

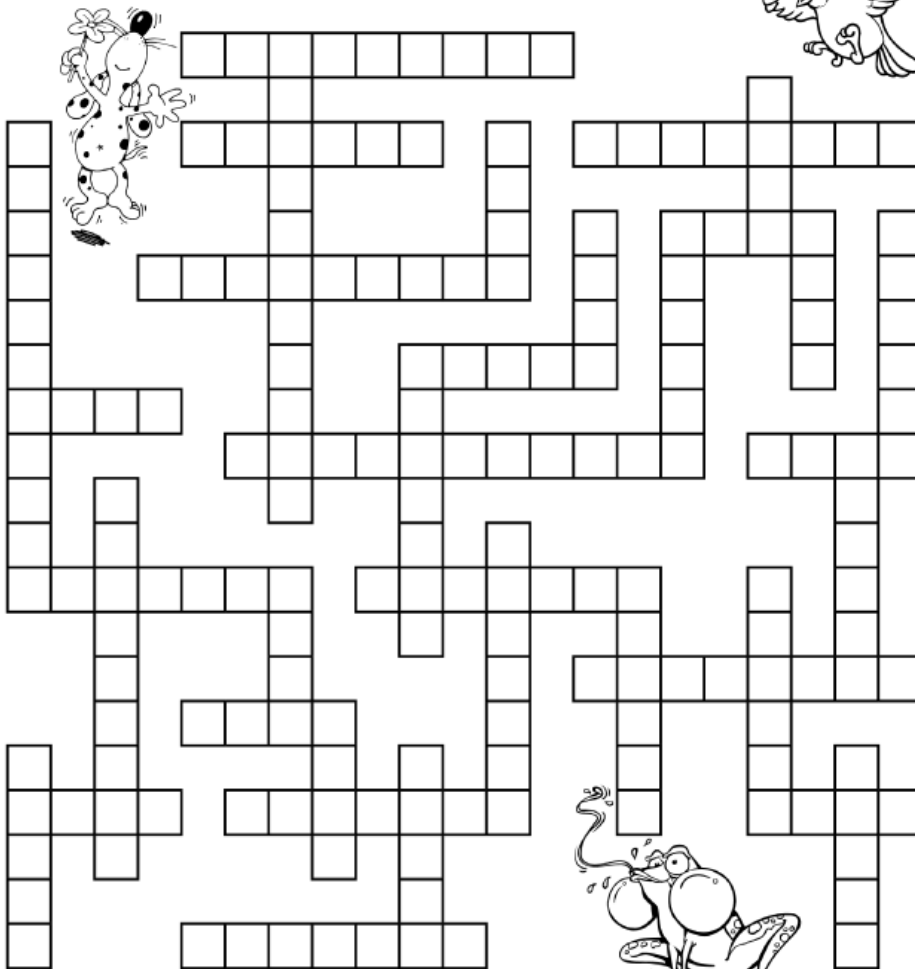


High Country Connections

The Grand Seniors monthly newsletter



SPRING ANIMALS



4 letter words

bees
bugs
calf
eggs
fawn
foal

5 letter words

frog
lamb
nest
owls
swan

6 letter words

birds
foxes
geese
hatch
snails

7 letter words

chicks
kitten
rabbit
robins
snails
Spring

8 letter words

bear cub
bunnies
insects
piglets
puppies
sparrow

11 letter words

ladybugs
raccoons
chipmunks
dragonfly
ducklings

9 letter words

baby animals
butterflies
caterpillar

Tree Valley Academy

Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their songs within two months of being born.

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Grand Seniors Team

Stacy Starr
Executive Director

Missy Posey
Transportation Program Mgr.

Katie Stuvell
Community Programs Mgr.

Client Services Drivers:

Karen Pojar
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



What is a flower's favorite kind of pickle?

A daffo-dill.



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

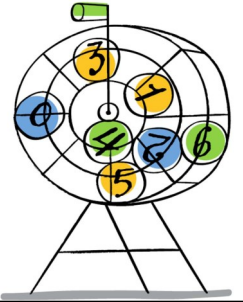
BINGO News

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

Tuesday, April 9th

Tuesday, April 23rd

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



Let's Bowl!

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

Cost is \$5 .

Monday, April 22nd, 11am-1pm

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



DENVER ZOO TRIP!

Lions and Tigers and Bears, oh my!

Come check out all that the Denver Zoo has to offer with Grand Seniors:

Wednesday, April 17th

9:15am departure from MFC, return by 5pm.

\$25 includes admission and transportation

Bring a sack lunch or purchase from one of the onsite offerings.

