



High Country Connections

The Grand Seniors monthly newsletter



Health Fair Coming to Grand County



are coming soon near you!

Take Steps Towards a Healthier Future

- FREE health screenings
- Affordable lab screenings starting at just \$25
- Speak with local medical professionals and doctors one-on-one
- FREE COVID-19 and flu vaccinations and boosters*

*not available at all Health Fairs

For the most up-to-date information go to:
www.365Health.org



The 9News Health Fair is now called “365 Health”, and is coming to Grand County in October! According to 9Health Fair CEO Gary Drews, “9Health Fair’s legacy and deep connection to the community first established 43 years ago remains, but our expansion of preventative services, resources and tools moves us beyond just hosting health fairs in an effort to help Coloradans stay healthy 365 days a year, and the name 365 Health better represents our expanded mission.”

The 365 Health Fair will be held at Granby Elementary School on **Saturday, October 22nd from 7:30am-11:30am**. Free screenings include blood pressure, breast exams, pap smears, mental health, vision and more. Lab screenings requiring blood work are offered for \$25.00. Pre-registration is not required, but will save you time at the event and can be done at 365health.org. Prepare to spend around 2 hours at the fair learning about your health.

Grand County EMS, the Rotary Club and 9News are sponsors of the health fair. Anyone who wants to help can sign up at www.9healthvolunteer.org.

If transportation is a barrier for attending the Health Fair, call Grand Seniors at 970-887-3222 for assistance.

Reminder: Grand Seniors offers transportation for flu shots and other vaccines! Please call at least 1 week in advance to schedule your ride!

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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



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!



Red-Tailed Hawk

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

Grand Seniors October Events

Please join us for our October activities and outings! All community members age 60+ and their caregivers are welcome! Space for most events is limited, please RSVP early. Transportation available.

Mini Bowling and Pizza at River Run

Wednesday, Oct. 19th at 11:00am

- River Run Resort in Granby, Summit Building
- Cost is \$5.00 per person
- RSVP to 970-887-3222 by Thursday, Oct. 13th

Holiday Card Making Class

Monday, Oct. 24th at 1:00pm

- Grand Seniors room at Mountain Family Center
- Free to attend!
- RSVP to 970-887-3222 by Thursday, Oct. 20th

Monarch Casino in Blackhawk

Wednesday, Oct. 26th, leave MFC at 10:00am

- Transportation is free, cost for various lunch options
- RSVP to 970-887-3222 by Thursday, Oct. 20th

Preschooler Trick-or-Treat

Monday, October 31st at 10:30am

- Polhamus Park in Granby
- Help us hand out candy to our local ghouls and goblins!
- Hot cider and hot chocolate provided!
- Free to attend, no RSVP needed

Pictures from September Events

Thanks to everyone who attended Grand Seniors events in September! We loved getting together for the Beehive Dress Rehearsal at Rocky Mountain Repertory Theatre, Georgetown Loop train ride and Winding River Ranch hayride and cookout!



Lunch Bunch Book Club

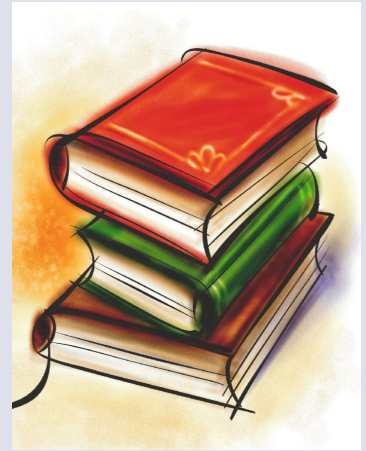
From the Grand County Library District:

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. October's genre is "**Horror**". Visit your local branch or www.gcl.d.org for book recommendations.

