



High Country Connections

The Grand Seniors monthly newsletter

Healthy Holidays

Written by Patti Murphy, RDN, CDCES

As we move into the holiday season, the balance between staying healthy and enjoying special meals with loved ones can be a difficult task. An abundance of rich foods, family gatherings and busy schedules can make it be hard to stay on track. However, there are some simple things you can do to combat unhealthy eating during the holidays.

1. Celebrating a few individual days instead of thinking of the time between Thanksgiving and New Year's as a season may also be a helpful shift in perspective. For you eat 3 meals a day that's 1100 meals a year. A few specials meals aren't going to derail your health.
- 2.) Don't ignore fruits and vegetables. They make great sides or snacks and fill you up while keeping calories lower.
- 3.) Get creative and try new recipes. Play around with substitutions. This link expands some ideas for some substitutions. <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>
- 4.) Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.
- 5.) Make sure your protein is lean. Turkey is a lower fat, lower calorie option than ham. Whatever meat you are enjoying, trim visible fat before cooking and try baking or broiling instead of frying.
- 6.) Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat. Also keep in mind the calorie differences between different drinks. A single glass of eggnog can have 500 calories while a light beer or glass of wine will have around 100 calories.
- 7) It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.
- 8.) And finally, remember that a few days aren't going to derail your health if you typically practice moderation.



In this issue:

Healthy Holidays.....	1
GS Fun.....	2
Railroad Museum.....	3
Lunch and Learn.....	4
Kremmling Menu.....	5
Senior Lunches.....	6

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





Why does The
Grinch enjoy
gardening?

He's got a green
thumb.



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!



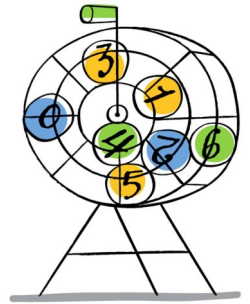
970-887-3222

BINGO News

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

Tuesday, December 16th

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, December 22nd

11am-1pm

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

970-887-3222

GAME DAY

Thursday, December 11th

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!

Grand Seniors will be closed

December 24, 25, 31 and January 1.

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



Moffat Road Railroad Museum

Come visit the Railroad Museum's Christmas train display, railroad equipment and artifacts! The museum offers indoor and outdoor exhibits.

Thursday, December 18th

10:30am

\$20—includes admission to museum and lunch at a local restaurant.

(cost assistance is available)

Call Missy to RSVP at 970-887-3222 by Tuesday, December 16.



Lunch & Learn for Seniors

Free event open to adults
60 and above

December Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

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

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

*** Granby Library**

Tuesday, December 2 @ 12:30 p.m.

Holiday Music: Middle Park High School

*** Kremmling Library**

Thursday, December 11 @ 1 p.m.

How to Save Money on Your Energy Bills,
Helen Brown - Sustainable Grand

*** Fraser Valley Library**

Friday, December 12 @ 11:30 a.m.

Holiday Music: Grand Chorale

*** Hot Sulphur Springs Library**

Tuesday, December 16 @ 12 p.m.

Sheet Pan Suppers: Healthy, Easy, and
Flavorful, KC Rose

*** Juniper Library**

Friday, December 19 @ 12:30 p.m.

Blood Sugar Basics, KC Rose

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.gclld.org

Grand County HA Senior Meals



The menu is subject to
change without
prior notice.

Menu for Kremmling

December 2025

Tuesday	Thursday
2nd	4th
White Chicken Chili Broccoli Beets Corn Bread Muffins Fruit	Baked Tilapia Rice Cauliflower/Broccoli Roll Peaches
9th	11th
Sweet and Sour Pork Rice Asian Veggies Egg roll Applesauce	Hamburger Goulash Pea Salad Roll Fruit
16th	18th
Salisbury Steak Mashed Potatoes/Gravy Green Beans Roll	Spaghetti Salad Garlic Bread Mandarin Oranges
23rd	25th
Corn Chowder Tuna Salad Wraps Peaches	Merry Christmas NO MEAL WILL BE SERVED
30th	
Chicken Tetrassini Green Salad Roll 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.	<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 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