Please call Missy to **RSVP** your spot by April 11th.

*Those with SNAP can purchase \$1 admission, ask us how!

Financial assistance also available .



Lunch & Learn for Seniors

Free event open to
adults 60 and above

April

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.

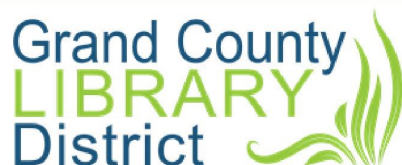
Granby Library
Tuesday, April 2 @ 12:30 p.m.
GCLD Online Resources with GCLD
Cataloger Kaylene Loo

Fraser Valley Library
Friday, April 12 @ 11:30 a.m.
Cooking to Lower Your Cholesterol
with KC Rose of GC Public Health

Kremmling Library
Thursday, April 11 @ 1 p.m.
Top 10 Signs of Alzheimer's with
Alzheimer's Association, CO Chapter

Juniper Library
Thursday, April 25 @ 12:30 p.m.
Heart Health
with KC Rose of GC Public Health

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 APRIL 2024

Tuesday	Thursday
2ND	4TH
Meatballs Mac and Cheese Green Peas Apple Crisp	Oven Baked Chicken Scalloped Potatoes Green Beans Tropical Fruit
MONDAY MONDAY MONDAY 8TH	WEDNESDAY WEDNESDAY 10TH
Salmon Rice Oriental Vegetables Pears	Sloppy Joe Sweet Potatoe Fries Carrifruit Salad Banana Pudding
16TH	18TH
Cheesy Sausage Pasta Bake Garden Salad Fruit Cup	Roast Beef Mashed Potatoes 7 Layer Salad Peaches
23RD	25TH
Stuffed Peppers Mixed Vegetables Melon Raisin Nut Cup	Pulled Pork Roasted Potatoes Three Bean Salad Orange Jello
30th	
Spaghetti Italian Meat Sauce Garden Salad Pineapple Upsidedown Cake	

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 MESSAGE FOR RESERVATIONS 48 HOURS IN ADVANCE

For meal reservations in Kremmling call 970-406-0617



EMERGENCY GO-KITS

ESSENTIAL ITEMS IN ONE PLACE — BE READY
TO GRAB AND GO DURING EMERGENCIES



ABOUT THE PROGRAM

Colorado Medicaid recipients are invited to apply to receive an **Emergency Go-Kit**, a collection of essential items you can quickly grab and take with you in an emergency or evacuation. Applications are now open!

You will have all your necessary supplies — such as medications, flashlights, water bottles, and first aid — in one place for easy access in a hurry.

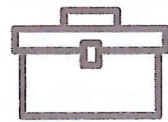
QUESTIONS?

Please contact Julia Beems.

julia.beems@ucdenver.edu

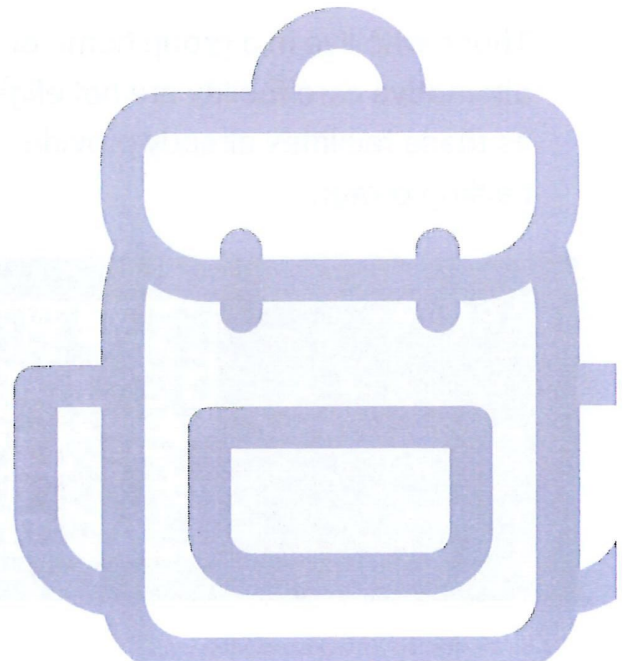
303-315-1284

ucdenver.edu/cide/sip



APPLY

Visit our website or scan the code for more info or to apply for a Go-Kit.



Senior Lunches

We will be getting together at the Grand Seniors office for lunch again on **Thursday, April 25th, at 12pm** for a fun, fresh lunch. **Please call to RSVP for this lunch to Missy at 970-887-3222 by April 22nd,**



Grand Lake Senior Lunch at the Sagebrush continues every Wednesday at 11:30am.

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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