



High Country Connections

The Grand Seniors monthly newsletter



Granby Connect

Granby Connect provides convenient and affordable on-demand transportation for residents and visitors within the Town of Granby. Their minibuses (including a wheelchair accessible minivan) can take you to the grocery store, post office, hair salons or other destinations within the designated service area (see map). Service animals are allowed, but no pets. Rides can be booked 7 days/week between 9am-9pm. Granby Connect is \$2 per ride for your entire party. Payment for rides are made through the mobile app using a debit or credit card at the time of booking. Rides can ONLY be booked through the app, but don't be intimidated! Grand Seniors can help you download and learn the easy-to-use app. If you live in Granby and would like help giving this ride service a try, call Katie or Missy at 970-887-3222 or email katie@mountainfamilycenter.org.

Granby Connect is provided by the Town of Granby.

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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





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

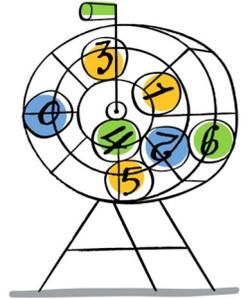
BINGO News

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

Tuesday, March 10th

Tuesday, March 31st

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, March 16th

11am-1pm

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

970-887-3222

GAME DAY Thursday, March 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!

How many Tulips bloom in the Netherlands each spring?

Over 7 million



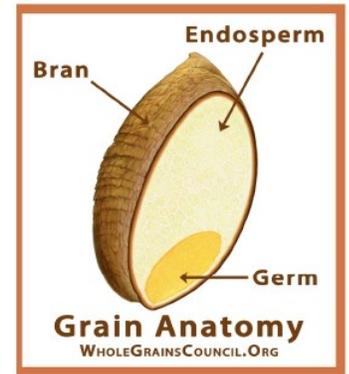
Whole Grains

Written by Patti Murphy, RDN, CDCES

You may have seen whole grains being recommended as a healthy option. So, what is the difference between a whole grain and refined grains, and why are whole grains better?

A whole grain contains the entire grain, which includes parts called the bran, germ and endosperm. Most of the fiber is found in the bran. The germ contains b vitamins and a little bit of healthy fat. The endosperm is mainly a source of carbohydrates, which are used for energy (or stored as fat if more than are needed are consumed.)

A refined grain on the other hand has been milled to remove the bran and germ. So, all that is left is the endosperm (the source of carbs). In the case of enriched grains some of the vitamins and iron are added back after processing. However, the fiber is not added back in.



Fiber has a lot of health benefits. It can help reduce cholesterol levels and reduce risk of heart disease, stroke, obesity and type 2 diabetes. Fiber can also help people stay full for longer after a meal. Grains provide nutrients such as thiamin (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folate (vitamin B9), iron, magnesium and selenium. These are all important for a variety of body functions such as forming new cells, carrying oxygen in the blood, regulating the thyroid and maintaining a healthy immune system.

When looking for products that contain whole grains you don't want to trust color. Just because a product, like bread for example, appears brown doesn't mean it is a whole grain. When reading a label on a food product you want to see "whole grain" or "whole wheat" as the first ingredient.

There are a lot of options for whole grains to explore. Barley, brown rice, oatmeal (rolled or steel oats), and quinoa are some options.

Trying to get three fiber-rich whole grains a day is a good goal. A serving would be 1 slice of whole grain bread, ½ cup whole wheat pasta or brown rice or 1 small whole wheat tortilla.

For ideas on cooking whole grains the below website is a great resource.
<https://wholegrainscouncil.org/recipes>



Lunch & Learn for Seniors

Free event open to adults
60 and above

March 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, March 3 @ 12:30 p.m.
Senior Property Tax Exemption,
Larry Banman

* **Kremmling Library**

Thursday, March 12 @ 1 p.m.
Senior Property Tax Exemption,
Larry Banman

* **Fraser Valley Library**

Friday, March 13 @ 11:30 a.m.
Welllderly Wonders: Living Your Best Life
at Any Age!, Gretchen Frey, MD and
Kristen Hessler

* **Hot Sulphur Springs Library**

Tuesday, March 24 @ 12 p.m.
Preserve Your Personal History,
John Marte

* **Juniper Library**

Friday, March 27 @ 12:30 p.m.
Death & Dying for Dummies,
Tara Thompson

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

Menu for Kremmling

March 2026



The menu is subject to

change without

prior notice.

Tuesday

3rd

Fully-Loaded Baked Potato Soup
Salad
Garlic Bread Sticks

Thursday

5th

Chicken w/Creamy Sun Dried Tomatoe Sauce
Noodles
Salad
French Bread

10th

Baked Salmon
Asparagus
Rice and a Roll
Peaches

12th

Chicken Fajitas
L/T
Black Beans
Mexican Corn and Grapes

17th

Crunchy Pecorino Baked Cod
Rice/Roll
Creamy Pea Salad
Mandarin Oranges

19th

Creamy Kielbasa Tortellini Soup
Turkey and Cheese Slider
Applesauce

24th

Spaghetti
Tossed Salad
Garlic Bread

26th

Porcupine Meatballs
Mashed Potatoes & Gravy
CA Vegetables

31st

Zuppa Toscana Soup
Caesar Salad
Bread Sticks
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.

**Reservations Need to Be Called in 24 Hours
in Advance!**

Please contact Melisa Sherman for Reservations at: 5

303-710-0895

Senior Lunches

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.

RSVP is required.

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 starting at \$8.

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!



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