



# High Country Connections

The Grand Seniors monthly newsletter



## Lunch & Learn for Seniors

Free event open to adults  
60 and above

### September Programs

*Join us!*  
*Lunch & program provided*

Registration Required  
& closes 5 days before event.

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

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

**\* Granby Library**

Tuesday, September 2 @ 12:30 p.m.  
Create Delicious Plant-based Milks at  
Home, KC Rose

**\* Kremmling Library**

Wednesday, September 10 @ 1 p.m.  
Kremmling Fire: History, Operations, and  
Safety, Brady Mathis

**\* Fraser Valley Library**

Friday, September 12 @ 11:30 a.m.  
Hip Pain, Knee Pain, & Bone Health, Dr. Jay  
Thompson & Lexa Johnson (SOSI)

**\* Hot Sulphur Springs Library**

Tuesday, September 23 @ 1:30 p.m.  
Candles for the Defiant, Kaia Gallagher

**\* Juniper Library**

Friday, September 26 @ 12:30 p.m.  
Fermentation 101: Flavor, Gut Health, &  
Fun Fermented Foods, KC Rose

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



**Juniper Library at Grand Lake**

316 Garfield St  
Grand Lake, CO 80447 | 970-627-8353  
[www.gcld.org](http://www.gcld.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:

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



FUNDING PROVIDED IN PART BY:



**Why did the scarecrow  
win a Nobel Prize?**

He was outstanding  
in his field

women's day

## 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

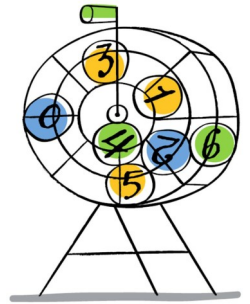
## BINGO News

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

**Tuesday, September 9th**

**Tuesday, September 23rd**

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



## Mini Golf

Come putt-putt for fun or compete with your friends at Meandering Moose in Grand Lake!

**Thursday, September 18th**

**10am**

**\$15\***

Lunch included nearby after playing!

Call Missy to RSVP

\*cost assistance available

## Grand County HA Senior Meals

Menu for Kremmling

September 2025



The menu is subject to  
change without  
prior notice.

<b>Tuesday</b>		<b>Thursday</b>	
<b>2nd</b>		<b>4th</b>	
French Dips w/Aujus Roasted Potatoes Mixed Vegetables Chocolate Pudding		Texas Pulled Pork Sandwiches Tater Tots Coleslaw <b>Fruit</b>	
<b>9th</b>		<b>11th</b>	
Panko Parmesan Salmon Angel Hair Pasta Spinach Saladw/Peaches and Pecans Garlic Knots		Italian Baked Chicken Broccoli and Cauliflower Warm Beets Roll/Butter	
<b>16th</b>		<b>18th</b>	
Taco Salad Tortilla Chips Tropical Fruit		Baked Ziti Tossed Salad French Bread	
<b>23rd</b>		<b>25th</b>	
Chicken Fajitas Sauteed Squash and Zucchini Rice Fruit		Pizza Tossed Salad Cream Cheese Squares	
<b>30th</b>			
<b>Breakfast Sausage and Gravy</b> Hash Browns Fresh Fruit			
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.		<b><u>Reservations Need to Be Called in 24 Hours in Advance!</u></b> Please contact Melisa Sherman for Reservations at: 970-725-3773	

# 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.

A Grand Seniors van from Granby will be going to this lunch on **September 25.**

Call Missy if you would like a ride.

### Grand Lake:

Senior Lunches at SageBrush BBQ continue every

**Wednesday at 11am.**

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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