



High Country Connections

The Grand Seniors monthly newsletter



Grand Seniors Spring Fun!

Denver Botanic Gardens



The Botanic Gardens never disappoint us. Come check out all that's in bloom this spring on **Wednesday, May 15th**. Meet at MFC at 9am.

Cost is **\$15*** and includes transportation and admission.

Bring your own lunch or purchase from onsite café. Wear comfortable walking shoes, there is a lot to see!! There are benches and places to rest scattered throughout.

RSVP to Missy by May 13 at 970-887-3222.

*Cost assistance is available, if needed.

Rockies Game

Take a trip with us to Coors Field **Wednesday, June 5th** to see the Colorado Rockies play the Cincinnati Reds for a 1:10 game.

This is a Grand Seniors favorite outing, seats are limited and spots fill up quickly! Cost is **\$20** and includes transportation, game admission, hotdog/hamburger and soda! Plan to depart MFC at **10:30am**. Please call Missy to sign up by May 21 at 970-887-3222.

*Cost assistance is available, if needed.



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Grand Seniors Team

Stacy Starr
Executive Director

Missy Posey
Transportation Program Mgr.

Katie Stuvell
Community Programs Mgr.

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Tom Williams
Kim Long
Kevin Jones
Hap Wood
Ann Williams
DeeAnna Jones
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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:





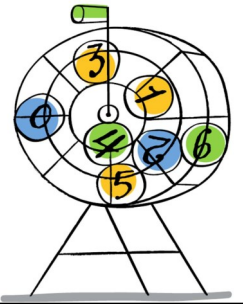
BINGO News

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

Tuesday, May 7th

Tuesday, May 21st

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



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



Let's Bowl!

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

Cost is \$5 .

Monday, May 20th, 11am-1pm

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

Summit Shopping and Lunch

So many shopping places to choose from over at our neighbors in Summit County!



The Grand Seniors bus is available to make stops at Target, Wal-Mart and Whole Foods, with a quick stop for lunch on the way home.

Tuesday, May 28th

9:30am departing MFC

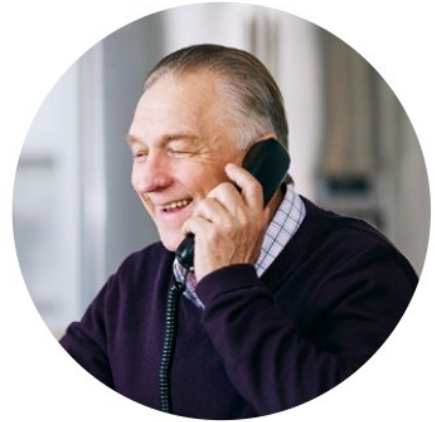
Cost is **\$5** for transportation.

Lunch stop and return time will depend on participation.

Please RSVP to Missy by May 23rd at 970-887-3222.

Captions. Confidence. Caring.

CaptionCall helps people feel less isolated.



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Contact:



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Senior Lunches



Lunch & Learn for Seniors

Free event open to adults 60 and above

May Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

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

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

* Granby Library
Tuesday, May 7 @ 12:30 p.m.
Walk in Beauty, Lucinda Long-Webb

* Kremmling Library
Thursday, May 9 @ 1 p.m.
Health Balance & Exercise Habits,
Rose Gamblin

* Fraser Valley Library
Friday, May 10 @ 11:30 a.m.
Everyday Cybersecurity Fundamentals,
Anthony Leyba

* Hot Sulphur Springs Library
Wednesday, May 29 @ 1:30 p.m.
TBD

* Juniper Library
Thursday, May 30 @ 12:30 p.m.
TBD

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.gcld.org



We will be getting together at the Grand Seniors office for lunch again on **Thursday, May 30th, at 12pm** for a fun, fresh lunch. **Please call to RSVP for this lunch to Missy at**

970-887-3222 by May 27.



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

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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