



# 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:

Kelly Holmes  
Kim Long  
Kendall Rahn  
Ann Williams  
Tom Williams

## Grand Seniors

970-887-3222 (Seniors)  
480 E. Agate St.  
PO Box 42  
Granby, CO 80446

FUNDING PROVIDED IN PART BY:



**14<sup>TH</sup>**

DAY OF  
FEBRUARY



The color of a rose  
given on Valentine's  
Day each has  
different meanings.

Alexander Graham  
Bell filed a patent  
application for the  
telephone on  
February 14, 1876.



The X became  
the symbol for  
a kiss in the  
middle ages



# VALENTINE'S DAY FUN FACTS



Conversation  
Hearts started as  
medical lozenges

Teachers Receive The  
Most Valentine's Day  
Cards



Valentine's Day  
is the second  
most popular  
greeting card  
sending holiday



Groundhog  
Day was  
originally  
held on  
February  
14th



Legend is that  
Cupid would  
shoot his arrow  
into people's  
hearts which  
would make  
them fall in  
love!



9 Million people  
buy Valentines  
Gifts for their  
pets



Red roses  
are known  
as the  
"flower of  
love".



Jewelry is the  
Valentines gift  
that people  
spend the most  
on, over 5  
Billion



Over 36  
Million Heart  
Shaped  
Chocolate  
Boxes are  
bought each  
year



MADEWITHHAPPY.COM

What flowers get  
the most kisses  
on Valentine's  
Day?

Tulips.



## 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

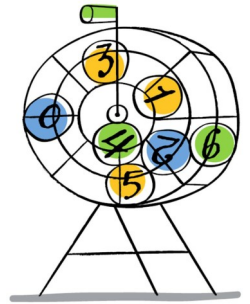
## BINGO News

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

**Tuesday, February 10th**

**Tuesday, February 24th**

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



## Bowling

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

Cost is \$5

**Monday, February 16th**

**11am-1pm**

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

970-887-3222

**GAME DAY Thursday, February 12th**  
**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 a combo of games!



# Join the Vintage Regional Advisory Council (RAC)!

## What is the RAC?

The RAC acts as Vintage's (your local Area Agency on Aging) primary advisory and advocacy group. The RAC helps improve services & quality of life of older adults in Eagle, Pitkin, Summit, Routt, Grand, and Jackson counties. RAC volunteers commit to serving the RAC for 2 years.

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## Who can be a RAC member?

- Anyone 60 years old and older
- Caregivers
- Individuals of any age who care about aging issues!

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## When does the RAC meet?

RAC meets in January, June, September, and November  
Meetings held virtually and in person

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## How do YOU benefit?

- Make a difference in policies, programs, and services affecting older adults in your community.
- Assist in increasing visibility of older adults services
- Help older adults to live independently and age in place

## **Want more information?**

**Contact Erin: 970-455-1067 / [efisher@nwccog.org](mailto:efisher@nwccog.org)**

Did you know that Vintage funds organizations that provide your local home delivered meals, transportation, and senior center meals?  
And that's not all! Find out more at [www.yourvintage.org](http://www.yourvintage.org)



# Lunch & Learn for Seniors

Free event open to adults  
60 and above

## February 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, February 3 @ 12:30 p.m.  
Estate Planning 101: Wills, Trusts, & Long  
Term Care, Natascha Drekonja

*\* Kremmling Library*

Thursday, February 12 @ 1 p.m.  
Norwegian Knitting: Sweater Designs  
& More, Jane Jannsen

*\* Fraser Valley Library*

Friday, February 13 @ 11:30 a.m.  
Senior Property Tax Exemption,  
Larry Banman

*\* Hot Sulphur Springs Library*

Tuesday, February 24 @ 12 p.m.  
Pieces of the Past: GC History and CO  
Historic Newspapers, Don Dailey

*\* Juniper Library*

Friday, February 27 @ 12:30 p.m.  
Power of Plants: Soups, Stews, & Chili,  
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.gcld.org](http://www.gcld.org)

# Grand County HA Senior Meals

## Menu for Kremmling

February 2026



The menu is subject to  
change without  
prior notice.

<b>Tuesday</b>		<b>Thursday</b>	
<div>3rd</div> <div>Chicken Soup w/Spinach and Acini Di Pepe Caesar Salad Rolls Peaches</div>		<div>5th</div> <div>Smothered Pork Chops Mashed Potatoes/Gravy Asparagus Roll</div>	
<div>10th</div> <div>Beef Barley Soup Egg Salad Sandwich Grapes</div>		<div>12th</div> <div>Beef Tacos w/L,T Refried Beans Mexican Corn</div>	
<div>17th</div> <div>Fish Veracruz Rice Steamed Carrots Rolls</div>		<div>19th</div> <div>French Dip w/AuJu Roasted Potatoes Steamed Vegetables</div>	
<div>24th</div> <div>Spaghetti Tossed Salad French Bread</div>		<div>26th</div> <div>Meatloaf Mashed Potatoes and Gravy Warm Beets Rolls</div>	
<p>Meals are served with coffee &amp; tea.</p> <p>Suggested Donation for meal is \$4.00 for Seniors over 60.</p> <p>Visitors under 60 are always welcome for a price of \$15/meal.</p> <p>All Donations directly support this meal program.</p>		<p><b><u>Reservations Need to Be Called in 24 Hours in Advance!</u></b></p> <p>Please contact Melisa Sherman for Reservations at: 970-725-3773</p>	

# 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 5.

The bus from Granby will be going to this lunch on **February 5th.**

Please call Missy for a seat or meet us there!

970-887-3222

### Grand Lake:

Senior Lunches at SageBrush BBQ continue every **Wednesday at 11:30am.**

No RSVP required, just show up!

Senior menu is available starting at \$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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RETURN SERVICE REQUESTED