



# High Country Connections

The Grand Seniors monthly newsletter



## Lunch & Learn for Seniors

Free event open to adults 60 and above

### April Programs

*Join us!*  
*Lunch & program provided*

Registration Required  
& closes 5 days before event.

To register: Go to [www.gclcd.org](http://www.gclcd.org)  
and click on Programs or  
speak with a librarian.

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

\* *Granby Library*  
Tuesday, April 1 @ 12:30 p.m.  
Plant-Based on a Budget

\* *Kremmling Library*  
Thursday, April 10 @ 1 p.m.  
Gardening with Elevation:  
Design for High-Altitude Climates

\* *Fraser Valley Library*  
Friday, April 11 @ 11:30 a.m.  
National Library Week & Poetry Month

\* *Hot Sulphur Springs Library*  
Tuesday, April 22 @ 1:30 p.m.  
Topic to Be Determined

\* *Juniper Library*  
Friday, April 25 @ 12:30 p.m.  
Internet Safety & Social Engineering

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.gclcd.org](http://www.gclcd.org)

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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  
Ann Williams  
Kelly Holmes

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

With new flowers blooming, spring is a feast for the sense of smell. In fact, studies show that people's ability to detect smells improves in spring!





## 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:

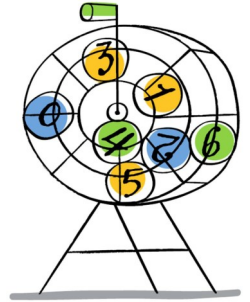
### Monday, April 7th

\*please note this BINGO will be hosted by Middle Park High School Interact club

### Tuesday, April 22nd

We play from **10-11am** and will

provide everything you need at no cost- just show up!



## Bowling

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

Cost is \$5 .

### Monday, April 21st, 11am-1pm

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

## Trivia

Calling all brainiacs! Test your knowledge at our trivia bowl on **Wednesday, April 16th at 11am** at our Grand Seniors office.

We will compete as teams-size depending on participation. This will be fun and light-hearted!

Call Missy to sign up!

## Bird Feeder Craft

Celebrate Spring with a bird feeder to take home!

**Wednesday, April 30th, 11am** at Grand Seniors.

Please call Missy to sign up-970-887-3222.

Menu for Kremmling

change without

April 2025

prior notice.

<b>Tuesday</b>	<b>Thursday</b>
<b>1st</b>	<b>3rd</b>
Lemon Parmesan Salmon Rice/Roll Asparagus Mandarin Oranges	Cheeseburger With L, T, O Baked Beans French Fries Applesauce
<b>8th</b>	<b>10th</b>
Enchilada Pie Refried Beans Mexican Corn Peaches	Tater Tot Casserole Spinach Romaine Salad Beets Tropical Fruit
<b>15th</b>	<b>17th</b>
Garlic Parmesan Chicken Mashed Potatoes/ Gravy Green Bean Casserole	Hamburger Goulash Brussel Sprouts Roll Pears
<b>22nd</b>	<b>24th</b>
Spaghetti Tossed Salad French Bread Strawberries/Bananas	Dijon Chicken Rice Steamed Broccoli Roll
<p style="text-align: center;">29th</p> Chicken Salad On a Croissant Pasta Salad Frog Eye Salad	<p><b><u>Reservations Need to Be Called in 24 Hours in Advance!</u></b></p> Please contact Melisa Sherman for Reservations at: 303-710-0895

Meals are served with coffee & tea.

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

Visitors under 60 are always welcome for a price of \$15/meal.

All Donations directly support this meal program.

# 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](http://mountainfamilycenter.org/seniors) to sign up for our email list!



### Kremmling:

Kremmling Senior Lunches at Silver Spruce continue every **Tuesday and Thursday at 12pm.**

Cost is \$4 for lunch and an additional \$2.50 and up for Bingo on Thursdays.

See schedule and menu on page 3.

### Grand Lake:

Senior Lunches at SageBrush BBQ continue this winter every **Wednesday at 11:30am.**

No RSVP required, just show up!

Senior menu is available for \$8.



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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