



High Country Connections

The Grand Seniors monthly newsletter



Grand County Library District

1NE

Grand BOOK

Reconnecting the Colorado River at Windy Gap



Photo courtesy of Northern Water

Fraser Valley Library

Saturday, March 16
2 p.m.



Join Colorado River Headwaters Trout Unlimited and Colorado Parks and Wildlife for a presentation on the history and progress of the Windy Gap Bypass Project

Thank you to our sponsors of One Grand Book!



Rotary



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Grand Seniors Team

Stacy Starr
Executive Director

Missy Posey
Transportation Program Mgr.

Katie Stuvell
Community Programs Mgr.

Client Services Drivers:

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Tom Williams
Kim Long
Kevin Jones
Hap Wood
Ann Williams
DeeAnna Jones
Kelly Holmes

Grand Seniors

970-557-3186 (MFC)
970-887-3222 (Seniors)
480 E. Agate St.
PO Box 42
Granby, CO 80446

FUNDING PROVIDED IN PART BY:



Why was the bird caught by the police?

He was a robin.



GRAND SENIORS TRANSPORTATION

If you are age 60+, or a Medicaid holder age 18+ with a disability, 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 business hours or more 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

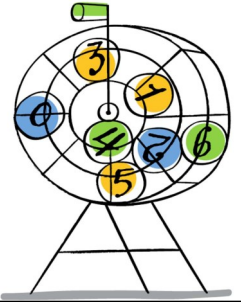
BINGO News

Bingo will continue at our Grand Seniors office in Granby the following dates:

Tuesday, March 12th

Tuesday, March 26th

We play from **10-11am** and will provide everything you need at no cost- just show up!



Bowling is Back!

Bowl with us at Sun Outdoors mini-bowling alley followed by a pizza lunch!

Cost is \$5 .

Monday, March 18th, 11am-1pm

Meet us there or call Missy for a ride at 970-887-3222.

Spring Time

C N W Z P V M H U U Y W E A T H E R Q H T W D S
A E R E M R A F P N L Z L G L D U C K L I N G S
L N G R W O R M N Y I C I X C L O V E R C Y R U
I P I G L P W U O F L U F F Y V T F M T K N J N
L G Q A W E B F H A P R I L D E M O W G N I S S
Q I B N R S Y B V G R C E Z E L T I T D D B C H
Y K A A J H P R R R P V R W I H J Y B M P P L I
A B T B S T I R A E I S S I E K Y A R V P G E N
Q Z B U H K C U O L F S U R S H T M E Y G V A E
H O L T J J E N A U L R S B G P T F A B R R N S
C D G T S I V T P G T I E A L B E D K B A Z X S
H U N E E E V I H E E B P S E I I A Z M S Y G U
A M I R R X H Q D F R I H R H C I D R W N S S D P
T B B F O G L O X E Z G N O E I C O D P M I I A
C R O L O S S X E C Q E R C M T N G F S H A I S
H E R Y D T F Z Y D S Y S A S S A G I F E D L T
I L I D T O Y M E T S H S H I R D C O P A P A E
N L S E U O M W E C O H X T N N E U Q Y L D M L
G A E S O B W S H W T B O R N K C W O T D A B E
L E B E O Q C I E U N E W B O R N O O L J N N O
N M S A C Q C R L A N Q K I T E L C A L C T I T
Q H B S Q K S I E G B L O O M I N G V T F I P W
K K S O S T P A K O J V M E A S T E R L Z U K Q
P S R N W B A S E B A L L R A I N B O W I C Y A

Alive	April	Baseball	Basket	Beehive	Birds	Blooming	Boots
Born	Break	Breezy	Bunny	Butterfly	Caterpillar	Chicks	Clean
Clouds	Clover	Crisp	Daffodil	Daisy	Duckling	Easter	Egg
Farmer	Flowers	Fluffy	Grass	Hatching	Iris	Kite	Lamb
Lilac	May	Mothers	Nest	Newborn	Outdoor	Pastel	Plant
Rain	Rainbow	Raincoat	Refreshing	Robin	Season	Showers	Sing
Sprout	Stem	Sunshine	Sweet	Tulip	Umbrella	Weather	Windy
Worm							

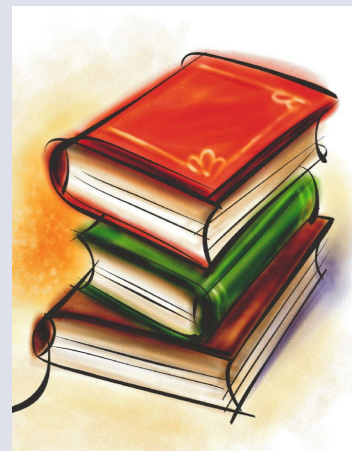
Lunch Bunch Book Club

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. Visit your local branch or www.gclld.org for book recommendations.

Meeting Date and Time: Tuesday, March 5th, 12:00-1:00pm

Meeting Location: Granby Library Fireplace Area



Lunch & Learn for Seniors

Free event open to adults 60 and above

March Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

To register: Go to www.gclld.org
and click on Programs or
speak with a librarian.

Blood pressure checks will be
available.

Need Transportation?
Contact Grand Seniors at
970-887-3222.

Granby Library
Quick & Easy One Pot Meals with KC Rose,
GC Public Health
Tuesday, March 5 at 12:30 p.m.

Fraser Valley Library
Solar Eclipse with Chris Newell, GCLD
Friday, March 8 at 11:30 a.m.