Meeting Date and Time: Tuesday, October 11th 12:00-1:00pm

Meeting Location: Granby Library Fireplace Area

Contact: Chris Newell, cnewell@gcl.d.org or 970-887-9411 ext. 107



SAVE THE DATE

Senior Holiday Party



Save the date for our 2022 Senior Holiday Party! Join us on **Wednesday, December 7th** for food, gifts and holiday songs by the Granby Elementary Minnesingers and Grand Chorale! This is always a wonderful time to get together with friends– new and old– and celebrate the season. More details to come in November newsletter! If you are interested in volunteering to help with the party, please email grandseniors@mountainfamilycenter.org or call us at 970-887-3222.

EXERCISE OPPORTUNITY

Swim Bus



Starting in **November**, Grand Seniors will once again be offering the "swim bus". This service provides transportation to the "Silver Sneakers Splash" class at the Grand Park Community Recreation Center (GPCRC) during the winter months when driving can be more challenging. Class takes place from 9:00-10:00am, bus leaves Mountain Family Center in Granby at 8:00am. For more information about the class, fees or Silver Sneakers program please contact the GPCRC at 970-726-8968. Contact Grand Seniors at 970-887-3222 to tentatively put your name on the list for the swim bus!

SUPPLEMENTAL NUTRITION

Commodity Boxes

EverGreen Boxes™, a program of Everyday Eats, is a food box program for adults ages 60 plus. Eligible community members receive nourishing food each month as part of the program. This is an income-based Food Bank of the Rockies program and is open to any eligible Colorado resident. The EverGreen Box™ consists of cheese and a variety of nutritious, shelf-stable food items, including vegetables, fruits, proteins, and grains. To find out if you qualify for these extra groceries, stop by Grand Seniors to fill out an application!

SOCIAL OPPORTUNITY

B-I-N-G-O

Don't forget that Grand Seniors have started playing **BINGO** several Tuesdays per month! It's free to play! We meet at the Granby Community Center at 10:00am, and will play the following dates in October:

Tuesday, Oct. 11th
Tuesday, Sept. 25th

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 October 2022

Tuesday	Thursday
4th Spaghetti with Sausage Tossed Salad Orange Garlic Bread Pineapple Upside Down Cake	6th NO MEAL SERVED
11th Hot Chicken Salad Seven Layer Salad Ambrosia Raisin Nut Cup Whole Wheat Bread	13th Beef and Bean Burrito Smothered with Green Chili Mexi Corn Pears
18th Roast Beef Mashed Potatoes and Gravy Broccoli Apricot Peach Compote Whole Wheat Bread	20th Sloppy Joes Sweet Potato Fries Creamy Coleslaw Peach Cobbler
25th Enchilada Pie Sliced Lettuce and Tomato Tortilla Chips Yellow Squash Fresh Fruit Cup	27th Chicken Marsala Spaghetti Italian Blend Vegetables Fresh Mixed Fruit Cup 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.

Nutrition Education Online Series



FRESH CONVERSATIONS

Fresh Conversations is a free opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

Register for one or all topics in the series through Zoom @:
www.tinyurl.com/2022FreshConvos

Or email Patti
pattimurphyrd@gmail.com for
more information/assistance

**Join Registered Dietitian
Patti Murphy and learn:**

Oct 19: 1pm - 2pm

Beating the Silent Killer:
Blood Pressure

Nov 16: 1pm - 2pm

Know Your Heart Signs:
Improving Cardiovascular
Health

Dec 7: 1pm - 2pm

Fat can be Heart Healthy:
Types of Fat to Enjoy &
Types to Limit

SPONSORED BY:



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 October every Thursday at 11:30am in the Schlessman Commons at the YMCA (**see note below about lunch on October 27th**).



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.

★ **NOTE:** *There will be **NO YMCA lunch on Thursday, Oct. 27th**, as the YMCA is closed that day. Instead, Grand Seniors will take a bus to the Kremmling lunch at Silver Spruce! Come along to meet some new folks and stay for \$0.25 bingo after lunch! RSVP required to 970-887-3222 by Tuesday, Oct. 25th.*

NOTE: *Sagebrush Wednesday lunches are now at 11:30am through the winter season.*

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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