Burrito Smothered Green Chili Pears OJ
19th	21st
Pork Chops Broccoli Salad Carrots Baked Apples with Raisins Whole Wheat Bread	Taco Salad Lettuce/Tomato Cantaloupe & Honeydew Cornbread
26th	28th
Meatloaf Baked Potato Brussel Sprouts Seven Layer Salad Fruit Cocktail Whole Wheat Bread	Fish Rice Pilaf California Vegetables Pineapple Whole Wheat Bread

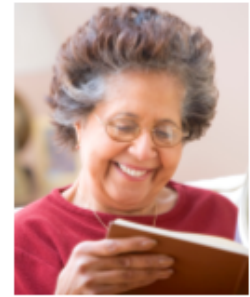
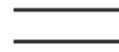
Meals are served with coffee, tea and milk.

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.



Home Deliveries Outreach Program

Know someone who is unable to come into the library due to an extended illness or disability?

Let Granby Police Department help!

Library materials delivered directly to home for those residing in the Town of Granby

Ask a library staff member for more information or go to www.gclid.org and click on 'Other Services' to sign up



Grand County Library District

PO Box 1050
Granby, CO 80446 | 970-887-9411
www.gclid.org

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 July, 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: There will be NO YMCA LUNCH on Thursday, July 14th as Grand Seniors will be at the Rockies Game! Please join us for lunch July 7th, 21st and 28th! And join us for the Rockies Game on the 14th!

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.

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