



High Country Connections

The Grand Seniors monthly newsletter



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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

SENIOR HOLIDAY

Party

**TUESDAY
December 9**

12-2PM

**GRANBY COMMUNITY CENTER
129 N 3RD ST.**

RAFFLES

MUSIC

FOOD

RSVP

BY NOVEMBER 15

970-887-3222

FUNDING PROVIDED IN PART BY:
 **VINTAGE**

Q: Why was the snowman looking in the bag of carrots?



A: He was picking his nose!

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

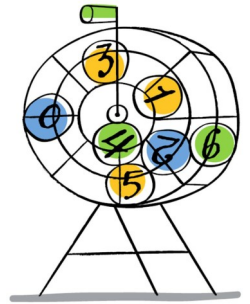
BINGO News

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

Tuesday, November 11th

Tuesday, November 25th

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, November 17th

11am-1pm

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

970-887-3222

GAME DAY

Thursday, November 13th

12pm

Stop by Grand Seniors, open house style, to join a friendly card game or board game, OR movie and popcorn!

Bring your own game supplies or use ours!

All Mountain Family Center departments will be closed Thursday, November 27.

You are invited to attend **DIGITAL SKILLS TRAINING**

Hosted by
The Summit County Community and Senior Center

Classes will be held at:

0083 Nancy's Place
Frisco, CO 80443

Class dates and times:

Tuesday, December 16

1:00 pm MT – Computer Basics
2:00pm MT – Internet Basics
3:00pm MT – Internet Safety (Cybersecurity)
4:00pm – 5:00pm MT – Open Lab Workshop

Wednesday, December 17

10:00 am MT – Mobile Device Basics
11:00am MT – Email Basics

Space limited to 7 Grand County participants!

Sign up today by calling 970-887-3222

Grand Seniors will offer/coordinate transportation if needed



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE® POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE® RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31- 60 = Gamer
- 21- 30 = Rookie
- 11- 20 = Amateur
- 0 - 10 = Try again



Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN "BEST PICTURE" FILMS in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____



Lunch & Learn for Seniors

Free event open to adults
60 and above

November 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, November 4 @ 12:30 p.m.
Healthy, Easy, & Flavorful Sheet Pan
Suppers, KC Rose

*** Kremmling Library**

Thursday, November 13 @ 1 p.m.
Eco-Explorers: Real-Life Stories of
Conservation Travel, Bill & Marcia Honer

*** Fraser Valley Library**

Friday, November 14 @ 11:30 a.m.
Power of Plants: Soups, Stews, and Chili,
KC Rose

*** Hot Sulphur Springs Library**

Tuesday, November 18 @ 12 p.m.
"A Yellow House in the Mountains,"
Glenn Hileman

*** Juniper Library**

Friday, November 21 @ 12:30 p.m.
Kawuneeche Valley Restoration
Collaborative & RMNP

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

Grand County HA Senior Meals



The menu is subject to
change without
prior notice.

Menu for Kremmling

November 2025

Tuesday	Thursday
4th	6th
Meatloaf Mashed Potatoes/Gravy Brussel Sprouts Roll Fruit	Smothered Burrito Mexican Rice Refried Beans Tortilla Chips
11th	13th
Veterans Day NO MEAL WILL BE SERVED	Minestrone Soup Tuna Salad Sandwich Tropical Fruit
18th	20th
Boursin Pork Chops Mashed Potatoes Green Beans Roll Fruit	Beef Tips w/Egg Noodles CA Vegetables Roll Mandarin Orangers
25th	27th
Thanksgiving Meal Turkey Mashed Potatoes/Gravy Green Bean Casserole Roll/Pie	Happy Thanksgiving NO MEAL WILL BE SERVED
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.	<u>Reservations Need to Be Called in 24 Hours in Advance!</u> 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
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 5.

Grand Seniors will be taking the bus from Granby to this lunch and Bingo on Thursday, November 20th.

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
PAID
Permit #20

RETURN SERVICE REQUESTED