



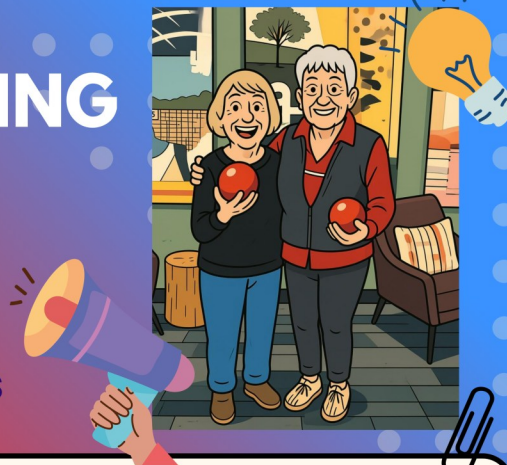
High Country Connections

The Grand Seniors monthly newsletter



JOIN OUR SENIOR LISTENING SESSIONS

GRAND SENIORS IS LOOKING FOR FEEDBACK FROM THE COMMUNITY AT ONE OF FOUR SESSIONS THIS MAY - ALL AGES WELCOME!



Would you like to help make Grand County a wonderful place to age? We want to hear from you! Free sessions offered throughout the county, to hear questions, concerns, experiences & ideas. Light snacks provided.

**Mon, May 18:
10 a.m.-noon
Fraser Valley Library**

**Weds, May 20:
10 a.m.-noon
Kremmling Library**

**Thurs, May 21:
10 a.m.-noon
Granby Library**

**Fri, May 22: 12:30-2:30 p.m.
during Lunch & Learn
Grand Lake
Community House**

Can't attend a session? Scan the QR code to fill out our survey.

RSVP required only for May 22 session at
GCLD.LibraryCalendar.com

Transportation available by contacting us at least 2 days in advance. Reach out:
katie@mountainfamilycenter.org
970-887-3222



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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

OLDER AMERICANS MONTH

MAY 2026



CHAMPION YOUR HEALTH



What did one plant lady say to another plant lady?

“Botany plants lately?”



RD

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

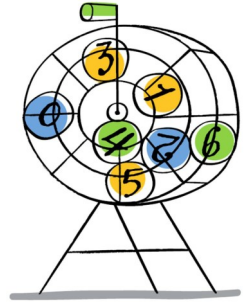
BINGO News

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

Tuesday, May 12th

Tuesday, May 26th

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



Denver Botanic Garden

An annual favorite, the Denver Botanic Garden never disappoints!

Bring your own sack lunch, or purchase from the cafes on-site.

May 28

9am departure from Mountain Family Center

\$20 includes admission and transportation

Call Missy to save your spot at 970-887-3222 by

May 20



Thursday, May 21st

12:30pm

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 a small group continuing Canasta!

GAME DAY

FREE TECH assistance



<p>Fraser Library Friday, May 1, 8, 15, 22, 29 2 p.m.</p>	<p>Granby Library Tuesday, May 5, 12, 19, 26 10 & 11 a.m.</p>	<p>Hot Sulphur Springs Library Monday, May 4 & 18 2 p.m.</p>
<p>Juniper Library Thursday, May 14 & 28 2 p.m.</p>		<p>Kremmling Library Monday, May 4 & 18 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.gclid.org to register for Tech Time or email jmarte@gclid.org to arrange another time.



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



Lunch & Learn for Seniors

Free event open to adults
60 and above

May 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, May 5 @ 12:30 p.m.
Walking the Camino de Santiago,
Mariah Hughes

* *Fraser Valley Library*

Friday, May 8 @ 11:30 a.m.
Candles for the Defiant, Kaia Gallagher

* *Kremmling Library*

Thursday, May 14 @ 1 p.m.
Understanding Alzheimer's & Dementia,
Angel Hoffman

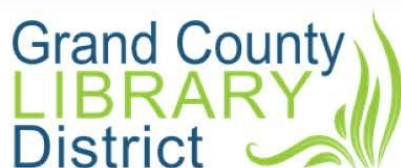
* *Juniper Library*

Friday, May 22 @ 12:30 p.m.
Grand County Senior Listening Session,
Mountain Family Center

* *Hot Sulphur Springs Library*

Tuesday, May 26 @ 12 p.m.
Dementia & Communicating Effectively,
Angel Hoffman

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



The menu is subject to
change without
prior notice.

Menu for Kremmling

May 2026

Tuesday	Thursday
5th	7th
Roasted Turkey Mashed Potatoes/Gravy Green Beans Roll	Taco Soup Side Salad Breadsticks Applesauce
12th	14th
Baked Pollock Green Beans Rice Mandarin Oranges	Smothered Pork Mashed Potatoes/Gravy Broccoli Rolls
19th	21st
Taco Salad Tortillas Chips Tropical Fruit Ice Cream	Pizza Caesar Salad Waldorf Salad
26th	28th
Spaghetti Tossed Salad French Bread Fruit	Meatloaf Mashed Potatoes/Gravy Rolls

Meals are served with coffee & tea.

Suggested Donation for meal is \$4.00 for Seniors

Visitors under 60 are always welcome for a price of
All Donations directly support this meal program.

Reservations Need to Be Called in 24 Hours

in Advance!

Please contact Melisa Sherman for Reservations at:
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.

A group from Granby will be attending on **Thursday, May 14th** and staying for BINGO. Call Missy to sign up!

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.

**Please note the time will change to 11am starting May 20 for the summer.*

**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