Kremmling Library
Rosemaling, the Norwegian method to
Beat the Winter Blues with Jane Janssen
Thursday, March 14 at 1 p.m.

Juniper Library at Grand Lake
High Altitude Gardening with Toni Harms
Location TBD
Thurs., March 28 at 12:30 p.m.

Support for this event is in partnership with the Grand County Library District,
Mountain Family Center and Grand County Public Health.



Grand County Library District
PO Box 1050
Granby, CO 80446 | 970-887-9411
www.gclld.org



SILVER SPRUCE LUNCH MARCH 2024

Tuesday	Thursday
<div>5th</div> <div> Chicken Parmesan Spaghetti Ceasar Salad Pears Garlic Bread </div>	<div>7th</div> <div> Pork Chops SweetPotatoes Beets Fruit Butter Dips </div>
<div>MONDAY MONDAY MONDAY 11th</div> <div> Fish Tacos Spanish Rice Refried Beans Mandarine Oranges </div>	<div>WEDNESDAY WEDNESDAY 13th</div> <div> Corned Beef Cabbage/Carrots Potatoes Banana Bran Muffins </div>
<div>19th</div> <div> Roast Beef Mashed Potatoes/Gravy Brussel Sprouts Waldorf Salad </div>	<div>21st</div> <div> Hungarian Goulash Egg Noodles Green Beens Pear Crisp </div>
<div>26th</div> <div> Chicken Pot Pie Peaches Cookies </div>	<div>28th</div> <div> Ham Potatoe Casserole Asparagus Pineapple Pumpkin Pecan Dessert </div>

Suggested Donation for meal is \$4.00 for Seniors over 60.

Guests are welcome for a fee of \$15.00

All donations directly support this meal site and enable continuation of this nutrition program.

LEAVE A TEXT FOR RESERVATIONS 48 HOURS IN ADVANCE

For meal reservations in Kremmling call 970-406-0617

Do You Have Questions About Nutrition & Healthy Eating?

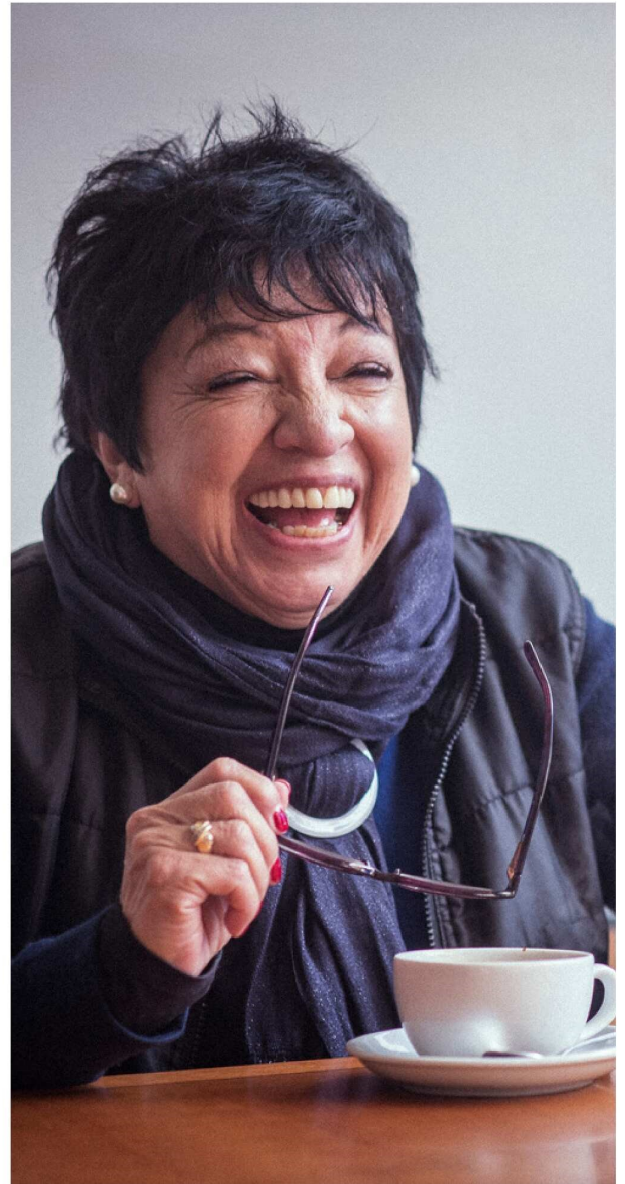
FREE NUTRITION COUNSELING

**by a Registered Dietitian
for older adults (60+)
and caregivers**

**Contact Patti Murphy, R.D.
PattiMurphyRD@gmail.com
720-300-3770**

**Nutrition Counseling can assist
with variety of nutrition
and health topics like:**

- **Managing Diabetes, High Blood Pressure & Chronic Disease**
- **Cardiovascular Disease**
- **Gaining/Losing Weight**
- **Digestive Problems**
- **Food Allergies**
- **Nutritious Snacks & Meals on a Budget**



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YOURVINTAGE.ORG

Senior Lunches

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!



We will be getting together at the Grand Seniors office for lunch again on **March 21st, at 12pm** for a fun, fresh lunch. **Please call to RSVP for this lunch to Missy at 970-887-3222 by March 19th.**



Wednesday, March 13th a group from Granby will be riding over to the Kremmling senior lunch at Silver Spruce followed by BINGO. Lunch is \$4 and Bingo is \$5. Please call Missy if you would like a ride at

970-887-3222 by March 4.



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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