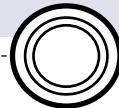


High Country Connections

The Grand Seniors monthly newsletter



Motivation

Written by Patti Murphy, RDN, CDCES

Many times when thinking about motivation we may feel like we are waiting for it to strike. This can be true in many aspects of life but today we will be considering how it plays into healthy eating and fitness.

As the holiday season ends and the new year begins many people decide to make positive changes in these areas. New Years resolution, anyone? Maybe it is getting back to habits that fell by the wayside over the holidays or maybe it is starting brand new habits.

The thing is- it is very rare for people to feel some sort of lightning bolt of motivation to start a new habit. If you wait to feel motivated the moment may never come. Motivation may be in essentially short demand in January- the cold, and dark don't make behavior change especially appealing. This can be referred to as the motivation trap. The motivation trap, as stated by Dr. Russ Harris, states that we wait to feel motivated before we take any action. Now you might be asking, what's the problem with that?

The problem is that if you're always waiting for motivation to hit, you may be waiting for your whole life. While you're waiting on motivation, motivation is waiting on you. Because committed action comes first and motivation comes second.

The best way to feel motivation is to start with the action. Remind yourself that motivation doesn't just happen. Consider your self-talk as well and focusing on the positives you hope to achieve with changes to your routine. You may not be motivated all the time, but see what happens to your motivation when you start acting in ways that are consistent with your values.

Your mind may try to tell you, "You can't do it" or "You're not good enough." However, those are all tricks. The funny thing about the mind is that it doesn't stop talking. Taking action may seem impossible until you actually do it.

Considering what else increases your motivation can also be helpful. If we focus on exercise for a moment, are there activities that you enjoy more and get more of a mental boost from? Does exercising with friends lead you to be more likely to follow through with plans? Do you respond to small (non-food) rewards? Considering these triggers can be very helpful. Sometimes we need to find, and use, those external net forces around us to keep the motivation rolling

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Grand Seniors Team

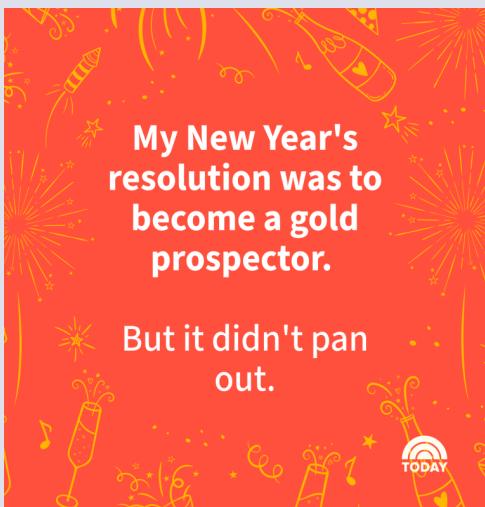
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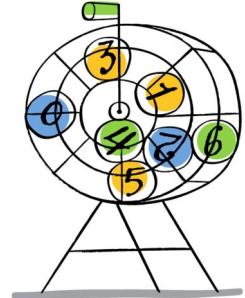
BINGO News

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

Tuesday, January 13th

Tuesday, January 27th

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



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



Bowling

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

Cost is **\$5**

Monday, January 19th

11am-1pm

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

970-887-3222

GAME DAY

Thursday, January 8th

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!

We have had a good time playing Canasta and Yahtzee!

Grand Seniors and MFC will be closed January 1. Happy New Year!

Medicare

Medicare Open Enrollment has closed, but Vintage SHIP Medicare Counselors are still available for:

- The Advantage plan open enrollment period from January 1 to March 31. During this time you can change from one Advantage plan to another
- Signing up for Medicare A and B if you have never signed up
- Anyone who is new to Medicare

Counselors will be at Mountain Family Center in Granby on Wednesdays, January 7th, 14th, and 21st, by appointment only.

Please call Missy at Grand Seniors to set up an appointment at 970-887-3222.

What's everyone having for New Years Dinner?! Are you making any of these popular traditions?

1. **Black-Eyed Peas & Lentils:** Small, coin-shaped legumes symbolizing coins and wealth; often eaten in "Hoppin' John" in the American South.
2. **Leafy Greens (Collards, Cabbage):** Their green color represents paper money, like dollar bills.
3. **Pork:** Represents forward movement and progress because pigs root forward, unlike chickens that scratch backward.
4. **Round Cakes & Fruits (Oranges, Grapes):** Their circular shape signifies completeness, gold, or the 12 months of the year (grapes).
5. **Long Noodles (Soba, etc.):** Uncut noodles signify a long life, so avoid breaking them.

Fish: Represents abundance and prosperity as they swim in schools and the word for fish sounds like "plenty" in some Asian languages, with scales like coins.



Lunch & Learn for Seniors

Free event open to adults
60 and above

January 2026 Programs

*Join us!
Lunch & program provided*

Registration Required
& closes 5 days before event.

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

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

* *Granby Library*

Tuesday, January 6 @ 12:30 p.m.
Stay Safe Online, John Marte

* *Kremmling Library*

Thursday, January 8 @ 1 p.m.
Social Security & Taxes: What to Know,
Sandra Moore

* *Fraser Valley Library*

Friday, January 9 @ 11:30 a.m.
Light in the Valley, Rural Health Network,
Community IMPACT Team

* *Juniper Library*

Friday, January 23 @ 12:30 p.m.
Senior Property Tax Exemption,
Larry Banman

* *Hot Sulphur Springs Library*

Tuesday, January 27 @ 12 p.m.
Senior Property Tax Exemption,
Larry Banman

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.gcl.org



Tuesday	Thursday
	1st Happy New Year No Meal Will Be Served
6th French Onion Breaded Baked Chicken Mashed Potatoes w/Gravy Green Beans Roll Yogurt Parfait	8th Tuna Noodle Casserole Mixed Vegetables Tropical Fruit
13th Spaghetti Side Salad Garlic Bread Mandarin Oranges	15th Hamburgers w/L,T,O French Fries Creamed Corn Apricots
20th Bowl of Red Chili Jumbo Hot Dogs Pineapple Cheesecake Bars	22nd Baked Flounder Brown Rice Broccoli Peaches
Tuesday	
27th Vegetable Soup w/crackers Tuna salad sandwich Tropical Fruit	29th Stuffed Peppers Mashed Potatoes w/gravy Side Salad Rolls
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 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.

The bus from Granby will attend this lunch on January 21st.

Please call Missy for a ride at 970-887-3222 or meet us there!



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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RETURN SERVICE REQUESTED