

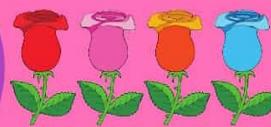
High Country Connections

The Grand Seniors monthly newsletter



14TH

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



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

Conversation Hearts started as medical lozenges

Teachers Receive The Most Valentine's Day Cards



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

In this issue:

Holiday.....	1
GS Fun.....	2
RAC.....	3
Lunch and Learn.....	4
Kremmling Menu.....	5
Senior Lunches.....	6

Grand Seniors Team

Stacy Starr
Executive Director

Missy Posey
Senior Program Manager

Katie Stuvel
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:



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

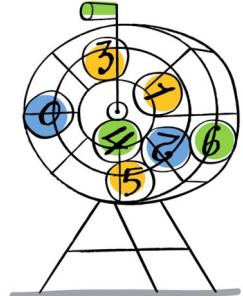
BINGO News

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.

Who can be a RAC member?

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

When does the RAC meet?

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

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

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



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.gcl.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.gcl.org



February 2026

The menu is subject to

change without

prior notice.

Tuesday

3rd

Chicken Soup w/Spinach and Acini Di Pepe
 Caesar Salad
 Rolls
 Peaches

Thursday

5th

Smothered Pork Chops
 Mashed Potatoes/Gravy
 Asparagus
 Roll

10th

Beef Barley Soup
 Egg Salad Sandwich
 Grapes

12th

Beef Tacos w/L,T
 Refried Beans
 Mexican Corn

17th

Fish Veracruz
 Rice
 Steamed Carrots
 Rolls

19th

French Dip w/AuJu
 Roasted Potatoes
 Steamed Vegetables

24th

Spaghetti
 Tossed Salad
 French Bread

26th

Meatloaf
 Mashed Potatoes and Gravy
 Warm Beets
 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.

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

Standard Mail
U.S. Postage
PAID
Permit #20

RETURN SERVICE REQUESTED

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.