



High Country Connections

The Grand Seniors monthly newsletter



We would not live to old age if longevity had no meaning for the species.

– Carl Jung

Two-thirds of all the people who have ever lived past the age of 65 in the entire history of the world are alive today. In the U.S., There are 40.3 million people age 65 and older, up 5.3 percent from 35 million in 2000. These numbers are expected to increase rapidly over the next decade.

Our culture sees aging as a process of relentless decline. This bias is an expression of society’s materialist values. The spiritual hollowness of materialism undermines our culture and threatens to destroy the planet. Old age is a summons to an alternative view. It is the domain of reflection, inner enrichment and deepening spirituality. These qualities have the potential to revitalize our culture. It is our charge in later life to realize and transmit this gold.

-The Alchemy of Aging Project

Spring Walking

Warmer and drier than usual Spring means trails are opening up! Walking offers profound health benefits for senior adults, serving as a low-impact activity that improves cardiovascular health, strengthens bones and muscles, enhances balance, and aids in weight management. Consistent walking boosts mental health, increases energy, and fosters independence by decreasing the risk of chronic disease and falls. Headwaters Trail Alliance reports that all of the Fraser River Trail and Marrianes trail, around the pond at Cozens Ranch are open for walking. Grab a friend and get moving!

In this issue:

- Aging.....1
- GS Fun.....2
- Tech Support.....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:

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



FREE TECH assistance



<p>Fraser Library Friday, Apr. 3, 10, 17, 24 2 p.m.</p>	<p>Granby Library Tuesday, Apr. 7, 14, 21, 28 10 & 11 a.m.</p>	<p>Hot Sulphur Springs Library Monday, Apr. 6 & 20 2 p.m.</p>
<p>Juniper Library Thursday, Apr. 9 & 23 2 p.m.</p>		<p>Kremmling Library Monday, Apr. 6 & 20 10 & 11 a.m.</p>

One-on-one tech time with a librarian for help with everyday device use.

We can also help you navigate GCLD's website, catalog, printing services, and other GCLD online resources.

Please bring your device, passwords and usernames.

Please visit www.gclld.org to register for Tech Time or email jmarte@gclld.org to arrange another time.



Grand County Library District
PO Box 1050
Granby, CO 80446 | 970-887-9411
www.gclld.org



Lunch & Learn for Seniors

Free event open to adults
60 and above

April 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, April 7 @ 12:30 p.m.
Wildfire-Resistant Landscaping, Sydney
Pyror and Amy Warner, CSU Extension

* *Kremmling Library*

Thursday, April 9 @ 1 p.m.
Why Our Stories Should Be Told,
Phil Ivers

* *Fraser Valley Library*

Friday, April 10 @ 11:30 a.m.
Why Our Stories Should Be Told,
Phil Ivers

* *Juniper Library*

Friday, April 24 @ 12:30 p.m.
Why Our Stories Should Be Told,
Phil Ivers

* *Hot Sulphur Springs Library*

Tuesday, April 28 @ 12 p.m.
Rosemaling: Norwegian Folk Art Painting,
Jane Janssen

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

April 2026



The menu is subject to change without prior notice.

Tuesday	Thursday
	2nd
	Cheeseburger With L, T, O Baked Beans French Fries Applesauce
7th	9th
Chicken Tortilla Soup Roasted Potatoes Rolls and Butter Peaches	Cowboy Casserole Spinach Romaine Salad Beets Tropical Fruit
14th	16th
Beef Soft Tacos W/ L, T Mexican Rice Corn	BBQ Pork Sandwiches French Fries Coleslaw Fruit
21st	23rd
Spaghetti Tossed Salad French Bread Strawberries/Bananas	Garlic Parmesan Chicken Mashed Potatoes/Gravy Green Bean Casserole
28th	30th
Sausage Biscuits and Gravy Hash Browns Fresh 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.	Chicken Tetrazzini Side Salad Rolls Reservations Need to Be Called In 24 Hours In Advanced! Please Contact Melisa Sherman For Reservations 1-970-725-3773

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.

April 8 a group from Granby will bus over. Call Missy for a ride

970-887-3222

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