



# High Country Connections

The Grand Seniors monthly newsletter

## Medicare Open Enrollment

**October 15 – December 7th**

It's that time of year! The one time of year to make changes to your drug plan or sign up for an Advantage plan. Changes made will be active January 1, 2026. Insurance companies mail out 2026 updates for their plans in September and October. We encourage those with Medicare to open all correspondence with insurance companies, so you don't miss these valuable updates of plan and price changes. One-on-one Medicare Counseling is available with one a Medicare State Health Insurance Program (SHIP) Counselor at Mountain Family Center on the following dates:

### SHIP Medicare Counseling:

Wednesday, October 15th 10-3 pm

Wednesday, November 5th, 9 am-4 pm

Wednesday, November 19th 9 am- 4 pm

To book an appointment, visit our website [YourVintage.org](http://YourVintage.org), or call Grand Seniors. For more questions, don't hesitate to get in touch with the SHIP Medicare Coordinator, Jonnah Glassman.

[JGlassman@NWCCOG.org](mailto:JGlassman@NWCCOG.org)

970-315-1329.



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### Grand Seniors Team

**Stacy Starr**  
Executive Director

**Missy Posey**  
Senior Program Manager

**Katie Stuvell**  
Health and Senior Resource Specialist

### 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



**Knock, knock.**

Who's there?

**Butternut.**

Butternut who?

**Butternut go  
outside. It's chilly.**



RD

## 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

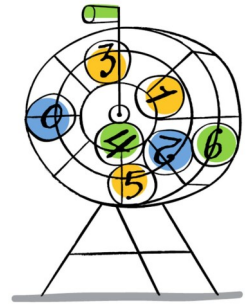
## BINGO News

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

**Tuesday, October 14th**

**Tuesday, October 28th**

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



## Bowling is Back!

Sun Outdoors in Granby will be hosting Grand Seniors through the winter for miniature bowling and pizza!

Cost is \$5

**Monday, October 20th**

**11am-1pm**

Call Missy if you need a ride, or meet us there!

970-887-3222

What's the official word for the sound of rustling leaves? (**Psithurism**)

Which U.S. state produces the most pumpkins? (**Illinois**)

What chemical gives leaves their red color? (**Anthocyanins**)

What country did the pumpkin carving tradition start? (**Ireland**)

What type of movie is watched more in the fall, according to a 2014 study? (**Romantic**)

What is the science of growing apples called? (**Pomology**)

# SENIOR HOLIDAY

*Party*

**TUESDAY  
December 9**

**12-2PM**

**GRANBY COMMUNITY CENTER  
129 N 3<sup>RD</sup> ST.**

**RAFFLES**

**MUSIC**

**FOOD**

*RSVP*

**BY NOVEMBER 15**

**970-887-3222**





# Lunch & Learn for Seniors

Free event open to adults  
60 and above

## October 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, October 7 @ 12:30 p.m.  
Medicare Open Enrollment,  
Jonah Glassman

**\* Kremmling Library**

Thursday, October 9 @ 1 p.m.  
The Power of Plants: Soups, Stews, and  
Chili, KC Rose

**\* Fraser Valley Library**

Friday, October 10 @ 11:30 a.m.  
Stop the Bleed, Middle Park Health  
Trauma Program

**\* Juniper Library**

Friday, October 24 @ 12:30 p.m.  
Scams Against Seniors, Estate Planning,  
and Wills, Colorado Legal Services

**\* Hot Sulphur Springs Library**

Tuesday, October 28 @ 1:30 p.m.  
The Power of Plants: Soups, Stews, and  
Chili, 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)

**Grand County HA Senior Meals**

Menu for Kremmling  
October 2025



The menu is subject to  
change without  
prior notice.

**Tuesday****Thursday****2nd**

Chicken Pot Pie  
Green Beans  
Bread / Butter  
**Fruit**

**7th****9th**

Spaghetti  
Tossed Salad  
French Bread  
Fruit

Cheesy Chicken Broccoli Rice Casserole  
Cooked Carrots  
Roll  
Fruit

**14th****16th**

Baked Fish/Cooks Choice  
Mashed Sweet Potatoes  
Asparagus  
Fruit

Chicken Ranch Enchiladas  
Cream Style Corn  
Chips  
Fruit

**21st****23rd**

Beef Tacos w/corn shells  
w/L,T  
Refried Beans  
Rice  
Fruit

Smothered Pork Chops  
Mashed Potatoes/Gravy  
Brussel Sprouts  
Roll

**28th****30th**

**Chicken Fried Steak**  
Mashed Potatoes/Gravy  
Asparagus  
Roll/Butter

**Taco Soup**  
Roasted Parmesan Potatoes  
Breadsticks  
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.

**Reservations Need to Be Called in 24 Hours**  
**in Advance!**

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.

### Grand Lake:

Senior Lunches at SageBrush BBQ continue 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.

Standard Mail  
U.S. Postage  
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RETURN SERVICE REQUESTED